

american **SOKOL**

Volume CXV, Number VI

JUNE 1994



ASO Women's Team 1920

Top (L to R): Rose Peskovsky, Antoinette Formanek, Elsie Dostal, Marie Prochazka,

Frances Pluchar, Caroline Nikol, Libbie Samek

Middle (L to R): Mildred Prchal, Rose Patrna, Josef Paskovsky, Betty Janos, Ethel Patera, Tillie Kadlec

Front (L to R): Zdenka ?, Jarmila Proksa, ? Pencik

~ Archival Photo ~

American Sokol

ISSN: 0003-1259

Published Monthly
(Except Bi-Monthly July/August)

by the

AMERICAN SOKOL ORGANIZATION

6424 West Cermak Road
Berwyn, IL 60402-2386
Telephone: 708-795-6671

Subscription: \$4.00 per Year
2nd Class Postage Paid at Berwyn, IL 60402

POSTMASTER: Send address changes to
American Sokol, 6424 W Cermak Road,
Berwyn, IL 60402-2386

BOARD OF GOVERNORS

Joseph Zelenka	Charles Borvansky
Vladislav Slavik	Jackie Kourim
Roger Martanovic	Nancy Pajeau
Larry Laznovsky	Patricia Wojcik
Mickey Dalton	June Pros
John Satek	

EXECUTIVE BOARD A.S.O.

Meeting: 4th Tuesday (except July/August)
at the A.S.O. Office, 7:30 p.m.

President	Charles Borvansky
I Vice-President	Jackie Kourim
II Vice-President	Gary Masek
Secretary	Nancy Pajeau
Treasurer	Patricia Wojcik
Financial Secretary	June Pros
Director of Men	Frank H. Michalek
Director of Women	Jan Kalat
Educational Director	Paul Lebloch
Public Relations	Jerry Milan
Membership	Joan Sedlacek
Editor	Patricia Satek
Board Member	John Satek
Board Member	Bernie Babka
Board Member	Jolene Dalton
Alternate	Chuck Kalat
Alternate	Mickey Dalton
Alternate	Jane Jurew
By-Laws	Bob Podhrasky

EDITOR - PATRICIA SATEK

1922 S. 57th Avenue, Cicero, IL 60650-2143
708-863-7978

Copy for publication must be received by the
10th of the month prior to published month.

From Your Editor...

Summer has finally arrived. Classes at most gyms have ground to a halt. Many of our members are packing their bags for their exciting adventure to the XII All-Sokol Slet in Prague. I know the Sokols in the Central District have been working exceptionally diligently to prepare for this spectacular event and the same is happening all across the country. I personally look forward to at least a couple of months of blissfully doing not much of anything at all. Ask my friend Tom if I haven't been just one big emotional wreck and a bit of a crab for too long and in need of some peace and quiet. As usual, we'll be skipping the July issue and putting out a combined July/August issue all too soon. Thanks again to everyone who sent in items for publication. It really helps. So, keep it coming. Have a great summer!

NA ZDAR!

Sis. Patricia Satek
1922 S. 57th Avenue
Cicero, IL 60650-2143

CALENDAR of EVENTS

JULY

30 Sokol Detroit Czech & Slovak
Festival, Yack Arena

AUGUST

7 Sokol Ceska Sin Picnic
14 Sokol Detroit Sokol Camp
Picnic, Sandy Bottom Lake
14-21 Sokol Fresno Family Camp in
Dinkey Creek
20 Sokol Greater Cleveland
Clam Bake

SEPTEMBER

1 Sokol Berwyn-Slavsky Class
Registration
11 Sokol Detroit Grape Festival
18 Sokol South Omaha Czech
Festival

JULY 2-6

XII All-Sokol Slet
Prague, Czech Republic

JULY 24-AUGUST 7 ASO
Instructor's School at Sokol
South Omaha

A.S.O. FAX: 708-795-0539

OUR SOKOL CREDO

To build a healthy and beautiful human body,
To cultivate a harmonious and total person,
To develop firm character, a well-rounded disposition and
A love of truth and justice;
To produce strong, lovely and honorable people,
That is the goal of a Sokol education.

*The young man who
has not wept is a
savage, and the old
man who will not
laugh is a fool.*

❖ *George Santayana*



FOR THE RECORD

Minutes of the April 26, 1994 meeting of the A.S.O. Executive Board

The meeting was called to order by President Charles R. Borvansky at 7:32 p.m. and the pledge to the flag was recited. Members present in the office were Bros. Borvansky, Satek, Lebloch, Babka and Michalek and Sis. Satek, Pajeau, Pros, Kourim and Wojcik. On the phone were Bros. Milan, Kalat, Dalton and Podhrasky and Sis. Kalat and Dalton. Members excused were Bro. Masek and Sis. Jurew and Sedlacek.

The minutes of the March meeting were read and approved on motion by Bro. Babka, seconded and passed. The office has received the Central District minutes of March 16, the Northeast District minutes of March 28 and the Director's Newsletter for April. They will be placed in the file.

The report of the BOI was read by Sis. Kalat. Bro. Babka moved to pay the three final special assessment bills for Eastern District for \$229.66 for Prague workshop, Western District for \$50 for judging clinic and Central District \$200 for a student at ASO Instructors course; to be paid to district only when all quarterly fees are paid into office, seconded and passed. Bro. Babka moved to pay bill of \$25 to Sis. Kalat for videotape conversion of Prague calisthenics and postage that she received from Canada, seconded and passed.

Final arrangements have been made for position in the calisthenics to be performed in Prague. the uniform review committee has met

and some recommendations will be coming for the Convention. Uniformity in the dress parade uniform was stressed. The Merit Award committee will be meeting on June 7 in the office.

Membership had no report. Sis. Kourim, first vice-president, had no report. Bro. Borvansky had no report. Sis. Wojcik, treasurer, held the final audit for the Slet fund.

Education report was given by Bro. Lebloch. They held a meeting on March 30 in the office. There are at least 60 people registered for the ASO tour. Bro. Babka moved to slowly indoctrinate Sis. Pajeau into the Library and Archives part of the Educational Committee, seconded and passed. Bro. Lebloch will receive a 50-year pin from the WFLA on May 13 and will speak a few words about Sokol and thank them for the generous donations throughout the years.

Bro Milan reported on publicity for the organization. The USA Gymnastics has a new Executive Director. Bro. Milan will attend their next meeting in May and have more information.

Sis. Satek, editor, reported the April issue is in the office and will be mailed out shortly. Hope to get issues back on time.

Sis. Pros gave the financial report and stated that she would be on vacation from June 13-27. The auditing committee met and found the books in order.

Bro. Masek, second vice-president, was excused but did invite Sis. Kourim and her husband to the Western District Slet June 11-12.

The 1994 Slet in Prague is quickly approaching. The time of the volleyball tournament and the arrival of tours is causing a small problem. The ASO tour has 60 members with an additional 14 that might sign up for the tour. Bro. Lebloch and Michalek will be in Prague the week before the Slet and will represent the ASO during that time.

There were questions to Bro. Michalek about the 1993 Slet yearbook that he is producing.

Last meeting, it was recommended that the departments look at the budget and come up with budget cutbacks and also ways to raise money. Some ideas were to cut back on the number of issues of the American Sokol we publish each year, cut the number of hours the office is open each day, make Board of Governors meetings a conference call and raise prices of uniforms. The BOI is working on making cutbacks and finding ways to raise money. The editor stated that we could cut the number of pages in the publication, use lighter paper and publish less issues.

Bro. Satek stated that cutbacks all have other problems associated with them and would like to see members taxed in some way. Recommend raise in dues. Bro. Babka felt the ASO needs to do some PR on what the ASO does for districts and units and also raise dues. Bro. Lebloch would like to see increase in membership, which would increase income.

Discussion on the site for the 1995 Convention. It was recommended

Continued on Page 11.

IMPRESSIONS *of the* XVIII ASO SLET

Jaroslav Skopal – President, Sokol Prerov, Czech Republic

Bro. Jerry Elzner from our Sister Unit Sokol Corpus Christi encouraged me to write a letter about my impressions on the XVIII Slet in Chicago for your magazine, American Sokol. So I write.

All Czech peoples of COS delegation came home full of unforgettable impressions, especially in Sokol Berwyn and Sokol Brookfield charge with us.

During Slet we had a possibility to speak with many brothers and sisters of ASO about their existence in the USA and about the situation in ASO. I especially appreciated a possibility to speak with Bros. Zbuzek and Slavik.

When I listened to a long speech of President USA Gymnastics, Mr. Michael Jacki, at the banquet in Marriott Oak Brook Hotel, I had a feeling that a question about the future American Sokol orientation is to be solved. Mr. Jacki and probably also Sis. Filipello prefer that Sokol has got a popular sport organization of the type "sport for all." I was in need of a remembrance of historical Sokol roots.

I could see very interesting gymnastic and volleyball competitions in Naperville Central H.S. It was a surprising atmosphere during these championships. I could not believe that it is possible to prepare so many activities in five Slet days. In the Czech Republic, we usually organize the sports competitions and calisthenics in different periods.

The flag parade at the Slet main program showed how many nations own Sokol movement. By the Czech and Slovak national anthems I regretted that these two sister nations have separated.

In the time of the Slet I could meet many interesting people from different places of USA. I hope I shall see many of them on Slet 1994 in Prague.

(See Pg. 5 – History of Sokol Prerov.)



Pictured Bro. Jaroslav Skopal with Bro. Zdenek Hruban and wife.

NAD TATROU SA BLYSKA

By Sis. Mirka Donner, Sokolice Tabor

By using the melody of a Slovak folk song, Janko Matuska (1821-1877) wrote the text in 1844. Born in Dolny Kubin (County Orava - Northwestern Slovakia), he was a student at the college in Presburg (now Bratislava) from 1843, where the leader of Slovak students was Ludovit Stur, founder and author of Slovak official literary language. (Up to that time, the learned Slovak personalities used the Czech language and others based their literary expressions on the different regional dialects.) But the Hungarian government accelerated its pressure against the Slovak nationalistic movement and Hungarian nationalists attacked the Institute of Czechoslovak Language and Literature. Stur was fired as a teacher. A group of Slovak nationalistic poets protested and Janko Matuska wrote the text for the song "Nad Tatrou Sa Blyska." The song hit the spirit of Slovak nation and became a symbol of his policies and literature. Because of that popularity, it was chosen to join the Czech song "Kde Domov Muj?" and form the Czechoslovak national anthem after the birth of Czechoslovakia in 1918.

A Brief History of Sokol Prerov

By Jaroslav Skopal – President, Sokol Prerov, Czech Republic

Sokol movement arose in the Czech Lands as a result of a national movement development that had given a specific orientation to the then growing organized physical education. A group of Czech patriots, artists, writers and politicians were at its origin. The leading role in Sokol foundation was played by Miroslav Tyrs, who participated in the initiation of the Prague physical training association on February 16, 1862, later named Sokol.

The origin of the physical training association of Sokol in Prerov can be dated back to May 4, 1871, when the founding general meeting took place. Mr. Frantisek Stepka was elected the first mayor. Later the municipal council lent the gymnasium in Skolni street for physical training activity, but its capacity ceased being suitable in a short time. Women's athletic movement in Prerov has been registered since 1895 when it arose as a women's athletic club. A rowing club was established in 1900.

The construction of the first Sokol gymnasium of its own was ceremonially started at the locality Na Marku on March 19, 1896. Training was provisionally opened as soon as in the winter of 1896/97, but all building operations were finished in spring 1897 and the opening ceremony took place on August 8, 1897. Younger

generation remembers it as the cinema of Jas, formerly Alfa. This building was pulled down several years ago in order to make place for a projected roadway. 295 members in 1909 and 346 members in 1910 were registered in Prerov, having 20,000 citizens in that time. The Sokol gymnasium of this day on the opposite side of the river Becva was built in 1936. The old and new Sokol gymnasiums were linked by the Bridge of Miroslav Tyrs, which was destroyed by German soldiers a short time before our liberation.

Sokol Prerov reestablished its activities in 1945 after a pause caused by the German occupation. On December 31, 1946, there were registered 1,145 men, 976 women, 400 boys and 300 young girls at the age from 6 to 14 years. The range of activities can be judged from the existence of the sections followed here: swimming, skiing, rowing, basketball, volleyball, handball, light athletics, tennis and outdoor activities.

Physical training as sports for everybody can be considered the baseline of these activities. Skittles, chess, puppet play, choir and artistic sections and the sections of economy and organization also developed their activities.

Sokol worked in normal conditions in the period after World War II only

to February 1948 when communists usurped political power for more than forty years. The XI Sokol Festival, a grand show of collective gymnastic exhibitions, which took place in Prague in July 1948, still ranks among famous events of Sokol History. Sokol formally existed all the time as a uniform sports and physical training organization in Czechoslovakia up to 1952, but a lot of its best members had to leave leading positions of this organization because of political reasons. When democratic grounds of our state were being resumed after November 17, 1989, the activity of the top organization of the Czechoslovak Sokol Congregation (COS) was also renewed. It came true at the founding general meeting on January 7, 1990.

The founding general meeting of the renewed physical training association of Sokol Prerov took place on March 7, 1990. Mr. Zdenek Tichy was elected its mayor. This new period is characterized especially by an effort to gain back personal and real property of Sokol Prerov and to revive its former physical training activities. This activity has started since January 1, 1991, when sections "sports for all" (ZRTV) and sports gymnastics of Spartak Prerov Machinery declared their general change to Sokol Prerov where they want to continue their further activities.

❖ MEMORIAM ❖

TERYN NAUGHTON

11/11/72-9/25/93

It will be one year since the loss of our member Teryn Naughton, daughter of John and Raydeen Naughton. Teryn grew up in Sokol, where for many years her mother Raydeen (Banfi) Naughton taught the Tots class. Teryn went through Tots, 1st and 2nd Class Girls and Juniors at Sokol Tabor before moving away. She attended St. Ignatius College Prep School in Chicago and was in her last year at Florida International University in Miami, Florida on an athletic scholarship. She spent her last months in Fort Worth, Texas working at Twin Points Resort and prepared the the XVIII Chicago Slet. Teryn was a member of Sokol Tabor in Berwyn, Illinois and Sokol Fort Worth in Texas and Prague 1994 was her future plan. Our last good-byes were after the Slet in Chicago when our bus was leaving the Tabor parking lot. We love you, we miss you and you will always be with us – from relatives and friends, Sokol members and Fort Worth volleyball players. Your charming smile will never be forgotten.

~Submitted by Henrietta Milan



Pictured L to R: 1993 ASO Slet Volleyball Champions: Carrie Ann Whitley, Koy Stoeppelman, TERYN NAUGHTON (holding volleyball), Henrietta Milan, Lesli Milan, Mila Milan; missing Carolyn Cleveland.

CENTRAL DISTRICT Honors Past Directors

The Central District recently awarded Past Director Pins to honor individuals who served as District Directors. Men's Directors of the Central District include: Joseph Regner 1933/4/5/6/7/8/41/2/3/4/5/6/7/54/5/6/7/8/9/60, Edwin Halik 1939/40, Edward Linhart 1948/9/50/1, Lad Vransy 1952, Richard Ptacek 1953, Jack Carr 196, Roy Zitny 1962/3/6/7/8, Paul Lebloch 1964/5/71/2/3/4/5, Charles Kalat 1969/70, Dennis Gilbert 1976,

Joseph Placek 1977/8/9/93/4, John Satek 1980/1/2/3/4/5/6/7/92, David Harlan 1988/9, Edward Schnabl 1990/1. Women's Directors of the Central District include: Mildred Prchal 1925/39/40/50/1/2, Emilie (Welcl) Ruzicka 1933/4/7/8/41/2, Mae Konecny 1943/4/5/6/7, Emilie Kirch 1948, Marie Filipek 1949, Ellen Jean (Kuchynka) Schnabl 1953/4/5/64/5/84/5/6/7, Lorraine Zdenek 1956/7/8/9/60, Marie Pokorny 1961/2/3, Cheryl Savel

1966, June Pros 1967/8, Lily Jo (Vesely) Laznovsky 1969, Marie Ptacek 1970, Carolee Michalek 1971/4/5, Helen Tuma 1972/3, Lillian Jindra 1976, Marie Vachata 1977/8, Sylvia Pistorius 1979/80/1/2/3, Patricia Satek 1988/9, Lynda Filipello 1990/1/2/3.

The pins were presented at the Central District Awards Picnic on May 22 and many past directors were in attendance to receive their

Continued on Page 10.



AMERICAN SOKOL ORGANIZATION

GYMNAST

Editor: Chuck Kalat -- 2401 Bluebonnet Dr., Richardson, Texas 75082



XIIth All Sokol Slet -- Prague, Czech Republic

After reading the newspaper article that appeared in the March 30, 1994 Chicago Tribune from which excerpts appear below, it becomes obvious why the XIIth Sokol Slet in Prague has generated such excitement and memories particularly among our older members. Many Sokol units across the country have experienced notable increases in activity pointing toward participation in this Slet.

The American Sokol Board of Instructors extends best wishes to all Slet participants and spectators travelling to Prague. We hope that after all your hard work and effort, the Slet experience will be all that you want it to be.

We hope, too, that this newfound enthusiasm and level of activity is not just a fleeting thing. We encourage you to work to strengthen and maintain this infusion of Sokol Spirit and look forward to your similar enthusiasm for the future Slets closer to home: Toronto, 1995 (Sokol Canada); Philadelphia, 1996 (Sokol USA); and, of course, our own American Sokol National Slet in 1997.

Ex-athlete Recalls Glory of Czech Games

In 1932, 19-year-old Stan Barcal left his native United States and journeyed to Prague, Czechoslovakia, to participate in an international athletic competition known as Sokol Slet.

"There I was, this fresh-faced kid, standing in the middle of Strahov, Europe's largest stadium. I didn't care about the medals or the ribbons. What mattered to me was that I was there--that I was representing my country. I saw flags waving in every direction and listened to cheers that were almost deafening. When they played our national anthem, my eyes teared up. A big lump formed in my throat. After that, everywhere I looked was one big blur." Barcal also went to the Prague event in 1938.

This summer, Barcal will return to Strahov in the Czech Republic for the first time in more than 55 years to be a spectator at the XIIth Sokol Slet, scheduled for early July.

"It will be an extremely emotional experience for me," Barcal says softly. "So much has changed over the years in both our countries--politically and culturally. The last time I was in Czechoslovakia was in 1938, and war was in the air. Hitler was on the radio ranting and raving. I had a Life magazine confiscated from me during a train ride across the German border.

"The world is a different place today. Many of the old customs are no longer observed. That Slets are even still held is a small miracle."

The festivals, or Slets, are held nationally every four years and internationally every six years, unless they are prohibited by war or politics. They feature competitions in gymnastics, volleyball, basketball and rhythmic, a form of gymnastics performed to music.

"It's difficult to describe the thrill of competition unless you've experienced it," says Barcal. "To win or lose is not important. It's the enjoyment of the sport that makes it so exhilarating."

When Barcal was selected as a member of the team to compete in Prague, his father could not have been more proud.

"He made sure all of his friends knew," Barcal says with a laugh. "He wanted everyone to know that his son was visiting the motherland, especially those who were Czech."

"As a young man, I never fully appreciated the importance of traditions and customs. I never understood the impact it could have on a family. Now I do. Now I know how my father must have felt."

Provide an Overnight Sitting Service and A Great Opportunity for your Student's Parents Disguised as a Fun Sleepover

The excitement builds for weeks...this Saturday is the "Halloween Sleepover" at your gym. Even better each of your students attending may bring a friend to join him or her for the overnight games, contests, activities, snacks, movies, and FUN! Of course, mom was at the gym early on the morning of registration last week because everyone knows only 100 lucky children will be able to get in (for safety reasons) and she was delighted to be able to register both of her children plus two friends at \$12.00 each. Her neighbors know that the only way to get into one of your parties is as a guest of a current student, so mom feels good being able to offer this to her friends. For her and her husband, this will allow them a night out knowing that their children are not only extremely safe in the care of the gymnastics professionals at your gym, but having fun, too! Of course, your sleepovers are always great because you plan and conduct them well. You never seem to forget to have information on your gymnastics classes available for friends who attend, although you could mail it to them since as part of registration, you have their names and mailing addresses to add to your mailing list. After all, you have been paid for the privilege of bringing a friend, and yours was a nice soft sell with lots of fun.

A SLEEPOVER FORMAT

<p>Goals To provide a wholesome, safe and fun overnight experience for your students.</p> <p>Calendar Scheduling Calendar events, special events, holidays, Back to School, Fall Fling, Halloween, Snowflake, Winter, Christmas, St. Nicks Sleepover, New Year's Bash, Valentines, Spring Fling, Ninja Turtle, just to name a few theme ideas.</p> <p>Numbers and Group Sizes The typical 8,000 - 10,000 sq. ft. gym will accommodate 80-100 students for a sleepover. Divide into activity groups of between 15-20 students per group.</p> <p>Registration Usually the week before on a Saturday morning after handouts have been provided to all class students, (first come basis).</p> <p>Fees Anywhere from \$8.00 - \$15.00 for the night, as per your client base.</p> <p>Staffing Expect to need a Sleepover Director and several adult chaperones plus several teenagers or competition team members -- for a party of 100 students, approximately 6 staff members are required for games, and 4 more for general supervision. After activities are over and the movie starts, 6-7 can do the job overnight.</p> <p>Snacks Prepackaged chips or cookies (available through Sysco, Sams, etc.), plus a mixed juice drink in a large cooler works well. Use disposable cups.</p>	<p>Public Relations Take good pictures, have them developed Monday morning -- post them on the bulletin board the next week.</p> <p>Typical Activities and Event Scheduling</p> <p>7:00-7:30pm Arrival</p> <p>7:30-8:00pm Grouping and Rules</p> <p>8:00-9:40pm Group athletic activity rotations 5 groups at 5 stations such as: Station 1 Balance Beam Station 2 Floor Obstacle Course Station 3 Table Games Station 4 Balance Games Station 5 TV and rest (other options: dance station, strength station, relay station, t-shirt tag station, rope climb station, pit station, etc.)</p> <p>9:40-10:00pm Settle down time</p> <p>10:00-10:45pm Dance or Street Dance Contest (if no religious concerns)</p> <p>10:45-11:15pm Evening Snack</p> <p>11:15-11:30pm Placing of Sleeping Bags</p> <p>11:30-til ??? Movie time, lights out</p> <hr style="width: 20%; margin: 10px auto;"/> <p>7:00am Lights on</p> <p>7:45-8:00am Morning Snack</p> <p>8:00-8:15am Gym Cleaning Contest</p> <p>8:30-9:00am Parents Pickup</p>
--	--

From "Ways to make your gymnastic program important to the whole family," by Beau Biron, 1992 USGF Congress.

Water Gymnastics

The Summer season offers a special opportunity for all of us as we go swimming.

Our priority, of course, is to teach boys and girls how to swim. But there are more fun things that we can do. We can try acrobatic moves with minimal spotting and minimal risk of injury. It is because the water ensures a soft landing. In addition, it can be a welcome change of pace after the work of swim lessons. The instructor must check first of the bottom of the pond, pool, etc. is appropriate, i.e. shallow, no rocks; and that the water is not polluted. Most of these exercises are possible at the water level reaching the gymnast's hips.

Caution: everyone should be under the supervision of their instructor constantly.



HANDSTAND

Take off upwards - tuck in - bend head forward on chest - jump head first into water close to the spot where you took off. Reach for the ground, try to balance in a handstand. See how long you can stay upside down.



TUMBLE FORWARD

Take off from the ground in the direction of rotation. Bend head forward on chest - bend knees toward the chin - and rotate forward in the tucked position. The instructor positions himself at the side and should help the pupil rotate.



TUMBLE BACKWARD

Jump backwards, tuck head down and knees up. Rotate backwards. (Similar to the tumble forward above). The instructor positions himself at the side and should help the pupil rotate.



BACK ROLL OVER THE SHOULDERS OF A PARTNER

Pupils stand back to back - up arm - holding hands. One of them bows forward and the other executes a back roll over his shoulders, landing in the water.



ARCH TUMBLE FORWARD

With a short run from the shallower part and a vigorous take-off to handstand and turn over. The turn over to a stand is much slower because of the resistance of the water. Try the same thing without a run.

Also try forward and backward rolls under water using only your hands and arms to propel you over.

Translated from Ceskoslovensky Sokol v zahranici, 1979.

Get Fit

The four components of wellness

Maybe, you're spoiled. You're into convenience, simplicity and doing what you like.

Fine. But when it comes to a wellness program, you can't be just a one-trick pony.

There are four---count'em---components to keeping every bit of you in great shape. What they develop and maintain are flexibility, cardiovascular fitness, strength and sound nutrition.

Your flexibility program will improve your musculoskeletal balance, lengthen restricted muscles and decrease your risk of injury. A simple guideline is to stretch to the point of comfortable tension and hold this position ---without bouncing--- for five to eight seconds. Release and repeat the movement eight to 10 times. And stretch every day.

Cardiovascular training will condition your heart, lungs and vascular system as well as promote fat loss. It should meet three criteria: Exercise in your target heart-rate zone --- for 20 to 30 continuous minutes--three to five days a week.

Increasing your strength will improve your appearance, increase your metabolism and decrease your risk of injury to bone and muscle. Some simple strength-training guidelines are to exercise your entire body at each workout. To that end work the large muscles first and proceed toward the smaller ones, always finishing with the stomach muscles. An entire routine need not last more than 45 minutes, but should be performed two to three times a week, always allowing 48 hours of recovery time between workouts.

With nutrition, you have two issues to consider: the quantity and the quality of your food selections. Quantity is the easiest to modify --- simply decrease the number of calories that you consume.

Modifying quality requires that you decrease the number of calories from fats, and increase the calories from carbohydrates. Think of food as a fuel and remember that quality fuel leads to better performance.

Experts agree that many of the current health-related problems are due to poor nutritional and exercise habits, both of which are well within your control.

By David Upton, Ph.D., a Dallas based health and fitness consultant.

Virtual Training

With advances and innovations in computer technology, the use of Virtual Reality may soon realistically reproduce all of the elements athletes will encounter in competition. Using virtual reality, you will be able to make use of advanced computing technology to create a computer-graphic world with you, the athlete, as the star of the show.

With currently available virtual reality systems, you typically don a head-mounted display system that includes two Liquid Crystal Display monitors, one for each eye. This provides a stereo-optic display that completely fills your field of vision. High-speed graphics workstations are used to create a 3-Dimensional world keyed to the position of your head. When you look to the right, the scene pans left. This creates the illusion of an environment that stands still while you move in it.

You can also put on a tight-fitting glove with fiber optic sensors running down the backs of the fingers, or a full-body suit outfitted with sensors, allowing the computer to track where your hand or other body part is, thus letting you move around or grab objects in this artificial world.

Some athletes are already using virtual reality. In preparation for last winter's Olympic Games, several European bobsled teams used virtual reality equipment as part of their practice sessions. Currently, virtual reality systems are limited by bulky equipment, inferior picture quality, large visor size, and limited computer capacity. But as technology advances and prices fall, you may be able to prepare for your big competition the night before by turning on your computer and practicing against your opponents (or on your course). By learning how to match them step-for-step, thwart their best moves and come back with your own, you can improve your chance for success when it finally comes time for the real event.

Penn State Sports Medicine Newsletter, May, 1994.

**HAVE A
NICE, RESTFUL
SUMMER**



FOR THE RECORD

Minutes of the May 24, 1994 meeting of
the A.S.O. Executive Board

The meeting was called to order by President Charles R. Borvansky at 7:40 p.m. and the pledge to the flag was recited. Members present in the office were Bros. Borvansky, Satek, Lebloch and Babka and Sis. Pajeau and Kourim. On the phone were Bros. Masek, Kalat and Dalton and Sis. Kalat and Dalton. Members excused were Bros. Michalek, Milan and Podhrasky and Sis. Jurew, Pros and Sedlacek.

The minutes of the April meeting were not read and will be approved next month. The office has received the Central District minutes for April and the Director's Newsletter for May. They will be placed in the file. Sis. Pinc has notified the office that she will accept the position on the auditing committee.

Bro. Babka moved to take a full page ad in the 140th Anniversary issue of the CSA Convention book for \$100, seconded and passed. Bro. Babka moved that we send a letter to the Czechoslovak Sokol Abroad and that Bro. Slavik will represent Bro. Borvansky and the ASO at the symposium to take place after the Slet in Prvov, seconded and passed. Bro. Babka moved to write a letter to make Bro. Slavik or Bro. Lebloch our official representative if needed in place of Bro. Borvansky at Slet functions in Prague, seconded and passed. Bro. Babka moved to send Sokol San Francisco's letter for clarification to the By-Laws Committee, Bro. Podhrasky, seconded and passed.

The report of the BOI was read by Sis. Kalat. Bro. Babka moved to pay the two final special assessment bills for Eastern District \$407 for Prague workshop and Central District \$220.48 for Prague workshop; to be paid to district only when all quarterly fees are paid into office, seconded and passed. Bro. Satek moved to order 15 additional Prague T-shirts at a cost of about \$100, seconded and passed. Final arrangements have been made for positions in the calisthenics to be performed in Prague. There are 58 men and 155 women in Loyal Guard, 8 men in their calisthenics and 34 women in Karneval. The uniform review committee continues to meet. The Merit Award committee will be meeting on June 8 in the office. So far, there are only two completed applications in the office. The school board welcomes Bro. Brian Pracko from Sokol USA to the National School Board. The BOI has completed its expense/income review. The BOI has actively been trying to cut expenses for the last several months. They feel fund raising is the main focus at this late date in the budget.

Publicity no report. Editor no report. Treasurer no report. Sis. Pros is on vacation from June 13-27, but sent her monthly written report.

Bro. Masek, second vice-president, attended Sokol South Omaha Mini Slet and had no Foundation Fund report. Sis. Kourim, first vice-president, is sewing uniforms. Bro. Borvansky attended the Central District Slet and Awards Picnic.

The members felt that the ASO tour to Prague and the Slet details

were under control.

The next items to discuss were the budget and convention. There was a long discussion about the convention site. Bro. Satek felt that the Central District could handle the change to the Chicago area. He will look into locations and prices.

There was a discussion about the budget cuts and increases in revenue that all the departments recommended. Finally, Bro. Babka moved that financial problems be solved by both budget cuts and revenue generating measures and that the Board of Governors take this as a recommendation from the Executive Board, seconded and passed with one opposed.

There was a discussion about the duties of the Executive Board and the Board of Governors.

The recommended date for the Board of Governors meeting is Saturday, July 30 at the Sokol office at 9:00 a.m. Bros. Martanovic, Dalton and Laznovsky will be sent in by their districts.

WTTW, the local PBS station in Chicago, is working on a project that shows the lifestyle of the area in the 1920s, 30s and 40s. Sis. Pajeau would like to share some of our photos and film for this project, which would get us free publicity on a major TV station. Bro. Babka moved to get involved with the WTTW project, with Sis. Pajeau as the contact, seconded and passed.

Meeting adjourned at 9:16 p.m.

Sis. Nancy Pajeau, Secretary

Keep Your Child From Choking...

Did you know that:

- Choking accidents in the home are among the leading causes of death in children under the age of five.
- Small objects can stick in children's throats or be inhaled into their lungs and block their breathing.

Your Child's Safety Test

Every **YES** makes your child safer.

Every **NO** puts him or her closer to a choking accident.

1. Have you made your home safe, putting small objects out of reach?
 YES NO
2. Do you insist that your child remain seated while eating?
 YES NO
3. As the child gets older, do you warn of choking risks?
 YES NO
4. Does an adult or reliable youngster keep an eye on your child?
 YES NO

Remove Small Objects

And Prevent a Tragedy from Happening

- Throw away pieces of broken toys, games, crayons and balloons.
- Remove loose toy parts – before your child does: eyes and buttons from dolls, wheels from cars and trucks, noisemakers from party horns, loose screws in a toy.
- Keep marbles, jacks and small plastic building blocks away from young children.
- Store purse and sewing basket away from small fingers.
- Routinely pick up loose items: coins, pins, buttons, tacks, beads, Paper clips, bottle tops, plastic jacks and wrappers.
- Set a good example. Keep pins, nails and toothpicks out of your mouth.

...On Food, Toys and Other Small Objects

Help Food Go Down the Right Way

Remember that large pieces of food can be choking hazards for your children. Items such as chunks of hot dogs, pieces of candy, nuts, grapes, popcorn and pieces of apples, cookies, biscuits and carrots are potential dangers to infants, toddlers and preschoolers.

These are suggestions for helping foods go down the right way:

- Cut food into small pieces. Teach children to chew well.
- Remove small bones from fish, meat and fowl. Take out seeds from oranges, grapes, melons and other fruits.
- Ask your pediatrician to tell you at what age it is safe for your child to have foods like the following: raw carrots, popcorn, sunflower seeds, small bits of hard candy or peanuts.
- Never allow your children to run around with something (even food) in their mouths.
- Don't put snack foods like peanuts on low tables.

Protect Your Baby from Choking

- Check pacifiers. Nipple should resist pulling. Guard should not pass through baby's lips.
- Close safety pins. Keep them off diaper-changing table.
- Before picking up baby, take off dangling jewelry and other loose item.
- Have baby teeth on a ring.
- Ask your doctor's go-ahead before starting solid foods.
- Don't give a baby a Styrofoam cup.

AMERICAN LUNG ASSOCIATION

Developed with the assistance of the American Lung Associations of Massachusetts and Boston; initial development supported by an educational grant from the Alpha Xi Delta Foundation.

FUTURE SOKOL LEADERS FUND

Purpose: To train and educate young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

	In memory of Paul Stettner	
From Zdenka Freehauf		\$25.00
	In memory of Helen Konofsky, Sokol Town of Lake	
From Sokol Town of Lake		\$25.00
	55 Years of Membership - Sokol Slavsky	
Mildred Mentzer, Irene Rada, Clarence Schlehofer		\$15.00

Central District Honors Directors *(continued)*

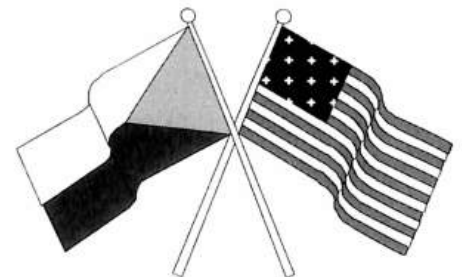
recognition. Presiding over the presentation were Central District President, Bro. John Satek and Sis. Linda P. Modes, Treasurer. In attendance from out of state were Sis. Lil Laznovsky, Sis. Emilie Ruzicka and Sis. Ellen Jeanne Schnabl.

Though unable to attend, letters of appreciation, portions of which are excerpted here, were received from Sis. Sylvia Pistorius: "I sincerely thank you for ...the honor of receiving a Director's Pin. Our sincere best wishes for a successful Slet. NAZDAR!" From Bro. Charles Kalat: "I am honored that the Central District is bestowing a Director's Pin upon me in recognition of my service as Men's Central District Director for two years. I wish that I could ...receive my pin in person. Once again, thank you for recognizing the efforts of the past district directors. NAZDAR!" From Sis. Cheryl (Savel) Zrostlik: "42 years ago, I walked into Sokol Berwyn, a somewhat frightened little girl, not knowing what to expect in that strange new place. No friends

went with me and I felt so alone and awkward. With the help of a very dedicated and compassionate staff of instructors, my fears soon turned to enjoyment. The years went by quickly and my enjoyment turned to a commitment and love that only another dedicated Sokol member could understand. My first night as an 'official' member and part of the women's class was inspiring as I then stood alongside the very women whom I had admired for so many years. Several of them had taken me under their wings and had started 'grooming' me for future involvement. I had already taken several instructors courses and was delighted when I was asked to teach the Tots class. The years that followed were a progression of involvement that included Second Class Girls' instructor, BOI member, Unit Director and finally District Director. None of this would have happened without the help, encouragement and friendship of one of the most dedicated Sokols I know, Sis. Ellen Jeanne Schnabl. I single out Ellen because she was

there for me in times of accomplishment and also when I occasionally 'messed up.' She offered support and solutions and when I needed it, she was also there with a gentle 'kick in the butt,' that brought me back to reality. She became and remains to this day, a dear and loyal friend. I thank you now for the recognition you are giving to all the previous District Directors. How I wish I could be present to accept this award. I am honored to have been able to have served the Central District in this capacity and accept the Director's Pin with my humble thanks. NAZDAR!"

Editor's Note: Past Director Pins are available from the ASO Office. There are styles for Unit Director, District Director and ASO Director. They must be ordered by representatives of Units or Districts and are not sold to individual members.



AMERICAN SOKOL
Change of Address

This clip-out coupon is positioned so that your mailing label appears on the back. If your mailing address has changed, use a pencil to carefully mark an X through the OLD mailing label. Complete the change of address form below and mail to:

American Sokol
6424 W. Cermak Road
Berwyn, IL 60402-2386

Sokol	Name	New Address	City	State	Zip

**EDUCATIONAL MATERIALS,
SOUVENIRS, MEMBERSHIP PINS & KITS**

Membership Pins and

New Member Information Kit
Membership Kit \$7.50
(Contains Plain Pin, Copy of ASO By-Laws, ASO Tri-Fold, Parliamentary Procedure Booklet, Sokol & the Sokol Idea Booklet, Car Decal)

Plain Pin (No Year) \$5.00
5, 10, 15, 20-Year Pin \$13.00
25-Year Pin \$25.00
30, 40-Year Pin \$8.00
35, 45-Year Pin \$6.25
50-Year Pin (Gold-Filled) \$32.00
55 Years & Over
"Citation of Merit" NO CHARGE

Educational Materials

Sokol and the Sokol Idea \$2.50
Our Task, Aim and Goal \$2.50
Dr. Josef Scheiner \$2.50
Highlights of Czech History \$2.50
A.S.O. 125th Anniversary Book \$4.00
"Amer. Sokol Sings" Songbook \$4.00
Gym. Activities with Hand App. \$6.00
Sokol Gymnastic Manual \$15.00

Board of Instructors

Girls'/Boys Skills Program Materials
Lg. Packet (25 Participants) \$33.00
Sm. Packet (12 Participants) \$17.00
Tots' Skills Program Materials
Lg. Packet (25 Participants) \$17.00
Sm. Packet (12 Participants) \$9.00
Separate Cards, Patches, Bars and Ribbons also available.

Souvenirs

Sokol Gold Plated Stick Pin \$7.00
Festival Coffee Mug \$2.00
Sokol Bouquet Postcard \$.25
Sokol Charm \$3.00
Sokol Stud \$2.00

XVIII ASO Slet Souvenirs

Sweatshirt (S & M Only) \$12.00
Lapel Pin \$3.00
Large Canvas Tote Bag \$8.00
Canvas Barrel Gym Bag \$10.00
USA Key Chain \$1.50
Pen \$2.00
Luggage/ID Tag \$3.00
Slet Plate ('93, '89, '85, '81) \$25.00
Program Book \$2.00

Etc.

Unit ID Ribbons \$1.25 Each
Czech Video \$30.00 Incl. Post.
Talon Mugs \$6.00
Set/3 XVIII Slet Videos \$39.95+\$4.00
XVIII Slet Video Only \$19.95+\$4.00

*** All prices are plus shipping. ***

Please mail orders to:

American Sokol Organization

6424 W. Cermak Road
Berwyn, Illinois 60402-2386

Dr. Miroslav Tyrs Bronze Bust
\$1,450.00 + Shipping
(Weight = 100-115 lbs.)

**WEBER
TRAVEL
AGENCY**



Complete Worldwide Professional Travel Service

SPECIALIZING IN TRAVEL TO CZECHOSLOVAKIA
SINCE 1958

6805 West Cermak Road • Berwyn, IL 60402
Tel. 708-749-1333 • FAX 708-749-1350

Executive Board Minutes 5/94 (Continued)

that if the convention was moved to the Chicago area, there would be a significant cost reduction.

The Executive Board recommends that the Board of governors meet in June to discuss and take action on the Convention site and the budget. The recommended date for the

Board of Governors was June 15 and the next Executive meeting will be June 21.

Sis. Kalat will be the ASO representative at the Southern District Slet.

Meeting adjourned at 9:05 p.m.

Sis. Nancy Pajeau, Secretary





7222 W. Cermak Road
Suite 300
N. Riverside, IL 60546-1456
708-447-6400
FAX 708-447-6815
1-800-426-8826

Call for airline, hotel and tour
reservations worldwide.

Exclusive U.S. and Canadian
agent for Prague Suites,
the hotel alternative.



WE WILL CHANGE
THE WAY YOU TRAVEL.

In its 117th year,
new things are happening
at

BOHEMIAN NATIONAL CEMETERY

- A GARDEN SECTION in new Block 25, featuring, for a limited time only, two grave sites for but \$550.00.
- A CREMAINS GARDEN at Section 26 offering a 24x28" burial plot, a vault, two cremains urns and a marker at a pre-need purchase cost of \$1,055.00.
- A special pre-need offer of mausoleum crypts for two people starting at \$2,800.00, including names inscriptions. Single crypts available starting at \$1,500.00.



Call or Visit

BOHEMIAN NATIONAL CEMETERY
5255 N. Pulaski Road, Chicago, IL 60630
312-539-8442 • 708-788-8442
FAX 312-539-2072

Listen to Czechoslovak Radio Hour,
Station WCEV Radio, 1450AM,
Sundays 9:00-10:00 A.M.

Second Class Postage Paid at Berwyn, IL



wfla western fraternal life association

1900 First Ave. N.E.
Cedar Rapids, IA 52402



The European Village, Ltd.

Featuring Crystal Cut Glass, Czech Garnets,
Ceramics, Dolls, and Other Distinctive Gift Items,
Czech & Slovak Books, Cassettes & CD's,
Write for our free catalog!

6531 W. Cermak Rd.
Berwyn, IL 60402



(708) 788-4500
FAX (708) 447-6235

America's Oldest Fraternal Benefit Society

Providing quality life insurance protection and fraternal benefits to our members since 1854.

Visit the CSA Heritage Museum,
Library and Archives
Monday through Friday, 10:00 AM to 4:00 PM

Public Invited, Group Tours Available
708-795-5800



P.O. Box 249 • 2701 S. Harlem
Berwyn, Illinois 60402