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XII ALL-SOKOL SLET PRAGUE 1994

MORE PHOTOS ON PAGES 8-9!

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10th of the month prior to published month.

From Your Editor...

I was happy to receive a number of photos from the Prague Slet to include in this month's issue. By all means, if you have photos to share, be sure to send them to me for publication. Be sure to identify the people shown in the photos, if possible. All photos will be returned to you after publication. I also look forward to hearing comments on the Slet to share with our members. The summer brought a number of items to be published, but unfortunately they won't all fit in at once and it may take awhile for things to appear. Bear with me.

NA ZDAR!

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

CALENDAR of EVENTS

OCTOBER

- 7 Sokol Women of Little Ferry
Roller Skating Night
- 8 Sokol Karel Havlicek
Borovsky (KHB) - Johnny
Mensik Orchestra
- 16 Sokol KHB Czech Day at
State Fair - Gym Exhibition
- 28-29 Sokol Brookfield Basement Sale
- 29 Sokol Women of Little Ferry
Hobo Dance
- 29 Sokol Minnesota Harvest
Dance

NOVEMBER

- 13 Sokol Minnesota Pancake
Breakfast
- 19 Sokol KHB Arts & Crafts Show
- 19 Sokol Berwyn-Slavsky Junior
Dance

DECEMBER

- 3 Sokol Berwyn-Slavsky
St. Nicholas Dance
- 3 Sokol Greater Cleveland
St. Nick's Dance
- 4 Sokol Detroit Czechoslovak
Afternoon Dinner Party

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

*What we anticipate
seldom occurs, what
we least expected
generally happens.*

❖ *Benjamin Disraeli*

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.*



Prague, May 17, 1994
KPR 3096/94

Kancelář prezidenta republiky

Charles R. Borvansky
American Sokol Organization
6424 W. Cermak Road
Berwyn, IL 60402
USA

Dear Mr. Borvansky,

On behalf of President Havel, I would like to thank you for your kind letter of April 15, 1994, regarding the XII All Sokol Slet in July of this year.

The president indeed fondly remembers the 1990 All Sokol Slet at Lany and is pleased to inform you that he will attend the XII All Sokol Slet at Strahov Stadium this July. It will be an honor to have the American Sokol Organization, 6,000-plus strong, joining in the celebrations after these 56 long years. The presence of such an important chapter of the Sokol Slet is one indication of the progress which has occurred over the last few years. Unfortunately, due to a very busy schedule in July, the President will not be able to meet with the American Sokol Slet privately but hopes to see some of the members at the actual ceremonies.

President Havel looks forward to joining you in celebrating the XII All Sokol Slet at Strahov Stadium this July, and sends his warm regards.

Sincerely,

Pavel Seifter
Director
Foreign Policy Department

STANISLAV SUCHARDA, CREATOR OF THE COS SOKOL MEMBER'S PIN "ON GUARD"

This article appeared in Czech in the Sokolsky Vestnik, list ceska obce sokolske (COS) Volume L 9/93 under the authorship of Milan Marek and was reprinted in the Sokol Slavsky newsletter by their Educational Director, Bro. Robert Baumruk.

The poem appearing at the end of this article was found by Bro. Jerry Milan in a book titled "Bratru Josefu Zezulovi k Sedmdesatinam 1979 - 19.Ledna - 1949." Bro. Milan asked his cousin, Vera Richards, and Bro. Walter Slavik to translate it. The poem is about the "On Guard" Member's Pin to COS members.

In this the year of 1994 of the XII All Sokol Slet, it is fully 85 years since the inception of the Sokol posters and pin, "On Guard," which Stanislav Sucharda (1866-1916), an artist, sculptor and medalist created. He was born in Nova Paka.

Sucharda was a student of J.V. Myslbek at the Industrial Fine Arts School of Praha from 1886-1890. He later became a professor at the same school. The year before his death, he conducted a medalist school at the Praha Academy of Graphic Arts. He was a leading prominent representative of the Manes Society of Graphic Arts. From the beginning, he was lead with an admiring relationship to the work of his teacher Josef V. Myslbek and to Mikolas Ales, later with a drift toward symbolism and art nouveau. Notably, he achieved their combination with folk tradition in his design for the creation of monuments and posters. At the turn of the century, he enriched Czech fine arts, individual lyricism

and decorative style. The name of Stanislav Sucharda is linked with the conceptual approach to the project of the Frantisek Palacky statue in Praha, its design and detailed study executed during the years 1897 and 1901. He even worked out the design for the statue of Jan Hus in Praha (1900), Hana Kvapil (1908), for the statue of Bedrich Smetana (1909), Jan Amos Komensky (1912), Tyrs and Fuegner (1913) and the monument of Jan Zizka from Trocnov (1913). A Sokol theme is evident in his 1895 conceptual artwork for the medal "Czech Sokol Organization" and his artwork for the poster "To the Highest goal, Brothers" (1913).

In 1909/10, Sucharda turned out a poster and pin dedicated to the Sokols in the studio of the Industrial Fine Arts School. The pin "On Guard" became, in its smaller form, the Sokol membership pin. However, before that, the sketch "Libuse Prophecizes the Glory of Praha" was reduced to a poster in metal and became an honored gift to Sokol Praha members who attained 40 years of membership in the unit. Stanislav Sucharda's Sokol feelings had deep roots in a family Sokol tradition, laid down at the time of the inception of the Sokol movement by Tyrs and Fuegner. Stanislav's father, Antonin Sucharda, was one of the members of the first founding committee of the Nova Paka Sokol

unit in 1862 and about a year later was named, with two other brothers, an instructor. During Antonin's residency as a woodcarver's apprentice in the shop of Jindrich Vodicka in Praha, he drilled conscientiously as a member of the Praha Sokol. As a young woodcarver, Antonin Sucharda carved a small falcon for the top of the first Sokol flag pole, using a sketch by Manes as inspiration. So, for the first time, he, with his work, shared in a notable celebration – the presentation of the flag to the Praha Sokol unit. Antonin Sucharda was president of the Sokol unit in Nova Paka for more then 30 years. On November 30, 1911, he was voted honorary membership.

Both of his sons, Stanislav and Vojtech, followed their father's footsteps in Sokol activity. Stanislav from his earliest days pre-eminently performed on the parallel bars and on the rings. In 1903, he participated in the Slet of the French gymnasts in Nancy. He was a member of the Board of Instructors of Sokol Praha. He was very much drawn to the leader of the Czech Sokol Organization, Bro. Jindra Vanicek, of whom he made a poster with a lifelike portrait. Vojtech Sucharda was an instructor of children and juniors in the Bubenec Praha Sokol unit. The Sucharda family shared the many faceted social activities of the Sokol in Bubenec. He

prepared the decorations for the Sokol Masquerade Balls and the Masquerade Dance Balls which were attended by his entire family, lead by the "dauntless scout," his father, Antonin Sucharda. Even today, Stanislav Sucharda's granddaughter, Mrs. Marta Sandtner in Praha, thinks back on the Sokol connections of the Sucharda family in that way.

More detailed information on the Sucharda family's Sokol activities can be found in the volume published in 1937 in commemoration of the 75th anniversary of the founding of the Sokol unit in Nova Paka and the charming book by Bedrich Slavik "U Suchardu," published by "Kruh" in Hradec Kralove in 1973.

NA STRÁŽI! by Klota Formankova

*Kdo tento znak si vepsal v život celého
kdo plodné práci život zastvětil
kdo překážkám vždy čelil hrdě směle
kdo na zřeteli měl jen velký cíl
kdo Tyrše jako vzor měl v srdci
čistém
kdo z učně v Sokolství se mistrem
stal
kdo zlobu mařil v kroku smělém
jistém
kdo bouřným časum statně
vzdoroval
kdo neznal odpočinku ani chvíle
kdo úhor kypřil v plodný květný lán
kdo štědrě rozdal dary svého srdce
ten budiž milován – a požehnán.*

ON GUARD! by Klota Formankova
(Translation by Vera Richards)

He ...who has written this emblem as
his whole livelihood
...who has dedicated his life to
accomplish work
...who has always stood up to the
obstacles with heroic courage

*...who had envisioned only the
great goal
...who kept Tyrš as his role model
in his pure heart
...who became a master from
being an apprentice in Sokol
...who crushed anger by his sure
and courageous step
...who strongly opposed the
stormy times
...who didn't know a moment of
rest
...who has turned an infertile land
into blooming field
...who has generously given the
gifts of his heart*

Let He be loved – and blessed.

ON GUARD! by Klota Formankova
(Translation by Walter Slavik)

*Who inscribed this emblem into the
whole life
who dedicated his being to a fruitful
work
who always proudly, bravely faced
his obstacles
who aimed only at the highest goal
who in his pure heart Tyrš as his role
model carried
who through his Sokol
apprenticeship became a master
who with his courageous step
shattered all wrath
who boldly defied the stormy times
who perceived no rest, not even a
while
who, toiling on his fallow, loosened it
into a blossoming field
who generously offered fruits of his
heart*

Let him/her be loved – and hallowed.



PRAGUE'S TRANSPORT CRUNCH

New reports from the Prague Office of Transportation Engineers and the Prague Transportation Company paint a worrisome picture for the city's transportation future. While Prague's populace remains the most devoted to public transportation among all major European cities, more and more inhabitants – and eager tourists – are taking to the streets in cars. And that means trouble for a city with an underdeveloped road network.

There are 324 automobiles per 1,000 inhabitants in Prague. Though that figure compares favorably with large Western European cities (which average between 330 and 470 cars per 1,000 inhabitants), Prague's road network is far smaller and less well-maintained. And the city streets will probably become even more choked with traffic. Traffic intensity, a measure of the number of cars in a given location during normal driving hours, has risen dramatically over the past 30 years, and particularly since 1989. In the 1960's, 17,000 cars entered Prague's "central cordon" from 6:00 AM to 10:00 PM. (The central cordon encompasses roughly the area of Cechuv most in the north, the castle in the northwest, Podoli in the south, Namesti miru in the southeast and the Krizikova metro station in the east.) By the mid-1980's, the figure had actually fallen to 13,000 cars. But between 1989 and 1993, traffic intensity grew to 25,000 automobiles and in 1993

Continued on page 7.

Bro. Fred Divisek Named 1994 King Charles Award Recipient



The 1994 King Charles Award was presented to Percussionist Musician Fred J. Divisek on Saturday, August 6, 1994. Bro. Divisek is a member of Sokol San Francisco.

Bro. Divisek is one of the youngest men ever given the post of snare drummer and "middle man" in the

percussion section of the Chicago Civic Opera Company. His experience comprises all forms of drum work in theater, dance, radio and bands from street parades up. He has performed with more than 20 different orchestras and bands throughout his career and has lived in California, Illinois operating successful music schools in the latter two states. While living in Chicago, he directed musical reviews at Sokol Havlicek and Sokol Chicago and his 30-piece student accordion band performed at the World's Fair in 1933/34. He played solo and with his trio for Czech programs at radio stations WEDC and WHFC and was a member of the staff orchestra at WHFC and studio orchestra at WCFL. He also arranged music for drills and special numbers used by Sokols all across the United States and directed and

played music for Sokol Slets in St. Louis, Chicago, San Francisco and Los Angeles. After retiring to San Marcos, California, he and his wife are active in the House of Czechoslovakia and he teaches percussion at the University of San Diego.

Bro. Divisek has received the following honors: Veterans Hospital, Eagle Point, Oregon, 1952; Honorary Member, Medinah Shrine, 1974; American Legion, Long Beach, California, Award for Services Rendered to the City of Long Beach, California, 1975. He has had articles published in Metronome Music Magazine December 1931 and April 1932 and has 12 piano and orchestra arrangements published by Joseph Jiran 1933-41.

-Submitted by Sis. Joan Sedlacek

A.S.O. CULTURAL DISPLAY



Illinois Governor Jim Edgar proclaimed July 21 Ethnic Museum and Cultural Display Day in Illinois and sponsored an exhibit of more than 35 ethnic museum and cultural Displays in the James R. Thompson Center in Chicago. Elizabeth Edgar, representing the governor, viewed the exhibits and presented each group with a letter commending them for their participation in this historic event. Representing the American Sokol Organization were Bro. Joseph Vitek and Sis. Jane Sterba.



USA GYMNASTICS 1994 NATIONAL CONGRESS AUGUST 25-28 -- NASHVILLE, TENNESSEE

This year's USA Gymnastics National Coaches Congress attracted over 1800 gymnastics coaches, gym owners/administrators, gymnasts, and other gymnastics professionals. Included in this number was perhaps the largest contingent of Sokol members (25+) that have ever attended the Congress. In fact, the ASO National School Board took the opportunity to conduct a meeting during a free time to discuss/review its direction and emphasis in the future.

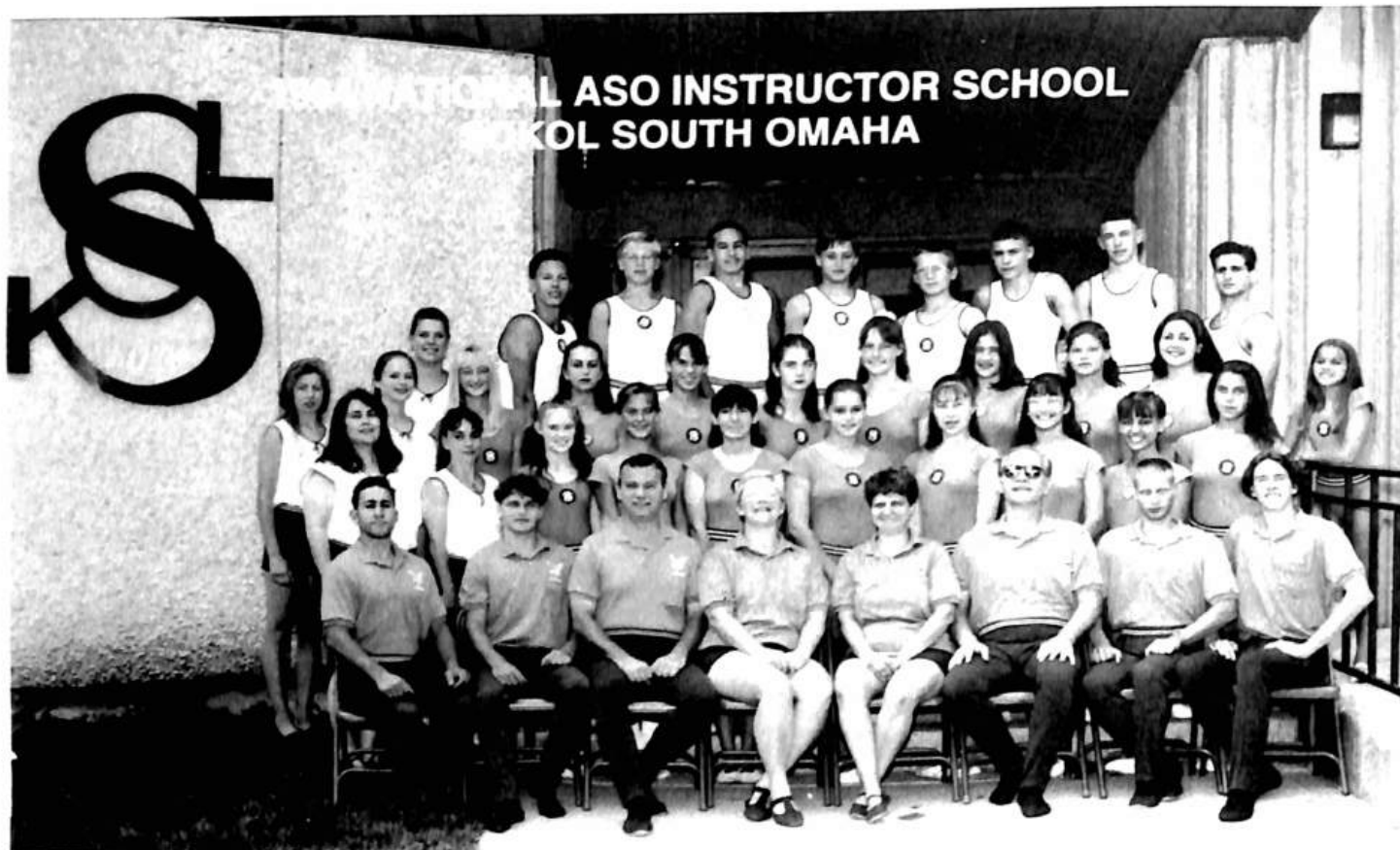
Roughly 135 1-hour individual sessions were presented over the course of the Congress with 11+ sessions occurring simultaneously at any given time. The sessions were divided into 7 interest tracks: Sport Science(14), Business(18), Education and Alternative(19), Preschool(14), Womens(23), Mens(14), and Rhythmics(5). There was always at least one session of interest to attend. Although many of the sessions deal with material/problems more advanced than those normally encountered in our Sokol gyms, there are still many other session which directly relate to our activities. In addition, even the more advanced areas allow for personal growth and a better understanding and appreciation of the sport of gymnastics as it changes year to year. By way of example of the variety available, Sis. Kalat and/or I attended the following sessions: Implementing Rhythmic Gymnastics in Public Schools presented by Sokol member Mary Panackia; Cheerleader Gymnastics: The Future for Gym Clubs; Balance Beam: Progressions for the Beginning Gymnast; To Boy or Not To Boy (a discussion of needs of boys programs); Tumbling and Vault Basics by Olympic Champion Valeri Artemov; USA Gymnastics Men's Program Update; Vault Progressions for the Beginning Gymnast; Build New Coaches: Staff Training; Basic Uneven Bar Progressions for the Beginning Gymnast; Human Performance Techniques to Improve Coaching; School-age Classes Need Attention Too; Booster Clubs -- Boon or Bust?; Womens J.O. Program Update; Sample of 1994 Future Trends in Mens Gymnastics; Looking to the 1995 Berlin Gymnaestrada; and How to Motivate Your Gymnast by Bela Karolyi.

In addition to the technical sessions, the various United States Association of Gymnastics Equipment Suppliers provided a huge equipment exhibit area with everything from grips, shoes, and leotards, awards, insurance, to the latest in gymnastic equipment and much more. It easily took a couple hours just to browse around, and I am sure that everyone came home with a stack of catalogs and a really long 'wish list'.

Also something new this year was that the Congress was held in conjunction with the USA Gymnastics Championships giving us the opportunity to view 8 sessions (19+ hours) of the best gymnastics the US has to offer in Junior Women, Junior/Senior Men, and Senior Womens divisions.

On a personal note, coming in contact with all these gymnastic professionals at Congress is both impressive and depressing. Impressive from the standpoint of the amazing level of enthusiasm, dedication, and love of their work that all these folks exude and share. It is depressing because I don't seem to have that same level of enthusiasm and dedication for my Sokol work. Although I learn some new things each time I attend the Congress, the big thing I always bring back is a renewed enthusiasm for what I am doing. I get that ol' 'shot in the arm'. Its kind of like what you see in our young people returning from instructors course: they're all pumped up about Sokol.

Chuck Kalat



1994 ASO National Instructor's School

This year's ASO National Instructors School began as usual with an orientation and introduction of staff, students, and curriculum. It was immediately evident that a highly motivated and enthusiastic group of students had been sent to us.

The school divisions -- 11 beginner students; 11 intermediate students; 8 advanced students provided the staff with the opportunity to try out a newly designed curriculum. No longer were the intermediate and advanced students placed in the same classes together but each received training in all Sokol disciplines at their proper level. The advanced students especially were taken far beyond the normal curriculum with a higher level of achievement expected in every class.

After flag raising and breakfast, a typical school day began with marching tactics outdoors on the parking lot surrounding the Sokol hall. To the strains of Sokol marches by Suk and Knoch echoing through the neighborhood, each student polished their marching skills/commands.

Practice teaching also saw improvements made this year. Each student was given two opportunities to practice and demonstrate their teaching abilities and be evaluated by two different staff members. This provided a more accurate evaluation of each student's teaching ability, and the students learned valuable teaching techniques in the process.

Calisthenics and apparatus terminology, games, rhythmic, progressions, folk dancing, and the many lectures on methods, organization and history, and biomechanics rounded out the two weeks of intense training.

I would like to personally thank the instructors staff: Bob Liptak, Mary Panackia, Sandra Benak, Pete Lattanzio, John Mooney, Buddy Benak and Tom McLaughlin. Each staff member gave a supreme effort the entire two weeks to ensure that each student would return to their Sokol gym with the knowledge needed to be a Sokol instructor.

Units who sent students to this year's school should be able to benefit tremendously from the talents of these new instructors.

Vojmir Benak - ASO School Director



1994 Southern District Instructor's School

It has always been the Sokol Organization's goal to educate its instructors. This education prepares them for the Sokol gymnastics curriculum. Such an Instructors School or "Kurz" was conducted by the Southern District for the up and coming instructors June 5th - June 14th at Sokol Fort Worth. The students resided in a section of the gym for the duration of the course. A volunteer cooking staff prepared three outstanding meals daily.

Fifteen (15) students attended ranging in age from 11 to 41. The school was directed by Rome Milan with staff members Wade Garrett and Lori Laznovsky, assistants Shay Hennessey, Stephanie Patton, and Kevin Bates and secretary Mila Milan. Guest mini clinics were presented by local Sokol members as well as local non-Sokol professionals, Scott Crouse, Frank Kudlak, Mark Sherman, Kevin Kemp, and Mark & Debbie Williams. The course would not have been possible without the help of many other Sokol members.

The students were trained through a battery of classes from 8 am to 11 pm. Classes included gymnastics and calisthenics terminology, biomechanics, games, rhythmic, marching, psychology, tot skills, judging, conditioning, flexibility, pyramids, Sokol history and organization, and over fifteen hours of spotting and progressions. All students received, if age eligible, USA Gymnastics Safety Certification, Coaches Professional Development Program Level 1, Sequential Gymnastics and CPR certification. In addition to the books/materials for these programs, each student received the soft bound Sokol Manual, the High School Federation code of points (used in Southern District optional competitions), 1 year of 'USA Gymnastics' magazine, 1-year of the ASO 'Directors Newsletter', a school T-shirt, and an 8x10 group photo. The students were evaluated with written tests and two 30-minute practical teaching sessions including lesson plans using a group of 6-12 year old class children. The students composed their own calisthenics/Gymnaestrada type numbers to music for nightly competition. The school concluded with a graduation ceremony and exhibition prepared by the students.

The format for this year's school was extremely successful. Each student left the school with not only a Sokol teaching diploma, but a number of other beneficial, professional credentials as well.

Rome Milan - School Director

What Does Sokol Mean to You?

The American Sokol annually awards Merit Award Scholarships to deserving Sokol members attending accredited colleges. Part of the application process is the applicant's written response to that question. Below are responses from this year's Merit Award applicants:

What Sokol Means to Me

"Sokol means friendship. I was three years old when I started to gym in Tots' Class. In Little Girls, I made many friends. I met my two best friends during that time. As we grew up and continued into the Junior Girls, our friendship got stronger. Now, with college just around the corner, we plan to remain friends. Also during Junior Girls, I began to go to all the Slets. At the Slets, I made many new friends. Every year, I look forward to going on a trip because that means I can see my friends again. I keep close contact with my friends from other Sokol units. I write to people in Texas and Michigan. I treasure all by friendships. They have meaning in my life. Without Sokol, I cannot imagine what I would have done without these friends. My friendships are very important to me. I equate these friendships with Sokol, so Sokol is very important to me.

Sokol is also important to me because I grew up with it in my life. Gymnastics is my favorite activity in which I am very involved. Bohemian National Hall is comparable to a second home for me. I spend most of by evenings at the gym, socializing, practicing, teaching, or playing volleyball. I love to go down to the gym to see my friends. Gymnastics and Sokol are very important parts of my life. I plan to belong to Sokol Greater Cleveland for a very long time.

To me, Sokol means everything, I grew up in Sokol, I made friends through Sokol. I travel to new and exciting places and meet new and interesting people. Sokol and other people involved in Sokol have given me many opportunities for which I am very grateful. Sokol is very special to me."

Julie Meyer -- Sokol Greater Cleveland

What Sokol Means to Me

"In the past 13 yrs. Sokol has meant a lot to me. It has been a place for me to socialize and make many-many friends. Not only at my own unit but from other units as well. I have found a home away from home at the different Sokol units and a place that I will always be accepted as part of the Sokol family. Sokol has given me the opportunity to travel throughout the United States and Canada. This was a great opportunity to visit other Sokols and make new friends. I also have been able to pass down to younger gymnasts the knowledge I have attained. Most of all Sokol has given me strength both physically and mentally to cope with everyday life, to keep a cool head in cases of emergency or even in time of crisis. It has given me self esteem and self confidence, to keep my best foot forward and strive for self excellence. Without my Sokol background I don't think I would have achieved any of the above."

Christoffer Berka -- Sokol South Omaha

What Sokol Means to Me

"Ennis Sokol has been a major part of my childhood and young adulthood. I have developed many social and physical qualities from this organization. Sokol has helped me mature physically through poise and balance and socially through friendship and family relationships. This and much more has made me the person I am today. I will always look back and cherish the fond memories and the special friendships. I hope someday to give the younger generations what Sokol has provided for me."

Heather Larson -- Sokol Karel Havlicek Borovsky

**THE COS IS PREPARING TO REORDER
WOMENS' "LOYAL GUARD" BLOUSES**

**ORDERS SHOULD BE PLACED WITH FRAN MALINA - BOI SECRETARY
AT THE NATIONAL OFFICE BEFORE OCTOBER 1, 1994**

SOKOL ST. LOUIS PARTICIPATES IN UNITED STATES OLYMPIC FESTIVAL

On July 4 & 5, 1994, seven girls representing Sokol St. Louis participated in opening the Rhythmic Gymnastics portion of the United States Olympic Festival. These girls were part of a group of local gymnasts that performed a beautiful number taught and choreographed by Sis. Carol Lat. The girls did a wonderful job using balls, hoops and ribbons throughout the routine. Several of the girls then performed duties as flag bearers in the Opening Ceremonies, served as score runners and flashers during the competition and participated in the Awards Ceremony. This was a great representation for Sokol and a once-in-a-lifetime experience for these lucky young gymnasts. Special thanks to Sis. Carol Lat for undertaking the challenge of coordinating the four gyms represented in this number, as well as serving as Rhythmic Coordinator for this event.

~ Marla Breidenbach



Pictured are: C. Lat, K. Wolf, K. Ohlman, T. Whiteley, K. Bourisaw, M. Breidenbach, M. Riley, K. Riley.

PRAGUE'S TRANSPORT CRUNCH *(Continued from Page 5.)*

alone jumped to 34,000. Figures for the entire city are even worse, quadrupling over the same 30-year period.

Automobile registrations of all types have grown 16% since 1989; personal vehicles and small trucks have grown by 20%. The number of persons per car has fallen from 4.2 in 1981 to 3.1 in 1993. Clearly, the revolution has given new vigor to Prague's love affair with the automobile.

Can the city support the increase? Transportation planners and construction companies are wringing their hands over delays in implementing the city's master plan. The most important section of the inner loop (running from north through the Strahov tunnel and east

across the Letna plain to Holesovice), remains stuck in a battle among district mayors, city council members, NIMBY homeowners and environmental groups up in arms over development around Stromovka park. Meanwhile, some 1,600 cars pass through delicate Malostranske namesti every day, creating traffic jams, destroying buildings and adding to the areas worsening pollution problem.

Officials at the City Architect's Office bemoan the lack of foresight in the construction of large housing projects on what was then the city's periphery in the 1970's. Communist planners kept the majority of jobs downtown, creating huge islands of households far from one central

island of work. With more than 100,000 inhabitants each, North and South Town create heavy demands on the transportation network every rush hour morning and afternoon. Only recently have many service jobs migrated to outlying areas.

Until the city can find a better balance between fares and service, public transport remains a question mark as well. The city's transport authority, Dopravni podnik, covers about 23% of its costs through fares, below Nuremburg, Zurich, Vienna and even Budapest. At Kc6 per single ride, Prague's fares are well below Zurich's Kc90 (equivalent). Only Budapest weighs in with a lower fare among large European cities.

XII ALL-SOKOL SLET



The group from the front cover, too! Henrietta Milan, Carolyn Cleveland, Sharon Connoly, Joe Vrzalik, Carrie Ann Whitley, Rome Milan, BJ Cleveland - Southern District.



SOUTHERN DISTRICT at the Slet

Photos courtesy of Henrietta & Jerry Milan



Top Row L to R: B.J. Cleveland, Carrie Ann Whitley, Jerry Milan, Henrietta Milan, Rome Milan, Lydia Alholm, Roy Alholm, Sara Connally, Joe Erhenberger. **Bottom Row L to R:** Carolyn Cleveland, Sylvia Laznovsky, Sharon Connally, Libby Vrla, Joyce Erhenberger, Vlasta Laznovsky.

SLET PARADE

*Photos this page courtesy of Joan Sedlacek.
No identifying names provided.*



PRAGUE 1994

Very soon, registration for our Sokol classes will take place. Since many Sokol Units are attracting children and persons not of Czech or Slovak origin, I hope/trust our gym instructors will use caution and not confuse a 4th or 5th generation child or person who consider themselves "Americans" with the inquiry of "What is your nationality?" Unfortunately, I've heard the aforementioned numerous times in the past during registration. I believe the following article might put that outdated and incorrect inquiry to rest!

NATIONALITY

Nationality, as defined by Webster's dictionary is, "the national character; strong attachment to one's own nation or countrymen; the people constituting a nation; a race of people; separate existence as a nation." Therefore, "nationality"

refers to citizens of a certain nation, whether that nation happens to be Greek, Polish or Russian, per se.

Any person born in the United States is automatically an American citizen and also an American national with American nationality. Having "American nationality" does not mean losing one's heritage or identity. For some strange reason, most people will acknowledge their American citizenship and cannot sensibly reason they also are American nationals with American nationality. The fear stems from losing their heritage, identity and ethnic background. However, there are numerous ways to set aside both this fear and ignorance.

With the exception of native Americans, namely Indians and Eskimos, all Americans are of various bloodlines, heritage and cultures. Thereby, one can identify

him or herself by stating, "I'm of Italian ancestry;" "My heritage is Italian;" "I'm of Italian descent," or "My ethnic background is Italian, Czechoslovakian, Polish," or whatever the case may be.

It is imperative for anyone dealing with children in any instructional or educational capacity to differentiate this by example of using the correct terminology when the occasion arises. The same applies to journalists in the print media.

Educating the parents of children who insist on using the word "nationality" to identify the child's heritage is not the job of the teacher, instructor or journalist. However, as sure as night follows day, the better informed and educated child most always, in time, stores up his or her parents' knowledge and the parents accept the better correct information as being their own.

SO MUCH TO LOSE *(Reprinted from Czech & Slovak Investment News)*

Importers, distributors and retailers eager to sell hungry Czechs will note with interest a recent study from GfK which shows that Czechs may be less ravenous than previously expected. Sixty percent of women and 43 percent of men think they should lose weight, according to GfK research. Figures show consumers largely satisfied with their eating habits and size, though almost half of those polled feel they could stand to lose a little weight: 47% of men and 48% of women would like to lose up to five kilograms. A significant number of Czechs feel themselves very

overweight and want to lose between 10 and 20 kilos.

While most of those polled say they eat three times a day (41%), about one third eat four times a day. Twenty percent of respondents eat five times every day, seven percent eat only once or twice a day.

GfK researchers say their findings show that Czechs are either far above their ideal weight or have just a few kilos to shed. In comparison to a similar opinion poll conducted in 1992, the populations' eating habits have not substantially changed.

Just over three-fourths of the women polled say they talk about their weight problems with one another; about two-thirds of men do the same. Half of those polled said they talk about their problem continually. Unsurprisingly, women seem generally more concerned than men about weight issues: only 35% are satisfied with their current weight, compared to 49% of men who say they don't want to change anything about their size. (Apparently talking about being overweight doesn't necessarily imply willingness to do something about it.)

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