

american **SOKOL**



Volume CXV, Number X

NOVEMBER 1994

MEMBERSHIP *The Future is NOW!*

Sis. Joan Sedlacek, ASO Membership Chairman

There are as many reasons for losing members as there are lost members. Why do they go? Moving, loss of interest, quarrels, family members not interested, age and being ignored are some common reasons.

What can we do about it? We can't stop people from getting old or moving. We can do something about the other reasons. COS knows they have to change and update their programs and so should we. Do we have anything for people not interested or able to participate in a gym program? Sokol is supposed to teach and encourage a high moral character, instill ethnic and national pride and create a better world through healthy, educated citizens. Do we give equal weight to all areas or are we too narrow in what we see as our goal? Do we ask people what they are interested in and try new things? Or do we have a "love us or leave us" attitude? Unfortunately, "leave us" is an all too familiar choice.

It is easier to keep members than get new ones. What can we do about it? Make members feel needed. The truth is - we DO need them. Ask them to help. If they are new or infrequent, make sure they are made welcome. This is as simple as saying "hello," sitting with them at meetings and functions and getting them involved. Many people are hesitant to "push" into a closed circle. Open the circle, make it larger!

New people have new ideas. Old people have new ideas. "Because we've always done it this way" is too often an excuse to avoid thinking. Be open. Not all new ideas are good and not all old ways are bad. Find a compromise. Try something different and do it with a positive attitude. Sometimes it is surprising how fast a "new idea" becomes "the way we've always done it."

Keeping the members we have will give us a strong base for attracting new ones.

A new activity year is well under way. The convention is coming.

THE FUTURE IS NOW!
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TUZME SE!

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

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10th of the month prior to published month.

From Your Editor...

It's not been the best of months, but compared to the multitude of more horrible things that have been happening in our world, my problems are miniscule. This issue is extraordinarily late due to the fact that my home was burglarized and my computer containing the original version of this issue stolen. It's been a nuisance to recreate and some of what I had originally planned for this month is gone for good. But I'm reminded of a good Sokol motto: "Forward, forward, backward not a step."

NA ZDARI!

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

CALENDAR of EVENTS

DECEMBER

- 15 Sokol Detroit Children's Christmas Party
- 16 Sokol Berwyn-Slavsky Children's Christmas Party
- 16 Sokol Ceska Sin Men & Women Christmas Party
- 31 Sokol Greater Cleveland New Year's Eve Dinner Dance
- 31 Sokol Minnesota New Year's Eve Party

JANUARY

- 21 Sokol Berwyn-Slavsky Mostaccioli Dinner
- 28 Sokol Ceska Sin Winter Exhibition

FEBRUARY

- 5 Sokol Detroit Winter Gymnasticale
- 12 Sokol Tabor Pancake Breakfast

MARCH

- 4 Sokol Stickney Exhibition
- 11 Sokol Tabor Exhibition
- 17 Sokol Naperville Exhibition
- 25 Sokol Berwyn-Slavsky Exhibition

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

*Recollection is the
only paradise from
which we cannot be
turned out.*

❖ *Jean Paul Richter*

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.*



FOR THE RECORD

Minutes of the July 30, 1994 meeting of the Board of Governors.

The meeting was called to order by President Charles R. Borvansky at 9:35 A.M. at the National Office. Members present were Bros. Borvansky, Laznovsky, Dalton, Satek and Martanovic and Sis. Pros and Pajeau. Bro. Slavik and Zelanka were on teleconference. Sis. Kourim and Wojcik arrived later. Bros. Michalek and Babka were observers.

The first item of business was to determine the site for the 1995 National Convention. Bro. Dalton moved that in order to cut expenses the convention be in the Chicagoland area from June 15 to 19, 1995, seconded and passed. A letter will be sent to the Eastern District and Sokol Baltimore thanking them for all their efforts to arrange the Convention in the East and letting them know of the change in location.

The Central District accepted the directive to plan the Convention in their area. Bro. Satek stated that the District has begun looking into locations and prices. Bro. Satek and Sis. Pros will be looking at hotels, local Sokol halls and other locations in the Chicago area. There was a discussion about a banquet with the reservations to come into the ASO Office. Many other items were discussed and will be reported by Bro. Satek or Sis. Pros to the Board of Governors as the information is obtained.

The second major item to discuss was the budget from the 1990 Convention. As of June 30, 1994, all funds are in their proper account.

There is now a separate fund for the convention Fund and a separate fund for the Special Assessment Fund. Until the last quarter of 1993, these funds were not separate. There are no outstanding loans to any funds.

The salary and expenses of the Executive Director came out of the Future Sokol Leaders Fund with the hope that enough income would come in to return the money. This did not happen.

After a brief discussion, Bro. Dalton moved that we have a special one-time assessment for the Convention Fund, based on the members as of the 4th Quarter of 1994 of \$5.00 per member to be paid to the ASO Office by March 31, 1995, seconded and passed. A letter will be mailed to all the Unit Presidents, Financial Secretaries and Secretaries of the Units.

There followed a general discussion about bringing in more income for the ASO. Bro. Satek and the Central District proposed an increase in the fees for uniforms, have the 1995 Convention increase dues, try to increase membership, have fund raisers and go after contributions. Bro. Dalton recommended that to increase membership we need to expand what we have to offer. The halls should be open as much as possible and offer classes for all ages and interests. Bro. Laznovsky suggested that a child in class must have at least one parent as a member, which would increase membership.

Usually members have a reduced rate for classes. this would be a way of getting members. Bro. Slavik

mentioned to go after other Czech communities in your area., go after the parents, push the Foundation Fund and must offer more variety in our classes. Bro. Babka reminded the board that any ASO fund raiser should not compete with the Units and Districts.

There was a long discussion about how to increase membership. Bro. Laznovsky moved to ask the chairperson of the ASO Membership Committee to institute a membership drive, logistics to be determined by Membership Committee, with awards to be given at the Convention in June of 1995, seconded and passed. A suggestion of 10% increase for Units and/or Districts. A letter will be sent to Sis. Sedlacek, the chairperson of the Membership Committee.

Bro. Slavik stated a letter should be sent to all Units and Districts explaining that the 1990-1995 budget was based on income from the interest in the Foundation Fund and the money that the Executive Director was to bring into the organization besides the Executive Director's salary. because that did not occur, we have to have cutbacks and ask for donations to the general fund. Bro. Slavik recommended a letter to each Unit and District from the Board of Governors. Bro. Dalton suggested to publish the letter in the American Sokol, so that all members are aware of the situation.

In order to cut back expenses, the Sokol Office will now be open Monday, Tuesday, Thursday and Friday from 9:00 A.M. until 3:30 P.M.

Continued on Page 9.



FOR THE RECORD

Minutes of the September 27, 1994
meeting of the ASO Executive Board.

The meeting was called to order by President Bro. Charles R. Borvansky at 7:30 p.m. and the pledge to the flag was recited. Members present in the office were Bros. Borvansky, Babka, Satek, Michalek and Lebloch and Sis. Pros, Pajeau, Satek, Jurew and Wojcik. Members on teleconference were Bros. Kalat, Milan, Podhrasky, Dalton and Masek and Sis. Kalat and Dalton. Excused were Sis. Kourim and Sedlacek.

Minutes of the last meeting in June were approved with the correction on page one, paragraph five that should read unit two directors. Sis. Pros moved to accept the minutes with the correction, seconded and passed.

The minutes of the Board of Governors meeting held in July should read on page three, paragraph two that the BOI did not recommend. This will be addressed at the next Board of governors meeting, when those minutes are approved.

The office has received the Directors Newsletter for August and September and Sokol/Sokolice Milwaukee minutes. They will be placed in files. Correspondence from Sis. Audrey Benda about the running of the ASO; Sis. Kalat has answered this letter.

Bro. Lebloch moved to take a full page ad for the Moravian Cultural Society annual event for \$50, seconded and passed. Bro. Lebloch moved to take a full-page ad for \$50 for the United Moravian

Society, seconded and passed. Bro. Babka moved to send a \$50 donation to the Czech Catholic Unions since we missed their Convention booklet and a letter explaining, seconded and passed. Bro. Babka moved that we take a full-page ad for \$150 in the 100th Anniversary souvenir book of the Bohemian Home for the Aged, seconded and passed.

Letter about advertising in the Oak Park/River Forest Wednesday Journal newspaper in connection with the Houby Day activities and parade was tabled. Sis. Jurew will look into this and report back to the board.

Bro. Babka moved to purchase one videotape about the Czech Republic for \$25, seconded and passed. Invitation to the Bohemian Home for the Aged 100th Anniversary dinner dance was tabled by Bro. Masek.

There were two letters from the COS thanking the ASO for their attendance at the Slet in Prague and asking for our 1995 events. The first weekend in June will be the Southern District Slet and June 9-10, 1995 will be the Western District Slet.

Bro. Babka moved to support board of Governors motion to have Bro. Slavik raise money for the World Sokol Federation.

The BOI presented a written report which was accepted by the Executive Board.

Bro. Satek moved to pay final report for \$93 for the Eastern District COS Calisthenics Clinic and \$2325 for the Southern District Instructors School, seconded and passed. Bro.

Satek moved to allow \$500 from the Future Sokol Leaders' Fund for travel to a school board meeting to be held in Chicago October 21-23, 1994, seconded and passed. Bro. Satek moved that the extra computer go with Bro. Benak for School Board use and be returned for the Convention, seconded and passed.

The BOI has added Sis. Debbie Uniejewski, Sis. Mary Panackia and Bro. Tom Pajer to the BOI staff and all previous members have accepted reappointment for 1994/95. Sis. Pros questioned all the Special Assessment requests.

Sis. Sedlacek sent a written membership report. She has attended Czech Days in Wilbur, NE and the Slet in Prague. There are some Units that have still not sent in their quarterly dues and so the final totals are not accurate. Most units and districts have had declining membership for the past two quarters. There was a discussion about a membership drive for the ASO. Sis. Satek will talk to Sis. Sedlacek and at the Central District Educational Seminar Bro. Lebloch will talk to Sis. Sedlacek and come up with a program that will then be published in the American Sokol.

Bro. Lebloch gave a written Educational Committee report. Gave a brief description of his trip to Prague. He is working with the Central District on their Educational Seminar, wrote copy for advertisements in many souvenir books and will attend a luncheon in Chicago for Czech Republic President Vaclav Havel. The wife

Continued on Page 8.

Sokol Miami Celebrates 25th Anniversary

Sokol Miami celebrated its 25th Anniversary on November 9 with a special luncheon at the Czechoslovak Club Building in North Miami. Sokol Miami was organized in 1969 with 97 charter members, the majority senior citizens vacationing in Florida and a good number of members of Sokol units "up north," resulting in dual membership for them.

With three other Czech clubs active in the city, Monday became reserved for Sokol and Sokol Miami meets every Monday from mid-morning all day, with catered supper in time for members to get to their home before dark.

They have participated with learning the calisthenics and attended the Sokol in Exile programs in Vienna, Zurich and Paris. They trained a walking drill and arranged a bus tour to Sokol Baltimore's Anniversary and exhibition where their "Sestnacka" brought the house down.

Emilie Ruzicka, President

Blanche Zraly, Secretary

Editor's Note: Sis. Ruzicka celebrated her 89th birthday in October. Best wishes Sis. Emilie!

SOKOL GREATER CLEVELAND AT STRAHOV



Sokol Greater Cleveland members at Brana Borcu - Strahov Stadium, Prague, Czech Republic, July 1994.

Front (L to R): Nada Vencl, Georgia Jencik

2nd Row (L to R): Alice Khol, Jean Dusek, Dolly Baca, Betty Hosticka, Bert Tengler, Anne Jarden, Mildred Darovec, Rose Bartl, Helen Samec, Dorothy Cummings, Jarmila Skorepa, Mary Vegricht, Charlotte Beckerman, Gloria Srsen

Back (L to R): Vlad Nemecek, Lou Huml

Wandering somewhere else in Strahov: J.J. Vencl, Brian and Sarka Dolezal, Mila and Hana Voris, Elsie and Val Kralik



BRING A FRIEND TO SOKOL!

ASO MERIT AWARD RENEWALS FOR 1994

Sis. Lori Laznovsky
Sokol Karel Havlicek-Borovsky
Southern District

Sis. Kim Karovic
Sokol Stickney
Central District

Sis. Becky Proskocil
Sokolice South Omaha
Western District

Sis. Tricia Zeman
Sokolice Milwaukee
Central District

Sis. Melissa Francisco
Sokol Women of Little Ferry
Eastern District

*Merit Award Committee: Sis. Eva Balas - Chairman,
Sis. Jan Kalat, Sis. Anne Halik, Bro. Frank Michalek,
Bro. Paul Lebloch, Bro. Charles Borvansky*



FOR THE RECORD

Minutes of the October 25, 1994
meeting of the ASO Executive Board.

The meeting was called to order by President Charles R. Borvansky at 7:35 P.M. and the pledge to the flag was recited. Members present were Bros. Borvansky, Satek, Lebloch, Babka and Michalek and Sis. Pros, Pajeau and Kourim in the Office. Bros. Kalat, Milan and Dalton were on the phone, as were Sis. Kalat and Dalton. Members excused were Bros. Podhrasky and Masek and Sis. Wojcik, Satek, Jurew and Sedlacek.

The minutes of the previous meeting were read and approved with corrections that the fee from Barnes Accounting has increased and no dollar amount and that the BOI questioned why financial report on page four listed all Slet expenses and no income for the BOI and Sis. Barnes will be asked to comment, seconded and passed.

The Central District minutes for September, the Northeastern District minutes for September and the October Director's Newsletter have been received in the office.

Bro. Babka moved to run an ad in the Czechoslovak Daily Herald on October 28, 1994 to honor the first free Czech Republic in 1918, seconded and passed. Bro. Babka moved to send thank you to Sis. Sedlacek who purchased the Sokol flag that flew over the stadium in Prague during the Slet and donated it to the American Sokol Organization, seconded and passed.

A letter from the COS about Slet videos. We have ordered 200 copies and information will be put

into the publication. Videos should sell for about \$30. Letter from Sen. Judy Baar Topinka for a fund raiser and letter about Sister Cities fund raiser were both tabled. Letter and donation form the Czech Catholic Union. Letter from Sokol Naperville about their anniversary party. Letter from Sis. Ettlin of Sokol South Omaha about Slet in Prague and \$5 assessment which will be answered by President Borvansky. Letter from Sokol Women of Little Ferry about \$5 assessment will be answered by Bro. Borvansky. Letter from Tomas Vacha about selling Czech dolls; information is in office.

Video tape of Czech/Slovakia Land of Beauty and Change is \$25 and information is in the office, as well as a demonstration copy.

The BOI report was given by Sis. Kalat and Bro. Michalek. Bro. Babka moved to approve final reports for Special Assessment moneys for Western District \$500 for ASO Instructors School and \$569.98 for USA Gymnastics Congress, for Central District \$1500 for ASO school, Northeastern District \$60 for USA Gymnastics memberships and Southern District \$735 for USA Gymnastics Congress, if Districts have paid their dues, seconded and passed.

Bro. Babka moved to pay bills for computer software of \$96.03 to make computer usable for school, seconded and passed. Bro. Michalek discussed prices for "Pamatnik." Bro. Babka moved that we stand by BOI recommendation and only travel be paid for school board members attending a meeting in October, seconded and passed. Slet in Canada is June 22-

25, 1995 in Toronto. We have been officially invited to attend.

Membership had no report. Sis. Satek sent her report; October issue is a the printer and she is working on the November issue. Bro. Masek had no report. Sis. Pros reported the auditors were in and gave her financial report.

Education report by Bro. Lebloch was given. He attended a luncheon for Czech President Havel and stated that Havel talked about the Slet in Prague and thanked the Sokol in the United States for keeping the Sokol ideals alive. It was great public relations for Sokol. Bro. Lebloch gave him our 125th Anniversary book. Bro. Lebloch took part in Moravian Day Program.

Bro. Kalat moved to purchase a 2-year subscription to Moravia Krasna for the library out of the Library and Archives fund and information to Membership about subscribing on their own, seconded and passed.

Sis. Pros moved to send \$10 to Sokols Abroad for their Slet book written Czech, seconded and passed. Bro. Lebloch has been asked to install the new Central District officers at their annual meeting.

Bro. Milan reported he participated in the Czech Days at the State Fair of Texas and talked about the COS and the Slet in Prague, attended the school board meeting and viewed a video about the activities that occurred in the Czech Republic this past July.

Sis. Kourim working on uniform orders and also attended the luncheon with President Havel as

Continued on Page 8.



AMERICAN SOKOL ORGANIZATION

GYMNAST

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



SOKOL CANADA
Gymnastic Association • L'Association Gymnastique

SOKOLSKÁ ŽUPA KANADSKÁ
Členská župa Ústředí Čs. sokolstva v zahraničí

2333 Kenbarb Road, Mississauga, Ontario, Canada L5B 2E9 • Tel. (416) 275-4773.

October 5, 1994

American Sokol Organization
6424 West Cermak Road
Berwyn, IL 60402 U.S.A.

Dear Sisters and Brothers:

We wish to extend herewith to you a most cordial invitation to our tenth Sokol Canada Slet to be held June 22-23, 1995 in Toronto.

Our Slet, whose main performance day will be on Sunday, June 25, will include gymnastic competitions on apparatus and in modern rhythmic gymnastics, a volleyball tournament, several social events - banquet, slet and victory dance and a evening for youth. In general, the calisthenics will be those performed at the XII All-Sokol Slet in Prague (with the exception of boys and girls who will perform calisthenics selected for the Sokol USA Philadelphia Slet), compulsory exercises for gymnastic competitions will be those used by your organization.

Detailed information about all Slet events, time schedules, etc., will be provided in periodic Sokol Canada bulletins to be mailed directly to your individual districts and units contemplating participation at our Slet.

We sincerely hope to have the pleasure of welcoming all of you at our Toronto Slet.

Nazdar!

SOKOL CANADA

Radmila Locher
Secretary

Jan Waldauf
President

1993-94 Annual BOI Report Pacific District

Active Units

Sokol Fresno, Sokol San Francisco, Sokol Los Angeles

Competitions

Sokol Los Angeles held an inhouse competition in May.

Exhibitions

In May, Sokol Los Angeles held its annual "Verejne Cviceni".

Other Unit Activities - Sokol Fresno

Even though Sokol Fresno no longer has active gymnastic classes, the year was a very busy one. The entire year was filled with anticipation and preparation for the Slet in Prague. A total of 13 Sokol Fresno members went to Prague. Of those, there were four that participated in the 'Loyal Guard' calisthenics. Sokol Fresno had the additional excitement of presenting its new unit flag at the parade in Prague. This was a great accomplishment for us to raise the money to purchase our own flag. Sokol Fresno had two fund raisers during the year; both were corn dog, french fries, and onion rings. Membership continues to consist mostly of seniors, with very few young, interested members. Nevertheless, we remain active, engaging in many social activities. We held a Christmas Party, New Years Party, a Spring Dance, and Summer picnic. The Dinkey Creek Family Camp brought over 50 Sokols in August.

Other Unit Activities - Sokol San Francisco

Sokol San Francisco is still experiencing financial difficulties. Nevertheless, we remain active. The year is filled with weekly drilling, monthly picnics, bowling, sing-a-long, and 5 or 6 dinner dances. Presently the Sokol Hall is still up for sale, but there is a possibility that we may be able to rent it to a church for 3 days a week to help us pay off our debt. Weekly prostna practice, with volleyball following continues throughout the year. There were 11 Sokol San Francisco members who participated in the 'Loyal Guard' calisthenics at the Prague Slet. Eight members performed the western dance at Tyrsov dum.

Other Unit Activities - Sokol Los Angeles

Sokol Los Angeles held Moravian Day in October 1993 in cooperation with CSA. Sokol Hall needs repair. A fund raiser was started and around \$5000 was collected by mid 1994. The renting of the hall is progressing very nicely. Sokol Los Angeles had a rummage sale in April and a semi-formal ball at Pickwick Center in March. Membership dues were raised to \$30 per year starting in 1994. Cooperation with other Czech organizations in Los Angeles is beneficial to all. Gymnastic classes were held regularly. We are planning to start a parent-child class. Twenty-six members performed 'Verna Garda' at the Prague Slet and 8 members performed in the western dance at Tyrsov dum.

In 1995, Sokol Los Angeles and the Pacific District will celebrate its 85th anniversary.

Lubo Hintnaus - Director of Men

1993-94 Annual BOI Report Northeastern District

Gymnastically Active Units

Sokol Detroit, Sokol Greater Cleveland

Gymnastically Inactive Units

Sokol Rip

Competitions

In house competitions were held by both units in preparation for District competitions. Sokol Detroit had Girls, Boys, and Jr. Girls. Sokol Gr. Cleveland also had inhouse for Girls, Boys, and Jr. Girls. Sokol Gr. Cleveland girls also competed against other gym clubs.

District competitions were hosted by Sokol Greater Cleveland on April 30 with 49 Girls, 34 Boys, 23 Jr. Girls and 3 Jr. Boys. No Senior competitions were held this year. At the District Slet, a trophy was presented to the unit that had the highest overall average competition score. Sokol Greater Cleveland won by 0.0625.

Exhibitions/District Slets

Sokol Detroit's Winter Gymnastical used the theme "Karnivel" with 79 gymnasts participating; clowns, jugglers and cotton candy were part of the festivities. Sokol Greater Cleveland's Winter Exhibition was held at Cleveland University with 170 gymnasts participating; a social at Bohemian National Hall followed.

The District Slet was hosted by Sokol Detroit on June 12. Program included special numbers of the ASO Square Dance, Sokol Detroit hand-balancers, and District relay with a teamwork theme; total participants: 148.

Sokol Greater Cleveland's Summer program was held on June 5 with 175 participants.

Both units also participated in the Prague Slet; Sokol Detroit had 10 women and 5 men in the Loyal Guard as well as two squares for the ASO special number. Sokol Greater Cleveland had women and men in Loyal Guard and women in Karneval (total of 5 men, 22 women, and 2 junior girls). Both units also had other members participating in the Parade (an additional 15). All reports back indicated that the entire event was a once in a lifetime happening.

Courses / Clinics

Sokol Detroit held a teacher's clinic for all leaders and assistants at the beginning of the gym year.

Sokol Detroit and Sokol Greater Cleveland seniors participated in all of the Prague Slet calisthenics clinics. Sokol Greater Cleveland hosted one in March with over 100 participants. Sis. Nada Venc and Gloria Srsen (Sokol Greater Cleveland) travelled to Prague to participate in the calisthenics clinic.

Sport / Athletic Programs

Sokol Detroit Girls participated in the ASO Skills Program. Sokol Greater Cleveland Boys, Jr. Girls, and Jr. Boys participated in the ASO Skills Program. Sokol Greater Cleveland was contacted by CCC regarding the purchase of used and new Nissen gymnastic equipment; go a great deal.

Guest Appearances

Sokol Detroit participated at their annual Slovakian-American Festival with hand-balancing and calisthenics numbers. Sokol Greater Cleveland's Dancers travel throughout the year performing at various functions and exhibitions, Oktoberfest and other events promoting our Czech heritage; they are now in their 22nd year.

Other District / Unit Gymnastic Activities

Both units hosted Halloween and Christmas parties with Sokol Greater Cleveland also having Easter and swim party (with 105 men, women, and children). Sokol Greater Cleveland also participated in St. Nicks, New Year's Eve, Oktoberfest and a Nite at the races. Sokol Detroit BOI sponsored their annual Hayride/Haunted Walk at their camp. Sokol Detroit's Teen Club is still actively hosting various fund raising events in order to pay for their travel to Sokol events. Sokol Greater Cleveland BOI sold 1994 Entertainment Books raising over \$1200. Parent / Class leaders meetings were held by both units before regular classes get into full swing. Sokol Detroit uses notarized Medical release forms for all minor gymnasts.

Sokol Greater Cleveland Jr. Girls still work rhythmic to keep girls interested as well as volleyball. Considering more outside competitions.

Both units presented Past Unit Director pins at their Winter programs.

The Northeastern District still uses teleconferences to conduct about three meetings a year in addition to our BOI annual meeting in September and our combined BOD Annual Meeting in January. All BOI members are strongly encouraged to attend these meetings whether they hold District positions or not. This helps with better interaction and dispersing information.

Although we are the smallest District relative to the number of active units, we are still a strong, gymnastically active District. We would like to thank our Unit and District board of Instructors for all of their help and dedication in keeping Sokol alive. As everywhere we need to concentrate on strengthening our Junior classes especially on the boys side to help ensure that Sokol will still be strong in the 21st Century.

Maryann Fiordelis --- Directors --- Howie Wise

FIG Congress - May, 1994

The 69th Congress of the Federation Internationale de Gymnastique (FIG) met to examine FIG structures and make decisions needed to guide the Federation until the year 2000.

- The Congress made the historic decision of approving the abolition, from 1997, of the compulsory exercises required for world championships in artistic gymnastics and for the Olympic Games. This demonstrated the desire of the FIG authorities to harmonize the technical regulation with the realities of top-level sports competition. The fact is, that the high level of performance shown by the leading gymnasts no longer justifies these exercises. However, specialists are of the opinion that they retain all their educational value at lower levels of the sport.
- Other important decisions were to hold world championships in artistic gymnastics only once every two years starting in 1997 and to raise to 16 the minimum age for participation in World Championships and the Olympic Games in women's artistic gymnastics.
- By a large majority, the Congress decided that competitive Sports Aerobics should be introduced into the activities of the FIG and that the 1st FIG World Championships in Sports Aerobics be organized in 1995. A new Commission for Sports Aerobics will be nominated and necessary formal regulations should be presented at the next FIG Congress in Atlanta in 1996.
- Delegates also reached decisions on the proposals formulated by the FIG Authorities and member federations. Among those approved was the admission of Turkmenistan (TKM), Azerbaijan (AZE), the Czech Republic (CZE), Republic of Moldova (MDA), and Slovakia (SVK), which brings the number of affiliated federations to 117.
- Among other decisions was the designation of Gothenburg (SWE) to host the 1999 World Gymnaestrada and of Lisbon to host the 1998 FIG Congress.
- The XXXII nd World Championships in Artistic Gymnastics will be held in Puerto Rico (PUR) on April 9-16, 1996
- The XXth RSG World Championships will be held on June 21-23, 1996, in the Budapest Sports Hall (HUN).
- A pre-Olympic competition will be organized in Atlanta November 14-17, 1995.
- The Chairman of the FIG Medical Commission Dr. Michel Leglise reported that the drug testing carried out in Brisbane (World Championships) and Seoul (RSG 4-Continents Championships) were all negative.

Sports Medicine

Recognizing Eating Disorders

In a society that places an emphasis on beauty and thinness, athletes (especially female) are at a continued risk of altering and manipulating their diets in order to "look good". In an attempt to be as lean and thin as possible (often with the encouragement of coaches), some athletes become overwhelmed with a fear of being fat. As a result, some athletes may experience either anorexia nervosa (voluntary starvation) or bulimia (uncontrolled and excessive eating followed by forced vomiting) or both. While separate disorders, the behaviors and warning signs for each are sometimes similar although specific differences do exist.

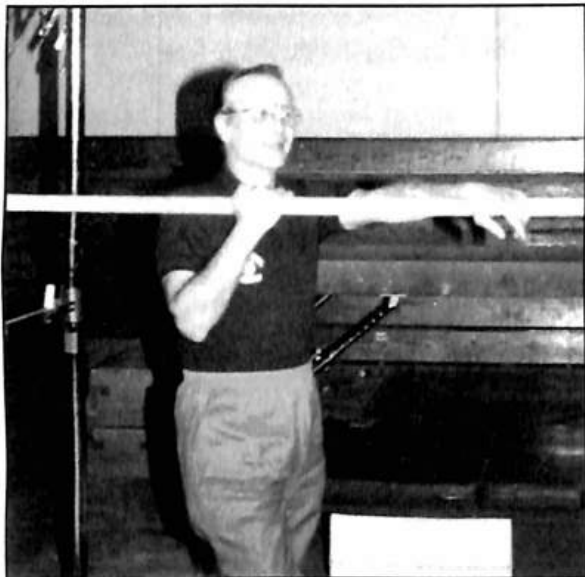
For both the anorexic and bulimic, there is an ever-present obsession with body weight, food, and thinness. Often both remain secretive about specific dieting practices, exercising regimes, and means of controlling their weight. Where a bulimic generally binges (eats) and purges (vomits), the anorexic simply maintains a low calorie diet. The bulimic uses such methods in order to maintain weight while the anorexic uses such practices to lose weight. Because of the cycle that develops from bingeing and purging, the bulimic likely still experience significant weight fluctuations. Anorexic athletes will progressively lose weight as they continue excessive dieting and exercise. Despite their thinness, anorexics have severely distorted body images and continue to think they are fat. Where most anorexics are between 15-25% of their original body weight, most bulimic athletes are very near their normal body weight.

Generally, the anorexic athlete does not recognize eating behavior as problematic and is unlikely to respond to offers of help. A bulimic may recognize eating behaviors as abnormal and may become depressed about their inability to control the eating problem. Coaches should recognize the signs associated with these eating disorders and be willing to voice their concerns to the athletes. Due to the severity of such disorders, coaches must act to assist athletes in locating medical professionals and programs specializing in eating disorders.

Coaches Review -- June, 1994

"I've never been afraid to fail. That's something you have to deal with in reality. You're not always going to be successful. I'm strong enough as a person to accept failure. But I can't accept not trying".

- Michael Jordan



Western District Director Receives Award

Brother Bud Benak recently received Omaha KETV Channel 7's 'Putting People First' Award. News anchor woman, Carol Schrader and crew paid a visit to the Sokol South Omaha Gym to present Bud with the award. The story aired on the evening news broadcast. "He is a winner himself and he coaches winners. He's a guy who inspires youngsters to reach new heights."

Thousands of young lives have been molded by this Sokol gymnastics instructor. For more than 30 years, this junior high school science teacher has been drill sergeant and mentor to both girls and boys at South Omaha Sokol. Like his father before him and his son to follow, the 130 year Czechoslovakian Sokol tradition of strong minds and healthy bodies is being passed on - a discipline for life.



Southern District Director Receives Award

The Gymnastics Association of Texas (GAT) recently awarded Sister Sylvia Laznovsky its 'Distinguished Service Award' during its 1994 state congress. "Sylvia Laznovsky is the epitome of the volunteer leader in a lifetime gymnastics program. Her membership and activity in Sokol Ennis since a child, and her leadership at the Sokol and in the Southern District of Sokol, span more than 40 years. She has served for more than 30 years as the Women's Gymnastics Director for the Southern District. She has been an active GAT member and has been an important force in the development of women's gymnastics."

She has also previously served as Sokol Karel Havlicek Borovsky, Ennis, Texas unit womens director and girls instructor for well over 20 years.

Science Notes -- Power Volleyball

Volleyball players looking to improve their game might learn something from this summer's issue of the *Journal of Applied Biomechanics*. That's where Canadian researchers describe a new computer model that tells players where and how to hit the ball for maximum power. The researchers studied three crucial aspects of volleyball: the importance of topspin, the possibility of spiking over a block, and the best locations from which to spike. Coaches may be able to apply these results to individual athletes, each of whom can put a different height, speed, and spin on the ball. For Instance, the researchers confirmed what players already know, that topspin can dramatically improve the effectiveness of a spike. A ball spinning at 10 revolutions per second will land 6 feet closer to the net than a non-spinning ball. An athlete also could hit the ball at a sharper angle to make it land closer, but then the ball crosses the net lower and is more likely to be blocked. The scientists also found that the best place to spike the ball was about 6 feet behind the net, close to the sideline. From there a shot is least likely to be blocked, which is why a back-court attack is so successful. The model also describes various speeds and directions by which a ball can make it past a block.

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.

From **CZECH CATHOLIC UNION**..... \$100.00

Dear Bro. Borvansky, Enclosed is a little gift for your scholarship fund or Future Leaders Fund. We all were so very proud of our American Sokols at the Prague Slet. Nazdar & S Panem Bohem, Joe Kral, President, Czech Catholic Union and Sokol Greater Cleveland Member

In memory of Joseph Foltyn, Sokol Tabor

From Jan & Chuck Kalat \$25.00 From Michael & Janice Voight \$10.00

In honor of the 50th Wedding Anniversary of Mae & Ed Linhart

\$125.00 from Frances & Charlie Malina, Ethel & Joe Rus, June & Miles Pros, Kim & Miles Pros Jr., Jane Jurew
\$50.00 from George & Jackie Kourim

In Memory of Marie Larson

\$25.00 from Zdenka Freehauf and Frank & Frances Macich

GENERAL FUND

In memory of Joseph Foltyn, Sokol Tabor

From the Foltyn Family \$50.00 From Mr. & Mrs. Tom Slott \$25.00
From Mr. & Mrs. B. Farroh \$25.00 From Willard Toman \$5.00

In honor of the 50th Wedding Anniversary of Mae & Ed Linhart
\$50.00 from George & Anna Basta

OFFICIAL XII All-Sokol Slet Videotapes

(English Version) **will soon be available!**

The ASO has ordered a large number of these OFFICIAL Slet videos from the COS for resale to its members.

Support the COS and the ASO by purchasing copies of the OFFICIAL XII Slet Video from the ASO.

Don't be fooled into buying unofficial, imitation "home" videos or videotaped copies of the television airing.

9/27/94 ASO Executive Board Meeting *(continued)*

of Senator Hruska died and a card should be sent.

There are new officers for the Slovak Gymnastic Union Sokol of the USA. A letter of congratulations will be sent.

Bro. Milan reported that he attended the Slet in Prague and will be attending the BOI School Board meeting. He will be at the Czech Festival in Fort Worth and will present a history of gymnastics.

Sis. Satek reported the July/August issue is out, the September issue is in the office and she is working on the October issue. She will be talking to Sis. Sedlacek about the membership drive. The statement of ownership is complete and will be sent to the Post Office and published in the October issue. The Board of Governors minutes will be published with corrections.

Sis. Pros passed out the financial statement for June, July, August and September. The Auditing Committee was in and found all the books in order for the past quarter. The retainer fee from Barnes and

Associates has been increased to \$70 per month. Sis. Wojcik had no Treasurer's report.

Bro. Masek reported that Bro. Benak received an award for 35 years of teaching. The award is entitled "Putting People First." Sis. Kourim sent a report that she will be attending the luncheon for President Havel as the ASO representative. Bro. Borvansky took part in the Slet in Prague, lead the Board of Governors meeting and took care of the usual office business during the summer months.

Bro. Lebloch reported that so far the Prague Tour was a success. there have been two negative letters ant he travel agent is taking care of them. A financial report will be coming.

There was a long discussion about the Board of Governors meeting that took place in July. the \$5 assessment is a one-time fee for every member registered in a unit.

Bro. Satek gave a report on the Central District's preparation for the

1995 ASO Convention. It was recommended to be at the Hilton of Lisle. Bro. Masek moved to accept the recommendation of the Hilton of Lisle as the site of the 1995 ASO Convention, seconded and passed. A long discussion about the amount of money per day allowed for each delegate. The rooms will cost \$33 per person per day.

The BOI questioned page four of the annual financial report. It will be looked into by the Financial Secretary.

Bro. Masek moved to drop the maintenance fee for the Fax machine, seconded and passed. Once again, Sokol Berwyn-Slavsky was given permission to use the ASO office during the Houby Day activities and parade. Sis. Pro is looking for the flower post cards. They are missing form the office. Bro. Borvansky and Sis. Pajeau will try to get seals out by November 1, 1994

Meeting adjourned at 10:12 p.m.

Sis. Nancy Pajeau, Secretary

10/25/94 ASO Executive Board Meeting *(continued)*

the official ASO representative. Bro. Borvansky has been taking care of regular office business. He is working on the new seals.

Bro. Satek reported that he will have more information after the first of the year about the Convention. We need list of all committees to all District Presidents so that delegates can be assigned to committees.

Sis. Pros will talk to Sis. Satek about new advertisers in the publication. We need to know if there is a new Eastern District Director of Women.

There will be a December dinner and small meeting. Everyone will pay their own way. Dates suggested were December 4 or 11.

Meeting adjourned at 9:00 P.M.

Sis. Nancy Pajeau, Secretary



7/30/94 Board of Governors Meeting *(continued)*

After a long discussion about the publication, Bro. Dalton moved that we make no changes in the publication at this time, as this is one of the ways to communicate with our members, seconded and passed. After a discussion about the Library and Archives Fund, Bro. Satek moved to take moneys spent by the Library and Educational Committee since June of 1990 until the 1995 Convention from the Library and Archives Fund and replace it into the General Fund, seconded and passed.

Discussion about the Special Assessment Fund. Bro. Dalton moved to approve a recommendation to rescind matching donation to the Special Assessment Fund from the 4th Quarter of 1991 not yet used, seconded and passed. Units will get only the money they have put into the fund. After checking the books, a letter will be sent to Units and Districts informing of this decision and the amount they have in the fund.

Bro. Dalton moved to approve the BOI recommendation that BOI Directors can attend tall USGF Congress of Coaches meetings and Sokol USA Convention at their own expense, seconded and passed.

Board discussed the merits of teleconferencing. It was felt that with officers in other part so of the country it is necessary and is still less expensive than travel bills. A discussion about assessing members in gym classes that are not ASO members. This money would be part of enrollment fee and would come back to the ASO. Also, we should increase charge for audio

and video tapes going out of the Office. Bro. Dalton moved that the BOI address the fee per class member for the 1995 Convention, seconded and passed.

A long discussion about the Executive Director position. Bro. Slavik recommended that since it is so close to the next convention and because of the problems we have had with this position in the past four years, we should suspend the position and reevaluate it at the 1995 Convention. He also recommended that the position be changed to a Fund Raiser.

Since the 1995 Convention is approaching quickly, it was recommended that each District President start to have meetings with their Districts and encourage their Units to start to also have meetings and get By-Laws changes in place by January 1995. All changes must be done in the approved order, as stated in the ASO By-Laws.

Discussion about the office fax machine. It has proved itself both cheaper and faster than phone or mail in some situations.

The Future Sokol Leaders Fund will be used only according to the guidelines for this fund. Sometimes money is borrowed from this fund for a short time and then paid back as soon as the general fund has sufficient funds available to pay bills. This is only in an emergency situation. The officers will try to limit phone usage.

Bro. Slavik reported on the world Sokol Federation. There was a short meeting in Prague after the

Slet. The Slet was a huge success. There was a huge deficit. The COS was very happy to see so many ASO members in Europe. Many Sokol units are still starting up in Eastern Europe. Bro. Dalton moved that Bro. Slavik have permission to collect funds for the World Sokol Federations on a private basis, seconded and passed.

The 1997 Slet site was discussed, but this will have to be finalized at the 1995 Convention. The Northeastern District and Sokol Detroit, as well as the Central District have expressed a desire to host the 1997 Slet. Any other District that is interested should send their proposal to the BOI by January 1995. The BOI sent a list of items to consider when planning a National Slet. The Slet in 2001 will also be decided at the 1995 Convention. There will be another Convention in 2000 and a Slet and Convention in 2005. The next Prague Slet will be in 2000 or maybe 1998. A decision should be made in September 1995.

Bro. Podhrasky will be contacted about getting a letter out to Districts and Units that the By-Laws changes must be in to the committee by February 1, 1995. There followed a brief discussion about the needs for the 1995 Convention. The By-Laws Committee and BOI will need to meet on Thursday and BOG on Friday. The Convention would start at 12:00 P.M. on Saturday, continue all day Sunday, all day Monday and half day on Tuesday.

Adjourned,
Sis. Nancy Pajeau, Secretary

American Sokol Organization

Quarterly Financial Report

July, August, September 1994

Submitted by Sis. June Pros, Financial Secretary

RECEIPTS

Dues	\$13,095.00
Merit Award from FSLF	6,000.00
FAX	20.68
Dividends/Interest	77.21
Subscribers	8.00
Resale Jewelry	142.82
Souvenirs	266.50
Educational Booklets	27.50
BOI Skills	256.60
Postage/UPS	26.07
Donation to General Fund	120.00
Slet Plates	150.00
Sokol Manual	885.00
Labels/Copies	38.85
Uniform Dept. 1/3 Share of Air Conditioner	433.33
Uniform Dept. Salaries (June/July/Aug. & Vacation)	1,094.90
Uniform Dept. FICA/Medicare (May/June/July & Vac.)	205.20
Uniform Dept. FWT Tax (May/June/July & Vac.)	40.00
Uniform Dept. IWT Tax (May/June/July)	39.00
Uniform Dept. Phone/Fax	102.95
Uniform Dept. Rent (July/Aug./Sep.)	855.00
Seals	20.00
Prague Slet T-Shirts	124.00
BOI Tournament Rule Book	5.00
TOTAL	\$24,033.61

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (July/Aug./Sep. & Vacation)	\$1,834.43
FICA/Medicare (June/July/Aug. & Vacation)	293.78
FWT	40.00
IWT, 2nd Quarter	48.60
IRS	9.93
Petty Cash, Postage	156.37
Office Supplies	118.43
Janitor Service/Supplies	62.25
CPA Fee	485.00
Illinois Bell/Long Distance/FAX	299.09
AT&T Fax Maint. Agreement	46.20
Commonwealth Edison/Electric	221.18
Plate Glass Insurance	348.00
New Air conditioner/Labor	433.34
Mailing Permit	75.00
CSA Banquet	45.00
Ill. Secy. of State Filing Fee	5.00
Repay FSLF 6/90	11,000.00
Copier Maint. Agreement	1,361.00
Rent (July/Aug./Sep.)	2,661.00
TOTAL	\$19,543.60

EDUCATION

Salary & Vacaton	\$107.70
FICA/Medicare	18.48
Film Wrap	12.00
Czech/Slovak Video	25.00
Postage	5.00
TOTAL	\$168.18

BOARD OF INSTRUCTORS

Salaries (July/Aug./Sep. & Vacation)	\$1,609.81
FICA/Medicare (June/July/Aug. & Vacation)	299.20
FWT (June/July/Aug. & Vacation)	50.00
IWT, 2nd Quarter	56.55
Petty Cash/Postage	49.85
Illinois Bell/Long Distance/FAX	419.78
Supplies	88.30
1/3 Share of Air Conditioner	433.33
Editor "Gymnast" (June, July/August)	60.00
TOTAL	\$3,066.82

PUBLICATION

Salaries (Mailing)	\$266.64
FICA/Medicare	44.64
Editor (June, July/August)	300.00
Supplies	16.88
Printing (May, June)	2,929.28
Postage (June, July/August)	1,398.81
TOTAL	\$4,956.25

UNIFORM DEPARTMENT

Salaries (July/Aug./Sep. & Vacation)	\$1,012.59
FICA/Medicare (June/July/Aug. & Vacation)	194.24
FWT (June/July/Aug. & Vacation)	40.00
IWT, 2nd Quarter	37.65
Illinois Bell/Long Distance/FAX	102.95
1/3 Share of Air Conditioner	433.33
Rent (July/Aug./Sep.)	855.00
TOTAL	\$2,675.76

MISCELLANEOUS

Preident Havel Luncheon	\$45.00
Ads	300.00
Postage	3.57
Return 1 Merit Award to FSLF	500.00
Paid Out 10 Merit Awards	5,000.00
Gift to COS	141.65
TOTAL	\$5,990.22

SPECIAL ASSESSMENT

Eastern District	\$93.00
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Balance Brought Forward/Checking	\$28,987.11
Receipts	+24,033.61
	\$53,020.72

Disbursements	- \$36,493.83
	\$16,526.89

Less Printing New Checks	171.44
Less Returned Ck. NSF	2,188.00

BALANCE CHECKING 9/30/94	\$14,167.45
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**EDUCATIONAL MATERIALS,
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Membership Pins and New Member Information Kit

Membership Kit	\$7.50
<i>(Contains Plain Pin, Copy of ASO By-Laws, ASO Tri-Fold, Parliamentary Procedure Booklet, Sokol & the Sokol Idea Booklet, Car Decal)</i>	
Plain Pin (No Year)	\$5.00
5, 10, 15, 20-Year Pin	\$8.00
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

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