



The Sokol Educator

Bro. Jerry Milan, A.S.O. Educational Director

PARADOXICAL COMMANDMENTS OF LEADERSHIP

1. People are illogical, unreasonable and self-centered.
Love them anyway.
2. If you do good, people will accuse you of selfish ulterior motives.
Do good anyway.
3. If you are successful, you win false friends and true enemies.
Succeed anyway.
4. The good you do today will be forgotten tomorrow.
Do good anyway.
5. Honesty and frankness make you vulnerable.
Be honest and frank anyway.
6. The biggest men with the biggest ideas can be shot down by the smallest men with the smallest minds.
Think big anyway.
7. People favor underdogs, but follow only top dogs.
Fight for a few underdogs anyway.
8. What you spend years building may be destroyed overnight.
Build anyway.
9. People really need help, but may attack you if you do help them.
Help them anyway.
10. Give the world the best you have and you'll get kicked in the teeth.
Give the world the best you have anyway.

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

THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"A man doesn't live
by bread alone. He
needs buttering up
once in a while."

From Your Editor...

By the time you read this, the new year will be well under way, filled with bright promise and endless wonder. May each and everyone of you find within it peace and happiness, whether it be in the achievement of some important milestone or even in the smallest of personal accomplishments. As a reminder, per the last convention, this publication is now issued only nine times per year. Though less frequent, I still need your input to fill these pages with interesting, thought-provoking articles. Happy new year!

NA ZDAR!

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

CALENDAR of EVENTS

JANUARY

- 6 Sokol Berwyn-Slavsky
Candlelight Bowl
- 16 Sokol Women of Little Ferry
Installation of Officers
- 19-21 Central District Progressions
Clinic at Sokol Tabor
- 21 Sokol Minnesota Roast Pork
Dinner
- 21 Sokol New York Annual
Meeting
- 27 Sokol Ceska Sin Winter
Exhibition & Dance
- 28 Sokol Minnesota Super Bowl
Party

FEBRUARY

- 2-4 Sokol Ceska Sin Ski Trip
- 4 Sokol Detroit Winter
Gymnasticale
- 10 Sokol Stickney Triples
Volleyball Tournament
- 10 Sokol Berwyn-Slavsky
Mostaccioli Dinner
- 18 Sokol Milwaukee Jaternice
Dinner
- 24 Sokol Minnesota Sibrinky
(Czech Mardi Gras)

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.

CENTRAL DISTRICT ESSAY CONTEST WINNERS

"My Most Memorable Experience In Sokol"

1ST PLACE

*Bro. Frank Michalek
Sokol Chicagoland*

Back in the 1940's, I attended classes at Sokol Havlicek-Tyrs in Chicago under an instructor who was known affectionately as "Teach." At that time, as a young boy, I assisted Bro. Vaclav Stransky with his classes for several years, first assisting him with 1st Class, then 1st and 2nd Class and finally with 1st, 2nd and Juniors. It was during this period of time that the men who were also taught by Bro. Stransky put on a special hand-balancing number that featured large cube shaped boxes. The number was composed by Bro. Stransky and overwhelmingly received by the audience at our annual exhibition. In the number were many senior class members whom I admired as a young boy. They were George Basta, Tony Faikus, Bob Krbec, Ray Krapec, Sid Kacer, Joe Rehor, Richard Richter, Ernie Spichak and Jim Stransky, Jr. The number was called the "Special Nine."

The years passed, I returned home from the Marines to the place that was my second home during my formative years. "Teach," after many, many years of teaching all four women's classes and all four men's classes, had retired. I became the director of the unit and the instructor of the men. A few years later, I had the brainstorm idea of resurrecting a number that

I so admired. Bro. Stransky was still living, but was up in years. What more fitting tribute than to honor him with men in a number they performed over two decades ago. We convinced as many of the original nine that we could come back now in their 40's and 50's to perform in a number to honor "Teach," the mentor of many great Sokol leaders.

Since there were no written records of, nor movies or pictures of the number that we could locate, I had to rewrite the number from scratch with guidance from the original gymnasts that performed it a score of years ago. Much time and effort was put into the number by a group of men who were enthusiastic and dedicated to honor their past coach of many years. Bro. Joe Rehor, one of the original nine, now director of Gage Park of the Chicago Park District and a master on the high bar, was a close friend of Bro. Stransky and agreed to convince Bro. Stransky, who was now in his 80's, to attend.

The number was the concluding number of the exhibition and dedicated to Bro. Stransky, our "Teach." It was an indelible moment that I shall never forget when Bro. Rehor signaled me to come and help him walk Bro. Stransky out onto the gym floor. I gave him his wand (Tic) that was his trademark, that he held in his hand whenever he conducted classes. We stood at the front of the stage, hand in hand.

He said to me "My legs are very weak, but I will stand throughout this entire number, Fransku," as he affectionately called me. "Stay by my side," for he feared falling. The band leader, Mr. Bastar, stood on the stage watching and waiting for a cue from Bro. Stransky. The entire hall was silent and you could have heard a pin drop as everyone waited for "Teach" to strike his wand to the floor for the last time to start the music for the number. Both of us stood there as he clenched my hand tightly, the tears rolled down his cheeks, as they did from mine. He turned to me with choked emotion and said "You'd better stop crying or you're going to get me started." This was the culminating act in the long and dedicated career of a man we all lovingly called "Teach."

2ND PLACE

*Sis. Anne Halik
Sokol Berwyn-Slavsky*

My most memorable experience in teaching a Sokol class happened in the late 1980's when I was teaching Tots Class at the old Sokol Slavsky gym in the Olympic building on Cermak Road.

A gentleman came to the Sokol and wanted to register a little 4-year-old girl into our Tots Class. I assumed that the child, Tiffany, was his daughter, but during our conversation, he told me that he and his wife were taking the child

Continued on Page 9.

An American Spy In Tyrsuv Dum

I love to go to see this historical building which was remodeled in the twenties and became the headquarters of the present Czech Sokol Organization (Ceska obec sokolska). Visiting this place is evoking my recollections from the time I was junior boy instructed by Bro. Ocenasek and when much later in the USA, I listened to Sis. Marie Provaznikova telling us the history of Sokol.

Presently, Tyrsuv Dum hosts offices, classrooms, swimming pool and a big gymnasium. From the main street, Ujezd, you can see the statue of Miroslav Tyrs. In one word, it is a "fest" for a Sokol soul.

First, let me give you some numbers. The COS has 180,000 members, including all age groups, almost 200 units organized in 42 districts. They have 1,280 sports groups practicing in 60 different kinds of sports. 30% of the membership is active in these groups. In 1995, the COOS approved 30 sports centers, 50 selected groups and 50 groups of adult efficiency groups active in gymnastics, track & field, skiing, basketball, handball, weights,

tennis, table tennis, etc.

At this year's convention, Bro. Jiri Janos was elected COS President, Bro. Vratislav Svaton Director of Men, Sis. Jarina Zitna Director of Women. English speaking visitors are always well received by Sis. Gallatova.

Second, some highlights:

- Sokol Kampa members of the rock'n roll group are world champions in this sport.
- COS Directors and their staff are constantly in personal touch with instructors in units and districts.
- Copies of the proclamation of the 1995 COS convention are available from Bro. Liska.
- Units are taught how to organize outing and hikes, as well as quarterly round-ups in the countryside.
- Secretaries of units and districts are not only recording secretaries, but first of all executives in charge of personal contacts with instructors, educators, etc. in units and districts. They are responsible for transmitting all kinds of information and for checking how

they are followed.

- Reports about the celebrations of the liberation of Plzen by the U.S. Army took place there in May this year. They included also a big Sokol public exhibition. These reports were very favorable to Sokol: in calisthenics, 6,000 Sokol performed in the XIIth Slet drills. They say it was even nicer that at the 1994 Slet itself.
- At the beginning of 1995, the XIIth Slet debt was Kc 80.8 million, including interest. In August, it is Kc 44 million and the planned balance ending 1995 is supposed to be Kc 31.5 million.
- One of the resources helping the COS to pay the debt off are the Sokol obligations. They are payable in 1998 – bear no interest, 00 nominal. Obligations are to be had at COS – Tyrsuv Dum, Ujezd 450, Praha 1, 118 01. The COS needs money to avoid further interest.

So, when you happen to stroll in the most beautiful city of the world, do not hesitate to say Nazdar! to the Sokol headquarters. You will be welcome in any door.

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 Sis. Irene Bejcek, from Sokol Town of Lake	\$25.00
In Memory of Sis. Irene Bejcek, from Charles & Irene Ruzicka	\$25.00
In Memory of Our Deceased Members, from Sokol Schenectady	\$50.00
In Memory of Kamilla A. Shana, from Sis. Emily Stankovsky, Sokol Milwaukee	\$20.00
In Memory of Sis. Helen Prener, from Charles & Irene Ruzicka	\$25.00

Report of Educational Director, Bro. Jerry Milan November 1995 Executive Board Meeting

Report of Educational Director Bro. Jerry Milan, November 1995 Executive Board Meeting

- Attended the National Sokol School Board meeting at the American Sokol Office on November 3-5, with sessions on Friday night, all day Saturday and Sunday morning.
- Attended Moravian Cultural Society program at Sokol Brookfield, Saturday, November 4.
- Worked in the American Sokol office with Sis. Annette Schabowski taking inventory of water-damaged educational materials, November 6-8.
- Presided at American Sokol Educational Committee meeting in American Sokol office, November 7. Ten members were present.
- Visited with Sis. Jane Sterba and Bro. Joe Vitek about educational planning.
- Visited with Sis. Blanche Kos and Sis. Annette Schabowski about educational planning.
- Met with Bro. Kala about inventory and etc.
- Represented American Sokol at USA Gymnastics Board of Directors meeting in Indianapolis, Nov. 10-12.
- Visited American Turners hall in South Bend, Indiana. I met the gymnastic coach and toured their building.
- Attended the Southern District Annual Meeting.
- I have contacted each of the following brothers and sisters to serve on the American Sokol Educational Committee and they have accepted: Jane Sterba, Joan Curran, Annette Schabowski, Robert Baumruk, Nancy Pajeau, Blanche Kos, Joe Vitek, Sylvia Laznovsky, B.J. Cleveland, Sharron Connelly and Joan Sedlacek. I still have a few to contact.
- Some assignments of projects were made and I am in the process of completing the survey form. I located the Talon computer disks and have viewed them with a computer person.

CZECH OPERA LOVERS

This December and January, the Lyric Opera of Chicago will present another opera by Leos Janacek in Czech with English titles. The opera, "The Markopulos Affair," is a story of a prima donna with a very long and mysterious past. In fact, she has lived many lives, kept eternally young by a wondrous elixir invented by her father over 370 years ago. But the formula has been lost and her time is running

out. This role is being sung by the top notch prima donna Catherine Malfitano in Czech. With luscious music often reminiscent of Czech Folk Tunes, Janacek captures the heart and soul of his fascinating characters in this extraordinary opera. Sokolice Tabor's own Sis. Irena Polashek is coaching the understudy in Czech.

~ Sis. Vera Hahlbeck,
Reprinted from "Tabor Talk"



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"NAZDAR!" TO PRESIDENTS CLINTON, HAVEL AND KOVAC

Chalk one up for the Moravians, Czechs and Slovaks of America. October 21, 1995 marked the opening of the beautiful, two-million dollar Czech and Slovak Museum in the Czech Village of Cedar Rapids, Iowa.

On that Saturday morning, many Czechs of Iowa, members of Sokol and the Moravian Cultural Society waited patiently for the three presidents to make their speeches. As all three presidents walked onto the platform, the applause of the crowd showed the warmth shared that morning, despite the very cold day. All three presidents spoke quite well and expressed their gratitude toward the Czechs of America. President Clinton was so impressed that he gave us a great compliment, referring to all of us as great party-ers.

After the presidents completed their speeches, they had a warm lunch inside at the museum. We decided to have a cold Pilsner beer, keeping with the party theme that President Clinton expressed earlier. As we sat sipping a cold one, five reporters

from the newspaper "DNES" from Prague noticed our Moravian costumes. They interviewed us for their newspaper and were impressed with our ability to speak Czech and our support of our Czech culture. They promised to write about our involvement with this special day.

Keeping on a high note, we decided to have a traditional Czech lunch. There were many choices that included gulas and jaternice, but we all began with liver dumpling soup. While having kolacky for dessert, we noticed President Clinton's motorcade outside. We all ran out and saw him at Sykora's Bakery enjoying a kolacek, too. He came out of the baker and saw our large group of Czech people in traditional dress and started shaking everyone's hands.

As the President drove off, we continued our support of this commendable day and participated in the parade that went through the Czech Village. Moravian Cultural Society had a large representation, Sokol was also represented by a group led by our very own Fred

Kala, President of the American Sokol.

In honor of the fabulous weekend, there was a \$100-a-plate dinner where the Moravian Cultural Society performed. There were over 500 people at the dinner, which was held at the Convention Center in Cedar Rapids. Also entertaining at the dinner was a man from Slovakia playing many typical Slovak instruments and a man from Czech playing his "dudy" or bagpipe instrument. A group from St. Paul, Minnesota, danced wearing an assortment of Czech costumes.

Sunday was not as exciting, but we kept busy. We walked through the Czech Village admiring the stores that sold crystal and garnets from the Czech Republic. We stopped at the Cervena Zaba (Al's Red Frog) for one last Pilsner to close out a memorable weekend.

As we rode home on the bus, we were very happy and proud that we could be a part of this memorable weekend that saluted Moravians, Czechs and Slovaks.

~ Sis. Mary Novak, Sokol Berwyn-Slavsky

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AMERICAN SOKOL ORGANIZATION

GYMNAST



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

Merry Christmas
and
Best Wishes
for a
Happy and Successful
1996
from the
American Sokol
National Board of Instructors

Jan Kalat Fran Malina Dave Harlan
Pat Satek Judy Harlan Rich Vachata Jr. Chuck Kalat
Eva Balas Barbara Barnes Sue Kozelka Helen Onni
Debbie Milas Patti Vondra Jaunita Logiudice Mary Panackia
Marie Ptacek Sylvia Pistorious EllenJeanne Schnabl Anne Halik
Paul Lebloch John Satek Dick Ptacek Tom Pajer
Jerry Milan Frank Michalek Ed Schnabl
Lynda Filipello Maryann Fiordelis Cheri Riddle
Jay Vondra Howie Wise Lubos Hintnaus
Sandy Benak Lori Laznovsky Dorothy Gurreri
Bud Benak Rome Milan Steve Frolo

The Next Step

Call It Exercise Evolution

First, there were calisthenics, jumping jacks, toe touches, sit-ups, and push-ups. Then, Somebody cranked up the sound, and high impact aerobics emerged; throbbing music, flashing lights, bone-jarring bouncing. Fortunately, someone figured out that all that jumping was hazardous to your health and we turned to low-impact aerobics, instead. After more step-touches and grapevines than we care to count, along came step aerobics, a low-impact, high energy workout that has long outlived fad status. Now we've figured out that aerobics are not enough, we need strength training, too.

But enough is never enough. soon, we'll need something more, something different, something new to keep us fit and interested. So what's next on the fitness evolutionary scale?

Water Aerobics

Water aerobics is one of the hottest trends in fitness. Softer fitness has been the call for the past couple years. You can get a great workout, but without pounding your body. It is terrific for the unfit, for people recovering from injuries, for the obese, or people who just feel uncoordinated.

Classes range from water sprinting to water interval training, and there are special accessories designed to provide resistance and support in the water. And -- you do not have to be able to swim at all.

Spinning

Named for the Schwinn stationary bicycle on which the activity is performed, Spinning classes turn the stationary bicycle into a group event. Specially certified instructors put the class through activities that include visualization, such as imagining yourself negotiating the mountains or riding on the beach. It simulates the experience of riding outdoors.

The combination of the bikes and the motivational qualities of a group workout really pay off. The group cohesiveness kind of blocks the pain of the workout.

Interval & Circuit Training

A popular new accessory for interval training is the Body Bar, which -- unlike a dumbbell -- has its weight evenly distributed. It provides many varied activities and is frequently

used for lifting and for support for other movements.

One more unusual circuit training class has participants start with a warm-up using aerobics, then move through the facility, running laps, climbing stairs, doing push-ups, jumping rope and more with the instructor bellowing orders like in boot camp. Sometimes the instructor wears camouflage and use a whistle.

Aerobics

Make no mistake, high-impact, body pounding aerobics are history. What you will be seeing is a variety of movements from other disciplines such as boxing and ballet incorporated into regular aerobic classes. Instructors are keeping their eyes open for new things to bring into class that allow participants to experiment with different Kinds of movement. Many moves being used are intended to help people condition for other activities -- ski-related moves for ski season, for example. The goal is to bring some of the exercise steps closer to some of the activities people are doing outdoors.

Mind - Body

Mind-body disciplines, such as yoga and tai chi, all the rage a year or so ago, are holding their own but their growth seems to have slowed. Power yoga is quite popular. It takes the disciplines of yoga and speeds it up into a challenging workout.

The 70 year old Pilates technique is becoming very popular in some parts of the country. Pilates is difficult to describe, but involves realigning the body and teaching muscles "how to move in relation to every other muscle." It can be done with or without equipment. A properly equipped Pilates studio looks a lot like a medieval torture chamber.

Another mind-body trend is neuromuscular integrative action, which looks a lot like aerobics. The difference is that it tries to help the person move in an internally directed fashion rather than being focussed on the instructor. The emphasis is on feeling the movements, not keeping up with the instructor, and classes include a period of free dance.

The Aquaflo is a new mind-body gizmo that may or may not catch on. You hold the water-filled tub by the handles on each end and get the water flowing from side to side in an even, hypnotic rhythm. A variety of movements can be performed.

POSTURE IMPROVEMENT

Poor Posture can distribute weight improperly on muscles and joints, contributing to chronic back pain. Here are tips for setting the body straight

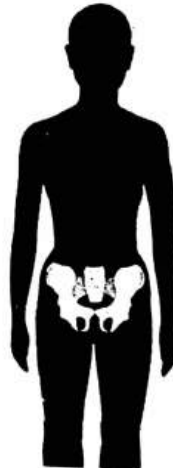
Sleep tight

Sleep on a firm mattress, and, if possible, on your side, keeping your knees bent. Choose a pillow that supports the neck and keeps it straight.



Sit up straight

Using a straight-backed chair, sit and keep your body straight with your knees slightly higher than the hips. Use a rolled-up towel for extra lower back support. Get up every half-hour to change position.



Keeping the body aligned

When the body is properly aligned, the earlobe, shoulder, center of the hip, kneecap, and ankle should form a straight line. A person has good posture when body weight is evenly balanced around the body's center of gravity: the lower back and pelvis.



Back against the wall

Stand against a wall with your back straight, chin tucked and feet slightly apart. Tilt your hips so that your lower back moves closer to the wall.



Midsection support

Good posture calls for strong abdominal muscles. To strengthen them, exhale slowly, tighten the abs and hold your breath for several seconds before exhaling. Repeat three or four times.

AMERICAN SOKOL ORGANIZATION INSTRUCTORS SCHOOL

WHERE: Sokol South Omaha
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Omaha, NE 68107

WHEN: July 25 to August 8, 1996

WHAT: To study and teach the Tyrs System of Physical Education

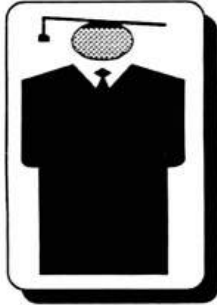
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- Appartus Terminology
- Practice Teaching
- Games
- Spotting and Progressions
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- USAG Safety Certification
- USAG Professional Development Program 1
- 1997 ASO Rhythmic Group Competitive Routine

SCHOOL REGISTRATION FORMS AND MORE INFORMATION COMING SOON!! PLAN TO SPEND TWO WEEKS OF YOUR SUMMER WITH YOUR SOKOL FRIENDS AT SOKOL SOUTH OMAHA.

1996 MERIT AWARD



Upon recommendation of the Finance Committee and the Board of Instructors, the delegates of the XII American Sokol Convention, held in Detroit in June, 1975 approved Merit Awards to be paid from the Sokol Future Leaders Fund. **The Merit Award Committee is now accepting applications for the 1996 Merit Awards** from students who are planning a course or program in an accredited two-year or four-year college or who are already participating in such a course of study. The application process begins with the submission of the form below to obtain application forms and instructions.

The amount to be awarded is \$500 to two students per year per district which has under 1500 members (Eastern, Northeastern, Pacific, Southern, Western), and an additional two students per year per district which has over 1500 members (Central). The award is good for one year. An individual may receive only one award, and no renewal is available.

Failure to submit a transcript of grades for the year of the award to the American Sokol Merit Award Committee and/or failure to complete the year's course of study will result in request for repayment of the award.

The selections are made by the Merit Award Committee and approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Regular attendance in Sokol classes for at least three years prior to this application. Juniors may be included but must become adult Sokol members at age 17.
2. Successful completion of Sokol Instructor School(s) -- Unit, District, and/or National.
3. Teaching or assisting experience in Sokol gym classes.
4. Service to Sokol -- Unit, District, and/or National Organization.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of District Physical Director.

Although physical education study will not be a criteria, more consideration will be given to those training in the physical education field.

Merit Award Committee

Janet Kalat, Dave Harlan, Marie Ptacek, Dick Ptacek, Tom Pajer, Eva Balas (Chairman)

American Sokol Organization, c/o Merit Award Committee, 6424 W. Cermak Rd., Berwyn, IL 60402

I desire to make application for the American Sokol Organization Merit Award. Please mail application form and other application instructions to:

Name (signature): _____

Street Address: _____

City: _____ State: _____ Zipcode _____ Phone: _____

My age is: _____ years. I am a member of Sokol _____ of the _____ District.

APPLICATION REQUEST SHOULD BE RECEIVED NO LATER THAN MAY 1, 1996
APPLICATION DEADLINE IS JUNE 1, 1996.

Kellie Sue MacDonald, Sokol Berwyn-Slavsky Reigns As 1996 Houby Festival Queen!



Sokol Berwyn-Slavsky is proud to claim the 1996 Houby Festival Queen as one of their own! The Houby Festival has been a big deal in the Berwyn-Cicero, Illinois area for more than 25 years. The Central District A.S.O. has participated continually in the annual Houby Parade down Cermak Road. Kellie has been attending Sokol classes at Sokol Slavsky (now Berwyn-Slavsky) since the age of 3. She is a star volleyball player on the Sokol Berwyn-Slavsky team, is a member of the Sokol Berwyn-Slavsky Junior Board, she is active in band, swimming, track and TV production at Riverside-Brookfield High School, a deacon for her church and involved in a number of community activities. She plans to attend Northwestern University (Go Cats!) majoring in Television Production. Kellie proudly thanked Sokol Berwyn-Slavsky for their sponsorship of her in the pageant and closed her introductory message with a heartfelt "NAZDARI!" Kellie was also awarded the prize for Miss Congeniality at the pageant, which is voted on by all the contestants. Kellie's older sister, Bonnie, a runner-up to the Houby Queen title two years ago, was also voted Miss Congeniality. We can't wait to see what the youngest MacDonald sister, Carrie, has in store! For her talent presentation, Kellie sang a parody of Figaro which she wrote herself. She recently performed the same at the Sokol Berwyn-Slavsky merger banquet. Kellie's parents, Sis. Sue and Bro. Les MacDonald, along with brother Michael and sister Carrie were on hand to cheer her on to the title. Kellie is pictured with Illinois Governor Jim Edgar. Congratulations, Kellie!

1996 USAG RHYTHMIC CHALLENGE

The 1996 U.S.A. Gymnastics Rhythmic Challenge will be held on February 16-17 at the Elite Training Center, Downers Grove, IL, 1 block south of 63rd Street on Belmont Avenue. The Olympic Team from Belarus will be competing at this international Rhythmic event. The tentative schedule will be as follows:

Thursday, February 15
Training 8AM-3PM

Friday, February 16
Competition (Time TBD)

Saturday, February 17
Competition (Time TBD)

Sunday, February 18
Two Exhibitions (Time TBD)

The scheduled exhibition will involve the USA Group and top 4 USA athletes (from the Challenge), plus the Group from Belarus and their top three gymnasts. This event will be a marvelous opportunity to promote the sport to your young athletes and their parents.

~ Sis. Norma Zabka



CENTRAL DISTRICT ESSAY CONTEST WINNERS (Continued)

into their home and acting as foster parents.

He told me that she had a very traumatic beginning in her life, that she had neurological dysfunction and serious comprehension problems. I told him that I didn't have any experience on how to deal with a child like that, but he said if I could please accept her so that she could be with other children her age. He said a friend highly recommended that he take the child to Sokol Slavsky and enroll her in Anne Halik's Tots Class. Well, after thinking about it for a while, I said I would take her, not knowing what was in store for me.

Tiffany had also been abused and neglected and she was full of anger, a spiteful little girl and she seemed to take revenge on whomever was near her. She would scream, kick, spit, punch and glare. I had a wonderful crew of mothers, fathers, grandmothers and grandfathers who assisted me with the class and often they told me we should drop Tiffany from the class, as their children were afraid of her. Somehow I just couldn't do that.

Tiffany finally made it through Tots Class and moved up to 1st Class Girls. Now the real test for Tiffany began. She had quieted down a bit since Tots Class, but she was still a little belligerent and the other girls were not accepting her.

Well, the time had come for Central District Girls' competition. Naturally, everyone was working like a beaver. Tiffany worked very hard on all the apparatus, but could not conquer the vault on the horse. Her vault on the horse (with pommels)

was a "squat mount" (running to the horse, grasping the pommels and jumping onto the horse). When it was her turn to vault, she would run, grasp the pommels, but her knees and hips didn't come up and she'd hit the horse with her stomach. I squatted down on the floor with her and told her this was the position she had to be in when she would jump up onto the horse. Finally, after trying to do the vault over and over again, I again squatted on the floor with her on the runway and I said, "Tiffany, you have to run like the wind, grab the pommels, jump up and get your feet up onto the horse. Now, I'm going back to the horse and your run like the wind and I'll be there for you." Guess what? She did. I was so amazed and I said, "Tiffany, quick, stand up, put your arms up," and I yelled "She did it! She did it!"

Well, there was bedlam, the cheering, the clapping, feet stamping, the girls jumping up and down and hugging each other and I looked over to where her foster father was (guarding girls on the uneven bars), he was clapping so hard, grinning from ear to ear, and tears rolling down his cheeks, looking up at Tiffany as she proudly stood there on the horse. I quickly told Tiffany to jump down and do it again so that daddy could see her do it all by herself. AND SHE DID!

Tiffany was finally accepted as "one of the girls." It took a long time, but she finally made it and it was worth it!

3RD PLACE *Bob Kucera* *Sokol Naperville*

Having been a Sokol instructor for

not more than just a year and a half, I'm still experiencing a lot of "firsts" in teaching gymnastics. We began this year with a few graduates from our Tots Class, along with some new members. Out of this year's 1st Class boys, there was one individual (let's call him CB) who had immediately caught my attention, probably because he reminds me of myself when I was about six or seven years old.

CB is rather small in stature and by looking at him you might have the tendency to wonder just how he was going to be able to perform on the boys' apparatus. CB is a tentative and shy six-year-old who really struggled with the Novice routines at the beginning of the year. It was clear that arm strength was a major area for development. It always seemed like in the middle of his routines, CB would simply run out of gas. It didn't matter if we were working side horse, parallel bars or rings.

Because of the fact we gym at a high school, we usually set the various pieces of apparatus at a height accommodate the average size boy in the class to save time. When the class goes to the high bar, it is obvious that CB's size is a disadvantage. While most of the boys manage to jump to their front support, little CB had to start by grabbing the bar just slightly above his head. He practically always requires and assist on his mount.


During class, I pointed out to CB that one of the reasons we do conditioning exercises is to strengthen our bodies to perform

Continued on Page 9.

american

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See Page 11 for information on how you, too, can become an AMERICAN SOKOL FLAG WAVER!

**CENTRAL
 DISTRICT
 ESSAY CONTEST
 WINNERS** *(Continued)*

the required moves on the apparatus. After one particularly frustrating class, I told CB that no matter how tough things seemed to be, don't ever give up. I tried to reassure him that muscles don't grow overnight and that he just had to keep on trying his best.

Well, time passed and CB gained the experience of participating in a Track and Field meet and getting a December competition under his belt. One recent Tuesday evening, during a rather normal class, we headed over to the high bar. CB walked up to the bar to take his turn and with a mighty jump, managed to hold himself up in a front support, much to my surprise. After congratulating and applauding him, I asked him how he managed that by himself. CB turned to me and with a big grin on his face said, "Push ups, coach, push ups!"

**BERWYN, ILLINOIS
 SELECTED AS SITE OF
 SLOVAK REPUBLIC CONSULATE**

Berwyn, Illinois, has been selected as the site for one of the Slovak Republic's first three honorary consulates in the United States. The office at 7034 Cermak Road will serve as a liaison between the American-Slovak communities and Washington D.C. and promote business, culture and educational exchanges between the United States and Slovakia.

Thomas Klimek Ward of Lockport has been chosen to serve as honorary consul. He is the founder and chairman of the Slovak American Cultural Society of the Midwest, headquartered in Naperville. Of Slovakian and Irish ancestry, Mr. Ward is a graduate of the University of Illinois at Chicago, with a degree in history and is a self-employed businessman.

Illinois was chosen because only Pennsylvania and Ohio have higher Slovak populations. Illinois has 120,000 naturalized American Slovaks, with the bulk residing in Chicago and the nearby counties. Naperville has a sister city relationship with Nitra, Slovakia, since 1993. However, Berwyn was chosen because it is centrally located between Naperville, Chicago and Joliet. Berwyn and its neighboring area also have more than 22,000 Slovaks, compared with Naperville's 2,000.

Although the new office will not open officially until June when it will be dedicated by the Slovak ambassador, it is operational from 10 A.M. to 4 P.M. Mondays and Thursdays. Calls are being received at 708-749-2336.

American Sokol Organization

Quarterly Financial Report – July, August, September 1995

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues	\$13,945.25
TGM Dues	15.00
Dividends/Interest	141.89
Resale Jewelry	186.50
Educational Booklets	53.00
BOI Skills/Ribbons	36.00
Postage/UPS	37.11
Donation to General Fund	80.00
Sokol Manual	540.00
Labels/Copies	51.55
Seals	5.00
Repay Merit Award	700.00
Prague Slet Video	128.00
130th Anniversary Pin	182.00
Bus - Turner Festival	130.00
Subscriber	4.00
Flag Waver Donation/Publication	30.00
Scrap Paper	18.90
Uniform Dept. Salaries (Jun./Jul./Aug.)	595.49
Uniform Dept. FICA/Medicare (Jun./Jul.)	81.30
Uniform Dept. FWT Tax (Jun./Jul.)	30.00
Uniform Dept. IWT Tax (Jun./Jul./Aug.)	21.23
Uniform Dept. Phone/Fax	58.88
Uniform Dept. Rent (Aug.)	295.00
TOTAL	\$17,366.10

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Jul./Aug./Sep.)	\$1,899.20
Vacation	264.56
FICA/Medicare (Jun./Jul./Aug.)	381.10
FWT (Jun./Jul./Aug.)	66.00
IWT, 2nd Quarter	74.25
Ameritech/Equalnet/Phone/Fax	663.72
Com Ed	495.39
CPA	505.00
Selden Fox Annual Audit	1,225.00
Petty Cash, Postage	186.44
Office Supplies	124.65
Janitor/Supplies	70.03
Plate Glass Insurance	348.00
XVI Convention Program Books	2,625.00
Illinois Secy. of State Fee	5.00
Maint. Agreement/Mita Copier	1,447.00
Parking Permit	50.00
Rent (Aug./Sep./Oct.)	2,781.00
TOTAL	\$13,211.34

BOARD OF INSTRUCTORS

Salaries (Jul./Aug./Sep.)	\$1,499.72
Vacation	121.40
FICA/Medicare (Jun./Jul./Aug.)	294.86
FWT (Jun./Jul./Aug.)	50.00
IWT, 2nd Quarter	53.85
Ameritech/Equalnet/Phone/FAX	837.83
Petty Cash/Postage	121.01
Office Supplies	21.30
Travel - USA Gymnastic Congress	356.98
Risk Management Manuals (2)	50.00
Editor "Gymnast" (Jul./Aug./Sep.)	60.00
TOTAL	\$3,466.95

EDUCATION

Salary	\$116.47
Vacation	7.72
FICA/Medicare	21.26
IWT 2nd Quarter	1.95
TOTAL	\$147.40

PUBLICATION

Salaries (Mailing)	\$135.78
FICA/Medicare	43.88
Printing (Jul./Aug.)	2,025.56
Postage (Jul./Aug.) + Add Changes	824.78
Editor (Jul./Aug./Sep.)	300.00
TOTAL	\$3,330.00

UNIFORM DEPARTMENT

Salaries (Jul./Aug./Sep.)	\$709.63
Vacation	138.52
FICA/Medicare (Jun./Jul./Aug.)	147.92
FWT (Jun./Jul./Aug.)	40.00
IWT, 2nd Quarter	28.35
Ameritech/Equalnet/Phone/FAX	111.66
Rent (Aug./Sep./Oct.)	885.00
TOTAL	\$2061.08

MISCELLANEOUS

Computer Furniture	\$72.75
Program Book Ad	25.00
TOTAL	\$97.75

SPECIAL ASSESSMENT

Eastern District (Lost Check)	\$93.00
merit award	
9 Awards	\$4,500.00
Repay FSLF	1,250.00
TOTAL	\$5,750.00

XVI CONVENTION

Lisle Hilton Banquet	\$7,283.62
Lisle Hilton Lunches	3,301.98
Lisle Hilton Coffee Breaks	1,294.41
Lisle Hilton Audio Equipment	768.00
By-Laws Copies/Postage	165.00
Delegates Travel/Per Diem	37,289.63
Office Supplies	232.66
Postage	64.00
Banquet Refunds	90.00
Misc	37.40
TOTAL	\$50,526.70

Balance Brought Forward/Checking	\$65,807.11
Receipts	+\$17,366.10
	\$83,173.21
Disbursements	– \$4,488.99
Lost Check #12325	+\$93.00
BALANCE CHECKING 10/31/95	\$4,581.99

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