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## AMERICAN SOKOL ORGANIZATION

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

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### EDITOR - PATRICIA SATEK

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

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

## From Your Editor...

It's always gratifying to me to receive letters from you, the readers, to know that you appreciate items that appear in the American Sokol. I got a great letter in response to my request for information on great Sokol instructors; see Page 7. More of you MUST have thoughts on this subject, too. Let's hear from you! Isn't the cover beautiful this month? Thanks to Bro. Ed Pavoucek for sharing it with us. (See article in December '94 American Sokol, Page 8.)

### NA ZDARI!

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

## CALENDAR of EVENTS

### APRIL

1 Sokol Brookfield Exhibition  
8 Western District Children's  
Competition at Sokol South  
Omaha

21 Sokol South Omaha \$10K  
Giveaway

22 Central District Special  
Number Exhibition (Note  
Change in Date)

29 Northeastern District  
Competition

### MAY

15 Sokol Milwaukee Exhibition &  
Awards Night

6 Central District Girls'  
Competition

13 Central District Boys'/Men's  
Competition

20 Central District Sokol Day

### JUNE

4 Northeastern District  
Exhibition

9-10 Western District Jr.-Sr.  
Competition at Sokol Cedar  
Rapids

10-11 Eastern District Slet at Sokol  
Woodlands, NY

17-20 ASO NATIONAL  
CONVENTION, Lisle, IL  
Hilton Hotel

19 ASO Convention Banquet

22-25 Sokol Canada Slet, Toronto

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.

*Flattery is from the  
teeth out. Sincere  
appreciation is from  
the heart out.*

❖ Dale Carnegie



## FOR THE RECORD

Minutes of the January 24, 1995  
meeting of the A.S.O. Executive Board

The meeting was called to order by President Bro. Charles R. Borvansky at 7:37 p.m. and the pledge to the flag was recited. Members present were Bros. Borvansky, Lebloch, Satek and Babka in the office and Bros. Dalton, Masek, Kalat and Milan on the phone. Sis. Jurew, Satek, Pros and Pajeau in the office and Sis. Dalton and Kalat on the phone. Members excused were Bro. Michalek and Sis. Kourim, Sedlacek and Vondra.

The minutes of the previous meeting were approved with the correction of the spelling of Seldon Fox and change the word supplies for fund; motion by Sis. Pros, seconded and passed.

The office has received the November minutes of the Northeastern District, the November minutes of the Pacific District, the Central District November minutes and the Directors Newsletter. A letter was sent to Cihak Travel to thank him for his donation to the American Sokol Organization following the 1994 tour. He will be sending another check if more money comes into his office and he has given us some luggage tags and bags with the Slet logo. It was suggested to use them as a raffle at the Convention. Bro. Lebloch was thanked for his work in making the trip a success.

Bro. Babka moved to pay \$25 to the National Alliance of Czech Catholics for their seals, seconded and passed. Bro. Lebloch moved to cancel subscription to the

Prognosis Weekly, seconded and passed. Letter from Sokol Rip asking advice about dissolving unit. Bro. Borvansky will respond. Letter from Sokol Wilbur about special convention assessment. Bro. Borvansky will respond. A letter will be sent to a Sokol Minnesota member who cannot attend meetings because they are up a flight of stairs.

Three letters from Bro. Slavik were read. A letter will be sent to the Canada Sokols inviting them to discuss becoming a district of the American Sokol Organization if they would choose not to join the COS. Bro. Satek moved to forward an invitation to the Canada Sokols to think about joining the ASO as a district, seconded and passed.

Sis. Kalat read the BOI report. There were no Special Assessment requests or bills. The 1995 Merit Award forms will be in the January publication. The Uniform Review committee will have suggestions to present at the convention. The Executive Board is the group to decide about parade uniforms. The National School Board continues to work on course work for a beginners' school. Slet in Canada is underway. All calisthenics have been sent out, the ASO will not have a special number and there are problems with some parts of the uniforms. The board is reviewing By-Laws changes, working on a detailed report of expenditures for June 1990 until December 1994, the budget and a Judging Certification Program for artistic gymnastics, which will be required of all judges at an ASO National Slet.

Sis. Sedlacek sent in a written report on the membership in the organization. This was based on the first quarter of 1994. The Western, Central and Pacific Districts showed a slight increase. There were a total of 6,007 members, with three units not reporting. She has been sending in articles for the publication.

Bro. Lebloch reported that he participated in the Central District's Educational Seminar, "The Many Faces of Sokol." He spoke on the role of the Educational Director and the BOI. There were many great and interesting presentations. It was recommended that the presentation by Sis. Sedlacek on units and one by Sis. Satek and Bro. Pajer be repeated at the Convention. He has been reviewing Czech correspondence, has received some travel information, renewal for Svobodna Skola and turned in check from Cihak Travel. Bro. Babka moved to pay subscription to Svobodna Skola, seconded and passed. The Educational Seminar is on tape for a fee of \$10 and the Prague Slet tape is in the office for a fee of \$35 by mail.

Bro. Milan reviewed the Slet in Prague tapes. Attended the December USGF board meeting which stressed recreational gymnastics and will attend the next meeting in May. He visited with Bro. Waldauf from Canada.

Sis. Satek has had her computer replaced. The December issue and the January issue are coming. The rosters are arriving slowly. They will appear in the March issue.

*Continued on Page 10.*

The  
*American Sokol Organization*

*requests the pleasure of your company  
at a banquet in celebration of our*

*XVI General Convention and our 130th Year*

*as the oldest continuous Sokol Organization in the world.*

*Our convention will be held from Saturday, June 17, 1995 through Tuesday, June 20, 1995*

*The highlight of which will be our:*

*Celebration Banquet*

*on  
Monday, June 19, 1995*

*in the*

*Majestic Ballroom*

*of the*

*Lisle/Naperville Hilton Inn*

*3003 Corporate West Drive*

*Lisle, Illinois 60532*

*Reception (Cash Bar) 6:00 P.M.*

*Dinner 7:00 P.M.*

*Short program after dinner and dancing. ~ Banquet tickets are \$45.00 per person.*

*Tables of 10 (ten) persons each are available. Table assignments/tickets can be picked up at the ballroom entrance.*

*We look forward to your joining with us in celebration of this special occasion.*

*Nazdar! Convention Banquet Committee*

*Sis. Ulasta and Bro. Roy Zitny, Co-Chairperons*

-----  
~ RESERVATION FORM ~

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Sokol Unit/Organization \_\_\_\_\_

No. of Tickets \_\_\_\_\_ @ \$45.00 each

Total \$ \_\_\_\_\_ (Check Enclosed)

Make checks payable to: AMERICAN SOKOL ORGANIZATION  
MAIL TO: American Sokol Organization ~ Banquet Committee  
6424 W. Cermak Road ~ Berwyn, IL 60402-2386

# MEMBERSHIP

Sis. Joan Sedlacek, Membership Chairman

Now is an opportune time to increase our membership. Gym classes and all of our other activities are in full swing. We have people coming to us. Let's keep them.

If you have a dinner, talk to people who come. Don't just serve them and watch them leave. Invite them to join your unit. If you have a dance, make the rounds and welcome people. Tell them you're glad they came. Invite them to join. Don't wait for them to ask you. If you have a newsletter, many people think they belong to Sokol because they subscribe. Invite them to join.

Our convention will be in June. We can increase our membership. This can be the year, if we try. Membership awards will be presented at the convention. Let's have every unit recognized!

## American Sokol Organization XVI Convention & 130th Anniversary Program Book

Dear Brothers and Sisters,

In conjunction with the XVI Convention and the 130th Anniversary of the American Sokol Organization, a commemorative program book will be issued. Certainly, you will want your name to appear in this historic publication. Kindly fill in the area as you want your name to appear and mail your request, with a check payable to American Sokol Organization, 6424 W. Cermak Road, Berwyn, Illinois 60402.

\$3.00 Well Wisher \_\_\_\_\_

\$5.00 Booster \_\_\_\_\_

\$10.00 Sponsor \_\_\_\_\_

In Memoriam \$15.00 \_\_\_\_\_

In Memoriam \$20.00 \_\_\_\_\_

The publication, printed on 8 $\frac{1}{2}$ x11" paper, will be a documentary of 130 years of the Sokol movement in America. Full pages at \$80,  $\frac{1}{2}$  pages at \$50 and  $\frac{1}{4}$  pages at \$30 are available in either historical, pictorial, documentary, cultural or advertisement layout. Your organization, commercial establishment or you as an individual will be proud to be a part of this historic publication. For additional information, contact Bro. Fred Kala or Bro. Paul Lebloch at the address listed above. NAZDAR!

# THEY'RE HERE!

## OFFICIAL XII All-Sokol Slet Videotapes

(English Version)

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

\$32 Pick-Up ~ \$35 Shipped Priority Mail

**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.

### 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 **WESTERN FRATERNAL LIFE ASSOCIATION** ..... **\$3,125.00**

*The American Sokol gratefully acknowledges this most generous annual donation. NAZDAR!*

In Appreciation of Agnes Sotka, Long Service as Treasurer  
\$20.00 from Sokol Town of Lake

In Memory of Vlasta Hysman  
\$25.00 from John & Vlasta Stribrny, Sokol Town of Lake

### GENERAL FUND

From the Milos A Jansa, M.D. .... \$30.00      From Milada Vanek ..... \$30.00



## Excerpts - National Director of Men's Annual Report -- 1993-94

At the conclusion of this past 1993-94 Sokol year, we have a little over six thousand members, a little over 50 units, and approximately 34 active units. This past year we have seen some ups and downs. The Executive Director's position was terminated by the Board of Governors, we all participated in a historical and successful COS Slet, our organization is experiencing financial difficulties, the new Sokol Manual has been printed and released, and the Slet "Pamatnik" is long overdue.

Many Sokol clinics were conducted throughout our six districts this past year; an Instructors School was conducted in the Southern District the first week of June and a National Instructors Course was held at Sokol South Omaha -- July 24 - August 1st under the directorship of Bro. Bud Benak of the Western District. Some of our Eastern District gymnasts also participated in the Sokol USA Instructors School in Barryville, N.Y. Two juniors from the Pacific District and two women from the Central District attended the "Cvicitelska Skola" (Instructors School) in Tyrsov dum, Prague, immediately following the Czech Slet. It was a great honor and privilege for me to be an instructor at this school.

Because of the difficulty of working with compositions prepared in Czech for the XII COS Slet, much time and effort was spent by all in preparation for this pilgrimage to the 'old country' as we call it. Calisthenics clinics were held in Berwyn following the ASO Slet, while authors and members of the COS Board of Instructors were available. A clinic was held in Sokol Greater Cleveland in March, and another at Sokol Toronto in May. There was a COS clinic in February attended by Sis. Nada Vencel and Anna Janous. Two surveys were conducted for the COS Slet, one in Fall and one in February. At the beginning, much of our information for the COS Slet was obtained by way of our liaison people, namely Bro. Vladislav Slavič, President of the Eastern District; Sis. Anna Janous, Womens Director of Sokol Canada, and Bro. Jan Waldauf, President of Canadian Sokols. The XII COS Slet was the first in 46 years. Many of us never dreamed that we would ever be drilling in Strahov Stadium in our lifetimes, and the indelible experience is one that we shall never forget. The Parade through the streets of Prague was a very emotional experience for me and one that I shall never forget.

Although a lot of time and energy was spent on the COS Slet, a new National School Board was formed this year, consisting of Bro. Bud Benak as Chairman, Bro. Jerry Milan, Sisters Mary Panackia and Jan Kalat and Bro. Frank Michalek. A Uniform Review Committee was formed in January consisting of Sisters Judy Harlan, Sue Kozelka, Barbara Barnes, Marie Ptacek and Brothers Dave Harlan, Dick Ptacek, Paul Lebloch, and Tom Pajer. Brother Charles Kalat took over the duties of the editor of the Sokol Gymnast in our publication, and, therefore, all correspondence and contributing articles should be sent to him. I urge everyone to please support this position by sending any pertinent articles, informational bulletins, publicity releases, etc. to Chuck.

The ASO Convention will be hosted by the Central District June 17-20, 1995. The Slet in Toronto will follow soon after, starting on Friday, June 23, 1995.

This year the manuscript of the "History of Miroslav Tyrs and Renata Tyrsova", prepared by Vladislav Slavik, has been completed and was already used at the 1994 Instructors Course.

There has been much deliberation and brainstorming to determine how we can get our organization back on its feet and become fiscally and financially sound. I am confident that the Board of Governors will take necessary action before Convention time. The Board of Instructors are the lifeblood of our organization and we can also do our share in getting us back on track. In order to strengthen our organization so that we may become more financially sound and capable of offering quality programs, we must increase our membership, train more competent instructors, entrust our youth with more guided responsibilities, update our programs to stay in line with current and changing times, thereby allowing us to be more competitive with other organizations.

I would like to thank all the Assistant Directors, District Directors, members of the National Board of Instructors, all those not on the BOI who support our activities, the Executive Board and the Board of Governors for all their support. I can now understand what is meant when my predecessors spoke of the overwhelming support they received during their reign in this position. The Leadership of such a great organization as ours is only as great as the people behind them. I cannot thank you enough for all your support.

I would like to close this report with a very sincere SALUTE of three Nazdars;  
NAZDAR -- NAZDAR -- NAZDAR

Gymnastically Yours, Frank H. Michalek - National Director of Men

## Cheerleader Gymnastics: Future for Gymnastics Clubs?

Today, cheerleading is recognized as an array of athletic complexities ranging from cheerleading skills to championship competitions and acrobatic performances. Tremendous changes over the past decade encompassing this Cheer Mania includes hundreds of cheerleader organizations, year-round cheer and dance gyms, All-Star Teams, Professional NFL and NBA squads, National Championships, and a rapid growth of cheerleader coaches/advisors and instructors. Such changes have sparked an overwhelming interest and competitive environment involving more than 1,200,000 cheerleaders nationwide.

Cheer Mania among participants makes cheerleading fertile ground for big business. Currently, the two largest cheerleading organizations, are the National Cheerleaders Association (NCA) and the Universal Cheerleaders Association (UCA). These organizations have revenues in excess of \$75 million (Sport Illustrated, 1990). Monies derived from Summer camp fees, Fall and Spring one-day workshops, uniforms, shoes, books, video, and audio cassettes, jewelry, cosmetics, and props makeup the revenue producing Cheer Mania.

Adding to this Cheer Mania are local, state, and national championships. Upon achieving championship status, a cheerleading squad can cash in on several opportunities. Each member of a national championship team receives financial gifts, travel packages, cosmetics, and new uniforms. Once on a championship team, favorable circumstances like scholarship opportunities emerge. Approximately 85 colleges offer cheerleading scholarships with stipends ranging from \$100 to full-tuition grants. Both the University of Georgia and the University of Kentucky offer full-tuition scholarships to qualified cheerleaders.

This multi-million dollar cheerleading phenomenon exists without a national governing body upholding specific safety standards. Today, hundreds and thousands of cheerleaders learn how to tumble and jump from volunteers including parents, liberal arts teachers, or former cheerleaders. Since emphasis is placed on performing more difficult tumbling, knowledge leaves the cheerleading industry lacking the respect necessary to warrant safer conditions. Gymnastics club owners and coaches can alter this view of cheerleading by offering state-of-the-art classes in a safe environment with qualified coaches.

Gymnastics and Cheerleading are a natural fit. For many, cheerleading is the normal progression when they leave the ranks of a gymnastics program. Additionally, many gymnastics coaches attest to the fact the teaching gymnastics skills to cheerleaders is already lucrative part of their business. Therefore, offering cheerleading programs can be an even more lucrative business for gymnastics clubs without detracting from their present goals. Several classes in the forefront of cheerleading programs across the nation only tap the future of cheerleading for gymnastics club owners. Gymnastics Club owners should set the standard for the cheerleading industry because of their continued search of excellence and safety concerns for participants. Several cheerleading gymnastics classes are listed to get you started on this new frontier. With a little creativity your gym can expand the Cheer Mania experienced within the cheerleading industry.

### Cheerleader Gymnastics Classes:

Learn proper safety methods and techniques for improving all the skills a cheerleader needs. Emphasis is placed on improving jumps, partner stunts, dance, motion technique, and tumbling.

#### Cardio Cheer Circuit Training:

A cheerleader who is stronger and more physically fit enhances the overall appearance of their squad. This unique class utilizes strength and conditioning techniques to increase the muscular strength and flexibility needed to perform basic through advance cheerleading skills. Cheerleaders of all fitness levels will benefit from this effective fitness conditioning workout.

#### Cheer Squad Training:

Designed with the whole squad in mind, this innovative class is personalized to meet the overall squads goals and objectives. Together with your cheer coach, your club's professional staff constructively improves squad performance and abilities. Provide one-hour sessions are scheduled for squads with eight or more members.

#### All-Star Cheer Team Training:

The latest craze in cheerleading. All-Star squads excel through specialized training for competition purposes. All-Star Teams differ from traditional cheerleading squads because they are handpicked with emphasis placed on, competition, public performances, and are not necessarily associated with a school.

#### Summer Cheerleading:

This profit making activity will keep your gym full and cash flow active. Commuter cheer camps lasting from 8:00am-3:00pm can be customized to any age group. Once you understand the curriculum you can offer one of the safest and most enjoyable camp environments a cheerleader could ask for.

#### Gymnastics Cheerleaders Camp:

This camp differs from the traditional cheerleading camps because the focus is on gymnastics skills for cheerleading. Although centered on skill development, the fun element is not lost. Each class offers its own style and entertainment. Gymnastics coaches give participate something to really cheer about with three days of gymnastics training just for cheerleaders.

#### Open Gym For Cheerleader Squads, Dance And Or Drill Teams:

All-Star Teams, Junior High, High School, Community Colleges, and University cheerleaders are always in need of training in a safe environment, competition practice. Open your doors to those interested in improving their cheer skills for whatever performance they are preparing.

Registration Fee	\$20
One Class per Week	\$40
Each Additional Class / Additional Child	\$35
Squad Training (per member)	\$40
Private Instruction (per hour)	\$25-\$50
Cheer Camp (8am-5pm, 3 days)	\$55-\$75
Open Gym (3 hrs Minimum)	\$5-\$10

Karen Bucaro Udowich, *USA Gymnastics 1994  
Congress Proceedings.*

## Book Review

### ***Fitness Fun***

Fitness is the watchword for the 90's. Gymnastics clubs and programs will increasingly include fitness concepts and programs in their curriculum in order to attract new customers and respond to the needs of current clients. Everyone needs to be aware of the importance of being physically active and know how to take responsibility for their own fitness. Even children need to know the consequences of a sedentary life-style void of physical activity and that high blood pressure and cholesterol levels, shortness of breath, and fatigue are all factors that they can control through exercise. Gymnastics preschool program directors have a responsibility to teach the children the benefits of exercise and that exercise and fitness are an avenue to a better quality of life. Emily R. Foster, Karyn Hartinger, and Katherine Smith have authored a new book called *Fitness Fun: 85 Games and Activities for Children*. The purpose of *Fitness Fun* is to provide children with unique activities that they look forward to doing. The traditional (but usually unmotivating) regimen of sit-ups, push-ups, and laps are replaced with games, activities, and variations that will motivate and interest all of the children. In selecting the exercises, four basic components in teaching children about fitness were considered: muscular strength, muscular endurance, flexibility and cardiorespiratory fitness.

Gymnastics preschool programs have probably done an admirable job in incorporating the first three components but perhaps have failed to devote attention to the fourth. Cardiorespiratory fitness is "the efficient functioning of body systems, particularly heart, lungs, and blood vessels, during and after exercise." As the cardiovascular system becomes more efficient, the body can work harder for longer periods. As the heart becomes stronger, the lungs and blood vessels can better deliver oxygen throughout the body. "Children will become stronger and more energetic by following a regular cardiorespiratory fitness program." The authors present a discussion of the special factors that should be considered when conducting fitness programs for children. For example, they suggest that initially, the instructor must present low-intensity, short-duration aerobic activities. In a section on Teaching Tips, the authors discuss principles of effective management, planning, organization, cues and signals, giving instruction, age appropriateness, equipment, and safety.

Because you can't expect young or inexperienced students to know how to move safely in gyms and play areas without proper instruction, the teacher should ask them to proceed first at slow speeds. AS their skills improve, add other elements to the activity, such as changing speeds, changing directions, and using a variety of pathways (straight lines, curves, zig-zags).

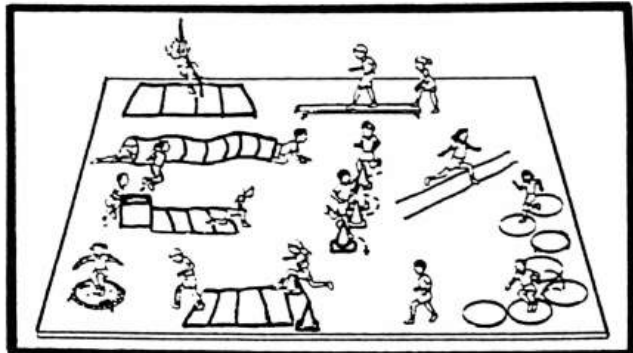
*Fitness Fun* is divided into three sections: warm-up, quick, and main activities with each section containing learning activities that develop cardiorespiratory fitness, flexibility, muscular strength, and muscular endurance. Also included are recommended grade ranges, required equipment, hints and safety tips for some of the games.

#### **Sample:**

#### **#68. Fitness Course (Main Activity)**

**Equipment:** Music; miscellaneous objects (benches, mats, hurdles, hoops, ropes, gymnastic equipment, etc.)

**Formation:** Students move continually through the course.



Set up a fitness course that will keep students continually moving. Some obstacles may need to be approached from a specific direction, otherwise, allow students to move freely and choose which apparatus they want to try next. Discourage lines by having the students jog to equipment where there is no wait. Though students may exercise at their own paces and skill levels, try to provide a variety of apparatus that will both accommodate them and challenge them to improve. Remember to encourage students to keep moving so their heart rates remain in their target zones.

**Safety Tip:** Make sure students approach each obstacle from the appropriate direction. See that each station is properly matted.

Steve Whitlock, *Technique*, Nov/Dec, 1992.

*Fitness Fun* can be ordered through USGF Merchandise.

# X Sokol Canada Slet

The following tentative schedule of events has been established:

## Thursday, June 22, 1995

10:00 am Opening of Slet Office  
5:00 pm Technical Meeting of Directors, Team Leaders, Judges

## Friday, June 23, 1995

8:00 am Gymnastic Competitions - Women and Junior Girls  
Volleyball Tournament - Mens Teams  
7:00 pm Youth Social  
Slet Concert

## Saturday, June 24, 1995

8:00 am Gymnastic Competitions - Men and Junior Boys  
Rhythmics Competitions - Women and Junior Girls  
Gymnastic Competitions - Boys and Girls  
Volleyball Tournament - Womens Teams  
1:00 pm Special Meeting of Sokol Canada (unveiling of its new district flag)  
7:00 pm Slet Dance  
Victory Dance

## Sunday, June 25, 1995

8:00 am Rehearsals  
2:00 pm Main Slet Performance  
8:00 pm "Sokol Forum" - Meeting of Representatives of Sokol Organizations

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### Exercise Causing Head Colds?

There is no evidence that exercising when it is cold has any influence on the incidence of head colds or respiratory infections. This is especially true if a person dresses appropriately. Layering the right kinds of clothing will ensure the right body temperature by allowing for perspiration to evaporate while sufficient heat is maintained. Under freezing conditions, it is important to protect ears, toes, and fingers to prevent frostbite. If you cycle outdoors, the flow of air over your skin will be increased, so be sure to protect your nose and cheeks. Also, some people respond to exercise in cold weather with an allergic-type reaction that results in constriction of the air passageways called asthma. The combination of exercise induced asthma and cold-induced asthma can make breathing very uncomfortable for some people. Those persons might want to consider indoor forms of exercise to maintain a conditioning program during the winter months.

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### Wondered What That Little Bandage Does?

A product that may prevent snoring in some people has become popular with players in the National Football League for a different reason. It is a small bandage that when pulled down on the bridge of the nose, is supposed to make nasal passages wider. The manufacturer supplied NFL clubs with samples and as many as 40 players around the league, including Jerry Rice of the 49ers and Leon Lett, Russell Maryland, and Jim Jeffcoat of the Cowboys, began using the product during the 1994 season. Although some players actually think the bandage provides more oxygen, the manufacturer says that it obviously can't and doesn't. Whatever it does, the players seem to like it.

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### It's a Fact

Only 37% of American teenagers exercise vigorously at least three times a week. In 1984, more than 60% of high school students participated in a 3-times-a-week exercise program. A government report also indicates that 20% of teens are overweight, up 15% from a similar study conducted during the 1970's.

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◆ MEMORIAM ◆

JAROSLAV KASPAR-PATY

Jaroslav Kaspar-Paty, 91, a retired major general in the Czech army who later became an intelligence analyst and linguist with the FBI in Washington, died of cancer January 24 at his home in Falls Church, VA.

Gen. Kaspar-Paty was born in Bohemia in what was then the Austro-Hungarian Empire. He entered Czech military service in 1921. He graduated from the Czechoslovak Military Academy in Hranice, aircraft fighter pilot school and the War College in Prague.

After the Nazi occupation of Czechoslovakia in 1939, he helped found an anti-Nazi underground organization. During World War II, he was chief of staff of the Czech military mission to the Soviet Union and then deputy chief of the Czech

military mission in Tehran.

In 1943, he was assigned to England where his work included organizing parachute missions into occupied Czechoslovakia. After the war, the Czech government awarded him the War Cross and the Medal for Bravery.

In 1945, Gen. Kaspar-Paty returned to Czechoslovakia. He was military and air attaché at the Czechoslovak Embassy in the Netherlands and then chief of staff of the Prague Air Force District.

After the communist takeover in 1948, he fled Czechoslovakia to the American zone of Germany. He was chief of a Central Intelligence Agency unit there until 1956, when he came to Washington as a research analyst with the air

information division of the Library of Congress. From 1970 to 1994, he worked for the FBI.

In 1993, he was promoted to Major General by the president of the Czech Republic on the 75th anniversary of the founding of Czechoslovakia.

He was president of Sokol Washington since 1978 and attended the XII All-Sokol Slet in Prague in July 1994, marching the entire length of the Sokol parade through the streets of Prague in spite of his advanced age and ill health.

His wife of 50 years, Ellen Fedak Kaspar-Paty, died in 1984. He is survived by his wife, Kathleen Kaspar-Paty.

Submitted by Mildred Barcal

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## THE VOICE

Dear Sis. Satek,

We look forward to the American Sokol communication every month. Always interested in the activities of the Sokol Units and the articles.

After reading this latest issue, the "Tell me about a great Sokol instructor you know!" caught my eye.

Haven't been active for many years, but there is only one great instructor

in my book, Bro. Edward Linhart from Sokol Tabor. He is one of the finest gentlemen and instructors in the American Sokol.

He is knowledgeable, patient, not afraid to take a challenge and has always lived his life in the true Sokol spirit.

His classes were always well attended, from 1st Class Boys to

---

*Reader Quips, Comments & Queries*

the Women's Class. He enjoyed teaching all the classes and turned out many fine gymnasts. Even today, when we meet socially, we still respect him for all the work he did with the Sokol. Ed has always been "Mr. Sokol," one of the finest examples of the true Sokol spirit.

Nazdar!

Bro. James & Sis. Elsie Berousek,  
Two Rivers, Wisconsin

# SPORT FOR UNDERSTANDING

Sport For Understanding (SFU), a non-profit exchange program for teenage athletes, announces a tennis team traveling to the Czech Republic during the Summer of 1995. Tennis players – ages 14-19 – of all skill levels are invited to join.

Coached by Gene Hardman, of the New Mexico Military Institute in Roswell, NM, this team will be hosted by the ATOSS Ostrava Tennis Club. Ostrava is located about 180 miles east of Prague.

Throughout the 3-week program, the team is involved in a variety of sport and cultural learning activities. SFU athletes and their volunteer coaches live with host families during their stay to experience the country's customs and culture firsthand. The SFU team trains with

their host club, and has games scheduled with local teams.

In 1995, 27 SFU teams – in 11 different sports – begin traveling in mid-June and return to the U.S. by late-August. Travel dates vary by team and destination. Each SFU team has a fixed number of players, so teams are filled on a "first come" basis. Program fees range from \$2,425 to \$2,995, depending on the sport and destination. All applications must be postmarked by April 1, 1995.

In addition to SFU teams traveling overseas, international sports teams also visit the United States. Local sport teams and clubs are needed to host the teams and to provide them with a look at

American life through sports.

Since 1982, thousands of teen athletes have experienced different cultures through SFU sport exchanges. SFU is a summer program for Youth For Understanding (YFU) International Exchange. YFU is a non-private educational organization dedicated to international understanding and world peace. YFU carries out one of the world's oldest and most respected international youth exchange programs. For further information and an application write to: Sport For Understanding Department C205, 3501 Newark Street, NW, Washington, DC 20016-3199, or call 1-800-TEENAGE.

## CRAFTING QUILLS

*Why are geese raised in the Czech Republic an important part of the process?*

The work of Nancy Scott Floyd, is in the hands of many top officials throughout the world. The only hand-cut quill pen maker in the U.S., Floyd is a purveyor of good feather quill pens to the U.S. Supreme Court, the Philadelphia Mint and even the Queen of England.

Her passion for making quill pens began in 1980 after she purchased a set of pens from Lewis Glaser in his Charlottesville, Virginia, shop. Glaser, world-renowned for his pens, took Floyd under his wing as his only apprentice. Floyd worked diligently, but it was a year before

she could consistently turn out quill pens that merited Glaser's approval. Upon Glaser's death in 1986, after six years of Floyd's apprenticeship, he willed the business to her. "It's an honor to continue the business. It's like picking up a stitch of history that might otherwise be lost," Floyd says.

Her clients demand excellence. She only uses quills from geese raised in the Czech Republic. Their feathers are of the highest quality because of the geese's high fat, high protein diet, Floyd explains. She selects only the finest feathers,

washes them and dries and ages them in glass apothecary vases. The tips of the feathers must be stored until they lose their elasticity otherwise they splay when cut.

As its exclusive supplier of quill pens, Floyd annually hand-cuts 1,200 goose quills for the U.S. Supreme Court. These pens are used to carry on the tradition of placing quills in front of all lawyers who argue cases before the Supreme Court and for ceremonial events.

~ Taken from "Northern Now,"  
Publication of Northern Illinois  
University, Winter 1999

# HISTORY, HALLS AND HEROES

*Editor's Note: Sis. Joan Sedlacek, A.S.O. Membership Chairman, presented the following at the recent Central District Educational Seminar, "The Many Faces of Sokol." Due to space constraints, only a portion appears here, but will continue in the March issue.*

In search of Sokols. As part of a worldwide organization, with a current membership listing, this shouldn't be a difficult task. Unfortunately, over the years, units have disbanded, buildings have been lost to fire, highways, poor neighborhoods, a decreasing number of members who can provide the tremendous amount of work needed to retain a building or an increase of members in need of a larger building.

Eleven years ago, Sis. Sylvia Laznovsky of Ennis, Texas had the idea of a pictorial collection of Sokol halls. I was enlisted and since then have been involved in this fascinating aspect of Sokol history. Some halls are virtually abandoned, some are lovingly cared for and some exist only in old pictures.

We began by taking pictures of the present buildings, using the unit listings in the March issue of the publication. From there, I started going through books, year by year, making copies. Bro. Borvansky would always say, "Are you making copies again? What are you going to do with all of them? Well, Chuck, what I did with them was to make a record of 116 years of units and where they were. I found enough information to be able to ask you how many units were formed and I will. Do you know how many units have been listed in the ASO

Publication over the year? 210 combined and 54 women's units. Do you know what districts no longer exist? Chicago 1894-1898, Southwestern 1932-1940 and Northern 1962 (last year). What units have been the seat of the Central District? Chicago, Milwaukee, St. Louis, Cedar Rapids and now Brookfield. How many units have been in the Central District? 66 Units.

Can you name the states that have had units? California, Illinois, Iowa, Florida, Kansas, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Nebraska, New Jersey, New York, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, South Dakota, Texas, Virginia, Washington, Washington DC and Wisconsin.

In looking for buildings, we have found fascinating histories and stories of the buildings, the people and the sacrifices they made to have the halls we take for granted. Many units shared buildings with other Czech or Slovak organizations, usually a CSPA or ZCBT lodge. They shared a building and members and worked toward a common goal – being good Americans while keeping their ethnic ties strong. Another important consideration – establishing and maintaining a language school for the children. The Braidwood Bohemian School was the only one in Illinois, outside Chicago, teaching a foreign language, at that time. Now when we talk among ourselves, we sound as though we are using some

foreign language. We know what the letters mean, but, and sometimes it's fun to watch other people get glassy-eyed, many people don't. You see – Sokol members belonged to the CSPA and the ZCBJ. Now the CSPA has become CSA and the ZCBJ became WFLA, more recently pronounced "woof-la" and in Texas they have the SPJST and the KJT among other. We have the BOI and BOT or BOD and, well you get the idea. We have to remember to explain to new people and parents what the letters mean.

In Coal City, the year 1900 held great excitement and promise for the Czech community. They had sold enough shares at \$5 a share at 2% interest to buy property and build the Bohemian National Hall. Coal City, as can be imagined, was the home of miners. They lived in a concentrated area and because they raised so many geese, the area became known as Goose Alley. The miners didn't earn much from their hard, dangerous work, but they spared enough and cared enough to build the large hall. Having a place to be together, a place for Sokol, a place for their children to learn the Czech language and customs and a place they could speak Czech without having to worry about English was important to them and worthy of any sacrifice. The Bohemian National Hall, also called the New Opera House, still stands and, ironically, houses a fitness club on the second floor.

*~ This article will conclude in the March issue of American Sokol. ~*

## 1/24/95 ASO Executive Board Minutes (continued)

Convention information is being put into the publication. She also spoke at the Central District Educational Seminar.

Sis. Pros spoke at the Central District Educational Seminar. She had ready copies of the current accounts, October, November, December numbers, month of December and a year end statement. The special convention assessment money is coming in slowly. There was no Treasurer's report.

Bro. Masek, as second vice president, reported that there will be \$500 coming to the Foundation Fund from Amoco. Sis. Kourim, first vice president, sent a written report. She attended and spoke at the educational seminar. She also attended the holiday party at Cafe Europe and has been sewing uniforms.

Bro. Borvansky, president, attended the educational seminar, attended the holiday party and has

the seals in the office. He has been taking care of usual office business and correspondence.

Bro. Satek updated the convention information. The banquet will be at \$45 and a portion could be the Monday evening meal for delegates. The Sunday and Monday lunch will be provided at the hotel and this will be the only lunch allowed for those days. Bro. Satek moved that delegates claim a portion of the banquet meal as their allowance for Monday evening meal, not to exceed \$25, seconded and passed. Sis. Dalton asked about restaurants in the area. Due to time, delegates are encouraged to eat at the hotel for the lunches provided on Sunday and Monday.

Bro. Borvansky read the present list of officers and asked them if they would like to run for a second term if they are eligible or if they are interested in another position on the board. This list will be given to

the Nomination Committee.

The seals are in the office and will be sent out as soon as possible.

Sis. Pros said an import Czech wine company from Ft. Lauderdale, Florida contacted the office about advertising in the publication. She will talk to them about wine for the banquet and other options for advertising since the publication has all the advertising space filled.

The Central District is recommending having a Convention ad book. They would take care of the work involved in getting advertisements and printing. There is also talk of a raffle to be announced at the banquet.

A great big "Thank you!" to Bro. Kalat for repacking the Slet chairs in the basement of the office. Bro. Satek recommended we start now to plan for a holiday party.

Meeting adjourned at 9:23 p.m.

Sis. Nancy Pajeau, Secretary

## The Czech Magnet Keeps Pulling

Reprinted from "Prognosis,"  
December 29-January 4, 1995

The influx of foreign visitors to the Czech Republic continued its five-year surge in 1994, with more people visiting the country in 10 months than in all of 1993, and bringing \$1.4 billion with them.

The latest figures from the Czech Statistical Office show that nearly 86 million tourists came to the

Czech Republic from January to October. In 1993, only 71.7 million visitors entered Czech territory.

The Czech National Bank estimates that tourists spent \$1.5 billion during the first nine months, while 1993's total added up to \$1.4 billion.

Most people came during exceptionally hot summer months of July and August, which accounted for 12 million and 12.9

million visitors respectively. On the other hand, winter months were traditionally slow. The slowest month was February, when a mere 5 million people crossed the country's borders.

The majority of people crossed the country from the West, bridging the country's longest border with Germany, followed by visitors who entered via Poland and Slovakia

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**WORLD SOKOL FEDERATION DONOR UPDATE**

In the last issue of the American Sokol, we listed donors to the World Sokol Federation whose contributions were received by the end of December 1994. We have recently received the following additional contributions:

Czechoslovak National Council..... \$200      Northeastern District ASO ..... \$100  
Western District ASO ..... \$100

Once again, on behalf of all newly resurrecting Sokol organizations in Eastern Europe, I thank you very much. Your good intent will not be forgotten. With your help, Sokol movement is growing.

Nazdar, Vladislav Slavik



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