

Prague Slet In Numbers and Reports

Bro. Vladislav Slavik

Since the American Sokol and Directors' Newsletter published several articles giving their readers and excellent description of the XII Slet in Prague, it may be of some interest to conclude with numbers and reports. The Slet Committee published a comprehensive report at the end of the year which dealt with 21 subcommittees. Only the Financial Committee is not ready to close its books. There are some bills to be paid and several districts have been late with their payments for uniforms and other items. Based on this report and adding information from COS officials and other sources, the following is an attempt to give a summary of the extremely toilsome efforts needed to present the XII Slet.

To start with, we must realize that this Slet was planned at a time when the Czech Republic was still shaking off the remnants of Communist structures so deeply embedded after 42 years of oppression. A great majority of volunteer workers were of retirement age, as very few young people had any knowledge of Sokol ideas. The state authorities knew as little about Sokol as the rest of the younger population. Existing sports and physical fitness organizations either ignored Sokol or took an outright hostile stand.

In this atmosphere of an inert or insecure future, the newly resurrected Czechoslovak (later Czech) Sokol Union decided to hold a Slet in less than 2.5 years. It elected the Slet Committee, which in turn formed 22 subcommittees. Some had to operate with 2 or 3 members until a few weeks before the Slet. The BOI was the most numerous group, with more than 200 men and women. As it turned out, it was not enough. To promote the Slet and reach as many sponsors as possible, the Slet Committee engaged Art Production K (even in Czech this is the Agency's official name). A great majority of those involved in Slet work believe that this selection was the most unfortunate decision. The promotion was almost nonexistent and the few sponsors could have been gotten just about by anybody. Unpaid Sokols secured twice as many sponsors with far greater income.

While the Slet machine sputtered the first two years, once it got rolling it was unstoppable. More and more people, many young ones, offered help. The Slet Committee set the tone of preparatory efforts; some members working 60 or more hours a week. Finally, even the authorities began to show interest, followed by radio and press. Czech television, a bastion of old structures, came in dead last, during the Slet days.

Interestingly enough, the 22 subcommittees should have been 23, with the Coordination Committee disappearing somewhere between the cracks. That's why there were some unpleasant conflicts of scheduling (the Official Opening was held simultaneously with important rehearsals on the Slet field; agencies were selling tickets to evening Slet Opening while it was actually held in the afternoon; BOI meetings held every evening in the Tyr's House were the best kept secret; etc.)

Nevertheless, in the broad scope of the XII Slet, these shortcomings seemed to disappear in its ultimate success. To record this event for newspapers, radio and television, the Media Committee issued passes for 81 newspapermen, 12 of them from abroad, 14 radio and 6 television crews, among them BBC London, Austrian State TV and Bratislava. In addition, there were numerous Sokol reporters.

Most of the Slet Sport Meets and Tournaments had to be concluded before July 1, as there were 26 of them, with

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From Your Editor...

I've just returned from 10 days in London. What a wonderful trip! I went with my mom and we got to see all the tourist "musts." Now it's back to reality and my first taste of it was when I looked in horror at the cover of the last issue (which I must admit I rushed to get done before I left for England) and noticed that I had managed to label the April issue as May. You therefore this month are receiving May (#2). Oops!

NA ZDARI!

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

CALENDAR of EVENTS

MAY

- 26-27 Sokol Brookfield Basement
Sale
27 Sokol Berwyn-Slavsky
Candlelight Bowl

JUNE

- 2,3,4 Southern District Slet at
West, Texas
4 Northeastern District Slet -
Cleveland
6 Sokol Milwaukee Spring Fling
9-10 Western District Jr.-Sr.
Competition at Sokol Cedar
Rapids
10-11 Eastern District Slet at Sokol
Woodlands, NY

JUNE

- 11 Sokol Detroit Summer
Exhibition
17-19 Ceske Days, Spillville, IA
17-20 ASO NATIONAL
CONVENTION, Lisle, IL
Hilton Hotel
19 ASO Convention Banquet
22-25 Sokol Canada Slet, Toronto

JULY

- 4 Sokol Detroit Camp Picnic
8-9 Czech & Slovak Festival,
Yack Arena, Wyandotte, MI

AUGUST

- 13 Sokol Minnesota Camp
Picnic

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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.

*Error is discipline
through which we
advance.*

❖ *William Ellery
Channing*



FOR THE RECORD

Minutes of the February 28, 1995
meeting of the ASO Executive Board.

The meeting was called to order by President, Charles R. Borvansky, at 7:31 p.m. and the pledge to the flag was recited. Members resent were Bros. Borvansky, Babka, Lebloch and Michalek in the office and Bros. Dalton, Masek and Kalat on the phone. Sis. Pajeau, Satek, Pros and Jurew in the office and Sis. Dalton and Kalat on the phone. Members excused were Bro. Satek and Sis. Kourim, Sedlacek and Vondra.

Minutes of the meeting held in January were approved on motion by Sis. Pros and seconded with changes that the money received from the trip should be \$3,000 and Sis. Malina and Sis. Kalat should also be thanked for cleaning the basement.

The office has received the Central District January meeting minutes, the Northeastern District January meeting minutes, the Western District September minutes, Sokol South Omaha January minutes and the February Director's Newsletter. They will be kept on file. Bro. Babka moved to table invitation from Penn State regarding a Folk Festival, seconded and passed.

Will send a letter to the World Sokol Federation thanking them for inviting us to their convention on May 20-21, 1995 and also to a seminar. We will be unable to attend, but will thank them and wish them success.

Letter from Sokol Havlicek-Tyrs about their merger with Sokol Chicagoland.

Sis. Kalat read the Board of Instructors report. Bro. Lebloch moved to pay the final report from the Northeastern District for \$60 for Women's District Directors USA Gymnastic Membership Fee, \$85.40 for printing Women's Judging Certification Program Certificates and \$10 to repair computer being used by School Board, seconded and passed.

The Merit Award program is being looked at to better catch recipients that do not meet guidelines and must repay award. The Uniform Committee continues to work. Canada Slet in Toronto, June 22-25, has a tentative schedule and information about calisthenics and competition routines.

Bro. Babka moved that the BOI be obligated to have a representative on the Convention Finance Committee, seconded and passed. Bro. Babka moved to have BOI get more information about giving any recognition awards for work on the Sokol Manual at the 1995 Convention before Executive Board considers approving, seconded and passed, with ten in favor and two opposed. Sis. Dalton moved to accept the BOI recommendations that the Central District be the host of the 1997 Slet, seconded and passed.

Sis. Sedlacek sent a written report stating that she spoke at the Central District Educational Conference and sent letters of congratulations to units that have increased membership last year. Since we did not announce a membership drive, we really cannot give out awards. Bro. Borvansky will call Sis. Sedlacek and clear up some

problems with numbers of members and nay type of award at the Convention.

Bro. Lebloch reported that the new Northeastern District Educational Director is Sis. Dorothy Cummings. Bro. Kala is working on a Convention Program book and Bro. Lebloch will be helping. Bro. Babka moved to accept recommended prices of \$80 for full page, \$50 for one-half page and \$30 for one-quarter page, seconded and passed. Reviewed Czech correspondence and reported that the Ministry of Foreign Affairs of the Czech Republic will be in the area April 15-17, 1995. Bro. Babka moved to have Bro. Lebloch meet with them as the American Sokol Organization representative, seconded and passed. Bro. Lebloch moved that we subscribe to The Lands of the Czech Crown at a rate of \$45 plus \$32 postage for 10 issues, seconded and passed.

Bro. Milan was not available for a publicity report. Sis. Vondra had no report. Bro. Masek had no report.

Sis. Satek reported that the January issue was mailed out, the February issue is at the printer and the March issue is done. Only those units that have submitted rosters on time will be in the March issue. There are many convention articles going in the next issue.

Sis. Pros reported that there may be another advertisement for the publication. So far, we have a profit of \$1,199.35 for the seals. Seldon Fox will be in to do the audit on March 23, 1995. The videos of the

Continued on Page 10.

SMITHSONIAN INSTITUTION FESTIVAL OF AMERICAN FOLKLIFE

The Embassy of the Czech Republic has the honor to announce that a major program area at the Smithsonian Institution's 29th annual Festival of American Folklife will be devoted to traditional music, dance, crafts, performance and foodways of the Czech Republic and Czech Americans. The Festival will be held outdoors on the National Mall in Washington, D.C., June 23-27 and June 30-July 4, 1995.

The Festival is the Smithsonian's "museum without walls," held every year on the National Mall between the Washington Monument and the U.S. Capitol building. Initiated in 1967, the Festival is the national and international model for the research-based presentation of living culture. At the Festival, traditional craftspeople, artisans, musicians, cooks and others demonstrate their knowledge, art, skill and wisdom to more than one million visitors from across the nation and around the globe. The Festival not only celebrates and conserves the demonstrated cultural traditions, but also educates visitors as to their context, value and rationale.

In the past five years, citizens of former Czechoslovakia initiated profound socio-political changes. In 1989, they revolted against decades of totalitarian rule and established Czechoslovakia as a democratic society. Then in 1993, they voted to create two separate states: The Czech Republic and

Slovakia. Following these landmarks of self-determination, cultural traditions are undergoing processes of revival and transformation. The Festival program offers an opportunity to witness Czech Republic and Czech American grassroots culture in motion.

The Czech Festival program will include approximately 70 musicians, artisans, craftspeople, dancers, cooks and cultural exemplars. Bagpipers, dulcimer players, Easter Egg decorators, corn husk doll makers, "Czech Tramp" and Romany musicians will demonstrate the regional traditions of Bohemia, Moravia and Silesia. This richness and cultural diversity creates a mosaic reflecting the Czech Republic itself—a crossroad where Eastern and Western, Northern and Southern European traditions meet. Czech-American participants will demonstrate how these cultural practices are preserved and transformed in the United States.

Performances will take place on the National Mall on stages under tents and in constructed environments using culturally appropriate decorative elements. The program is being developed on the basis of collaborative research involving Smithsonian staff and scholars and resource people from both Czech-American communities and the Czech Republic. Scholars will explain the role of music, crafts,

foodways and religious festivals in everyday life, as well as the complexities, beauties and nuances of the Czech Republic's centuries-old regional cultures.

In addition to craft and food demonstrations and music and dance performances, museum quality signs will identify program areas; photo-text panels and photo murals will provide background, interpretative, historical and visual information on the traditions and communities presented. Scholars expert in cultures of the Czech Republic will introduce participants and provide additional information to attending audiences. Festival program books published by the Smithsonian will include essays on the traditions of the Czech Republic and of Czech-Americans as well as scheduling information. Music will be developed with accompanying documentation into Smithsonian/Folkways Recordings for distribution to school systems and educators throughout the country and abroad. Funding permitting, ancillary publications, documentary films and traveling exhibits will also be developed.

Inquiries should be addressed to the Curator, 1995 Czech Republic Program, Smithsonian Institution, 955 L'Enfant Plaza, SW, Suite 2600, Washington, DC, 20560; Phone 202-287-3424 or FAX 202-287-3699.



FOR THE RECORD

*Minutes of the March 28, 1995 meeting
of the ASO Executive Board.*

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

Minutes will be approved at the April meeting. The office has received the March minutes of the Central District. Bro. Lebloch is waiting for a response from the Foreign Affairs of the Czech Republic about a meeting in April. Bro. Lebloch moved to take a full-page advertisement for \$100 in the Czech National Council of America Chicago District Spring Cotillion program book, seconded and passed. Bro. Babka moved to table letter from DA Sokol, seconded and passed. Copy of letter sent to Sokol Rip form the Northeastern District.

Bro. Babka moved to participate in the Turner National Festival, Friday, July 7, 1995 in South Bend, Indiana, seconded and passed. The ASO would pay for one bus to get participants there and back. Bro. Zitny and Sis. Babka will be asked to have their groups perform the Prague Men's Calisthenics and the Women's Karneval. Letter from Bro. Slavik about the COS and Canada Sokol.

Sis. Kalat read the BOI report. There was a discussion about the Merit Award and the repayment by recipients that do not meet the grade requirement. The uniform committee is meeting in April, the Canada Slet information is out and about 100 participants from the COS should be there. The BOI budget for 1995-2000 is being revised and an agenda for the convention is being compiled.

Bro. Borvansky talked to Sis. Sedlacek about the membership number and awards. There was a long discussion. Bro. Babka moved that an award be given to units that had a gain of membership (net increase) from the fourth quarter of 1990 until the fourth quarter of 1994 and have fulfilled all their financial obligations to the ASO, seconded and passed.

Bro. Lebloch reported he did receive the book The Prague Castle and is in the process of reading it and will write a review for the publication. He has reviewed correspondence. Some correspondence will be translated and put into the publication. Bro. Lebloch moved to take a full-page advertisement for \$25 in the program book for the Czech Slovak Genealogical Society that will have their conference in the Chicago area in October, seconded, passed.

Bro. Lebloch participated in three local exhibitions. Read articles stating that the COS is planning to build a sports complex and that the Czech government may vote to return all Sokol property to Sokols.

Bro. Milan reported that he helped with the By-Laws Committee that

met in Texas recently. He plans to attend the Slet in Toronto, Canada. Sis. Satek reported that the March issue was in the office and could be mailed out.

Sis. Pros reported that all the delegates names are in the computer. There are 109 so far. Some units have not paid their quarterly dues or the special assessment. After a long discussion, Bro. Babka moved to notify units that have not paid the special assessment that they have lost their place at the Convention, they have thirty days to pay their dues or they are temporarily suspended for non-payment as stated in the By-Laws, Article 25, on page 21, seconded and passed.

Sis. Vondra had no report. Bro. Masek had no report.

Sis. Kourim is making uniforms. She will present uniforms at the April BOI meeting. These will be presented at the BOI meeting at the Convention at which time a vote will be taken and the uniform will also be available for the convention delegates to see.

Bro. Borvansky just returned from a trip to Florida after participating in Sokol Stickney's exhibition.

Convention update by Bro. Satek. The badges will have the Convention logo and the delegate's name and assigned number and the unit and district of the delegate.

Bro. Babka moved to not spend more than \$10 per portfolio, seconded and passed, with one opposed. We will look for sponsor to cover the cost of the bags.

Continued on Page 10.

Sis. Satek,

Recently I visited my aunt, Ethel Patera Nemec, in Florida. She proudly showed my cousin and me the cover picture (June 1994) of the 1920 ASO Women's team. My aunt was a member of that team. Her 1920 trip to Czechoslovakia and, indeed, her entire Sokol experience, are still near and dear to my aunt.

Although her eyesight is failing, Ethel's memory is not. And so she pointed out what she believed to be inaccuracies in the identification of some of the members. Some of these apparently have to do simply with use of a later married name in place of the member's then-current maiden name; a couple are, as I recall, more substantive. Since it is altogether possible that Ethel is the only surviving member of that team, I though her observations were of some archival importance and that you would like to have them. Here they are as she dictated them to me (spelling is mine; hope it is correct):

Top Row: Rose Paskovsky, Antoinette (or Annette) Formanek,

Elsie Dostal, Marie Havel, Frances Pluchar, Caroline Nikol, Libby Dietert.

Middle Row: Mildred Prchal, Rose Paterna, Josef Paskovsky, Bessie Zidlicka, Ethel Patera

Bottom Row: Zdenka Sedlacek, Jarmila Proksa, Olga Prostrednek

Although you list Tillie Kadlec as part of the team, my aunt was altogether certain that Tillie did not go to Europe in 1920, but rather that she did go in 1926. Zdenka was one of my aunt's best friends.

~ Ruth M. Mahr, Ithaca, NY

Sis. Satek,

We have just received the March 1995 issue of the American Sokol. Again, as in your December 1994 issue, a cover picture was very interesting. However, we are at a loss to identify all the members of these pictures. We would like to suggest that you add the names next time, especially since these are historical in value. If they are not available, then perhaps you could query the membership, who

would most likely be able to assist in identification.

In the December picture, we believe one of the men is "Spook" Halik and maybe the other one is Lad Vransy. In the March picture, we recognize in the back row, 3rd from left, Tony Kirch of Havlicek-Tyrs and Bro. Jim Cihak of Town of Lake who was the ASO Educational Director. In the middle row, 2nd from left is Kathy Zahalka who taught Tots at Sokol Berwyn; then Bro. Edwin Halik; then Bro. Joe Regner and Sis. Mildred Prchal, who were Central District Directors. In the front row, 1st on the right, isn't that Carol "Keg" Rocush?

Keep up the good work!

~ Ed & EllenJeanne Schnabl,
Lac du Flambeau, WI

Editor's Note: These photos are pulled from a big drawer in the ASO Office in which reside hundreds and hundreds of old photos, the majority of which sadly have no identifying names. I list names when they are provided and certainly appreciate it immensely when readers take the time to fill in missing pieces. So, if you can put a name to a face, I will be sure to get to the office and put the information into the "big drawer" for future reference.

WORLD SOKOL FEDERATION DONOR UPDATE

We have recently received the following additional contributions:

Sokol Fort Worth, \$200.00

Southern District, ASO, \$200.00

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.

~ Bro. Vladislav Slavik



AMERICAN SOKOL ORGANIZATION

GYMNAST



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

P O S T U R E

We must emphasize good posture in our gym classes. Many of our young people do not stand, walk, sit, or run correctly. Teachers should be posture conscious and should strive to have good postural habits themselves. Children must learn to know what good posture feels like as well as what it looks like. Once they understand and can assume correct posture, teachers must continually aid them in establishing good postural habits.

Although there are innumerable good postures, all of them have certain elements in common. If they are good, there is erection of the trunk, a position of the head that favors speech and signifies alertness and readiness for action, and a poise of the entire weight of the body on the feet in such a fashion that movement can be made quickly in any direction. In contrast, if these essentials are lacking, the individual stands with protruding head, depressed chest, and a humped back, and weight on the heels. At no moment is he ready for movement.

How does one go about teaching the value of good posture? Not by arranging to present it as a separate unit and let it go at that. Little is gained unless good posture is encouraged continuously. All activities and all units of instruction are likely to affect student perception of the value of good posture.

In following the basic principles of good posture, children are not expected to show exact uniformity of postural patterns. It is important, however, that they exemplify certain principles of movement. Thus, all children will not run alike, but all children should learn to run with their toes pointing straight forward. Styles of walking will vary, and yet, all when walking should carry the weight of the body on the outer borders of the feet. Individuals have different ways of throwing, yet all right-handed children should learn to throw with the left foot forward, left-handed children, with the right foot forward. Good form in work skills should be learned.

In good posture, all body segments are in good balance. The head is erect, chest up, abdomen in, hip and thigh muscles tight, and inner arch lifted. Frequent and consistent teacher attention to good posture may prevent physical ills, including backache, sore feet, and feeling of fatigue.

A feeling of self-confidence and adequacy comes with the assumption of good posture. We act as we feel, but we also feel as we act. Aside from the pleasurable sensation resulting from cleanliness and buoyant health, an individual derives pleasure and self-respect from the knowledge that he or she looks attractive. The value of a fine physique and beautiful posture cannot be denied.

HOME EXERCISE MACHINES: PROCEED WITH CAUTION

Americans are staying at home and they are doing things at home they didn't used to do. Home entertainment centers exploded with expanded cable, sophisticated sound systems, and rented movies. Then 40,000,000 people decided to work in home offices. Now, the stay-at-home momentum that began in the 1980s has extended into the exercise and fitness business.

Confirmation of home fitness machine popularity are those reliable barometers of American capitalism, the television commercial and its evil sibling, the infomercial. You can see more people walking, running, climbing, rowing, and skiing on 30-second to 30-minute commercials than you can by going to your local gym, track, or mountain. Scientific data are available from the Sporting Goods Manufacturing Association. In 1992, 14 million Americans exercised at least once on a treadmill, compared to 4.4 million in 1987. Cycle ergometer (stationary bike) use increased from 33.4 million to 38 million during the same period. Two million people tried stair climbing machines in '87; 18.4 million stepped up in '92. Rowing machine use declined from 13.4 million in '87 to 10.9 million in '92.

TREADMILLS

- ◆ types: motorized / non-motorized
- ◆ exercises: walking, jogging, running
- ◆ readouts: speed, distance, time elapsed, heart rate, calories expended
- ◆ other options: upper body resistance levers, speed, running bed incline, programmable workouts, pace
- ◆ primary benefits: cardiovascular and aerobic fitness
- ◆ secondary benefit: lower body endurance
- ◆ check: stable running bed, height/stability of side rails, width of running belt, length of running surface
- ◆ price range: \$300 - \$2000

While casual exercisers account for many of the big sales numbers, home exercise equipment also has a place on the agenda for serious exercisers and athletes. World class triathlete Jeff Devlin has gone as long as three months without an outdoor workout because of bad weather. However, he credits his stationary bike for allowing him to duplicate a normal workout in half the time. He can also control his training without the distractions of outdoor cycling such as

flat tires and stop lights. Busy schedules, bad weather, injuries, or just plain preference can place Devlin and others in home workout environments. There is one other appeal to the serious exerciser. The variety of machines available make cross training easier to plan and manage. Summer rowers can run during winter months. Winter skiers can cycle, jog, or climb stairs when they are not checking weather reports for snow accumulations.

STATIONARY BIKES

- ◆ types: friction belt, electronically braked, air resistance
- ◆ readouts: power, work, heart rate, calories expended
- ◆ other options: upper body exercise, coaster pedals, programmable workouts, arm action only, arm and leg action, recumbent design
- ◆ primary benefits: cardiovascular and aerobic fitness
- ◆ secondary benefits: lower body endurance or upper body endurance with optional equipment
- ◆ check: strength of construction, body fit, padded seat, padded handlebars, 15+ lbs, flywheel, ease of setting resistance level
- ◆ price range: \$200 - \$800

Here Today, Gone Tomorrow

Regardless of the intent or intensity of your exercise program, there are some reasons to be cautious in your expectations of what home exercise devices can do. The first yellow flag is not the machine you are considering; it's you. Are you going to have the discipline to make your purchase worth the money? While there are no data to support this theory, there is general agreement that attics and garages across the country are filled with little-used workout stations. Americans have a well-deserved reputation for buying things, using them for a while, then putting them into moth balls. Play It Again Sports, a second hand sporting goods store in Chicago, will not accept stationary bikes. The company has been over-stocked with them for some time. People who are serious enough to read this newsletter are committed to serious training. However, the repetitive nature of exercise machines can bore the most committed athletes to the point of not using them.

Check It Out

Inspect the construction of the equipment you are about to purchase. Some of these products are unstable, cheaply made, and not very

durable. Equipment that is bolted to the floor for the purpose of demonstration may wobble when you use it in your den. A well-made machine designed to develop just one muscle group can easily cost \$2,500. So what kind of quality can you expect from a total workout station that is priced for a few hundred dollars?

At the same time you are checking the quality of a machine, give it a test run. Does the piece of equipment under consideration fit your body? Is it comfortable? Can you reach the controls? Can you adjust the controls? Is it programmable? Can it supply the physiological feed-back you need? Is optional equipment available and is it reasonably priced?

STAIR CLIMING MACHINES

- ◆ types: dependent (linked pedals)
 independent (unlinked pedals)
- ◆ readouts: number of steps, steps per minute, energy expenditure, floors climbed, heart rate, elapsed time
- ◆ other options: hydraulic shocks (for occasional use), flywheel resistance (for heavy use), adjustable step height, upper body components
- ◆ primary benefits: cardiovascular and aerobic fitness
- ◆ secondary benefit: lower body endurance
- ◆ check: stability of steps and supports, step pedal size, amount of time allowed for stepping, easy-to-reach controls, noise level, comfortable handles
- ◆ price range: \$250 - \$3000

What is Your Objective?

Does your treadmill, stationary bike, stepper, rowing machine, or other device allow you to accomplish your training objectives? You know the effort needed to build or maintain the components of physical fitness. Some companies make absurd claims regarding weight reduction and muscle building. If you are uncertain, ask a trainer, exercise physiologist, or physician if your home exerciser can help you reach a level of fitness consistent with your goals.

Group vs. Individual Sessions

There is something to be said for supervised activity. At home, it's you the machine, and a manual or video tape. At a gym or health club, there should be a professional to guide you through a program. With supervision, you get some assessment of where you are before beginning a program, how to correctly use the

equipment, and guidance to help you progress through a personalized exercise routine.

Do you enjoy participating in exercise alone? If not, it may make more sense to join a club or fitness center. One of the reasons for the success of gyms, spas, clubs, and wellness centers is the support of friends doing the same thing. Remember "misery loves company!" So does the joy of exercising. There is general agreement that people are more likely to continue their programs if they work out with partners or friends.

Do The Right Thing

If you have made it past each of these caution lights, it's time to find the right machine. If your personal conditioning needs or the weather require you to buy equipment for your home or office, take all of the factors described into consideration. Before the purchase, decide where the equipment will go. Look for a low-traffic area where any noise made will not bother others. Rubber mats placed under machines will reduce noise and protect floors. Consider a location where you can watch television, read, or look outside to reduce boredom.

The price ranges listed are for home models. You may be interested in the kind of equipment designed for heavy use in clubs, colleges, universities, and professional sports training facilities. Prepare to pay in the thousands for exercise stations of that quality and durability.

ROWING MACHINES

- ◆ types: air resistance
 fluid resistance
 user resistance
- ◆ readouts: power, work, calorie expenditure
- ◆ other options: resistance dials, special design (a pull handle connected to a bladed wheel or blade in a container of water)
- ◆ primary benefits: cardiovascular and aerobic fitness
- ◆ secondary benefits: lower body endurance and upper body endurance
- ◆ check: stability, contoured seat, padded seat, foam-padded hand grips, resistance control seat that moves back and forth smoothly, programmable workouts, uniform resistance
- ◆ price range: \$150 - \$1300

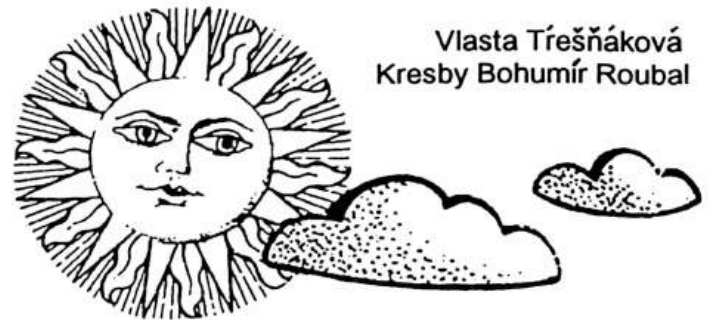
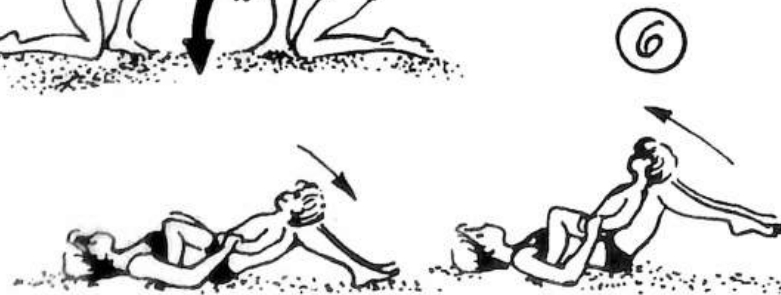
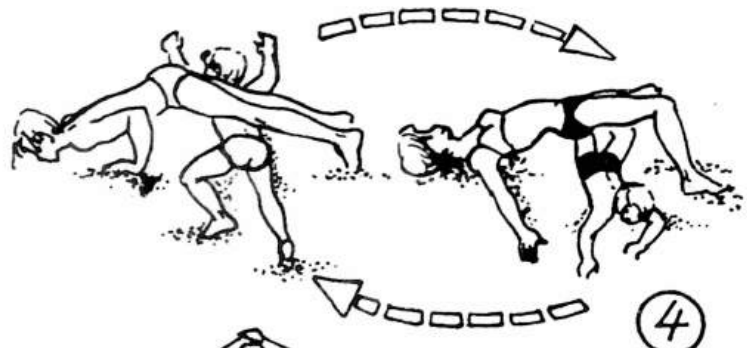
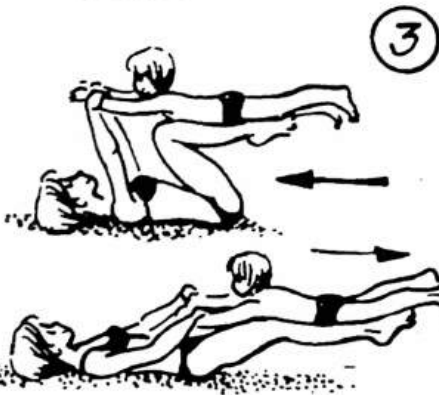
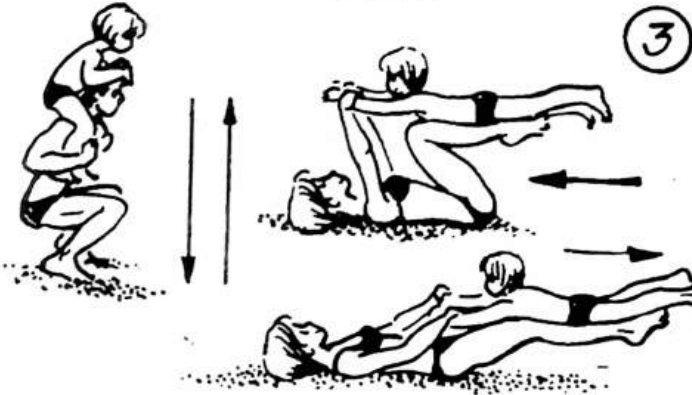
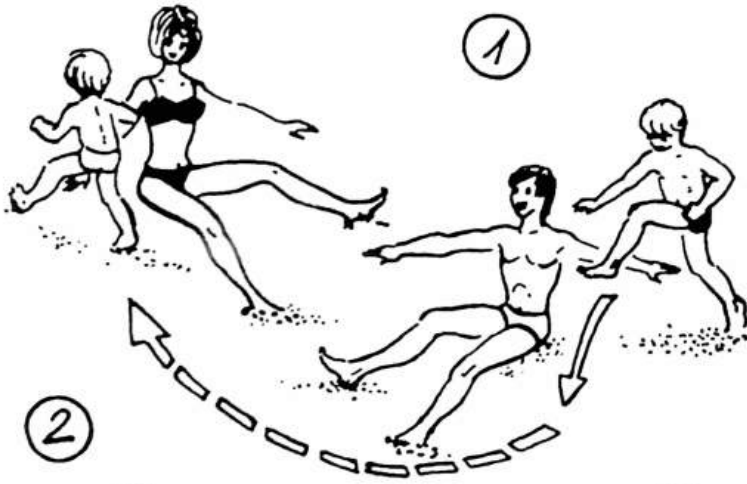
Penn State Sports Newsletter, Vol. 3 No. 7, March, 1995.

EXERCISES FOR EVERY DAY

At the beach or alongside the river, usually Moms are tanning, knitting, or preparing for the family afternoon. Fathers are reading the newspaper or playing cards. The children are playing on the shore or wading in the water.

These times can be a time for exercise as well as fun:

1. Parents sitting in sidearm and the children run around them, jumping over their arms. (lowering arms for very small children)
2. With a child on his shoulders, father does deep knee bends.
3. Mother, lying on her back, has the child lie on his stomach on her shins and she bends and straightens her legs
4. Father is in a push-up position and mother lies on her back, raising the torso. The children run around and "scoot" under the bridges.
5. Mom & Dad hold hands open, while kneeling, and the children jump through the "tunnel".
6. Mom lies on her back and the child lies on his back on her thighs. She raises and lowers her knees.
7. Father lies on his back and the child is supported at the hips by father's feet. He bends & straightens his legs into the air.



Vlasta Třešňáková
Kresby Bohumír Roubal

Translated from the June, 1994 *Sokolský Cvičitel*
by Sis. EllenJeanne Schnabl.

Still More "GREAT SOKOL INSTRUCTORS"

SOKOL GREATER CLEVELAND

In response to your request for comments on great Sokol leaders, I am submitting a letter about Sister Georgia Jencik, women's class instructor of Sokol Greater Cleveland. It is written from the heart and with great sincerity. When you read it, I'm sure you will agree with our women, how lucky we are.

~ Sis. Betty Stribny

This is an open invitation to visit the women's class of Sokol Greater Cleveland on a Wednesday night. There you will see a great instructor in action in front of 40 plus women. We have been fortunate in having Sis. Georgia Jencik as our teacher for many years.

Sokol precepts for her are foremost. She asks for superior performance in calisthenics, perfection in marching tactics and participation at all levels on apparatus. The "senior" women are expected to gym on the low beam, on the rings and on the Swedish box, combining exercise with fun. But that is just the beginning. We always have time for badminton team play, for beach ball volleyball, for rousing hockey games and for workouts in the weight room.

Birthdays are celebrated with song and for special milestones, flowers are added. Holidays provide a theme for special folk dances, songs and activities. Especially memorable are our annual

Christmas parties based around Czech customs and carols. The year is reviewed and token gifts are passed out for good attendance and for special assistance in various categories.

And through all this, Georgia maintains a quiet, low-key demeanor that has the respect and love of her "Ladies' Class" made up of young college girls to women in their eighties.

SOKOL BERWYN-SLAVSKY

My receipt of a number of responses to my request for stories about great Sokol teachers has prompted me to submit my own. I myself have been teaching Junior Girls for 17 years and have benefited from experience with a number of extraordinary Sokol instructors, a short list of which includes Bro. Edwin Halik, Sis. Marie Provaznikova, Bro. Richard Ptacek, Sis. Sylvia Freiberg, Bro. Bob Liptak, Bro. John Satek, Bro. George Simonek, Sis. Ellen Jeanne Schnabl, Bro. Bud Benak, Sis. Ellie Babka, Bro. Vaclav Zenisek. So it may be surprising to you that my praise comes not for any of these individuals, but to someone who embodies the best that each of these has offered and yet who has only been teaching for three years. Proof positive that it's not how long you do it, but how well.

TOM PAJER teaches Junior Boys and the FLIPS (Fun Learning Individual Performance Skills) Advanced Gymnastics Class at Sokol Berwyn-Slavsky in Berwyn, Illinois. He also assists with almost every other class. He grew up in a Sokol family and attended Sokol Tabor briefly, but spent most of his Sokol formative years at Sokol Slavsky. After attending the University of Illinois, he returned to teach classes at Sokol Slavsky in 1992. In that brief span of time, Tom has proved himself an invaluable asset to our Sokol program. He is a Sokol instructor from the heart. His demands of perfection and discipline are tempered with pride and love of Sokol. Students are constantly pushed to do their best, only the best is good enough. Words of encouragement and praise are never ending, even when he's correcting and at times scolding. Tom is source of unlimited energy and enthusiasm. The little kids adore him, their parents praise him. To the juniors he's more than a great teacher, he's friend, confidant, mentor.

For the entire time we have worked together with the Juniors, I have been in awe of his talent. He is an extraordinary individual and a Sokol instructor well on his way to becoming legendary. Nazdar Tom, it's been a real pleasure. (♥PC)

~ Patricia Satek, Sokol Berwyn-Slavsky

Prague Slet *(Continued from Front Cover)*

more than 5,000 participants. These meets covered just about every sport from track & field and chess championships, to yachting and archery. Only competitive gymnastics and volleyball held its finals during the Slet. True to the Sokol spirit, the final sport report names all the finalists, but not the individual winners.

The XII Slet was officially opened on Saturday, July 2 at 2:00 p.m. All 908 seats were taken, over 300 of them reserved for honorary guests (diplomats, politicians, generals, leaders of cultural and social life, etc.). All Sokols paid their way. Bro. Stanislav Doutlik, President of the COS and the Mayor of Prague, Jan Koukal, addressed the audience. Smetana's Bartered Bride followed. This event took place in the only national opera house built from the collection of people, National Theatre.

On Sunday, July 3 at 5:00 p.m., 19,300 Sokols of all ages, with 1,200 guests, stepped forward in a Grand March that surpassed all expectations. Sokols from 12 countries took part. Heading the march, there were 118 historical flags with the Manes' flag of Sokol Prazsky in the lead. With temperature hovering around 90 degrees, the parade took some 90 minutes. The police estimated that there were about 90,000 spectators. This being a truly emotionally profound affair marking a definite return of ideals on which the Czech Republic was built, it was impossible to measure the millions of tears shed by the older spectators or within the ranks of

marchers.

The exhibit of Camping and Outdoor Activities in nature lured 2,301 people from 17 countries. Combined with the Sokol Tent Camp it demonstrated the importance of outdoor life for Czech Sokol Union.

To supplement the usual social activities in Prague, four units held a dance to live bands each night of the Slet. Two units presented a puppet show for children. Three orchestras played outdoors in the most attended places of Prague. The organization Sports for Everybody offered a Gymnastics Spectacular Show on July 3. Although there were two presentations, each one was sold out.

Even though we experienced the usual hot July days, the Medical Corps performed in excellent fashion. 78 physicians and paramedics were available throughout all five Slet days, among them 40 medics of the Czech army, who came with 40 stretchers and 4 ambulance vans. 896 Slet spectators or participants needed medical help. 43 of them were taken to nearby hospital, 38 of whom were released the same day, 5 remained overnight. The worst day was July 4, with the temperature at 94°, when 151 gymnasts were treated for sun exposure. By July 6, they all were back on the Slet field.

The COS paid 1,590.882 Kc (crowns) for free public transportation of all gymnasts and organizers. 52 Prague schools offered lodging to almost 16,000

participants, who paid only the cost of food and some basic clean up. Czech army supplied cots wherever needed, although a good many gymnasts brought their own folding cots and sleeping bags. In general, all meals served in schools were satisfying. Sokol physicians and nurses visited every school to make sure it maintained basic hygienic standards.

23 corporate sponsors paid 2,179,500 Kc; additionally, 12 other sponsors contributed goods worth 678,000 Kc. Czech Railroad provided 23 special trains from key towns exclusively for Slet participants at 50% discount.

Before the first row of gymnasts entered the Slet field of Strahov, hundreds of Sokols in various committees had to prepare it. The committee on refurbishing the stadium needed 18,000,000 crowns (\$740,000) to install 10,700 markers, 509 drainage openings with 509 sound speakers. All four tribunes had to be renovated. During the Slet performance, the BOI used close to 200 smaller flags of different colors. They all had to be constantly moved or put away and brought in the next day, even during the rehearsals, by 10 volunteers and a few soldiers. Four large buildings, each with three floors, totaling 591 rooms for 24 people each were available to accommodate gymnasts for change of clothes. Since the main entrances faced the lineup area, they were used to call gymnasts for their lineup. 146 experienced and specially trained instructors were

Continued on Page 9.

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 Frank J. Kulovany from Pauline Kulovany	\$20.00
In Memory of Emil Kouba from Sokol Brookfield	\$50.00
In Honor of Anton Smunt, 75-Year Member of Sokol Town of Lake, from Sokol Town of Lake	\$25.00
In Memory of Kurt Becker from Elmer, Helen & Donna Jezek	\$10.00

GENERAL FUND

In Memory of Bro. Jaroslav Kaspar-Paty, President, Sokol Washington, D.C.

From Sokol New York	\$100.00	From Suspender Factory, Inc., Emeryville, CA	\$100.00
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Prague Slet (Continued)

needed to line up all 11 numbers on the program. Just to assemble up to 3,600 gymnasts for each individual calisthenics was another work of art. The head instructors at the microphone situated above the Gate of Champions never lost their composure, giving orders in calm and kindly voices. After the Slet, some 50 Sokols spent 8 days collecting markers and other equipment.

37,455 spectators paid for their seats at the Slet, 20,326 came on July 5, while 17,129 witnessed the second day, when the President of the Republic, 9 cabinet members, many diplomats, congressmen and generals were also in the audience. Witnessing the euphoria of the grand parade, the Czech TV station announced that it would show the second Slet day live in its entirety. That might have detracted from the Slet attendance.

The official figures for gymnasts are as follows: parents and children – 720; young boys and girls in Kuzilek – 640, in Caryfuk – 640; girls 8-10 years – 3,384; girls 11-13 years – 2,808; boys 8-13 – 1,248; junior girls – 790; women (and some

junior girls) in Karneval – 3,168, with clubs and rope – 1,268; men – 1,872; Loyal Guard – 3,456; women Sports for Everybody – 3,024. The official total is 23,100 performers. There were a good many gymnasts participating in two sets of calisthenics, exceptionally in three sets. Therefore, it is difficult to ascertain the exact number of performing gymnasts. The COS reports that it counted 1,003 gymnasts from abroad, including 401 from Slovakia, 232 from American Sokol Organization, 30 from Sokol USA, 370 from Sokol Abroad, 150 from Slovenian Sokol, 81 from Serbski Sokol on Elbe and 36 women from Bulgaria. Present were also other Sokols from Poland, Russia, Ukraine and Serbia, but they did not participate in Slet calisthenics. It seems to me that the American Sokol Organization did not have 232 gymnasts at this Slet, as a good many participated in two sets of calisthenics.

On the other hand, the number of Americans who were present at the Slet is given as 1,200. That's the number I reported to the Slet Committee, meaning an estimate of people who came to the Slet

through ASO sources. There were many more Americans who came in with other organizations.

Taken the official COS figure of 19,073 gymnasts from the Czech Republic against the total membership of little over 170,000, it would seem that about 11% participated in the Slet. That is just about the same percentage as in ASO, although this is somewhat misleading. While the adult membership in the ASO constitutes well over one half of all Sokols, the COS adult membership is less than 40%. Also, more than one half of all COS members are doing sports only and not Sokol gymnastics as we know it (sokolska vsestrannost). Almost 80,000 COS members are active in "Sokol gymnastics," which also includes aerobics. Most of aerobics classes exclude apparatus, but quite often include games or resistives.

Finally, the official poll of public opinion reported in September 1994 that 83% of Czech people believed that Sokol is a fine traditional movement, 77% agreed that Sokol gives an opportunity to just about everybody to gym or get

Continued on Page 11.

2/28 ASO Executive Board Minutes *(continued)*

Slet in Prague are selling very well.

Bro. Masek moved to take the cheapest advertisement in the local telephone listing in the Donteck book, seconded and passed, with six in favor and four opposed.

Sis. Kourim sent a report. She had two corrections to the minutes of January 1995. She is working on ordering samples of new uniforms for the committee to look at and have available for viewing at the Convention. Also, she is putting together a report on new prices, shipping costs and disposal of the present inventory, which is valued at \$25,000 to \$30,000.

Bro. Borvansky has continued to take care of correspondence and other matters at the office.

There was a brief Convention

update. There are minutes of a meeting about the Convention that was held recently. The banquet will hold 280 people. Bro. Babka moved to take recommendation of a fee of \$45 per person, with \$25 applied to the Monday evening meal, seconded and passed. Bro. Babka moved to advance \$500 working fund to the Banquet Committee, seconded and passed. Bro. Babka moved to spend \$250 for a new laminator for badges, seconded and passed, with seven in favor and five opposed. Bro. Lebloch moved to invite the President of the WFLA and his guest or his representative to be our guests, with two free tickets, at the Convention Banquet and to invite other guest organizations, seconded and passed. Bro. Babka moved that Bro. Satek be at the

Hilton, Lisle on Thursday, June 15, 1995 to make sure everything is ready for the Convention and the ASO will pay room and per diem for meals on that day, seconded and passed.

So far, there are some units that have not paid their \$5 assessment for the convention. If they have not paid, as stated in the by-laws, they cannot participate. We will need to rent a copy machine for the Convention. The machines in the office cannot handle the volume or the speed that will be needed. Letter will be going out to remind units and districts to get in their officers' names and delegates as soon as possible.

Meeting adjourned at 9:33 p.m.

Sis. Nancy Pajeau, Secretary

3/28 ASO Executive Board Minutes *(continued)*

Bro. Lebloch moved to purchase laminator form Bro. Kalat for \$257.52, seconded and passed, with one opposed and one abstained. Bro. Lebloch moved to purchase 300 pins, no tie-bars, seconded, passed. The letter to the delegates is being mailed out.

Bro. Lebloch moved to stick to our By-Laws as far as per diem does not cover travel from airport to hotel and reverse, seconded and passed.

Room assignments will be made as soon as information is received in office. Only delegate room is paid for, as well as only delegate gets money for meals. All officers must have a written report in to the office by May 15, 1995.

We will need to rent two copiers. We are looking for people to be in a secretarial pool and volunteers for the Convention office.

Bro. Borvansky, Sis. Pros, Sis.

Vondra and Sis. Barnes will work on budget after April 15, 1995. Seldon Fox has finished our annual audit.

The BOI will handle the recognition to the people that worked on the Sokol Manual revisions. Sokol USA will be invited to the convention, as well as other guest organizations.

Meeting adjourned at 9:30 p.m.

Sis. Nancy Pajeau, Secretary

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Prague Slet (Continued)

involved in sports. Only 14% considered Sokol a society of the past. 70% of all people believed that the XII Slet was a great asset to the entire nation. What surprised the most is that 66% of students and apprentices of trade schools considered it the most important event since the "Velvet Revolution."

Nevertheless, 58% of all asked think that Sokol must modernize to become a movement of today's trends.

General conclusion of this poll indicates that while men do look positively at Sokol, women are more enthused. This seems to be very true, as the women and girls in

Czech Sokol gym classes report a considerable increase in registration, while men's classes stay the same. Registration for Sokol sports is on steady increase, as are the classes for parents and children gymming together. That in itself speaks well for Sokol future.



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