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*Thank you to Bro. Frank Huber, Sokol Baltimore,
for submitting this beautiful photograph for publication.*

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EDITOR - PATRICIA SATEK

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From Your Editor...

Sorry to say, but this issue, again, is loaded down with minutes from the convention. There is also an inspiring speech given by Bro. Slavik at the Convention Banquet (page 9-10), as well as a Convention Banquet report. The end is near, though. There is only one more session of the Convention for which the minutes have not appeared. Then we can get back to some more interesting reading, like the annual roster of officers. Just kidding! We've got some time before that appears. Finally, I want to thank one of my Junior Girls, Kandi Ondrovic, for the item which appears on page 13. It was a happy surprise. Bananas to you, too, Kandi!

NA ZDARI!

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

CALENDAR of EVENTS

SEPTEMBER

- 17 Sokol South Omaha Czech
Festival
17 Central District Performance
at Czech Festival in
Manitowoc, Wisconsin
22 Sokol Minnesota Pot Luck
Supper
24 Western District Annual
Meeting
24 Czech Heritage Day, Prague,
Nebraska

OCTOBER

- 11-15 Czechoslovak Genealogical/
Cultural Conference, William
Tell Inn, Countryside, IL
14-15 Sokol South Omaha Girls'
Gymnastic Invitational
20-21 Sokol Brookfield Basement
Sale
28 Sokol Minnesota Harvest
Dance
29 Sokol Berwyn-Slavsky
Merger Banquet
29 Sokol South Omaha Card
Party & Bake Sale

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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.

*When all else is
lost, the future
still remains.*

❖ *Christian Nestell Bovee*

American Sokol Organization XVI Convention

General Session – Sunday, June 18, 1995

The third session of the XVI Convention of the American Sokol Organization reconvened at 1:30 PM by Chairman V. Slavik.

Sis. L. Laznovsky extended Father's Day greetings to all fathers. Sis. G. Jencik extended birthday greeting to Bro. H. Wise. Bro. L. Laznovsky extended birthday greetings to Bro. C. Petzelka. Bro. F. Michalek acknowledged all Honorary National Directors who were present: Sis. S. Pistorius, E. Ruzicka and E.J. Schnabl and Bro. E. Halik, P. Lebloch and E. Linhart.

Bro. Slavik asked for roll call of delegates by District Presidents:

Central District - 24 delegates

Northeastern District - 14 delegates

Southern District - 17 delegates

Eastern District - 17 delegates

Western District - 17 delegates

Pacific District - 8 delegates

American Sokol Organization Executive Board - 12 delegates

American Sokol Organization Board of Instructors - 2 delegates

Article 5 – Continued.

VI. A roll call vote and caucus was called by Bro. J. Satek for the recommendations of lines 282 through 286. Caucus granted for five (5) minutes by Chairman V. Slavik.

Roll Call Results:	FOR	AGAINST
Central	0	171
Northeastern	0	92
Southern	0	115
Pacific	29	0
Western	114	0
ASO/BOI	1	13
Eastern	16	63
TOTAL	160	454

Recommendation failed.

Bro C. Borvansky moved to reinstate the Secretary and Financial Secretary on line 283, seconded by Bro. M. Dalton. Roll call vote was called by Bro. J. Satek.

Roll Call Results:	FOR	AGAINST
Central	0	171
Northeastern	0	92
Southern	115	0
Pacific	29	0
Western	114	0
ASO/BOI	3	11
Eastern	35	46
TOTAL	296	320

Recommendation failed.

Continued on Page 4.

Sis. R. Liska moved to leave in "or their duly-elected representative," seconded by Bro. F. Kala, passed with two (2) opposed.

Recommendations for lines 287 through 293 passed, with one (1) opposed.

Sis. J. Dalton called for roll call vote for lines 294 and 295:

Roll Call Results:	FOR	AGAINST
Central	171	0
Northeastern	92	0
Southern	88	27
Pacific	28	1
Western	0	114
ASO/BOI	13	1
Eastern	81	0
TOTAL	473	143

Recommendation passed.

Sis. R. Liska called for roll call vote for lines 296 through 300:

Roll Call Results:	FOR	AGAINST
Central	0	171
Northeastern	92	0
Southern	115	0
Pacific	29	0
Western	114	0
ASO/BOI	9	5
Eastern	81	0
TOTAL	440	176

Recommendation passed.

Article 6 – Recommendations for article, except for paragraph k), passed.

The Chair was turned over to Bro. R. Vanyo.

Article 7 – Referred back to committee.

The floor was turned over to Bro. A. Pokorny.

Article 8 – Recommendations for lines 365 through 380, passed.

Recommendations for lines 381 through 394, passed with five (5) opposed.

Article 9 – Referred back to committee.

Article 10 – No changes.

Article 11 – Recommendations for article, passed with seven (7) opposed.

Article 12 – Recommendations for article, passed.

Article 13 – Recommendations for article, passed.

Article * – Lines 505 through 524 were referred back to committee.

Article 14 – Referred back to committee.

Article 15 – Referred back to committee.

Article 16 – Recommendations for article, passed.

Article * – Lines 618 through 628 were referred back to committee.

Article 17 – Recommendations for article, passed.

Continued on Page 5.

- Article 18 – No changes.
- Article 19 – Recommendations for article, passed.
- Article 20 – Referred back to committee.
- Article 21 – Tabled to get wording corrected
- Article 22 – Referred back to committee.
- Article 23 – Referred back to committee.
- Article 24 – Recommendations for article, passed.
- Article 25 – Recommendations for article, passed.
- Article 26 – Referred back to committee.
- Article 27 – Recommendations for article, passed.
- Article 28 – Recommendations for article, passed, with one (1) opposed.
- Article 29 – No changes.
- Article 30 – Recommendations for article, passed.

Bro. R. Vanyo turned the Chair back to Bro. V. Slavik.

Article 31 – Recommendations for article, passed, with eleven (11) opposed.

Article 32 – Recommendations for article, passed.

Article 33 – Recommendations for article, passed.

Chair made general announcements and session was adjourned at 5:40 PM.

American Sokol Organization XVI Convention General Session – Monday, June 19, 1995

The fourth session of the XVI Convention of the American Sokol Organization reconvened on Monday, June 19, 1995. The session was called to order by Chairman V. Slavik at 8:15 AM. The Pledge of Allegiance was led by Sis. L. Laznovsky, followed by a delegate roll call by District Presidents:

Central District - 24 delegates

Northeastern District - 14 delegates

Southern District - 17 delegates

Eastern District - 17 delegates

Western District - 17 delegates

Pacific District - 8 delegates

American Sokol Organization Executive Board - 12 delegates

American Sokol Organization Board of Instructors - 3 delegates

The minutes of the second and third sessions were distributed to the delegates and were all in order.

Continued on Page 6.



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Bro. V. Slavik turned the meeting over to Bro. R. Podhrasky, the By-Laws Chairman. Bro. R. Podhrasky moved to reconsider By-Laws referred back to committee, seconded by Bro. J. Vencel, passed.

REFER TO YOUR COPY OF ASO BY-LAWS 1995 - DRAFT 4 - JUNE 17, 1995 (10:49 AM) AND RECOMMENDATION FOR BY-LAWS DEFERRED IN SUNDAY, JUNE 18, 1995 CONVENTION SESSION ON THE FOLLOWING:

- Article 5 – III. Paragraph e) recommendations, passed with correction to line 201 adding “credentials” before “nominating.”
- Paragraph *) recommendations passed with correction to line 206 adding “These nominees must be delegates to the Convention.”
- Paragraph g) recommendations passed.
- Paragraph t) was referred back to committee.

- Article 6 – Paragraph k) recommendations passed with correction to lines 323 through 326 to delete text as previously submitted and add “to establish required convention committees.”
- Paragraph o) recommendations passed to add “to annually elect representation to the World Sokol Federation.”

Bro. J. Vencel moved to reconsider Article 3, paragraph m), seconded and passed.

- Article 3 – Paragraph m) recommendation passed with correction to line 101 to read “with duly elected representation.”

- Article 7 – Recommendations to amend lines 340 through 357 passed, with four (4) opposed.

- Article 21 – Recommendations for lines 690 through 728 passed.

- Article 26 – Referred back to committee.

- Article 5 – II. Paragraph g) recommendations on lines 141 through 147 to retain as currently written, passed with five (5) opposed.

- Article * – Recommendations to accept Article as written Two (2)-minute caucus was called by Bro. Mi. Dalton. Roll call vote requested by Bro. J. Satek.

Roll Call Results:	FOR	AGAINST	ABSTAINED
Central	2	169	
Northeastern	0	92	
Southern	0	115	
Pacific	26	3	
Western	67	47	
ASO/BOI	0	15	
Eastern	0	73	8
TOTAL	95	514	8

Recommendation failed.

Bro. R. Podhrasky turned the floor over to Bro. E. Schnabl to continue with the recommendations to the District Section of the By-Laws.

- Preamble – Recommendations passed.
- Article 34 – Recommendations passed.
- Article 35 – Recommendations passed.
- Article 36 – Recommendations passed, with two (2) opposed.

Continued on Page 7.

Article 37 – Recommendations passed.

Article 38 – Recommendations passed.

Article 39 – Preamble - No change.

- I. Recommendations passed except for paragraph j) which was referred back to the committee.

Bro. J. Milan moved to use the number of days in lieu of months throughout the By-Laws recommendations by the committee, seconded, failed.

Article 39 – II. Recommendations passed, with one (1) opposed; with corrections to lines 1148 and 1149 to eliminate ten (10) year limit.

- III. Recommendations passed with corrections to line 1158 to delete "at the seat of the district."

Article 40 – Recommendations passed.

Article 41 – Recommendations passed.

Article 42 – Recommendations passed.

Bro. V. Slavik turned the Chair over to Bro. L. Laznovsky.

Bro. E. Schnabl turned the floor over to Sis. J. Dalton.

Article 43 – Recommendations for lines 1210 through 1234 passed, with correction to amend "Board of Instructors" to "Unit Directors of the District."
Recommendations for lines 1235 through 1250 passed, with one (1) opposed.
Recommendations for lines 1251 through 1271 passed.
Recommendations for lines 1272 through 1290 passed.

Article 44 – Recommendations passed.

Article 45 – Recommendations were referred back to committee.

Article * – Recommendations failed.

Sis. J. Dalton turned the floor over to Bro. A. Pokorny.

Article 46 – Recommendations passed, with one (1) opposed.

Article 47 – Recommendations passed.

Article 48 – Recommendations passed.

Article 49 – Recommendations passed.

Article 50 – Recommendations passed.

Article * – Recommendations passed.

Bro. A. Pokorny turned the floor over to Bro. R. Podhrasky.

Article 39 – Section I, Paragraph j) - Recommendations passed with correction to line 1104 to delete "historian."

Sis. J. Dalton moved to defer the rest of the By-Laws recommendations and take other committee reports, seconded and passed, with six (6) opposed.

Bro. B. Babka moved not to read reports, seconded and passed, with five (5) opposed.

Chairman V. Slavik recommended that the committee chairman should still expand on committee reports verbally.

Continued on Page 8.

REFER TO THE CHAIRPERSON'S WRITTEN REPORT TO EXPAND ON THE FOLLOWING:

Reports of Officers – Chairperson, Sis. C. Michalek:

The committee's recommendations were: 1. The reports **Membership/Organization –**

Chairperson, Sis. J. Sedlacek:

- The committee's recommendations were:
1. Improve gymnastic classes.
 2. Educate gymnasts and parents.
 3. Be involved in community services and programs.
 4. Involve members in unit activities.
 5. Scholarships
 6. Newsletters

Report was accepted.

American Sokol Publication – Chairperson, Sis. P. Satek:

- The committee's recommendations were:
1. Decrease number of issues to nine (9) per year.
 2. Increase number of pages to twenty (20).
 3. Investigate postal regulations.

Meeting recessed at 12:00 PM.

Convention Banquet

Our XVI General Convention and 130th Anniversary Banquet is history. Two-hundred sixty-four sister and brother Sokols and friends celebrated at our special evening on Monday, June 19.

It was a heartwarming group who welcomed the varied speakers. As the banquet master of ceremonies, it was my privilege to welcome and to introduce our guests and speakers. First was Bro. President Charles Borvansky, who have a very emotional farewell to all and a gratuitous "thank you" to his Executive Board for their support and hard work these past five years. When finished, Bro. Borvansky received a standing ovation.

Our next speaker needed no introduction to those of the Central District. It was my privilege to introduce Sis. Judy Baar Topinka, giving but a brief background and accolades as written the Chicago papers. Sis. Topinka, as Treasurer of the State of Illinois, gave a rousing speech of her pride in her Czech heritage and of our (Czech) beliefs in family life. At the end of her presentation, an ovation was given her and everyone had many favorable comments on her speech. We were, indeed, honored to have Sis. Topinka at our banquet.

Next came Bro. Vladislav Slavik, President of the Eastern District, whose theme was our future in Sokol. A more eloquent speaker could not have given a more graphic view of what we can be. *(Editor's Note: Bro. Slavik's speech can be found on the following page.)*

Our next speaker, Bro. Roger Martanovic, President of the Northeastern District, gave remembrance of past living presidents. He and Sis. Louise Nekuda, Past-President of the Pacific District, presented remembrance bouquets to the past presidents and their wives: Bro. Charles Borvansky and his wife Nancy, Bro. George Basta and his wife Ann, Bro. Roy Zitny and his wife Vlasta and Bro. Stanley Barcal and his wife Rose. Bro. and Sis. Barcal were unable to attend due to illness, but Sis. Mildred Barcal (Bro. Stanley's sister) accepted the floral bouquet on their behalf. The audience again recognized all with a standing ovation.

After the formal program, there was dancing to the melodies of the "Continental," and before we knew, the celebration was over, a lasting memory we shall carry for many years to come.

Nazdar! Bro. Roy Zitny



AMERICAN SOKOL ORGANIZATION

GYMNAST

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



SOKOL AND YOUTH

"The Sokol Instructor is the symbol of our organization." Some time ago I attended a seminar "SOKOL A MLADÉZ" (SOKOL AND YOUTH), conducted by the educational committee of COS held in conjunction with a conference of educational directors in the Czech Republic.

Several speakers discussed today's youth and how Sokol can better serve their needs. The problems facing COS are similar to our own in America. We too should ask, What are youth like today? Many times older generations formulate programs for youth who are very different than they were at that age.

Some of the problems discussed at the seminar, were the breakdown of family, no male role models, lack of commitment of parents. Often they take the child to the country when the child has a Sokol obligation. School activities also leave little time for Sokol. Many times the best gymnasts are involved in other sports that take priority over Sokol. It all sounds familiar.

Sister Jarina Zitna, Director of Women, COS, gave an excellent dissertation on the role of the Sokol Instructor. The following are some notes I wrote during her presentation.

How the Instructor dresses and speaks influences the class. (The kids pick up on it) The instructor should be an example of a good Sokol. The instructor can teach more by his behavior than a lecture by the educational director.

The Sokol class should be a happy time. The instructor must encourage the non-athletic children, not belittle or ridicule, give them undivided attention, and do not look elsewhere when you are spotting them.

The instructor should be truthful, should not seek favors, should know the gymnasts and let them know you. Do not try to make something of yourself which you are not. Use "WE" not "I", and "OUR" not "MY". Teach patriotism and good citizenship. Every instructor is an educator. The instructor is the image of our organization.

NAZDAR -- Paul Lebloch

RIDE IN COMFORT

For safety, efficiency, and comfort, you should ride a bicycle that fits YOUR frame. Here are tips for choosing one that's right for you:

Frame: A man's bicycle frame (with a tube running from the handlebar stem to the seat) is probably best for men and women. It's sturdier and likely to have a more efficient braking system. To find the right frame, straddle the top tube. There should be about 1 inch between it and your groin for a road bike and about 5 inches for a mountain bike or hybrid.

Handlebars and Stem: Handlebar height should be level with the saddle. Check your reach to the handlebars by standing at the side of the bike and placing your elbow at the tip of the saddle; your fingertips should just touch as you try to grab the bars.

Seat: Test a few seats. They should be firm, yet flexible enough to absorb the impact of bumps and the pressure of the pelvic bones on which you sit. A gel-filled seat provides increased comfort with firm-fitting cushioning. Adjust the height and position of the seat. Sit on the bike and pedal until one leg is extended and the pedal is at its lowest point. Your knee should be slightly bent.

CONGRATULATIONS

The American Sokol Relay Team of Josh Milan (Ft. Worth), Stacie Smith (Baltimore), Dave Pachla (Berwyn-Slavsky) and Kellie MacDonald (Berwyn-Slavsky), placed FIRST at the Canada Slet in Toronto.



The American Sokol Tug-O-War Team of J.J.Vencl (Gr. Cleveland), Mike Michalek (Chicagoland), Jay Vondra (Stickney), Matt Gilbert, Greg Becker, Ken Nagel, and Tony Palumbo (all Berwyn-Slavsky), and Alex Dumanovich (Tabor) pulled hard but was defeated at the Canada Slet in Toronto.

POWER UP

Add Power Tumbling & Trampoline to Your Gymnastics Program

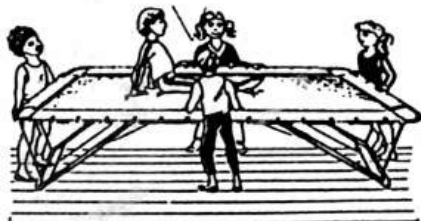
The following information is provided by USA Tumbling and Trampoline to help interested coaches and club owners start their own programs. The three main components of any program are the equipment, the staff, and most importantly, the students.

The Students

One of the most common problems facing gymnastics schools today is student retention. Club owners have the opportunity to offer an exciting new program using what you already own, a staff that already exists and a marketplace that is endless.

Power Tumbling and Trampoline Can:

- ◆ Keep new students walking into the gym & existing students from walking out.
- ◆ Bring fresh faces into your gym from other sports such as diving, figure skating, skiing, and cheerleading.
- ◆ Offer an alternative to gymnasts who prefer to invest less time and money.
- ◆ Give talented gymnasts another opportunity to compete and improve.
- ◆ Allow athletes to choose any or all disciplines.



The Staff

- ◆ Meet with your staff and evaluate their experience with trampoline and tumbling. USA Tumbling and Trampoline (USATT) offers coaching certification at clinics across the country.
- ◆ Suggested student/teacher ratios are 6:1 for trampoline and 10:1 for power tumbling.
- ◆ Class structure:
 - ◆ Allow beginners a minimum of 30 minutes of activity per event, plus appropriate time for warm-up, conditioning, etc.
 - ◆ As in all sports, the higher the level of athlete, the more time they must spend in the gym.

The Equipment

You may have most of what you need already at your fingertips. With planning and creativity, a gymnastics facility can be turned into a tumbling and trampoline facility with few problems. Always remember creativity does not supersede safety. Safety of the athlete should always be paramount.

The floor exercise mat can easily be converted into tumbling strips. Three different levels can be trained simultaneously if the floor ex is sectioned off into thirds. The diagonal of the floor exercise mat can be used with a built-up ramp for running space for the higher levels. As your program develops, other floor surfaces needed for more advanced levels can be added. Surfaces currently being used are the rod floor, ski floor, spring platform, and various other surfaces produced by European manufacturers.

Most gymnastics clubs use trampolines as a training aid, so it is likely you have the required equipment. In-ground or above ground tramps with spotting decks are acceptable. Remember, that ceiling height is important - a minimum of 23' is required for developmental competition.

The Competition

USATT sanctions 150 competitions and clinics annually. Athletes ranging in age from 3 to 35 compete in local, state, and regional meets. The grand finale is the National Championships, held each summer.

USATT also conducts competitions in Double Mini-Trampoline and Synchronized Trampoline.

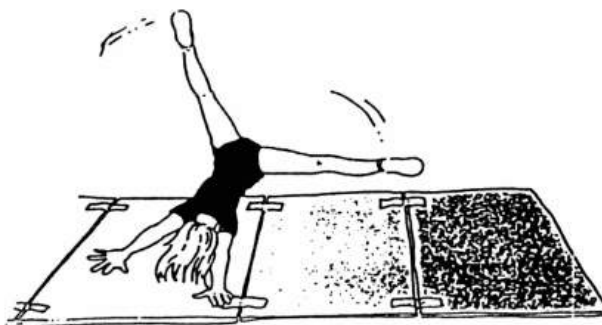
For additional information, contact:

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SOKOL TEAM KHB PARTICIPATES in 10th WORLD GYMNAESTRADA

Realizing a goal which was set in August of 1993, the Sokol Karel Havlicek Borovsky Gymnaestrada Team was part of the United States delegation to the 10th World Gymnaestrada held in Berlin, Germany, 7-15 July 1995.

Intensive fund raising efforts, support from Sokol members over the United States and friends in the community,



and personal sacrifice made it possible for the group to take part in this opportunity of a lifetime. They departed Dallas/Ft. Worth airport on Friday the 7th of July for Berlin where they stayed at the Hotel Forum at Alexanderplatz in the former East Berlin. Alexanderplatz was known as the "Gymnaestrada Mile". Each evening this location became the gathering place for participants from all countries. Intensive rehearsal schedules left little time for sightseeing; however, most made it to historic sights such as the Brandenburg Gate, Checkpoint Charlie, and remnants of the "Wall".

The team joined in a grueling daily schedule of rehearsals with others from the USA delegation and participants from other countries. They were able to interact with gymnasts from other countries. They proudly acted as ambassadors not only for United States, but for Sokol, Texas, and Ennis. They found time to join in the art of "trading" which is popular at sporting events. They became masters at the art and now own jackets, warm-ups, pins, and even boots from other countries.

The Gymnaestrada officially began on Sunday evening the 9th of July with opening ceremonies held in the Olympic Stadium. It was a thrill for our group to be a part of the 20,000 participants from 35 countries. The USA delegation consisted of 300. Other countries represented were: Australia, Egypt, Belgium, Brazil, China, Germany, Denmark, Estonia, Finland, France, Greece, United Kingdom, Ireland, Iceland, Israel, Italy, Japan, Canada, Latvia, Lithuania, Luxemburg, Namibia, Netherlands, New Zealand, Norway, Austria, Portugal, Russia, Sweden, Slovakia, Slovenia, Spain, South Africa, the Czech Republic, and Switzerland, with a delegation of approximately 4000, had the largest presentation.

The Sokol KHB Team featured their 15 minute Can-Can number at a special presentation. They also played a major part in the evening performance of the English speaking countries, which included Australia, Canada, Great Britain, and the United States. The team's coach, Sis. Lil Laznovsky, was an assistant for the performance. The final Gala evening

presented by the FIG (Federation of International Gymnastics) was presented three times. Team KHB played major roles in all these performances.

The Ennis delegation attended the Czech and Slovak evening in which the Czech and Slovak Sokols performed. The performance was very professional with Sokol having a significant role in the program.

Sis. Lori Laznovsky was one of four from the United States that attended the FIG Forum on General Gymnastics.

Following the Gymnaestrada the group travelled by train to Prague, Czech Republic. They visited Tyrsuv Dum, and were greeted by Sis. Danuse Gallatova, Secretary of the World Sokol Federation; Bro. Svaton, Nacelnik of COS; Bro. Karel Syrový, Starosta of COS, and others. The group was given a tour of Tyrsuv Dum from the bottom (the pool) to the top (the roof) where a scenic view of Prague was enjoyed. They even opened the museum, which was undergoing minor work, for us to tour. The brothers and sisters of COS made our group feel very welcome.

Bro. Larry Laznovsky, President of Sokol Karel Havlicek Borovsky presented the COS President with a plaque from the unit. Time did not permit a visit to Sokol Karel Havlicek Borovsky's sister Sokol in Havlicek Brod; however, Sis. Marie Novotna, Secretary of Sokol Havlicek Brod, did make a special trip to Prague for a short visit.

Representing Sokol Karel Havlicek Borovsky were: Jessica O'Bannon, Kim Oates, Lezlee Wester, Kristi Kubin, Lisa Laznovsky, Lori Laznovsky, Stephanie Patton (Ft. Worth), Gilbert Escobar, Wade Garrett (Ft. Worth), Shay Hennessey (Ft. Worth), Sylvia Laznovsky, Lil Laznovsky, and Larry Laznovsky.

Sokol Karel Havlicek Borovsky expresses appreciation to the many Sokol brothers and sisters that supported the trip.

S.L.



Bro. Laznovsky (right) with Sis. Gallatova and Bro. Svaton

1995 SOUTHERN DISTRICT SOKOL INSTRUCTORS SCHOOL

From July 29 to August 5th Sokol Fort Worth hosted the So. District Sokol Instructors School which made landmark steps in providing the best training for Sokol Instructors.

The school was attended by 14 students all from the Southern District – ages ranged from 12 to 57, more adults than teens and more males than females. Most all of the traditional Sokol classes – Marching, Calisthenics, Sokol History, Organization, Methods, Games, Pyramids, Rhythmics, and Spotting & Progressions were held. These classes were under the direction of qualified Sokol staff who all have degrees in

How could we afford to do all this - you ask? Well! A few days effort in looking for local donations assisted immensely. Three area banks donated enough money to pay for all the Safety Certifications and other books. Seventeen area restaurants and grocery stores graciously provided for all of the meals. It was great variety and the students and staff loved it!

It was an absolute joy seeing how well the students worked with each other. Their enthusiasm never slowed. Even after 15 hour days, they insisted in showing off their group pyramids at the notorious talent show. The ever famous nightly competitions were at their best. Each team created, in one hour's time, special numbers that would rival the competition at any Slet. Calisthenic number, created by the team, had wonderful flowing



educational areas. Local professionals were scheduled to share their expertise on specific events. A two hour, fun filled psychology class by a Dallas psychology teacher was a sure hit with the students. Each evening Olympians, National Team coaches and NCAA all Americans all volunteered their time to assist in mini clinics on apparatus. Sokol Directors Sis. Sylvia Laznovsky lectured on history and Sis. Jan and Bro. Chuck Kalat headed an interesting forum and discussion about Sokol. Some afternoons were devoted specifically to certify all students who qualify for necessary and professional credentials.

All of the students at the school received the USAG Safety Certification, Professional Development Program rookie and sequential gymnastics certification, CPR certification for infant and adult, Junior Olympic judging certification for men, women's clinic for Junior Olympic level 5, and Sokol women's judging certification. All students also received, with their school fee, a Sokol Manual, Junior Olympic Compulsory Book, Federation of International Gymnastics Code of Points book, all the certification manuals and workbooks, subscriptions to the Directors Newsletter, USA Gymnastics magazine, volunteer application for the Atlanta Olympics, other school handouts, school photo and T-shirt.

movements and great synchronization with modern and yanni music. The students looked forward everyday to the fast pace of the spotting and progressions class where they received overwhelming hands-on practice and developed a healthy self confidence. They became so secure with their spotting that our 57 year old, 1st year student was spotted and assisted successfully on a back walk over on the high beam by students only. We were all excited! Overall, the school was one of the most beneficial and successful that I have seen. Certainly the students are among the best prepared graduates of any Sokol school.

Our staff worked great together with one goal in mind – To provide the best instruction for the students. I would like to give special applause to the staff for their great work, Bro. Jerry Milan, Bro. Wade Garrett, Sis. Lori Laznovsky, and Sis. Stephanie Patton as an instructor in training and Sis. Mila Milan our secretary.

If there could ever be a way to provide a better Sokol School, just wait until the next Southern District Sokol School!

You gotta be there!

Nazdar! Bro. Rome Milan School Director

A Message for Our Future

(Speech by Bro. Vladislav Slavik, presented at the banquet of the XVI ASO Convention)

As our convention is setting down into another page of Sokol history, we have gathered here to our traditional get-together. It is quite fitting what we do here. For any kind of social affair is actually a significant part of our widespread Sokol program. A dance, a banquet or simply any affair is, in essence, an opportunity to get to know each other. While many meetings leave in us a bitter taste of a dispute, a social is a time for friendly loquacity. Social affairs add luster, widen the sense of brotherhood – briefly, bind us all to our common purpose. A social may lure potential candidates for membership and above all, it attracts people of all ages. It would serve us well to leave this convention with a commitment to increase Sokol social activities.

But also, and most importantly, if our movement is to survive, we must expand social activities of our juniors and children. From self-government, dances, amateur nights, roller skating – through short lectures on practical subjects such as hair styling, clothing, street safety, medical advice, etc., to cultural undertakings, our youth must be motivated to stay with Sokol. There is a very thin distinction between social and educational activities. If our educators succeed in combining these two aspects of our program, they surely will help instructors who are shaping the understanding of modern Sokol programs.

Not all of us are destined to become gymnastic champions. Given no other sport, social or friendly companionship, most young people, quite naturally, seek enjoyment somewhere else. And yet, there are many units that should offer folklore or square dancing, table tennis, hiking, chess, judo and martial sports, rhythmic and others. How many younger members stay with us only for playing volleyball? Aren't weight-lifting, aerobics (under a disguised name), part of our program? Cannot we accommodate these young Americans who consider weight lifting or aerobics an important part of their physical fitness and indeed, of their lifestyle? Without hesitation, they pay high fees, quite often in small store fronts that fly by night. Sokol USA recently held a golf and later a bowling tournament, luring close to 200 members of whom very few grew through our gym classes. Nonetheless, there are 200 members whose dues are just as good as yours or mine. Additionally, among 200, there is always a chance of gaining a few Sokol workers. We cannot stand unyielding when the world around us is spinning a twine of destiny for those who follow new trends and create new opportunities.

Although we are searching for ways to enrich our Sokol program, gymnastics is still a shining jewel of our heritage. Our Sokol curriculum, encompassing not only gymnastics, but also calisthenics, resistives, games, sowing seeds of fair play and self discipline, is a matchless avenue of developing a young mind and body. Pitted against rich professional sports, gymnastics is an orphan. Yet, we have proven that given a good leader, our Sokol classes offer the best physical fitness program with moral enlightenment. While we do claim our primacy in children's classes, we must prepare a comprehensive program and promote it in our publications, for our Golden Age seniors whose ranks grow wider and deeper. These members carry the Sokol torch for many decades, deserve our sincere thanks and more than that, our attention.

35 years ago, our predecessors, in their keen zeal to keep the flame of Sokol glowing, established a Future Leaders fund. Because of their careful planning, that fund is the cornerstone of our tax exemption and also, a source of considerable income. That fund is a living testament of their wisdom. They were not guided by by-

Continued on Page 10.

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laws or Roberts Rules of Order, but rather by a desire to leave here a legacy for those who come after them. Five years ago, we created a Sokol Foundation and last year we instituted a membership drive. These and other well-meant programs must not be allowed to self-destruct for lack of resolve. Lately, our conventions seem to be all by-laws and not enough time is given to future development and a firm direction to chart our course. Yet, we must find time and should our responsibility. As we steer our Sokol in the turbulent currents of uncertain future, let us never forget our fundamental creed. We are not a gymnastic club, even if we teach gymnastics, nor are we a sport club, although we embrace a good many sports. With all our educational and social activities we cannot be called a cultural organization even if we promote improvements of moral values and organize social affairs. We do celebrate many important historical events, but we are not a historical society. Rather, our program is a synopsis of all these human activities, harmoniously blended into a movement cultivating a better society.

For many years now, we have been sincerely seeking our place with the mainstream of American society. In order to be recognized, we sometimes stray from our ethnic aspect. Yet, our strength and source of moral and financial support is derived from Czech Slovak communities, despite the fact that a substantial number of our young members are not of Slavonic origin. These young members found their proper place within our Sokol and are contributing heavily. They realize that our movement, the Sokol idea, is an almost perfect tool in molding a young mind and developing healthy bodies. I hold these Sokols in my deepest esteem. Nevertheless, our foundation, spirit and substance is of Czechoslovak origin. Seeing a huge Irish Parade on St. Patrick's Day, or Polish Day or our Houby Day, people recognize that harnessing the talent and legacy of all national groups is what makes America great. Our last Slet in Berwyn attested conclusively where our support comes from. That Slet, through the enormous efforts of the Central District and the helping hand of the Chicago area Czech and Slovak community, was a tremendous boost to our morale and spirit and, in the end, to our treasury. Undoubtedly, the Kmoch Kolin Band the Czech Sokols helped to make that Slet an affair to remember.

Today, there are ten times as many Sokols as there were at the time of our last convention, proving that Sokol is still vibrating with a promise of better days. Sokol is growing so that we can lean on the Czech Sokol Union, using their instructors, calisthenics and other material. Sokols in Slovenia, Poland, Germany, Russia, Ukraine and Serbia are eager to join the World Sokol Federation. At the same time, a new wave of respect to traditional values is surging throughout America. People are returning to the old values so typical of Tyrs' ideals. Standing firmly on a legacy left for us by our predecessors to use and cherish, let us modernize to meet the test of times. Let us have faith in our future and let us promise ourselves that we will pass on our Sokol heritage to the oncoming generations so they, too, can enjoy a better life. ~ Nazdar!

American Sokol Organization XVI Convention General Session - Monday, June 19, 1995

The fifth session of the XVI Convention of the American Sokol Organization reconvened at 1:00 PM by Chairman V. Slavik. Delegate roll call by District Presidents:

- Central District - 24 delegates
- Northeastern District - 14 delegates
- Southern District - 17 delegates
- Eastern District - 17 delegates
- Western District - 17 delegates

Continued on Page 11.

Pacific District - 8 delegates

American Sokol Organization Executive Board - 12 delegates

American Sokol Organization Board of Instructors - 3 delegates

Discussion on the American Sokol Publication resumed.

Bro. J. Satek moved to accept report, seconded, passed with two (2) opposed.

Chairman, Bro. V. Slavik turned the meeting over to Bro. R. Podhrasky.

Minute Review Committee, Sis. M. Hargiss requested clarification on Article 2. Should COS be in Czech or English spelling? Bro. F. Kala moved to use the COS official name, which is Ceska Obec Sokolska, seconded and passed, with one (1) opposed.

REFER TO YOUR COPY OF ASO BY-LAWS 1995 - DRAFT FOR UNIT PAGE 31 THROUGH 44 (UNDATED) ON THE FOLLOWING:

- Preamble – Recommendations passed
- Article 51 – Recommendations passed.
- Article 52 – Recommendations passed, with sixteen (16) opposed.
- Article 53 – Recommendations passed.
- Article 54 – Recommendation was referred back to committee.
- Article 55 – Preamble - No change.
 - I. Recommendations failed.
 - II. Recommendations passed.
 - III. Recommendations passed, with one (1) opposed.
 - IV. Recommendations passed.
- Article 56 – Recommendations passed.
- Article 57 – Referred back to committee.
- Article 58 – Recommendations passed.
- Article 59 – Recommendations passed, with one (1) opposed, with the correction to delete "Administrator."
- Article * – Recommendations passed, with three (3) opposed, with the corrections to lines 1684 and 1685 to amend "out of budget" to "non-funded."
- Article 60 – Recommendations passed.
- Article 61 – Recommendations passed. Article 60 – Recommendations passed.
- Article 62 – Recommendations passed.
- Article 63 – Recommendations passed.
- Article 64 – Recommendations passed.
- Article 65 – Recommendations passed.
- Article 66 – Recommendations passed.
- Article 67 –
 - I. No changes.
 - II. Recommendations passed.
 - III. Recommendations passed, with one (1) opposed.
- Article 68 – Recommendations passed, with corrections to line 1809 to delete the words "buy or sell" and insert "acquire or dispose of."
- Article 69 – Recommendations passed.

Continued on Page 12.

- Article 70 – No changes.
- Article 71 – No changes.
- Article 72 – No changes.
- Article 73 – Recommendations passed.
- Article 74 – Recommendations passed, with one (1) opposed.
- Article 75 – Recommendations passed.
- Article 76 – No changes.
- Article 77 – Recommendations passed.
- Article 78 – Recommendations passed, with one (1) opposed.
- Article 79 – Recommendations passed.
- Article 80 – No changes.
- Article 81 – No changes.
- Article 82 – Recommendations passed.

By-Laws Committee turned Chair over to Chairman, Bro. V. Slavik.

REFER TO THE CHAIRPERSON'S WRITTEN REPORT TO EXPAND ON THE FOLLOWING:

Financial Committee - Chairperson, Sis. P. Vondra

Budget analysis is for last five (5) years and actual expenses were from July 1, 1990 through April 30, 1995. Official report will be presented in tomorrow's session.

Board of Appeals - Chairperson, Bro. C. Borvansky

No report at this time.

Board of Instructors - Chairperson, Bro. F. Michalek

The recommendations from the Board of Instructors to the Convention were:

1. Changes in Merit Award
2. Changes in the gymnastic uniforms.
3. Continue affiliation with USA Gymnastics.
4. To donate \$2,500 to a Sokol group attending Gymnaestrada.

Bro. R. Zitny moved to accept recommendations except the \$2,500 donation, seconded, passed.

Educational Committee – Chairperson, Bro. P. Lebloch:

- The committee's recommendations were:
1. Better cooperation between Education and BOI.
 2. Keep records and artifacts in good condition.

Bro. M. Dalton moved to accept the report, seconded, passed.

Chairman, Bro. V. Slavik called for bids for the 2001 National Slet.

Bro. J. Satek stated the Central District would be ECSTATIC to host the 2001 National Slet.

Sis. M. Fiordelis stated that the Northeastern District would host the 2001 National Slet.

Bro. J. Satek stated that the Central District will withdraw, ECSTATICALLY.

Bro. M. Dalton moved to accept the Northeastern District's bid, seconded, passed, with three (3) opposed.

Meeting adjourned at 4:25 PM.

KEEP FIT! JOIN SOKOL!

american

SOKOL *Flag Waver!*

The American Sokol Organization gratefully acknowledges receipt of the following donations in direct support of the American Sokol Publication. **NA ZDAR!**

Roy & Vlasta Zitny - \$10

Vivian Mizia - \$10

Ed & Virginia Linhart - \$10

Another Great Sokol Instructor

There is one exceptionally great instructor at Sokol Berwyn-Slavsky. She instructs fourteen or more teenage students twice to four times a week and still maintains her sanity! She keeps her classes interesting and fun, while still coaching with a professional and stern technique. She is concerned with her students and understands their feelings. She knows when something is wrong without being told and tries to make it right. She likes to make her gymnasts feel comfortable and wanted, and it works! (If you don't believe me, look at the enrollment of the Junior class at Sokol Berwyn-Slavsky.)

PAT SATEK is the greatest! She is not only a demanding coach for her students, but also a caring friend. Sokol would not be home without you, Pat!

~ Sis. Kandi Ondrovic

◆ MEMORIAM ◆

Bohuslav Kobierski

Bro. Bohuslav Kobierski, a charter member of Sokol Belcamp, passed away on August 5, 1995. He was born and educated in Czechoslovakia and was a member of the Czech Army. He was employed by the Bata Shoe company in Zlin and in 1939 was sent to the United States to assist in establishing the Bata Shoe factory in Belcamp, MD. After arrival in the U.S., he became a U.S. citizen. For many years, he was an active member of Sokol Belcamp and, most recently, was a member of its Executive Committee. Before retiring as a supervisor in the Leather Cutting Department of Bata Belcamp, he had spent many years in the production of footwear at the Bata Shoe Company factories. He is survived by his wife, Marie Svarovska Kobierski. The members of Sokol Belcamp extend their sincere sympathy to Sis. Kobierski.

A.S.O. Merit Award Renewal Recipients

Congratulations to the following individuals who have been granted renewals of the A.S.O. Merit Award:

Julie Meyer
Sokol Greater Cleveland

Stephanie Patton
Sokol Fort Worth

Gina Logludice
Sokolice Tabor

Thomas Stahulak
Sokol Chicagoland.



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In Memory of Bohuslav Kobierski, Sokol Belcamp, from Sokol Belcamp	\$25.00

**AMERICAN SOKOL ORGANIZATION QUARTERLY FINANCIAL REPORT
APRIL, MAY, JUNE 1995
SUBMITTED BY SIS. JUNE PROS, FINANCIAL SECRETARY**

RECEIPTS

Dues	\$15,948.00
Convention Fund 1994	332.00
Special Assessment Fund 1994	166.00
\$5.00 Member Assessment	1,595.00
Dividends/Interest	94.09
Resale Jewelry	233.00
Souvenirs	197.20
Educational Booklets	6.50
Education, History Books	120.00
BOI Skills	36.00
BOI Video/Audio Tapes	17.00
BOI Judging Manual/Certificates	250.00
Postage/UPS	76.31
Donation to General Fund	43.50
Sokol Manual	15.00
Labels/Copies	73.85
Seals	658.00
Repay Merit Award	650.00
FSLF for Merit Awards	5,000.00
XVI Convention Banquet	11,356.33
XVI Convention Program Book	4,899.00
XVI Convention Lunches	564.00
XVI Convention Coffee Break Donations	970.00
Convention Fund Account	40,000.00
Prague Slet Video	1,024.00
Czech Triumph/Tradition Video	24.95
130th Anniversary Pin	430.50
Uniform Dept. Supplies	6.44
Uniform Dept. Salaries (Apr./May)	493.37
Uniform Dept. FICA/Medicare (Mar./Apr./May)	142.68
Uniform Dept. FWT Tax (Apr./May)	20.00
Uniform Dept. IWT Tax (Mar./Apr./May)	28.05
Uniform Dept. Phone/Fax	81.91
Uniform Dept. Rent (May/Jun./Jul.)	885.00
TOTAL	\$86,437.68

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Apr./May/Jun.)	\$2,122.31
FICA/Medicare (Mar./Apr./May)	322.38
FWT (Mar./Apr./May)	30.00
IWT, 1st Quarter	66.07
Ameritech/Equalnet/Phone/Fax	303.82
Com Ed	159.27
CPA	495.00
Petty Cash, Postage	102.91
Office Supplies	261.88
Janitor/Supplies	62.25
Insurance 4/30/95-4/30/96	525.00
Rent (May/Jun./Jul.)	2,781.00
TOTAL	\$7,231.89

BOARD OF INSTRUCTORS

Salaries (Apr./May/Jun.)	\$1,528.56
FICA/Medicare (Mar./Apr./May)	241.12
FWT (Mar./Apr./May)	45.00
IWT, 1st Quarter	48.15
Ameritech/Equalnet/Phone/FAX	433.07
Petty Cash/Postage	110.48
Office Supplies	54.00
Subscription	26.16
Judging Certificates	90.96
All-Purpose T-Shirts	83.65
Editor "Gymnast" (Apr./May/Jun.)	90.00
TOTAL	\$2,751.15

EDUCATION

Salary	\$58.07
FICA/Medicare	9.96
Supplies	184.54
Printing/History Book	508.00
Subscription	26.16
TOTAL	\$786.73

PUBLICATION

Salaries (Mailing)	\$528.23
FICA/Medicare	88.36
Printing (Apr./May/Jun.)	4,412.61
Postage (Apr./May/Jun.)	3,230.78
Supplies	2.04
Editor (Apr./May/Jun.)	450.00
TOTAL	\$8,712.02

UNIFORM DEPARTMENT

Salaries (Apr./May/Jun.)	\$807.66
FICA/Medicare (Mar./Apr./May)	142.68
FWT (Mar./Apr./May)	30.00
IWT, 1st Quarter	31.95
Ameritech//Equalnet/Phone/FAX	81.91
Office Supplies	6.44
Rent (May/Jun./Jul.)	885.00
TOTAL	\$1985.64

MISCELLANEOUS

Laminator	\$257.52
Turner Festival Bus	870.00
130th Anniversary Pin	830.34
Fire Ext. Service	61.50
TOTAL	\$2019.36

SPECIAL ASSESSMENT

Central District	\$1,043.31
Western District	1,069.98
TOTAL	\$2,113.29

SCHOOL BOARD

Shipping Computer	\$44.13
Handbook	118.26
TOTAL	\$162.39

XVI CONVENTION

Travel By-Laws Meeting	\$1,486.97
Audio Tapes	42.14
Copier Rental/Extra Copies	1,040.71
Computer Rental	150.00
Bal. Band/Banquet	450.00
Supplies/Office	134.56
Postage	1,020.32
Gifts/President & Wife	234.71
Misc.	160.60
TOTAL	\$4,720.01

FIRSTAR BANK SPECIAL ACCOUNTS

Convention Fund incl. \$5 Member Fee	\$11,537.00
Special Assessment	330.00
Balance Brought Forward/Checking	\$21,776.78
Receipts	+86,437.68
.....	\$108,214.46
BSC, April	-\$57.87
Disbursements	-\$42,349.48
BALANCE CHECKING 3/31/95	\$65,807.11

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35, 45-Year Pin	\$6.25
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Highlights of Czech History	\$2.50
A.S.O. 125th Anniversary Book	\$4.00
"Amer. Sokol Sings" Songbook	\$4.00
Gym. Activities with Hand App.	\$6.00
Sokol Gymnastic Manual	\$15.00
Souvenirs	
Sokol Gold Plated Stick Pin	\$7.00
Festival Coffee Mug	\$2.00
Sokol Bouquet Postcard	\$.25
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