

american **SOKOL**

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SOKOL CANADA
Gymnastic Association • L'Association Gymnastique

SOKOLSKÁ ŽUPA KANADSKÁ
členská župa Ústředí čs. sokolstva v zahraničí

2333 Kenbarb Road, Mississauga, Ontario, Canada L5B 2E9 • Tel. (905) 275-4773.

August 23, 1995

American Sokol Organization
6424 W. Cermak Road
Berwyn, IL 60402 USA

Dear Sisters and Brothers:

Two months ago, we had the pleasure of welcoming several hundreds of your members at our X Slet in Toronto, whose success was in large measure directly attributable to their participation and to the great support we received from your organization.

We wish to express herewith our heartfelt appreciation for your promotion of our Slet, for the active participation by members from all your Districts at all Slet events and for the invaluable assistance many of them provided to us, especially at our competitions. We would also like to express our appreciation to all of you for being so understanding in accepting some of our Slet's shortcomings with good cheer and words of encouragement. Thank you very much, our American Sokol sisters and brothers!

At this time, we also wish to offer our belated congratulations to all officers elected at your convention held just a few days prior to our Slet! We wish all of them well and the very best of success in the discharge of their duties. We too believe that your Convention's deliberations will result in increased activities and further expansion of Sokol ideals on this continent which we are fortunate to share with you.

We sincerely trust that our good cooperation will continue and expand to our mutual benefit and wish you the very best of success in all your endeavors.

Nazdar!

SOKOL CANADA

Jan Waldauf, President

Radmila Locher, Secretary

American Sokol

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Vladislav Slavik Roger Martanovic
John Satek Larry Laznovsky
Mickey Dalton Mildred C. Pinc
Mildred Mentzer

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

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II Vice-President Roger Martanovic
Secretary Mildred Mentzer
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Alternate Joan Curran
Alternate George Kulhanek
By-Laws Bob Podhrasky

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

From Your Editor...

Finally, the last of the Convention minutes! I'm happy to see them go and glad I can finally get back to publishing more interesting and diverse articles for you to read. By the way, my supply is dwindling, so get to your computers, word processors, typewriters, pens & paper and write up a paragraph or two that would be great to share with fellow Sokols. Something exciting has got to be going on somewhere!

NA ZDARI!

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

CALENDAR of EVENTS

OCTOBER

27 Sokol Tabor Rummage Sale
28 Sokol Minnesota Harvest
Dance
29 Sokol Berwyn-Slavsky Merger
Banquet
29 Sokol South Omaha Card
Party & Bake Sale

NOVEMBER

4 Moravian Cultural Society
Czechoslovak Folk Fest
4-5 Sokol Greater Cleveland
Holiday Fair

NOVEMBER

5 Central District Annual
Meeting
9 Sokol Detroit Rummage Sale

DECEMBER

2 Sokol Greater Cleveland St.
Nick's Dance
3 Sokol Greater Cleveland
Membership Meeting
3 Sokol Detroit Czechoslovak
Afternoon Dinner Party
17 Franz Benteler Christmas
Concert - Call 708-788-9818

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

OUR SOKOL CREDO

To build a healthy and beautiful human body,
To cultivate a harmonious and total person,
To develop firm character, a well-rounded disposition and
A love of truth and justice;
To produce strong, lovely and honorable people,
That is the goal of a Sokol education.

*Rudeness is the
weak man's
imitation of
strength.*

❖ *Eric Hoffer*

American Sokol Organization XVI Convention

General Session – Tuesday, June 20, 1995

The sixth session of the XVI Convention of the American Sokol Organization reconvened on Tuesday, June 20, 1995. The session was called to order by Chairman V. Slavik at 8:02 AM. The Pledge of Allegiance was led by Bro. S. Frolo.

Bro. C. Borvansky requested a five (5) minute recess for the Board of Appeals to determine if the vote on the Board of Instructors report was done correctly. Chairman V. Slavik granted the recess. After five (5) minutes, the session resumed.

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 - 4 delegates

Bro C. Borvansky gave the results of the Board of Appeals. Board felt that there should be a recount. Bro. R. Zitny restated his motion: to accept the Board of Instructors report except the last paragraph. Bro. J. Satek called for a roll call vote.

Roll Call Results:	FOR	AGAINST
Central	171	0
Northeastern	81	11
Southern	0	115
Pacific	29	0
Western	114	0
ASO/BOI	6	10
Eastern	72	9
TOTAL	473	145

Recommendation passed.

REFER TO YOUR COPY OF ASO BY-LAWS 1995 - DRAFT 4 - JUNE 17, 1995 (4:42 PM) ON THE FOLLOWING:

Affiliation Committee – Chairperson, Bro. J. Venc: The recommendations passed as presented.

Resolutions Committee – Chairperson, Sis. M. Pokorny: Report given by Sis. E. Babka. Additional resolutions will be sent to: WFLA, CSA, SPJST. The recommendations passed with additions.

Chairman V. Slavik turned the floor over to Bro. E. Schnabl, By-Laws Committee.

REFER TO THE BY-LAWS COMMITTEE REPORT "REMAINING RECOMMENDATIONS FOR BY-LAWS" ON THE FOLLOWING:

Article 5 – III. Recommendations for paragraphs m), n), *), t), passed.

Continued on Page 4.

- Article 9 – Referred back to committee.
- Article * – Recommendations passed.
- Article 9 – Recommendations now passed.
- Article 14 – Recommendations passed.
- Article 15 – Recommendations passed.
- Article 20 – Recommendations passed.
- Article 22 – Recommendations passed.
- Article 23 – Recommendations passed with the stipulation that blanks will be filled in after the report of the Finance Committee has been approved.

Bro. E. Schnabl turned the floor over to Bro. R. Podhrasky.

- Article 26 – Referred back to committee.
- Article 45 – Recommendations passed.
- Article 54 – Recommendations passed.
- Article 55 – Recommendations passed with corrections to amend "2/3 majority vote of those voting" to "2/3 majority vote of those present."
- Article 57 – Recommendations passed.
- Article 63 – Recommendations failed. Committee resubmitting to delete mention of money and the deletion of the last sentence, passed.
- Article 26 – Recommendations passed with corrections to the last paragraph to read: "In the event that any unit 1) sells, leases or otherwise disposes of its gymnasium and does not conduct gymnastic or other physical activities, or 2) retains ownership of its facility but does not conduct gymnastic or physical activities, such unit shall be obligated to deliver its gymnastic and other sports equipment to the Executive Board in the District of which it is member. The Board may retain such property as a trustee, subject to the duties of a trustee, until such time as the Unit presents satisfactory evidence of intent to resume its gymnastic or other physical activities to said board. After a period of three (3) years, the Board may dispose of said property."

Bro. R. Podhrasky moved to accept the By-Laws of the American Sokol Organization in their entirety as amended. Bro. J. Satek called for a roll call vote.

Roll Call Results:	FOR	AGAINST
Central	171	0
Northeastern	92	0
Southern	115	0
Pacific	29	0
Western	114	0
ASO/BOI	16	0
Eastern	81	0
TOTAL	618	0

Recommendation passed.

Chairman V. Slavik thanked the By-Laws Committee for a difficult job well done and special thanks to Sis. J. Dalton and Sis. R. Liska.

President, Bro. C. Borvansky and Sis. N. Borvansky were honored for the past five (5) years of service.

Sis. S. Laznovsky requested that all Honorary Directors present and the current Directors approach the podium to be honored: Sis. S. Pistorius, E.J. Schnabl, E. Ruzicka; Bros. E. Halik, P. Lebloch, E. Linhart, past Directors. Sis. J. Kalat and Bro. F. Michalek, current Directors. Honorary Directors Sis. M. Ptacek and Bro. R. Ptacek, although not present, were also honored.

Women's Board of Instructors presented "Fun" Certificates to several deserving delegates.

Bro. J. Satek moved to add a sample "Installation Ceremony" form to the back of the By-Laws, seconded, passed.

Sis. J. Sedlacek, Membership Chairperson presented handmade plaques for those units which had increased in membership since the last Convention and those were: Sokols Naperville, Taylor, Fresno, Minnesota and Sokolice Milwaukee.

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

Finance – Chairperson, Sis. P. Vondra:

Committee moved to accept their Budget Analysis with the understanding that Membership Dues would be raised to \$15, passed with two (2) opposed.

Then the committee moved to increase the Convention Fund to \$3 per year, passed with four (4) opposed.

Next, the committee moved to increase the Convention Fund fee for units with less than twenty (20) members to \$60, passed with three (3) opposed.

The committee moved for an accounting of the Special Assessment Fund over the past three (3) years and distribution to the Districts to be based on an equitable formula with the approval of the Board of Governors, passed.

The committee moved that the past Convention deficits be written off, using this Convention as a new starting point, passed.

The foundation Committee submitted a budget to the Finance Committee in the amount of \$14,000 to cover five (5) years.

Nominating – Committee Member Bro. R. Novotny:

Bro. M. Dalton requested that we vote office by office and any contested office be by ballot.

Nominated for President was Bro. F. Kala, hearing no other nominations, the secretary was instructed to cast a unanimous ballot. Bro. F. Kala was declared President of the American Sokol Organization.

Nominated for Vice-President was Bro. P. Lebloch and from the floor Bro. G. Masek. After a ballot vote, Bro. P. Lebloch was declared Vice-President of the American Sokol Organization.

Continued on Page 6.



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Nominated for Second Vice-President was Bro R. Martanovic and from the floor was Bro. J. Vrzalik and Sis. J. Sedlacek. After a ballot vote, Bro. R. Martanovic was declared Second Vice-President of the American Sokol Organization.

Nominated for Secretary was Sis. M. Mentzer and from the floor Sis. R. Liska. After a ballot vote, Sis. M. Mentzer was declared Secretary of the American Sokol Organization.

Nominated for Treasurer was Sis. M. Pinc, hearing no other nominations, the secretary was instructed to cast a unanimous ballot. Sis. M. Pinc was declared Secretary of the American Sokol Organization.

Nominated for Financial Secretary was Bro. J. Satek, hearing no other nominations, the secretary was instructed to cast a unanimous ballot. Bro. J. Satek was declared Financial Secretary of the American Sokol Organization.

Nominated for Editor was Sis. P. Satek, hearing no other nominations, the secretary was instructed to cast a unanimous ballot. Sis. P. Satek was declared Editor for the Publication of the American Sokol Organization.

Nominated for Foundation Director was Sis. K. Kenney, hearing no other nominations, the secretary was instructed to cast a unanimous ballot. Sis. K. Kenney was declared Foundation Director of the American Sokol Organization.

Nominated as three (3) additional Board Members were Bro. M. Dalton, Bro., C. Kalat and Bro. B. Babka, hearing no other nominations, the secretary was instructed to cast a unanimous ballot. Bros. Dalton, Kalat and Babka were declared Board Members of the American Sokol Organization.

Nominated as three (3) alternate Board Members were 1. Sis. J. Dalton, 2. Sis. J. Curran and 3. Bro. G.D. Kulhanek, hearing no other nominations, the secretary was instructed to cast a unanimous ballot. Sis. Dalton, Sis. Curran and Bro. Kulhanek were declared Alternate Board Members (in that order) of the American Sokol Organization.

Educational Committee elected Bro. J. Milan as Educational Director of the American Sokol Organization. Approved by the Convention.

Membership Committee elected Sis. J. Jurew as Membership Chairperson of the American Sokol Organization. Sis. J. O'Bannon was nominated from the floor. After a ballot vote, Sis. J. Jurew was declared Membership Chairman.

Public Relations Committee elected Sis. L. Laznovsky as Public Relations Chairperson of the American Sokol Organization. Approved by the Convention.

Board of Instructors elected Sis. J. Kalat as Director of Women and Bro. D. Harlan as Director of Men of the American Sokol Organization. Approved by the Convention.

The Nominating Committee recommended Sis. M. Ludicky, Sis. H. Kepler, Bro. F. Ludicky, Sis. A. Dusek and Sis. A. Svec as members of the Auditing Committee. Approved by the Convention.

The By-Laws Committee elected by their respective Districts are as follows:

Southern	Bro. R. Podhrasky, Chairperson
Central	Bro. R. Smetana
Western	Bro. M. Dalton
Northeastern	Sis. B. Hosticka
Pacific	Bro. V. Nemecek
Eastern	Bro. A. Pokorny

All were approved by the Convention.

Continued on Page 7.



AMERICAN SOKOL ORGANIZATION
GYMNAST



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

USA GYMNASTICS 1995 NATIONAL COACHES CONGRESS

This year's USA Gymnastics National Coaches Congress once again attracted nearly 2000 gymnastics coaches, gym owners/administrators, gymnasts, and other gymnastics professionals. Included in this number was a healthy contingent of about 20 Sokol members. The ASO National School Board took the opportunity to conduct a meeting during some free time to discuss the course manual draft distributed for review at the Convention. I was also available to participate in that meeting.

Roughly 130 1-hour individual sessions were presented over the course of the Congress with 9 sessions occurring simultaneously at any given time. The sessions were divided into interest tracks: Sport Science, Business, Education, Alternative Programs, Preschool, Womens, Mens, and Rhythmics. There was always at least one session of interest to attend and unfortunately frequently more than one session of interest at the same time. Although many of the sessions deal with material/problems more advanced than those normally encountered in our Sokol gyms, there are still many other sessions which directly relate to our activities. In addition, even the more advanced areas allow for personal growth and a better understanding and appreciation of the sport of gymnastics as it changes year to year.

By way of example of the variety of lectures available, I myself was able to attend the following sessions: Balance Beam Progressions and Drills, Developmentally Appropriate Movement, Hints for Parent-Child Programs, Junior Olympic Womens Exercises Update, Games and Circuit Ideas for Pre-school and School-age Programs, Successful Birthday Parties, Designing Flyers and Ads that Get Results, Dedication and Goals, General Gymnastics and Gymfest, Pre-school Program Strategies, Promoting Olympic Fever, and Secrets of Successful Coaching.

In addition to the technical sessions, the various United States Association of Gymnastics Equipment Suppliers provided a huge equipment exhibit area with everything from grips, shoes, and leotards, awards, insurance, to the latest in gymnastic equipment and much more. It easily took a couple hours just to browse around, and I am sure that everyone came home with a stack of catalogs and a really long 'wish list'. Among the suppliers present, was Elite Sportswear (GymKin) with whom I was able to meet and discuss possibilities for the supplying of our new Junior Girls leotards and perhaps others. The GymKin representative was going to go back and try to get us "the best possible price". The door may also be open for our units to initially purchase the leotard directly from the supplier AT OUR PRICE; but more talks are necessary. I also met with Patti Komara, a noted pre-school authority and discussed the possibility of the ASO purchasing her 30-35 video tape lectures with authority to then distribute copies to our Sokol units at reproduction cost only.

Also, once again this year, the Congress was held in conjunction with the United States Gymnastics Championships giving us the opportunity to view 4 sessions of the best gymnastics the United States has to offer in Senior Men and Senior Womens divisions. The Junior Men and Junior Womens sessions were held during the day and thus conflicted with Congress sessions.

Coming in contact with all these gymnastic professionals at Congress is always interesting. It is amazing the level of enthusiasm, dedication, and love of their work that these folks exude and share. I wish more of us could have that same level of enthusiasm and dedication for our Sokol work. Although I learn many new things each time I attend the Congress, the big thing I always bring back is a renewed enthusiasm for what I am doing and a few new tricks to try.

Jan Kalat

SISTER SOKOL PROGRAM

Interest in the "Sister Sokol" program has grown within the American Sokol Organization. Many units now have a Sister Sokol in the Czech Republic. Such a relationship can also be arranged between other Sokol organizations or with units within the American Sokol. You might want to consider multiple Sister Sokols.

There are many ways in which you might approach deciding how to select a Sister Sokol.

- ◆ Someone in your unit might have a special tie to a village or city in the Czech Republic, i.e. their birthplace, relatives living there, etc. If this location has Sokol you could contact them to see if they are interested.
- ◆ If your unit is named after a Czech leader you might want to consider contacting the unit where the leader was born, or lived. (Sokol Karel Havlicek Borovsky, Ennis' Sister Sokol is Sokol Karel Havlicek Brod.)
- ◆ If your city has a Sister City in the Czech Republic, and they have a Sokol there, you might want to contact that unit.. (Dallas' Sister City is Brno; Sokol Zizka, Dallas' Sister Sokol is one of the units in Brno.)
- ◆ By contacting the COS you can find out if there is currently a Sokol in the city or village you are interested in. The COS can give you the name and address of an officer of that unit. Your contact to the COS can be in English to:
- ◆ Sis. Gallatova, Tyrsuv dum, 118 01 Praha I, Mala Strana, UJEZD 450 Czech Republic.

The following, is quoted from Sokol Ft. Worth's 80th Anniversary Program Book wherein they salute their Sister Sokol, Sokol Kunovice, and outline purposes and objectives for your guidance:

"SISTER SOKOL PROGRAM"

To foster and encourage mutual understanding, friendship and peace through communication by cultural, educational, sport, social and other exchanges between one unit of the American Sokol Organization and their sister units of other Sokol Organizations (COS, Sokols Abroad, Sokol USA, Yugoslav Sokols, etc.). It is the desire to cultivate mutually beneficial relationships among the members of our units, children and our older seniors alike.

"Some objectives:

- ◆ Survey of units: programs, size, interests, activities, etc.
- ◆ Establish a contact person as director of unit sister Sokol committee.
- ◆ Send official letters and diploma of agreement.
- ◆ Exchange historical facts concerning respective units.
- ◆ Exchange photos of buildings, classes, activities, city, members, etc.
- ◆ Encourage exchanges of gymnasts, instructors, and members for social, sporting, cultural and educational events.
- ◆ Incorporate a "Pen Pal" program between classes and members.
- ◆ Use an identity program with emblems, decals, pins, letterheads, etc.
- ◆ Possible financial assistance, language classes, etc."

Sylvia Laznovsky

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.

DO YOU KNOW THAT----?

The buttocks muscles, which are closely related to the stomach muscles from the point of view of their function, share to a large extent the responsibility for the muscle balance in the pelvic area and have a tendency to get weaker through lack of use. A high percentage of our population has very weakened, even dysfunctional buttocks muscles. Some people already have excluded them from their movement stereotypes, so that they "do not know how" to activate these muscles either unconsciously or by intent. We call this 'functional alienation'. Considering their location, (the buttocks muscles are situated in a series - big, medium, small) they stabilize the pelvis not only in the front-rear direction (especially the big buttocks muscle) but also in the hip direction (especially the center buttocks muscle), and belong to the most important muscle group that controls the correct technique for walking. Since the buttocks muscles are excluded from movement by being weakened or alienated, the mechanics of walking is being pathologically changed. This may cause a disagreeable overload on the lower spine, hip joints, etc. Therefore we should evaluate the functional situation of the buttocks muscle group and make it better by specific exercise. The following may help:

Exercise No. 1 serves as orientation, informing us about the ability to isolate and activate the buttocks muscle; the exercise is not as effective if we utilize other muscles (for example by supporting on the other knee, elbow, etc.) When performed correctly, the pelvis must stay in contact with the floor and the spinal arch must not get bigger.

Similarly, exercise No. 2 is performed the same way except that we flex the leg in the knee. In this way we exclude the muscles in the rear of the leg from moving and force the buttock muscle to activate itself even more.

In exercise No. 3 - lifting the pelvis up from the floor - we start lying on the floor with the pelvis rolled under; through gradual loosening of the spine until the maximal lifting of the pelvis. The tightening of the stomach and the buttock muscles during the whole movement secures the optimal position of the pelvis. The lifting and stretching of one leg forward makes the effect of the exercise on pelvis stabilization even better.

In exercise No. 4 we do not swing the leg fast, but do a slow pulling movement with an active pulling in of the stomach and no arching of the lower part of the spine.

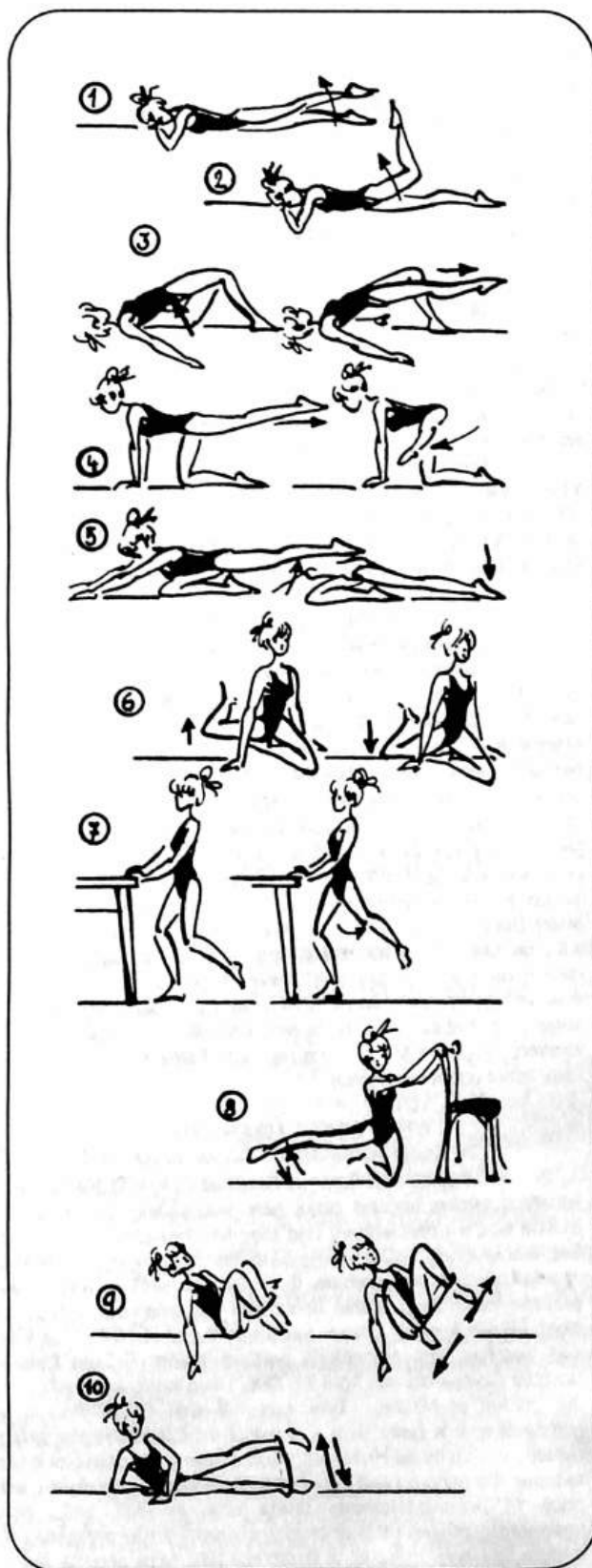
Exercises 5 and 6 are meant for more advanced pupils, since the starting position includes to some extent the help of the stronger muscles of the body. In both of these exercises, the action is lifting the knee off the floor, but with a minimal movement of the other parts of the body (for example, without lifting of the pelvis and shoulders in exercise No. 5 or without bowing the trunk forward in exercise No. 6).

In exercise No. 7 we have to start with the pelvis rolled under (i.e. pulling the stomach and tighten the hips) and slightly flexed legs. It is again the action of a slow motion by pulling back.

Similarly, in exercise No. 8 we perform the movement from the hip and lift up off the floor.

In exercises No. 9 and 10 we use an elastic band, the resistance of the elastic band makes the strengthening of the muscle more effective. Both of these exercises are intended to strengthen the central and the small hip muscles which have the most important role in the stabilization of the pelvis to the side, and when functioning correctly, prevent "duck walk", (i.e. swinging the hips to the sides).

Martina Mullerova — Diagrams - Draha Horakova
Translated from *Sokolsky Cvicitel* by Jiri Liska



WHAT SOKOL MEANS TO ME

by Leslie Umlauf - Sokol Brookfield

Sokol has been such an important part of my life that I could go on forever about what Sokol means to me. Mostly, Sokol means friends, a lot of good times and also discipline and respect. Throughout my roughly fourteen years through Sokol, I have been able to meet so many different people. I have met and created friendships with people from Texas all the way to New York. Through Sokol, I have also met my best friend. Without Sokol, I would never have met any of them and would not have the friendships I do today. Sokol is also a place that I can always rely on to have a good time. I could always look forward to going to Sokol slets, dances, or even just going to class. So far, it may all sound like fun and games, but Sokol has also taught me discipline and respect. I have learned what it takes to be an athlete but also what it takes to be a good teacher. Through my years of Sokol, I have learned about the history and ethnic ties Sokol holds. All of this has made me respect the hard work the first members did and all the hard work Sokol members do today.

Sokol means so much to me that it is hard to express it all on paper. Sokol and all the people involved have touched my life and in many ways have made me the person I am today. I am grateful for this and all the many wonderful friendships I have made through Sokol. I will never forget them.

WHAT SOKOL MEANS TO ME

by Michele Juba - Sokol Greater Cleveland

There are so many experiences in Sokol that mean so much to me. These memories and the family I have made has helped me to become the best Sokol I can be. When I first entered into Sokol in the tots class, everyone was a stranger to me and I was unsure about this decision, rather my Mother's decision. It did not take long though to make some of the best friends I'll ever have. I've been in Sokol for 15 years and there has not been one single day that I'll ever want to do over again for each one is so special to me. In my own heart the only word that comes to mind when someone says Sokol is family. Each and every Sokol member has welcomed me, talked with me, laughed with me, shared with me and at times even cried with me. I have always been a Sokol and I will always be a Sokol for Sokol spirit lives with in me and I find it too valuable to forget. Sokol spirit is something that can only be understood with time; but it will last forever. You can take the person out of Sokol but you'll never take Sokol out of the person.

WHAT SOKOL MEANS TO ME

by Karen Blaumueller - Sokol Naperville

I sat on the floor of Brookfield High School's gym, watching twelve second class girls succeeding, performing a routine which I had written, and they had brought to life. Last September I was given the job to teach them gymnastics, a special number and prepare them for competition, and in the process teach them a little about life. As time past, a team of close friends formed, a team known as the Munchkins. As I sat and watched The Munchkins perform Aladdin at the Special Number Competition on April 22, 1995, I was reminded again what the genius of Miroslav Tyrs was. It was not a system of gymnastics; it is more than a physical education system; it is a system to train us as HUMANS. Sokol uses gymnastics as a tool to focus the mind on self improvement, teamwork, discipline, and pride in accomplishments made both by self and, more importantly, others. Sokol taught a young girl to persevere, to endure, to enjoy, to focus, to overcome fear, to be precise, and to strive for improvement. As I grew up, Sokol taught me to know my limits, and to respect them. It has taught me about dedication,

loyalty, and commitment. finally, when I thought I was done with my lessons, Sokol challenged me to teach all I learned to the Munchkins. The lessons I have learned from them this year are immeasurable. So, "What does Sokol Mean to Me?" Sokol is who I am. Sokol is how I live. Sokol is what I teach.

WHAT SOKOL MEANS TO ME

by Michael Teachout - Sokol Detroit

To me, Sokol is more than just a gymnastics or cultural organization, Sokol has been a basis for a new outlook and life for me.

When I was three years old, I came down with spinal meningitis. After nearly four weeks in the hospital, I was released with my health back and only very minor physical limitations; mainly, I could not run straight. This may sound inconsequential to the reader and when I look at the whole picture, But one has to understand, that as a little boy growing up in my neighborhood, the after school activities revolved around soccer, baseball and football. I participated, but as everyone can imagine, I was always the last one picked on the team. Then I joined the Sokol organization.

When I first walked into the little boys class at Sokol Detroit, I was very timid, clumsy and overweight. Not only did Sokol assist in my poor physical condition, but it also helped with my self esteem and confidence. When I would attend classes every week, I felt that I belonged. Sokol was part of my family. The class leaders helped to teach me that it was okay if I was not the "best" at something. As long as I tried and gave 100% each time, I was the best. My instructors stressed to me never to give up, just keep trying. For me, this advice not only applied to my endeavors in the gym, but to my studies, my career path and life as well.

So from the little pudgy, shy kid who ran crooked, Sokol helped me to change my physical condition, state of mind and outlook on life, and best of all, gave me a whole bunch of brothers and sisters! I can and will do everything!! Nazdar!

WHAT SOKOL MEANS TO ME

by Lisa Zeman - Sokol Milwaukee

Sokol is very important to me. I was introduced to this organization when I was six years old and enrolled as a student in gym class. I enjoyed it so much that I became an instructor.

As an instructor for the past seven years, I have shared much time with children and enjoy teaching them. I am faced with many new challenges, and with these challenges I have met and exceeded expectations.

Sokol is a major part of my life today and will be forever. It has helped mold me into the person I am today. Sokol has taught me to be responsible, friendly, a leader, a competitor, a dedicated friend: a full rounded person.

I have been actively involved with the Milwaukee Sokol program since 1981 and enjoy every minute of it. I am active with the City of Festivals parade, serving at the Jaternice dinner, and participating in the Holiday Folk Fair. I attended the Sokol Instructors camp in Nebraska where I learned many new techniques of teaching. I also attended the gymnastic competition held in Illinois for the past two years.

Sokol has kept me physically fit with a sound mind and a sound body. It encourages me to try my best at everything I am reaching for. I will have my children join Sokol so they can experience the excitement that Sokol has to offer.

Overall, Sokol has been a wonderful experience for me. I am looking forward to the future and what Sokol has to offer me, and what I have to offer Sokol. Sokol will be my companion for a lifetime.

Installation of officers was conducted by Bro. R. Zitny who thanked the outgoing officers for their excellent work and relieved them of their duties. The new officers were duly installed and given good wishes for their future endeavors.

Chairman V. Slavik requested bids from the floor to host the XVII Convention of the American Sokol in the year 2000. Bro. M. Dalton said that the Western District would be honored and proud to host the XVII Convention. Being no other bids, the XVII Convention will be held in the Western District in the year 2000.

Colors were retired with the singing of "Spejme Dal."

The XVI Convention of the American Sokol Organization was adjourned at 1:57 PM.

Secretaries: Sis. N. Pajeau, ASO Secretary
Sis. M. Mentzer
Sis. R. Zelenka

Minutes Review Committee:
Sis. N. Pajeau
Sis. E.J. Schnabl
Sis. B. Sieli
Sis. P. Lastovica
Sis. M. Hargiss

◆ MEMORIAM ◆

Bro. Jerry M. Spinka

Jaroslav Spinka, or Jerry as we all knew him, devoted all his life to Sokol ideals. In Los Angeles for the last 15 years, his name was synonymous with the name of Sokol.

Jerry Spinka was known to the broadest spectrum of the Czech community in Southern California and elsewhere. This was due to his talent to attract people and due to his membership in many Czech clubs and organizations. Here he liked to work and always made his presence clearly visible. Whoever knew him well, will remember his

vehement temperament, which made him highly popular in his business and social life.

Wherever he appeared, he brought his charming smile and offered help either professional, practical or counsel.

Jerry Spinka is leaving members of his immediate family, wife Gretchen, son Tom, daughters Susan and Angela, for whom he was a devoted husband and father.

Bro. Jerry Spinka will be severely missed by the entire American Sokol Organization and especially by the Sokol Los Angeles unit for

which he worked tirelessly as a president for almost 15 years.

All Sokol members shall always remember our Jerry for all his volunteer work, for his sincerity, courage and friendship. His lifelong dedication to Sokol ideas is exemplary for all of us. His dedication and tireless work for Sokol Los Angeles and the American Czech Association will be difficult to replace and will be gratefully remembered forever.

*From information supplied by
Lubomir Hintnaus and Mila Prochazka,
Sokol Los Angeles*

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Two Faithful Sokol Leaders, Born 4 Days Apart, Celebrate Their 90TH BIRTHDAYS!

Emilie Welcl- Ruzicka
10/25/05

Edwin Halik
10/29/05

Emilie and Edwin grew up in Chicago, attending Sokol classes from the age of 6. Sis. Emilie and Bro. Ed met in 1931 when Emilie was Central District Women's Director. Both have been and continue to be active in all aspects of our Sokol program. Bro. Ed is now hard at work composing the calisthenics for our 1997 Slet with the assistance of his wife, Ann. Bro. and Sis. Halik are members of Sokol Slavsky (now Berwyn-Slavsky). Sis. Emilie is a member of Sokol Chicago and an organizer of Sokol Miami 25 years ago.

The Officers and members of the American Sokol wish you both a HAPPY 90TH BIRTHDAY, with a hearty Sokol NA ZDAR!



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Sokol Houston Czech Culture & Language Course

Sokol Houston offers a Czech culture and language course. This outreach to the community is a way for Sokol Houston to contribute to the preservation of Czech culture in Texas. The classes are free and open to the public, although a textbook must be purchased. Sokol Houston is located in the Greater Heights Area, close to the center of Houston and is easily accessible from Interstate 45 or Loop 610, at 1314 West Patton Street. For further information, call the Education Director, Louise Keyes at 713-862-6594 or Language Instructor, Bernard Pivonka at 713-869-3449.

BOOKS OF INTEREST TO "CZECH OUT!"

Sis. Millie Bruno has read these English books and recommends them, especially to those who have visited the Czech Republic or those who have escaped the Communist rule:

Tomorrow Will Be Better by Zdena Kapral

Three Golden Keys by Peter Sis
Prague, Tales of the City - Short stories by Vaclav Havel, Janet Malcolm, Milan Kundera, Bruce Chatwin, Jos. Skvorecky, Franz Kafka.

Many libraries will obtain these books for you if they do not have them on their shelves.

Sokol South Omaha's Museum Gift Shop offers Pallas Czechoslovakia, an excellent source of reference and historical material for 52 villages/cities in the Czech and Slovak Republics. It also includes numerous photographs illustrating architectural structures throughout the country. The museum also has Teach Yourself Czech, which is a complete course for beginners and excellent for those wanting to refresh the language.

A press release received in the ASO Office describes Mal D'Afrique, an invigorating tour of unforgettable characters: Stories from Czechoslovakia and the contemporary world by Jarda Cervenka.

ASO Executive Board:

I wish to congratulate you on your recent election to the responsibilities of guiding the destiny of our proud Sokol organization into the year 2000. In this effort, you deserve full membership support.

A vote of thanks to the outgoing officers and members that have had the responsibility for the past five years. Thanks for a job well done.

I also wish to thank all those member for their phone calls, visits and the many, many get well wishes that were extended to me during my 51-day hospital stay. Those came from members, the Executive Board, the Convention and the Slet in toronto.

For all this, I am very grateful. Thank you, sisters and brothers.

My recovery at home is slow, but steady.

Na Zdar!

Bro. Stan Barcal

◆ MEMORIAM ◆

Sis. Mildred Raiskup

Sokol has lost a devoted sister, Mildred Raiskup, born Filgasova. She and her husband, Karel, were among the founders of Sokol Fresno in 1941. Together they held just about every administrative and teaching position, building the unit into a strong, active participant in the Pacific District. In spite of the relatively small Czech and Slovak population, Sokol Fresno grew to rival its sister units in exhibitions, competition and social activities.

Sis. Mildred was born in Luzna, Moravia and came to Fresno with her family at the age of six. She learned English quickly and taught it to her parents. It wasn't until after her death that her family discovered her writings, short stories, highly sensitive, often humorous reflections of childhood and adult experiences.

Mildred had a deep love of Sokol. She is survived by her daughter, two sons and man grand and great grand-children.

Na shledanou, Mildred, we will all miss you!

Sis. Helen Maslowski-Holecek,
Sokol Fresno

President, Bro. Fred Kala
American Sokol Organization



Dear Brother President,

Please accept my sincere congratulations on your election. I am looking forward to our cooperation and work for the future of Sokol and wish you success in your endeavors.

Please let me know the names of your National Executive Board newly elected members.

Na Zdar!

Dr. Jiri Janos, Starosta
Ceska Obec Sokolska



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GENERAL FUND

In Memory of Jerry Ciner, Sokol Brookfield, from Sokol Brookfield \$50.00
In Memory of Emma M. Duwell from Wayne W. Wolf \$100.00

The following is reprinted from Sokol USA Sokol Times, August 10, 1995.

From the President's View...

Sis. Bea Walko, President, Sokol USA

June is the month for dads, graduates and Sokol activities. This year was no exception. Through the combined efforts of the ASO Eastern District under the direction of Pres. Bro. Walter Slavik, D.A. Sokol under the direction of Director Bro. Bob Liptak, and Sokol USA's Eastern Area under the direction of Bro. John Walek, a very successful competition and Slet program were well run and participants as well as audience enjoyed the program. Sokol Woodlands provides the setting for a good, old-fashioned Sokol Slet weekend. Young and old still enjoy singing favorite Sokol and Slovak songs. Thanks Albie for the outstanding accompaniment on the accordion. It's renewing to spend the weekend in the company of brother and sister Sokols who have the same values and ideals. Most importantly, families are enjoying this time together. This year we were honored to have two guests from Florida, Sis. Bessie Babuska and Sis. Emilie Welcl-Ruzicka who will travel to the ends of the earth to attend a Sokol Slet.

Prior to the weekend in Sokol Woodlands, D.A. Sokol held its annual exhibition at Bohemian Hall in the "zahrada." Congratulations to them for their successful endeavor. Each year they prove that Sokol is alive and well.

Then on to Toronto, where Sokol Canada conducted international competitions and Slet. Congratulations to Bro. Waldauf, Sis. Janous and Bro. Hrib. Once again we were reminded of the magnitude of Sokol as gymnasts from the Czech

and Slovak Republics joined ranks with those of Canada and the United States. The enthusiasm that is generated on the Slet field is really indescribable. Those who complain about learning calisthenics or those who refuse to learn them are missing an incredible feeling of oneness with brother and sister Sokols. Once again, Karneval and the Men's Calisthenics stole the show. I have yet to hear one complaint from young or old that performing either calisthenics was too strenuous or not worth the effort. Word from the gymnastic staff of Sokol USA is that there is a very strong possibility that Karneval will be included in the program for the 100th Anniversary Slet, so save those purple skirts. On Friday evening we attended the Slet concert. Performers of Czech and Slovak heritage performed. From classical to folk songs the program was a variety of vocal and instrumental numbers, with an outstanding finale from the New World Symphony. The weekend was certainly a success by any standard and we once again congratulate our sister organization in Canada.

Bro. Milan Kovac and I (Sis. Bea Walko) were honored to attend the American Sokol Organization's convention and 130th Anniversary Banquet. We share so much – the positive aspects of our organizations and the areas where we have difficulties. We found the discussions interesting and enlightening. But most of all, we found their hospitality warm and genuine. We wish newly-elected President, Bro. Fred Kala and his

board much success. I look forward to a close working relationship with a Sokol friend.

During our Chicago visit, we met with members of Lodge 306. We enjoyed being part of their Friday night social and tried to answer any questions they might have in addition to presenting a brief update on the activities planned for the 100th Anniversary celebration. Lodge 306 is to be commended for its gymnastic program and for the dedicated members who support the program and the hall. It is not an easy task to maintain a Sokol hall these days. The members and leadership of Lodge 306 certainly can be proud of their efforts, their hall and their program.

All these activities have set the stage for continuing our preparations for the 100th Anniversary celebration. I cannot help but remark on the fact that when meeting Sokol members the discussion always reverts to reminiscing about the past. Sokol has given many of us a wonderful experience and many fond memories. Sokol has given us many friends and to some, wives and husbands. Too many members choose to simply sit back and recall those fond times. Sokol, now more than ever before, needs everyone to take an active role. An organization is only as good as its membership makes it. I am asking you to consider what the Sokol USA has given you, what Sokol USA means to you and to become an active participant again. To those who work so hard day in and day out, Na Zdar! Na Zdar! Na Zdar!

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