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## From Your Editor...

A little of this, a little of that, is what's presented this month; a compilation of a number of articles I've collected over the past year that I felt would be of interest to readers. Now that I have depleted my supply, I again send out an urgent request for new material. Happy Thanksgiving to one and all!

**NA ZDARI!**

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

## CALENDAR of EVENTS

### DECEMBER

- 2 Sokol Greater Cleveland  
St. Nick's Dance  
2 Sokol Berwyn-Slavsky  
St. Nick's Dance  
3 Sokol Greater Cleveland  
Membership Meeting  
3 Sokol Detroit Czechoslovak  
Afternoon Dinner Party

### DECEMBER

- 9 Central District Boys'  
Competition/Girls' Rhythmics  
16 Sokol Berwyn-Slavsky Junior  
Dance - All Sokol Juniors  
Invited!  
17 Franz Benteler Christmas  
Concert - Call 708-788-9818  
22 Sokol Ceska Sin Men &  
Women Christmas Party  
31 Sokol Greater Cleveland New  
Year's Eve Party

**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.*

*Still achieving,  
still pursuing,  
learn to labor  
and to wait.*

❖ *Henry Wadsworth  
Longfellow*

# KAREL CAPEK: AN EXEMPLARY MODEL

*Kroj*

A writer, dramatist and journalist, who largely with his works celebrated Czech literature in the world, was born in 1890 in Male Svatonovice in the shadow of the Krkonose Mountains, with his childhood years being spent in Upice. His father, Dr. Antonin Capek, was not only a self-sacrificing doctor, but an enthusiastic patriot. Through his behavior, humanitarian life attitude, social feeling and tolerance for people, he was an example to his sons, Josef and Karel and to his daughter, Helen.

After attending the Charles Gymnasium, he studied philosophy in Praha, in Berlin and in Paris. Not only did he gain wide knowledge, but he was always filled with interest about the minutest item of everyday life and had kind understanding for every man. A many-sided interest led Karel Capek to journalism. For a number of years he worked for Lidove Noviny, which daily carried his keen perceptions and views. At first, he wrote his literary works with his artist brother, Josef. His novels and dramas, warning people against the unhappy results of technology, reached international notice. He did not even forget about his juvenile readers for whom there are designated books such as Tales of Dasenka and Nine Fairy Tales. During a time of economic crises, he donated his literary prize to a collection for poor children. The personality of Karel Capek

appealed to T.G. Masaryk, who admired him immensely. Not even the All Sokol Slet of 1926, with the drilling of women, escaped his attention. "It is said, that it is a field of poppies, but it is more, because it is a field of living beings ... It does not resemble anything living in the world, it is a triumph, the likes of which the Caesars did not know."

In the last period of his life, Karel Capek turned out the apex of his works, in which he wants to arm the Czech people for the fight against Nazism. His attitude drew all principles, which he always upheld: freedom, tolerance, humanism and democracy. The Munich Agreement, which signified the shattering of the Czechoslovak Republic, for him meant a breakdown and the downfall of values in which he believed and to which he dedicated a large part of his works.

He succumbed at Christmas 1938 to a sickness, which he did not resist. In the person of Karel Capek, we find not only a well-known author, but a man who loved his nation, mother tongue and the common people, in whose basic goodness he always believed and whom he served with his work.

*~ This article was written by Marcela Kodadova and originally appeared in Czech in the Sokolsky Vestnik, 11/94, published by the COS in Praha. Reprinted from the Voice of Slavsky, Sokol Slavsky Newsletter, Robert Baumruk, Educational Director.*

Up until the last century, people wore folk costumes (kroj). The Czechoslovakia kroj were quite colorful, especially the costumes of children and young people. The particular combinations of colors worn would depend on the regional tradition, the village tradition and last, but not least, on the symbolism of different colors. Colors had a sympathetic magic, which means they were supposed to provide the object the symbol of what they were. White was the symbol of cleanliness and purity. It was the color to be worn on holidays and important celebrations, such as christenings and weddings.

Brown and black were colors associated with fertility. In traditional costumes, the bride was to wear something brown or black so that the couple would have children. Gold or yellow were colors denoting the sun, harvest and, in general, riches. Red was the color of happiness and life. Both yellow and red were also the colors favored by brides.

Dark blue used to be the color of older people, widows and widowers and the color of working clothes in general, because of the easy cleaning.

Green was associated with spring and summer, fertility and natural rebirth and renewal. Green was a color that young people would wear as a symbol of long lasting youth and energy.

*~ Sokol Minnesota*

# LAW ON RESTITUTION OF PROPERTY IN CZECH REPUBLIC

From "The Prague Post,"  
January 25-31, 1995

A law on restitution of property to associations and other civic clubs would affect about 2,000 organizations, Jiri Karas, a co-drafter of the bill and a deputy of the Christian Democratic Union-Czech People's Party (KDU-CSL), told journalists recently.

The organizations would be given the 3,000 buildings confiscated by the state without compensation after February 25, 1948, Karas added.

Around 40,000 associations existed in Czechoslovakia before that time. The proposed law would only return estates and would not give financial compensation. Property will be returned in the condition in which it is found at the time the law takes effect, Karas said.

He mentioned that the Czech Sokol Federation and several other civic groups have already received some of their former property.

The bill would declare invalid all decisions made by the government between February 25, 1948 and December 31, 1989, abolishing associations, social clubs and other civic organizations. It would then return their property.

# NAZDAR!

Nazdar, bratri a sestry! Toward success, brothers and sisters! I have greeted you with the traditional Sokol salutation. This greeting was adopted very quickly after the founding of the first Sokol unit in Prague and became the byword with all Sokols throughout the world.

It is a simple phrase - yet one of great meaning. The founders of Sokol realized that a uniform greeting was needed to place every member in the organization on the same level. During this period, class distinctions divided the people into definite groups. There were the working people, the large farmer and property group considered itself apart from the others.

In the Sokol organization, every member was considered equal regardless of his status outside the organization. There, all members would be addressed as brothers and sisters and saluted with a "NAZDAR!"

Nazdar to every member must have a specific meaning. When we meet a person on the street and greet him with a "Hi!" or "Hello!" or a "Good Day!" this may be only a gesture of good manners, but not necessarily of friendliness. But when greeted with "NAZDAR" and the response is also a "NAZDAR" then immediately a feeling of comradeship, equality and mutual interest is implied. It puts them on a basis for better understanding and a mutual interest.

Let us have a better understanding of our brothers and sisters. For a good beginning, be the first to say "NAZDAR" why you meet. It will work a little magic for you.

May "NAZDAR" forever ring in our halls.

~ From Sokol San Francisco

## Just Say "THANKS!"

We go through life and very seldom take time to thank those who do the jobs that need to be done. Take time to say "thank you" to the people that work in the kitchen, so we can enjoy a meal. Take time to thank the people who teach in the gym, so our classes learn well. Take time to thank those who set up and later take down, so we can have our events.

Take time to thank those who can always be counted on to do the bartending, cleaning, baking, counting, ordering of supplies and other work we never think about. These are the real members that live up to the Sokol motto "Ni Zisk, Ni Slavu" (not for profit, nor glory).

~ Bro. Lou Matustik,  
Educational Director, Sokol St. Louis

# SOKOLOVE – FALCONS

"Raz, dva, tri, čtyri! – Raz, dva, tri, čtyri!" The command "Pochodem, pochod!" preceding the "Hup! two, three, four" was all that was necessary to stir us budding gymnasts into Sokol discipline.

In 1905 the CSPS (Cesko-Slovansky Podporucovy Spolek) erected a beautiful two-story brick building in Iowa City, Iowa. That date coincided with my birth year. My generation of children had an activity beacon spurring us to emulate the older Czechs with their physical fitness activities.

Otto Lopic, a beautiful specimen of physical culture, was the Sokol model for us boys. His erect stature, lean muscular shoulders and arms and straight legs all heightened our idea of body strength. His uniform of white knit sleeveless shirt, dark trousers stretched over muscular

legs and white gym shoes reflected cultural discipline.

Young boys longed for the proper age and growth of about five years to attend the calisthenics activities. Marching in step at command, climbing the ropes Indian club drills and parallel bars demanded undivided attention. The group activities strengthened our communal spirits of helping one another to attain the perfection of movement in the many phases of "cviceni."

We met regularly on Monday, girls of this age met on Tuesday, women scheduled activities on Wednesday, young men practiced on Thursday and mature men exercised on Friday.

Cedar Rapids, Iowa had a similar schedule. they were our friendly competitors of almost a 100%

Czech culture. We were surrounded by various ethnic groups due to the influx of students registered at the University of Iowa. A regional "Slet" was an annual affair in Chicago, but our two areas drilled in unison.

Those were the "good ol' days" which served a definite unifying purpose. We had no uncensored radio broadcasts, no TV flaunting immorality, no one knew what graffiti meant, "gang" had a different connotation and the worst thing we ever did was to have a good, healthy snowball fight.

Those were the "good ol' days." Are they gone forever or will we someday revert to a society of "help one another" over the rough days that lie ahead?

Na Zdar!

~ W. E. Soucek, Sokol Houston

## FUTURE SOKOL LEADERS FUND

*Purpose: To train and educate young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.*

In Memory of Rose Vacha and Charles Stanek, Sokol Town of Lake, from Sokol Town of Lake ..... \$50.00  
 In Memory of Beatrice Kosta, Sokol Town of Lake, from Sokol Town of Lake ..... \$25.00

## 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



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# The Sokol Educator

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

## THE FUTURE

It has been said that if you don't think about the future, you cannot have one. We must look into the future with a determination to go continually forward. We must not be complacent, because complacency has seen the deterioration of many organizations. There must be continually active interest among members to guarantee a successful future.

As Sokols, we must overcome any indifference that might exist. We must take an active interest in

everything that will determine the future. We must make every effort to excel. We can do this through our devotion to the activities of our organization. Enlightened individuals should spend their time and use their talents in something of value.

The future of a Sokol unit depends on four things: 1. Inspirational Leadership, 2. The active participation of a majority of the members in the activities, 3. Growth in membership and 4. New and better gymnasiums.

We must continue with inspired and determined leadership not only

from officers and committees, but from all members. Our leaders must constantly aim for higher goals. An active unit will provide the magnetism to attract new members.

We must not be satisfied with short-sighted horizons, but must set ourselves future goals. What has been accomplished in the past is just a prologue to future thought and activities. It is upon this foundation that we are challenged to build an even greater Sokol organization in the future.

*~ From a speech by  
Sis. Sylvia Laznovsky, June 7, 1994;  
extracted from an article by Bro. Ed Stetka.*

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

- Attended Czech Day at the State Fair of Texas.
- Participated in Loyal Guard number at Marine Field.
- Participated in Men's Calisthenics on stage of Creative Arts Building.
- Hosted delegation of 10 Czech city leaders from Brno, including Brno Mayor, Dagmar Lastovecka and Czech Embassy Commercial Attaché, Jan Masuch, from Washington D.C. The day included a meeting with the Ft. Worth Chamber of Commerce, a meeting at City Hall with Ft. worth Mayor, Kay Granger, a tour of the Kimbell Museum and Milan Gallery, a tour of the University of North Texas Medical College and a tour of the Stockyards area.
- Held a meeting with A.S.O. Library & Archives Curator, Sis. Annette Schabowski.
- In process of getting acceptance of Education Committee members for approval.

### FUTURE

- Will attend meeting of A.S.O. National School Board, November 3-5, 1995 in Chicagoland area.
- Will conduct meeting of A.S.O. Education Committee members from Chicagoland area on November 7, 1995 at 7:30 PM.
- Will survey water damage to educational materials in A.S.O. Office while in Berwyn in November.
- Will attend USAG Board of Directors meeting, November 10-12, 1995 in Indianapolis.



AMERICAN SOKOL ORGANIZATION

# GYMNAST

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



## AMERICAN SOKOL STRIKES DEAL

The American Sokol Board of Instructors has struck a deal with Patti Komara, a nationally noted preschool gym club lecturer, to redistribute her video lectures to Sokol Districts, Units, and Members at our minimal reproduction cost only. A complete set of more than 35 video taped lectures and other materials has been purchased by the American Sokol. Under terms of the agreement: The American Sokol Organization and its National Board of Instructors has Ms. Komara's permission to copy and redistribute her video and other written materials to the individual member Sokol Units.....the cost to the member units is to be essentially the duplication and shipping cost.....the Sokol Organization is in no way able to use the name Tumblebear in any advertising, nationally or locally.....the American Sokol Organization cannot sell materials to anyone outside of Sokol.

These videotapes, along with accompanying written text/manuals, normally sold for about \$40, will be available from the ASO national office for \$12.00 or \$15.00 (includes free shipping) depending on the volume of associated written material. Volume discounts will also be available.

## ABOUT THE AUTHOR

Patti Komara began her 26th year of classes in 1995 in Dyer, Indiana. Since 1980, Patti has been a speaker for the USAIGC and USA Gymnastics and brings to these tapes an enthusiastic style that conveys new information in an enjoyable manner. Patti is USA Safety Certified and is also a certified fitness instructor by ACE and AFAA. Patti has unique ideas for teaching preschoolers and is respected as one of the foremost authorities on fitness for the young. She has written articles for *Dance Teacher Now*, *International Gymnast*, *Technique*, and *USA Gymnastics*. She owns and operates one of the largest and most successful gymnastic facilities in the country and has sold thousands of her video lectures and other products internationally as well as in the United States.

### Sample Classes on Video, Written Lesson Plans & Curriculum Guides

Mom & Tot Classes  
Daycare Lesson Plans

Stations, Circuits, and Obstacle Courses

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Be a Super Teacher (90 min.)

Warming Up a Gymnastics Class  
New Cartwheel Teaching Ideas  
Teaching Tumbling to Preschoolers  
Bars, Beam, and Vault for Preschoolers  
Back Handspring Drills

### Video Lectures on Business

Office Procedures for a Gymnastic School  
Why Students Quit

The Secret to Keeping Good Staff People  
10 Keys to a Successful Program  
Advertising and Promoting Your Gym

Complimentary Income Producing Programs  
Setting Up a Satellite Gymnastic Program in Daycares  
Implementing a Swimming Program in a Gym School  
How to Be a Great Gymnastic School Secretary

### Miscellaneous Tapes & Items

Special School-Age Lesson Plans & Themes  
Is Your Gym Ready for Atlanta 1996?  
Gymnastic Meets for Recreational Classes  
Successful Gymnastic Birthday Parties  
Video Magazine Volume 1, Spring, 1994  
Video Magazine Volume II, Summer, 1994  
Video Magazine Volume III, Fall, 1994  
Video Magazine Volume IV, Winter, 1994  
New Student / Parents Packet  
Staff Training Manual

For more detailed descriptions of the contents of the videotapes and to get an order form, consult your unit director (information can be found in the November, 1995 *Directors' Newsletter*) or send self-addressed stamped envelope to:

Video Tapes, c/o Fran Malina - American Sokol,  
6424 W. Cermak Rd., Berwyn, IL 60402.

# Goals of Youth Sports

The objectives of youth sport programs are often said to be these:

- ♦ to promote the development of participants (physical, social, and psychological)
- ♦ to have fun
- ♦ to win

Given our capitalistic society perhaps a fourth objective should be added: to make money. These are all worthy goals when examined separately. However, problems arise when the objectives come in conflict with one another-and they do conflict at times. As a result, one or more of the groups involved in the organization may become dissatisfied with the activity because their particular objective is not being satisfied. Each organization is made up of players, coaches, administrators, parents, and spectators. Athletes want to have fun. They may also dream that they will be good enough to "strike it big" in the major leagues or on one of the professional circuits. College and high school administrators are faced with the need to produce revenue to support sport, and sometimes other programs. Coaches are trying to instill ethical values as well as skills and knowledge to provide a positive educational experience for the athletes. Everyone wants a winning team, and the parents want everything.

## Difficult Choices for Everyone

Coaches face many decisions in addition to how best to teach the techniques of the game(s) and to train the athletes. They must decide whom to play, whether to praise or punish, to interpret the rules strictly (or to stretch them). Administrators must support these decisions or set the stage for different decisions. They must decide how long to support a losing coach or how far a coach may stretch a rule. Players face ethical decisions about their behavior, both on and off the field. Parents must decide whether to encourage or discourage particular behaviors. The fans must decide if they are there to support the team, whether it wins or loses, or only if it wins. These conflicts are often most critical in youth sports. The values that are being instilled at this point in the athlete's life will be the basis for many of their future decisions. It is important that objectives be discussed and that priorities for the team or the organization be set. Everyone's perspective should be represented. A young athlete should see the example of adults

communicating and agreeing on a philosophy for the organization. They should also have an opportunity to voice opinions and to have those opinions heard. Often the objective of the youth sport participant is just to have fun-a worthy objective. They probably have more fun if they win, but usually they have some fun even if they lose. Unless the adult in the situation imposes a different perspective, young athletes are usually satisfied with learning, developing, and playing. The adults in the situation may not be satisfied with merely meeting the needs of the athletes. They have jobs to protect and personal goals of their own. Rather than have these aims in conflict with one another, all constituents should discuss their ideas and determine priorities that everyone recognizes. Once the priorities are in place, generally determined by democratic means, it is recommended that all the constituents live by the priorities or find another organization that is more in line with their personal objectives. Seeing these choices discussed, and abided by, provides an important example for young athletes. Observing how to work out these conflicts and avoid misunderstandings is often an initial experience in how things are supposed to work in life.

Dr. Richard Carrow

The United States Sports Academy  
*Sport Supplement*, Winter, 1994.

## The Champion's Creed

**If you think you are beaten, you are;  
If you think you dare not, you don't;  
If you'd like to win but think you can't  
It's almost a cinch you won't.**

**If you think you'll lose, you're lost,  
For out in the world we find,  
Success begins with the fellow's will,  
It's all in the state of mind.**

**If you think you're outclassed, you are;  
You've got to think to rise.  
You've got to be sure of yourself before  
You can ever win a prize.  
Life's battles don't always go  
To the stronger or faster man;  
But sooner or later the man wins who  
Is the one who thinks he can.**

## EXERCISE & COLD WEATHER

Winter is almost upon us, but that does not mean that your exercise routine must come to a halt. Exercising in the winter, whether it's running, skiing, or just walking can be fun. In order to continue to participate in your favorite activity and not be sidelined, stretching properly before beginning can reduce the risk of injury. Stretching also improves speed, balance, agility, strength, and endurance. Why? By stretching, or lengthening muscles, blood flow increases~ which makes muscles more pliable. The more pliable the muscles, the less likely they will be injured.

Prior to stretching, begin with a "warm-up". A proper warm-up starts off slowly, as a light activity. For example, runners jog lightly for approximately 1-2 minutes and skaters skate around the rink. This light activity begins to increase blood flow and gently "warms" muscles prior to your stretching routine.

Regular stretching provides the following benefits:

- ◆ Reduces muscle tension and helps the body feel relaxed.
- ◆ Helps coordination by allowing freer and easier movement.
- ◆ Increases range of motion in joints.
- ◆ Prevents injuries such as muscle tears.
- ◆ Prepares you for the activity by signaling muscles they will soon be used strenuously.
- ◆ Develops body awareness.
- ◆ Helps "relax" the mind.
- ◆ Promotes circulation.

There is a difference between the feeling of a "good stretch" and "pain". Keep the following in mind when you are stretching:

- ◆ Stretch SLOWLY! Do not bounce. Hold each stretch 20-30 seconds or more. This should not be painful. If it hurts, you have gone too far.
- ◆ Allow approximately 15 minutes of stretching prior to exercise. It takes that long to increase blood flow to the muscles.
- ◆ The older you get, the more you need to stretch. With aging, your muscles become shorter. Also, some people are naturally tighter than others. It is even more important for these people to stretch.

Now you may begin your activity. Increase your pace gradually, so the muscles can adjust and you will decrease the risk of injury.

There are other precautions that should be taken into consideration for winter exercising, especially when the temperatures read "FREEZING".

### Frostbite

In severely cold conditions, frostbite is a major concern for any athlete. Late autumn football games are sometimes played in sub-freezing air temperatures. When cold combines with wind these low temperatures can freeze unprotected skin tissue. The most susceptible areas are the fingers, toes, ears, and exposed areas of the face. Common frostbite warning signals include a tingling or burning sensation, pain, numbness, or discoloration of the skin. Frostbitten areas also tend to have a yellow-white, waxy appearance. In extreme cold, however, flesh may freeze quickly without warning due to the cold's anesthetizing effect on the skin.

Athletic wear materials such as "Gortex" or "Polypropylene" keep cold and dampness away from the skin. These are the best protection against frostbite. You can also help ward off frostbite with physical action, such as wiggling fingers and toes or working the muscles to increase blood flow to the different areas. If frostbite should occur, treatment depends on the extent of damage. Be sure to notify your physician if you suspect frostbite.

### Hypothermia

Hypothermia is a drop in body core temperature which can develop into a life threatening condition. Guarding against excessive heat loss and recognizing the following signs will help you prevent hypothermia.

- ◆ Constant shivering. This is the body's attempt to generate heat.
- ◆ Slurring of speech, listlessness, involuntary muscle movement, croaky voice, sleepiness, and general "stiffened" or rigid muscles.
- ◆ Unconsciousness, pupils abnormally dilated, very slow pulse and slow breathing rate.
- ◆ Freezing of hands and/or feet.

If nothing is done to prevent further body heat loss, heartbeat and breathing can fail as quickly as 1 to 1 1/2 hours after shivering starts, leading swiftly to death. Prompt initial care is extremely important. Prior planning, quick detection, and warming is essential to protect against hypothermia.

If you provide yourself with proper protection against the elements and practice adequate warm-up and stretching, exercise in the winter months can be enjoyable and most beneficial to your health. Good Luck, and enjoy the winter wonderland. Nancy T. Nesbit, P.T., A.T.C. Northwoods Rehabilitation Associates Newsletter, February, 1993.

# YES YOU CAN! --- STARTING A RHYTHMIC GYMNASTICS PROGRAM

Are you still searching for new and innovative ways to keep kids coming to gymnastics class? An entire gymnastics discipline is waiting for you...Rhythmic Gymnastics.

If you don't believe rhythmic gymnastics is right for your club, try answering these questions:

**How many of your students...**

- ◆ Are not physically perfect for bars, i.e., low strength to weight ratio? It doesn't mean they are generally weak, they are just not strong for bars.
- ◆ Are tentative on beam and vault, but love to tumble and dance around the gym? These kids may not have an aggressive, fearless personality but they are still active, hard-working students.
- ◆ Prefer to think about a skill, wanting to know all the details before attempting it? Perfectionists are well suited for the discipline of rhythmic gymnastics.
- ◆ Like to tell you intricate stories about everyday occurrences using flowery, descriptive language? Creativity is a trait that needs to be nurtured and encouraged in these kids.

Did you find more than a few students with these personality traits currently enrolled in your gym? Many more students are waiting outside the door for an activity which most suits their personality. By

including rhythmic gymnastics in your curriculum, you will entice more kids into the gym as well as keep current students for longer periods of time.

Would you like to include rhythmic gymnastics, but are thinking of all the reasons why you simply CAN'T start a program in your facility? Here are some common myths dispelled:

**Our ceiling is too low!**

**WRONG!** Successful programs can exist under 12-15 foot ceilings (safety precautions taken for lighting) from recreational levels 1-4 Up through and including competitive levels 5 & 6.

**The equipment is too expensive!**

**WRONG!** A full set of rhythmic equipment for a class size of 8 (each student having her own equipment) can be purchased for the price of ONE 8x10 foot folding mat.

**There's not enough space!**

**WRONG!** A rhythmic gymnastics apparatus rotation can be set up on 1/3 of the floor as part of existing artistic classes.

**I can't find an instructor!**

**WRONG!** USA Gymnastics' Level 1-4 program materials and upcoming technical publications offer step by step how-to-teach rhythmic gymnastics instructions. Somewhere in your gym or surrounding community is a dance or gymnastics instructor who is excited about the sport and anxious to learn these basics.

If you would like more information on available resources, or would like to schedule a rhythmic gymnastics introductory clinic, contact, Paula Hilliker or Nora Campbell at USA Gymnastics.

*A Celebration of the Next Generation*



SOKOL USA 100th ANNIVERSARY SLET  
PHILADELPHIA, PA JULY 3 - 7, 1996

# Garnets

One of the best known and most visible parts of the national dress from the Czech and Slovak Republics is garnet jewelry. Today, many women of Czech and Slovak descent have a piece of heirloom garnet jewelry that holds many memories. Garnets were a favorite semi-precious gemstone of the Victorians. For many years it had fallen out of favor, but has made a real comeback in the last few years. Garnet is also the birthstone for January.

One of the interesting features of garnets is that it comes in a number of different colors. They range from yellow, green, orange, red, pink, violet and brown, never in blue. Garnets have been found in locations around the world. Once, years ago, a pocket of fine garnets was found under Broadway and 65th street in New York City!

The use of garnets goes back much farther than 19th century jewelry making, however. In classical times, red garnets were highly prized. 2000 years ago, garnets were not cut the same way we do today with a "gem" cut. they cut en cabochon

and were called carbuncles. In fact, this name was applied to any transparent red stone.

The Romans were very fond of garnets and used them extensively. A number of 2000 year old Roman garnet beads have been used in modern jewelry. It's hard to know where they came from, but it is possible that these ancient garnets came from what would become Bohemia.

When the Roman Empire collapsed around 400 AD, Germanic tribes became much more influential. One effect was to spread Germanic fashions throughout Western Europe.

A dominant technique of decoration was to do inlay with garnets. Garnets had a long history of use and German jewelers increasingly exploited its properties. One technique was to split the garnets into thin sheets and back them with gold foil. then the garnets would appear blood red. At its most spectacular, garnet inlay covered the whole surface of a piece of jewelry, contained in a carpet like arrangement of cell work. The power and prestige of the owner was conspicuous not only in the sheer weight and splendor of the precious metal, but also by the number of garnets in the piece.

The history of Bohemian garnets goes far back into the past. There are records of the use of garnets

that go back to the time of Charles IV in the 14th century. They were used throughout the Gothic period. Its admirers included the great connoisseur of art, the Emperor Rudolph II. He had a collection of garnets that included one that was the size of a pigeon's egg. That garnet now adorns the Order of the Golden Fleece exhibited in the treasure house in Dresden, Germany. During the Baroque period, the popularity of the Bohemian garnets spread to be used on liturgical articles as well as personal jewelry. Jewelry adorned with Bohemian garnets have been worn by English queens and Russian Tsarinas. In 1878, Bohemian garnets won exceptional success at the World Jewelry Exhibition of Paris.

From a semi-precious stone aspect, the Bohemian garnet is characterized by its deep red color, but also by the ease with which it can be cut. Today there is an active craft of cutting these stones in the Czech Republic, in the town of Turnov, where in the 19th century the oldest specialized school in Europe originated and which exists to this day.

The garnet can claim many fine qualities which have helped to bring this traditional Bohemian stone back to popularity.

*~ By Raymond Shubinski. Reprinted from Sokol Milwaukee Newsletter.*

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## ◆ MEMORIAM ◆

### Bill Covert

My son, Bill Covert, was lost in a diving accident and presumed dead from a shark attack, based on diving equipment and pieces of his clothing that were found.

Bill comes from a Sokol family. His grandmother, Mary Ousky Semetko, was a gymnast from the old Sokol Moravan in Toledo, Ohio. When they moved to Michigan, both grandparents became active in Sokol Detroit. Bill's father, Bob Covert, is a past boys' Class instructor; Bill's sister, Teresa Simonds, is currently on the Board of Instructors and is past Tots Class Leader; his stepfather, Carl Fiordelis is an active member of Sokol Detroit and I have been the Women's Director on both a unit and District level for many years.

Since there was no body, we could not have a normal funeral, but held a memorial instead. The eulogy/ service was in the form of friends/

family speaking about Bill. The following piece, written by Blair Panackia, a junior boy that Bill coached, was part of the memorial service.

*Bill was the Junior Boys Instructor at Sokol last year. That was my first year in Juniors. He taught me a shoulder stand on the parallel bars. Bill made class fun, even when he made me walk around the gym stretched up on my toes to learn to keep my legs straight.*

*Bill wrote and taught the number for our Winter Gymnasticale. Although most people didn't understand it, we did, and had a great time doing it! He even dressed up like Mickey Mouse to be the emcee of the show.*

*Then there was District Competition. Through Bill's guidance, I did quite well in competition. I would have gotten 2nd place, if I didn't blow Calisthenics, (but that wasn't Bill's*

*fault; he didn't teach the Calisthenics).*

*Then the highlight of the year, going to Toronto and competing internationally at the Canadian Slet. Bill roomed with my uncle and cousin (from Chicago) and myself. Bill and I found out that our competitions were at the same time. This made me a little nervous, because Bill would not be coming around with me. Actually, I was surprised he was even competing because he had injured his knee pretty bad a few weeks before. But Bill was no wimp!*

*I knew Bill wouldn't be coming back as Junior Boys' Instructor this year, but I didn't now he wouldn't be coming back at all. This was written as my memories and tribute to Bill Covert.*

*From Your First and Only Junior Boy – Blair Panackia*

*~ Submitted by Bill's mother,  
Northeastern District Women's Director,  
MaryAnn Fiordelis*

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## COMING SOON!

Watch your mail for this year's American Sokol seals – just in time for holiday correspondence. Be sure to send an appropriate donation to support the American Sokol and its programs!

# Central District "On the Road!"

This past year has been one of our better years in terms of the Board of Instructors and the unit classes involvement on a District level.

Usually, our activities revolve around unit exhibitions, then District competitive events. These events usually involve only those actively involved as competitors, with more taking part in the Slet and Special numbers. This year proved to be a boom for more adults.

It started with our decision on the District BOI level to adopt "Karneval" as our junior girls' official calisthenics for our 1995 Slet. Of course, our obvious stimulus came from Sis. Ellie Babka, who really went all out the year before to develop a nucleus of women (with a few juniors) to perform this at our 1994 Slet in preparation for Prague. Sis. Ellie can be very tenacious, but as she says, this group of Karneval women really liked rehearsing and performing. So much, in fact, that this number inspired many more to join the ranks in 1995.

October, 1994, 12 Karneval ladies performed for a group at the VFW Hall in North Riverside, IL. Many had to learn a new spot, but with Sis. Babka and the group's help, this was mastered in two rehearsals. Well, the applause went to our heads, we could tour the area with this spectacular number! Following this was our decision to have the Juniors learn this bit of the classics. Sis. Ellie really wanted this number to look great at the 1995 Slet, so she volunteered to teach each unit's Junior instructor with the Junior Girls' class. Classical

numbers can really intimidate some of us, so when she volunteered, we accepted. This was a smart decision, since she wouldn't have to iron out the errors later and it worked for most of us.

Most units performed Karneval at their exhibitions, with Sis. Babka on hand to offer encouragement and corrections. Now we were prepared to perform at the May 20th Slet. Rehearsal scheduling for the entire group was impossible, so we went through two rehearsals during the afternoon of May 20. That evening, we had twice as many performing as the year before and we knew we were on to something big!

We were asked by the Turners Organization to perform something at their festival at Notre Dame in July and Sokol Milwaukee asked us to represent American Sokol at the Czech Festival In Manitowoc, WI in September. Sis. Babka again volunteered to coordinate a group with rehearsals. 36 women and junior girls performed at Notre Dame, along with the Men's/Jr. Boys' Calisthenics coordinated by Bro. Paul Lebloch 12 women and junior girls performed at Manitowoc on a grassy hill in the wind, along with a very energetic junior group from Sokol Berwyn-Slavsky who tumbled and performed their dance/special number "Swing, Swing, Swing," written by Bro. Tom Pajer and Sis. Pat Satek. Bus transportation was arranged by the District for both of these events. We were hot!!!

Next came a Central European Week planned by North Central

College in Naperville. The traveling trio of women, men and juniors would be on the road again! This time, the Illinois Arts Council was involved due to a lecture on the history of Sokol and American Sokol by Bro. Paul Lebloch. We developed our original 36 women to a traveling educational program! Bro. Lebloch did a great presentation with a running history in about 30 minutes. We will add video to this for the next one. He then did a short narration before each performance in the gym with a background on each calisthenics. "Swing, Swing, Swing" was a great finale, especially when the audience was encouraged to become part of the number.

One of the professors was very impressed with the age span of the performers in Karneval and the Men's Calisthenics - 15 years to 65+ years. Yes, I said, Sokol has not experienced the generation gap, because we are open to and for everyone. Of course, I invited him to join our local unit!

These results came about because a few people took an active interest in an idea that deserved to be shared. Almost anyone can perform a great calisthenics with a dedicated teacher bringing out the best in a student. the Central District has been blessed with a few great instructors who inspire.

Thanks to Sis. Ellie Babka for "Karneval," Bro. Roy Zitny for the Men's/Junior Boys' Calisthenics and to Sis. Pat Satek and Bro. Tom Pajer for "Swing, Swing, Swing."

~ Sis. Lynda Filippello,  
Central District Women's Director

# Sokol St. Louis Benefit A Great Success

The friends and families who attended the David Italiano Poolside Benefit get-together witnessed a wonderful outpouring of concern for a Sokol family. Isn't this one of the reasons Sokol was born? This is a true example of what this organization is really about – it is made up of people of different nationalities, Czech, Italian, German, Irish, etc., working together to help one of their families – David & Linda Italiano, Matt, Adam, Kyle. This affair was so well-planned by the younger generation, they did a great job on everything – the food was delicious and there was something for everyone. Gold digging, golf putting, ball contests on the field, face painting, ping pong tournament, cake walk, bingo and raffles provided fun for all. There were lots of home-made goodies, it was just like an old fashioned picnic that we remember from years ago. Everyone was having a good time.

Speaking of someone who believes in fraternalism and its necessity in the world today, this type of affair is true fraternalism. At times such as this, we are proud to be members of this organization and are happy that our children and now our grandchildren are carrying on the Sokol tradition.

We were thrilled to see David, Linda and family there to graciously greet people and enjoy the day. We want you to know your Sokol family is here for you. May God bless us all.

~ Sis. Dorothy Hogan, Sokol St. Louis.

Following are excerpts from a letter sent to Sokol St. Louis from the Friends of Dave Italiano Benefit Committee.

"... We want to thank Sokol for allowing us to utilize the Sokol Camp for our benefit held September 24. Our fund-raiser was quite an event, both in the overwhelming donations

(over \$11,000) we received, the huge crowd that actually came out to the camp (about 260) and the support given to our booths, bake sale and raffles. Many donations of food and beverages kept our expenses to a minimum.

Beyond the wonderful financial support, of utmost importance was the way our group of young people felt in our hearts working together for a friend in such a trying time in his life and also for his family. It brought to the surface the deep feelings we truly all have for each other. With our busy, frenzied lives and occasional surface conflicts or misunderstandings, this benefit again reinforced that all our complaints are really not important compared to our health and the love and support of our family and friends.

Thank you again ..." Na Zdar!

Carla Strnad and "Friends of Dave Italiano Benefit Committee"

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