

american **SOKOL**



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HISTORICAL SOKOL UNIFORM

At its annual meeting, January 21, 1996, Sokol New York displayed fine uniforms of Czech Sokols. The men's and women's uniforms came in as a donation to our library from Bro. Peter Dusek of Cleveland.

This so called historical parade uniform dates back to 1882. Since the women did not officially participate in Sokol exhibitions until 1899, their original uniform looked entirely different. It was white with red trim. Only in 1936 the women's leadership decided to conform to the men's uniform with somewhat modern style. Instead of a black cap, the women wore a beret style cap in the same color and material as the uniform. Their shirt was white with a Sokol scarf. A skirt replaced the trousers.

The men's uniform displayed in Sokol New York's library is a work of Bro. Frantisek Zenisek, a famous Czech painter. His best works are in the National Theater in Prague. Bro. Zenisek was a very good friend of Miroslav Tyrš and a member of Tyrš' board of instructors.

In order to unify Sokol uniforms worn in various units, Bro. Zenisek combined the most important symbols of these uniforms, thus harmoniously expressing the spirit of Sokol. The cap originated with Jindrich Fuegner, who came to one of the earliest Sokol parades in black cap with a falcon's feather. The Czech patriots of those days admired the fight of the Balkan Slavs against the Turks and Austrians. This cap is still worn today in Montenegro or Bosnia. Balkan mountains are home to several species of falcons, hence the feather in the Sokol cap. The red shirt is Tyrš' and Fuegner's idea, a reflection of Garibaldi's fight for freedom. After a conquest of Sicily in 1860, Giuseppe Garibaldi set out with one thousand red shirts (patriots) on his famous march toward Rome to unite Italy.

Even the greenish gray color of the uniform resembles a western military uniform, accented by black high boots. Tyrš and other Sokol leaders secretly harbored a hope that some day, Sokols will lead the nation to freedom. Czech people openly called Sokols "the national army," which did not sit well with the every suspicious Habsburg government.

The oval buckle on the black belt is covered with the Sokol insignia, which almost instantly became part of the official emblem of all Sokol organizations. Holding an honor guard, Sokols usually fastened a sheath with sword or saber on the belt. The flag bearers were required to wear long heavy white gloves.

This parade uniform survived two world wars, many revolutions and social upheavals. But in 1992, the COS came up with a modern version of a new uniform of much lighter material, without the boots and Fuegner's red shirt. Nevertheless, the rule to wear any historical uniform at any Sokol functions still stands.

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From Your Editor...

I had so many interesting articles this time, it took me quite a while to sort them out. That just means I've got enough for next month, too! But don't let that deter you from sending in more, because there are an infinite number of issues to fill. Before you send yours in, though, be sure to note my NEW ADDRESS. I wouldn't want anything to be lost in the mail.

NA ZDARI!

Sis. Patricia Satek
46 Northgate Road
Riverside, IL 60546-1639

CALENDAR of EVENTS

MAY

18 Sokol New York Spring Fling
19 Sokol Los Angeles Exhibition
19-21 Sokol Ceska Sin Hiking Weekend
20 Sokol Milwaukee Exhibition
22 Sokol Ceska Sin Hall Dinner
31-6/2 Southern District Slet at Sokol
KHB

JUNE

2 Northeastern District Slet
2 Sokol Ceska Sin Summer
Exhibition
2 D.A. Sokol Gymnastic
Exhibition
4 Sokol Milwaukee Spring Fling

JUNE

7-9 Western District Slet
8 Cesky Den, Hillsboro, WI
Call 715-284-4154 for Info
8-9 Central District Slet
8-9 Eastern District Slet
23 Sokol Detroit Summer
Exhibition

JULY

4 Sokol Detroit 4th of July
Picnic, Sandy Bottom Lake

**100th Anniversary
SOKOL USA SLET
July 3-7, 1996
Philadelphia, PA**

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THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"How monotonous the
sounds of the forest would
be if the music came only
from the top ten birds."

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.

WORLD SOKOL FEDERATION CONFERENCE

November 10-14, 1995 ~ Tyrsuv Dum, Prague

After two false starts caused by changes in date, the World Sokol Federation held its third and elective annual meeting. By previous mutual agreement, the COS Committee on Foreign Relations and the BOI met with our delegation prior to the Federation meeting. We agreed to discuss three points: ASO Slet 1997, common activities and cooperation. As the Sokol USA delegation came with us, I asked them to join us. This conference was held on November 10, right after our arrival. The COS BOI indicated great interest in our Slet, which is well promoted. Between 100-150 gymnasts are expected to attend. Sis. Zitna reported on the progress of the composition of men's and women's calisthenics. Bro. Zizka discussed the availability of instructors for our units. Bro. Doutlik explained the importance of the Sports Charter of the World, where 38 nations share their information, sports research and pooling their resources to combat drugs, alcohol, violence, etc.

On Saturday morning, November 11, the Federation meeting was called to order. Bro. Janos, the President of the COS, welcomed the delegates of ASO, Sokol Abroad, Sokol USA, Sokol in Slovakia, COS and candidates for membership, Slovenian Sokol and Polish Sokol. Bro. Syrov presented his extensive report. Bro. Slavik followed with his report and recommendations for future activities. Both reports were

scrutinized and accepted. Debate on finances of the Federation brought about the need for annual financial statement. Bro. secretary was asked to prepare it.

The entire afternoon session was devoted to development of a practical program that all organizations could adhere to. As a consequence, the Federation will run a volleyball tournament in Prague in 1996, a physical fitness competition starting with September 1996 and a Sokol Gymnastic Championship meet before the XIII Slet in Prague. (Afraid that the year 2000 will bring so many important events, COS is thinking of holding a XIII Slet in 1999.) A physical fitness competition would consist of such activities that can be measured, rather than judged, so that all Sokols of any age can participate (rope climbing, short dash, long jump, 5 km hike, etc.).

At the end of the session, a motion was made and seconded that the Federation accept a new member, Slovenian Sokol, with 8 units and over 2,000 members. Once accepted, Bro. Anzur and Bro. Pilz asked for permission to include a 2,000 member unit in Trieste, Italy. This being done, Slovenian Sokol became a very strong organization. Their representatives are relatively young, 37 and 34, indicated the age group of Slovenian Sokols. The Polish Sokol is not yet ready to enter the Federation, even if both

Bro. Witkowski and Bro. Nazarko took part in discussions and invited the next Federation conference to Raciborz, just across the Czech-Polish border. They hope to be admitted at the meeting next year.

Sunday session, November 12, started with the election of officers for the next two years. Bro. Lebloch nominated Sis. Jarina Zitna, who received support also from Sokol USA. However, the other organizations prevailed with an election of Bro. Jiri Janos, president of COS. For a first vice-president, Bro. Slavik nominated Bro. Julian Lukacek of Sokol in Slovakia, who was elected to that position. After some reluctance, Bro. Slavik accepted the nomination by Bro. Lebloch and was elected as 2nd vice-president. As for the secretary, all American delegates backed Bro. Vratislav Zbuzek, who was eventually elected.

Once again, the question of the annual financial statement was brought up. Bro. Zbuzek was instructed to make one for 1995 and annually for each of coming years. The delegates cleared up some minor points in each of the Federation's events coming up next year. Finally, the date for the next meeting was set: no later than the second weekend of October 1996. Newly elected president, Bro. Janos, summed up the proceedings of the past two days. With that, the third conference of the World Sokol Federation came to a close.

Continued on Page 10.

◆ MEMORIAM ◆

Frank Capek

On Sunday, January 28, only a few hours before the sunrise brightened Palm Coast, Florida, Bro. Frank Capek quietly passed away. His long fight with adversity came to an end and the American Sokol Organization lost one of its most dedicated Sokols.

Born near New York Sokol Hall, Frank joined Sokol classes at the age of 6. He quickly progressed and soon became not only a good gymnast, but more so, an excellent instructor. At the age of 18, he was asked to conduct classes of junior boys, in those days counting about 30.

In addition, Frank excelled in Sokol basketball. In 1938, he was selected to represent Sokol New York at the X All-Sokol Slet in Prague and in the 4-week instructors' course in Tyrnau Palace.

When the United States entered WWII, Bro. Capek enlisted, even though by then he was a happy husband to Rose and father of Frank, Jr. At the end of the war, Frank's tank group of the U.S. 3rd Army reached Strakonice, Czechoslovakia. To his last days, Frank was sorry that Patton's Army was not allowed to liberate the entire Czech Republic.

After his return, the Capek's moved to Little Ferry, NJ, where Frank taught Sokol gymnastics for four decades. In addition, he served the Eastern District for 26 years as the Director of Men and from 1978 to 1985 as President.

In 1979, Frank retired; in a year or two, he found it difficult to walk. The subsequent operation did not help at all; in fact, it made walking just about impossible. Confined to a wheel chair, Frank and Rose, by then parents of four children and grandparents of many more, moved to Florida,

hoping for improvement, which wasn't forthcoming. Two years ago, Bro. Capek lost one leg, but did not lose his will to endure. Bearing his trials with dignity, Frank never complained. True, he leaned on his faithful and self-sacrificing Rose, who was his guardian angel to the bitter end.

On January 28, Sokols in the United States lost one of their best leaders, who by his dedication will serve us as an example for many years to come.

Nazdar!

~ Bro. Vladislav Slavik

◆ MEMORIAM ◆

William (Vaclav) Nosek

Bro. Vaclav Nosek passed away in his sleep the night of March 18, 1996. He was born in the town of Prednice in Bohemia, Austria, now in the Czech Republic and migrated to the United States in 1913 at the age of 21 and settled in St. Louis, Missouri. In 1915, he became a member of the Gymnastic Association Sokol St. Louis and was a member

for 83 years, with honorary membership. He was also an honorary member of Lodge Washington No. 30 of the CSA Fraternal Life. In 1918, he married Josephine Suchy, who passed away in 1975 and they had one daughter, Betty Nosek. He had seven grandchildren and nine great-grandchildren. Bro. Nosek had a long and

fruitful life. He dedicated his entire life to his family and the American Czech community, serving Sokol St. Louis, the first Sokol in the United States; the first fraternal lodge, CSA Fraternal Life in St. Louis, making up the American-Czech Educational Center to preserve the Czech culture for our future generations. He was

honest, moral, sincere, respectable and dependable. He knew what had to be done and accepted his responsibilities and duties. He was a true American, but never forgot his homeland. His memory will be cherished by all who knew him.

~ William J. Shana,
Sokol St. Louis

SOUTHERN DISTRICT SENIOR CALISTHENICS CLINIC

Held at Sokol Fort Worth

The new year of 1996 had come and the Senior Calisthenics for Philadelphia was still only a rumor for the units of the Southern District. It was decided that a crash course from a super teacher was needed. Someone that knew both the women's and men's parts, someone that could understand the movements and the music, an inspirational super teacher that could make cal easy and fun. Who else ...? Sis. Ellie Babka from Sokol Berwyn-Slavsky.

Sis. Babka was contacted, flight arrangements made and the show was on for January 30-31, 1996. Arriving at 1:00 PM after a long flight from Chicago to Houston and then to Fort Worth, Sis. Ellie was not feeling well, something she had eaten. Six hours until class time ...oh no! Call everyone and cancel? Take a stab at doing it ourselves without knowing the cal? Finally, after a long nap, Sis. Ellie was willing to at least give it a try. She was introduced to 47 eager members from Sokols Fort Worth, Dallas and Ennis. Starting slowly with a low voice, she was soon in full swing with instructions and demonstrations



Pictured (L to R): Sis. Jan Kalat, ASO Director of Women; Sis. Ellie Babka; Bro. Larry Laznovsky, President, Southern District

for 2½ hours. She gave great explanations and guided us through the entire drill.

The next day, Sis. Ellie performed both the men's and women's parts while we made a videotape for our use. Again, she began repeating for some new comers and we worked for 1½ hours.

RESULTS: Two days of cal workout, 4 hours, 47 members from three units, video instructions tapes for units and members and most of all, we all learned a lot and have a great admiration for a super teacher. Thank you, Sis. Ellie Babka, thank you!

~ Na Zdar! Southern District - Sokols Fort Worth, Dallas and Ennis

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Czech/ Polish Aircraft Swap

The Czech Republic will trade 10 Russian MiG-29 fighter aircraft to Poland for 11 Polish Sokol helicopters. The Czech Defense Ministry deemed the MiG-29s to be too expensive to operate and will use the helicopters for medical evacuation.

~ From American Friends
of the Czech Republic
Newsletter, Feb./Mar. 1996



SOKOL Families



Pictured are son and father, Joseph (L.) and Josef (R.) Erhenberger, at the lineup at Strahov Stadium in Prague for the All Sokol Slet in 1994. Josef has been attending classes at Sokol Fort Worth from Dallas; his son Joseph and his children are now from Baltimore. Josef and his wife have been attending Bro. Jerry Milan's senior class since 1993 in preparation for Prague, where all of his family met at the Slet, travelled to family villages and scouted for their relatives. They had a grand trip and were so proud to do all that together. In '95, they all participated in Toronto and all 4 won awards.

~ Nazdar! Sis. Henrietta Milan

Report of Educational Director, Bro. Jerry Milan March 1996 Executive Board Meeting

Activities I have participated in or plan to attend:

1. Worked at the McDonald American Cup Gymnastic Championships in staging with other Sokol members Emil and Tal Milan. Bros. Rome Milan, Jody Steinman and Kevin Bates worked with equipment and podium setup. Bro. Rome Milan judged Rings and High Bar events.
2. Attended Olympic Torch Sports Committee meeting.
3. Plan to have Education Committee meeting in Chicago on Thursday, May 2, 1996.
4. Plan to attend USAG board of Directors meeting, May 3-5, in Indianapolis.
5. Will host "Flair Across America" in Fort Worth, June 9-10, 1996.
6. Plan to attend Southern District Slet, May 30-June 2 in Ennis, TX.
7. Plan to attend Sokol USA Slet in Philadelphia.

Material has been published in the American Sokol magazine and received favorable comments. Still working on projects. I have kept in touch with Sis. Schabowski about Library & Archives.

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.

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AMERICAN SOKOL ORGANIZATION

GYMNAST

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



SENIORS PROGRAM: "Seniors In Motion"

Development of an American Sokol Seniors Program has become a reality. Since this Program will be a living, breathing, ever changing, and expanding program with many different facets and activities, it has been decided to distribute it in sections. As a section of activities is developed, it will be made available to those interested in the program. Thus users will not have to wait until the program is "finished" in order to start using parts of it. The program materials will be distributed in loose-leaf fashion for easy compilation into a complete program and for ease of reproduction for handout.

As a teaser for the rest of the program, the first section which includes **EXERCISE ACTIVITIES FOR WARM-UP & COOL-DOWN** has been distributed to all unit directors. This section was distributed free of charge to all units, just as a way of getting started and as a Program announcement vehicle. Additional, future sections will just be announced (*Gymnast*) and will then have to be requested from the national office by interested parties. The cost of printed materials will be dependent on size and will be indicated with the announcement of the section. Cost of music / videos, etc. will be the standard copy price for audio tapes and for video tapes. Individual sections may include but not be limited to combinations of written text, audio, video, graphics, guidelines, etc. Contact the National Office if you wish to obtain a copy of this first installment.

We hope this program will be helpful in establishing increased physical activities for Seniors in our Sokol gymnasiums as well as outside our gymnasiums.

GOOD LUCK & NAZDAR!

Sis. June Pros & Sis. Jane Jurew, Senior Program Coordinators

Watch for announcement of the next section of the Seniors Program: Line Dancing

FOLK DANCE for Sokol Classes **A NEW American Sokol Program** **Text and Audio for Selected Folk Dances** **Intended for Use as Part of the Curriculum** **for Regular Sokol Classes**

The 15 Folk Dances are easy to teach, simple to learn, fun, and provide good exercise to large numbers. Many are 'mixers', giving class members a chance to meet and socialize during the dance. Above All, Sokol class members are exposed to music of various nationalities and cultures. To retain interest in our own heritage, especially, five of the dances are either Czech, Moravian, or Slovak.

Prepared By: *Georgia Jencik*, Sokol Greater Cleveland

Program Materials are available from the ASO Office
Sis. Jane & Bro. Howie Wise, Folk Dance Program Coordinators

EXPANDING INTO A MULTI-PURPOSE FACILITY

Programming Factors -- Specific and Synergistic

Each program added can contribute to the enrollment of all of the rest. One of the advantages of adding activities is each new program provides an additional "barrier" to another local club duplicating your facility. Each program you add makes your club more unique and convenient.

Preschool Motor Skill Development

Preschool programs for ages 1-7 gradually build from basic motor and music activities, to "all sport" physical actions, to more specific gymnastics curriculums. These are extremely valuable programs and a great way to start building child-based programs.

Recreational and Competitive Gymnastics ...and Cheerleading

Recreational and competitive programs provide a place for the younger children to advance and for older children to excel or to use these activities as training for other sports. Large facilities are more advantageous because they can double as multi-purpose gyms featuring rope courses, a circus set-up, sports camp, ski training activities, and much more.

Swimming Instruction

Swimming instruction can give clubs the big break they need to maintain even cash flow through the summer months. Operating a swim program allows year-round activity. You have the options of leasing a local pool to provide swimming lessons. Your built-in clientele will be the first to sign up and they will spread the word to their friends. People who register for swimming lessons are potential clients for your school-year programs.

Dance School

Dance training is a natural extension of a gymnastics school, but it needs its own curriculum. Fundamental skill progressions are basic for most gym schools, but many dance studios fail to utilize this system. The dance school industry seems aimed at the annual recital! A good dance staff can really help your gymnasts and cheerleaders, and provides you with another avenue of achievement for those who opt out of gymnastics, or vice versa. You can either sublease to an existing dance studio, or start your own. You may find that starting your school is troublesome in the beginning, but this is more desirable in the long run.

Self-defense School

A self-defense school is another option for students who opt out of gymnastics. The caution here is that there are innumerable styles of Martial Arts. Whether you sublease or start your own program, you need to select a style that you can find a consistent source of instructors. If this is not the case, when the head instructor leaves, the program evaporates! Just as the dance program, starting your own school is more trouble in the beginning, but more desirable in the long run.

Sports Day Camps

During The summer, December holiday break, and spring break, a need exists in most communities for active child care during these times when school is out of session. You may need to be really creative if your school district is on a year-round schedule. In any case, when school is on break, participation can increase if all-day care for children of elementary school age is provided. Not only do you capitalize on existing clientele, but also draw from the community at large. These new customers can then feed into their "activity of choice" after day camp has concluded. At the very least, they are now educated about your facility.

Indoor Rock Climbing Gym

While indoor rock climbing might appear to be a very specialized application -- take a detailed look! An indoor climbing gym can be used for groups, classes, parties of all kinds, and day camps. This program, like all public programs, has the potential to bring in a lot of new customers to your foundation of instructional programs.

Other Public Programs

Besides the indoor rock climbing gym, you might consider other programs such as an indoor playground, party center, or an indoor miniature golf area.

Educational Preschool

If your club has a little extra space to use as a small classroom and you have on your staff an accredited elementary school teacher, you have the potential for an educational preschool program.

Special Events, Camps Clinics, Competitions for all Programs

The marketing and revenue possibilities are endless! Be sure each event or activity is well-budgeted. Be creative and have FUN!

Synergy

The combined effect of all of these programs can build your clientele very quickly.

Frank Sahlein, *Technique*, Oct./Nov., 1995

GYMNAESTRADA

A GYM OWNER AND COACH'S PERSPECTIVE

What is General Gymnastics and what is all this fuss about World Gymnaestrada and GymFest? These are some of the questions I have been asked since returning from the 10th World Gymnaestrada in Berlin.

General Gymnastics (GG) is a movement that originated in Europe and is just getting off the ground in the United States. It differs from Artistic and Rhythmic Gymnastics because it uses large group routines instead of individual performances. Routines are choreographed to utilize the strengths of each participant. GG is non-competitive and entertainment oriented. Performances can consist of groups as small as 10 to large groups with thousands of participants. The beauty of GG is that anything that is safe is acceptable--the performances use creativity and imagination, you can incorporate elements of artistic gymnastics, rhythmic gymnastics, cheer, dance, and anything else you wish to add. In Berlin we saw routines similar to a Broadway musical which used sets, costumes, dance, comedy routines, or folk dance groups. You name it, we saw it!

World Gymnaestrada is the Olympics of General Gymnastics. In Berlin more than 20,000 participants from 35 nations came to show off their talents. There were 26 stages where every 20 minutes a new group performed. Performances started at 9 a.m. and continued until 6 p.m. for an entire week. Additionally, several countries conducted special evening performances in a theater-type setting featuring gymnasts and dancers from their country. Having the opportunity to meet people from all over the world is incredible. For our group, this was the experience of a lifetime that they will never forget. If you are ever offered the opportunity to participate in World Gymnaestrada--don't hesitate, go for it! (The next World Gymnaestrada will be in Goteborg, Sweden in 1999.)

National Gymfest is the U.S. counterpart to the World Gymnaestrada. It is a three-day event with an opening ceremony, group performances, Gala closing performance, and many fun social activities. USA Gymnastics has conducted three National GymFests--1993 (Indianapolis), 1994 (Palm Springs, California), and 1995 (Indianapolis). The National GymFest is usually held in late October. Plans for the 1996 GymFest will be announced soon.

This all sounds great, but why would I want my gym involved in GG? The number one reason is it's fun and exciting. Forming a Performance Team will help you retain gymnasts and add a new element to your gymnasts' workout they will be excited about. In our gym we have a separate class for the Performance Team, and it is our most popular class. The kids enjoy the gym more and it carries over to their regular workouts. It is also an opportunity to bring people into your program that do not participate, like parents. Currently we have eight parents on our Performance Team with four more considering joining. Every performance we conduct generates inquiries from interested adults.

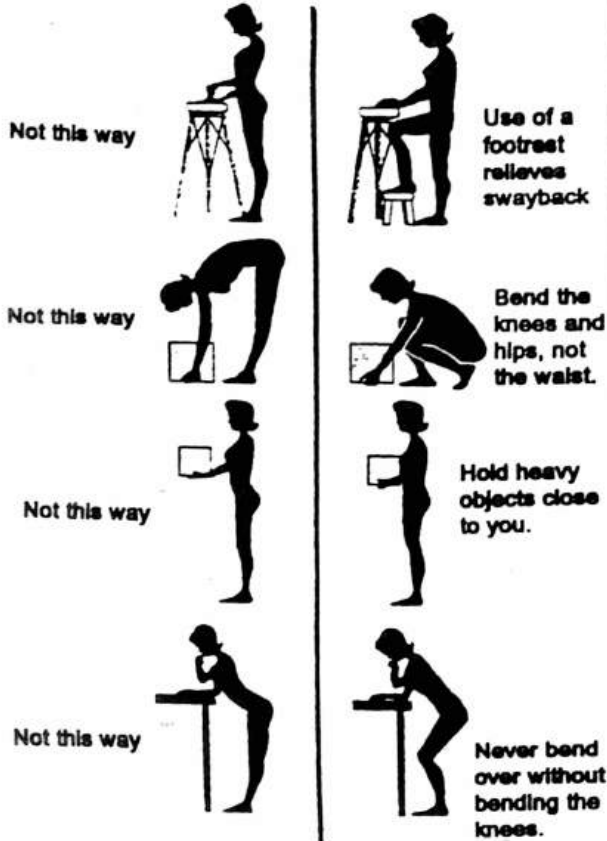
One of the biggest complaints I hear from gym owners is they can't get any coverage in the newspaper when a gymnast does well. During the time we prepared for our trip to Germany, we had seven Southern California newspapers write large articles on us with three of them being front page in the sports section with color photos. Our local newspaper devoted half the front sports page and carried six photos of our trip when we returned. Newspapers prefer group activities over individual activities--there is more general interest from the readership. For example, if you bring 50 kids to perform at a local theme park, this is more likely to get covered than if an individual gymnast qualifies to a State Meet. An added bonus: if you perform at an amusement or theme park, then your group will usually get in for free.

How do you get started? First, request copies of GG tapes from USA Gymnastics. USA Gymnastics has edited versions of the last three National GymFests and has a tape from the World Gymnaestrada in Berlin. The tapes will give you ideas. If your gym, like ours, puts on shows or exhibitions for your parents, you already have a head start. I recommend you begin a separate class to concentrate on performance routines. When your group has developed about 30 minutes of performance routines, start performing at amusement/theme parks, county fairs, street carnivals, or any other community events in your area. Watch for local and national GymFest events in *Technique* magazine. Most of all, be safe, use your imagination, and have fun!

Technique, February, 1996. Dean Capelotti,
Co-owner Fallbrook Gymnastics Club

Your Back and How to Care for It

To prevent strain and pain in everyday activities, it is restful to change from one task to another before fatigue sets in. Check body position frequently, drawing in the abdomen, flattening the back, bending the knees slightly.



For proper bed posture, a firm mattress is essential. Bedboards, sold commercially or devised at home may be used with soft mattresses. Bedboards, preferably, should be made of 3/4 inch plywood. Faulty sleeping positions intensify swayback and result not only in back ache but in numbness, tingling and pain in arms and legs.

Incorrect

Lying flat on back makes swayback worse.



Use of high pillow strains neck, arms, shoulders.



Sleeping face down exaggerates swayback, strains neck and shoulders.



Bending one hip and knee does not relieve swayback.



Correct

Lying on side with knees bent effectively flattens the back. Flat pillow may be used to support neck, especially when shoulders are broad.



Sleeping on back is restful and correct when knees are properly supported.



Raise the foot of the mattress eight inches to discourage sleeping on the abdomen.



Proper arrangement of pillows for resting or reading in bed.



A back's best friend is a straight, hard chair. If you can't get the chair you prefer, learn to sit properly on whatever on whatever chair you get. To correct sitting position from forward slump throw head well back, then bend it forward to pull in the chin. This will straighten the back. Now tighten abdominal muscles to raise the chest. Check position frequently.

Correct way to sit while driving, close to pedals. Use seat belt or hard backrest, available commercially.



Keep neck and back in as straight a line as possible with the spine. Bend forward from hips.



Relieve strain by sitting well forward, flatten back by tightening abdominal muscles, and cross knees.



TV slump leads to "dowager's hump" strains neck and shoulders.



Driver's seat too far from pedals emphasizes curve in lower back.



Use of footrest relieves swayback. Aim is to have knees higher than hips.



If chair is too high, swayback is increased.



Strained reading position. Forward thrusting strains muscles of neck and head.



Sokol Fresno Spring Dance

As I reflected on the fun that we members of Sokol Fresno had recently, I thought that it might be of interest to other Sokols.

The song goes, "When it's Springtime in the Rockies ...," but for Sokol Fresno, it's "Springtime in the San Joaquin Valley." And what a glorious Spring it has been. Against the backdrop of the snow-tipped Sierra Mountains and with a day as sunny and sparkingly clear as any in the High Tatras, the members of Sokol Fresno welcomed it with their

annual Spring Dance.

Now, it's not easy to find a band that can play Czech polkas and waltzes, but our hard-working entertainment chairman, Sis. Jeffie Filgas, did exactly that. Although most of our members are well into the "golden years" and thus "chronologically advantaged," the toes tapped and the feet flew when that good ol' Czech music came pouring forth. What a tribute to the spirit of Sokol!

During an interlude, the Unit's group of eight

dancers performed the Beseda, much to the delight of the many non-Sokol guests. They might be past their competitive gymming days, but they can still dance a vigorous Beseda. A very large number of members first became Sokols when the Unit was formed in 1939. As kids, they learned a special version of the Beseda and performed it at the San Francisco World's Fair in 1939 and 1940. Again, what a tribute to the Sokol spirit and Czech heritage that they

are still doing the Beseda more than 50 years later!

Later in April, the Unit will set up and operate a Corn Dog stand in conjunction with the Clovis Rodeo week, where 120,000 visitors come to eat, drink, dance and enjoy the Country Western activities. The funds raised are used by the Unit to sponsor several college scholarships, another way Sokol aids and influences young persons. Still yet another example of Sokol spirit at work!

~ Victor Nemecek,
President, Sokol Fresno

MY MOST MEMORABLE EXPERIENCE IN SOKOL

Central District Essay Contest Entry by Sis. Blanche Kos, Sokolice Tabor

In the beginning, as I admired the Sokols and Czech school pupils performing during Czech plays, I aspired to "one of them." I was proudly attired in red skirt, white blouse and apron, standing on the stage of CSPA Hall announcing "Ja jsem Ceska Holka." Say what you will, this was a memorable moment and all that went with it.

We moved to where no Sokol unit existed and then back to Chicago where at 13 years of age I was enrolled in Sokol Havlicek-Tyrs and enjoyed classes with Bro. Jelinek, Prihoda,

Kos and Sis. Prchal and Welcl-Ruzicka as instructors. Again, back to the farm and directly to Sokol Arrowhead, Meadowlands, MN. I participated in a 30-day course (Kurs) in South Haven, MI, which prepared me to become a full-fledged teacher, this was another memorable moment.

On Sundays, we walked four miles on country roads to our gym classes. After which our folks, who had finished our farm chores, drove up with horses, providing food and phonograph music, etc. After a family-style supper,

we conducted the meeting and ended singing all the way home.

More family moves brought me back to Chicago and Sokol Havlicek-Tyrs. A wedding, a baby, a move to Forest Park and a transfer to Sokol Tabor, which happily was walking distance from home.

I wonder how many miles I walked to and from classes at Sokol Tabor. When baby Blanche was four, it was indeed time for her to start classes, but nothing was available for her age group. So, I started a Tots class for 4-6 year olds at Sokol

Tabor. The first enrollment was 55 children. Later, interest proved the need for a separate class for 2-4 year olds. This was also really a special moment for me, a Tabor first! and the Obec approved! Later, assisting Bobby Ruzicka, teaching 2nd Class was a natural process.

The Tots were eager, as were their mothers, who enjoyed and helped. I welcomed them and had a first mothers helper committee. We kept the run-jump-push and pull theory in mind with relays

Continued on Page 9.

SOKOL USA 100TH ANNIVERSARY SLET BANQUET ~ RESERVATION FORM

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SOKOL USA 100TH ANNIVERSARY SLET

Schedule of Events

Wednesday, July 3	REGISTRATION Noon-8:00 PM JUDGES' MEETING 6:00 PM
Thursday, July 4	OPENING CELEBRATION (\$10) 8:00 PM COMPETITIONS 8:00 AM Juniors - Seniors - Championship Compulsories FIREWORKS DISPLAY
Friday, July 5	COMPETITIONS 8:00 AM Sokolads - Sokolettes - Rhythmics - Championship Optionals BLOCK PARTY (\$25) (Competitors) 7:00 PM BANQUET (\$50) 6:00 Cocktails/7:00 PM Dinner
Saturday, July 6	COMPETITIONS 8:00 AM Triathlon - Volleyball AWARDS - VICTORY DANCE (\$10) 7:00 PM
Sunday, July 7	SLET REHEARSAL 8:00 AM SLET (\$5) 2:00 PM ALL-SOKOL FORUM 8:00 PM

◆ MEMORIAM ◆

Mary I. (Tomko) Soltis

It is with much sadness that I have to report the passing of long time Sokol member, Sis. Mary Soltis. The following summary of her life and activities is submitted with much love and respect.

Mary Irene (Tomko) Soltis was born in McKeesport, PA in 1917. She began attending gymnastic classes sponsored by McKeesport Lodge No. 46 of the Slovak Gymnastic Union Sokol, where she learned not only all aspects of physical fitness, but also the Slovak language, songs and culture, which sustained her throughout her lifetime. An avid gymnast, she trained vigorously and traveled to many cities competing in gymnastic and field events with other Sokols and participated in Slet mass calisthenics. She attended Sokol gymnastic courses in Boonton, NJ

and Yonkers, NY, which qualified her to be an instructor at the Lodge level and an assistant instructor at the District level. Her greatest honor was winning a competitive place on the gymnastic team representing the McKeesport Sokol Unit at the X All-Sokol Slet in Prague in 1938.

During the 1938 trip to Prague, Sis. Soltis became engaged to her childhood sweetheart, Bro. George Soltis, a member of the men's gymnastic team. They married in 1940 and moved to Washington, DC in 1942. Missing their Slovak social and Sokol contacts, in 1945 they sought out the Czechoslovak community and became an integral part of it. Sis. Soltis joined Sokol Washington DC in 1951 and became the Assistant Director and Instructor of gymnastics the following year and several

succeeding years. In addition, she graciously stepped in and completed the tenure for other Directors who could not fulfill their duties. She collaborated with her husband, George, who was Sokol Washington's Director of Men, in composing and teaching special numbers which were performed at several exhibitions. She worked on many committees and never refused any requests for her help. She was a truly dedicated member.

Sis. Soltis is survived by her son, Ronald, a member of both ASO Washington DC and Sokol USA Lodge No. 46, daughter-in-law Darlene, grandson Richard, granddaughter Tammy, great-granddaughter Briana, sisters Helen Pucalik and Margaret Piskor and nieces and nephews. She will be greatly missed.

~ Ronald G. Soltis

KOS SOKOL MEMORIES *(continued)*

and apparatus. We recognized holidays and parties. These were fulfilling days and everyone was happy – no latch key kids here!

On my child's coaster wagon, I hauled my Electrolux cleaner (to clean the canvas mats), a phonograph and whatever was needed for the classes. As traveled eastward on 16th Street, I hummed and sang. I wonder now how many frequent walker miles I earned?

When Sokol Tabor was approaching its 100th Anniversary, it had to be special. I adapted ten Czech Folk Songs to a miniature Beseda number. We hummed the melodies

as we learned left from right, we skipped to the simple dances as we sang the melodies. In our Czech costumes and wreaths, we brought down the house. Sis. Mildred Prchal's praise was a precious moment and I worked with her as 2nd Nacelinec for a long time afterward.

Illnesses forced a slowdown in participation, but not in interest. I coached and judged for many years and more than ever saw the need for a daytime class for seniors. The original plan was for aesthetics and calisthenics, social and physical fitness. This too came into being,

was approved by the Obec and now is continuing at Tabor and other Obec units. Another Tabor First!

My love and forte was leading and teaching children - all precious and memorable moments - eventually channeling through educational classes. How does one perceive any moment more memorable than another? Sokol was my way of life! I married a champ and raised two. In summation; starting at thirteen years of age and now at 82½ years yields sixty-nine years of participation. Precious memories are made of this. The whole Kos family feels rewarded.

WORLD SOKOL FEDERATION (Continued from Page 3)

On Tuesday, November 14, Bro. Lebloch and Slavik came once again to Tyrsuv Dum to view the men's and women's calisthenics being prepared by the COS BOI. Sis. Zitna played the tentatively composed music by Bro. Mojmir Balling. Sis. Zitna went through the outline of the introduction and final part of the drill. Later, she demonstrated the women's part, which she finished only the previous day, typed during the week and gave Bro. Slavik a copy. Bro. Svaton promised to mail in the men's part in three weeks.

I like to stress that this time the Federation outlined its actual program, set time limits for all events. All delegates, including the Polish and Slovenian brothers, took part in discussions. Language was no problem; if spoken slowly, all Slavs understand each other. Just to make sure, the important points were translated into English. Obviously, the most pleasing aspect of this conference was the presence of Slovenian and Polish Sokols. Reports from Ukraine and Russia are also most encouraging. Sokol Abroad, as announced last

year, will disband on December 31, 1995. It filled the vacuum created by 42 years of totality in Czech Republic. It can be proud of its Sokol work, quite often laboring under extremely difficult conditions. Their five districts will certainly reorganize or merge with other organizations. In the meantime, the World Sokol Federation moves forward, strengthened by two more organizations. The mutual cooperation is beginning to bear fruit with out 1997 Slet being the first testing point.

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Nad Tatrou sa blyska hromy divo biju.

Zastavte ich bratia ved sa ony
stratia, Slovaci Oziju.

Zastavte ich bratia ved sa ony
stratia, Slovaci Oziju.

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~ From Sokol Times, 4/11/96

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