

# american **SOKOL**

Volume CXIX, Number IV

APRIL/MAY 1997

**WELCOME to the Chicago Area!**

Are you ready to

**"CATCH THE SPIRIT"**

**of the XIX American Sokol Slet?**

## FACTS ABOUT CHICAGO...

Annual Pumpage of Water: 381,862,000,000 Gallons

Total Materials in Public Library: 14,021,550

Tallest Building: Sears Tower, 110 Stories, 1,454 Feet

Population: 2,783,726

Area (Sq. Miles): 228.469

Miles of Lakefront Shoreline: 29

# of Horses in Police Department: 26

Average Temperature: 50° F

Street Lights: 173,771

Miles of Expressway: 53.7

Fire Hydrants: 47,132

Altitude: 578.5 Ft. Above Sea Level

### CATCH THE SPIRIT!

Check inside for important XIX A.S.O.

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Are you on-line? Check out [www.dupagecvb.com/visitor/attractions.html](http://www.dupagecvb.com/visitor/attractions.html) for great information about things to do near the Slet headquarters hotel!

# American Sokol

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

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EDITOR - PATRICIA SATEK

46 Northgate Rd. - Riverside, IL 60546-1639  
708-447-8382

## From Your Editor...

Two amazing facts: 1) This issue marks the 5th anniversary as Editor of the "American Sokol" and 2) the Slet is upon us and this is probably the final issue of American Sokol you will receive prior to the events taking place. Bro. Kalat, the Editor of the "Gymnast" section, and I hope that all the information supplied in these pages has been helpful to you as you prepare to attend the Slet. We look forward to seeing many of you in Chicago and wish all the competitors success in their endeavors.

**SLETU ZDARI**

**Sls. Patricia Satek**

**46 Northgate Road**

**Riverside, IL 60546-1639**

## CALENDAR of EVENTS

### MAY

15 All XIX Xlet Entry Forms Due  
to A.S.O. Office!!

16 Sokol Greater Cleveland  
Fish Fry

16 Sokol Minnesota Volunteer  
Dinner

18 American Sokol Little Ferry  
Pork Dinner

19 Sokol Milwaukee Exhibition  
and Awards Night

### JUNE

1 D.A. Sokol Exhibition

1 Sokol Greater Cleveland  
Summer Exhibition

7 Central District Children's  
Competition

8 Northeastern District Slet at  
Sandy Bottom Lake

8 Sokol Minnesota Pancake  
Breakfast

### JUNE

13-15 Western District Slet at  
Sokol Crete

14 Central District Jr./Sr.  
Competition

14 Central District Awards Night  
at Sokol Tabor

25-29 "Catch the Spirit" XIX  
American Sokol Slet

30 World Sokol Federation  
Board of Instructors Meeting  
and Workshop

### JULY

13 Sokol Ceska Sin Cesky Den

19 Sokol Ceska Sin Golf Outing

18-20 Sokol Milwaukee Czech  
Museum Trip - Cedar Rapids

22-8/4 ASO Instructors' Schol at  
Sokol South Omaha

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

## THOUGHT STARTERS

from Bro. Jerry Milan,  
ASO Educational Director

"Men are not  
punished for their sins,  
but by them."

## 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.*

# The Search for Andera Graveyard Crosses

## The Unique Cemetery Art of a Czech American Immigrant

When in 1929 Charles Andera died, he left behind a unique legacy: the hundreds of ornate, distinctive cast metal crosses which mark the final resting place of Roman Catholic Czech Americans in no less than 12 states. His beautiful grave markers have been found in cemeteries from Prague, OK to Bohemia, NY; from Pisek, ND to Hallettsville, TX. Almost exclusively, these monuments are in Czech Catholic graveyards. Loren N. Horton, Chief Historian for the Iowa State Historical Society, now retired, calls Andera's cemetery art a "Czech-American treasure."

In addition to his wonderful work, Andera left us with a number of questions: Where did he learn his many skills, where did he have his intricate crosses cast, how did he market them, and how many more are there that we don't know about? Those questions are all begging answers. An effort is now underway to resolve them and to locate and catalog all of his wonderful grave marker crosses.

Andera came to this country with his parents and several siblings in the early 1860s from Hrobska Zahradka (Garden of the Graves), a small village near Tabor, Bohemia. It's name derived from the ancient burial mounds near which it was located. After a short stay in Toronto, Canada, the family settled on a farm near Spillville, Iowa. There, in 1875, Charles married Barbara Dostal, the daughter of a wagon maker.

Now a skilled carpenter and cabinet

maker, Charles Andera opened a furniture store next to his small house in Spillville. His work included the construction of the communion rail and other wooden appointments in Spillville's St. Wenceslaus Church. Bells of the clock he installed in its steeple sounded on the quarter hour and could be heard for miles. Commuting by bicycle, he crafted the alters in the Catholic churches in nearby Fort Atkinson and Protivin. He also made burial caskets.

The earliest crosses extant in the Spillville cemetery were made from wagon maker's strap iron and may have been the product of Jan Dostal, Andera's father-in-law.

Charles Andera sculpted his crosses from wood and Plaster of Paris, then sent this pattern to a foundry to have it cast. The corpora, of which there were several sizes, as well as the small statues which adorn two of his designs, he carved from wood. The inscription plates he may have cast himself. The foundry was probably in Wisconsin, but to date no solid evidence has been found.

Andera's photos of the crosses he sold show eight different basic designs, which through markings can be identified as his work. Strangely, there appears to be no pattern in the manner in which Andera marked his crosses. Some simply have his initials, others include his initials or name, the words "Spillville, IA" or "Tremont, MO" and may include the date of manufacture.

Most puzzling is the question of how Andera located buyers scattered throughout such a wide region? (Crosses have been found in Iowa, Minnesota, Wisconsin, Michigan, New York, North Dakota, South Dakota, Nebraska, Oklahoma, Kansas, Missouri and Texas.) The sole Andera ad which has been found was in a 25th anniversary history of the Catholic Workman, a Czech Catholic fraternal union, the Spillville chapter of which Charles Andera was the founding member.

The Andera grave marker crosses are rich in symbolism. One adorned with a skull and crossbones depicting an image commonly displayed by Czech Catholics in centuries past as a reminder of man's mortality. Other symbols and decorations he utilized included angels, cherubs, crucifixes, the Lamb of God, statues of Jesus and the Virgin Mother, the crown of thorns, quaterfoils and trefoils.

*This article was edited from information found on the internet. The writer, Cy Klimesh, is anxious to hear from anyone who may have knowledge about these crosses. Contact him at: cyklim@sonic.net.*

### **CORRECTION!**

The Slet Swimming competition will take place at **WEST CHICAGO HIGH SCHOOL**, not at Morton West. Please make a note of this.

### **CORRECTION!**

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◆ MEMORIAM ◆

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Bro. Robert E. Jirousek, Sr.

For years in the Corlett Ave. East 131st St. Czech Community, the name Jirousek was synonymous with the word "Sokol." Bros. Edwin and Robert, sons of James and Mary (nee Blazek) Jirousek, linked their talents into a Sokol partnership. Eddie utilized his talents as a member of the Sokol Tyrs Board of Instructors, Bob directed his energies to the Sokol Board of Directors. This partnership was dissolved upon Bob's death this past February.



Sokol, Inc. He served as Chairman of the Ways and Means Committee, Vice-President and American Sokol, Inc. President for 8 years.

Bob served with the U.S. Army during World War II and achieved the rank of First Lieutenant. He was awarded the Bronze Star in 1945 for "Valor in Service." His Army foot locker, purchased in 1942 at Fort Knox, KY, traveled with Bob during his military career. In 1947, the foot locker was painted white with a red cross on the

Bob's Sokol contributions began as Sokol Tyrs' Boys and Junior Boys Class Leader, Assistant Director and then Sokol Tyrs' Director of Men. In 1935, as Boys and Girls Class Leaders, Bob and the late Mana Nejedly organized the nastup at the mid-Slet, which was held at the Cleveland Lake Front Stadium. Bob was also a Czech Folk Dancer, performing the Beseda at many functions in various states.

It was at this point that Bob's Sokol life took a divergent path. He became a very active member of the Sokol Tyrs Board of Directors. Some of his contributions were: Chairman of the 1957/58 Sokol Tyrs Building Fund Committee, Sokol Tyrs Vice President, Sokol Tyrs President and Sokol Greater Cleveland Treasurer. Bob also donated his talents to the Sokol Greater Cleveland Work Party.

On the National level, Bro. Jirousek was a member of the District Board of Instructors and District Boys Class Leader. He served as Vice-President of the Northeastern District for 8 years. Bob was a unit delegate to 5 National Conventions and served for 15 years on the National By-Laws Committee.

Bro. Jirousek was a charter member of American

front. The locker was converted into the Sokol Tyrs First Aid Kit and was always stocked with refreshments and occupied an assigned place at the rear of the Sokol bus. It had the privilege of being carried on first and taken off last. The Sokol first aid kit was in service for at least 10 national Slets and several mid-Slets.

Bob was preceded in death by his first wife of 41 years, Gladys Fiala Jirousek. He is survived by his second wife, Ruth Lever Jirousek, sons and daughter-in-laws Robert and Carole, Dennis and Nancy and families.

It is with a sense of great loss that we mourn Bob's passing. It is also a time of remembrance and celebration of Bro. Jirousek's contributions and accomplishments as a 62-year Sokol member and his 81 years of life. We honor Bob's memory of commitment and dedication as a Sokol member, Sokol Brother, Lieutenant of the Cleveland Fire Department and as a man who served his country.

Bro. Bob Jirousek, we give you a final Sokol salute,  
**NAZDAR!**

*~Submitted by John J. Dusek, President,  
Sokol Greater Cleveland*

## ***F.Y.I. ~ TO CALL SLOVAKIA OR THE CZECH REPUBLIC...***

As of March 1, 1997, the Czech and Slovak Republics have new country Telephone Codes for international calls. For SLOVAKIA, the new code is "421." For the CZECH REPUBLIC, the new code is "420."

## 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 Anne Halik, Sokol Berwyn-Slavsky:

From Robert Baumruk, Sokol Berwyn-Slavsky .....	\$250.00
From Jan & Chuck Kalat, Sokol Karel Havlicek Borovsky (also Berwyn-Slavsky & Sokolice Tabor) .....	\$100.00
From Sylvia Laznovsky .....	\$25.00
From Jerry & MaryAnn Staroba .....	\$20.00
From John & Vlasta Stribrny .....	\$15.00
From Mildred & Curt Mentzer .....	\$10.00
From Sokol Chicagoland .....	\$25.00
From Anna Basta .....	\$25.00
From Joe & Ethel Rus .....	\$15.00
From Louise Nekuda .....	\$15.00
From Sokol Berwyn-Slavsky .....	\$5.00

In Memory of Violet McCarthy, Sokolice Tabor

From June & Miles Pros .....	\$10.00
From Joe & Ethel Rus .....	\$10.00

In Memory of Mary Louzensky

From Tony & Lorraine Faikus .....	\$10.00
In Memory of Robert Jirousek, Sokol Greater Cleveland from Stanley Barcal .....	\$10.00
In Memory of Ed Cihak from Joan Sedlacek .....	\$20.00
In Memory of Irene Rada, Sokol Berwyn-Slavsky from Sokol Berwyn-Slavsky .....	\$5.00
In Memory of Louis O. and Anna Hosek from Jerry J. and Shirley Hosek .....	\$25.00

# Slet Banquet

Friday, June 27, 1997

*Lisle/Naperville Hilton Inn Regency Ballroom*

*3003 Corporate West Drive ~ Lisle, Illinois 60532*

Reception (Cash Bar) .....	6:30 PM	Program .....	8:30 PM
Dinner .....	7:30 PM	Dancing .....	Following

*Banquet tickets are \$45.00 per person. Tables of 10 (ten) persons each are available.*

*Table assignments/tickets can be picked up at the entrance.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Sokol Unit/Organization \_\_\_\_\_

No. of Tickets \_\_\_\_\_ @ \$45.00 each

Total \$ \_\_\_\_\_ (Check Enclosed)

*Make checks payable to: American Sokol Organization. Deadline: June 13, 1997*

*Mail to: American Sokol ~ 6424 W. Cermak Rd. ~ Berwyn, IL 60402*

# FUND TO AID CZECH SOKOL DELEGATION ESTABLISHED FOR XIX A.S.O. SLET

Former Czech Ambassador to the U.S., Michael Zantovsky in his farewell message wrote:

*"I will be leaving with a very good feeling about the relations between our two countries. Our relationship is as strong as ever before, our goals and plans are very similar and our underlying principles and values are identical. The flow of exchange in terms of ideas, people and goods has never been as intensive. From being enemies as countries - though never as people - we became partners and from being partners we became friends. Hopefully, we will soon from friends become allies."*

A relationship between two countries, much like the one between two people, requires constant care and attention in order to flourish. The relationship and friendship between the American Sokol Organization and the Czech Sokol Organization has also flourished. This relationship also requires care and attention. This friendship will be evident at our XIX American Sokol Slet. It is estimated that over 200 Czech Sokols will be

attending. Among them will be an official delegation representing the Czech Sokol Organization (COS) in gymnastic and sport competitions.

**Sokol Berwyn-Slavsky** and **Sokol Brookfield** have offered to house the official delegation in their halls. There are additional expenses. Bro. Vladislav Slavik, President of the Eastern District, is conducting a collection to fund bus transportation from the Sokol halls to the competition sites, Slet events and airport. We will also provide breakfast at the Sokol halls.

If you are willing to help, send your donation made payable to Eastern District Slet Fund to:

**Eastern District - Sokol Hall  
420 E. 71st Street  
New York, NY 10021**

All donors will be listed in the "American Sokol." Thank you!

What the heart unites, the ocean cannot divide.

Sletu Zdar! Success to the Slet!

*Bro. Paul Lebloch  
1st Vice-President, American Sokol*

## MEMBER HONORS

Annually, near the feast of St. Joseph (March 19) the Board of Directors of Czech Karlin Hall, Cleveland, OH, honors an individual or individuals who have given of their time and talent for the betterment of the community. This year's honoree as "Good Joe of 1997" is **Bro. Thomas Skulina**, member and legal advisor of Sokol Greater Cleveland.

Congratulations Bro. Skulina!

## CZECH MUSEUM FULFILLS A DREAM

*Edited from an Article in the Omaha  
World-Herald By Lisa Prue*

Bea Pavoucek (Sokol South Omaha) recalled with tears in her eyes how dedicated her late husband, Ed, was to this goal of opening a Czech museum in Omaha.

The son of Czech immigrants, Pavoucek was determined to "preserve and promote the Czech culture for future generations," she said. "It was his dream."

His dream became reality in 1986 when the Czechoslovak museum opened in the lower level of Sokol South Omaha.

After an impassioned plea to Sokol South Omaha members for space, Pavoucek organized fund-raising events to pay for renovations necessary to create the museum.

Memorabilia from Sokol South Omaha's long history fills several display cases. Egermann crystal, mouth-blown Christmas ornaments and a doll collection depicting the various Czech national costumes fill others.

On a riser in the center of the museum are several mannequins outfitted in traditional Czech costumes and navy and brown uniforms worn by Sokol members in Czechoslovakia.

The museum is supported by an adjoining gift shop that features Bohemian garnet jewelry and hand-cut lead crystal imported from the Czech Republic.

*~ Submitted by Sis. Jolene Dalton,  
Sokolice South Omaha*



AMERICAN SOKOL ORGANIZATION

# GYMNAST



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

## 1997 SLET -- TENTATIVE SCHEDULE OF EVENTS

### Wednesday - June 25, 1997

Coaches' Information Meeting -- 1:00pm -- Lisle Hilton Hotel  
Fun Run -- 3:00pm -- Morton West HS  
Opening Ceremonies and Special Number Exhibition -- 7:00pm -- Morton West HS

### Thursday - June 26, 1997

Golf -- 7:30am -- Country Lakes Golf Course  
Gymnastic Competitions -- 8:00am - 6:30 pm -- Naperville Central HS  
(Adv. Boys, Adv. Girls, Jr.Boys, Jr.Girls, Men, Women, Masters)  
Rhythmic Competitions -- 4:00pm - 9:30pm -- Naperville Central HS

### Friday - June 27, 1997

Volleyball -- 7:00am - 4:00pm -- Great Lakes Volleyball Center  
Bowling -- 12:00pm -- New Vision Lanes  
Swimming -- 12:00pm - 4:00pm -- West Chicago Community HS  
Competitor Social -- 6:00pm - 12:00pm -- Enchanted Castle Entertainment Center  
Slet Banquet -- 6:30pm -- Lisle Hilton Hotel

### Saturday - June 28, 1997

Children's Gymnastic Competition -- 7:30am - 1:00pm -- Naperville Central HS  
Team Marching Competition -- 10:00am -- Naperville Central HS  
Team Calisthenics Competition -- 10:00am -- Naperville Central HS  
3-on-3 Basketball -- 8:00am - 3:00pm -- Naperville Central HS  
Championship Optional Exercises -- 1:00pm - 4:00pm -- Naperville Central HS  
Awards Presentation and Dance -- 7:00pm -- Lisle Hilton Hotel

### Sunday - June 29, 1997

Slet Program Rehearsal -- 7:00am -- Morton West HS  
Slet Program -- 2:00pm -- Morton West HS  
After Slet Farewell & Social -- Sokol Tabor

#### ♦ SLET VENUE STREET ADDRESSES:

- ♦ Lisle / Naperville Hilton, 3003 Corporate West Dr., Lisle, IL -- Phone: 630-505-0900
- ♦ Morton West HS, 2400 Home Ave., Berwyn, IL 60402 -- Phone: 708-656-2300
- ♦ Naperville Central HS, 440 W. Aurora Ave., Naperville, IL 60540 -- Phone: 630-420-6444
- ♦ Great Lakes Center, 551 W. Roosevelt Rd., West Chicago, IL 60185 -- Phone: 630-231-0444
- ♦ West Chicago Community HS, 326 Joliet St., West Chicago, IL 60185 -- Phone: 630-231-0880
- ♦ Enchanted Castle, 1103 S. Main St., Lombard, IL 60148 -- Phone: 630-953-7860
- ♦ Country Lakes Golf Course, 1601 Fairway Dr., Naperville, IL -- Phone: 630-420-1060
- ♦ New Vision Lanes, 1555 W. 75th St., Woodridge, IL -- Phone: 630-985-1115

## "Catch the Spirit"

# 1997 SLET GOLF TOURNAMENT

Thursday, June 26th -- 7:30 AM

Country Lakes Golf Course, 1601 Fairway Dr., Naperville, IL

Entry Fee: \$37.50

(includes greens fee, 1/2 cart, refreshments - coffee & donuts, and awards).

## 1997 Slet Golf Tournament Entry Form

Name \_\_\_\_\_ M / F \_\_\_ Junior (<18)\_\_\_ Senior (<35) \_\_\_ Masters (35+)

Name \_\_\_\_\_ M / F \_\_\_ Junior (<18)\_\_\_ Senior (<35) \_\_\_ Masters (35+)

Name \_\_\_\_\_ M / F \_\_\_ Junior (<18)\_\_\_ Senior (<35) \_\_\_ Masters (35+)

Submit Entry Form and appropriate fees to :  
American Sokol, 6424 W. Cermak Rd., Berwyn, IL 60402  
**NO LATER THAN June 1, 1997.**

For additional information contact Curt Mentzer through the American Sokol Office.

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# 1997 SLET BOWLING TOURNAMENT

Friday, June 27th -- 12 noon

New Vision Lanes, 1555 W. 75th St., Woodridge, IL

Entry Fee: \$8.50

(includes 3 games bowling, shoes if needed, and awards)

## 1997 Slet Bowling Tournament Entry Form

Name \_\_\_\_\_ M / F \_\_\_ Junior (<18)\_\_\_ Senior (<35) \_\_\_ Masters (35+)

Name \_\_\_\_\_ M / F \_\_\_ Junior (<18)\_\_\_ Senior (<35) \_\_\_ Masters (35+)

Name \_\_\_\_\_ M / F \_\_\_ Junior (<18)\_\_\_ Senior (<35) \_\_\_ Masters (35+)

Submit Entry Form and appropriate fees to :  
American Sokol, 6424 W. Cermak Rd., Berwyn, IL 60402  
**NO LATER THAN June 1, 1997.**

For additional information contact Rich Sommer through the American Sokol Office.

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## "Catch the Spirit"

XIX American Sokol Slet  
"Catch the Spirit"

*Enchanted Castle Social*

1103 S. Main St. Lombard

Friday, June 27, 1997

**A Night of FAMILY Fun**

7:00 pm-Midnight

**Rides:**

Bumper cars

*"Rage" Movie N Action*

**Video Games**

**Skilled**

**Games**

(For ticket redemption)

**Imagination Station**

(Children 2 and under Area)

**Karaoke Music**

**Q - Zar**

(LASER TAG)

**Live Country Western**

**Music &**

**Line Dancing**

**Food:**

**Pizza, Pop &**

**Ice cream**

**Mini Golf**

**30 Tokens**

There are many fun things to do at **THE CASTLE** for all ages! Sokol participants and their families who join us will have unlimited access to all activities and 30 tokens plus food, beverage and music. The cost of this is included in the competitor entry fee. For those not competing or additional family members the fee is \$21.00. Children under 2 years of age are FREE. Adults can join us at no charge or a food only price of \$7.00.

**Please notify your Sokol gym if you are interested in tickets for those who are not competing.**

\*\*\*\*\*  
RETURN THE BOTTOM OF THIS FORM TO YOUR SOKOL TO GET YOUR TICKETS ORDERED FOR AN **EVENING OF FUN**  
\*\*\*\*\*

NAMES \_\_\_\_\_ UNIT / ORGANIZATION \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ x \$21.00 (COMPLETE PACKAGE OF FUN)

\_\_\_\_\_ x \$7.00 (ADULT FOOD ONLY TICKETS)

\$ \_\_\_\_\_ TOTAL ENCLOSED

COMPLETED FORMS DUE TO YOUR SOKOL AS SOON AS POSSIBLE.

# BOUNCE

## of Prevention

Trampolines can be a fun way for kids to stay fit' but are also dangerous. Safety should be a prime concern.

A trampoline can be a good value for the amount of fun and physical exercise it can deliver. As good as the benefits of a trampoline may be, there's little debate that trampolines are also dangerous. As far as the American Academy of Pediatrics is concerned, trampolines are so dangerous that they "should never be used in home or recreational settings."

The U.S. Consumer Products Safety Commission, which reports that trampoline injuries send more than 40,000 people --mostly children-- to emergency rooms each year, does not go as far as the American Academy of Pediatrics. But it does say "there should be at least four spotters" at ground level around the trampoline when someone is using it.

George Jones, a former gymnastics teacher and supervisor of physical education for 34 years, says trampolines are too dangerous for schools, for recreation programs, and especially for homes. "Most parents don't understand the threat involved with these things. They don't know what a spotter is, much less what a spotter should do. As long as everything is fine and the children are having fun, it's neat -- until somebody has an accident."

A trampoline also delivers a big responsibility to its owners. Those who jump on it can get hurt, and if the injured jumper happens to be a neighborhood child, its owners can be held liable. That's the case even if that injured neighborhood child had wandered onto the trampoline uninvited while the owners were away.

Below are some tips for those that still choose to have a trampoline:

### REMINDER

**Applications for the 1997 American Sokol \$500 Merit Awards for college bound students are now being accepted.**

**Application deadline is June 1, 1997.**

**To receive an application, consult the January, 1997 GYMNAST or contact the BOI Secretary at the National Office.**

## TRAMPOLINE TIPS

### SHOP CAREFULLY

Be sure it has frame pads that are made of a firm, flexible material wide enough to cover the frame and outer hooks of all the springs. If there are spring covers between the frame pad and jumping bed, they should be in a contrasting color.

### SET IT UP

Put the trampoline on a level surface. If it will be used at night, set up enough outdoor lighting to illuminate the entire trampoline evenly.

### MAINTAIN IT

Check the trampoline before each use for the following potential hazards: punctures or holes in the bed; deterioration in the stitching of the bed; sagging in the bed; ruptured springs; missing or insecurely attached frame pads; a bent or broken frame; sharp protrusions on the frame or suspension system.

### SUPERVISE USE

- ♦ Jumpers should be able to perform basic bounces, drops and body positions before attempting any tricks or stunts.
- ♦ Appropriate supervision is essential. The degree of supervision required varies with the skill of the user and the difficulty of the jumps being attempted.
- ♦ Only one person at a time should be allowed on the trampoline.
- ♦ Jumping periods, especially for beginners, should be short. Do not bounce when tired.
- ♦ Climb, do not jump, off the trampoline.
- ♦ When not in use, the trampoline should be secured to prevent unattended use.
- ♦ Spotters are essential for all novice or beginning jumpers and for advanced jumpers developing new skills. Spotters stand on the ground around the frame of the trampoline and watch the person who is jumping. They should never stand or sit on the trampoline frame. There should be at least four spotters who should:
  - ♦ Make sure the jumper stays in the middle of the trampoline bed, and tell the jumper to move back to the middle if he or she begins to move to the outer parts of the bed.
  - ♦ Tell the jumper to "break bounce" or bend the knees and drop immediately to the bed if the jumper is losing control or off balance.
  - ♦ Gently push the jumper back to the center of the bed if necessary.

*Dallas Morning News, March 10, 1997, reprinted from the Orlando Sentinel, Harry Wessel.*

# 1997 ASO SLET TROPHY FUND

Time is growing short to make your contributions to the XIX American Sokol Slet TROPHY FUND! Any size contribution is acceptable. No contribution is too small, because our goal is to help, encourage and reward others to do their best. In addition to our gymnastic events, we will be introducing some inaugural sports at the 1997 Slet to expand the scope of our activities. Please make checks payable to: AMERICAN SOKOL ORGANIZATION and forward to: ASO Trophy Fund

c/o Bro. Bob Kucera  
208 W. 5th Avenue  
Naperville, IL 60563

Can we add your name and contribution to our growing list of supporters? The following generous contributions have been received so far:

MCI Telecommunications .....	\$500.00
Memory of Anne Halik from Sokol Stickney .....	\$500.00
Central District A.S.O. ....	\$250.00
Sokol Chicagoland .....	\$100.00
Sokol Ceska Sin .....	\$100.00
Memory of George Basta from Sokol Havlicek Tyrs Srs. ....	\$100.00
Sokol Stickney .....	\$100.00
Sokol Town of Lake .....	\$100.00
Sokolice South Omaha .....	\$50.00
Sokol Tabor .....	\$50.00
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THANK YOU for your supportive efforts toward a successful 1997 American Sokol Slet and NAZDAR! We will continue to list all contributors in future publications.

## REMEMBER...

# ALL SLET ENTRY FORMS ARE DUE TO THE A.S.O. OFFICE ON MAY 15, 1997!!!



# The Sokol Educator

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

## XIX AMERICAN SOKOL SLET ART CONTEST

**THEME: Sokol - Sokol Gymnastics - Sokol History and Culture**

Contest is open to American Sokol Organization members, juniors and children and members of guest Sokol organizations participating in the Slet.

Category 1	1st Class	Ages 6-9
Category 2	2nd Class	Ages 10-12
Category 3	Juniors	Ages 12-16
Category 4	Seniors	Ages 17 & Up

Original artwork and photographs with the above mentioned Sokol theme may be entered. Size of finished artwork is to be no smaller than 8"x10" and no larger than 30"x40". All fine arts and photographs are to be properly mounted and protected for display purposes. The following materials may be used: oils, watercolors, acrylics, ink, colored pencils, poster paints, crayons or collage of sculpture.

**ENTRIES ARE DUE NO LATER THAN JUNE 1, 1997.**

Include your name, address, phone number, age and Sokol Unit name. Send entries to this address:

**American Sokol Organization  
6424 W. Cermak Road - Berwyn, IL 60402  
ATTN: Educational Committee**

No more than one entry per contestant will be accepted. Judges reserve the right to accept or reject any entry. Winners will be announced during the Slet, with awards to be given. Works will be returned, if requested.

*The American Sokol Organization reserves the right to photograph or reproduce the entries for whatever use they wish.*



## ...Always A Sokol!

...even while vacationing! Seems Sokols can't resist the urge for a little prostna (calisthenics) practice no matter where they gather. Joining the fun the past February in Fort Meyers, Florida are Gerry & Jim Kalivoda, Henrietta & Jerry Milan, Jackey & George Eisenstein and June Jirak. Raz! Dva! Raz!

american  

**SOKOL** *Flag Waver!*

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

*Agnes Zaruba,  
 Norma Zaruba,  
 William G. Zaruba - \$15.00*

*Miles Linhart - \$10*

◆ MEMORIAM ◆

Bro. Alois Hudec

The legendary gymnast, a pride of all Sokols, Bro. Alois Hudec, left our Sokol ranks this past January, only four weeks before he was to have received a Silver Medal of the Czech Sokol Union. Bro. Hudec was born into a large, poor family in Racice, Moravia. At the age of five, he joined the local Sokol unit. Although he must have been highly talented, it was through his diligence and perseverance that he became a world class competitor. In 1931, without the aid of any coaches, choreographers or sponsors, Bro. Alois Hudec stood on the highest pedestal at the World Gymnastic Competition as the All-Around Champion of the world. At the same meet in 1934 and again in 1938, he won the gold medal on rings. In addition, he also won 4 silver and 5 bronze medals. Similarly so, at the Berlin Olympiad in 1936, he was awarded a gold medal on rings, where he was the first gymnast to perform an iron cross in all positions.



In 1947, almost 40 years, old. Bro. Hudec represented the Czech Sokol Organization (COS) at the international meet in New York Sokol Hall with the United States. For the last time, he won the rings

and placed 3rd in the All-Around. It was also the last time that Czechoslovakia defeated the U.S. Gymnastic team. The Czechoslovaks actually came to the Slet in Soldiers Field in Chicago in July 1947. In an effort to aid our units, the Czechoslovak team of both men and women stopped in several places until they reached Chicago. The Central

District of the American Sokol prepared a tumultuous welcome to demonstrate their affection for our Czechoslovak brothers and sisters.

Mindful of such an outpouring of love, Bro. Hudec contemplated another visit to the Chicago Slet this year. Unfortunately, it was not to be. Sokols from all over the world sincerely remember their most famous, but also very modest, Sokol champion, who 28 times represented COS at international meets. Just a few weeks ago, the family of Bro. Alois Hudec came to Tyrs' House (Tyrsuv Dum) to receive his Silver Medal of the COS with the simple inscription:

*"To Bro. Alois Hudec -  
 Grateful COS"*

*~ Submitted by Bro. Vladislav Slavik*



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# XIX AMERICAN SOKOL SLET PROGRAM BOOK

Ad space may be secured in the XIX Sokol Slet souvenir program book at the following rates:

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