

american



SOKOL

Volume CXIX, Number V

JUNE 1997

Nazdar! 18



SOKOL

American Sokol

ISSN: 0003-1259

9 Issues Published per Year by the
AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402-2386
Telephone: 708-795-6671

Subscription: \$8.00 per Year
Periodical Postage Paid At Berwyn, IL
POSTMASTER: Send address changes to
American Sokol, 6424 W. Cermak Road,
Berwyn, IL 60402-2386

BOARD OF GOVERNORS

Fred Kala	Vladislav Slavik
Paul Lebloch	Roger Martanovic
Jiri Liska	Larry Laznovsky
John Satek	Mildred C. Pinc
Mickey Dalton	Mildred Mentzer

Charles Borvansky (*Representing Central District*)

EXECUTIVE BOARD A.S.O.

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

<i>President</i>	Fred Kala
<i>I Vice-President</i>	Paul Lebloch
<i>II Vice-President</i>	Roger Martanovic
<i>Secretary</i>	Mildred Mentzer
<i>Treasurer</i>	Mildred C. Pinc
<i>Financial Secretary</i>	John Satek
<i>Director of Men</i>	Dave Harlan
<i>Director of Women</i>	Jan Kalat
<i>Educational Director</i>	Jerry Milan
<i>Public Relations</i>	Lori Laznovsky
<i>Membership</i>	Jane Jurew
<i>Editor</i>	Patricia Satek
<i>Foundation Director</i>	Colleen Kenney
<i>Board Member</i>	Bernie Babka
<i>Board Member</i>	Mickey Dalton
<i>Board Member</i>	Chuck Kalat
<i>Alternate</i>	Jolene Dalton
<i>Alternate</i>	Joan Curran
<i>Alternate</i>	George D. Kulhanek
<i>By-Laws</i>	Bob Podhrasky

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

THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"One's real life
is often the life that
one does not lead."

From Your Editor...

The American Sokol has an E-mail address. Check it out below. Where it says "Editor" you can substitute the name of the person you are directing the message to; e.g., FredKala@American-Sokol.org. Don't type any spaces. We plan to have an American Sokol homepage soon. The Slet starts any day now. Hopefully you will be in Chicago enjoying it first hand. Enjoy the summer!

SLETU ZDARI!

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

CALENDAR of EVENTS

JUNE

25-29 "Catch the Spirit" XIX
American Sokol Slet
30 World Sokol Federation
Board of Instructors Meeting
and Workshop at Sokol
Stickney

JULY

4 Sokol Detroit 4th of July
Picnic at Sandy Bottom Lake
13 Cesky Den, Taborville, OH
19 Sokol Ceska Sin Golf Outing
18-20 Sokol Milwaukee Czech
Museum Trip - Cedar Rapids

JULY

19-20 Sokol Detroit 20th Annual
Czech & Slovak American
Festival at Yak Arena
22-8/4 ASO Instructors' School at
Sokol South Omaha

AUGUST

10 Sokol Minnesota Booya
Picnic

E-Mail: Editor@American-Sokol.org
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.

SOKOL PRAZSKY - Prague, Czech Republic

A Celebration - 135 Years of Sokol

On Saturday, February 15, 1997, Sokol Prazsky celebrated the 135th anniversary of the founding of Sokol. The celebration began in the morning with a Children's Carnival. Upon entering, the parent purchased a number for each of his/her children for the "tombola," a raffle type game of chance where all prizes are numbered. There were almost 300 youngsters, everyone of them in costume. They were lead into the historic hall by a parade marshal dressed as a clown. The fun began with the kids all dancing to rock and roll music - and they were good!. One of the activities was country/western dancing, which is the rage in the Czech Republic.

During the course of the morning, the leader very subtly wove in Sokol teachings by reminding the group that Sokol is not only gymnastics, but also includes the arts. The children were asked to gather in the front of the hall and sit on the floor to participate in a fairy tale, Little Red Riding Hood. The leader asked for a volunteer from the numerous Red Riding Hoods. It was up to her to begin telling the story. As she mentioned a character, another volunteer was asked to step forward to assume that role. Each one ad-libbed their part. The wolf was especially enthusiastic in his role.

A couple of times during the morning, when the little Sokols

became a little to exuberant, the leader reminded them that Sokols are disciplined and use self-control and have consideration of others. The festivities ended with a game of keeping balloons airborne, volleyball style. Finally, all the children invited their parents to the dance floor for the final dance. It was obvious the children all had a great time. Each left with a small gift from the "tombola" and wonderful memories.

During the time of the carnival, those participating in the Akademie were rehearsing in another hall. Entrance of the gymnasts was lead by the official Sokol flag bearer wearing the Sokol parade uniform. Dignitaries, including COS President, Jiri Janos and Nacelnice (Director of Women) Jarina Zitna were introduced. The program was under the direction of COS Nacelnik (Director of Men), Vratislav Svaton. Many of the numbers were quite unusual and imaginative. Outstanding was a quartet of rhythmic gymnasts dressed in bright blue carrying 10-yard long pieces of white chiffon. They managed to arrange themselves in the folds of the fabric and then stretched it and laid it on the floor before performing an excellent routine with ribbons and hoops.

The show-stopper was a class of junior boys drilling with basketballs. A group of senior women drilled

with and on locker room benches. Truly unusual and well done. The program ended with the audience participating in a drill with all the performers in preparation for the XIII All-Sokol Slet to be held in Prague in the year 2000.

The final event in the celebration was the Sibrinky (costume ball). The theme was "Around the World." During the course of the evening, several groups performed short exhibition numbers, all in some nationality theme. The music was great! And what would a Sokol dance be without the traditional Sokol march in which everyone took part in while singing. A replica of the Sokol Prazsky building was auctioned.

The festivities continued to the wee hours of the next morning. The spirit of Sokol brotherhood which prevailed throughout the entire day was indescribable. It is a privilege to be a part of such an organization. It makes one marvel at the insight Tyrs and Fuegner had when they conceived Sokol. It makes one wonder if they envisioned the profound effect their creation would have on so many thousands of people around the world. The was truly a celebration and a tribute to them.

Na Zdar!
Sis. Dorothy Cummings
Educational Director
Northeastern District &
Sokol Greater Cleveland

Czechoslovak Genealogical Society International 1997 GENEALOGICAL/CULTURAL CONFERENCE

The Czechoslovak Genealogical Society International is proud to present the premier genealogical and cultural program in the U.S. Their 6th Conference will be held in Bloomington, Minnesota, October 1-4, 1997. Registration fee for 3 days for non-members postmarked by September 1 is \$95, increasing to \$115 after September 1. Single day rates are available; meals and events are additional.

An entire week's worth of activities begins with a tour to Cedar Rapids, Iowa to the exhibit "A Thousand Years of Czech Culture." Accommodations are at the Radisson South Hotel at Interstate Highway 494 and Highway 100, about 9 miles west of Minneapolis/

St. Paul Airport. To make room reservations call 1-800-333-3333 and be sure to indicate the reservation is for the Radisson South in Bloomington, Minnesota. A selected number of the Society's most commonly used library reference books and maps will be available for on-site research. A wide selection of genealogical books, supplies, computer products, cultural items, glassware and information booths will be offered.

Since there are more sessions offered than anyone can attend, the Society, with speaker approval, will be taping certain sessions and offered for sale. Persons fluent in Czech and Slovak will be available

to help translate brief documents or summarize longer documents.

For additional information on the Czechoslovak Genealogical Society International 1997 Genealogical/Cultural Conference, contact them at P.O. Box 16225, St. Paul, MN 55116-0225; or call Paul at 612-739-7543 or Dave at 612-789-2509. E-Mail inquiries can be sent to PaulMCzech@aol.com or CGSI@aol.com. Further updates on the conference or the Society can be found on the CGSI homepage (<http://members.aol.com/cgsi>). Information about other activities in the community can be obtained on the Czechoslovak Information Hotline by dialing 612-645-4585.

THE VOICE

Reader Quips, Comments & Queries

Dear Sis. Satek,

Thank you for printing the memoriam about my husband, Robert E. Jirousek, Sr., in the April/May issue of the AMERICAN SOKOL.

Many of my Sokol brothers and sisters have commented on the article submitted by Bro. John Dusek, President of Sokol Greater Cleveland. His first love was Sokol and he dedicated his life to perpetuating the ideals of Tyrs and Fuegner.

However, there is an error in the article and I wonder if you would be able to print a correction in the next issue. Bob was not Vice President of the Northeastern District as indicated; he was President of the District for eight years. Many Sokols have mentioned this to me and I indicated that I would write you a letter concerning this.

Na Zdar!

Sis. Ruth C. Jirousek

MEMBER HONORS

Milwaukee Sokolice member Tammy Roeber recently won 7th place (from a field of 90 nationwide participants) in the William Shatner Country Western Pleasure National Final Horse Show of the American saddle bred horses held in St. Louis. To qualify for this event, you must be a semi-final winner in a William Shatner horse show at the state level. She was the only independent owner, trainer and rider. Tammy, daughter of Alan and Donna Roeber, a 100% Sokol family, just graduated in Equestraian Studies from William Woods University in Fulton, Missouri and begins a position as manager and horse trainer in the Milwaukee area. Sokol Milwaukee is very proud of her accomplishments.

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 Valerie Kudrnovsky	\$10.00	From Adeline & Fred Ramquist	\$10.00
In Memory of George C. Basta from Sokol Greater Cleveland			\$25.00
In Honor of Martha & Otto Hracek's 50th Wedding Anniversary from Adeline & Fred Ramquist			\$25.00

When Dr. Miroslav Tyrš was looking for a name for the marvelous organization he was envisioning, he looked to a sleek and splendid animal which encompassed all the qualities he hoped his followers would strive toward – swiftness, strength, courage, grace. He chose the name SOKOL, the Czech word for FALCON.

PEREGRINES AGAIN

From An Article By Carolyn Cunningham

If you could be a bird, what kind would you pick? I'd pick the peregrine falcon, because it is an incredible flyer, the fastest creature on earth.

In fact, peregrines have been admired since ancient times for their speed, power, grace and hunting abilities. Europe's royal families often have owned peregrine falcons. These falcons were trained to return to their caretakers after exercise flights.

The sport of "falconry" still fascinates many people. Have you ever watched the trained falcons fly at half-time during the United States Air Force Academy football games? If so, you were probably watching peregrines, the flashy speedsters of the bird world. They are trained by cadets in the Academy's falconry program.

With their keen eyesight and awesome speed, peregrines dive on unsuspecting prey – usually other birds. Dropping from high in the sky like a jet fighter, reaching

speeds of 200 miles per hour, they punch their prey with clenched talons, then circle back to grab it as it falls. (Peregrines' nostrils are designed to prevent air from being forced in as they plunge at great speed.)

Seeing a peregrine falcon is always a thrill. And luckily, you are more likely to see one today than even a few years ago. That's because peregrines are making a comeback in the wild after almost completely dying out in the United States. They were an endangered species (close to being gone forever). Their return in the wild shows that when humans care enough about wildlife, we can really make a difference.

Starting about 40 years ago, people began to notice there were fewer and fewer peregrines. Bird-watchers, scientists and others who had enjoyed seeing these beautiful raptors (birds of prey) no longer saw them. Along cliffs at the edges of lakes and on tall buildings in cities where peregrines had once

nested, no baby falcons were hatching. With no baby falcons, the falcon population would soon be destroyed.

Something was terribly wrong. What could be causing hatching problems?

Scientists discovered that falcon eggs were being crushed by the weight of the mother birds. (And it wasn't because the mothers were too fat!) It was because the eggshells were too thin. They broke before the chicks could develop.

Then, scientists learned that a chemical called DDT, used to kill insect pests in farm crops, was the cause of thin eggshells. The chemical was being ingested (eaten) by falcons through the prey that they ate. Then, the chemical was passed on to the eggs, making the eggshells too fragile to protect chicks.

People knew they would have to

Continued on Page 9.

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

DONATIONS RECEIVED

Sokol St. Louis	25.00
Sokol Corpus Christi	40.00
Sis. Jarmila Stemson, Sokol Berwyn-Slavsky	50.00
CSA Rad Bratri od Sazavy, Little Ferry, NJ	50.00
Sokol Brookfield	50.00
Moravian Cultural Society, Hinsdale, IL	100.00
Czechoslovak National Council, Cicero, IL	100.00
CSA District Council #5, New Jersey	100.00
Sokol Los Angeles	100.00
Sokol Miami	100.00
Sokol South Omaha	100.00
Sokolice Tabor	100.00
Sokol Town of Lake	100.00
Sokol West Suburban	100.00
Eastern District, A.S.O.	100.00
Western District, A.S.O.	100.00
United Moravian Societies	100.00
Sokol Tabor	100.00
Sokol Houston	100.00
Sokol Schenectady	150.00
Bro. Anton Smunt, Chicago, IL	200.00
Sokol Havlicek Tyrs	200.00
Central District, A.S.O.	250.00
Bro. George & Sis. Jocelyn Eisenstein	500.00
Sokol Fuegner, Long Island City, NY	500.00
Northeastern District, A.S.O.	500.00
Southern District, A.S.O.	500.00
Sokol New York	1,000.00
TOTAL AS OF 5/14/97	\$5,415.00

These generous donations will enable the four composers of the Men's and Women's calisthenics to come to our XIX Slet and to rent a bus for the official delegations of the COS and Sokol in Slovakia. Sokol Berwyn-Slavsky and Sokol Brookfield have offered their halls to house these official Sokol delegations.

Na Zdar!
Bro. Vladislav Slavik
Administrator of the Fund

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**

Fr. Odilo Serves Residents of Nursing Home in Czech

Once a month for 30 years, Fr. Odilo Crkva drove from the abbey in Lisle to the Bohemian Home for the Aged on North Pulaski Avenue in Chicago to offer mass in Czech for Catholic residents. Now he does not have to drive so far, since the nursing home has been relocated to Naperville.

On the first and third Monday of each month, Fr. Odilo says mass in Czech and afterwards entertains the residents with Czech singing and poetry reading.

Abbot Thomas Havlik offers mass in English at Tabor Hills on the second and fourth Monday each month. He too speaks Czech.

Each year, usually in July, a group from the nursing home is brought to the abbey. Fr. Odilo offers mass in Czech, then, after lunch, tells stories in Czech and leads the group in Czech singing.

Fr. Odilo offers a sung mass in Czech at the abbey on the first Sunday of each month for Czech-speaking Catholics in the Lisle area.





AMERICAN SOKOL ORGANIZATION

GYMNAST



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

"A Resolve of the XVIII Slet (1993)" -- Revisited

As final preparation for and to help bring into focus the importance of the XIXth American Sokol Slet, the editor offers the following; taken from "A Resolve of the XVIII Slet" by Vladislav Slavik of Sokol New York, originally printed in the American Sokol, July/August, 1993.

As the last ranks of Sokols, scorched by the summer sun from head to toe, yet briskly marching to the final tune of the Knoch Band, left the field, the XVIII American Sokol Slet passed on to history. The June 27, 1993 gymnastic exhibition culminated five days of an unusually lively Sokol program. The XVIII Slet was thoroughly planned, well prepared and almost flawlessly executed. To be sure, it did have some faults, as no human activity is without blemish.....

It is difficult to ascertain a single reason that made this Slet so outstanding. Yes, the efforts of the Slet Committee were enormous. Was it the presence of the Czech gymnasts denied to us for almost half a century? Their fine performance, pleasant disposition or freely expressed happiness to be with us? Was it the rejuvenated vigor of our progressive units? The heart and soul pleasing tunes of the world-renowned Knoch Band? the joyful manner of our youngsters or the smiling eyes of those who cannot be on the Slet field, but came to relive their bygone Slets? Or because Chicagoland is still a Czechoslovak American Domain?

Undoubtedly, all these spontaneous values of human cheerfulness brought about very visible expressions of our Sokol spirit; a truly moral commitment reaching to the very core of Sokol purpose. Such profound devotion to a cause that has been with us for almost 130 years was the most important aspect of this XVIII Slet. In a larger sense, this spirit and purpose will guide us toward the new century and into another millennium.....

In retrospect, the XVIII Slet taught us that we cannot steer astray from the basic Sokol principles. Simply put, we are an organization so unique that we hardly resemble any other nationwide organization. Where else can one find a group of people who sacrifice their free time for a unit, district, national office and a Slet committee.....

Over the years, we have wholeheartedly cooperated with any organization that shares our goal. We gratefully accept the apparatus moves from the USGF or anything else which is offered to advance our common cause. We seek corporate sponsorship, wherever possible. We try to mold our Sokol program to fit the society or community we live in. While we realize that each epoch gives rise to many innovations, at times seemingly quite odd to the older members, we do not reject any new trends, but rather seek ways to embrace them within the realm of our program. In the end, however, we cannot turn away from the basic principles of Trys' Sokol philosophy so visible at our last Slet.

We have incorporated gymnastic classes for preschoolers and are quite successful at it. We have found ways to attract our "oldtimers" who, instead of watching television, are watching themselves on the gym floor. We've accepted many sports as part of our program. We have realized that to support what we preach, we involve ourselves in various degrees of business. Our predecessors would raise their eyebrows, but they would recognize that advancing times call for inevitable modifications.

Depending on its members and leaning on other Sokol organizations, the American Sokol Organization outlived many ruthless empires, experienced four terrible wars and helped in numerous struggles against human or natural disasters. Many similarly oriented organizations faded away, while we are still here. Our predecessors left us a rich Sokol legacy, built on centuries-old moral values, yet progressively molded to satisfy today's way of life. Our XVIII Slet, with its unusual flair and delight on one side, yet with self-discipline and poise on the other, will motivate our future. It showed that as long as we follow in the footsteps of our predecessors, we will be able to pass on this Sokol heritage to a new generation of Americans to benefit their children, their community and these United States.

1997 AMERICAN SOKOL SLET
GENERAL SITE LOCATION MAP

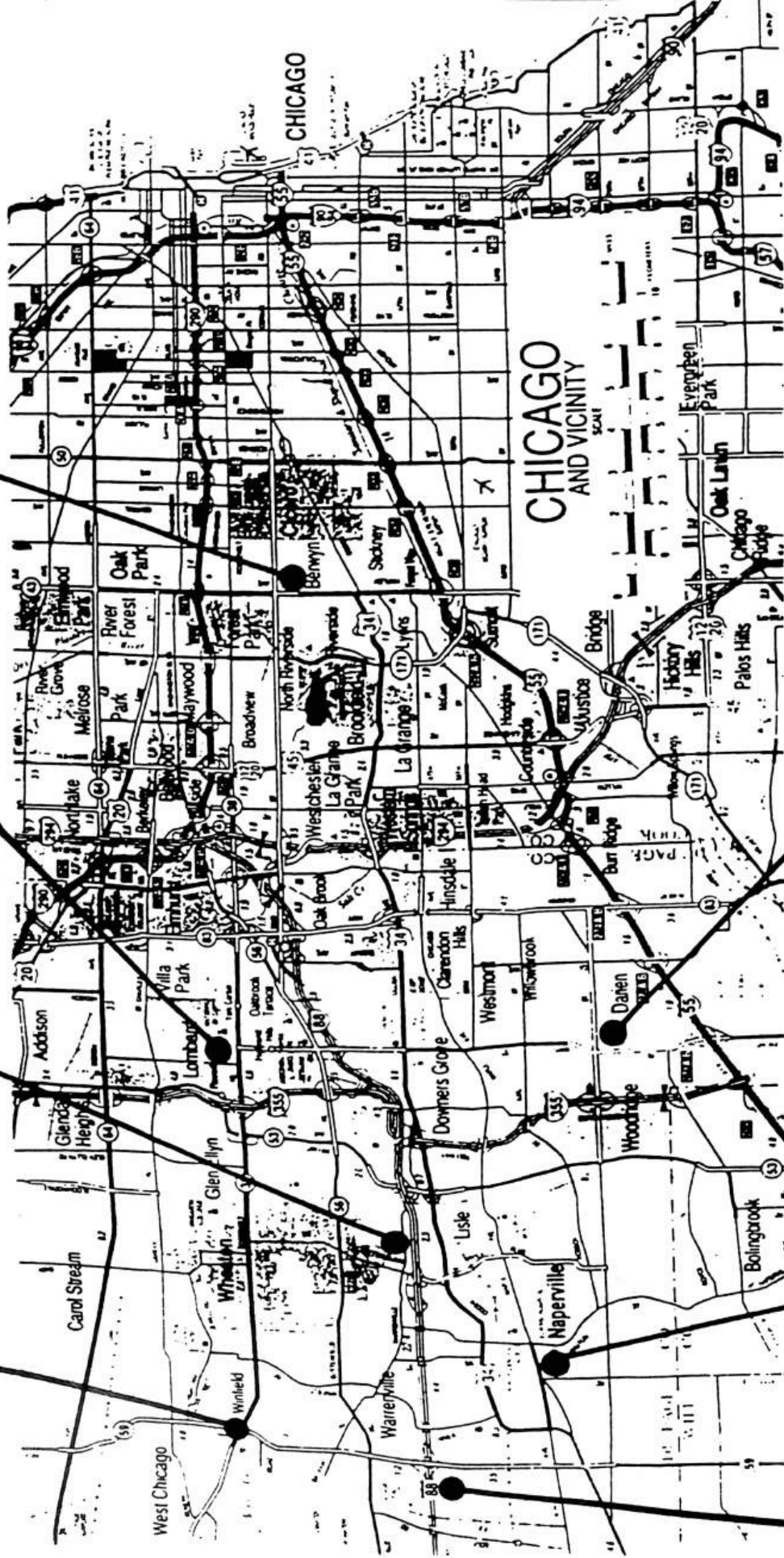
GREAT LAKES CENTER
 Volleyball

WEST CHICAGO H.S.
 Swimming

MORTON WEST H.S.
 Family Fun Run
 Opening Ceremonies
 Slet Program

LISLE HILTON HOTEL
 Headquarters
 Coaches Meeting
 Awards Dance

ENCHANTED CASTLE
 Competitor Social



COUNTRY LAKES GOLF CLUB
 Golf

NAPERVILLE CENTRAL H.S.
 Gymnastic Competition
 Rhythmic Competition
 Childrens Competition
 3-on-3 Basketball
 Team Marching
 Team Calisthenics

NU VISIONS LANES
 Bowling

DIRECTIONS TO SLET VENUES

- Lisle Hilton Hotel
(Slet headquarters, coaches meeting, banquet, awards dance)
 - Take I-88 (toll) to Naperville Rd.;
 - Go north on Naperville Rd. to Corporate West Dr.;
 - Go east on corporate West Dr. to the hotel.

Following directions are FROM THE LISLE HILTON:

- Naperville Central High School - 440 W. Aurora
(gymnastics, rhythmic, team marching & calisthenics, basketball)
 - Go south on Naperville Rd to Ogden Ave. (Hwy 34);
 - Go west on Ogden Ave. to Washington;
 - Go south on Washington to Hillside;
 - Go west on Hillside to the high school;
 - Parking is on the west side of the school; enter school building from Hillside side.
- Morton West High School - 2400 S. Harlem Ave.
(fun run/walk, opening ceremonies, Slet program)
 - Go east on I-88 to I-290 east;
 - Go east on I-290 to Harlem Ave. exit (left lane exit);
 - Go south on Harlem to the school;
 - Entrance to the parking lot is from the east side (go around to Home Ave via 26th st.)
- Great Lakes Center - 551 Roosevelt, West Chicago
(volleyball)
 - Go west on I-88 (toll) to Highway 59;
 - Go north on Hwy 59 to Highway 38 (Roosevelt Rd.);
 - Go west on Hwy 38 to the Great Lakes Center
(the center is off the road a bit; watch for sign on north side of the road - just after railroad viaduct)

- West Chicago High School - 326 Joliet Rd.
(swimming)
 - Go west on I-88 (toll) to Highway 59;
 - Go north on Hwy 59 to Highway 38 (Roosevelt Rd.);
 - Go west on Hwy 38 to Joliet St.
 - Go north on Joliet to the high school
- Enchanted Castle - 1103 Main St., Lombard
(competitor social)
 - Go east on I-88 (toll) to I-355;
 - Go north on I-355 (toll) to Roosevelt Rd. Exit (Hwy38);
 - Go east on Roosevelt to Main St;
 - Go north on Main St. to the Enchanted Castle (north end of shopping center)
- Country Lakes Golf Club - 1601 Fairway Dr., Aurora
(golf)
 - Go west on I-88 (toll) to Highway 59;
 - Go south on Hwy 59 to Diehl Rd.;
 - Go west on Diehl Rd. to the golf club (Fairway Dr.)
- Nu Visions Bowling Lanes - 1555 75th St., Woodridge
(bowling)
 - Go east on I-88 (toll) to I-355;
 - Go south on I-355 (toll) to 75th St. Exit;
 - Go east to the bowling lanes
- Sokol Tabor - 1602 Clarence Ave., Berwyn
(after Slet social)
 - Go east on I-88 (toll) to I-290 east;
 - Go east on I-290 to Harlem Ave. (left lane exit);
 - Go south on Harlem to 16th St.;
 - Go east on 16th St. to Clarence Ave.

Overcoming Adversity in Game Situations

How many times have you seen a game turn on a single play? A fumble in football, a turnover in basketball, a clutch hit in baseball, or an unlucky break in any sport has changed a close game or match into an unstoppable run by one opponent. Well, that momentum can be stopped and even reversed.

"In adverse situations," says David Yukelson, PH.D. and sports psychologist at Penn State, "somebody has to step up and make a bog play. Sports are about overcoming adversity by reacting in a positive manner. Athletes have to put their minds in a position to deal with whatever happens. Following a key play by an opponent, a bad play by his or her team, or simply a bad break, the trick is to be able to think positively when everything around you seems to be negative."

Yukelson works with athletes in 29 different sports at Penn State to develop the mental skills necessary to compete at the elite level. "We teach methods to deal with adversity," he explains. "The idea is to see the glass as half full instead of half empty. The things that separate excellent athletes from average athletes are belief in what you are trying to accomplish, commitment and determination to reach goals, and self-control - the ability to perform well under all conditions."

The First Step

"The first step is to understand your own patterns of behavior during competition. How do you respond when things are going well and how to you respond when there is pressure or stress? What causes you to lose focus, to press, or to doubt yourself. Once you are aware of your reactions, you can condition your mind to have an appropriate response to adversity. Okay, so you had two turnovers. Do something about it. Make a play. Trust yourself to play well. Stay focused on the task at hand. Dispute negativity by not giving in to it."

Yukelson encourages athletes to develop a pre-performance routine and to visualize how they will react during games. He teaches them to "switch channels," that is, to let go of the negatives, to re-focus, and to quickly get back into the routine. The most important play is always the next play, not the last one. Positive self-talk is an important part of the process.

Things You Can Control

"We also try to teach athletes to concentrate on things over which they have control instead of dwelling on things they cannot control," continues Yukelson. "There is nothing you can do about officiating, the skill level of the opponent, the weather, or your past performance."

"If a swimmer gets psyched out because she loses the first of four events, she is not reacting appropriately to a difficult situation. She should be gearing up mentally for the remaining races. A tennis player who loses a point because of a bad call on the previous point has not reached the level of remaining poised in tough situations. We want our athletes to respond so that they can't wait to make the play that will turn a contest back in their favor."

Practicing Mental Skills

These mental skills take time and practice. There is no cookbook approach that works with every athlete, but a couple of sessions with a sports psychologist can be enough to make the person aware of the events that trigger negative thoughts. If the athlete is receptive to recognizing problems, to practicing ways to overcome them, and to evaluating progress, a mental turnaround can happen quickly. *Penn State Sports Medicine Newsletter*, March, 1997.

Why People Exercise*

Women

1. Weight Control
2. Feeling good after
3. Increased energy
4. Muscle tone
5. Cardiovascular benefits
6. Keep flexibility
7. Reduce stress
8. Time for self
9. Enjoy exercise
10. Improve self-esteem

Men

1. Muscle tone
2. Increased energy
3. Cardiovascular benefits
4. Weight control
5. feeling good after
6. Reduce stress
7. Build strength
8. Enjoy exercise
9. Keep flexibility
10. Time for self

*from American Sports Data and The Sporting Goods Manufacturers Association

1997 ASO SLET TROPHY FUND

The following additional contributions have been received toward the XIX American Sokol Slet Trophy Fund:

Sokol Greater Cleveland	50.00
Sokol New York.....	100.00
Sokolice Tabor	100.00
Sokol KHB Ennis	100.00
Southern District.....	50.00
Sokol Brookfield	25.00
Memory of Anne Halik from Sokol Detroit	25.00
Sokol Townies Social Club	25.00
The Kalats, Southern District	50.00
Sokol Baltimore	50.00
American Sokol Little Ferry	25.00
Sokol St. Louis	50.00
The Kuceras, Eastern District	20.00
Memory of George Basta from Ann Basta,Central District	50.00
Milan, Ellen, Lance, & Brandi Kovac, Sokol USA	20.00
The Stroczyńskis, Sokol USA	20.00

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.

CZECH HERITAGE FOUNDATION

The Czech Heritage Foundation has stepped forward to take a leadership role in supporting the "library" portion of our National Czech & Slovak Museum & Library. They pledged funding needed to start the ball rolling and hire a full-time librarian. That initial pledge was the seed needed to secure additional matching funds to make that goal become a reality. The Foundation is now asking for help to reach their goal of \$20,000 over

the next two years. Thanks to a matching grant, any tax deductible contribution is truly a powerful way to support the Museum & Library. To help the Czech Heritage Foundation meet their goal of \$20,000 for the Library at the National Czech & Slovak Museum & Library, send your contribution payable to the Czech Heritage Foundation, Inc., P.O. Box 761, Cedar Rapids, Iowa 52406. Include your name and complete address.

Sokol Spirit Lives On, Flies High!

On the occasion of Sokol Brookfield's 65th Anniversary, they received the following letter.

I regret that I cannot attend the 65th Anniversary of Sokol Brookfield. I would very much like to be there. To see the people and the gym where I spent all of my grade school and high school years would be wonderful.

Because of the experience of Sokol, I have remained very active and healthy all of my life. Those years have had a great influence on my life. They also bring back many happy memories.

I am an active skydiver with over 1,300 parachute jumps. Because of my gymnastics training, skydiving came easy for me. For the last 10 years, I have been a member of the California Aerial Circus Parachute Team that performs around the world. In addition, I am the president of "Parachutists Over Phorty Society" that has a membership of over 6,000 worldwide. Together with my husband, also a skydiver, we travel extensively promoting the sport. Next year, I will be celebrating my 50th birthday.

I would like to help Sokol Brookfield continue the worthwhile cause of a "sound mind in a healthy body." Today, that goal is more important than ever. Best wishes and Happy 65th Anniversary.

Na Zdar!

Alicia Prusa Moorhead

GYMNAESTRADA IN THE STORM

Translated by Bro. Jiri Liska from Sokolsky Vestnik, No. 7-8/96, p. 18-23. The following is an edited portion of the article.

The idea to organize the Sokol Gymnaestrada arose from the necessity to show the position and the tendencies in the development of the revived Sokol and it became an important step on the road to full the COS program already set. It is true that doubts about the sense and name of this action, uncommon till now in the Sokol environment, were heard, but the result surprised agreeably everyone who favors Sokol.

GRAND OPENING AND EXPOSITION

The solemn introductory action starting the comprehensive program of the Gymnaestrada was the exposition of paintings and drawings having sports as a theme. It took place in the grand hall at Tyrsov Dum on June 21, 1996, in Prague. To the well known poetic paintings by Milan Meda were added the witty drawings by Bohumir Roubal and the surprising fine art works by mentally afflicted youth from Studio Oaza. In the entry hall we were thrilled by the interesting and historically valuable overview of personalities called The Presidents of COS. It was worked out jointly by the TVS Tyrsov Museum and the History and Documentation Center of COS lead by K. Volkova. The visitors could see, several times a day, the puppet performances brought by Sokol Smichov I dedicated to Gymnaestrada. The grand opening program was made

varied by several songs of the young ladies' chorus Collegium Cantantium.

GYMNAESTRADA '96 – THE WAY WE ARE TODAY

In the same surroundings, on Saturday, June 22, in the afternoon, the main program began. As introduction, the president of COS, J. Janos, was receiving the guests of honor in the hall.



But on the Tyrsov Dum playground, full grandstands and gymnasts, ready to perform the first compositions, were waiting. They were greeted by the COS president, J. Janos, and immediately, in spite of the bad weather, the colorful program began.

The performance of 128 men and women of the Loyal Guard turned out to be a recollection of the XII Slet. Our seniors, as if in a relay, handed the baton to the youngest ones, who came up after them. Surprisingly, many of them, seventy pairs of parents and children, mastered in the rain, resolutely and playfully, the first performance of the composition – "Meadow is Here, Forest is Here."

In the next group, drained by rain, 144 women from various districts, even from Slovakia, were waiting to dance the polonaise. Their performance, full of graceful movements and changes of space, was rewarded by the audience with enthusiastic applause.

And now came the number that Sokol wants to show first of all – that there are young people in its ranks and they are offered a modern program. In a block called "Sports," 50 boys from five units of Prague showed painstakingly game elements of the training of basketball, volleyball and hockeyball. In the background, the top representatives of the Czech Republic showed a cascade of their jumps on trampoline, as far as it was possible in the rain.

Everyone knows the music from Swan Lake by Tchaikovsky, but perhaps nobody anticipated how it could be expressed by young and mature men from Sokol Kralovke Vinohrady. This dance-grotesque was naturally met with great response of the amused audience.

How you can create a performance to music from a basketball training was shown by boys and junior boys of Sokol Hradec Kralove. Similarly conceived was a soccer training in the performance by pupils of the Slavhov Primary School, who represented the Association of

Continued on Page 10.

PEREGRINES AGAIN *(continued)*

THE VOICE

Reader Quips, Comments & Queries

help if these birds were to return to health. All over the country, volunteers and wildlife managers went to work raising falcons in captivity, using a method called hacking.

Hacking means that chicks raised in captivity are placed in a nest box (also called a hacking box) located where falcons would live naturally – such as along cliffs near lakes and open fields. Humans feed the chicks through a hole in the roof of the nest box. The food – such as quail, pigeons, starlings, and blackbirds – is natural prey for falcons. By staying out of sight above the roof of the box, the human caretakers help the chicks learn to be wild instead of looking for handouts.

The nest box is high on a platform where raccoons, coyotes, foxes and other predators cannot harm the young birds. Bars on the front of the box allow the falcons to see out and get used to their habitat. Wind blows through the box, too. The young falcons lift their wings and test them on the breeze.

When they are strong enough, the falcons are allowed to leave the box and get some real experience in the wild. At first, they return to the box for food and safety. But every

day they get more skilled in flying and hunting.

After about three months, the youngsters are mostly on their own, with no need for the nest box. Their human caretakers quietly watch, taking notes about what "their" falcons are doing and making sure all is well.

At last, the falcons are left alone. Humans have done all they can to help them get started in the wild.

Not all falcons survive, though, even with human help. After they mature and leave the nest box site to establish their own territory, some are killed by predators; some die in storms; and other simply disappear and scientists never learn what happened to them. But luckily, some falcons survive to mate and raise families.

If you would like to learn more about peregrines, contact the Michigan Department of Natural Resources, Natural Heritage Program, Wildlife Division, P.O. Box 30180; Lansing, MI 48909.



wfla
western fraternal life association

1900 First Ave. N.E.
Cedar Rapids, IA 52402

In response to the "In Search of Andera Graveyard Crosses" article by Cyril Klimesh which appeared in the April/May issue, I received the following:

Dear Ms. Satek,

Thanks much for running the article and sending a copy of the American Sokol. Please give my warmest regards to Fred Kala.

Sincerely,

Cyril M. Klimesh

Dear Sis. Satek,

Our township is celebrating their 125th anniversary this year. Bechyn is located in this township. After reading the American Sokol on "The Search for Andera Graveyard Crosses" and having St. Mary's Cemetery within the township with the Andera Crosses, I thought it would be very interesting for our people to read this article. I wonder if I can get permission to reprint this article for the Henryville Township book. There are several crosses of Andera in the cemetery.

Thank you very much.

Marcia Dworshak
St. Mary's Preservation
of Bechyn, MN

A Beacon in Eastern Europe

PRAGUE, CZECHOSLOVAKIA

by John Ross Schroeder

Of all the nations that emerged from communism to form democracies in Eastern Europe, perhaps Czechoslovakia is the most remarkable. A few years ago it was almost forgotten by the West, a "country in captivity." But since its so-called Velvet Revolution in November 1989, something profoundly different has emerged from this corner of the Eastern bloc.

The Czechoslovakian people (and in particular their writer-President, Vaclav Havel) have sparked the imagination of the entire world. Indeed, they have become nothing less than a beacon for a whole region emerging from its own Dark Age.

When I visited Czechoslovakia under communism several years ago, the glory of Prague was a fading flower. Prague is a beautiful city, rich in history, but oppression was evident. People looked over their shoulders.

There was no real freedom to pursue an idea – you had to stand in line in a bookshop so that the clerk could show you one book. You couldn't buy camera film either. Illegal money changers were the

most unlikely people: the waiter in the dining car on the train, the taxi driver, the hotel porter.

Much of that has now changes in Prague. Kodak film is for sale, for example. The atmosphere is generally more free and easy. Excellent bookshops in particular can be found on almost every corner. There's no doubt to one who visited under the "ancient regime" that a real revolution has occurred in Prague. Britain is now recommending Prague over all other European cities as the headquarters of the 35-nations Conference on Security and Cooperation in Europe (CSCE).

Of course, such a change must grow out of the needs of the people – or in this case two peoples. The Czechs and the poorer Slovaks, each with their own identity.

There is still much for the Czechoslovakian peoples to learn. In a world throwing away its ideals for materialism and personal gain, these people have achieved a victory for values. Indeed it is belief in something greater than their own situation so often referred to by Vaclav Havel that has sustained them.

GYMNAESTRADA IN THE STORM

(continued)

School Physical Education Clubs.

The program was approaching its peak by the acrobatic rock 'n roll performance "We Dance with the World's Champions." "Man and Women" is a lifelike name of the calisthenics composed for the XIX American Sokol Slet. It was received with enthusiasm. The last number, called "The Moving Farewell," was completely unusual. Like a little deluge, a group of young women appeared suddenly with Director V. Svaton as moderator in front of them. He announced that we are entering the era of the XIII All Sokol Slet of the year 2000 and challenged the audience to put their umbrellas away. The young women performed an easy to remember exercise to which they lured the onlookers several times in simple entries. Almost everyone was gymming. At the very end, all the performers (about 800) and the enduring audience were thanked and, like a final period, the greeting of the XIII Slet resounded.

The special numbers are attractive for young authors and for the Sokol youth. It is the form corresponding with the Sokol program which offer the opportunity to motivated exercise and enjoyment, but stimulates the authors to create new performances. This is now important - during the upcoming era before the Slet.



Have a



GREAT Summer!



AMERICAN SOKOL
Change of Address

This clip-out coupon is positioned so that your mailing label appears on the back. If your mailing address has changed, use a pencil to carefully mark an X through the OLD mailing label. Complete the change of address form below and mail to:

American Sokol
6424 W. Cermak Road
Berwyn, IL 60402-2386

Sokol	Name	New Address	City	State	Zip

**EDUCATIONAL MATERIALS,
SOUVENIRS, MEMBERSHIP PINS & KITS**

Membership Pins and

New Member Information Kit

Membership Kit	\$7.50
<i>(Contains Plain Pin, Copy of ASO By-Laws, ASO Tri-Fold, Parliamentary Procedure Booklet, Sokol & the Sokol Idea Booklet, Car Decal)</i>	
Plain Pin (No Year)	\$5.00
5, 10, 15, 20-Year Pin	\$8.00
25-Year Pin	\$25.00
30, 40-Year Pin	\$8.00
35, 45-Year Pin	\$6.25
50-Year Pin (Gold-Filled)	\$32.00
55 Years & Over	
"Citation of Merit"	NO CHARGE

Educational Materials

Sokol and the Sokol Idea	\$2.50
Our Task, Aim and Goal	\$2.50
Dr. Josef Scheiner	\$2.50
Highlights of Czech History	\$2.50
A.S.O. 125th Anniversary Book	\$4.00
"Amer. Sokol Sings" Songbook	\$4.00
Gym. Activities with Hand App.	\$6.00
Sokol Gymnastic Manual	\$15.00

Souvenirs

Sokol Gold Plated Stick Pin	\$7.00
Sokol Charm	\$3.00
Sokol Stud	\$2.00

Others Also Available - Call ASO Office.
708-795-6671

Etc.
Unit ID Ribbons (50 or More) \$1.25 Each

Board of Instructors

Directors' Newsletter Subscription <i>(Annual - 10 Issues)</i>	\$5.00
Unit Directors' Handbook	\$5.00
District Directors' Handbook	\$5.00
Girls'/Boys Skills Program Materials	
Lg. Packet (25 Participants)	\$33.00
Sm. Packet (12 Participants)	\$17.00
Skills Program Videotape	\$10.00
Tots' Skills Program Materials	
Lg. Packet (25 Participants)	\$17.00
Sm. Packet (12 Participants)	\$9.00

Separate Cards, Patches, Bars and Ribbons also available.

SALE SALE SALE SALE

Slet Plate	\$25.00	\$10.00
Talon Mugs	\$6.00	\$3.00
Set/3 XVIII Slet Videos	\$39.95	\$15.00
XVIII Slet Video Only	\$19.95	\$5.00

***** All prices are PLUS shipping. *****

Please mail orders to:
American Sokol Organization
6424 W. Cermak Road
Berwyn, Illinois 60402-2386

Dr. Miroslav Tyrs Bronze Bust
\$1,450.00 + Shipping
(Weight = 100-115 lbs.)

YES! *I want to be an ...*

american



SOKOL *Flag Waver!*

Publish my name in one issue to acknowledge my donation in support of the American Sokol magazine.

- Your Donation
- \$5-\$9.99 Donation - Single Line Listing of Donor Name Only
 - \$10-\$14.99 Donation - Single Line Boxed Name Only
 - \$15-\$19.99 Donation - 2-3 Line Boxed Acknowledgement
 - \$20 or More Donation - 4-5 Line Boxed Acknowledgement

1st Line - NAME ONLY _____

2nd Line - (If Applicable) _____

3rd Line - (If Applicable) _____

4th Line - (If Applicable) _____

5th Line - (If Applicable) _____

CHECK PAYABLE
AND MAIL TO:
American Sokol Organization
FLAG WAVER
6424 W. Cermak Road
Berwyn, IL 60402

Listing will appear in next available issue after donation is received and will be shown in ONE ISSUE ONLY.

THANK YOU FOR
SUPPORTING THE
AMERICAN SOKOL!

NAZDAR!

PLEASE PRINT LEGIBLY!

UNIGLOBE

Cihak Travel, Inc.

7222 W. Cermak Road
Suite 300
N. Riverside, IL 60546-1456
708-447-6400
FAX 708-447-6815
1-800-426-8826

Call for airline, hotel and tour
reservations worldwide.

Exclusive U.S. and Canadian
agent for Prague Suites,
the hotel alternative.

UNIGLOBE

WE WILL CHANGE
THE WAY YOU TRAVEL.

In its 120th year,
new things are happening
at

BOHEMIAN NATIONAL CEMETERY

- A GARDEN SECTION in new Block 25, featuring, for a limited time only, two grave sites for but \$550.00.
- A CREMAINS GARDEN at Section 26 offering a 24x28" burial plot, a vault, two cremains urns and a marker at a pre-need purchase cost of \$1,055.00.
- A special pre-need offer of mausoleum crypts for two people starting at \$2,800.00, including names inscriptions. Single crypts available starting at \$1,500.00.



Call or Visit

BOHEMIAN NATIONAL CEMETERY
5255 N. Pulaski Road, Chicago, IL 60630
773-539-8442 • 708-788-8442
FAX 773-539-2072

Listen to Czechoslovak Radio Hour,
Station WCEV Radio, 1450AM,
Sundays 9:00-10:00 A.M.

Periodical Postage Paid At Berwyn, IL



The European Village, Ltd.



Featuring Crystal Cut Glass, Czech Garnets,
Ceramics, Dolls and Other Distinctive Gift Items,
Czech & Slovak Books, Cassettes & CD's.
Write for our free catalog!

6531 W. Cermak Rd.
Berwyn, IL 60402

(708) 788-4500
FAX (708) 447-6235



For further information call CSA
1-800-LIFE-CSA
Ext. 4444

Attention:
Parents and Grandparents

\$10,000*
paid-up insurance

CSA offers a single pay life plan for
your children or grandchildren. Pay
once and never pay again!

Age	Premium*	Age	Premium*
0	\$555	8	725
1	575	9	755
2	595	10	785
3	615	11	815
4	635	12	845
5	655	13	885
6	675	14	915
7	705	15	945

WEBER TRAVEL AGENCY



Complete Worldwide Professional Travel Service
SPECIALIZING IN TRAVEL TO CZECHOSLOVAKIA
SINCE 1958

6805 West Cermak Road • Berwyn, IL 60402
Tel. 708-749-1333 • FAX 708-749-1350