

american **SOKOL**

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JANUARY 1998

Happy 25th Anniversary!



S O K O L
Greater Cleveland
CZECH FOLK DANCERS

(See story on page 9.)

American Sokol

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THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"The tragedy of life
is what dies
inside a man
while he lives."

From Your Editor...

I'm happy to say that interesting information from a number of sources has begun to fill my mail box once again. There's still a lot going on that all our members would love to read about, so write it down, stick it in an envelope and send it in. I need photos! Check out the calendar of events for exciting Sokol happenings and fund raisers for you to support.

NA ZDARI!

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

CALENDAR of EVENTS

FEBRUARY

8 Sokol Tabor Pancake
Breakfast
8 Sokol Milwaukee Jaternice
Dinner-Obchod (Bazaar)
14-16 Eastern District Skills Clinic
20-22 Sokol Ceska Sin Ski Trip
21 Sokol Brookfield Spaghetti
Supper
21 Sokol South Omaha Annual
Vecirek for Members

MARCH

7 Eastern District Competition
7 Western District Children's
Competition

MARCH

14 Sokol Tabor Exhibition
21 Sokol Brokfield-Sokol
Stickney Exhibition
22 Sokol New York Exhibition
27 Sokol Chicagoland Exhibition
28 Sokol Berwyn-Slavsky
Exhibition

APRIL

18 Sokol South Omaha \$5K
Giveaway
25 United Sokols of the East
Gykmnastic Competition
28-5/3 Sokol South Omaha Mini Slet

A.S.O. Board of Instructors meets every 2nd Wednesday, 7:30 P.M.
A.S.O. Executive Board meets every 4th Tuesday, 7:30 P.M.

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.

The Holy Infant of Prague

The Infant of Prague is a title used by the Church and the faithful to honor and glorify the divine infancy of Jesus Christ.

The statuette of the

Holy Infant of Prague originated in

Spain. According to legend, it was modeled by Friar Father Joseph, to whom its likeness had been revealed. It was carried to Prague as a precious remembrance of her native country by Maria Manriquez de Pare when she wed a Czech nobleman, Vratislav of Perstyn, in 1556. The Holy Infant later became the property of their youngest daughter, Princess Polyxena, who, in 1603, married Prince Zdenek of Lobkovice. When the Princess' husband died, she gave the statue in turn to the Carmelite Fathers at the Church of Our Lady of Victory, Prague, Czech Republic. There on a beautiful marble altar between the statues of the Blessed Mother and St. Joseph, stands the miraculous Infant.

The eighteen inch figure is carved from wood covered with wax and stands in a marble niche which has a silver base. It is enclosed and protected by a crystal case. The left foot is barely visible under a long white tunic. His right hand is raised in blessing, and in His left He holds a golden globe. The head of the Holy Child is covered with a wig of human blonde hair. Affixed to the case, but apparently resting on the head, is a crown invested during a High Mass offered in 1655. The crown was a gift presented by Bernard Ignatius of Martinic, supreme Burgrave of the Kingdom of Bohemia. In the center of the pedestal, below the statue, lies a filigree heart set with rubies, crystal and garnets which spell the name JESUS in the Czech language (JEZIS). On either side, two 7-pound angels of silver guard the dome. The Infant originally had one robe and cloak. At present, the Infant's wardrobe contains more than fifty vestments. The elegant ensembles are gifts from the faithful throughout the world. They are changed according to the liturgical season and festivals.

When the statue was donated by the Princess, she said: "Honor this statue and you shall never be in want." And indeed spiritual and material blessings were bestowed on the Carmelite community. The novices in Prague were especially devoted to the Divine Infant, and Brother Cyril a Matre Dei seems to have been the champion missionary of this devotion, many beautiful prayers being ascribed to him. However, the devotion did not prosper because of war and strife which were rampant in the country, and the Carmelite Fathers were forced to transfer their novitiate to Munich.

As the devotion declined so did the prosperity of the community. The enemies of the Church sacked and looted Prague, plundered the Church of Our Lady of Victory, and cast aside the statue of the Infant behind the altar. For seven years it lay there forgotten. Later, when the Carmelites returned to Prague, the statue was still forgotten. But when Brother Cyril, now a priest, returned, he looked for the Little King and found Him on a rubbish heap. It was the Feast of Pentecost, 1637, and the statue was restored to its former place on the altar.

While praying before the statue, Father Cyril heard a strange voice: "Have pity on Me and I will have pity on you. Give me back My hands and I will give you peace. The more you honor me, the more I will bless you." Through the kindness of benefactors, the statue was replaced with a new one. But it was not for long, as the new statue was accidentally destroyed by a falling candlestick. The old one had to be restored, and Father Cyril was again instructed by the Infant: "Place me near the entrance of the sacristy and you will receive aid." A stranger again assisted in the restoration, and in a few days the repaired statue was exposed for veneration in the church.

Many blessings, spiritual and material, were then showered on the religious community and on the clients of the Divine Infant. The fame of the miraculous Infant of Prague soon spread beyond the confines of Bohemia to all Europe and America.

~ Information from the Website: Shrine of The Infant of Prague - Dominican Friars - New Haven, CT and an article in Sokol Minnesota's Slovo.

OLYMPIC

For centuries, the Olympic Games were considered the most important and prestigious celebration of all Panhellenic festivals. But how did Olympia become a sanctuary of such importance in the Greek world? When were the first games introduced to the site? How did they develop into an institution of such significance? The various myths associated with the first Olympic games create a difficult effort in identifying any historical evidence. Archaeology's role is crucial in clarifying these issues.

Combining the different mythological, historical and archaeological strings, it seems probable to assume that already by the 10th century BC Olympia was a cult place, known to the elites of the western Peloponnese, who dedicated a lot of offerings in honor of its cult(s). The original character of the earlier dedications (animal figurines) reveal agricultural and pastoral interests, whereas horse and chariot figurines reflect the pursuits of more wealthy people. Obviously, Olympia came to be a regional cult place for people of different interests and status. In a region divided into small-scale local territorial units, neutral religious centers functioned as meeting places of local elites.

A broadening of the cult activities held in Olympia came by late 8th century BC, when participation was expanded to include a larger number of city-states. The region

of Elis, where Olympia lies, was resettled again (ca. 750-700 BC) and several dispersed settlements were formed in the area. From this period and on, Olympia becomes a site that attracted a lot of visitors from different areas of Greece.

Surely, definite answers cannot be given to the questions above, as these are mantled with different traditions and myths of various sources and contradictory character. What is certain is that Olympia developed gradually to a major festival site that came to be respected and continued to attract visitors from all places of Greece throughout antiquity.

Athletic Events In Prehistory

Hippias of Elis, a sophist of the fifth century BC, was the first to compile the initial victor list of the Olympic games. From him we learn that the first athletic contest, the foot race, was held at the sacred place of Olympia, in western Peloponnese, for the first time in 776 BC, in honor of the Olympian Zeus. Later ancient sources inform us that the Olympic festival gained considerable importance, ranked among the largest and most famous Panhellenic festivals by the time of early 5th century.

Was the athletic competition always organized? And what did athletic competition mean to the earlier cultures of the Mediterranean?

Ancient Egyptians and the people of Mesopotamia had a long tradition

in athletic activities, as shown by the reliefs depicting athletic scenes carved on the tombs of their kings and their nobles. They did not hold regular festivals, however, and when they did, it seems that these were only attended by kings and the higher class.

The Minoans showed special concern in gymnastics. Bull-leaping and tumbling became their favorite sports, as indicated by the frescoes decorating their palaces. Other Minoan sports included some track-contests, wrestling and boxing. From what we can tell, such activities were practiced in places near the palace, probably by members of the noble class.

The Mycenaeans adopted all Minoan games, and introduced chariot-racing and more track contests. The Mycenaeans used the chariot not only for hunting and war purposes, but for religious and funerary ceremonies too.

The Homeric poems comprise the first written evidence of athletic contests in the Greek world. In his great poems, Homer gives vivid descriptions of the athletic contests held as part of the funerary ceremonies in honor of the dead hero, Patroclus, or in other occasions.

The emergence of the first city-states caused a rapid development in athleticism: a number of local contests were set up in these cities, held in festivals of religious

GAMES

character. Athletism became an institution, providing vehicles for recurring competition among the members of the polis.

Olympia soon became an important religious place, where a series of athletic contests were held. Modern research focuses on understanding the origins of this great religious celebration that became the symbol of political and cultural unity of Greeks in the historical period. Were the Olympics always a big festival, and was Olympia always a sacred place? Why did the games develop as a Panhellenic institution at this particular part of the western Peloponnese, and how did this institution change throughout the course of the years? Ancient Greeks and later writers describe their myths for the origins of the first games at Olympia, whereas archaeologists spend great efforts in reconstructing the history of the festival through finds in excavations.

The Olympic Festival In Antiquity

"There are enough irksome and troublesome things in life; aren't things just as bad at the Olympic festival? Aren't you scorched there by the fierce heat? Aren't you crushed in the crowd? Isn't it difficult to freshen yourself up? Doesn't the rain soak you to the skin? Aren't you bothered by the noise, the din and other nuisances? But it seems to me that you are well able to bear and indeed gladly endure all these, when you think of the gripping

spectacles that you will see." Epictetus, AD 1st

The Olympic festival was the most important and ancient of all other Greek festivals. It was the greater religious festival among others, dedicated to Zeus, the supreme of all gods. The sanctuary of Olympia imposed its authority throughout the Greek world, whereas soon the Olympic games became the symbol of Panhellenic unity.

The site and the sanctuary of Olympia gradually developed through time. From a simple cult place, it evolved to an elaborated sanctuary adorned with temples, the greatest among them being the Temple of Zeus, secular buildings and statues. New games were added in the festival and new athletic facilities were built in order to facilitate the athletes who participated in the games.

The Olympic festival was held once every four years in the most hot days of the summer. During the five days of the festivals, a number of sacrifices were dedicated to the altars of the gods of Olympia, the most magnificent of all being the sacrifice of one hundred cattle in front of Zeus' altar. A series of athletic contests were held in the stadium, the hippodrome and other areas of the site in front of thousands of spectators from all cities of the known-Greek world. The victors were crowned with a wreath of wild olive and enjoyed

special honors from their hometown.

During the Olympic festival, a number of athletic contests were held:

- Stadion Race
- Wrestling
- Boxing
- Pankration
- Equestrian Events
- Pentathlon (jumping, running, javelin, discus, wrestling)

Those who participated in the contests followed common rules and conventions, established for the better organization of the games. First, all cities had to cease hostilities during the days of the games. Secondly, all Greeks were allowed to participate, except barbarians, women and slaves. Thirdly, a number of specific rules regulated the training procedures and the performance of the games.

Myths Surrounding the Olympic Games

Pelops

There are several Greek myths about how the games were started. The most common myth was the story of the hero Pelops, after whom the Peloponnese is named ("the isle of Pelops"). The story of Pelops was displayed prominently on the east pedimental sculptures of the Temple of Zeus. Pelops was a prince from Lydia in Asia Minor who sought the hand of Hippodamia, the daughter of King Oinomaos of Pisa. Oinomaos

Continued on Page 10.

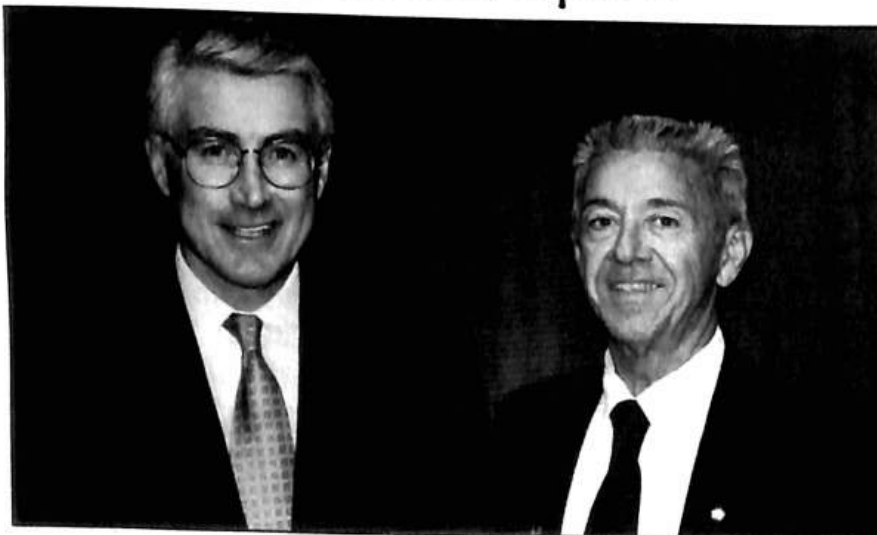
A.S.O. President, Bro. Fred Kala Meets With Senator Bob Dole

Illinois Governor Jim Edgar's Office for Ethnic Affairs arranged a meeting with Senator Bob Dole and leaders of the Polish, Czech and Hungarian communities of Illinois. They discussed Poland, Czech Republic, Hungary and NATO.



*Pictured Left to Right: (Front Row) Berl Bernhard; Joseph Pritasil, President, Czech National Council; Delphine Lytell, President, Polish Women's Alliance; Joseph Kucera, Editor, Czech Daily Herald; (Back Row) Pat Michalski, Assistant to the Governor for Ethnic Affairs; **BRO. FRED KALA, NATIONAL PRESIDENT, AMERICAN SOKOL**; Bro. Gary Wilt (Sokol Berwyn-Slavsky), Czech American Congress; Senator Bob Dole; Paul Varga, President, Hungarian Club of Chicago; Mihaly Gurmai, President, Hungarian Society of Chicago; Edward Dykla, National President and CEO, Polish Roman Catholic Union of America.*

Bro. Frank Michalek Appointed to Illinois Governor's Council on Fitness and Sport



*Pictured: Illinois Governor Jim Edgar and **Bro. Frank Michalek**.*

GUEST SPEAKER

Sis. Joan Curran,
A&O Membership Chairman

In order to see an increase in Sokol membership, new guidelines and programs need to be formulated. We must start from the Unit level. In order for a person to become a member, we must give them a reason.

Suggestions: Change Unit meeting times and dates to accommodate more people. Try a Sunday brunch or other novel way to attract more people.

Keep the meeting interesting. Is there an educational portion, refreshments, games, raffles, etc?

Share your knowledge and friendship with new members to make them feel welcome. Ask new members to volunteer. Keep them active and busy and appreciated as a part of your Sokol family.

Get rid of old ideas that do not work and create new ones. Keep your members challenged. Get children involved early. Someday we will look to them to be our members.

Make membership fun. The best part of Sokol are the people we meet there. That's why we keep coming back.

Many of us were raised as children of Sokol, active in the gym then and now. Incentive is the key word. Parents of our gymnasts need an incentive to join our membership. Together we can share our knowledge and try to create a desire for others to join us.

Your comments and suggestions are encouraged. Send them to Sis. Joan Curran, Membership Chairman, American Sokol, 6424 W. Cermak Rd., Berwyn, IL 60402.

NA ZDAR!



AMERICAN SOKOL ORGANIZATION

GYMNAST

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



For the Future

The following letter, sent to the National Directors for the Directors Conference and printed in the November *Directors Newsletter*, is being opened up for general discussion. Send reactions, comments, and suggestions to the Directors Newsletter at the ASO National Office.

I'd like to take this opportunity to commend the Board of Instructors for their efforts toward making the 1997 Slet a success. The new events initiated at this Slet exhibited foresight and creativity. It can be documented that certain participants attended and competed primarily as a result of these new events. The tag team gymnastic competition was an innovative idea.

Although there was limited participation, it showed that perhaps those Seniors with physical limitations on some events can still compete at more advanced levels on individual events rather than competing all around in a less advanced level against seniors who belong in those levels.....

With the decreasing enrollment especially in our boy's and men's classes, and limited instructors in our Units, perhaps we may want to consider a combined Junior/Senior calisthenics. It would enable units to make a more suitable presentation of the calisthenics in Unit exhibitions and Slets particularly with the recent emphasis on complicated patterns and group movement. To repeat a previous request, the calisthenics should be videotaped from the rear to facilitate learning.

It is unfortunate that in spite of all of these changes, our numbers continue to decrease. Sokol has an identity problem. We are no longer an organization of Czechs and their descendants (although we have strong tendencies in that direction), but an American organization perpetuating a Czech originated philosophy which is valid to every day American life. We should study the approach of the karate programs which are gaining in popularity in spite of a predominance of non-Asian participation. They have marketed their philosophy to the American public maintaining certain cultural influences without a preoccupation on ethnicity. In the case of Sokol, our heritage to be passed on to America lies in our Sokol methods of physical education and our patriotism to our country. The calisthenics is probably the most impressive example of the fundamentals Sokol has to offer. Marketed properly Sokol could once again become the leader in general gymnastics and physical fitness with classes filled to capacity. Perhaps we need to consider some derivative of franchising to proliferate our program.

The issue of membership in the organization vs. participation in the classes is another issue entirely also requiring intense research and marketing. Most organizations are experiencing membership declines as older members pass away. The younger generation has lifestyles that don't include membership in clubs and organizations except to the extent of joining a health club or professional societies. But these memberships are generally for self interest and do not require a commitment of personal time for the benefit of others. Statistics show that memberships are no longer a lifetime commitment, but usually more brief in duration, generally revolving around a personal need. Once that need is fulfilled or the member finds other interests, membership is usually terminated.

I think we all can agree that Sokol can't continue with business as usual if it is our intention for this organization to not only survive, but to thrive. We need to adopt a business approach to managing Sokol: form a Strategic Leadership Team, create a long-term vision, become extremely focused on a well-defined goal, develop a national marketing plan, hire qualified professionals from within and from outside the organization. A grand and glorious past does not guarantee a successful future nor are the Sokols in the Czech Republic our saviors.

(continued on next page)

For the Future (continued)

There is an urgency to our situation. But first we have to be courageous enough to acknowledge that Sokol has a serious problem and commit to doing whatever it takes to perpetuate the organization lest it cease to exist. We need to immediately reinvent the National Convention, particularly as critical as our situation is now. Rather than spending all of our time and money reading reports to each other, arguing the "i's" and "t's" of bylaws, or drawing out the elections by nominating everyone and their brother for every office just to get one's name in the minutes, all of the delegates, which should encompass all of the best minds in the organization, should come to the Convention prepared to solve a predetermined set of well-defined problems which challenge the future of Sokol and implement the solutions in a timely manner. Using focus groups and dynamic problem solving methods, we should predominantly utilize this Convention time to prepare a strategy to revitalize the organization. None of the other Convention business really matters if we don't have a viable organization.

An idea formed this organization; an idea can renew this organization. One only needs to read "Our Task, Aim and Goal" by Tyrs to know what we must do. It's all there, but how many of us have even read this masterpiece? To quote excerpts, "In a great cause it is proper to constantly plan ahead, rather than repose in a circumscribed self satisfaction. Constant, action has a greater value than what has been obtained...everything does not always have to be arranged as it was done up to now, and as we knew it to be done in the past. This "constant action" arouses the thoughts to corrections and additions to our aim...Who wants less wants nothing. Not to drag along, but to fly and fight forward. Succeed or fail. Everything or nothing must be our slogan here. To recognize this truth, fearlessly look it in its face and act accordingly, only that will improve us and save us."

I wish you success in your conference and hope you can build upon the enthusiasm of the 1997 ASO Slet with creativity and vision.
Nazdar!

Brother Joe Vrzalik
Member, American Sokol Organization

Get off the Couch

Everyone knows it is important to exercise, but did you know just how much of a good thing it can be? New evidence suggests lots of reasons to get off the couch.

- Enjoy cardiovascular benefits and live longer. Inactive people are twice as likely to develop heart disease as those who exercise regularly. By "conditioning" your heart with at least 30 minutes of vigorous exercise three or four times a week (aerobic dancing, bicycling, stair climbing, swimming, or brisk walking, you can make it pump more efficiently. It also lowers blood pressure and reduces stress, helping to prevent heart disease -- the leading cause of death among US women.
- Help prevent osteoporosis. Weight-bearing exercise (walking, jogging, and even lifting weights) builds stronger bones when you are young and helps protect against the loss of bone mineral that occurs naturally with age.
- Have more energy. The harder you exercise, the more your body's cells increase their ability to use oxygen. Exercise also promotes strength and endurance.
- Lighten depression. Moderate aerobic activity can lift moods by increasing endorphin levels -- the same hormones responsible for the runner's "high".
- Protect against varicose veins. Mild activity involving use of the legs can help relieve the discomfort of this condition.
- Control diabetes. Physical activity may increase your sensitivity to insulin, thus helping your body to regulate blood levels of that hormone. Lowering blood pressure also helps.
- Fight insomnia. Physical exertion and accompanying fatigue make it easier to fall asleep and to sleep soundly -- a fact well known by everyone who has spent a day skiing, biking, hiking, or even gardening.
- Decrease the effects of aging. Although muscles tend to weaken with age, their strength, flexibility, and coordination can be increased through exercise.

Work into an exercise program gradually. If you are under a doctor's care, get their approval. Then enjoy the benefits of activity that not only improves your health but helps you look and feel better.

Is The Problem In Your Head?

While the result of poor athletic performance is obvious to everyone, the causes may be subtle and hard to identify. Even the athlete may not recognize underlying factors that lead to poor technique or failure to execute during the pressure of competition.

Robert Nideffer, Ph.D., President of Enhanced Performance Systems and author of *Psyched to Win*, suggests that the athlete who is aware of four factors will be able to determine whether less-than-acceptable performance is a physical or psychological problem. He presents those factors as four questions.

Are You Satisfied?

Are you satisfied with your skill level? If not, you are faced with a technical problem that can only be corrected by developing the physical skills and strategy needed to play at a higher level. This is a psychological problem only in that you may be failing to acknowledge that a particular opponent is better than you. The tennis player who thinks he or she should be beating an opponent who consistently wins by set scores of 6-0 or 6-1 is missing the point. That opponent is simply better. The cross country runner who finishes last in every meet is not ready for that level of competition. No amount of mental rehearsal or psychological counseling will help the outclassed athlete overcome a superior opponent. The problem is clearly physical, not mental.

When Do the Mistakes Happen?

Nideffer asks, "Do performance mistakes happen randomly or do they occur more often in pressure situations?" Technical problems surface often and in a variety of situations. Swimmers might use shorter strokes, volleyball players may display poor footwork, or golfers might develop slices or hooks. However, if these technical problems occur only when the athlete is under pressure, there is a concrete link to psychological causes. Nideffer believes you will see the mistakes more frequently and that they will be more predictable than in non-pressure situations. He also suggests that one error in technique might be followed by subsequent errors.

How Do You Feel?

How do you feel when you are having a problem? If you feel confident and focused but perform poorly, the problem can usually be corrected by simply recognizing and making

technical changes. A short toss in a tennis serve is a common and correctable flaw at every level of the game. Swinging at bad pitches in baseball may require a better knowledge of the strike zone. Faltering toward the end of endurance events might be corrected by better pacing early in the race. When any of these technical or strategic problems are accompanied by negative thoughts or emotional overload that you can't dismiss, assume that a psychological basis underlies the mistakes.

How Much Is Going Wrong?

How many parts of your game are being affected? Nideffer looks to see whether the problem is confined to one area of performance or if it spreads to a general decline in all parts of an athlete's effort. If getting out of the starting blocks quickly is the only area that breaks down, the sprinter's problem may just be a technical one. If a quarterback has difficulty in completing one or two pass patterns but executes other passes well, the problem is not emotional.

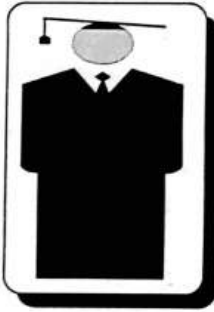
Psychological problems, on the other hand, usually result in everything going wrong. Increased muscle tension might affect coordination, concentration, and even vision. When a technical error has an impact on the rest of the game, the athlete has to correct two problems--the physical mistake and the negative thoughts created by that mistake that lead to other errors. A tennis player who double faults, for example, lets that problem begin to affect the volley, the smash, or other strokes.

If you are still not sure whether the performance problem is physical or psychological, try making a technical correction. If the correction works under the stress of game conditions, the problem has probably been solved. If not, the problem is a psychological one that requires mental skills such as concentration and control.

It is essential that the athlete or coach identify the cause of poor performance before trying to improve it. If mistakes are made because of technical shortcomings, all of the pep talks or one-on-one counseling in the world won't help. Conversely, practicing a hundred free throws or fielding a hundred ground balls at shortstop will not solve the problem of a player who makes mistakes because of psychological pressure. Whatever the cause, it makes sense to diagnose the disease before treating it.

Penn State Sports Medicine Newsletter, December, 1997.

1998 MERIT AWARD



Upon recommendation of the Finance Committee and the Board of Instructors, the delegates of the XII American Sokol Convention, held in Detroit in June, 1975 approved Merit Awards to be paid from the Sokol Future Leaders Fund. **The Merit Award Committee is now accepting applications for the 1998 Merit Awards** from students who are planning a course or program in an accredited two-year or four-year college or who are already participating in such a course of study. The application process begins with the submission of the form below to obtain application forms and instructions.

The amount to be awarded is \$500 to two students per year per district which has under 1500 members (Eastern, Northeastern, Pacific, Southern, Western), and an additional two students per year per district which has over 1500 members (Central).

The award is good for one year. An individual may receive only one award, and no renewal is available.

Failure to submit a transcript of grades for the year of the award to the American Sokol Merit Award Committee and/or failure to complete the year's course of study will result in request for repayment of the award.

The selections are made by the Merit Award Committee and approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Regular attendance in Sokol classes for at least three years prior to this application. Juniors may be included but must become adult Sokol members at age 17.
2. Successful completion of Sokol Instructor School(s) -- Unit, District, and/or National.
3. Teaching or assisting experience in Sokol gym classes.
4. Service to Sokol -- Unit, District, and/or National Organization.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of District Physical Director.

Although physical education study will not be a criteria, more consideration will be given to those training in the physical education field.

Merit Award Committee
Eva Balas (Chairman)

American Sokol Organization, c/o Merit Award Committee, 6424 W. Cermak Rd., Berwyn, IL 60402

I desire to make application for the American Sokol Organization Merit Award. Please mail application form and other application instructions to:

Name (signature): _____

Street Address: _____

City: _____ State: _____ Zipcode _____ Phone: _____

My age is: _____ years. I am a member of Sokol _____ of the _____ District.

APPLICATION REQUEST SHOULD BE RECEIVED NO LATER THAN MAY 1, 1998
APPLICATION DEADLINE IS JUNE 1, 1998.

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 Elmer Jezek from Sokol Berwyn-Slavsky | \$5.00 |
| In Memory of Louise Kmen from Helen & Charlie Dvorsky | \$15.00 |
| In Memory of Bozena Vanek from Sylvia & George Pistorius | \$10.00 |
| In Memory of Gus & Louise Kmen from Ann Basta | \$35.00 |

MUSEUM, LIBRARY & ARCHIVES FUND

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| In Memory of Rudy Liska from Paul Lebloch | \$25.00 |
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| In Memory of Josefa Hasalova from Mildred F. Barcal | \$25.00 |
| From CSA FRATERNAL LIFE | \$500.00 |

GENERAL FUND

| | |
|---|----------|
| From Geroge J. Bures, M.D. | \$100.00 |
| In Memory of Charles R. Barda from Sokol Brookfield | \$50.00 |

Donations for Czech Flood Relief:

| | |
|-------------------------------|----------|
| Sokol Los Angeles | \$500.00 |
| Sokol Town of Lake | \$500.00 |
| Sokol Fresno | \$250.00 |
| Sokol Havlicek-Tyrs Srs. | \$200.00 |
| Sokol Brookfield | \$100.00 |
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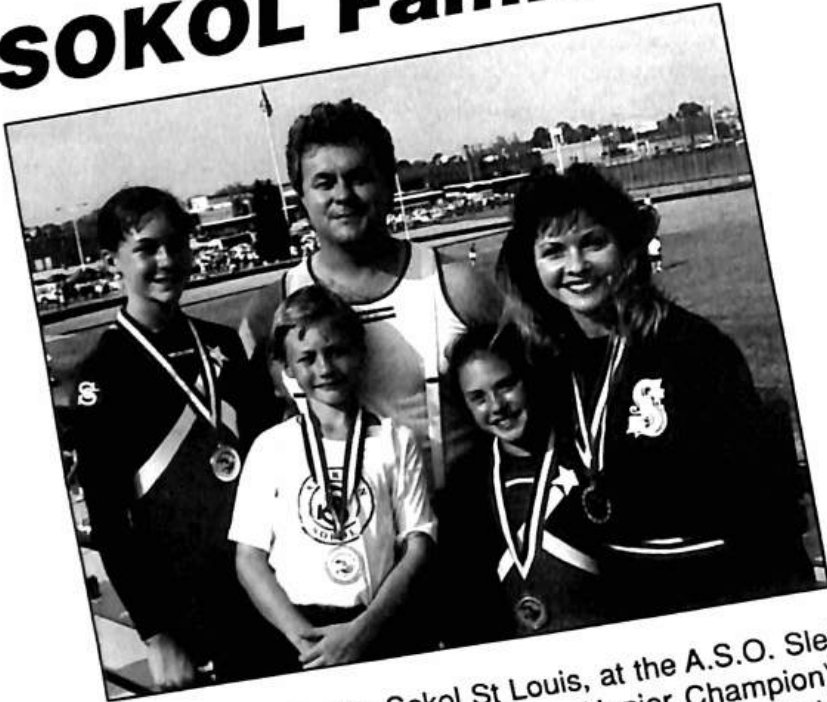
SOKOL CHICAGOLAND EXHIBIT AT STATE OF ILLINOIS BUILDING

Illinois Governor Jim Edgar sponsored the Sokol Chicagoland exhibit at the James R. Thompson Center, 12/8-10/97. Over 100,000 people visit the Center each week. For over 130 years, Sokol has promoted a program of gymnastics and physical education for the development of good health, sound moral values and to live in harmony for mankind.



Pictured left to right: Bro. Frank Michalek, President, Sokol Chicagoland; Bro. Dan Michalek, Board of Directors, Sokol Chicagoland, Pat Michalski, Assistant to the Governor for Ethnic Affairs.

SOKOL Families



The Strnad Family, Sokol St Louis, at the A.S.O. Slet in Chicago. Left to right: Lauren (Junior Champion), Jared, Greg (Dad), Kara & Carla (Mom). Says Carla, "We really had a wonderful time!"

What's happening at your
Sokol? In your family?
Send a story, a photo,
WHATEVER! to:
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THE VOICE

Reader Quips, Comments & Queries

Renewing my subscription to your AMERICAN SOKOL for the coming year. Enjoy, as an old Chicagoan, every issue. My parents belonged to Sokol Slavsky in the 1920's. I have been in Denver since 1947.

With a Sokol Na Zdar!
Tony Cifka

I was pleased to see the picture of Sis. Louise Nekuda on the front cover of the AMERICAN SOKOL. I have just seen her at the Moravske Hody in Sokol Los Angeles this past October. At 87, she was still dancing away with an enthusiasm unmatched by those generations younger. She has been a tireless volunteer for Sokol Los Angeles for at least the past 30 years (when my own Sokol association began) and I admire her greatly. Thank you for bringing us her childhood picture.

Sis. Yvonne Masopust

As a young adolescent and adult, I appreciated the friendship and guidance given at T.J. Sokol New York. I attended instructor courses and helped teach younger children. College interrupted my association with T.J. Sokol and the American Sokol Organization, which I regret. I make this contribution so other young men and women will have the same happy and enjoyable relationship with the Sokol organization. I grew up a sokol and married a Sokol, for which I'm grateful. Na Zdar!

George J. Bures, M.D.

Sokol Greater Cleveland CZECH FOLK DANCERS Celebrate 25 Years

November 3, 1972: A simple beginning – a simple goal to perform the Ceskoslovenska Beseda – a few dedicated people who accepted the challenge to preserve our Czech heritage – the Sokol Greater Cleveland Czech Folk Dancers were formed.

It is said that “time goes quickly when one is having fun” and it did! Twenty-five years later, November 3, 1997, the Sokol Greater Cleveland Czech Folk Dancers celebrated a milestone anniversary.

In anticipation of the anniversary, the group performed at Ellis Island on October 12, 1997. Before the performance, the dancers formed a circle on the grass and individually remembered their families that emigrated to the United States through Ellis Island. It was an emotional time. Their performance was also dedicated to all Czech immigrants as a thank you for the wonderful gift of Czech heritage and their contributions to this wonderful country. The following poem, composed by Kathy Coffey and adapted by the group, was read:

*They bow.
Her one red-gloved leg extended
His one black boot in place
Her hair tucked underneath a starched holubicka
His decorative ribbons pinned to his navy blue vest
Then the sparrows of their feet carry conversation
With melodies and bagpipes of long ago.
They dance, but it is not them:
Their great-grandparents carved ancestral patterns
Which transcend the dancers.
No confusion confronts them.
Straight shouldered, they move with grace
That is tradition's birthright.
Flushed, they bow.
Exchange their costumes for jeans.
Return to dissonant suburbia,
Czech folk dance their passport
To another time and greener space.*

The last 25 years have been one great dance with very few stubbed toes. Members of the group very willingly lent their creativity, time and talent to create a very distinctive, viable group. We are thankful for a quarter century of Czech folk dance. It's been great!

Sis. Dolly Baca, Sokol Greater Cleveland

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OLYMPIC GAMES *(Continued)*

challenged his daughter's suitors to a chariot race under the guarantee that any young man who won the chariot race could have Hippodamia as a wife. Any young man who lost the race would be beheaded, and the heads would be used as decoration for the palace of Oinomaos. With the help of his charioteer Mytilos, Pelops devised a plan to beat Oinomaos in the chariot race. Pelops and Mytilos secretly replaced the bronze linchpins of the King's chariot with linchpins made of wax. When Oinomaos was about to pass Pelops in the chariot race, the wax melted and Oinomaos was thrown to his death. Pelops married Hippodamia and instituted the Olympic games to celebrate his victory. A different version of the myth refers to the Olympic games as funeral games in the memory of Oinomaos.

Herakles

Another myth about the origin of the Olympic Games comes from the Tenth Olympian Ode of the poet Pindar. He tells the story of how Herakles, on his fifth labor, had to clean the stables of King Augeas of Elis. Herakles approached Augeas and promised to clean the stables for the price of one-tenth of the king's cattle. Augeas agreed, and Herakles rerouted the Kladeos and Alpheos rivers to flow through the stables. Augeas did not fulfill his promise, however, and after Herakles had finished his labors he returned to Elis and waged war on Augeas. Herakles sacked the city of Elis and instituted the Olympic Games in honor of his father, Zeus. It is said that Herakles taught men how to wrestle and measured out the stade, or the length of the footrace.

ETHNIC MUSEUM DAY IN ILLINOIS

Illinois Governor Jim Edgar proclaimed November 12, 1997, as Ethnic Museum Day in Illinois. Over 30 ethnic museums participated in the Museum Exhibit at the James R. Thompson Center. "Heritage museums across Illinois are to be commended for their commitment to preserving and promoting ethnic heritage, tradition and culture," the Governor said. "Showcasing the many exhibits in one place and at one time will provide people with a glimpse into the many cultures that comprise Illinois," said Edgar. "It is my hope that people will visit the museums with their families and friends to learn more." The Czechoslovak Heritage Museum received an award for their participation.

Pictured left to right are Pat Michalski, Assistant to the Governor for Ethnic Affairs, Jennifer Gaudio and Jitka Vesel of

the Czechoslovak Heritage Museum and Donna Mulcahy-Fitts, Executive Director, Office of the Governor.



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