

# american **SOKOL**



Volume CXX, Number VII

SEPTEMBER 1998

## American Sokol Organization **MARKETING CONTEST**

**GOAL** Your idea should provide a way(s) to promote the growth of the Sokol organization; to strengthen the program and make it more appealing to both current participants and potential participants; to increase membership. Any or all of the above may be addressed.

**PLAN** Your marketing idea must include the following components:

- The plan must be based on a five-year design.
- Define your target population, i.e., age, general, gender.
- Describe the goal achieved through your plan.

**NARRATIVE** Narrative must include a step-by-step implementation of the program.

- Cost projections.
- Timetable.
- Required personnel, with description of their duties/tasks.
- Methods of promotion and expansion.
- Include the author's role in the project over the five years.
- Projected response to the goal of the contest as a result of the design.

**AWARD** The amount of the monetary award is \$800 per winner, per contest. \$400 as the initial award, the remaining amount will be given at the beginning of the fifth year, as long as the author/advisor is completing his/her role and responsibilities and has continued their Sokol membership.

**RULES** Winner will be determined through the use of a point system, using the scoring rubric. All scoring will be completed by the contest committee members. The minimum amount of points needed will be determined by the marketing membership rubric scores. The highest total of the five averaged scores for the project will be the winner. All ties to be broken by a presentation by the author/authors to the committee. To participate in the contest, the author/authors must be a member of a Sokol unit. This is open to all members of Sokol, except Will Bujak, Eileen Stahulak, Ellen Lacina and the contest committee members. All entries will become the property of the American Sokol Organization and will not be returned. If these projects are ever developed into a program, the author/authors will be given credit, but no monetary award will be given.

**DEADLINE FOR ENTRY: DECEMBER 1, 1998**

Send to: American Sokol Organization  
Marketing Contest  
6424 W. Cermak Road  
Berwyn, IL 60402

**BRIDGING *the* CENTURIES**

## American Sokol

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## THOUGHT STARTERS

from Bro. Jerry Milan,  
ASO Educational Director

"We have no right to ask  
when sorrow comes, 'Why  
did this happen to me?'  
unless we ask the same  
question for every joy that  
comes our way."

## From Your Editor...

As we prepare for another Sokol year, it is a perfect time for you to share your ideas about ways we can improve the Sokol program and how to attract and keep new members. If you have an idea you think would work, put it in writing and send it in as an entry in the American Sokol Marketing Contest. Get further information about the contest from the front cover or by calling the National Office at 708-795-6671. Deadline to enter is December 1, 1998.

### NA ZDARI!

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

## CALENDAR of EVENTS

### SEPTEMBER

1 Sokol Minnesota Gym Class  
Registration  
1 Sokol Milwaukee Fall Fling  
3 Sokol Brookfield Class  
Registration  
6 Sokol Detroit Pancake  
Breakfast at Camp  
10 Sokol Berwyn-Slavsky Class  
Registration  
12 American Sokol Little Ferry  
Coin Toss  
13 Sokol South Omaha Czech  
Festival  
13 Sokol Minnesota  
Czechoslovak Day

### SEPTEMBER

13 Sokol Detroit Grape Festival  
(Vino Brani) at Camp  
26 Eastern District Annual  
Meeting

### OCTOBER

3-4 Houby Festival - Berwyn, IL  
3-4 Wauzeka Bohemian Festival  
(Sokol Milwaukee)  
18 Sokol Milwaukee  
Recognition Dinner  
23 Sokol Minnesota Harvest  
Dance

**SOKOL USA NATIONAL SLET  
JUNE 23-27, 1999  
CLEVELAND, OHIO**

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.

# CZECHS APPEAL

Over at the CSPS hall on West Seventh Street, the senior members of Sokol Minnesota gather regularly for fun and fellowship Bohemian style.

By Don Boxmeyer, Staff Columnist, St. Paul Pioneer Press

Every Tuesday morning, a couple of dozen well-maintained old Czechs and Slovaks pump up their hearts, their voices and their bodies out on West Seventh Street, and the only thing there senior to them is the building they gather in.

There, up on the second floor of the 110-year-old CSPS Hall at Seventh and Western Avenue, these 70- and 80-year-olds belt out ethnic folk songs and patriotic and romantic ditties. Then they march and prance around like young colts, they play volleyball, line dance, construct booya and make anyone younger than them generally feel sheepish.

But the toughest part of their day is just getting there.

Those 24 steps up to the meeting hall get steeper by the week, they say. The long-gone Klecatsky Mortuary across Seventh used to have its big funerals in the second-floor auditorium and the thought of dragging those caskets up all those steps has entirely no appeal left for these folks. Now this historic building, which narrowly escaped

demolition at least once, may be in for one more significant piece of modernization: It's time for an elevator, says Bob Vanyo, singer, dancer, volleyball player and president of Sokol Minnesota, the organization that now owns the distinctive old brown and tan brick building erected by the Czechoslovak Protective Society (CSPS), and insurance fraternity, in 1887.

"Sokol" means "falcon" and signifies freedom, and the organization's historic mission is cultural enrichment and physical fitness. Sokol Minnesota has 234 members and is one of the strongest and most active Sokol units in the United States, Vanyo says.

Sokol members are now preparing for the annual Festival of Nations, where the Czech and Slovak cuisine this year will include booya - the long-simmered meat and vegetable stew - assembled in the hall's second-floor kitchen.

An elevator would come in handy right now, Vanyo and other senior Sokol members say. It'll be a costly

improvement though; \$175,000 at least. Sokol has already raised \$100,000 and the drive is on for the rest of the money. An elevator on the west side of the building, away from its distinctive facade on the Seventh Street side, is not likely to jeopardize the hall's historic status.

In the middle 1970's, the building was almost razed to make room for a strip mall and parking lot. But neighborhood dissenters began showing up at meetings and gathered support to prevent the hall's demolition through its inclusion on the National Register of Historic Places in 1977 and its designation the following year as a St. Paul Heritage Preservation site.

Exterior and interior improvements faithful to the original design have been going on ever since. Victor Hubal Jr. and a crew of Sokol painters are refinishing all the woodwork. Victor's father was a member of Sokol and a scenery painter who completed a series of elaborate and colorful canvas backdrops that still decorate the

*Continued on Page 10.*

## 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 Honor of Josephine & Milton Pleva's 50th Wedding Anniversary

From the Vytlacil and DeValk Families .....	\$25.00	From Olive Suchy .....	\$15.00
In Memory of Vaclav Zenisek from Anton Smunt .....	\$25.00		
In Memory of Albert Cecka from Laddie & Martha Wortner Lizak .....	\$10.00		
In Memory of Josephy Zahradnik from Sokol Berwyn-Slavsky .....	\$25.00		
In Memory of Vaclav Zenisek from Sokol Berwyn-Slavsky .....	\$25.00		

# Renowned Czech Artist MILAN MED

## Visits Texas Gallery of Sis. Henrietta Milan

Czech Artist Milan Med (a member of Sokol Kampa in Prague) spent two weeks in Fort Worth for an Exhibition of his work at the Milan Gallery.

Med was a regularly featured artist in the old International Gymnast Magazine; his work focused on gymnastics up until about 18 years ago. Presently, he concentrates on ballet art, probably because his daughter studied with the Prague Ballet. His daughter and grand-daughter appear in much of his artwork. Med paints every day and spends most of his time at rehearsal halls sketching the dances, relaxation breaks, trials and errors, etc.

Some of Med's gymnastic art will appear in the upcoming American Sokol Organization calendar - watch for it!

While in Fort Worth, as a guest of Sis. Henrietta and Bro. Jerry Milan, Bro. Med attended Senior classes at Sokol Fort Worth, and visited Sokol KHB Ennis and Sokol Dallas. The Milans took him to all the art museums and galleries, the Stockyards and the many sculpture sites near Fort Worth. He also got to visit some rehearsals of the Fort Worth Ballet and was there for the opening of the new, state of the art Bass Performance Hall.

The ballet poster Med is shown signing is available for \$15 from the Milan Gallery, 6208 Lakeside Drive, Fort Worth, TX 76135, while supplies last.

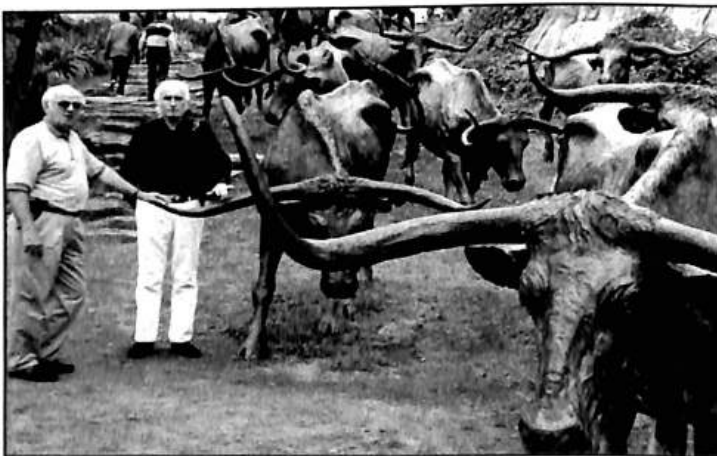
*Submitted by Sis. Henrietta Milan*



*MILAN MED autographs posters of his work at his first solo show in the USA.*



*At the opening of the Milan Med Show at the Milan Gallery, April 30, 1998 (Left to Right) Bro. Talon Milan, Czech Artist MILAN MED, Sis. Lesli Milan, Bro. Jerry Milan, Sis. Henrietta Milan and Bro. Rome Milan.*



*Bro. Jerry Milan and Artist MILAN MED in the midst of the sculpture "Cattle Drive" in downtown Dallas, Texas.*

# American Sokol Art Logo Contest 1997

The American Sokol Educational Committee wishes to thank all the members that took time to participate in this event. Two of the images were used for the ASO Seals in 1997.

## W I N N E R S

- |                   |                                       |
|-------------------|---------------------------------------|
| 8 Years & Under   | 1. Ryan Breidenbach, Sokol St. Louis  |
| 9-12 Years        | 1. Maria Breidenbach, Sokol St. Louis |
| Adults            | 1. Rome Milan, Sokol Ft. Worth        |
|                   | 2. Rome Milan, Sokol Ft. Worth        |
|                   | 3. Walter Hosek, Sokol Zizka, Dallas  |
| Honorable Mention | John Stribrny, Sokol Town of Lake     |

*(Total 8 Entries - 22 Images - 3 Images received after judging.)*

Let's see more entries for our next Art Contest. Put your talent to work and be a part of our events.

Na Zdar!  
A.S.O. Educational Committee  
Bro. Jerry Milan, Educational Director

# SOKOL Families



From Sokol Fort Worth: L to R, Rosie Steinman, Jody Steinman and Mary Hargiss-Steinman, with Appa Hargiss in front. Sis. Rosie Steinman is the Official Southern District Photographer.

June 11, 1998

Bro. Miloslav Pleskac, Starostam, Ceska Obec Sokolska  
Tyrsvum Dum - Czech Republic

Dear Bro. Pleskac,

On behalf of the American Sokol Organization, I wish to extend sincere congratulations on your being elected as Starosta (President) of Ceska Obec Sokolska. We send our best regards to you and your entire compliment of elected officers and wish you continued success and best of luck during your term of office.

We look forward to a continuation of brotherhood between the COS and American Sokol, and wish the XIII All Sokol Slet Committee for the year 2000 the best of success.

I sincerely hope I will have the opportunity to meet with you in Kosice, or perhaps later in Praha.

Nazdar a Tuzme Se,  
Fred G. Kala, President, American Sokol

# A RUSSIAN ADVENTURE

On April 19, I embarked on an amazing journey that took me halfway around the world, along with 10 classmates and our professor. We landed in Moscow and headed first to Passport Control. From the almost 200 people around me, I heard snippets of English, German, Finnish and, of course, Russian. As we waited in one large mass (there were no lines!) for our turn with the scary looking "passport verifiers," I noticed something that I found quite interesting - an advertisement on the passport control sign! We had been issued customs papers on our flight that said in bold letters, "Do NOT lose this form." After painstakingly filling out the form and nervously lying about the foreign money I had, I walked right past the customs officials who didn't even give me a second glance! We all promptly plopped down and fell asleep on the floor, since many of us had not slept for over 36 hours. We were in the airport a long time, since our hosts had received a fax stating that we wouldn't arrive until the next day!!

To tell of all my experiences in Russia would be novel-length; my journal alone was over 70 pages long! Some of the highlights were: We saw an internationally acclaimed folk dance troupe (of which the Ukrainian number was the best!), the ballet and circus, we visited cathedrals and palaces of the czars (including the home of Peter the Great and Catherine the Great), we toured numerous museums, both art (the Hermitage) and local (the Mitichy Museum), as well as visiting a former residence of Lenin, and we had the opportunities to just walk around the cities of Moscow and St. Petersburg. Perhaps one of the neatest experiences occurred while we were visiting Sergeiev Posad - the Russian version of the Vatican. As we walked around, Alexei, Patriarch of the Russian Orthodox Church, was also processing about the grounds, blessing passers-by with holy water. As he walked by our group, he christened us too, much to the delight of the Russians we stayed with.

Besides visiting places, we also

had the chance to spend a good deal of time with Russian people. Each of us stayed with host families for three days. My family was just wonderful. As I walked through the door of their apartment, I was greeted by a gigantic, black and white Great Dane named Sonja. I laughed out loud! Besides our host families, we also spent many hours with our guides, Nikolai and Olga. These two were forever providing us with advice, money and friendship. As I looked around my host family's home and glanced at the bottles of Pantene, tubes of Crest and all kinds of other Western products, I realized that the differences in my life and Lena's (my host sister's) life are perhaps not as great as I once thought they would be.

Although I didn't meet any other Sokols on this trip, I saw the spirit of Sokol - its brotherly and sisterly love - alive and well in 1998, halfway across the world. It was with an open mind and heart that I entered Russia. Upon returning home, I know now that my mind is opened and my heart is filled.

*Sis. Nadia Nakonecznyj  
Sokol Ceska Sin*

## american **SOKOL** *Flag Waver!*

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

*Valerie (Vaneke) Schoenberg - \$10*

See Page 11 for information on how you, too, can become an AMERICAN SOKOL FLAG WAVER!



AMERICAN SOKOL ORGANIZATION

# GYMNAST

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



## Our Sokol Youth Speaks -- Let's Listen

At the recent American Sokol Instructors School, in preparation for a round table discussion class, the beginner students were given a question to answer to help guide the discussion. The beginner students were asked to respond in writing to the following question: What qualities make for a great Junior Class instructor? Their multitude of answers is sorted below into a few major qualities:

### Knowledgeable

"Good knowledge of gymnastics"; "Organized"; "Teaches Sokol History, Czech Heritage, folk dancing, singing"; "Being able to help class make progress"; "Focuses on all aspects of Sokol & Gymnastics"; "Knowledgeable about all or most aspects of Sokol"; "Experienced"; "Knows safety tips"; "Knows marching commands"; "Good spotter"; "Knows how to read call"; "Knows what they're doing"

### Enthusiastic and Makes Class Exciting and Fun

"Enthusiastic Person"; "Enthusiasm"; "Energetic"; "Energetic, not mean & crabby"; "Outgoing"; "Enjoys coaching"; "Teaches with enthusiasm"; "Active"; "Makes the Class Fun"; "Keeps class exciting with variety"; "Makes everything fun"; "Has an interesting way of teaching"; "Hosts yearly parties"

### Discipline/Control

"Has a schedule for class"; "Is able to discipline and control the class"; "Being able to control the class without being mean"; "Stern but with a soft heart"; "Strict enough to make the class listen but doesn't yell"; "Can keep group in line & order"; "Serious about gymnastics"; "To be strict"

### Creative

"Keep everyone involved in the class"; "Uses games to condition the class"; "Allows certain days to be free days"; "Encouragement"; "Willing to try new things"; "Has good ideas"; "Has good imagination"; "Inventive"

### Friendly, Patient and Caring

"Good Listener"; "Encourage all Gymnasts from Lower to Higher level"; "Dedicated to improving students physical and mental well-being"; "Is friendly to students"; "Patience"; "Gives positive and negative criticism"; "Not acting as a dictator"; "Takes pride in their gymnast's work"; "Not harsh"; "Makes the kids feel special"; "Open to ideas from the class"; "Fun and cheerful"; "Willing to help"; "Sense of humor"; "Kind and caring"; "Loves kids"; "Dedicated"

### Surprises

"Is dependable to show up on time"; "Attends class regularly"; "Does not favor one student"; "Treats all students equally"; "On time"; "Punctual"; "Have the ability to be heard and understood"; "Shows up at class as much as possible";

# The Case For Warming Up

*Penn State Sports Medicine Newsletter, August, 1998*

The warm-up is one of most time-honored rituals of sports. Coaches use it so that their players can practice game skills. Athletes warm up to "get loose," and, in some cases, to show off. Trainers hope the warm-up will prevent injuries. For spectators, the warm-up is part of the show. Why else would 15,000 fans get to the ball park two hours before game time to watch Mark McGwire take batting practice?

With this kind of across-the-board participation, you would think that there would be hundreds of studies supporting the warm-up to enhance performance or prevent injuries. That is not the case. Athletes are not eager to risk a poor performance or an injury for the sake of science, so studies on the subject are practically non-existent.

## Hard to Define

Studies that have been conducted relating the warm-up to injury prevention frequently omit variables such as frequency of exposure prior to an injury and individual differences in the subjects. In addition, the very term "warm-up" is defined in many ways. Measuring something that does not have a universal definition makes warm-up research especially difficult.

In regard to flexibility exercises as part of a warm-up routine, the authors of a 1997 article in Sports Medicine point out that there is no scientifically based prescription for flexibility training. They also confirm that no conclusive statements can be made about the relationship between flexibility and athletic injuries. They do, however, acknowledge that there is basic scientific evidence to suggest that an active warm-up may protect against muscle strains.

## Broad Support

In spite of the lack of overwhelming scientific support, there is broad support for the practice of warming up in the medical and coaching communities. Part of that support is based on common sense. It just doesn't seem to be wise to run a hundred meters as fast as you can or to serve a tennis ball at near 100 mph without warming up.

Beyond common sense, there are experts who say that the benefits of warming up are well established. Injuries are much more likely to occur when muscles, tendons, and ligaments are tight or cold. Tissues that have not been warmed by increasing blood flow and then lengthened with

gradual stretches are less pliable and at greater risk of being torn.

## Phase I - Limbering Up

It is advised that athletes go through three stages of a warm-up before an event begins. The first is a five-minute limbering up period to raise body temperature by 1.5 to 2.0 degrees above normal. That two-degree increase lubricates tendons and muscles and makes them more elastic. The warm-up ensures that there will be less friction between the bones that come together to form a joint. A state similar to lubricating the joint allows for greater ease of movement.

You will know when the limbering up phase is complete when you break a sweat. Riding a stationary bike, jogging or walking briskly, jumping rope, and climbing stairs are commonly accepted ways to "limber up."

## Phase II - Stretching

A 5-10 minute stretching period is also recommended. Stretching improves flexibility, which is particularly important to older athletes. Stretches should be general enough to involve all of the major muscle groups and specific enough to address the demands of the particular sport. For example, racket sport athletes should spend extra time on the upper body, calves, and the Achilles tendon. Runners should focus on the lower back, quadriceps, hamstrings, calves, and groin muscles.

## Phase III - Sport-Specific Activity

The final part of the warm-up before an event should involve the sport's movements. Runners should walk-jog, then slowly increase the effort to a run. Swimmers should swim a few laps slowly, and racket sports athletes should rally with their opponents. Golfers should take practice swings, and basketball players should shoot. For endurance activities, it is recommended that the heart rate reach 50 percent of maximum during the warm-up.

## Conclusions

Does warming up lead to better performance? Studies have shown improvement in various physiological functions, but the connection between a warm-up and success in competitive sports has not been clearly established.

Does warming up prevent injuries? Probably. Stretching increases range of motion, which, in theory, prevents injuries.

Does warming up give your body a chance to review sport-specific movements? Yes, and that may be an argument strong enough to stand alone.

The case for warming up is a clear example of practice and common sense overriding the lack of scientific confirmation. The consensus among sports medicine professionals is that warm-ups should continue to be part of pre-event preparation. It should include a limbering / loosening up period, a series of general and sport-specific stretches, and some time devoted to going through the movements that will be needed when the contest begins.

August, 1998

Dear Sokol Leader,

It is with the deepest sense of pride and enthusiasm that we invite the Sokols of the free world to participate in the XXIII Festival of Sokol USA. Sokols from the United States, Canada, Slovak Republic, Czech Republic, Switzerland, Austria, France, Slovenia, Yugoslavia, Australia, England and Poland are welcomed to join us as we come together to celebrate our youth. "Come Rock then Roll" is symbolic of the atmosphere we hope to create in the 'New America City,' Cleveland, Ohio -- June 23 through June 27, 1999.

We have successfully completed 100 years of Sokol and are now ready to step forward into the 21st Century. We hope you will be as enthusiastic about our program as we are. The calisthenics are a mix of new and old; hopefully you will enjoy learning and teaching them. We have added new sports to our competitions and are eager to witness the results.

We wish you a successful gymnastic season and we look forward to seeing you in Cleveland.

SLETU ZDAR!

David S. Walko  
Director of Men

Gail Wallach  
Director of Women

## 5 Keys to Being a Leader

There are certain characteristics that all great leaders share. Developing these traits will help you manage and motivate your employees:

**1**

### BE AS VISIBLE AS POSSIBLE

Great leaders know you can't drive the bus from the back seat. Get out and about; visit your employees—even the ones out in the field or at different locations—as often as you can; talk to people; shake hands and say hello to as many of your employees as you can every single day. Important: Don't take up your employees' valuable time "pressing flesh" just for the sake of doing it. Make sure your visits with employees are genuine and productive for everyone involved.

**2**

### TURN YOUR TEAM OF FOLLOWERS INTO MANAGERS AND LEADERS.

The greatest leaders realize that they can't succeed on their own; they build a team of people around them—great managers and leaders themselves, who can help the leader achieve goals.

**3**

### ESTABLISH A VISION AND PREACH IT

Every great leader has a clear vision of what he or she wants to achieve—and every great leader is good at preaching the "gospel" of that vision to employees.

**4**

### BE CONFIDENT OF YOUR DECISIONS

Nobody wants to follow leaders who reverse course all the time. Employees who sense hesitation in their leader tend to hesitate themselves. They don't want to commit to a course if there's a chance the leader will change it. Once you decide on a course of action, stick to it and follow it through to the end.

**5**

### BE FLEXIBLE

Sticking to your course of action doesn't mean you go down with the ship when a wrong decision has been made. When this occurs, change course, and explain to your team why it's necessary to do so. Put the bad decision behind you, learn from it, and move on.

## Sokol USA National Technical Meeting -- August 1-2, 1998 -- Cleveland

The meeting was conducted by the Sokol USA Chief Physical Directors, Gail Wallach and David Walko, with representatives of each Sokol USA lodge/district and other members of their national technical staff. Bro. Howie and Sis. Jane Wise (Sokol Greater Cleveland), Bro. Kalat and myself, and Sis Anna Janous (Sokol Canada) participated in the discussions as welcome guests.

Sokol USA attendees presented activity reports for the past year. It is apparent from the reports that they are wrestling with the same problems (declining membership, declining participation, limited funding) as we are. Local lodges reported varying levels of activity. At a national level in 1997-98, Sokol USA conducted a successful recreational camp program and STAR program (gymnastics camp for children) at their camp in Barryville, NY. Unfortunately, Sokol USA was forced to cancel its national instructors course when the number of registrations did not meet the minimum required. We advised Sokol USA that in the future should events again require cancellation of their course, we would make every attempt, regardless of timing, to accommodate their students at our ASO school.

### Sokol USA general plans for the 1998-99 season:

- ♦ To conduct a two week national instructors school in the summer of 1999 at Sokol Woodlands
- ♦ To conduct recreational camp and STAR camp programs in the summer of 1999 at Sokol Woodlands
- ♦ To continue supporting area training sessions
- ♦ To continue their "Project Safety" financial assistance to lodges to upgrade equipment
- ♦ To encourage professional development through attendance at clinics and conferences
- ♦ To continue and expand the National Identification Photo and Health Emergency Information program.
- ♦ To continue their Reactivation Project
- ♦ To expand their "Gymnast of the Month" program to "Athlete of the Month"
- ♦ To invite the World Sokol Federation to conduct its 1999 Directors meeting during the Cleveland Slet (under the current rotation, the Sokol USA directors also serve as WSF BOI Directors for 1998-99)
- ♦ To sponsor (perhaps in cooperation with other Sokol organizations) Prague Slet Cal workshop(s) following the Cleveland Slet. Teaching staff to include instructors from the Czech Republic.
- ♦ To support the "Skills Test" program presented at the WSF Directors meeting and sponsor the Sokol USA winners to attend a special "Skills Program" Camp and Competitions"

### 1999 Sokol USA National Slet: June 23-27, 1999

- ♦ Site: Downtown Cleveland, OH -- Sheraton Hotel & Cleveland State University (walking distance between hotel and competition sites); 2 blocks from Rock-n-Roll Hall of Fame and Science Place.
- ♦ Calisthenics:
  - ♦ Children - new composition by Bea Walko/Bob Liptak
  - ♦ Junior Boys & Girls, Men & Women - 1994 Prague Mens Cal with part added for women by COS.
  - ♦ Senior Coed II - 1991 Senior cal ('Pomp and Circumstance') by Micky Chilla
- ♦ Artistic Routines:
  - ♦ Girls, Jr. Girls, Women -- revised USAG routines; new Sokolettes, novice, & masters routines
  - ♦ Boys, Jr. Boys, Men -- revised USAG routines; new routines; new Sokollads routines
- ♦ Other events: rhythmic(W), triathlon(M), volleyball (M&W), 3-on-3 basketball (M&W), swimming(M&W), 6-man soccer(M&W)
- ♦ Slet Manuals with 85-90% of materials were distributed; or will be mailed or shipped in bulk shortly. (Music/video tapes not yet available. Sokol USA given mailing labels for ASO unit/district directors)

### Miscellaneous

- ♦ Both organizations agreed to a joint effort to pursue a commercially available gymnastics meet tabulating program tailored to accommodate Sokol's expanded number of events
- ♦ All recognized the impact that a travelling instructor could have on strengthening our units and lodges. We expressed a willingness to consider a cooperative effort with Sokol USA.
- ♦ Bro. David Walko was re-elected Director of Men; Karen Ondira was elected Director of Women

All in all, the meeting had a very cooperative spirit. We all came away from the meeting with a greater understanding of the workings of Sokol USA, how we are different and how we are the same.

Janet Kalat -- Director of Women

# HRADEC KRALOVE

Hradec Kralove is one of the major and most beautiful Czech cities. Its size being close to that of Cedar Rapids, it is hard to miss once you get out of Prague in the eastern direction. You can get there in less than 2 hours. Generally recognized as the administrative as well as a commercial and cultural center of the whole Eastern-Bohemian area, the town will welcome you with its characteristic skyline composed of the three spires, sometimes referred to as "Little Hradcany" because of their resemblance to the Prague Castle.

Actually, even its name will tell you a lot about it. Those of you who know some Czech might have noticed the relation between Hradec and "hrad" (meaning "castle"). You could come across similar names, such as Hradek or Hradiste all over the country. They imply that back in the Middle Ages there used to be a castle or a fortified settlement. The same is true about Hradec Kralove, whose population and importance grew so rapidly that in as early as 1224 it was given the status of a royal town, which makes the city over 770 years old! A reminder of the town's royal status is the white two-tailed lion in its coat of arms, an emblem reserved for the Czech kings and their possessions solely.

The town's name is derived from Kralova, meaning "the queen." Its modern form would be Kralovna. The name of the town would mean something as "The Queen's Hradec" or "Queen's Castle." This brings us to another important and interesting

*Continued on Page 9.*

# REMEMBER ME?

Hello – remember me? I'm your flag. Some folks call me Old Glory. Others call me the Stars and Stripes, the Ensign, or just... the flag. But whatever they call me, I am your flag. And, as I proudly state, The Flag of the United States of America.

Something has been bothering me lately. I was wondering if I might talk it over with you. It's about you and me.

I remember sometime ago (I think it was Memorial Day, or was it the 4th of July?) when people lined up on both sides of the street to watch a parade. When your father saw me coming along, waving in the breeze, he took his hat off and held it against his left shoulder. His hand was directly over his heart. Remember?

I was proud, very proud, as I came down that street. Oh, yes, there were some servicemen there, standing at attention, giving the military salute. Ladies as well as men, civilians as well as military, paid me respect, reverence.

Now, if I sound a bit conceited, well, I have a right to. I represent the finest country in the world – the United States of America. More than one aggressive nation has tried to haul me down, only to feel the fury of this freedom loving country. Many of you had to go overseas to defend me. A lot more blood has been shed since those patriotic parades of long ago and I've had a few stars added since you were a boy, but I'm still the same old flag.

the last time I came down your street, I noticed that some of the old landmarks had given way to a number of new buildings and homes. Yes sir, the old town sure has changed. I guess I have too, because I don't feel as proud as I did back then.

Now – when I come down your street, you just stand there with your hands in your pockets. Occasionally, you give me a small glance and then look away. When I think of all the places I've been... Normandy, Guadalcanal, Iwo Jima, Battle of the Bulge, Korea and Vietnam, I wonder – what's happened? I'm still the same old flag.

How can I be expected to fly high and proud from buildings and homes when within them, there is no thought, love or respect for me? Whatever happened to patriotism? Your patriotism? Have you forgotten what I stand for? Have you forgotten all the battlefields where men and women fought and died to keep this nation free? When you salute me, you salute them. Take a look at the Memorial Honor Rolls sometime. Look at the names of those who never came back. Some of them were friends or relatives of yours... maybe they went to school with you. That's whom you are saluting – NOT ME!

Well, it won't be long before I come down your street again. So, when you see me, stand straight and place your hand over your heart. Do this because I represent you. You'll see me wave back, my salute to you.

*Submitted by Sis. Mil Pinc*

# Czech Immigration to California

Very little information is available on the first wave of Czech immigration to California. The discover of gold was noted in Czech newspapers and immigration agents were present in Bohemia and Moravia to handle the requests for passage to California. The first available records for Czechs in California show that in 1853, 3,419 Czechs came to California: 1,311 from the Plzen (Pilsen) district, 1,009 from the Budejovice district. In 1854, the number increased to 6,128, but by 1855 had dropped to 3,021. In 1859, only 842 new immigrants arrived. In his book "The Czechs (Bohemians) in America," Thomas Capek states that immigration from Bohemia to the United States during the Gold Rush period was about 25,000. If one refers to the above figures, obviously not all of the 25,000 could have come to California, but a sizable number did make it and formed the basis for a Czech community.

After the Gold Rush, the Czech immigrants moved to the cities or set up small agricultural (especially fruit) concerns in the Central Valley - around the towns Fresno and Clovis. In the 1860's, a Bohemian by the name of Frank Korbelt came to California. He had worked in Panama and had made some money operating a canteen during the Canal project. He settled in the Russian River region near the wine-growing areas of the Napa and Sonoma Valleys and claimed some land on a bend in the river, about

two miles upstream from the town of Rio Nido. First he cleared the land of its redwoods and sold the lumber. Then he tried to grow wheat, but without success. eventually, he planted a vineyard, working around the huge stumps that were too difficult to remove and thereby creating one of the most picturesque vineyards in the state. At first he manufactured dry champagne, "Grand Pacific," which later was known as Korbelt Brut. As of 1949, the vineyard was still owned by the Korbelt family, but since then, it has passed into other hands and is noted for its fine brandies.

In 1876, a Czech organization in Chicago, the "Ceska Osada" (meaning Czech Colony) was considering a move to a warmer climate. "Onward to Texas, Arizona and California" read their address, "let the Czechs feel the joy of resting in the shade of orange trees after daily toil!" They sent a committee to Shasta County, California, to report on conditions. Some of the members opposed a move there because they felt the land prices

were too high. Oklahoma, Kansas or Nebraska seemed to offer better opportunities. In addition, a member of the committee and a supporter of the California move, Frank Petrovec, was killed in a train crash during the investigation and this discouraged many of the members of Ceska Osada.

The Czechs who did come to California were described as "splendid pioneers, industrious and law-abiding." One of the number, Frank Lastufka, was the Czech vice-consul in San Francisco from 1886. He was also one of the founding members of Sokol San Francisco. His interest and helpfulness earned him the affectionate title of "Father Lastufka."

This was the beginning of immigration to California. Later, another mighty wave of immigrants came to the shores of the Pacific Ocean; but that is an entirely new chapter.

*By Jan Kucera*

*From Sokolsky Vestnik,  
Bulletin of Gymnastic Association  
Sokol San Francisco*



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## A QUESTION WITHOUT AN ANSWER

Most of us have been there. It's 10:30 at night and we are half-way through the agenda and it seems as if the night-long meeting will never end. Our patience is wearing thin, our bodies are telling us to call it a night and yet we pursue, we must! For the future of our Sokol lies in the decisions that we make today. We continue to state our opinions boldly, to make ourselves clear, we even shout and dramatize our statements to drive home our point. We discuss competitions and we realize the problem. We discuss exhibitions and we realize the problem. We talk about the grandest event of them all, the Slet, and we still realize the problem. We discuss this problem as if it is different with each event. We spend hours on a topic only to move to the next subject and speak of the same problem.

### STOP!

The problems of our Sokol program today lie much deeper than our individual issues. Meetings take long because we run into the same stumbling block with each item. The problem is NOT in trying to get

enough judges. The problem is NOT in getting a bigger audience. The problem is NOT in the safety of our classes. The problem is NOT in not having enough help.

The PROBLEM is in teaching "Spirit!"

We don't have enough judges because our men and women don't care enough to spend one lousy day to help out. The "Spirit" of Sokol is not there. We don't have a big enough audience because our parents don't care. They don't have "Sokol Spirit". We lack some safety in our classes ONLY because we don't have enough people who care enough to help in our classes. We have limited help in all of our activities and fund-raisers because we are not doing a good job of promoting and teaching Sokol Spirit.

If we could convince everyone that their help is needed for the good of Sokol, we can succeed. And I don't mean just a select few people. We already have a select few. We need EVERYONE!

So how do we get everyone to have "Sokol Spirit????"

## HRADEC KRALOVE

*Continued from Page 3.*

part of the town's history. There used to be a queen's castle at one time, when the king declared it a so-called dowry town, thus making it the seat of widowed queens. The most famous and beautiful one of them was Queen Elizabeth, who had the gothic cathedral built at the beginning of the 14th Century, leaving a gorgeous reminder of herself in the very heart of the town up to the present time.

*By Marcela Mastikova, Czech Republic  
From Nase Ceske Dedicvi  
(Our Czech Heritage),  
Czech Heritage Foundation, Inc.*

## S M I L E !



Sokol Greater Cleveland Seniors performed calisthenics at the annual summer exhibition of the Delnicka Telocvicna Jednota in Auburn, Ohio.

*Submitted by Sis. Betty Stribny*

## **CZECHS APPEAL** (Continued from Page 3)

stage in the hall. One of those Old Country scenes is a panorama of the Vltava River in Prague that shows the Charles Bridge and the Prague Castle in the background.

Many of the Sokol members, like Vanyo and Hubal, are second- and third-generation denizens of CSPS Hall.

"I grew up here," says its oldest and perhaps its most wiry member, Hank Jansen, 87, a retired St. Paul fire captain and the physical fitness leader. Hank and Sokol's effervescent song leader, Georgiana Dolejsi, are still enormously proud to have been two of the more than 50,000 Sokol gymnasts worldwide who performed calisthenics in unison on a huge field in Prague in 1938.

Bob Vanyo's Slovak parents were drawn to the CSPS Hall for fellowship and security, and Bob can still look out a window in the ornate third-floor meeting room and see his family home.

His 11 children were all active in Sokol as well, and many of his grandchildren are currently members of the Junior Sokol dedicated to the physical fitness of the young.

The third floor of the CSPS Hall was actually added to the original structure in 1917 and has not been modernized in the slightest. Large, airy windows to the west look out over Minnesota Brewing, the home of Pig's Eye beer and windows to the east outline the St. Paul skyline.

Huge, ancient frames that hang from wires in ceiling moldings house intricately assembled group portraits from long-gone organizations, such as the Western Bohemian Fraternal Society and the balcony overlooking the second-floor gym has served as the bouquet and garter launching site for generations of wedding receptions held in the hall.

The cultural melting pot of the West End was the perfect place for the CSPS Hall, and while I'm not Czech, Moravian or Slovak, I grew up in this Bohemian neighborhood with the children of members such as Lou Pavlicek, still a Sokol spark plug and a renowned baker of delicious kolacky. As a young reporter, I covered the comings and goings of City Parks Commissioner Frank Loss, now retired, who still sings, marches and works on special events with Sokol.

Another of its members, Charlotte

Hanosek Kangas, still lives on Tuscarora across the alley from the home in which I grew up on Watson Avenue, and the windows that overlook Nick Mancini's Char House and Godbout's Mortuary also frame the place on Superior Street where my wife lived.

Two other famous members of Sokol are Blanche and Violet Dvorak, twins, who still live in the Bayard Avenue home of their parents. Blanche, who was a secretary at Monroe High School, reminded me that my older brother, then a car salesman, once sold her a used 1961 Comet. "I drove that car for more than 25 years," she says proudly. "He sold me a good one."

There is much about this hall that is home not only to members of Sokol, but to anyone who grew up on the West End. "Not everyone here is as old as us," Bob Vanyo says. "The average age of Sokol members is 57, which means that there are a lot of younger members coming in."

"That," he says, "is our future."

*Submitted by Sis. Helen Peterson,  
Sokol Minnesota*



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