

american **SOKOL**



Volume CXX, Number IX

NOVEMBER/DECEMBER 1998

In 1990, the XV A.S.O. Convention created the American Sokol Foundation to help insure the long-term stability of our organization. The goals of the Foundation are to provide financial stability and resources to enhance our educational, cultural and physical fitness programs. The funds in the Foundation are held and administered by the Foundation Committee, subject to the approval of the A.S.O. Executive board. As with most endowments, the principal in the Foundation Fund cannot be touched; only the interest generated can be used for our Sokol programs.

Donations to the A.S.O. Foundation can come from several sources. These include donations from individuals or organizations, bequests from personal estates or donations from other charitable organizations or corporations. While most of our membership is probably not aware of its existence, the Foundation has raised over \$24,000 to date.

If you would like to contribute to the A.S.O. Foundation, if you know of a potential corporate sponsor, or would like more information regarding the Foundation, contact the American Sokol, 6424 W. Cermak Road, Bwyn, IL 60402-2386, ATTN: Foundation Director.

**The A.S.O. Foundation:
Building for the Future**

American Sokol

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Telephone: 708.795.6671

FAX: 708.795.0539

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A.S.O. Executive Board meets every 4th
Tuesday (except July/August), 7:30 P.M.

A.S.O. Board of Instructors meets every 2nd
Wednesday (except July/August), 7:30 P.M.

From Your Editor...

Whoosh! Sometimes the year seems to go just that fast. It's too bad that we can't find some way to make all our good times linger languidly and all our not so good times continue to "whoosh." From all of us on the American Sokol Executive Board, best wishes for a happy holiday season and a 1999 filled with languid lingering!

NA ZDARI!

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

CALENDAR of EVENTS

DECEMBER

- | | | | |
|----|--|--|---|
| 3 | Sokol Minnesota Children's Christmas Party | 15 | Sokol Milwaukee Ethnic Christmas Tree Tour - Governor's Mansion |
| 5 | Sokol Minnesota Adult Christmas Party | 18 | Sokol Berwyn-Slavsky Children's Christmas Party |
| 5 | Sokol Berwyn-Slavsky St. Nick's Dance | 31 | Sokol Minnesota New Year's Eve Party |
| 5 | Sokol Greater Cleveland St. Nick's Dance | SOKOL USA NATIONAL SLET
JUNE 23-27, 1999
CLEVELAND, OHIO | |
| 6 | Sokol Greater Cleveland Membership Meeting | XIII ALL-SOKOL SLET
JUNE 26-JULY 2, 2000
PRAGUE, CZECH REPUBLIC | |
| 13 | Sokol Milwaukee Holiday Luncheon | | |
| 14 | Sokol Milwaukee Gym Christmas Party | | |

THOUGHT STARTERS

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

*"Start with enthusiasm and
half the job is done."*

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.

BROS. MILAN & EHRENBERGER HONORED BY GYMNASTICS ASSOCIATION OF TEXAS

Bro. Joe Ehrenberger and Bro. Jerry Milan (ASO Educational Director) were honored by the Gymnastics Association of Texas (GAT) in Austin over the Labor Day weekend. The following appeared in the GAT program book from the event:

(Bro.) Joe Ehrenberger received the "Service To Youth" award. Joe is a lifelong member of Sokol Zizka, Dallas. His pursuit of excellence in gymnastics as a competitor, administrator and instructor has promote the sport to many youngsters in the Dallas area. Joe only knows one sport - gymnastics. This is where his heart is. He continues to participate to this day, at the age of 74. Three generations of Ehrenbergers (Joe, his son and grandchildren) participated in the last Sokol USA Slet in Philadelphia and Sokol Canada Slet in Toronto, as well as in the International Sokol Gathering in the Czech Republic in 1994.

(Bro.) Jerry Milan received the "Distinguished Service" award. Jerry continues in gymnastics even after



PICTURED L TO R: Bro. Joe Ehrenberger, Sokol Zizka Dallas and Bro. Jerry Milan, Sokol Fort Worth.

retiring in 1988. Through his Sokol training, he influences hundreds of students to share in his love of gymnastics. His parents and grandparents were competitors in Sokol Gymnastics in Europe. Jerry continued the family tradition by competing in Sokol as well as AAU and collegiate competition at the University of Texas. Jerry was the first President of GAT and was a major contributor to the High School Gymnastics Program in Texas, having coached at Trinity High School for almost 30 years. Even today, Jerry continues to coach an active Senior Class at Sokol Fort Worth, a class of over forty adults, many in their 70's. He is an active member of the USAG Board of Directors and was a delegation leader of the USA Team to the 1985 Coca Cola Invitational to London and to the 1987 Gymnaestrada in Herning, Denmark, where Sokol represented the USA for the first time in general gymnastics.

MEMORIAM 🕯 Bro. Edward Kuba

Sokol Cedar Rapids mourns the loss of Bro. Edward Kuba, Sr. A lifelong resident of Cedar Rapids, he was active in numerous community and fraternal organizations. He was a member of the Czech Heritage Foundation and a docent at the National Czech and Slovak Museum and Library. He was president of the Federation of Czech Groups, Cedar Rapids Sokol and Cedar Rapids Czech School Board. He was a board member of the Czech National Cemetery, Czech Village Association and spearheaded Masaryk Park at the Pavilion at Sokol Park. Ed, or the "Mayor of Second Street" as he was well known, will be greatly missed by his family, friends and the community.

SOKOL GREATER CLEVELAND BREAKS GROUND FOR NEW FACILITY



On Friday, August 7, 1998, the member of Sokol Greater Cleveland took their first steps into the future. A groundbreaking ceremony was held for their new gymnastic-physical fitness facility. It will be a part of a Czech cultural center planned for Bohemian National Hall, home of Sokol Greater Cleveland.

Bohemian National Hall was built at the turn of the century (1896/97) by Czech immigrants to serve as a social, cultural and educational center for one of the largest Czech communities in America. This community grew up around the steel mills of the Cuyahoga industrial valley. The hall was an important place of refuge for those immigrants, where they could share a common heritage, culture, language and tradition in their new and often bewildering country.

Sokol Greater Cleveland purchased Bohemian National Hall in 1975 as a temporary home for their Sokol program.

The building was in need of restoration and renovation to meet the needs of their activities. For almost two decades, the hall was meticulously and lovingly restored to its present "jewel-like" condition. Today, it looks much as it did when it was dedicated in 1897. Bohemian National Hall has been designated an "historic building" by the National Register of Historic Places and the Cleveland Landmarks Commission.

The most remarkable aspect of the entire restoration process is the 75,000 hours of volunteer labor provided by the membership. As the Sokol program grew - for it was their prime concern - they endeavored to preserve the legacy left to them by their forefathers. They pursued the social, educational and cultural activities traditional to the Czech-American community.

After almost 23 years of careful stewardship, they felt it was time

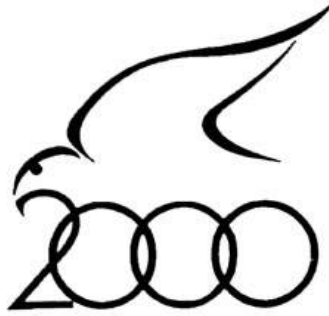
to look at their Sokol future and the future of Bohemian National Hall. Last November, they overwhelmingly voted to expand and build a facility for Sokol activities. It will become a part of a "campus" and will be attached to the older building. The facility will be approximately 12,000 total square feet, with about 10,000 square feet of gymnasium floor space.

With completion of construction and relocation of gymnastic-physical fitness activities, Bohemian National Hall will become a center for the preservation of the heritage of those first Czech-Americans who played such a vital role in the history and development of Cleveland and America.

As you look at the picture of the most important participants of the groundbreaking - our Sokol youth - you are seeing the future of Sokol Greater Cleveland and the Sokol movement in America.

*Submitted by Jarmila Skorepa
Photo by M. Darovec*

An Invitation to the XIII All-Sokol Slet, Prague, Czech Republic



**MEMBER
IN
SIGHT**

*By Sis. Joan Curran
ASO Membership Chairman*

Preparation are underway for the 13th All-Sokol Slet to be held June 26 to July 2, 2000 in Prague, Czech Republic. The major part of the Slet will introduce the interconnected performances of calisthenics of the Czech Sokols, Sokols from abroad and guest performances of other sport and physical educational organizations. Groupings are: Parents & Children, Pre-School Children, Small Girls, Small Boys, Older Girls & Boys, Young Women & Jr. Girls, Women, Men & Jr. Boys, Men & Women, Loyal Guard Men & Women. These unique compositions will culminate in a joint performance symbolizing the mutuality of ideals of the uniting Europe and the world.

The following is from the COS Slet promotional booklet: No words describing the Sokol Slets (Sokol Gymnastic, Sport and Cultural Festivals) and no illustrations of the masses of gymnasts performing on the stadium with the largest surface area in the world, can truly express the magnificent show of beauty and joy, a real symphony of motion with music, created by thousands of performers. The best advice is to be present and

to see it. These, our Slets, are rightly considered to be a contribution into the treasure house of the world culture and, as such, they have been highly regarded by the International Olympic Committee and the world organization UNESCO. We comprehend our Sokol Slets not only as a positive national tradition, but as a successful representation of our country as well.

The entire course of these all-nation gymnastic, sport, cultural and social events, which will culminate in the Slet at Strahov Stadium in Prague, at the turn of June-July 2000, will undoubtedly dignify the ingress of our country into the new millennium. We believe that the 13th All-Sokol Slet would quite naturally link this event with the action of the European Union named "Prague - The Culture City 2000."

The Czech Sokol Organization prepares the 13th All-Sokol Slet in harmony with a broader theme of the "Days of Sports and Culture" to be held in the year 2000. Both these events are supposed to foster the program of active lifestyle for hundreds of thousands, as a way of building

Continued on Page 9.

Congratulations to the American Sokol Merit Award winners who were featured in the July/August issue. It is heartwarming to know that Sokol has helped to mold these young people. They will be our future leaders and help to increase our unit membership.

We hope that Sokol has instilled in them the courage and responsibility to be a unit member at a time when our membership ranks are declining. We need their help.

Encourage your young people to carry on the tradition of membership when they are leaving the junior ranks to the senior level. Parents of younger class members should also be encouraged to join, maybe they are just waiting for someone to ask them. Perhaps they are unaware of unit activities. Seniors on the gym floor who are not unit members should also be informed. Ask them all to join us and be part of the Sokol Spirit!

Let us share our love of Sokol and encourage new member to step in and join us.

NA ZDAR!

REFLECTIONS

REFLECTIONS

"Once a Sokol, Always a Sokol!"

The proverbs tell us the "glory of young men is in their strength and old men their wisdom." So, now you ask, is Dick in his theological mode this issue? Well, this series is called "reflections." What is more fitting than reflecting on past glories, however meager or fleeting, and waiting for the wisdom to kick in? Years ago, one old mentor, with the years heavy on his shoulders, always drew me aside at social functions and inquired "jeste cvici's?" (Are you still working out?) and then would enjoy comparing notes of how such and such a "cvyk" (move) was practiced and later incorporated into a routine. On another occasion, only a couple of years ago, an old neighbor from my boyhood days inquired if I still worked out. An affirmative reply prompted a touching response, "once a Sokol, always a Sokol!"

What is this nebulous quality that creeps into some individuals' souls that make them a Sokol for life? It can't be financial gain; certainly it isn't notoriety or prestige – forget it; but for some of us, it becomes like a drug, a need, a substance that fills the body and soul in times of despair and also in times of joy. It becomes a celebration of delight

and exuberance, indeed a celebration of life itself. In old age, even the watered down practice of these activities will cause the fires of youth to be rekindled. The aches and pains disappear, the years drop away and the individual is once again youthful, fit and strong (if only for an hour or two).

To begin with, there's the soaring, other worldly feeling – and this is only comprehensible to someone who has attained it or once attained it – the tremendous feeling of well-being, when no load seems too heavy, no distance too great and any obstacle can be overcome. Once attained, it is easy to understand why there is a reluctance to let it slip away. Why some of us, even in old age, still hear fitness' siren song.

I would be less than honest if I didn't mention the cosmetic benefits, i.e., the need to also look fit and trim – to hold an aging waistline in check and keep extremities from atrophying. The pursuit of fitness can also be a mechanism for displacing stress – vocational, social, even domestic. A workout does wonders for dispelling rancor toward a demanding boss or even a spouse who feels your time in the gym would be better served cleaning out the garage.

WAIT! WAIT! Somehow, this probably should appear in another article highlighting the "pitfalls of physical pursuits."

Is there another side to Telocvik? Today, in some circles, much is made of the spiritual and psychological aspects of exercise. The "runner's high," being "pumped up" or having the "endorphins kick in." But we old Sokols knew of these things even before the fancy labels, before the disciplines of Sport Physiology or Sport Medicine. Because our discipline is many faceted, requiring focus of the total body rather than the mindless repetition of some other sports, we experienced the sense of fulfillment, experienced the rebirth (indeed at times it was truly a revelation).

So, in this seemingly unlikely gymnasium setting, on locker room benches, over coffee or a pul litr, "when our blood and flesh whisper to our unconscious (George Sheehan - "Running and Being"), a setting in which mind and body truly come together, some amazing insights and philosophies were shared; and that can truly be the beginning of wisdom.

From Noviny Sokol Cedar Rapids by
Bro. Dick Petrzalek

EDITOR'S NOTE: See Page 7 for a
note I received from Bro. Petrzalek.



AMERICAN SOKOL ORGANIZATION

GYMNAST



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



**Merry Christmas
and
Best Wishes
for a
Happy and Successful 1999
from the
American Sokol
National Board of Instructors**

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Sokol USA Slet Cleveland -- 1999

SLET MANUALS, though not quite complete, were distributed to all lodges and districts... as well as to guest organizations. All lodges and units of sister organizations should have received Slet Manuals as of the end of September, with corrected Rules and Regulations, Women's Masters II routines, and Rhythmic routines for those who have competed in Rhythmics in past Slets (Rhythmics routines will be Novice, Level 5 & Level 6 only; Ribbon and Hoop only; Jr. Girls, Sr. Women, and Masters age groups; as used at the 1997 ASO Slet).

For Artistic gymnastics, Womens Masters II routines will be as used at the 1997 ASO Slet

Those lodges/units not receiving a Slet Manual or corrected Rules & Regulations should contact David Walko, Sokol USA Director of Men, 15 St. Roch Ave., Greenwich, CT 06830.

Those interested in Rhythmics or Artistic Masters II routines should contact Karen Ondira, Sokol USA Director of Women, 1550 York Ave., Apt. 8H, New York, NY 10028

FACILITIES at Cleveland State University (CSU) were toured and found to be very adequate for the planned sports competitions as well as the Slet program. We are very lucky to have the assistance of Sister Alice Kohl of ASO Greater Cleveland, who is in fact, Assistant Athletic Director at CSU and has been most accommodating to our requests and needs. The university campus is within walking distance of the headquarters Sheraton Hotel in downtown Cleveland.

CALISTHENICS WORKSHOPS have been held in Chicago and will be held November 8th in Boonton, CT.

ANNOUNCEMENTS AS OF SEPTEMBER 1998:

- ♦ Calisthenics uniforms have been the subject of much discussion recently, as there have been both changes to standard uniforms and special

uniforms for specific calisthenics compositions. At this time, the following clarifications have been provided by the Sokol USA Gymnastic Department for 1999:

- ♦ **FOR COMBINED JUNIOR-SENIOR CALISTHENICS**
 - ♦ JR. GIRLS AND SR. WOMEN will wear navy blue shorts, white shirts, and white foot apparel. Shirt style to be announced.
 - ♦ JR. BOYS AND SR. MEN will wear the Junior Boys, uniform: Red tank top, white shorts, white socks, and white foot apparel.
- ♦ **GROUP II SENIOR MEN AND WOMEN** (performing the Mickie Chila calisthenics) will wear the traditional regulation Sokol Uniforms.

SPECIAL EVENTS: The following events are planned for age groups as designated on the chart:

- ♦ **Boys and Girls**
 - ♦ Artistic Gymnastics
 - ♦ Swimming
 - ♦ Soccer
- ♦ **Junior Boys**
 - ♦ Artistic Gymnastics
 - ♦ Triathlon
 - ♦ Swimming
 - ♦ Basketball (3-on-3)
 - ♦ Volleyball
 - ♦ Soccer (7 member co-ed)
- ♦ **Junior Girls**
 - ♦ Artistic Gymnastics
 - ♦ Rhythmic Gymnastics
 - ♦ Swimming
 - ♦ Basketball (3-on-3)
 - ♦ Volleyball
 - ♦ Soccer (7 member co-ed)
- ♦ **Senior Men**
 - ♦ Artistic Gymnastics
 - ♦ Triathlon
 - ♦ Swimming
 - ♦ Basketball (3-on-3)
 - ♦ Volleyball
 - ♦ Soccer (7 member co-ed)
- ♦ **Senior Women**
 - ♦ Artistic Gymnastics
 - ♦ Rhythmic Gymnastics
 - ♦ Swimming
 - ♦ Basketball (3-on-3)
 - ♦ Volleyball
 - ♦ Soccer (7 member co-ed)

**PLAN TO ATTEND THE SOKOL USA
SLET IN CLEVELAND JUNE 23-27, 1999**

SAFETY FIRST

The National Board of Instructors was recently challenged by the parents of a Sokol gymnastics injury victim to raise the safety awareness at all levels within Sokol. Toward that end, the National BOI is instituting this column as a regular feature.

Providing Proper Instruction

Progressions

.....the teaching and learning of skills slowly and in a progressive manner is, without question, a fundamental cornerstone to success and safety in gymnastics and other sport/fitness activities.

N O T E !

The teaching and learning of skills slowly and in a progressive manner is, without question, a fundamental cornerstone to success and safety in gymnastics and other sport/fitness activities.

Gymnastics performers should be able to clearly demonstrate mastery over a broad range of basic gymnastics skills before advancing to more complex movements.

In an attempt to maximize a performer's learning rate, sometimes inexperienced and/or over-zealous coaches depend on spotting techniques, rather than on appropriate use of progressions. This approach can rob the athlete of basic movement experiences essential to learning more complex skills and sequences.

USA Gymnastics offers several programs of skill training that are based upon a method of progressive instruction:

- The *Sequential Gymnastics and I Can Do Gymnastics* series of books were developed by the USA Gymnastics Educational Sub-committee based upon developmentally appropriate progressions.
- The Junior Olympic (J.O.) programs for girls, boys, and rhythmic students offer progressions leading to participation in the J.O. competitive levels.
- Additionally, numerous clinics and workshops are offered by USA Gymnastics that feature presentations on progressions.
- KAT -- Kinder Accreditation for Teachers. This program provides experiential learning for teachers aimed specifically at the early childhood years (preschool-age).

USA Gymnastics plans to provide progression-based programs for movement education, and alternative gymnastics-type

activities such as cheerleading, aerobics, and general gymnastics

The core of sport training is developing greater body awareness. In all athletic endeavors, even the most complex skills or sequences stem from the continuous refinement of fundamental skills. The use of progressions at every level of gymnastics is important to ensure learning and safe performance!

Part-Whole Method

Because they are complex, gymnastics skills are best taught by the Part-Whole Method. This means that when you teach a skill you should break it down into smaller subskills, and then assemble those into the completed movement. Once the athlete masters these subskills, you teach them how to assemble the components.

You can teach one or more subskills during a class period. But be aware that the components vary in difficulty, and the more challenging ones will take more time for the athlete to grasp. Also, assembling components is almost always more difficult than learning individual subskills.

Body Awareness

Body awareness is the foundation for utilizing progressions in gymnastics. Once basic skills and concepts are mastered, a performer may then proceed, in a progressive manner, to more complex skills. Ensuring good body awareness is to acquire, expand, and integrate elements of general motor control through wide experience in movement.

The benefits of body awareness training include:

- Greater control
- Enhancement of potential for successful skill learning
- Safety

Because gymnastics provides such a good fundamental for young children interested in sport activities, body awareness should be introduced during a child's first exposure to gymnastics through movement exploration / education activities offered within club (Sokol) programs, school physical education classes, and pre-school centers. Young children gain valuable experience that allows them to participate successfully at their own rates. Emphasis is placed on safety, quality movement, and skill development. An important factor in developing body awareness can be found in the proper use of progressions. "Start simple, master it, and then build upon it."

USA Gymnastics Safety Handbook - 1998 edition

Our Sokol Youth Speak

Let's Listen

At the recent American Sokol Instructors School, in preparation for a round table discussion class, the intermediate students were given a question to answer to help guide the discussion. The intermediate students were asked to respond in writing to the following question: **What activities make for a great Junior Class and would help draw more Juniors to Sokol?** Their answers are listed below and are grouped into a few common areas:

- ♦ **Wide Variety of Activities**
 - ♦ A Junior volleyball team
 - ♦ Games
 - ♦ Extra Activities
 - ♦ Special Numbers
 - ♦ Higher level competitive gymnastics
 - ♦ Volleyball
 - ♦ More Clinics
 - ♦ Volleyball, Basketball, racquetball, baseball, curling, ice hockey, roller hockey, lacrosse, rugby, martial arts, bowling, swimming
 - ♦ Contests
 - ♦ Youth activities for teens
 - ♦ Good Instructors
 - ♦ Junior Executive Board and Junior BOI
- ♦ **Coed Social Activities**
 - ♦ Girls / Boys co-ed setting
 - ♦ Mixed socials or outings combining Jr. Boys / Jr. Girls or other gyms
 - ♦ More parties
 - ♦ A social for juniors
 - ♦ More group activities where juniors from different gyms meet
 - ♦ Different activities in a group like going places (bowling, six flags, skating, etc)
 - ♦ Dances, Parties
- ♦ **Travel**
 - ♦ Trips to places
 - ♦ A weekend trip for juniors
 - ♦ Trips
- ♦ **Public Relations to Draw more Juniors**
 - ♦ Perform at the high schools and junior highs
 - ♦ Obliterate the myth that gymnastics is just for girls (that could help bring guys into Sokol)
 - ♦ Use the "Sport" part of Sokol as an incentive
 - ♦ Put an ad in the newspaper
- ♦ **Use Word of Mouth to draw more Juniors**
 - ♦ Pass the word through school and at home

- ♦ Bring a friend sort of deal so that Juniors might enjoy what they see and do.
- ♦ Show them the great friendships that can be made
- ♦ Advertise in schools but the key is to have kids bring in friends so they know at least one person
- ♦ Tell your friends

 The advanced students at the course responded to the topic: **"If I had the power to do ONE thing or change ONE thing about Sokol, I Would"**, as follows:

- ♦ Try to get Sokol more advertised, teach people the ways and systems about Sokol. Tyrs & Fuegner should be known more widely! Sokol "is one of the best kept secrets." It shouldn't be kept secret!! Let's spread the brotherhood and love. Everyone is welcome in Sokol.
- ♦ Advertise a lot more and have an intelligent and effective publicity crew. That way we'd have more members. More members means more money to grow and expand. I'd advertise every Sokol event like crazy. I'd have events at local grade schools.
- ♦ Advertise nationally about Sokol on TV. It should appeal mostly to youth and still interest seniors. We need to grow and become as known and recognized as YMCA. All units should offer various programs in various activities. We need to expand in numbers and units across the country. We are the best physical fitness organization, yet no one's heard of us.
- ♦ Do more community involvement activities. We should let them know who we are, what we stand for, and welcome them to join. This way we would continue to grow in size, number, and community spirit. Also by getting a community involved, we would be able to turn Sokol into what it was meant to be: a place where everyone is welcome and able to participate in enjoyable activities while forming life-long friendships and sharing in a program with ethnic pride and heritage.
- ♦ Change it so that every class would meet 2-3 times a week. Right now going only one day a week, we cannot grow and properly compete against others who have more opportunities to enhance their gymnastics. In this way, I feel that we could grow and improve as a whole.
- ♦ Have more Slets or get together so we could see our friends more often

FUTURE SOKOL LEADERS FUND

PURPOSE: To train and education young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

In Memory of William Baar from the Employees of Corey Steel Company	\$200.00
In Memory of John Tesar Family from Zdenka Kiszkan	\$20.00
In Memory of Milan Slavik from Julie Slavik-Weiss	\$50.00
In Memory of Frank Hrala from Sokol Havlicek Tyrs	\$50.00
In Memory of Marie Vyslysel from Sokol Town of Lake	\$25.00
In Memory of Otto Polacek	
From Rick & Sue Denzer	\$40.00
From Mr. & Mrs. Howard I. Reed	\$25.00
In Memory of Vaclav Zenisek	
From Sokol Havlicek Tyrs	\$100.00
From Tony & Janet Kirch	\$25.00
From Svobodna Obec (Free Thought Council)	\$25.00
In Memory of Adeline Lankas	
From Elmer & Marilyn Cerny	\$20.00
From Sokol Town of Lake	\$25.00
From Mary Kouba	\$20.00
From Bennie Lankas	\$25.00
From Mr. & Mrs. R. Gibson	\$20.00
From Vera & Paul Bayer	\$10.00

GENERAL FUND

From CSA Fraternal Life (Convention Donation)	\$500.00
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THE VOICE *... Readers Quips, Comments & Queries*

Dear Patricia,

Your thoughtful note was received with a great deal of pleasure. I'm still a bit self-conscious and at a loss on how to respond to the compliments I've received since I started "Reflections." As I have indicated, these articles were initially something to "flesh out" a newsletter which primarily featured pork supper and card party announcements, deaths and memorial contributions - and no one was more amazed than I to find they were favorably received.

I have many fond memories of Sokol. Much inspiration was provided by the Chicago unit - Mildred Prchal, O.J. Kudrnovsky, Jarka Jelinek, Dick Molcar (traveling instructor) - the list is endless. At the outset, I wanted to do beautiful, fluid giants like Stan Barcal, admired Paul Fina's ring work and the Hlinka's parallel moves, and of course, I wanted to be built like Gene Bohaty (and sing like Milos Nekolny). Sokol immediately became a reaffirmation of my heritage and many of its spoken and unspoken philosophies became woven into the fabric of my life.

I have enjoyed the direction American Sokol has taken over the last five years or so, undoubtedly due to your efforts. The July/August issue stands out - while all the young women are lovely and well spoken, I was deeply moved by Kathleen Marie Igrec. Her comments on Sokol as a respite from daily demands, the merits of systematic exercise and the bonding of the Sokol fraternity are words I have echoed many times. But most of all, the use of Sokol as a vehicle to transcend her hearing impairment is, in my opinion, in accord with the most cherished traditions of Sokol.

Na Zdar! Bro. Dick Petrzalek

american
 **SOKOL** *Flag Waver!*

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

*Grace Jirasek Flis
Sokol Milwaukee
\$15.00*

Vivian Mizia - \$10.00

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

*Sis. Bea Pavoucek Awarded Western District
Ed Pavoucek Outstanding Sokol Service Award*

After the death last year of our longtime Western District President and beloved brother, Ed Pavoucek, the Western District established the Ed Pavoucek Outstanding Sokol Service Award as a tribute to him. This award will be given annually to a living Sokol member who, by his/her enthusiasm, leadership ability and/or sustained Sokol activity, contributes to the perpetuation of the ASO Western District. Annually, each unit in the district is given the opportunity to nominate one person for the award. The recipient is then chosen by an Award Committee set up by the district.

This year's recipient, Sis. Bea Pavoucek, has been a Sokol member since 1962. She has been very active throughout those 36 years, serving on numerous unit, district and national committees. She is know not only for all the district offices and chairmanships she held, but for the work "behind the scenes" she did for numerous officers and committees. Her love of Sokol and willingness to help out in ways we couldn't event think of will forever be her legacy.

In the saying "behind every successful man is a woman," she was the woman. Her husband held many Sokol offices and chairmanships and was one of the Western District's outstanding leaders. Bea was always his co-officer or co-chair, even though she didn't officially hold the title. Unable to have children of their own, they thrived on being the adopted parents of hundreds of kids in our Sokol gyms. She served as a delegate several times to our American Sokol National Conventions. She has been made an Honorary Member of Sokolice South Omaha and now continues her and her husband's dream by directing the work of the Sokol South Omaha and Czechoslovak Museum.

It is the privilege and pleasure of the Western District to present the first Ed Pavoucek Outstanding Sokol Service Award to Sis. Bea Pavoucek.

HAPPY HOLIDAYS!

PRAGUE

Continued



an imaginary bridge into the 21st century. For that reason, we hold the 13th All-Sokol Slet not only as a historical continuation of the supreme reunion of our Sokols. It has an even higher aim leading to mutual cooperation, reciprocity and tolerance of our citizens and fellow countrymen from abroad, from the Sokol units in Europe,

America and Australia, organized in the World Sokol Federation.

The major part of the 13th All-Sokol Slet will introduce the interconnected performances of calisthenics of the Czech Sokols, Sokols from abroad and guest performances of other sport and physical educational organizations. These unique compositions would culminate in a joint performance symbolizing the mutuality of ideals of the uniting Europe and the world.

Also, we are preparing the gala programs in the sport halls, the parade through the historical part of Prague, reunions of master gymnasts and sport veterans, special events for physically disabled persons, Terry Fox Run, exhibitions, cultural and social events. We are certain that every participant and Slet visitor will find his own liking in it and, in addition, will enjoy the hundred-tower city of Prague just bursting into blossoms. It will be a friendly get-together of good-will people who have and understanding of the joy of life and peace of mind.

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American Sokol Organization Quarterly Financial Report

July, August, September 1998

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues/Penalties	\$15,686.81
Resale Jewelry/Membership Pins	57.00
Educational Booklets	4.00
BOI Skills/Ribbons/Tapes/Manuals	656.60
Souvenirs	152.00
Flag Waver Donation	110.00
Donation	50.00
Postage	9.78
Seals	5.00
Copies/Labels	7.50
Donation LaSalle Bank to Cent. Dist. Slet	200.00
Refund Com Ed	642.24
Uniform Dept. Salaries (Jun., Jul., Aug., Vac.)	705.92
Uniform Dept. FICA/Medicare (Jun., Jul., Aug., Vac.)	127.72
Uniform Dept. FWT Tax (Jun., Jul., Aug., Vac.)	40.00
Uniform Dept. IWT Tax (Jun., Jul., Aug., Vac.)	19.50
2 Studs for Hats	4.00
Uniform Dept. Phone/Fax	83.26
Uniform Dept. Rent (Jul., Aug., Sep.)	1,005.00
TOTAL	\$19,566.33

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Jul., Aug., Sep., Vac.)	\$2,564.24
FICA/Medicare (Jun., Jul., Aug., Vac.)	475.74
FWT (Jun., Jul., Aug., Vac.)	80.00
IWT, 2nd Quarter	102.33
Ameritech	149.05
AT&T	88.03
Equalnet	16.92
Com Ed	405.71
CPA (Jul., Aug., Sep. w/increase)	560.00
Petty Cash, Postage	124.00
Office Supplies	37.92
Janitor/Supplies	92.55
Macro Computer Internet Online	70.00
Illinois Secy. of State Fee	5.00
Selden Fox Audit	1,325.00
Maint. Agreement Copier 8/19/98-8/19/99	1,447.00
New Printer	402.10
Travel Sokol USA Convention	170.00
Travel/Housing Sokol Federation (2)	1,856.00
Travel/Housing Washington DC	298.06
Uniform Dept. Shipping	37.43
Rent (Aug., Sep., Oct.)	3,111.00
TOTAL	\$13,418.08

PUBLICATION

Salaries (Mailing)	\$364.38
FICA/Medicare	46.08
FWT	15.00
IWT 2nd Quarter	6.03
Printing (Jul./Aug., Sep.)	3,015.41
Postage/Address Changes	47.60
Editor (Jul./Aug., Sep.)	300.00
TOTAL	\$3,794.50

BOARD OF INSTRUCTORS

Salaries (Jul., Aug., Sep., Vac.)	\$1,465.06
Replace Lost Check #2887	151.36
FICA/Medicare (Jun., Jul., Aug., Vac.)	269.56
FWT (Jun., Jul., Aug., Vac.)	50.00
IWT, 2nd Quarter	82.94
Ameritech	84.74
AT&T Phone/Fax	147.45
Petty Cash/Postage	49.93
Travel/Hotel Sokol USA Convention	729.78
USAG Fee D. Harlan	250.00
USAG Congress J. Kalat Travel/Hotel	749.09
Unif. Dept. Shipping	37.51
Blank tapes	45.22
Patti Komara Tapes	300.00
Editor "Gymnast" Jul./Aug., Sep.	60.00
TOTAL	\$4,472.64

EDUCATION

Salaries (Jul., Aug., Sep., Vac.)	\$425.52
FICA/Medicare (Jun., Jul., Aug., Vac.)	72.48
FWT (Jun., Jul., Aug., Vac.)	20.00
IWT, 2nd Quarter	10.85
Frame Warehouse	9.85
TOTAL	\$538.70

UNIFORM DEPARTMENT

Salaries (Jul., Aug., Sep., Vac.)	\$751.49
FICA/Medicare (Jun., Jul., Aug., Vac.)	127.72
FWT (Jun., Jul., Aug., Vac.)	40.00
IWT, 2nd Quarter	29.52
Ameritech/Phone/FAX	63.98
AT&T	5.61
Rent (Aug., Sep., Oct.)	1,005.00
TOTAL	\$2,023.32

MISCELLANEOUS

Merit Awards	\$3,000.00
LaSalle Bank Donation to Cent. Dist.	200.00
United Moravian Soc. Ad Convention	50.00
TOTAL	\$3,250.00

Balance Brought Forward/Checking	\$23,978.24
Receipts	+ \$19,566.33
	\$43,544.57
Disbursements	-\$27,497.24
	\$16,047.33
Check #3133	- \$27.34
Lost Check #2887	+ 151.36
BALANCE CHECKING 9/30/98	\$16,171.35

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