

american **SOKOL**

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FEBRUARY 1999

February 1, 1999



Dear Brother Kala,

The Slovak Gymnastic Union Sokol of the USA will conduct our XXIII SOKOLFEST (Slet) on June 23-27, 1999 in the City of Cleveland, Ohio.

We cordially invite the American Sokol Organization to join with us and participate in our festivities. Competition in artistic gymnastics for all Sokol children, juniors, and seniors, as well as rhythmic gymnastics, volleyball, soccer, triathlon, and other sports are scheduled for June 24, 25, & 26, 1999. These activities will be conducted at the Cleveland State University Campus.

Our SOKOLFEST will conclude with an exhibition on Sunday afternoon, June 27, 1999.

We look forward to the participation of the members of the American Sokol Organization.

NA ZDAR!

Beatrice Walko
Beatrice Walko
Supreme President

Milan S. Kovac
Milan S. Kovac
Supreme Secretary

American Sokol

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A.S.O. Executive Board meets every 4th
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From Your Editor...

Have you ever been really mad, but found that to vent your anger would compromise your ethics? Sometimes being the editor is not a fulfilling, enlightening experience.

NA ZDAR!

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

CALENDAR of EVENTS

MARCH

- 13 Sokol Tabor Exhibition
- 13 Sokol Milwaukee Vecirek
- 20 Czech Heritage Festival,
Corpus Christi, TX
- 21 American Sokol Little Ferry
Exhibition
- 21 Sokol Berwyn-Slavsky
Exhibition
- 26 Sokol Chicagoland Exhibition
- 27 Sokol Brookfield & Sokol
Stickney Combined Exhibition

APRIL

- 10 Western District Children's
Competition at Sokol Crete
 - 17 Central District Special
Number Competition
 - 23-24 Sokol Brookfield
Rummage Sale
 - 26-5/2 Sokol South Omaha Mini Slet
- #### MAY
- 16 American Sokol Little Ferry
Pork Dinner
 - 17 Sokol Milwaukee Exhibition
& Awards Program

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

XIII ALL-SOKOL SLET
JUNE 26-JULY 2, 2000
PRAGUE, CZECH REPUBLIC

THOUGHT STARTERS

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

*"The only means of strengthening one's intellect is to
make up one's mind about nothing - to let the mind be
a thoroughfare for all thoughts." ~ JOHN KEATS*

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.

Czech Republic President Vaclav Havel's State Visit

The American Sokol Organization was honored to receive an invitation to a luncheon in honor of His Excellency Vaclav Havel, President of the Czech Republic and Mrs. Havlova. The luncheon was hosted by the Vice-President and Mrs. Gore and took place on September 16, 1998 at the Department of State, Washington, D.C.

It was a great honor for me to represent our organization at this prestigious and elegant affair, which was attended by 200 guests from political, economic and cultural fields. Both President Havel and Vice-President Gore are fans of jazz. Many jazz greats were in attendance; I recognized Lou Reed and Stevie Wonder. It was a pleasure to meet Czech hockey great, Jaromir Jagr. Seated at our table was Bro. Roman Leszcynski of the Czech National Bank. He is also Vice-President of Sokol Smichov I, Prague; a unit which has supplied many leaders for the Czech Sokol Organization.

The opening ceremony was held in the Coolidge Auditorium. It opened and closed with "Sokol Fanfare" from a sinfonietta by Leos Janacek, who composed "Sokol Fanfare" for the opening of the VIII All-Sokol Slet, Prague 1926. He wanted to "exalt free Czech men in his beauty, joy and strength."

Opening remarks were made by the Honorable James H.

Billington, Librarian of Congress. Welcome was given by His Excellency Alexandr Vondra, Ambassador of the Czech Republic to the United States and a great friend and supporter of the Sokol Organization.

The Honorable Madeleine K. Albright, Secretary of State spoke, concluding her remarks with: *"In the years to come, a lot of people on both sides of the Atlantic are going to be looked upon as the architects of the new Europe, ... But, my friends, we shouldn't forget that the structure we're building has a moral foundation and that foundation was laid by Vaclav Havel and his colleagues in Central Europe. And so, once again, that small country in Central Europe has produced a giant: a philosopher, a humanist, respected throughout the world. I have been privileged to know him and proud to count him as my friend, and through his eyes, as a Czech-American, I have been able to have wonderful experiences, never dreamt of. I've stayed in Hradcany Castle, I have listened to the Czech national anthem and the American Star Spangled Banner, whether it is at Hradcany or on the south Lawn of the White House. And the words are very true. The Czech national anthem is "Where is my home," and the Star Spangled Banner is "the land of the free and the brave." And Vaclav, I thank you so much for letting us, those who were*

born Czechs, to once again be proud of our heritage."

President Havel presented Czech state decorations to individuals who have made an outstanding contribution for the benefit of the Czech Republic. The awardees were General John Shalikashrilli, the Honorable Zbigniew Brzezinski, Bro. Vaclav Hyvnar (member of Sokol greater Cleveland), Ambassador Jean Kirkpatrick, Jiri Kortun, Petr Bisek, Zdenek Hruban, Jaroslav Nemec – in memoriam, Ambassador Julian M. Niemczyk, the Honorable Peter V. Rodman and Jeremy Rosner.

Concluding the ceremony, Zbigniew Brezinski eloquently spoke on behalf of the awardees. The ceremony was followed by an impressive reception in the Great Hall of the Library of Congress. California wine and Czech Pilsner Urquell were served. The event marked the beginning of "The Month of the Czech Republic" in Washington, D.C. the Czech flag and our Stars and Stripes flew together along the boulevards of our nation's capitol.

While in Washington, I also attended the opening of the exhibition "The Birth of Czechoslovakia: October 1918" at the Library of Congress. I thank the American Sokol Organization for this great experience.

Na Zdar!
Bro. Paul Lebloch

Remembering Dr. George Kramer

Director of the University of Maryland Gymkana Troupe

The following is an excerpt from the eulogy for Dr. George Kramer, Director of the University of Maryland Gymkana Troupe, presented by Dr. Joseph Murray. Gymkana is the only troupe of its kind in the United States, now in its 51st season promoting a drug-free lifestyle by performing general gymnastics activities throughout the country.

Most of our Sokol members are not personally familiar with this remarkable man; however, part of his legacy has hopefully been passed on to Sokol through my activities on behalf of Sokol. Dr. Kramer "taught me, always encouraged me, counseled me, molded me, scolded me, yet helped me in every way" during my five seasons with the troupe and throughout my post-graduate life up until his untimely death from cancer on July 6, 1998. This glimpse of his life is inspirational and embodies so many of our Sokol ideals.

*Submitted by Bro. Joe Vrzalik,
Sokol Baltimore*

"No amount of words could ever adequately pay tribute to George, describe the type of person he was, the accomplishments he achieved or the impact he had on us. However, I would like to highlight what I feel were the three most outstanding characteristics that made George so special. First was his love for family, friends and life itself. Second was the generosity and

service he gave so willingly to others, and third was the total unselfishness he portrayed throughout his life.

George loved people and he expressed this love by befriending so many - and not just befriending them, but by putting that friendship into action. I can't begin to list the many, many people he befriended over the years and the respect he earned. He loved his students and formed close, lifelong friendships with many of them. George loved his Gymkana Troupe. He loved the members who have experienced it; the ideals that it stands for. In short, George loved life and he lived life fully.

He respected others and lived a philosophy he believed in. He lived a humble, moral, healthy, drug, alcohol and tobacco free life and helped to influence others to do the same. George had a tremendous influence on people - mostly because he 'practiced what he preached.'

George often told me that he believed one of the purposes in his life was to serve - and serve he did! George was one of the most talented and generous people I have ever known. There wasn't a thing he couldn't do (well perhaps with the exception of singing.) But the one thing that made George's talent so special was that he used it for others.

George would spend countless hours counseling students and Gymkana members. When I lived with him as a student, it seemed like the door bell would ring just about every time we were ready to sit down for dinner. Many a dinner went cold or even uneaten when this would happen.

As time went on I became conditioned to turn off the stove when I heard the door bell ring. Being a young student and not understanding what George was trying to accomplish, I often would get aggravated with him. "George, why don't you just tell them you're about to eat and to come back later?" I would say. I can remember to this day - he looked at me with those big eyes (that always made you feel guilty) and said, "If I teach you that there is so much more to teaching and coaching than what takes place in the classroom or gym - then I will have been successful in helping you become a better educator."

Only after years and years of observing George and listening intently to him, have I come to realize what he was really trying to teach me. Now, as I sit in my office talking to my students and the Gymkana members that I coach, I often think back to that conversation we had so many years ago and am so grateful for the lesson he taught.

Continued on Page 9.

Batik Egg Decorating - A Czech Traditional Artform

Batik is a word that describes a "resist" dyeing process, a form of "printing" that is obtained when hot wax, an effective resist to dye, is applied to the surface being worked. This process of egg decorating is accomplished when wax is applied in intricate and creative ways, after which the egg is dyed, leaving color only on the unwaxed areas.

Batik is an Indonesian word and therefore this art form probably had its beginnings in southeast Asia. Like needlework and other folk art forms, the batik method of decorating is reflected in a number of cultures and religions in southeast India, Africa, Europe, and elsewhere. In Czechoslovakia, eggs are decorated with the batik method, using traditional patterns. The following directions are from Czech egg artist Marj NejdI of Cedar Rapids, Iowa. Equipment needed for waxing includes:

1. A flat surface covered to protect table
2. Melted beeswax. Obtain beeswax from hardware store or craft shop.
3. An electric heater or a hot plate, standing on fireproof material. Beeswax must be in liquid form.

Before coloring, mix water with baking soda, wash eggs thoroughly, and dry them. Hot wax may be applied in a variety of ways, the most common of which is in an artist's pen. In

order to de-wax, hold the egg over a hot flame to melt wax, and then wipe with cloth. Candle flame may not be hot enough and sometimes candle flames leave a black residue on the egg. If this is the case, flame from another heat source should be used. On the other hand, there is only one way to blow out an eggshell, and that is to make two small holes in opposite ends of the egg, place lips to one aperture and blow!

Marj uses beeswax, melted by an Old World method. In a tablespoon, fixed in a potato, and suspended over a burning candle, she melts a small piece of beeswax. Marj blows her eggs out after decorating, because she needs the extra weight to hold the egg down in the dye.

A small dental-type rotary grinding tool may be used to cut "lace eggs" to decorate, according to the method employed by Marj. She begins by piercing the egg with a little hole at the middle, enlarging upon that hole carefully. Although Marj fashions designs on chicken eggs, often these eggs are too thin-shelled for success. The method is most often used by Marj on the heavier-shelled goose eggs.

Before cutting into the goose egg with the little grinding tool, decide upon the design you are to create, Marj advises. The easiest method is simply to draw this design on the egg with a lead

pencil. There are various attachments for this rotary device, and Marj suggests that the user read the directions carefully and have the dealer demonstrate the tool and its many uses.

OTHER METHODS

You may draw directly onto an egg with oil paints or pen and ink. Or you may wrap the egg in ferns, leaves or flowers, held in place with nylon fabric and dig the egg in dye. After drying, remove the leaves and see the pattern that remains on the egg.

Zora DuVall's Directions

To create decorative eggs using the batik method, Zora Pauk-DuVall, a noted painter living in Lake Forest, Illinois, has developed a simple practical method to use for groups of adults or children. Here is her system:

Materials needed:

1. Hard-Cooked Eggs (or raw eggs if you want to blow them after decorating).
2. Egg Dyes: any type that produces good color and can be used while cool.
3. Finish Nail: Whatever size head will be best for your design or age (larger nail for small children, smaller nail for more delicate design).
4. Facial tissue, soft toweling or cloth to wipe egg after dipping.

Continued on Page 8.

MEMORIAM 🕯 Bro. Major Antonin Bartos

Sokol New York mourns the loss of Bro. Antonin Bartos. Bro. Bartos was raised in rural southern Moravia. From the age of 19 to 22 he served as a Sokol Director in Czechoslovakia where he organized commemorations and celebrations. After completing officer and parachutist commando training with the Special Operations Executive (SOE) in 1942, he was selected to lead the parachutist group known as "Clay-Eva" which was sent into Nazi-occupied Czechoslovakia in April 1944. Bro Bartos accomplished his mission at "...leader of one of the most successful secret missions put into the field" according to the British SOE. For this he was awarded the British Military Cross (MC). At the war's end, he was appointed by his party to

parliament and reelected in 1946. In 1949, former Minister of Defense General Ingr offered him an opportunity to fight the



communists and he moved with his family from France to Germany to join the U.S. Army's Counter-Intelligence Corps under General Frantisek Moravec. From 1950 to 1952 he operated a

courier service into communist Czechoslovakia, providing the allies with the latest military and economic intelligence. His couriers also provided a humanitarian role, extracting people from Czechoslovakia that were persecuted by the communists and rescuing those marked for arrest. In 1952 he left for America with his family and upon arrival established the Union of Czechoslovak Officers in Exile and became an active worker in Sokol New York, the Council of Free Czechoslovakia and many other Czechoslovak-American societies and organizations. As a former Czechoslovak parliamentarian, he used his influence with U.S. authorities and worked continually and tirelessly to free Czechoslovakia from communist tyranny and Soviet control.

THE VOICE ... *Readers Quips, Comments & Queries*

Dear Mr. Kala,

Enclosed is a check in the amount of \$3,125.00, representing our contribution for 1999. This amount represents the donation voted to your organization by our delegates at our Twenty-third National Convention held in July of 1995.

Fraternally, Howard J. Wolfe, Secretary

Dear Bro. Kala,

As an officer of the Czechoslovak American Centre Club of Washington, D.C., I wish to inform you that because of the decline of our membership, get-togethers, age, travel distances and health problems of our members, we are dissolving the Czechoslovak-American Centre Club which was chartered in 1937, in accordance of the by-laws. We are giving \$1,600.00 to your Library Fund, which I am sure you can use.

Na Zdar and Best Regards, Rose Friedrich, Treasurer

Dear Editor of American Sokol:

Today I have received the January 1999 issue. I was offended by the article "The Truth About America's Multicultural Agenda." May I ask what place has political propaganda in this type of publication?

Yvonne Masopust, Santa Barbara, CA



AMERICAN SOKOL ORGANIZATION

GYMNAST

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



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Give Yourself Enough Rope to Get Healthy

Lisa Weber, 23, started jumping rope when she was 10, and she hasn't stopped. In elementary and junior high school, she was on rope-skipping teams and competed in tournaments.

"Even now, in college, you see people doing it," says Ms. Weber, a senior at the University of Northern Colorado at Greeley. "At my college, I have four or five former team members, and we get together to jump."

Ms. Weber is used to participating in a sport that is little understood. "You rarely find someone who knows what rope skipping is about," she says. "But I think it will catch on. People are amazed by what they see."

What they see is an activity that is not just for children. Long confined to the playground crowd, the sport is becoming more popular among adults.

"Twenty years ago, jumping rope was for kids and boxers," says Bobby Hinds, the president of Lifeline International Inc. in Madison, Wis., which makes portable exercise equipment and has sold jump ropes since 1975. "Now, my biggest sales are to 35 to 55-years-olds."

Rope jumping can be done just about anywhere. It is inexpensive (a rope costs about \$10), and exercise experts and trainers consider it one of the best cardiovascular exercises. Jumping, long used as a training tool for boxers, is now being used by tennis and basketball players and is an alternative to other cardiovascular fitness activities. Exercise videos promote jumping, and some health clubs offer classes.

The cardiovascular intensity of rope jumping, however, along with fears of boredom and injury, keep many people from trying it.

"Jumping rope labors under too many myths and misconceptions," says Dr. Ken M. Solis, an emergency-room physician at the Beaver Dam (Wis.) Community Hospital who has held two Guinness world records and is known as Dr. Jump by his colleagues.

One is the potential for injury. In jumping rope, the stress to the knee is less than running. He explained that the calves and shins absorb the impact of jumps, while in running, the impact is transmitted to the joints above.

Essentially, rope jumping can improve every major area of fitness, with the exception of flexibility. You develop upper-and-lower-body muscles. You develop quickness and speed, coordination, timing and rhythm.

There are three basic methods of rope skipping: single rope, with an individual spinning the rope; long rope, with two people spinning; and double dutch, with two people turning two ropes in opposite directions.

Exercise experts have long debated the efficiency of rope jumping compared with other exercises. A study in the last 1960s showed that 10 minutes of jumping was equal to 30 minutes of jogging. Some exercise physiologists, including Bud Getchell, a professor of kinesiology at Indiana University in Bloomington, set out to disprove that study.

"We were able to measure the energy expenditure of jumping rope by putting a mouthpiece in and collecting air," Mr. Getchell says. His study found that jumping and running expended nearly the same amount of energy: 12 calories a minute for jumping, and 14 for running on a treadmill.

To be safe, beginning jumpers should start with short intervals (10 minutes or less), gradually adding a few minutes to the workout at two-week intervals. Impact can be reduced by wearing aerobics shoes with good cushioning and by jumping on a surface like a suspended wood floor that absorbs impact.

Technique is also important. Beginners tend to jump too high. As your timing gets better, you become lower to the ground.

Judith Zimmer - New York Times News Service

Top Ten Fitness Activities Ages 50+

1. Fitness walking
2. Stationary bikes
3. Treadmills
4. Golf
5. Camping
6. Bowling
7. Free Weights
8. Multipurpose home gym
9. Swimming
10. Stair climbing machine

SAFETY FIRST

Personal Equipment

CLOTHING

Clothing is the most obvious type of personal equipment the participant and coach must consider. Keep in mind the following in the evaluation of gymnastics apparel:

- ◆ Age of the participants
- ◆ Level of activity (e.g., preschool, junior, high school, elite, adult)
- ◆ Planned skills and activities
- ◆ Environment
- ◆ Temperature
- ◆ Training vs. competition or performance

A variety of apparel is appropriate for different situations:

Beginners and physical education students

- ◆ At this level, participants need only be dressed comfortably in clothing appropriate for the physical activity-- T-shirts, shorts, sweat pants, and so forth.

Girls

- ◆ Females may wear T-shirts, shorts, tights, or leotards. Cotton socks or gymnastics shoes are appropriate footwear; bare feet are also acceptable. In activities such as cheerleading and health/fitness activities, athletic shoes may be appropriate.

Boys

- ◆ Male students in gymnastics classes may wear T-shirts, shorts, light sweat pants, or warm-up pants. Cotton socks or gymnastics shoes are appropriate footwear, bare feet are also acceptable. In other activities, as with female participants, athletic shoes may be appropriate.

Competitive Athletes

- ◆ At this level, participants wear clothing that more closely resembles competition apparel--this varies from one sport activity to another and is often dictated by tradition or the rules of the sport.

Performance Apparel

- ◆ Participants are often required to wear uniforms or costumes for exhibitions or performances. The teacher/coach should work closely with the costume designer to select attire that allows freedom on movement, full visual field, and other such safety considerations.

Apparel differs by level of participation, age, and circumstance ie. *girls, boys, preschool, elementary school, adults, pre-team, team, elite, etc.*

At each level, the amount and sophistication of personal equipment increases. Whereas the beginner may only need a T-shirt and shorts, the experienced high level performer may have a variety of apparel and equipment for each gymnastics event or sport activity: gymnastics hand-grips; specialized footwear; wrist, ankle, or torso weight belts; knee, elbow, or heel pads; braces (ankle, knee, elbow, wrists); sweat bands, socks, pants, or tights

TOP TEN THINGS TO LOOK OUT FOR WHEN YOU'RE EXERCISING WITH YOUR CHILD.

1. Scrambling brains" - The American Academy of Pediatrics has stated that when an adult takes a child under the age of three and throws him about it could virtually "scramble their brains".
2. Jumping Distance - The USA Gymnastics Safety Manual states that a child should not jump down from a distance any further than the height of their waist.
3. Don't let your child hang from a bar if they're not able to hold tension in their arms and shoulders. Children have weak ligamentous restraint in their shoulder sockets and loose hanging can be injurious.
4. Don't spot them on the beam by holding their hand or arm. Hold their waist instead.
5. Don't pull them out of the pit by their hand or arm. Hold under their armpits.
6. Use proper footwear on the Tumbler-Trak, trampoline, home trampolines, rebounders, etc.
7. Don't jump on the trampoline with your child. That's too much weight bouncing them up.
8. Lift their hips when spotting them for a backward roll to take the weight off of their neck.
9. Don't let your child do bridges unless their feet are elevated.
10. Don't let your child do "skin-the-cat" on home bars or swing sets.

It's important if you want your child to improve to help them practice at home. Make sure you're helping them safely and follow these helpful suggestions. Good Luck

Patti Komara - TUMBLEBEAR Gym Program!

Getting Past Mistakes

Athletes have to put mental and physical mistakes behind them and focus on the next play, pitch, shot, or event. David Yukelson, Ph. D., a sports psychologist at Penn State, discusses the mental skills needed to let go of mistakes.

"First, athletes have to recognize what is happening. The list of events that distracts competitors is long. It might include pressure, negative thoughts, frustration, doubt, trying too hard, or rushing oneself. Things that distract one player do not necessarily bother another. Identify the items on your list, then implement an action plan to take control."

"Perfectionists often have difficulty letting go of mistakes. Nothing ever seems to be good enough. It's okay to strive for perfection, but be realistic about your chances of achieving it. Give your opponent credit for being skilled. You are not the only athlete capable of making a great play or forcing a bad one. Even if you make a mistake, recognize that mistakes are part of the game. Once a mistake is made, it's history. recognize it, understand it, try to correct it, but don't dwell on it. Let it go."

"I saw a player in the NCAA basketball tournament make three turnovers in 30 seconds. It appeared he had difficulty in letting go of the first mistake. A point guard can't get caught up in past errors. He or she has to have a clear mind to make the next play. I've seen tennis players explode emotionally in the first set and golfers make mental mistakes early in a round and never regain the focus needed to play well. Runners lose concentration and races because they get bumped, even though bumping happens all the time. The key is to remain poised, confident, in control, and focused."

Developing a Plan

In his book, *The Achievement Zone*, sports psychologist Shane Murphy gives these steps to develop a plan for managing the emotional side of the game:

- ◆ Have a clearly defined mission. Ask yourself what you are trying to achieve. What are the thoughts that help me perform to my best? On what do I need to focus to be successful? How will I concentrate throughout the entire event?
- ◆ Stick to your plan under pressure. Trust your training and preparation.
- ◆ Expect the unexpected. Don't be surprised. Just have a plan to deal with problems.

Yukelson goes on to say, "The plan should include a routine you can trust to get back on track. In baseball, some pitchers go into a routine once their foot hits the rubber. This triggers concentration and a competitive mind set. They focus in on making the next pitch, not worrying about what just happened. Watch elite tennis players just before they go into the serving motion. Most of them have a routine with the racket and ball that returns them to the task. Golfers and free throw shooters can drive you crazy with their pre-shot preparation, but those movements are part of a plan to focus or re-focus."

"The routine helps you return to playing one play at a time. There is a point where you don't want to think; you just react. Then you can perform free of doubt and worry. If something bad happens, step back, take a breath, release the tension or negative thought, and get back to what you need to do to re-focus."

All of these mental skills take practice. They don't just appear because you can recite the process. The skill of letting go depends on your ability to redirect negative thoughts and compete one play at a time. Having that perspective is essential for mental toughness. *Penn State Sports Medicine Newsletter, May, 1997*



SOKOL ★ USA
CLEVELAND 1999

PLAN YOUR TRIP TO CLEVELAND

The Sokolfest will be held June 23-27, 1999. It's nice, if possible, to arrive a day or two early to take advantage of the many attractions in the Cleveland area. Lodges and units will be receiving hotel and other information after they return the participation surveys sent to Directors in December. Meanwhile, write to the Convention & Visitors Bureau of Greater Cleveland for current information on attractions.

The Sokolfest Headquarters hotel is the Sheraton Cleveland City Centre and is within walking distance of Cleveland State University, venue for all competitions and Slet events.

Convention & Visitors Bureau
3100 Terminal Tower - 50 Public Square
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From Thomas Ruzicka \$50.00 From John & Vlasta Stribny \$20.00

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Czechoslovak American Centre, Inc. of Washington, D.C.

Bro. Robert Baumruk Honored As Ethnic Language Educator



Illinois Governor Jim Edgar sponsored a reception in honor of Ethnic Language Schools at the James R. Thompson Center in Chicago. Over 100 schools, representing 30 ethnic communities, received the Governor's award for their dedication and commitment as an Ethnic Language School. Pictured left to right are Donna Mulcahy Fitts, Executive Director, Office of the Governor; **Bro. Robert Baumruk (Sokol Berwyn-Slavsky) Alois Jirasek Czech School**; and Pat Michalski, Assistant to the Governor for Ethnic Affairs.

Congratulations and Na Zdar Bro. Baumruk!

Batik Egg Decorating (continued)

5. Paraffin wax melted on a little pan or small container with can be heated.
6. Hot plate or electric stove to keep paraffin wax melted (something that will keep it at a steady melted temperature).

Method: Wax resist or batik process

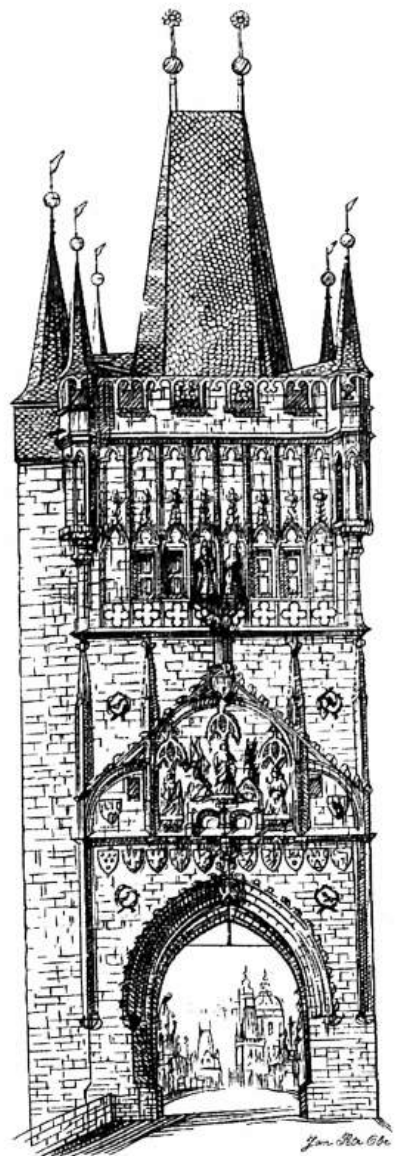
1. Dip tool (nail head) into hot wax and make stroke on egg to produce the design you need for the first color (which would be the white of the shell). Practice on paper or other object until the wax flows into the stroke with one fast motion. Your design will need to be built up of short strokes because the wax solidifies rapidly into a little mound covering the eggshell you want it to stay white. Do all the areas on the egg and want to remain white, dipping the nail into the hot wax between strokes.
2. Place egg in first color (it is better to proceed from light colors to dark colors). After dye has colored egg to desired brightness, left egg out of dye and pat it dry. Let it sit in air to dry well (just a minute or two).
3. Repeat first process, covering with wax the parts of the first color you wish to keep.
4. Place egg in second color. Repeat process until design in complete with the number of colors you wish to have on egg. The remaining unworked

portion will be a combination of all colors used. If that does not look interesting, dip in final dark color of your choice. Blue or purple is a good finishing color, but remember it will be a combination of all preceding colors, too.

5. Finished egg will have the texture of interesting wax mounds covering each color. if you like that look, keep it that way, or remove wax with hot water or other type of heat. I like the bumpy look myself.
6. If you are working on a raw egg and want to blow it, tap a tiny hole at each end of egg (with point of paring knife or other sharp object). Carefully and slowly blow with mouth at one hole and the inside of the egg will slowly flow out of the other hole into container. When done, wipe off any moisture at ends and seal holes with paraffin. To hang eggs (on tree, for example) do not seal one end. Tie a thread around the middle of a half-inch length of toothpick. Drop toothpick into the hole and as it straightens out inside the egg it will stay there and hold the egg for hanging by the thread.

EDITOR'S NOTE: I've had this article stored in my computer for long time and now have no idea from where it came. If you know to whom credit should be given, drop me a line and I'll note it in a future issue. Thanks!

The illustration below appeared on the holiday card the American Sokol Organization received from the Czech Ambassador.



BRIDGE TOWER

Engraver: M. Nemec

Artist: M. Nemec

Product of: Jan Petr Obr, Prague

Remembering Dr. George Kramer *(continued)*

George also devoted a tremendous amount of time, energy and effort to the Gymkana Troupe that he loved so much. Some faculty never really understood why he felt Gymkana was so important. He often told me that he believed there needs to be faculty interested and willing to work with students in other areas than just academics. He believed in young people and in providing a place for them to work out and share experiences together.

He believed in providing a wholesome environment where healthy lifestyles, gymnastic skill and social skills could be developed and he believed that if he could set the example and influence them in this way, they in turn would be willing to influence others.

His concept of Gymkana was a "home away from home" - something he felt students needed while attending such a large University. George spent over 34 years of his professional life, giving his time without pay each day after day, month after month and year after year in order to achieve this objective.

Today, Gymkana has over 600 alumni and its message of drug free living has been delivered to well over 100,000 young people.

George gave freely to so many without ever expecting anything in return. All of us who have been touched by his friendship have been blessed. I believe God has blessed George as well. George once told me that the way he keeps religion in his heart, and the way he loves the Lord, is to

love and help others as much as he can. I know of no better way to keep the two greatest commandments (Love God and Love Thy Neighbor) than the way George has lived his life.

What an honor it has been to have known him and what an influence and impact he has had on all of us.

I believe one of the greatest accomplishments a person can achieve in life is to be honored because the life you have lived, the things you have said, and the way you have helped others have made a difference.

As we remember how much he loved us, how much he served us, and how unselfish he was toward us, we honor him and celebrate his life..."

SIS. ROSIE HUFF CELEBRATES 75TH YEAR OF SOKOL MEMBERSHIP



Sis. Rosie Huff, a member of Sokol Corpus Christi, Texas, recently received her 75-year membership pin - truly a great accomplishment! Rosie was joined by other longtime Sokols, all members of Sokol Corpus Christi, in her celebration. Pictured left to right are Bro. Jerry Sijansky (39 years), Sis. Anna Marie Moss (55 years), Sis. Rosie Huff (75 years) and her son, Bro. Victor Huff (54 years). Congratulations!

Submitted by Bro. Jerry Elzner

American Sokol Organization Quarterly Financial Report

October, November, December 1998

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues/Penalties	\$24,270.73
Convention Fund	2,826.00
Resale Jewelry/Membership Pins	669.00
Educational Booklets	129.00
BOI Skills/Ribbons/Tapes/Manuals	312.00
Flag Waver Donation	25.00
Donation	605.00
Postage	29.20
Copies/Labels	10.10
Seals	4,320.00
COS T-Shirts	72.00
Xmas Dinner	325.00
Repay Merit Award/Deposit	50.00
Triumph & Tradition Video	25.00
Old Tape Deck Sold	25.00
Subscriber	8.00
Taping/J. Satek	25.00
Uniform Dept. Salaries (Sep., Oct., Nov.)	924.25
Uniform Dept. FICA/Medicare (Sep., Oct., Nov.)	163.40
Uniform Dept. FWT Tax (Sep., Oct., Nov.)	30.00
Uniform Dept. IWT Tax (Sep., Oct., Nov.)	32.04
Uniform Dept. Phone/Fax	81.83
Uniform Dept. Rent (Oct., Nov., Dec.)	1,025.00
TOTAL	\$35,982.55

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Oct., Nov., Dec.)	\$2,817.52
FICA/Medicare (Sep., Oct., Nov.)	479.44
FWT (Sep., Oct., Nov.)	60.00
IWT, 3rd Quarter	88.86
Ameritech/AT&T	335.14
Com Ed	239.25
CPA (Oct., Nov., Dec., Yr. End)	820.00
Petty Cash, Postage	281.00
Mailing Permit Fee	85.00
Office Supplies	249.09
Janitor/Supplies	79.01
Macro Computer Internet Online	70.00
Parking Permits	225.00
Czech Obec Sokol Subscription	43.00
Rent (Nov., Dec., Jan.)	3,231.00
TOTAL	\$9,103.31

EDUCATION

Salary (Oct., Nov., Dec.)	\$215.97
FICA/Medicare (Sep., Oct., Nov.)	51.76
FWT (Sep., Oct., Nov.)	15.00
IWT, 3rd Quarter	14.95
Frame Warehouse	136.55
TOTAL	\$434.23

BOARD OF INSTRUCTORS

Salaries (Oct., Nov., Dec.)	\$1,501.64
FICA/Medicare (Sep., Oct., Nov.)	255.21
FWT (Sep., Oct., Nov.)	45.00
IWT, 3rd Quarter	50.86
Ameritech/AT&T	287.87
Petty Cash, Postage	166.52
Parking Permit	75.00
USAG Fee J. Kalat	125.00
Copyright Registration	20.00
Editor "Gymnast" (Oct., Nov./Dec.)	60.00
TOTAL	\$2,587.10

PUBLICATION

Salaries (Mailing)	\$244.62
FICA/Medicare	41.31
FWT	10.00
IWT, 3rd Quarter	12.90
Printing (Oct., Nov./Dec.)	2,895.48
Postage/Address Changes	29.00
Supplies	300.76
Editor Computer Supplies	487.89
Editor (Oct., Nov./Dec.)	300.00
TOTAL	\$4,321.96

UNIFORM DEPARTMENT

Salaries (Oct., Nov., Dec.)	\$870.64
FICA/Medicare (Sep., Oct., Nov.)	163.41
FWT (Sep., Oct., Nov.)	30.00
IWT, 3rd Quarter	26.56
Ameritech/AT&T	65.11
Parking Permit	75.00
Supplies	2.16
Rent (Nov., Dec., Jan.)	1,035.00
TOTAL	\$2,267.88

MISCELLANEOUS

Czech Obec Sokol Bal. Donation	\$395.00
Xmas Dinners	347.55
Denni Hlasatel Ad	50.00
Donations	20.00
Postage, Seal Mailing	520.79
BOG Meeting 11/14/98	1,587.99
New Shelving, Basement	172.40
TOTAL	\$3,093.73

Balance Brought Forward/Checking (Sep.)	\$16,171.35
Receipts	+ \$35,982.55
	\$52,153.90
Disbursements	- \$21,808.21
CPA Adjustment	- \$284.94
BALANCE CHECKING 12/31/98	\$30,060.75

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Large Packet (25 Participants).....	33.00
Small Packet (12 Participants).....	17.00
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