

WE WANT YOUR IDEAS!

Help to design the

XX American Sokol Slet 2001 Logo

The theme of the Slet is

"Sokol, A Driving Force"

The Slet is being held in Detroit, the automobile capital!

This is to be incorporated into your artwork.

The logo should be suitable for use on T-Shirts, Souvenirs, Seals, Tickets, Posters, Flyers, Programs, etc. Alternative theme wording is

*"Sokol, A Driving Force **In The 21st Century**;"*

although this version was deemed to be too long for most souvenir use, it could be suitable for other applications.

So, get out your sketch pads and get to work!

Submit your artwork to:

MaryAnn Fiordelis, Slet Co-Chair

31680 Norfolk

Livonia, MI 48152

DEADLINE FOR SUBMISSION IS JUNE 15, 1999!

Attention Instructors - This would be a great project for your classes!

American Sokol

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AMERICAN SOKOL ORGANIZATION

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Wednesday (except July/August), 7:30 P.M.

From Your Editor...

Here's your annual listing of Unit Officers of the American Sokol Organization. If you archive any of our yearly issues, this is the one to keep most closely at hand.

NA ZDAR!

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

CALENDAR of EVENTS

APRIL

- 10 Western District Children's Competition at Sokol Crete
- 17 Central District Special Number Competition
- 23 Sokol Stickney Card & Bunco Party
- 23-24 Sokol Brookfield Rummage Sale
- 24 Lanzhotcanka Brass Band at Sokol Detroit 313-382-0406
- 26-5/2 Sokol South Omaha Mini Slet

MAY

- 15 Central District Children's Competition
- 16 American Sokol Little Ferry Pork Dinner
- 17 Sokol Milwaukee Exhibition & Awards Program
- 22 Central District Jr./Sr. Competition & Awards Night
- 23 Central District Slet

**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

*"When you point a finger at someone,
you are pointing three at yourself."*

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.

1999 AMERICAN SOKOL ROSTER OF OFFICERS

Listed alphabetically by District and then Unit. Units not listed supplied no information.

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"Reputation Is What You're Perceived To Be Character Is What You Really Are"

An essay by John Wooden, noted UCLA basketball coach

Success and achievement in life have so much to do with character -- and yet character is so hard to define. In my mind, it's simply having an innate sense of the right thing. The right thing to do, the right thing to say, the wise decision to make.

To me, someone with character is someone who can be trusted with anything. Who can be relied upon to know the proper thing to do in any situation. And character, to my mind, is something that's formed early. In youth. Maybe even in preschool days.

What I've always tried to get across, both to my own kids and to anyone I've ever coached, is the difference between character and reputation. Reputation is what the world sees in you -- the way outsiders perceive you to be. And often, the two can be very, very different. Contradictory, even. It's character, of course, that's far more important -- although we seem to worry more about what others think of us than what we think of ourselves.

As I look back on my coaching career, two observations come to mind.

The first is that I'm more and more convinced that really good coaching is based purely in leadership and a positive example -- not fear and intimidation. So many coaches, even big-name coaches, use fear-based tactics to ride herd on their team. And they're successful, frequently -- they have great results. But I'm convinced that they would have had the same results, maybe even better ones, by using a more positive approach. Good coaching is about leadership and instilling respect in your players. Dictators lead through fear -- good coaches do not.

The second observation is the irony that, while individual athletes, both college and professional, have gotten better over the years -- athletes are better, bigger, stronger, more skilled now that they were 30 or 40 years ago, without doubt -- team play has, in fact, declined.

To me, this is a direct result of the "star" or "celebrity" mentality in sports -- the worship of the individual over the team. Perhaps it's a function of media coverage, or advertising and promotion, or the general cult of celebrity in our culture, but we've sacrificed a lot in losing our sense of team.

As individual athletes achieve more and more, become better and better known, make more and more money, the awareness of the importance of teamwork and unity is evaporating, and I think it's a bad thing. We've got to get refocused on the value of the team.

"Life's Playbook for Success"

WHAT'S SO GREAT ABOUT GYMNASTICS?

Study after study confirm that kids involved in sports, including gymnastics, are more likely to stay away from drugs, score higher on achievement tests, stay in school, have greater self-esteem and live a healthier lifestyle. Show me a child in a healthy athletic environment and I'll show you a child learning motor development, interpersonal relationship skills, perseverance, discipline, commitment, humor, perspective, teamwork, humility and leadership. And the kids think they're just having fun!

No doubt about it, sport enhances life. And for those with a penchant for variety and challenge, the local gymnastics club might be a great place to hang out. Following are the five most important reasons why learning a cartwheel is a valuable investment.

1. **Gymnastics is a multifaceted sport.**

This is a sport that develops, physical strength, speed, agility, nerves of steel and competitive prowess. Additionally, women must wrap that package of athleticism in grace and personality. Not many sports draw upon such a wide range of ability. Within the three main gymnastics disciplines (Men's and Women's Artistic and Rhythmic), there are as many as 15 different individual events, each with unique challenges and thrills. Add General Gymnastics and Trampoline and Tumbling, and opportunities in the sport are endless.

2. **Gymnastics is a challenging sport.**

Walking, let alone flipping, is hard to do on a four-inch balance beam. It takes more than a few push-ups to master an iron cross on the rings. Leaping through a moving hoop is not a cake walk. Gymnastics is "difficult." But the very qualities it takes to master these skills—courage, perseverance, risk, determination, vision—are the qualities that foster excellence in any endeavor. Dealing with the "difficulties" will translate into valuable life skills and strength of character. Bolstered by unconditional love from parents and skilled guidance from coaches, gymnasts are better prepared to handle the "difficulties" of life because of the challenges faced in the gym.

3. **Gymnastics is a socially interactive sport.**

The unique social environment in a gym provides for healthy growth. In gymnastics, a nine-year old trains with older and younger athletes. Self-esteem is boosted by camaraderie with older teammates. Maturity and perspective is nurtured

as she then turns to relate to the younger athletes on the team. Few sports provide the opportunity for kids to work so closely with teammates of different ages. The social maturity gained within the sport is far healthier than the "social immaturity" forced on kids spending aimless afternoons at the mall or watching television.

4. **Gymnastics teaches individual responsibility and courage.**

Though there is a team element, gymnastics is an individual sport. When practice is over the green flag is raised, the athlete faces the apparatus alone. To execute a routine successfully, under the scrutiny of judges, coaches and spectators, it takes concentration, determination, endurance and often courage. Confidence to call upon these qualities is nurtured every time a child attempts another routine. Life requires us to take personal responsibility for the choices we make. Courage to take that responsibility and make right choices is developed with each mount and dismount.

5. **Gymnastics enriches childhood.**

After my Olympic experience, I was often asked if I felt like I had sacrificed a normal childhood for my athletic dreams. I was always a bit confused by that question. I did gymnastics because I wanted to. Sports was not a sacrifice, it was a choice. Granted, that choice meant sometimes I was also choosing to forego other activities. But thanks to guidance from my parents and coaches, Gymnastics opened doors and enriched my life. Victories, defeats, travel, relationships and much more combined to teach me the joys, difficulties and realities of our world.

And I'm not alone. Traveling the country to develop the Athlete Wellness Program for USA Gymnastics, I've had the privilege of meeting former gymnasts who now have careers in counseling, medicine, advertising, law, youth ministry, coaching, emergency response, environmental engineering and parenting, to name a few. All agree, their gymnastics training better prepared them to tackle the challenges of the adult world.

It takes wise coaches and parents to translate gym lessons into life lessons. But most gymnastic clubs are founded on the belief that this sport has the potential to be a health-enhancing experience for all who participate. If anyone is looking for fertile soil in which to grow life's champions, you might start at your local gymnastics club.

By Nancy Thies Marshall,

"USA Gymnastics", January/February, 1999

RISK CORNER

(American Sokol Risk Management Committee)

CAUTION!

A critical decision is when an injured gymnast can return to participation. This determination is made under the supervision of the physician, since he/she is best trained to judge the risks and consequences of a return to action.

Reminder to all units to consider the Risk Management guidelines with regard to acceptance of students returning to the gym after injury or illness. Make sure that a doctor's note is on file in the gym giving permission for the student to return to gymnastic or other Sokol activities and with what limitations.

Recently, at a local Chicago gym a student was injured (tore ligaments in her ankle) during a workout and did not return to the gym. She went to another facility where she told the owners she was injured before, but had a doctor's release to come back to gymnastics. No one at the gym secured a copy of the release for their file. At this facility she re-injured her ankle again and did not return to this facility. She and her parents have filed a law suit with the original gym claiming this injury could have been prevented and it now deprives her of reaching her full potential as a gymnast and thus denying her a college scholarship.

Meanwhile, the second gym has serious concerns as to further litigation and the gym does not have a copy of the doctor's release.

As the American Sokol Risk Management Committee, we feel it is imperative that each unit considers having an Accident Book in the gym. The book should contain several copies of the following forms (found in the "Risk Management, A Comprehensive Program" manual:

- ◆ Accident Report Form - page 23;
- ◆ Medical Clearance Form - page 25 (attach doctor's note if form not used by the student).

This Accident Book should be kept in the gym for the entire year, after that time it should be on file with the unit and a new book placed in the gym.

EXAMPLE

CRITERIA FOR A RETURN TO ACTION

Injury	Criteria for Return
Joint injury (sprain)	- full range of motion - no pain, swelling, or tenderness
Muscle injury (sprain)	- full strength and flexibility of the involved muscle

THE MODERN OLYMPIC MOVEMENT

The Olympic Movement seeks to inform people of the educational benefits of combining sports and physical activities with artistic and intellectual endeavors. It encourages more and more individuals to participate in all of these activities at levels of intensity and competition that is appropriate to them.

While Baron de Coubertin wanted to improve the health and strength of young people, more importantly he desired to guide them toward becoming better citizens, more honest and efficient, with an optimistic and pleasant disposition and a stronger personality.

Sport, Coubertin believed, would provide an essential moral part of education "if it develops muscle, it also forms character and will...sport seeks out fear to dominate it, exhaustion to triumph over it."

GOALS OF THE OLYMPIC GAMES

The Olympic Games...were not revived by Baron de Coubertin merely to give contestants a chance to win medals and to break records, nor to entertain the public, nor to provide for the participants a stepping stone to a career in professional sport, nor certainly to demonstrate the superiority of one political system over another. His idea was that they would—

(1) Bring to the attention of the world the fact that national programs of physical training and competitive sport will not only develop stronger and healthier boys and girls, but also, and perhaps more important, will make better and happier citizens through the character building that follows participation in properly administered amateur sport.

(2) Demonstrate the principles of fair play and good sportsmanship, which could be adopted with great advantage in many other spheres of activity.

(3) Stimulate interest in the fine arts through exhibitions, concerts and demonstrations during the Game period and thus contribute to broader and more well-rounded life.

(4) Teach that sport is played for fun and enjoyment and not to make money, and that with devotion to the task at hand, the reward will take care of itself—the philosophy of "amateurism" as contrasted to that of "professionalism."

(5) Create international friendship and good will, thus leading to a happier and more peaceful world. "Olympism"

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**SOKOLFEST
BULLETIN #5**

February 1999

**SOKOL USA
CLEVELAND 1999**



**SCHEDULE OF SPORTSFEST EVENTS
(tentative)**

Wednesday June 23, 1999

Registration 12n-8:00P.M.
Judges & Coaches Meting 6:00 P.M.
Opening Celebration 8:00 P.M.

Thursday June 24, 1999

Gymnastics competitions for Juniors,
Seniors, Sokolettes, Sokolads, Starting
Rhythmics, and Championship at
Compulsories 8:00A.M.
Social swim at CSU evening

Friday June 25, 1999

Championship Optionals 8:00A.M.
Swimming
Parade(downtown Cleveland) 12:00noon
Soccer, 3 on 3 Basketball 3:30 P.M.
Socials for competitors and
for "V.I.P."s 7:00 P.M.

Saturday June 26, 1999

Triathlon
Volleyball
Awards Social

Sunday June 27, 1999

Rehearsals Starting at
8:00 A.M.
Sokolfest Exhibition 2:00 P.M.

SPECIAL EVENTS

The following events are planned for age groups
as designated

Sokolettes and Sokolads

Artistic Gymnastics
Swimming
Soccer

Junior Girls & Senior Women

Artistic Gymnastics
Rhythmic Gymnastics
Swimming
Basketball (3 on 3)
Volleyball

Soccer (7 member co-ed)

Junior Boys & Senior Men

Artistic Gymnastics
Triathlon
Swimming
Basketball (3 on 3)
Volleyball

Soccer (7 member co-ed)

Fin. Secy. - Jeanne Mason
6020 Longhorn Lane
Ft. Worth 76179
817-237-7514

Ed. Dir. - Sharon Connelly
6126 Park Road
Ft. Worth, TX 76135
817-238-9222

Wos. Dir. - Natalie Garrett
2124 Floyd Road
Weatherford, TX 76087
817-594-7785

Men's Dir. - Jody Steinman
2737 Fawn Drive
Ft. Worth, TX 76132
817-292-6694

SOKOL HOUSTON

1314 W. Patton
Houston, TX 77009
713-861-2828
Mtg. - 2nd Friday

President - Charlie Petrzalka
2506 Beall
Houston, TX 77088
713-864-2855

Secy. - Tina Grochett
2006 Cromwell
Houston, TX 77093
713-442-2635

Fin. Secy. - Beverly Meaden
915 Pizer Street
Houston, TX 77009
713-864-1215

Ed. Dir. - Louise Keyes
6231 Lindy Ann
Houston, TX 77008
713-862-6594

Wos. Dir. - Penny Wotring
833 Elena
Houston, TX 77076
713-658-8636

Men's Dir. - Christine Silhan
1209 E. 23rd Street
Houston, TX 77009
713-863-7638

SOKOL KAREL HAVLICEK BOROVSKY

P.O. Box 205
Ennis, TX 75120
972-875-7959 (Club)
972-875-7834 (Gym)
Mtg. - 3rd Thursday

President - Larry Laznovsky
4811 F.M. 1183
Ennis, TX 75119
972-878-5987

Secy. - Mayfair Mullican
3461 F.M. 660
Ferris, TX 75125
972-842-2837

Treas. - Betty Trlica
Rte. 4, Box 280
Ennis, TX 75119
972-878-6062

Ed. Dir. - Sylvia Laznovsky
4722 F.M. 1183
Ennis, TX 75119
972-878-3091

Dir. of Gym. - Jessica Burns
907 N. McKinney
Ennis, TX 75119
972-878-6821

SOKOL KAREL HAVLICEK YUKON

205 N. Czech Hall Rd.
Yukon, OK 73099
Mtg. - 1st Sunday

President - Alma Stejskal
2605 S. Cimarron Rd.
Yukon, OK 73099
405-324-0855

Secy. - Mary Polasek
306 N. Johnson Way
Mustang, OK 73064
405-376-2269

Fin. Secy. - Tim Kouba
412 Yukon Avenue
Yukon, OK 73099
405-354-3470

Ed. Dir. - LaVerne Benda
6804 N. Libbey
Oklahoma City, OK 73132
405-721-4396

Men's Dir. - Anton Stejskal
15212 S.W. 29th
Yukon, OK 73099
405-324-2996

Wos. Dir. - Mary Polasek
306 N. Johnson Way
Mustang, OK 73064
405-376-2269

SOKOL GYMNASTIC ASSOC. OF WEST, TX

P.O. Box 124
West, TX 76691
254-821-3381
Mtg. - 2nd Monday

President - Jimmy Matus
616 Trlica Road
West, TX 76691
254-826-4040

Secy. - Sonya Adamson
134 Crawshaw Lane
West, TX 76691
254-826-5004

Fin. Secy. - Lillian Matus
301 Playdium Drive
West, TX 76691
254-826-5990

Ed. Dir. - Raymond Matus
301 Playdium Drive
West, TX 76691
254-826-5990

Men's Dir. - Daniel Moravec
10778 East Hwy. 84
Axtell, TX 76624
254-863-5665

Wos. Dir. - Edwina Matus
616 Trlica Road
West, TX 76691
254-826-4040

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President - Ray Faraizl
1625 Timberline Drive
Plano, TX 75074
972-516-1971

Secy. - Joan Skupien
1508 Hackamore St.
Mesquite, TX 75149
972-285-2912

Fin. Secy. - Bertha Podhrasky
3276 E. Ledbetter
Dallas, TX 75216
214-374-1537

Ed. Dir. - Julius Podhrasky
3276 E. Ledbetter
Dallas, TX 75216
214-374-1537

Men's Dir. - Josef Ehrenberger
10411 Mapelridge
Dallas, TX 75238
214-341-0605

WESTERN DISTRICT

President - Mickey Dalton
5240 S. 23 Street
Omaha, NE 68107
402-731-2899

Secy. - Barb Seefus
1815 Ontario
Omaha, NE 68108
402-734-3812

Treas. - Phyllis Kool
716 Beacon Drive
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402-298-8795

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SOKOL CEDAR RAPIDS

417 3rd Street S.E.
Cedar Rapids, IA 52401
Mtg. - 1st Monday

President - William Harnish
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Cedar Rapids, IA 52401
319-364-3301

Secy. - Marie Webster
110 Wilson Ave. SW
Cedar Rapids, IA 52404
319-366-2822

Fin. Secy. - Marj Nejd
2583 Ivanhoe Rd. SW
Cedar Rapids, IA 52404
319-366-1929

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2919 Schultz Dr. NW
Cedar Rapids, IA 52405
319-396-6851

Wos. Dir. - Allison Gerber
2112 N. Towne Lane NE #7
Cedar Rapids, IA 52402
319-395-7195

Men's Dir. - Eric Stumpf
2002 Linmar Dr. NE
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12th & Norman
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Mtg. - 1st Wednesday

President - John Cerny
RR1

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Secy. - Lester Bruns
1705 Ivy
Crete, NE 68333
402-826-3740

Treas. - Lester Bruns
1705 Ivy
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402-826-4787

Secy. - Kim Hier
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402-826-3492

Treas. - Kathy Kucera
Box 13
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402-794-4905

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St. Paul, MN 55102
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Secy. - Shirley Verner
12685 170th St. N
Marine, MN 55047
651-433-2008

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1422 Juliet Avenue
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651-699-6244

Wos. Dir. - Mary Cahill
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402-556-1590

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Box 7 125 W. Main
Murray, NE 68409
402-235-2126

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5919 South 15 Street
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5830 South 20 Street
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402-734-6076

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5238 South 22 Street
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402-731-7606

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4328 South 15 Street
Omaha, NE 68107
402-731-2665

Ed. Dir. - Phyllis Kool
716 Beacon Drive
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5919 South 15 Street
Omaha, NE 68107
402-731-2665

SOKOL WILBER

317 S. Wilson
Wilber, NE 68465
402-821-9905
Mtg. - 1st Monday

President - Ivone Birkett
415 N. Harris
Wilber, NE 68465
402-821-3219

Secy. - Alice Maryska
RR#2, Box 96
Wilber, NE 68465
402-821-2098

Fin. Secy. - Henry Kumpost
Box 931 620 West 5th
Wilber, NE 68465
402-821-2497

Ed. Dir. - Evelyn Roesler
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Czech Foreign Ministry Announces Support for Czech-American Heritage

Every year, the Ministry of Foreign Affairs of the Czech Republic, in cooperation with the Embassy, offers material, financial and other forms of assistance to preserve and promote Czech-American heritage in the United States. Following are the details of assistance for the years 1999-2000:

- Books, videotapes, CDs, textbooks and other materials for use in Czech-American organizations' activities. These can be sent any time during the year, upon request. The number of items is limited and **INDIVIDUALS ARE NOT ELIGIBLE.**
- Financial support of cultural and educational projects (exhibitions, concerts, conferences, celebrations, lectures, newsletter publishing, radio broadcasting and other activities that promote Czech and Czech-American culture). The deadline for 1999 applications was January 20, 1999; the deadline for the year 2000 is April 30, 1999. Applications can be submitted only by Czech-American organizations (NOT by individuals, universities,

companies, etc.) and for single projects. Each application must be in written form and sent to the Embassy for final approval by the Ministry of Foreign Affairs.

- Scholarships at Czech universities. For a maximum of 20 graduate or post-graduate students of Czech origin per year for 1-2 semesters. Preferences are for Czech language and literature, history, ethnology, art history and theology. One of the main criteria is the usage of acquired knowledge for the benefit of Czech-American communities and organizations (e.g., teaching Czech language). The deadline for applications is at least 4 months before the beginning of the studies, i.e., for winter semester of 1999 by April 15, 1999. Applications should be directed to our Embassy. Recommendation by a local Czech-American organization is required.
- Short-term Czech language courses in the Czech republic. These are 4-week summer courses which include lessons

in language, general history and culture and rich cultural activities. All expenses except transportation to and from the Czech Republic are covered by the Czech government. Criteria are the same as above. the deadline is April 15, 1999. Applications should be sent to the Embassy.

- Czech language teachers from the Czech Republic sent to your communities. Interest organizations must guarantee the teacher full-time employment (language courses must comprise at least one-third of his/her expected activities, besides, e.g., library or archive assistance, choreography, etc.) for a period of 6 months to 1 year. All details are subject to mutual contract between the Czech-American applicant organization and the Ministry. Applications should be sent to the Embassy at least 6 months before the beginning of the teacher's expected activity.

For further information, contact the Cultural Section of our Embassy at 202-274-9114 or 274-9105.

THE VOICE ... Readers Quips, Comments & Queries

Dear Sis. Satek,

We appreciate and thank you for the very nice article about our Wilber Sokol printed in the January issue.

Evelyn Schleis-Roesler, Boad of Directors, Sokol Wilber

MEMBER INSIGHT

*By Sis. Joan Curran
ASO Membership Chairman*

Meetings, meetings, MEETINGS! Board of Governors, ASO Executive Board, District, Unit, Board of Instructors, Committee Meetings, etc.

No, this is not corporate America, but close, it's SOKOL! Get out your calendar, datebook, notebook, scrapbook, any book, write it down quick - the date of your next meeting.

Sounds like a full-time job. But as a Sokol member we fit this in between our real jobs. Nobody said it would be easy, sometimes we get mad; no, a lot of times we get mad, but then we get glad. What a crazy place to be in and we do it because we want to! Go figure.

So, be aware when you make your next "meetings calendar;" jot down somewhere to bring a friend to Sokol. We need new members and then maybe they can go to the "next meeting."

Good luck!

NA ZDAR!



CZECHOSLOVAK GENEALOGY CONFERENCE

"Celebrate Your Heritage" will be the theme of a national Czechoslovak genealogical and cultural conference to be held in Lincoln, Nebraska on October 13-16, 1999, at the Cornhusker Hotel. The conference will be sponsored by the Czechoslovak Genealogical Society International (CGSI).

The CGSI conference will be a 4-day event featuring speakers on genealogical, cultural and historical topics relating to the Czechoslovak heritage. There will also be an on-site library, sales room, ethnic music and dance performances, bus tours and other special events.

With over 4,000 members drawn from 50 states and 20 foreign countries, CGSI is the world's largest non-profit organization devoted to the genealogy of the ethnic groups that comprised the former nation of Czechoslovakia.

"We are excited about this opportunity to use our conference to showcase the rich heritage of the Nebraska Czechs," said Dave Pavelka, President of CGSI. Pavelka cited the large Czech-American population within the state, together with the active Czech ethnic organizations in Wilber, Lincoln, Omaha, Clarkson and other Nebraska communities, as key factors behind CGSI's selection of Lincoln for its next conference. Past conferences have been held in Minneapolis, Chicago, Green Bay and Cedar Rapids.

Persons who desire more information about the conference may write CGSI at P.O. Box 16225, St. Paul, MN 55116-0225 or call 612-595-7799 or check CGSI's website at <http://members.aol.com/cgsi>.



SOKOL DISCIPLINE STARTS EARLY

At Sokol Greater Cleveland the little guys watch their big sisters perform at their Summer exhibition, June 1998.

-Submitted by Sis. Betty Stribrny

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