

american **SOKOL**

Volume CXXI, Number IV

APRIL/MAY 1999

Central District Progressions Clinic - January 1999 at Sokol Tabor -



A little discipline, a LOT of fun!



Making new friends.



Hard work pays off.



The instructors kick up their heels!

American Sokol

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AMERICAN SOKOL ORGANIZATION

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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...

Spring. The outdoors is reinventing itself. The sun peeks through the seemingly endless gloom that was winter. Sokol gyms are a flurry of activity in preparation for end-of-year competitions. Isn't it wonderful!

NA ZDAR!

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

CALENDAR of EVENTS

MAY

- 15 Central District Children's Competition
- 16 American Sokol Little Ferry Pork Dinner
- 17 Sokol Milwaukee Exhibition & Awards Program
- 21-23 Sokol Ceska Sin Old Man Cave Hiking Weekend
- 22 Central District Jr./Sr. Competition and Awards
- 22 Sokol Detroit Gymnastics Competition & Awards
- 23 Central District Slet

JUNE

- 1 Sokol Milwaukee Spring Fling
- 6 DA Sokol Annual Gymnastic Exhibition
- 11-13 Eastern Area Sokol Fest at Sokol Woodlands
- 11-12 Western District Slet at Sokol Omaha
- 12 Northeastern District Gymnastic Competition
- 13 Northeastern District Slet
- 15 Deadline for 2001 Slet Logo Artwork Entries
- 19-20 Phillips Wisconsin Cesky Days

**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

"In youth we learn; in age we understand."

~ MARIE VON EBNER-ESCHENBACH

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.

XIII All-Sokol Slet - Prague 2000

By Vladislav Slavik (with Bro. Vratislav Svaton, Director of Men, COS)

From a Sokol viewpoint, there can be no better entry into the third millennium than the All-Sokol Slet in Prague. For some time, the Czech Sokol Organization (COS) established itself in the mainstream of world movement of physical fitness. Its 180,000 participants cover just about any sport, some of them competing on an international level. While less than 18% involve themselves in basic gymnastics (Tyr's program), yet they are considered the pride of Sokol. COS sport sections realize that Sokol Slets are still the jewel of Czech physical fitness.

Thus defined, the basic gymnastics stepped up its efforts in preparation for the XIII All-Sokol Slet. In the Fall of 1998, the BOI concluded all selections of Slet compositions and in December presented them in Tyr's Palace. These compositions prove that COS keeps in step with new trends sweeping the world. Still, even in the next century there will be some calisthenics, as even the newest compositions adhere to our Sokol legacy. As the world is spinning faster, with every turn bringing new conceptions in sport or entertainment, Sokols world over must pursue new horizons lest we disappear among historical societies.

Dynamic movements, modern music and eye pleasing colors are the basic ingredients of the Slet. COS prepared nine compositions, encompassing all ages. Other Czech organizations may contribute with two additional



numbers for the main performances.

The nine compositions are as follows:

1. Parents and children flourish with originality, jumping on small trampolines and yet keeping in rhythm with musical accompaniment.
2. Pre-schoolers exercise their ingrained restlessness by playing, mimicking and singing a peppy tune. The description calls for happiness, of which there will be more than enough. Their uniforms with floppy ears perceives elements of Disneyland.
3. The small girls are ready to seize the show with their liveliness and loveliness. Yet, the part with small balance beams requires a lot of skill.
4. Small boys (6-9) composition is still in its gestationm but what has already been presented promises quick locomotions as if on a checker board and over special obstacles.
5. Older boys and girls (10-14) with younger juniors demonstrate ongoing activities in their classes; girls in aerobics

and rhythmic, boys in ball games. Choreo-graphers succeeded in consolidating their different elements into a volleyball game. They finish their number with a dance.

6. Bolero and aerobics replace Karneval of the last Slet. It gives the older juniors and younger women an opportunity to transmit a dynamic aerobics into disciplined traditional passages. Given the pleasing colors, the quickly moving composition with a surprising dual musical accompaniment may serve as a master blueprint for the future.
7. Jarina Zitna and Iva Drabkova composed an exercise with medium-size flags. Based on classical movements, it skillfully blends new directions into Sokol tradition. The almost philharmonic music will help.
8. Men and Time is a typically modern composition put together by young instructors whose home base is masculine aerobics. Occasional pyramids return the men to Sokol classicism. A clever song, sung in chorus, adds to this masculine performance.
9. Loyal Guard

All junior and senior compositions require diligent practice, for their execution is not always easy. Some numbers are long, but it is always better to shorten than to be short.

Continued on Page 9.

MEMBER INSIGHT

*By Sis. Joan Curran
ASO Membership Chairman*

Seems most everyone today would like to be part of the "in crowd." Standing on the outside looking in isn't much fun. But to get there is the trick.

In Sokol, many people know each other over a long period of time. Some since their youth. Talking, laughing, drilling, discussing worldly events - really enjoying each other's company. How can you get in this picture?

That's what I thought some years ago. In the past, I felt uneasy because I did not know a lot of people at Sokol, even though I had been in gym class at Sokol Chicago as a child, I had been away for many years. Getting back on the gym floor as a senior gave me a good feeling.

Through dedication and hard work, you will reach your heart's desire, your face among the crowd of Sokol friends.

You can start at the Unit level and move on to the District level and then to the ASO level. Sometimes the spark we need in our lives is a Sokol challenge.

Through dedication and hard work, you will earn your heart's desire - Sokol friends.

Let Unit membership help you reach greater heights. You can move up and out. We want to see your big smile in our picture. Spread the word, we need new members, and hopefully a wide angled lens.

NA ZDAR!

THE VOICE ... Readers Quips, Comments & Queries

Sis. Marj Nejdil writes:

The Batik Egg Decorating article came from the book "Czechoslovak Culture - Recipes, History and Folk Arts," compiled by Pat Martin, Cedar Rapids, IA; published by Penfield Press, Iowa City, IA.

REFLECTIONS REACTION

The following is excerpted from an editorial by American Sokol Little Ferry President Nancy Chlodnicki which appeared in the January Newsletter of American Sokol Little Ferry, Little Ferry, New Jersey:

When I saw the caption, "Once a Sokol, Always a Sokol" under "Reflections" (by Bro. Dick Petrzalek) in the November/ December issue of American Sokol Magazine, I said to myself, "Isn't that the truth!" Then I thought about it a bit longer and said, "Yes, isn't that the truth for Sokols ages 40 or 50 and older." True, there are some young people who feel that way, but what about the rest of them? What about those who received a scholarship from Sokol, finished college and never returned to teach our classes, resigned from Sokol or were expelled for non-payment of dues? Why aren't we inspiring them enough to feel that way?

I am asking myself, what am I doing wrong - what are others? Are young people today just different than we were? Are they involved in too many activities to give of themselves to Sokol? How can we inspire them as we were inspired? Not one young Sokol from Little Ferry who attended a recent Kurz or received a scholarship is currently teaching in our Sokol. Why? I think that if we could answer these questions and find solutions, we would have another generation who will feel "Once a Sokol, Always a Sokol."

I turn to you, our members, for answers to some of these questions. What would you like the Executive Board to plan to enhance YOUR membership? How can we make YOUR membership more interesting and exciting?

EDITOR'S NOTE: See the most recent installment of "Reflections" by Bro. Dick Petrzalek on Page 7.

Bro. Joseph Holasek Celebrates 100th Birthday!

One of West, Texas' most outstanding citizens, Joseph F. Holasek, celebrates his 100th birthday on October 30, 1998 with a reception at the Lone Star Hall in West, Texas.

Born in Lovcice, Moravia in 1898, he was one of six children of Anton and Ruzina Valka Holasek. His father emigrated to America first, becoming a master chef at the St. Frances Hotel in San Francisco. Eventually, he was able to pay for the trip to America for four of his six children. Two chose to remain in Moravia with their mother. Joseph's older brother, Charles, was the first of the children to arrive in America, establishing himself as a farmer in the Penelope area near West, Texas.

In 1911, Joseph Holasek emigrated to Texas at the age of 12. By the time he was 14 years of age, he was working near La Grange as a farm laborer. After a serious flood wiped out the farm in 1914, Holasek learned of available employment with the National Printing Company in Omaha, Nebraska. The company was looking for someone who could speak Czech, so he was hired as an apprentice trainee. Although he found the printing trade agreeable, it was not long before WWI started. Holasek joined the U.S. Army at age 18

and after a short training period, he found himself in the 16th Infantry, First Division and was in one of the first four military units to land in Europe.

He saw action as a machine gunner in five major campaigns and was wounded in the neck and back from exploding artillery. After recovering, he volunteered for additional duty in the front lines and suffered his most debilitating injury, being gassed by mustard gas. He never fully recovered from this injury.

After being discharged, Holasek returned to his job in Omaha, where he married Mayme Vavra in 1921. They had two children - a daughter, Doris (now deceased) and a son, Raymond, who lives in West. Still suffering the effects of mustard gas, he felt that the warmer climate in Texas would be better for his health, so he moved his family to West in 1924. He began working for a printing company in West, which later became known as The Czechoslovak Publishing Company, Inc. Holasek eventually purchased the controlling interest in the company and with his partner, August Morris, published the Czech newspapers, Cechoslovak Vestnik and The West News. He sold the publishing company in 1973.

His first wife died in 1964, and in 1967, Holasek married the former Mrs. Stanley Wachal of Omaha, Nebraska.

"Mr. Joe," as he is affectionately called in West, has had a long career in public service, having served as a city commissioner for eight years and mayor for sixteen years. He also served as a director of the West Bank and Trust, organized the West Fair and Rodeo and West Longhorn Club and belonged to numerous organizations.

In 1995, Holasek received the Texas Newspaperman of the Year award and will soon receive France's highest military decoration for combat veterans to commemorate the 80th anniversary of the end of the Great War and to pay tribute to the remaining U.S. survivors, French President Jacques Chirac has decided to award the Legion of Honor to allied veterans, including eight Texans, one of whom is Joseph Holasek. *(This article first appeared in The West News, October 29, 1998)*

Submitted by Sis. Sylvia Laznovsky

EDITOR'S NOTE: Bro. Holasek has been a Sokol member since 1931 (Omaha/Zizka) and in 1979 became a Sokol West charter member"

Czech Independence Day 10/28/98

In cooperation with Czech-American organizations, the Czech Consulate in New York organized a memorable raising of the Czech flag at Bowling Green in Manhattan on October 28, 1998. American Sokols were asked to form an Honor Guard at this flag raising and 42 members from the Eastern District and DA Sokol answered the call. Sokol New York came with the largest representation, 21 members and 3 children, all in a Sokol parade uniform. Three representatives came from Sokol Baltimore, nine from American Sokol Little Ferry, NJ, five from DA Sokol and one from Sokol USA.

October 28 was the culmination of several affairs that took place in New York during October. New York universities held many lectures on Czech life and its history, the radio station WQXR

played music of Czech composers, two television stations devoted several hours to Czech movies or commentaries, the New York Library exhibited old documents in its Slavic section and the Empire State Building was lit up in Czech colors on October 28.

Nevertheless, the outdoor Czech Block Party on October 24 attracted the most attention. Being held on 83rd Street between Madison and Park Avenues, it brought together hundreds of Czech-Americans and music of a Czech band from Moravia lured thousands of people from the neighborhood.

During the afternoon program, gymnasts from DA Sokol amazed the spectators with their fine, and at times courageous, routines. They gave a good account of

Sokol training.

The Honorable Petr Gandalovic, Consul General and Peter Polednak, Director of the Czech Center, may proudly reap very positive results from their hard work. They both spend endless hours preparing the best celebration of Czech Independence Day in New York.

On behalf of the Eastern District, ASO, I would like to express my sincere thanks to those Sisters and Brothers who came to be part of this celebration and also to honor those Sokols who were part of the efforts to found an independent Czechoslovakia.

Na Zdar!

*Bro. Vladislav Slavik, President,
Eastern District ASO*

*Photos from "Ahoy," Newsletter of the
Czech Center New York, Jan./Feb. 1999*



Above, Bro. Vladislav Slavik, President, Eastern District A.S.O., enjoys the Block Party during the New York celebration of Czech Independence Day. At right, Sokol members proudly display the flags of American Sokol Little Ferry and Sokol Baltimore in the parade.



The procession of Sokols.



AMERICAN SOKOL ORGANIZATION

GYMNAST

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



PRAGUE 2000 SOKOL SLET

Calisthenics Workshop

Immediately following the 1999 Sokol USA Slet

DATES: Mon. June 28 morning/afternoon/evening
Tues. June 29 morning/afternoon/evening
Wed. June 30 morning

LOCATION: Sokol Greater Cleveland
4939 Broadway Ave.
Cleveland, Ohio 44127

COST: \$40 per person - includes 3 lunches
and snacks throughout the day

Calisthenics to be taught: Men & Women - Loyal Guard Cal
Men - Men's Cal
Women - "Women with Small Flags" and "Bolero"

Instruction by COS instructors

WHO SHOULD ATTEND: Instructors and those who are planning to
participate in the Prague 2000 Sokol Slet.

For more information contact: Jan Kalat, ASO Women's Director



new **GENERAL GYMNASTICS.**
activity

What is TeamGymn?

TeamGymn is a competitive form of General gymnastics that is very popular in Europe. Squads of athletes compete together (e.g., at vault all of the athletes vault one right after the other--the resulting score is truly a group score). The USA Gymnastics General Gymnastics Committee observed this activity in 1997 during the Swedish National GymnFest and found it to be interesting and exciting! It is a perfect activity for recreation classes and clubs, general gymnastics groups, all-star cheer groups and even high school and college clubs.

What are the advantages of TeamGymn?

- ◆ TeamGymn uses limited apparatus
- ◆ TeamGymn athletes are trained as a group
- ◆ Competent groups can develop with training only one or two days per week
- ◆ The emphasis is on safety

SO...What Do You Do in TeamGymn?

TeamGymn squads compete in two events:

JUMP -- The squad does two tumbling passes, one or two side-horse vaults (OR, one side horse vault and one long-horse vault), and two jumps from a mini-tramp.

FLOOR -- On the floor, the entire squad performs a 3-4 minute group floor routine choreographed to music. They must meet various requirements for skills, balances, formations, dance, and synchronization. The squad receives a score for this event.

Here is more information:

- ◆ Typical squad size is 10-14 performers.
- ◆ Competition Categories -- TeamGymn Squads may be all female, all male, or "mixed."
- ◆ Skill level requirements -- In 1999, the difficulty of the skills will be restricted. For example, the most difficult skill sequence permitted on tumbling will be a RO,FF, back tuck. On vaulting, it will be a front handspring. On mini-tramp it will be a front tucked salto. Any skills below this level will be permitted -- even such skills as step-kick - handstand - forward roll, cartwheel - cartwheel - RO (repeat). On vault, squat and straddle vaults and even "forward roll on, jump off" are permitted. On mini-tramp, straight and straddle jumps and so forth.
- ◆ How is TeamGymn judged? --- Each team gets a score for JUMP and a score for FLOOR (10.0 max.). These are totaled to determine overall team placement. Because the difficulty level of the skills is limited, judges place greatest emphasis on execution, synchronization, choreography, and other performance qualities that are so important in developing General Gymnastics display routines.
- ◆ Is it hard to prepare for TeamGymn? --- Preparing a squad for TeamGymn participation should be relatively easy and a lot of fun. The TeamGymn rules are available on USA Gymnastics online (USAGO) at www.usa-gymnastics.org/gg/teamgymn.html
- ◆ TeamGymn is fun! -- TeamGymn is appropriate for recreation class groups, high-school and college clubs, general gymnastics clubs, and groups such as All-Star Cheer programs, exhibition dance groups, and so forth.

Incorporating a New Skill

Incorporating a new skill to a sport you already play requires a progression of learning activities. Sports psychologists say that professional athletes need about two months of daily practice to make a change. Recreational athletes may need more time.

Get Help

Whatever the sport, the first step is to get a coach, teaching professional, or friend who has mastered the skill to work with you on breaking it down into component parts. Someone who can only see the big picture (a jump shot going into the basket, a wedge putting the ball near the hole, a topspin backhand tying up an opponent in tennis) is of little help. A skilled observer or teacher can watch to see the correct position for hands, feet, head, or any other part of the body instead of focusing on the end result.

See Yourself

The second step is skipped by many athletes, but can be a valuable tool in the learning process. It has two parts. The first is to visualize yourself executing the skill. This can happen on a practice field, in your car, at home or any time you have a few moments to see yourself executing the skill, get someone to videotape a technique, then view it to observe the change.

The second part is actually going through the motions by yourself, like a boxer going through a shadow boxing sequence in a ring. This takes a dedicated athlete and one who is secure enough to tolerate the curious looks that will come when others see you playing an imaginary game. If space permits, try going through the new motion in front of a mirror. It's more private and allows you to be your own coach.

Simulate Situations

Next, work on the new skill by simulating game situations during practice. The soccer player develops a move to get open for a pass. The tennis player maneuvers an opponent into a position in which the topspin backhand wins the point. The swimmer makes a perfect turn off the wall. The golfer hits out of a trap and gets close enough to the hole to save a par. The idea is not to play out the whole game, but to repeatedly rehearse the situation in which a newly acquired skill can be used.

Unimportant Competition

The fourth step is to try the new skill in real but unimportant games, matches, or situations. At every level, there are opportunities

for experimentation when little or nothing is at stake. You have to be comfortable with the idea that you may make a bad play or lose to an inferior opponent because you are taking time to develop a new part of your game.

Prime Time

The last step is to be confident enough to make the new skill an automatic response in pressure situations. If you have to think first, it's not ready for prime time. Now, there is no analyzing, planning, or experimenting. Like any other tool in your kit, the new skill is simply there when you need it.

Georgia Tech Sports Medicine & Performance Newsletter, March, 1999.

AMERICAN SOKOL ORGANIZATION NATIONAL INSTRUCTORS SCHOOL

JULY 19th - AUGUST 2nd, 1999
BEGINNER, INTERMEDIATE,
ADVANCED LEVEL SCHOOLS

**HOSTED BY THE WESTERN DISTRICT
AND SOKOL SOUTH OMAHA**

Tyrs System of Physical Education
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Beginner to Advanced Rhythmics

CONTACT DISTRICT OR UNIT

DIRECTORS

**FOR INFORMATION AND
APPLICATION MATERIALS**

REGISTRATION FEE \$200

DEADLINE: JUNE 4, 1999

Are You Pushing Your Kids Too Hard?

Achievement by Proxy (ABP) develops when parents of gifted athletes (or scholars, dancers, actors, and others) develop unreasonable and dangerous pride and satisfaction in the achievements of their children. ABP has been recognized by professional psychiatric groups as a potentially harmful syndrome to be addressed and prevented.

Too much, Too Soon

Typically, the parents push as hard and as fast as possible, convincing themselves that everything they do is in the best interests of their children. A parent might decide to sell the family's home and move to another city or get a second or third job so that the child can quit regular school and devote full time to a sport. The problem is compounded by coaches who demand potentially dangerous sacrifices from the child athlete.

Tofler describes a continuum of behavior that leads to ABP. "It begins with simply helping a child achieve at a high level—not a form of abuse. The second stage is characterized by parent sacrifice and perhaps "plausible deniability," saying that the child enjoys this commitment to training. Level three involves complete loss of a child as an individual and includes increasing pressure to perform, even if the child is injured or ambivalent. The child becomes an instrument of adult goals and normal peer relationships vanish. The last stage is when the parents encourage potentially dangerous behavior in order to gain recognition or to make money."

Recommendations

To avoid the ABP syndrome, parents should try these recommendations:

- ◆ Balance your child's total development needs with sports goals.
- ◆ Reclaim "decision authority" for the child's welfare. (The child should not be allowed to say, "This is my decision".)
- ◆ Monitor your own motivation by asking, "How will this affect my child?" and "Am I doing this for myself or for my child?"
- ◆ Consult a psychiatrist or psychologist if there is a question about motivation or doubt about a child's best interest.

Georgia Tech Sports Medicine & Performance Newsletter, March, 1999. (from the Journal of the American Academy of Child and Adolescent Psychiatry).

1999 SOKOL USA SOKOLFEST SCHEDULE OF EVENTS

Wednesday June 23, 1999

Registration	12n-8:00pm
Judges & Coaches Meeting	6:00pm
Opening Celebration	8:00pm

Thursday June 24, 1999

Artistic Gymnastics, Rhythmics, and Championship Compulsories	All day
Social Swim at CSU	Evening

Friday June 25, 1999

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

Saturday June 26, 1999

Triathlon	8:00am
Volleyball	All Day
Awards Social	7:00pm

Sunday June 27, 1999

Rehearsals	8:00am
Sokolfest Exhibition	2:00pm

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)

AFTER SLET BBQ
Sokol Greater Cleveland
Immediately After Slet Program

REFLECTIONS

REFLECTIONS

To Neni Sokolstvi! *(That is not the way of Sokol)*

During my initial orientation to Sokol, the above phrase was one I heard frequently - many times hurled at me. A nebulous "purity" seemed to permeate the organization - be it authenticity of kroje (costumes), Beseda steps, what moves were acceptable on which apparatus and what was acceptable for public display.

A millennium ago, I had a tremendous interest in hand balancing and lobbied our instructors and colleagues that this could become an instrument for exhibition at various functions and social gatherings to spread the gospel of Sokol. One needs little or no apparatus and limited space to be extremely entertaining. This was soundly rebuffed, "To neni Sokolstvi - it's circus!" Can't we spark the Beseda with other folk dance steps? Once again, "To neni Sokostvi!" And when I returned from the university my freshman year for Christmas break and installed the first overhead safety belt in the gym, I REALLY incurred everyone's wrath. "That's no good - and besides, 'To neni Sokostvi!'" (Only hand spotting prevailed in those days.) When I pushed for a little showmanship in the form of a Master of Ceremonies at the academy and the rare occasion when we did an exhibition number, guess what the response was?!

Another case in point were the returning Veterans following WWII. Almost without exception, they hated calisthenics. (Who can blame them after the military calisthenics.) Many also did not want to do apparatus work. what did they want to do? PLAY - volleyball, basketball, handball! To which the "Old Guard" pompously said, "If they want tot play, let them go to the YMCA!"

Bad approach. How badly did they want to keep the flower of their youth? Perhaps this is why we lost not only them, but their children as well.

What am I attempting to say? Only this... Many times I felt the unit was extremely inflexible, unyielding and reactionary? Nothing had merit unless it was done in the time-honored way and any deviation would desecrate the memory of our

founder and those who preceded us; completely forgetting that Tyrs advocated examination, selection of things of merit and change, if necessary.

Today, I don't hear this phrase anymore. Probably because our membership Czech so infrequently (only a platitude or two, or some witticism), but the mind set of old seems to remain. We are complacent and indifferent. Members are being urged to "bring a friend," but when membership is older, the "friend" will undoubtedly also be older. If the activities of the gym - our professed "core" - is to flourish, then there is where our emphasis should be.

In the past, I have been critical of our governing board's reluctance to avail themselves to the aid of outsiders who perhaps could provide a sense of direction and inject new enthusiasm into a faltering program. Sometimes I feel this Sokol "family" wishes to remain exclusive - to exist only for a mutually exclusive few - and seems reluctant to listen to counsel from outsiders - from professional P.E. educators.

In my years at Sokol, only Kveta Vondracek Smith was perceptive enough to enlist the aid of people outside the Unit. She hired Sharon Richardson Zuber (Olympian) and Bob Tomanek (who was working on his Ph.D. and functioning as Assistant Men's Gymnastics Coach at the university). It was under her tutelage the Women's Unit truly experienced a "golden age." Can we experience another "golden age?" I think so...

What is the first step? Recruit some people with vision! Then enlist the aid of some people with tenacity. Maybe we should follow the example of the National Czech and Slovak Museum and Library. Their beginnings were extremely humble - but it appears they had a vision; they were not ashamed to ask for assistance. they hired a capable professional (who, incidentally, is not Czech) and suddenly it has become fashionable to be Czech and to be associated with the institution.

We have some advantages: a well-established history, a majestic building and a tradition of providing quality Physical Education to our youth. As for vision and direction - I'm curious to see what the readers' response will be.

*From Noviny Sokol Cedar Rapids
By Dick Petrzalek*

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.

The American Sokol Organization gratefully acknowledges receipt of a **\$3,125.00** donation from
WESTERN FRATERNAL LIFE ASSOCIATION
(This donation was mistakenly listed under an incorrect fund in the February issue.)

In Memory of Charles Ruzicka

From Irene Ruzicka \$500.00	From Robert & Marlen Bollman \$25.00
From James, Ann & Blair Swedeen . . . \$25.00	From the DeValk & Vytlacil Families . . . \$25.00
From Sokol Town of Lake \$25.00	From Jim & Judy Hahn \$20.00
From Gertrude Jackson \$20.00	From Blanche, Lester & Jeffrey Janes . . \$20.00
From Janet Dubsky \$10.00	From Bennie Lankas & Family \$10.00
In Memory of Milan Slavik from Julie Conklin \$100.00	

GENERAL FUND

In Memory of Bohumil Krafka from Sokol Brookfield \$50.00

MUSEUM, LIBRARY & ARCHIVES FUND

In Honor of the Zak, Stastny and Kobart Families from Cheryl Zak \$25.00

ISLAND ADVENTURERS!

For two weeks in January, 24 fun-loving Sokols from the Central District enjoyed a tour the big island of Hawaii and the Valley Isle, Maui, sponsored by Sokol Brookfield.

Week one was spent at the Royal Waikoloan in Waikola on the Big Island. We all explored the sparsely vegetated lava slopes, the northern up-country,

the 420 foot high waterfall, the bamboo forests at Akaka Falls State Park, the city of Hilo and the world's most active volcano Mount Kilauea. A special treat was viewing the dolphins in "Dolphin Quest" at the Hilton Hotel, where one of the group got to swim with the dolphins.

Week two was spent on Maui at the Napili Shores Resort on

beautiful Napili Bay, which has been called one fo the 25 best-kept secrets in Hawaii.

We all enjoyed the luau, and the Mai Tai party kept us smiling; after which we had a barbeque and then sang away the evening until bedtime. We were one big happy Sokol family!

Aloha Nui Loa,
Sis. Vlasta & Bro. Roy Zitny



The only easier composition belongs to Loyal Guard, which seems to be very similar to the last Slet composition. So here is the typical calisthenics as loyal as the performers. It may conceivably be the last "old fashioned" calisthenics at our Slets. Within the next six years, a new wave of seniors (who don't remember Sis. Provaznikova) may demand an exercise to fit to the year 2006. Also, it may be our last look at the traditional Sokol uniform, that served us just about a century. Under the pressure of a new lifestyle, our regular uniforms cannot do justice to contemporary gymnastics. Just like music, color is an integral part of any new composition.

Nevertheless, while looking toward new horizons, our Slets will

continually stay with us. Tradition will always play a leading role in any Sokol activity. With its cultural and educational activities underpinning the XIII Slet, it will be just as euphoric as any Slet of the past. We will gym on Strahov. But because of the tremendous expense of refurbishing the giant stadium, COS opted for the adjacent smaller place called Rosicky Stadium. There is enough space for all numbers, seats for 50,000 people and even lights, should COS opt for an evening performance. For one of the afternoon shows, COS is also offering a day for Sokols from abroad if there will be several large Sokol groups. Sokols from Poland and Slovakia seem to be all set to do just that, since they can bring

their children, juniors and seniors. Another attractive possibility is an evening of much smaller groups, where European gymnasts may perform in Gymnaestrada-style numbers. Perhaps even one of our districts, with some 50 gymnasts, may try to show that the American branch of the Sokol tree is still green and vibrates with Sokol activities.

Finally, let us conclude (this article only, as there will be many more coming up) with a thought of Bro. Vratislav Svaton, Director of Men, COS: "Let no one take the wind off our sails with a question - What would Tyrs say to the direction we are undertaking? I think he would praise us with his motto - Forward! Standing means death!"

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>.

American Sokol Organization Quarterly Financial Report

July, August, September 1998

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues/Penalties	\$19,103.98
Convention Fund	13,281.00
TGM Dues	71.00
Subscriber	32.00
Resale Jewelry/Membership Pins	1,549.00
Educational Booklets	87.50
BOI Skills/Ribbons/Tapes	100.75
Donation	276.80
Postage	35.10
Seals	753.00
Copies/Labels	157.40
COS T-Shirts/Pins	313.50
Repay Merit Award	100.00
ASO Souvenirs	22.00
Office Supplies	9.78
WFLA to FSLF	3,125.00
Uniform Dept. Salaries (Dec., Jan., Feb.)	691.06
Uniform Dept. FICA/Medicare (Dec., Jan., Feb.)	123.46
Uniform Dept. FWT Tax (Dec., Jan., Feb.)	30.00
Uniform Dept. IWT Tax (Dec., Jan., Feb.)	24.21
Parking Permit	75.00
Uniform Dept. Supplies	2.16
Uniform Dept. Phone/Fax	75.83
Uniform Dept. Rent (Jan., Feb., Mar.)	1,035.00
TOTAL	\$41,074.53

DISBURSEMENTS

Administrative Dept.

Salaries (Jan., Feb., Mar.)	\$2,051.11
FICA/Medicare (Dec., Jan., Feb.)	377.74
FWT (Dec., Jan., Feb.)	50.00
IWT, 4th Quarter	96.63
Ameritech/AT&T	463.07
Com Ed	155.43
CPA (Jan., Feb., Mar.)	570.00
Petty Cash, Postage	179.15
Print Donation Cards/General Fund	46.00
Office Supplies	98.22
Janitor/Supplies	94.02
WinStar Internet OnLine	70.00
Transfer Czech Tapes	14.25
Svobodna Skola Dues 2 Years 98/99	10.00
Czech American Congress Dues 2 Years 98/99	10.00
Speaker Phone	32.31
Transfer to New C.D.	5,000.00
Rent (Feb., Mar., Apr.)	3,231.00
TOTAL	\$12,548.93

Education

Salary (Jan., Feb., Mar.)	\$240.55
FICA/Medicare (Dec., Jan., Feb.)	31.76
FWT (Dec., Jan., Feb.)	15.00
IWT, 4th Quarter	7.76
TOTAL	\$295.07

Board of Instructors

Salaries (Jan., Feb., Mar.)	\$1,565.92
FICA/Medicare (Dec., Jan., Feb.)	270.82
FWT (Dec., Jan., Feb.)	45.00
IWT, 4th Quarter	51.94
Ameritech/AT&T	458.81
Petty Cash, Postage	76.87
Office Supplies	68.02
USAG Fee	213.98
Transfer Czech Tape	14.25
AAHPERD Dues (Harlan/Kalat)	200.00
Editor "Gymnast" (Jan., Feb., Mar.)	90.00
TOTAL	\$3,055.61

Publication

Salaries (Mailing)	\$339.79
FICA/Medicare	44.08
FWT	10.00
IWT, 4th Quarter	8.55
Printing (Jan., Feb., Mar.)	4,453.44
Advance Postage/Address Changes	3,074.70
Editor (Jan., Feb., Mar.)	450.00
TOTAL	\$8,380.56

Uniform Department

Salaries (Jan., Feb., Mar.)	\$798.28
FICA/Medicare (Dec., Jan., Feb.)	123.46
FWT (Dec., Jan., Feb.)	30.00
IWT, 4th Quarter	30.25
Ameritech/AT&T	98.31
Rent (Feb., Mar., Apr.)	1,035.00
TOTAL	\$2,115.30

Miscellaneous

COS T-Shirts/Pins	\$279.00
Seal Printing/Supplies	1,794.80
Postage Central District Mailing	170.10
Donations	10.00
Phone Connectors	20.63
Xmas Ad Denni Hlasatel	50.00
Printing Donation Cards FSLF	46.00
Donation from WFLA to FSLF	3,125.00
Transfer to Convention Fund 1998	15,048.00
XX Slet 2001 Advance	5,000.00
TOTAL	\$25,543.53

Balance Brought Forward/Checking (Dec.)	\$30,060.75
Receipts	+ \$41,074.53
	\$71,135.28
Disbursements	- \$51,939.00
BALANCE CHECKING 3/31/99	\$19,196.28

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