

american

SOKOL

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SOKOL...

Make
a new
friend!



Talia Milan and her cousin, Paris Milan, Sokol Fort Worth, at Mayfest 1999

American Sokol

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From Your Editor...

As you can see by the calendar of events below, March is going to be a very active month for units across the country. Please take time to support the Sokol activities in your area and if you can't attend, think about sending a donation. Support comes in many forms and all is greatly appreciated.

NA ZDAR!

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

CALENDAR of EVENTS

MARCH

- 4 Sokol Minnesota Spring Dance
- 4 Sokol Greater Cleveland Night at the Races
- 4-5 Western District Semi-Annual Meeting
- 5 Sokol New York Exhibition
- 10 Sokol Minnesota presents Frantisek Novotny, Violinist
- 11 Sokol Milwaukee Czech Vecirek
- 11 Sokol Tabor Exhibition
- 12 DA Sokol Biennial Convention
- 17 Sokol Greater Cleveland Fish Fry
- 18 Sokol Brookfield Exhibition
- 18 Czech Heritage Festival - Corpus Christi, TX

MARCH

- 18 Sokol New York Roller Night
- 18 Sokol Brookfield Exhibition
- 19 Sokol Stickney Exhibition
- 25 Sokol Berwyn-Slavsky Exhibition
- 25 Sokol New York vs. Sokol Washington Volleyball Tournament
- 26 Sokol Minnesota Slovak Dinner

**ASO CONVENTION
APRIL 27-30, 2000
OMAHA, NEBRASKA**

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

THOUGHT STARTERS

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

"What may be done at any time will be done at no time."

~ THOMAS FULLER

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.

MEMBER INSIGHT

*By Sis. Joan Curran
ASO Membership Chairman*

As I touch base with my Sokol friends on various Sokol levels, I find that I see many of the same faces in leadership and teaching positions and am delighted to know our organization is in good hands.

One of the best things to see would be the faces of those Sokol members who could participate at various Sokol levels – parents of our children, ambitious, willing to learn, but not quite sure how to go about it. At times, Sokol has forgotten those members through lack of communication. Through my personal Sokol experiences, opportunities were opened for my considerations mainly by personal contact of another member. I was apprehensive at first about taking on a job I knew nothing about, but like every new challenge, learning is half the fun. Along the way, great friendships are made.

We need all of our Sokol family members' knowledge, expertise and volunteerism to keep it alive. They may be shy at first, but just ask them for help ...you may be surprised!

NA ZDAR!

american **SOKOL** *Flag Waver!*

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

Carol Crosson - \$10.00

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

Here's What's News at **SOKOL CORPUS CHRISTI**

The month of October was a busy one for the members of Sokol Corpus Christi. First, a number of south Texas cities and counties were asked to proclaim "Czech Heritage Month" and all complied (*see photo below*). The gymnasts held a belgian waffle breakfast, which was well attended and the members participated in "Make A Difference Day," with a big clean up of the hall and grounds.

Sokol Corpus Christi also co-sponsored a fund raiser for a Texas Czech Heritage and Cultural Center to be built in LaGrange, TX. Finally, twelve Sokol Corpus Christi members participated in an 8-week Czech language course. So, you can see, we've been very busy.

Na Zdar!

*Bro. Jerry Elzner, Educational Director,
Sokol Corpus Christi*



*Pictured L to R
are Bro. Al
Kucera, Bro
Jerry Elzner
and Mayor
A.R. Moser,
proclaiming
"Czech
Heritage
Month" in
Portland, TX.*

What's News at YOUR UNIT? Send an article to the Editor!

The Sokol Festivals "SLETY"

From Marie Provaznik: Her Life and Contributions to Physical Education,
by PETE DUSEK, JR.; Cleveland, OH; Copyright 1981

INSTALLMENT #2
See January 2000 for part one.

Inspired by their new national independence, the theme of the Slet scene was the building of the Statue of Liberty (Toufar, 1941). Many firsts happened at this Festival. Marie Provaznik was a member of the newly formed Women's Technical Committee, which assumed the responsibility of organizing and directing the feminine portion of the Slet and related events. Junior Girls (ages 14-18) made their debut and together with the junior boys presented an independent program. Sister Provaznik, along with a small committee, was in charge of the girls' segment of the children's (under 14) exhibition and other activities. It should be clarified that in consecutive weeks each age group - children, adolescents, and adults - had their own schedule of festivities; that is, parade, competitions (depending on the age group), and Slet. Since the field had a capacity of only 10,000 markers, gymnasts of some groups were rotated, so all could participate (Provaznik, 1975-1977). On this occasion the program was extended to include a display by the Czechoslovak army (Havlicek, 1948). Other delegations included Sokols from America, Yugoslavia, Belgium, France, Sweden, and an excursion from Great Britain

headed by the Lord Mayor of London (Fikar, 1959).

One of the most renowned Sokol marches ever created was "V novy zivot" (Into a New Life) written by Josef Suk for the premiere Slet in an independent state. Entered in the musical competition of the 1932 Olympic games at Los Angeles, California, it received first place (Sourek, 1938).

The following year, 1921, Provaznik received a grant from the Ministry of Health to study in Denmark. There she attended a two-week course in physical training at Niels Bukh's Folk High School at Ollerup, followed by a one-week workshop taught by Elli Bjorksten of Finland. As these were international schools, people from around the world attended. Here Marie was disappointed to learn how little was known about the Czechs or Czechoslovakia, although there was an exception. When she was introduced to a Swedish director of physical education, his first words were: "Oh, I am glad to meet someone from Prague. You must tell me something about last year's Festival. Our newspapers wrote incredible stories about it - all nonsense." Sister Provaznik asked, "What nonsense?" "They reported that several hundred gymnasts performed at one time on the same field." She replied,

"There were not several hundred, but 10,000." Since they were conversing in German, the physical educator from Sweden retorted: "Zehn tausend?" "Jawohl, zehn tausend." "Madame, dix mille?" "Mais oui, dix mille." "Ten thousand?" "Yes, ten thousand." Exasperated, he reverted to his native Swedish: "Ti tausene?" When Marie nodded, for she did not know how to say "yes" in Swedish, he took a pencil, drew 100 in figures, turned to her and asked, "Correct?" "No," she answered, more zeroes." Hesitantly, he added one zero. "One more," she insisted. After much persuasion he added the remaining symbol. "Impossible!" fortunately, Marie had some photographs along and with a magnifying glass he carefully counted the gymnasts across and in depth and came to the total of 10,000. Now the Swede was perplexed and there was not end to his queries: "How did you get them into the stadium?" "How did you align them?" "How did they learn the exercises?" "How did you direct them?" "Where did they come from?" Finally, "Who paid for their travel, food, and lodging?" To this Sister Provaznik responded, "All paid their own expenses, plus admission to the activities. Moreover, every member

Continued on Page 5.

"SLETY" *(Continued from Page 4.)*

contributed toward construction of the stadium regardless of his attendance or participation." To the Swedish director it was all unbelievable (Provaznik, 1975-1977, Tape 4 Side 2).

Back home, Marie delivered the new methods and techniques she had learned to the National Board of Instructors. Some of the ultra-conservatives opposed her recommendation to introduce Bukh's concepts into the calisthenics, especially the dipping and large swinging movements that pass from one position to the extreme opposite. In any case, she began interjecting them as warm-ups at instructors schools and they have remained ever since (Provaznik, 1975-1977).

Actually, the real difference between men's and women's calisthenics emerged after 1912, when Sokol delegates at the International Congress of Physical Education in Paris learned of the methods of Jacques Dalcroze - combining gymnastics with music more closely than in the past, and of George Demeny who stressed uninterrupted arcing movements. Augustin Ocenasek was convinced and fascinated by these modes and on his return presented them to the Sokol audiences at the famous gymnastic programs of Sokol Zizkov. His use of these innovations could very well be considered an historic

achievement. Brother Ocenasek pursued the new forms and adapted them to the Sokol system, supported by the musical artistry of an equally enthusiastic Karel Pospisil. Thus originated Sokol rhythmic, whose spread into the units was facilitated by the first World War. It was impossible to conduct Slets or large-scale public gymnastic displays, therefore Sokol activities were concentrated in the units. The fresh and progressive performances of Sokol Zizkov attracted enthusiasts from all parts of Bohemia and Moravia. Ocenasek's travels to other units spread knowledge and acceptance of the novel techniques throughout the organization.

The first Festival after World War I confirmed this trend by the favorable acceptance of a mass drill by Hana Burgerova with music by Pospisil. This number brought about a radical change in mass calisthenics, as it involved the risk of transferring the fluent, arcing movements of Demeny, which until now were used only at indoor exhibitions, to the vast stadium field, to be executed by thousands of feminine gymnasts.

Reception of the new techniques met with some resistance. The Women's Technical Committee under the direction of Milada Mala assumed full responsibility for the decision and gave the matter careful consideration.

Those who opposed it saw it as a deviation from Tyrs' system and even those who favored it were apprehensive that the fluent movements would result in a loss of consistency which were basic requirements of Slet programs. The new idea passed by a single majority vote. Enthusiastic response by the thousands of Festival spectators reinforced the soundness of this distinction between women's and men's gymnastics. Therefore, this first Slet wherein women directed their own affairs, guided feminine gymnastics physiologically, aesthetically, and psychologically independent from the men's. In addition to the graceful, fluent movements, the combining of mass calisthenics with musical accompaniment was further bonded so that both grew in unison. Another novelty utilized at this Festival were symbolic movements and stances simulating athletics, labor, and abstract ideas such as defeat, struggle, and victory. These became a trademark of Slet calisthenics for many years. Without regard for their physiological merit, composers of calisthenic drills imitated all sorts of movements as those pertaining to sports and manual labor. Most often reproduced were athletics, which at that time had begun to penetrate into the Sokol program; also, swimming, jumping over a short rope, ball tossing,

Continued on Page 7.

ASO 2001 SLET COMMITTEE

The American Sokol Organization 2001 Slet Committee has been hard at work. We asked members to submit logos for the 2001 Slet and we send our thanks to all who responded. They are:

Bohumil Benak, Sokol South Omaha
Leo Pajer, Sokol Tabor
Patricia Satek, Sokol Berwyn-Slavsky
Melissa Bukovsky, Sokol Chicagoland
William Shana, Sokol St. Louis
MaryAnn Fiordelis, Sokol Detroit



THE
WINNING
ENTRY

All entries were carefully considered and we are pleased to announce that Sis. Patricia Satek, Editor of the American Sokol Publication, submitted the winning entry. Congratulations!

Watch for this logo to identify everything relating to the Slet. "SOKOL – A DRIVING FORCE" ...into the 21st Century! It's a winner!

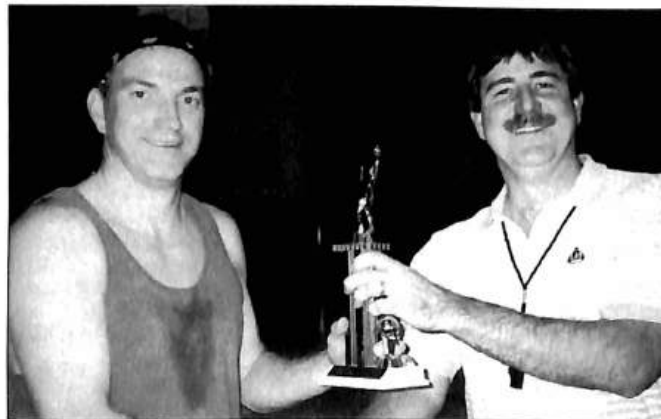
In the Central District, Friday Night = VOLLEYBALL!

Friday night and Sokol volleyball – in the Central District, these words go together like pork and dumplings. For as long as I can remember, the Men's volleyball tournament has been held on Friday nights between Labor Day and Thanksgiving. It's one of the traditions that hold our men's classes together.

There are some things you have to understand about Sokol volleyball. the level of play is not exactly Olympic caliber; the age level is between 13 and 75; the referees may not get every call exactly right, but the competition is very real and intense. Rivalries between gyms

and within gyms are what it's all about.

This year's tournament featured seven teams from four gyms and was held in a round robin format.



At the end of the round robin, the playoff round began, where 1st place Stickney defeated 4th place Berwyn-Slavsky 1 and 3rd place USA 306 defeated Tabor 1,

setting up the championship match between Stickney and USA 306. In the finals, Stickney was victorious and earned the championship trophy. (Pictured: Tournament Coordinator Bro. George D. Kulhanek [R] presents the championship trophy to Bro. Russ Vondra, Sokol Stickney.)

Once the last point has been earned, handshakes and back-slapping replace the game faces; former adversaries are now comrades, enjoying a cold beverage and some hospitality in the Club Room of the Sokol Hall. It is here that the respect and friendships for life are formed.

*Na Zdar! Bro. George D. Kulhanek,
Tournament Coordinator*



AMERICAN SOKOL ORGANIZATION INSTRUCTOR SCHOOL

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JUNE 2, 2000

Young and Old: Fitness for Kids, Teens, Seniors

The fitness craze that grabbed Americans by their tights in the 80s, seems to have lost its grip on a few members of society.

In particular, the number of kids, teens and seniors who enjoy a daily dose of exercise is heavily low, while those in their late 20s, 30s, and 40s are exercising with gusto.

And as more attention is given to diet, kids, teens and seniors are also not paying attention to their nutritional needs.

A recent study by the American Osteopathic Association says the lack of exercise by kids automatically puts them at risk for coronary disease.

Not only are kids at risk, teens, who should be out playing sports also are hitting the sidelines. Teens who would rather be lounging in front of the tube scoping out MTV are risking their health future by not exercising safely, while they still can.

Seniors are another group skipping the exercise routine, some for the same reasons as kids and teens, some because they are afraid of breaking something. But exercise experts say seniors don't have to sit it out, there are plenty of low-impact routines they can follow to enjoy the bennies of exercise.

And most medical doctors and fitness experts agree that it's never too early or too late to start exercising. In fact, the earlier you begin, the better your chances are that you'll continue to exercise and will avoid many of the health problems related to being physically unfit.

In order for good habits to take hold, it's up to parents to take the initiative. And that means even babies as young as 6 months can fight fat.

But the fat fighting situation is not as gloomy as it sounds. There are easy ways to ward off obesity and enjoy a healthy routine of nutritious eating and ample exercise.

PINT-SIZE HEALTH

The best way for babies to fight fat is for Mom and Dad to take them swimming. Those chubby little legs will be kicking the fat off and building strong bones and hearts in no time.

But real exercise trouble and bad eating habits take hold as soon as your youngster can walk and feed himself. The real demon, not just to kids either, is the energy-sapping television. True, you can plop on an exercise bike or row your way

through prime time, but it's best for kids to get outside, get some fresh air and play the way kids are meant to. The old standby of encouraging your kids to go and play outside is still the best remedy for helping your kids fight fat.

Dietitians recommend that parents should promote good eating habits in their children by knocking off trying to get kids to clean their plates. Instead, parents should listen, along with their kids, to their individual food regulators. And parents should never put children on a diet. This will create food angst.

Parents should help kids understand and recognize good nutrition. Dietitians recommend involving children in the preparation of meals, vegetables and salads.

Serve nutritious meals in visually exciting ways that include lots of color.

Also, substitute for snacks high in sugar such yummys as juice bars, pretzels, fresh fruit or unbuttered popcorn.

And above all, keep offering different food until kids know what they like and dislike. Giving children a sense of control over their food will encourage them to try more and more foods.

But no matter what you try to get your kids to do, the old adage "Like father like son" holds particular truth when it comes to exercise and eating habits.

TONING TEENS

The teen years also are crucial fitness years. Some kids, when they reach their teen years, burn out on Little League sports and become more interested in their increased freedom and attraction toward the opposite sex.

And since this is the time of blossoming love, parents can use this to reincrease interest in sports. Emphasize activities in public places where there are other teens around. Or encourage participation in school sports that are coed.

Or buy a home weight set and have family weight-lifting sessions. You also can go shopping for chic athletic wear that's guaranteed to inspire exercise.

During this time also television plays the demonic role of energy sapper.

Parents need to be supportive and encourage exercise options.

By Jason Zappe, Copley News Service.
Richardson News, October 7, 1999.

RESEARCH WORKS

How do Adolescents Perceive Coeducational and Same -Sex Physical Education Classes?

As university professors and physical education practitioners debate whether physical education classes should return to teaching males and females separately, perhaps we have forgotten to listen to a very important third party--the students. Treanor, Graber, Housner and Wiegand (1998) recently investigated middle school students' perceptions of coeducational and same-sex physical education. The participants in the study were 466 physical education students (263 males, 203 females) from the sixth, seventh, and eighth grades at a middle school in a moderate-size city in the southwest U.S. The four physical education teachers (2 males, 2 females) each had at least eight years of experience.

The students participated in a coeducational physical education program during the fall semester according to the guidelines of Title IX. The teachers became frustrated, however, and decided to form same-sex classes for the spring semester. The multi-activity model remained unaltered, with volleyball, softball, soccer, and track and field being the main offerings. Fitness testing and other non-traditional sports were offered occasionally.

At the end of the spring semester, all students completed a questionnaire. The first section of the questionnaire asked simple questions about the age, grade, and gender of the students. The second section asked the students to numerically rate their levels of skill, fitness, effort, and enjoyment in physical education class. The third section consisted of a series of preference statements regarding coeducational and same-sex physical education.

Results indicated that 84.5 percent of the students liked physical education. Males were found to maintain a high level of enjoyment in physical education across all three grades, while girls exhibited a decrease in their enjoyment over the same period. Students also rated themselves as having high levels of skill, strength, and endurance. Males rated themselves higher in these areas than did females. The females ratings were higher than males' only once--in response to the statement, "I am overweight". There was no relationship between student perceptions of effort,

skill, or fitness and preference for coeducational or same-sex physical education.

Regardless of their gender or their perceived levels of skill, fitness, or effort, though, students who "liked PE" showed a preference for same-sex physical education. Among these students, males perceived that they performed skills and played team sports better, received more practice opportunities, competed harder, learned more, behaved better, and felt less fearful of injury in same-sex physical education classes. Similarly, the females among these students perceived that they performed skills and played team sports better, received more practice opportunities, and felt less fearful of injury in same-sex physical education classes.

These findings suggest that more progress needs to be made in designing coeducational physical education programs that provide an equitable and productive experience to all middle school children. Reliance on a sport-focused, multi-activity curriculum may not promote equitable physical education.

Reference

Treanor, T., Graber, K., Housner, L., & Wiegand, R. (1998). Middle school students' perceptions of coeducational and same-sex physical education classes. *Journal of Teaching in Physical Education*, 18, 43-56. Abstracted by Christina Sinclair.

BELIEVE

Do you believe in something strong enough to work with all your might?
Do you believe in something strong enough to fight because its right?

Do you believe in something strong enough to speak against your foe?
Do you believe in something strong enough to let your vision show?

You must become an advocate,
you must be one who cares
You must become an advocate,
no effort you will spare

If you believe in what you do,
many mountains you will climb
If you believe in what you do,
you will always have the time

The "Death" of a Teacher and/or Coach

Teachers and coaches begin their careers enthusiastic about working with people. They are committed to learning, have high expectations, and strive for the achievement of a variety of goals. Over time there may emerge periods of stagnation, dullness, or sluggishness. If the stagnation is chronic, it has the potential to lead to "professional death," as characterized by ineffectiveness and inefficiency. Reasons for chronic stagnations and "professional death" are as varied as the people affected. The items listed below are not meant to be all-inclusive but are presented as a reminder of possible factors to be considered and addressed. Each professional needs to be prepared to minimize the impact of any influences which have the potential to bring about "professional death."

10. **Egoism** - Needing to be center stage to do and be everything, resulting in over commitment.
9. **All-Knowing** - Ceasing to learn; enamored and satisfied with successes and/or things as they are; a big fish in a little pond.
8. **Resistance to Change** - Unwilling to do something new or different or to take risks; unresponsive to updated creative and proven strategies and/or activities.
7. **Negative Focus** - Seeing the glass as half empty rather than half full; criticizing but not contributing; using what can't be done as an excuse for not doing what can be done.
6. **Isolation** - Not pursuing contact with other professionals at the local, state, and/or national levels through involvement in professional associations, workshop and conventions.
5. **Self-Serving** - Focusing on what is in it for "me;" using people to achieve personal goals; preoccupied with building a resume, climbing a ladder.
4. **Limited Response to the Big Picture** - Lack of understanding and/or commitment to what is going on in the school district and broader community, including overall mission and developmental levels of programs.
3. **Absence of Vision** - Lack of focus on the future; going through the motions day in and day out; punching the clock and "existing" until a better position, new supervisor, or retirement comes along.
2. **Preaching Without Modeling** - Minimal commitment to, or enthusiasm for, personal well-being/exercise; inactive; unconditioned.
1. **Focus on Activity Rather than Individuals** - Losing sight of each participant as an individual with unique characteristics, interests, abilities, and capabilities; categorizing and valuing participants based on their being skilled, unskilled, jocks, nerds, "that class", "those students", etc.

Confronting and resisting the factors which bring about "professional death" are not always easy. It requires a focus on service-not self, and also involves a commitment to continual growth. Finally, avoiding "professional death" calls for the maintenance of positive and meaningful relationships with participants and professionals. Staying "alive" is worth the effort. Ultimately it is much more productive, rewarding, and enjoyable than "professional death."
by Spud Wentzell, Ed.D., Messiah College, Grantham, Pa.

Editor's Note: COULD THESE "DEATH" FACTORS APPLY TO AN ENTIRE ORGANIZATION?

"SLETY" (Continued from Page 5.)

agricultural work, etc.

However, the greatest calisthenic advance of the seventh Slet was the simple and daring distribution of the gymnasts over the stadium during the symbolic stances. Breaking past tradition of everyone performing simultaneously, gymnasts in odd and even files alternated, so one group moved while the other remained stationary. Successful performance was contingent on the attentive alertness of the individual participants - qualities heretofore untested in mass drills. These factors were carefully evaluated when approval of this particular composition was being deliberated. Previously, all mass calisthenic exercises were an identical stereotyped picture, which confined the performers to a given marker. But Sister Burgerova changed the scene. Using files of high and low stances, she divided the field into parallel lines. Thus originated a

picture that was both phenomenal and psychologically fascinating: it brought a change and with it some refreshing elements. It also demonstrated that a drill did not have to be repeated in all four directions (north, east, south, west), although it was executed in the direction of the tow main opposite stands. A primary concern was to present an eye-catching spectacle to all the onlookers.

This successful venture by Hana Burgerova penetrated barriers, which formerly confined the production of mass gymnastics, and broadened the possibilities for their further development. Distinguishing features of these developments were: to diverge from the earlier static fashion of gymnastics with its emphasis on pauses as a means to appreciate the beauty of each move and stance. Instead, the new style was dynamic, seeking to capture beauty in movement. The

stadium area was in constant action, rising, sinking, undulating. Gymnasts left their markers continually increasing their range. Walking steps were replaced with leaps and dance steps; single turns by whirling and circling. Preceding World War I, each section of the performance was interrupted, but beginning with the seventh Festival, the parts were connected by musical interludes. Later, these passages were filled with moderate movements, resulting in an unending flow of activity. Straight moves were previously limited to flank and frontal planes. Oblique and diagonal planes began to appear and became less rigid.

Increasingly, the field was divided. Files were apportioned into twos and columns, until finally at the tenth Slet, odd and even columns executed dissimilar movements in various formations (Krejci, 1948).

FUTURE SOKOL LEADERS FUND

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

In Memory of Paul Marhoul, Sr. from Mr. & Mrs. Roy Leoni,
The Gregory Ostrowski Family and The Thomas Reardon Family\$101.00

GENERAL FUND

In Memory of Robert Drake from Ann Drake\$20.00

The American Sokol Organization gratefully acknowledges receipt of a \$1,000 donation from

WESTERN FRATERNAL LIFE ASSOCIATION

MUSEUM, LIBRARY & ARCHIVES FUND

In Memory of Lillian Chvatal from Nancy Pajeau\$10.00

SOKOL GREATER CLEVELAND

Grand Opening Celebration

When, in 1976, the newly formed Sokol Greater Cleveland (the result of the merger of two Cleveland units – Nova Vlast and Tyrs) took ownership of Bohemian National Hall, it was to be a temporary home for their gymnastic and educational program.

Sometimes, "temporary" can be measured in years, twenty-three to be exact, as in the case of Sokol Greater Cleveland. Those years have been ones of growth, progress, commitment and vision. The unit at this time has a membership of almost 500 and it is one of the largest in the country. The organization has just finished a major expansion project – the construction of an athletic facility adjacent to historic Bohemian National Hall.

Bohemian National Hall was built over a century ago by Czech and Slovak immigrants in the Broadway, OH area. It was as a social, cultural and educational center, where a common heritage, culture and tradition could be shared by those immigrants in their new and often bewildering adopted country.

When the membership of Sokol Greater Cleveland took possession of the building, they faced the formidable tasks of restoration, renovation of the building and expansion, improvement of the gymnastic program. This commitment took almost twenty years and over

75,000 hours of volunteer labor provided by the membership. Today, Bohemian National Hall looks very much as it did when it was dedicated in September 1897. The building is listed with The National Register of Historic Places and with the Cleveland Landmarks Commission.

Upon completion of the 12,000 square foot gymnasium, the Sokol program activities will be relocated. An expanded and improved physical fitness program is being planned. This relocation will allow Bohemian National Hall to become again a center for social, cultural and educational activities, as it was meant to be over a century ago.

What does the future hold for the historic building and the new facility? Plans are being formulated for the complex to become The Czech Cultural Center of Sokol Greater Cleveland, so that the contribution to Cleveland's history of those immigrants will be remembered and appreciated for generations to come.

A grand opening and ribbon cutting celebration was held on Saturday, November 20, 1999, so that the members, their friends and the community could be witnesses to how hard work, commitment and vision can make even a 23-year-old dream come true.

*Jarmila Skorepa, III Vice-President,
Sokol Greater Cleveland*

AMERICAN SOKOL ORGANIZATION XVII GENERAL CONVENTION

APRIL 25-30, 2000

At Sokol Omaha
and Harvey's
Casino Hotel,
Council Bluffs, IA

Pre-Convention Meetings
April 24 & 25





SOKOL TOWN OF LAKE CAMP REUNION 1999

Memories – The clang of a horseshoe hitting the stake resounds from the far end of the field. On the near side, a soccer ball rests against the squared timbers that line the edge, ready for the next game. The parking area is rapidly filling, spilling parents, children and luggage. High on a tree, a loud speaker sends out some of "Teach" Kdenos collection of Czech music and from the kitchen, the aroma of home cooking. On the dining room tables, pitchers of "bug juice" are lined up, ready to be served. A group of hikers just back from the log cabin woods gather around the pump to quench their thirst. They'll need a refill after a volleyball game over near the cabins or they might head down to the lake, where others are swimming. The other end of the lake is where you will find the fishermen in the crowd. It's Sunday at Sokol Camp.

Fast forward – Sunday at Sokol Camp, October 10, 1999. Some campers of that other Sunday gather together once again to share memories, photos and other memorabilia. If some point needs clarification, "ask Tony;" that's Anton Smunt - his keen memory will provide the answer. After all, being in his upper 90's, he's had more experience than many of us. The weather this day was made to order. Add to that, some great fried chicken and other homemade goodies – what more could you ask.

There were some hikers in this gathering, although it seemed to take them longer to make the circuit. Dig up a memory and a pair of hiking shoes – we're expecting you to join in the next reunion at Sokol Camp in the year 2000.

NA ZDAR! Bro. John Stribny

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

I want to congratulate you on the October issue – both the contents and the print quality are outstanding. We are getting ready for the 13th Slet in Prague; may I hope that we shall meet at some of the Slet festivities? NAZDAR!

Zdenek Dobrovolny, Educator, Sokol Canada

Sokol St. Louis Celebrates 75 Years of Sokol Camp

After the hustle and bustle of a busy work day preparing the Camp for the 75th anniversary celebration, I paused once again to take one more peek. The dining room sparkled with white linens, red napkins, white seat covers and red, white and blue table decorations radiating the sweet smell of fresh carnations. Old vintage items, crafts from years past, historical photos and even an antique scythe and shovel filled the porch for everyone to view. On a round table in the middle of the room, pages from the guest book were tossed about for all to sigh and record personal achievements. A basket was filled with "Echoes of the Past," the 50-year camp history written by Norma Moravek.

Outdoors, picnic benches gleamed with coats of paint and a special corner was set up for photo sessions. The bar was readied for refreshments, sparkling water shimmered in the pool and decorations were mounted on the stone gates and buildings. Flags waved in the breeze around the pool as red, white and blue bunting draped the dance floor. Picnic food was stored in the cooler waiting to be put on the grill. The children's signed stone tablets were in place, surrounding the resting area of the time capsule. Braced against the flag pole, the terrazzo slab decorated with the spread wings of a sokol (falcon) waited to be placed over the buried historical capsule. "This is it. Months of preparation have finally

come to an end. Hope everything goes off well and everyone is pleased with the results."

The next day, the early dawn of a bright morning sun greeted the early risers who arrived for final preparations. Smoke from the BBQ pit surrounded the area. Checkered tablecloths draped the picnic serving table, the caterers were hurrying about putting their chafers in place, "makova buchta" was being sliced for dessert and a car parking plan was being implemented.

Before long, the guests began to arrive. Chatter abounded as the diners prepared to enter the banquet room. Others were getting ready to sample the outdoor fare. More guests began to arrive and soon the parking areas were filled. Friends greeted friends, former campers viewed the camp improvements made since their childhood days. Memories were shared and the wonderful festivities of the afternoon created new memories to be shared in the years ahead.

The vintage fashion show proved to be a popular event, as youngsters donned swim fashions from the 1920's, young ladies modeled vintage clothing and a couple of "oldsters" pranced around as cook and handyman from the 20's era. Children played special games and each participant was awarded a treat; a statue from the Czech School Board was unveiled; Joe Polach's Czech Express entertained dancers and

listeners; and a very special Charleston performance by children from the 1999 camping season delighted the audience (a wonderful, wonderful job).

As the sun began to fall in the late afternoon, everyone gathered around the flag pole for the time capsule dedication. Two children drew the lucky numbers that enabled them to lower the capsule into the ground. The remaining children participated by tossing dirt around the small canister holding the microfilm. As the stone was lifted and placed over the area, the children burst into song, singing the refrain from "Sokol St. Louis." This was a fitting climax to a memorable day – the 75th anniversary of Sokol Camp.

We should all be uplifted by the significance of this event by reflecting on the toast that was spoken at the banquet:

"To the pioneers who 75 years ago had the stamina, foresight, endurance and dedication to build this facility; without them, we would not have a place to call our own. To the many members who over the years have sustained and beautified this special camp; without them we would not have a place to love and thoroughly enjoy. To the children in whose hands we place this legacy; without them, we would have no future."

Long live Sokol Camp!

*Reprinted from Sokol St. Louis
Newsletter, September 1999.
Written by Sis. MaryAnn Sulz.*

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