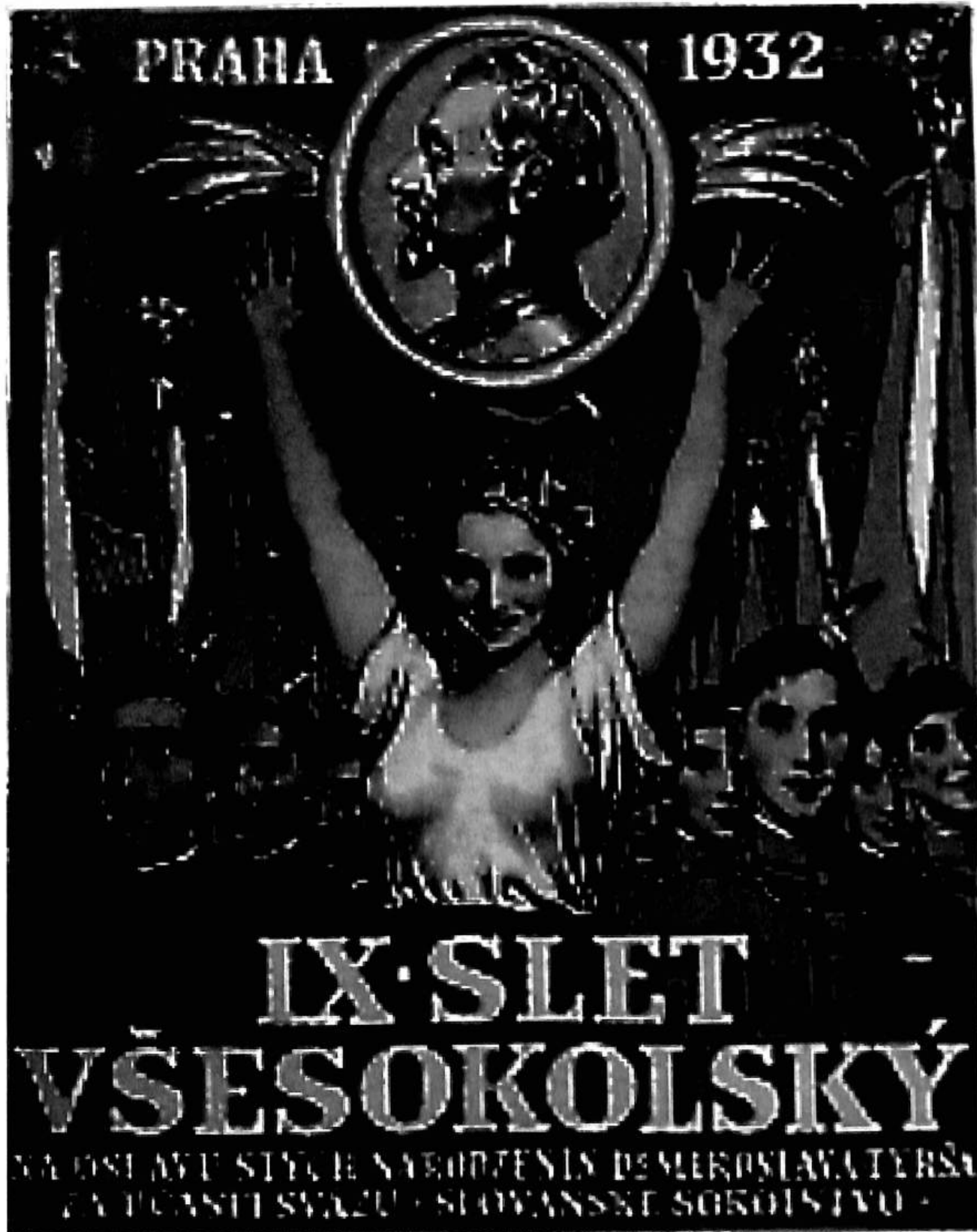


american **SOKOL**

Volume CXXII, Number V

JUNE 2000



## American Sokol

ISSN: 0003-1259

9 Issues Published per Year (Jan., Feb., Mar., Apr./May, Jun., Jul./Aug., Sep., Oct., Nov./Dec.) by the

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Postmaster: Send address changes to  
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Berwyn, IL 60402-2386

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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...

As promised, the Convention yielded a significant change. Our new officers span the nation and will offer new insight for the future. Our committee discussions were lively, sometimes heated, but always productive and interesting. Be sure to find out from your unit representatives all the Convention highlights and decisions.

### NA ZDAR!

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

## CALENDAR of EVENTS

### JULY

- 4 Independence Day
- 18-8/1 American Sokol Instructors  
Course at Sokol Greater  
Cleveland
- 22-23 Czech Festival in Wyandotte,  
Michigan

### AUGUST

- 12 National Gymnastics Day
- 13 Sokol Detroit Summer Fest  
at Sokol Camp
- 13 Sokol Minnesota Camp  
Booya
- 13-20 DA Sokol Camping Program  
at Sokol Woodlands
- 16 Sokol Grtr. Cleveland Fish Fry
- 30 Sokol South Omaha Class  
Registration 6 PM

### SEPTEMBER

- 7 Sokol Berwyn-Slavsky Class  
Registration 7-8 PM
- 10 Sokol South Omaha Czech  
Festival
- 10 Sokol Minnesota Czech &  
Slovak Day
- 11 Classes Start at Sokol  
Berwyn-Slavsky
- 15 Sokol Grtr. Cleveland Fish Fry

**XX AMERICAN SOKOL SLET  
JUNE 27-JULY 1, 2001  
DETROIT, MICHIGAN**

## THOUGHT STARTERS

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

*"The reasonable man adapts himself to the world, but the unreasonable man tries to adapt the world to him - therefore, all progress depends on the unreasonable man."*

~ SAMUEL BUTLER

## Our Sokol Credo (Translated by Sis. Libbie Krivanek for Bro. Vaclav Zenisek)

*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.*

## BRIDGES OF PRAGUE

Prague is often called the "City of A Hundred Steeples." It is true that when one stands in the Castle ramparts, looking down on the city, your eyes travel from steeple to steeple, but you also see the Vltava River winding through the metropolis, and its bridges, past and present, a total of 20. The very first bridge of which there is a historical record was a wooden bridge built during the 10th century. Vltava's high waters necessitated frequent repairs and the resulting delays hindered the travel of foreign merchants. The wooden bridge, number One in the history of Prague Bridges, was totally destroyed shortly before 1172. In 1158, King Vladislav I, during his military expedition to Italy, crossed numerous bridges made of stone and realizing their advantage over wood structures, decided to erect a stone bridge in Prague. The bridge was 514 meters long, 6.8 meters wide and consisted of 21 arches. The structure was a considerable technical feat, not only because it was one of the two existing stone bridges in central Europe at the time, but also because it was built directly into the river's bed, while the other stone bridge, in Regensburg, was built on natural or artificial islands.

The bridge stood almost exactly on the spot where the present Charles Bridge now stands. As a matter of fact, the Little Quarter side of Charles Bridge ends at a tower which is all that remains of the Judith Bridge. Good design and workmanship was proven by time, as it withstood 200 years of Vltava's waters and winter ice jams before it was badly damaged in 1342 and removed by Charles to make way for the now famous Charles Bridge.

CONGRATULATIONS!

*Sis. June Pros*

*bestowed*

*Honorary Membership*

*at the*

AMERICAN SOKOL  
XVII GENERAL CONVENTION

NA ZDAR!

## *American Sokol* **FOUNDATION**

The Convention Foundation Committee has set a 5-year goal to raise \$750,000 to revitalize and expand the services the American Sokol can offer Districts, Units and members. Plans to encourage Unit donations are also in order. We all value Sokol for the friendships, opportunities, and personal growth we've gained as members. If we want the organization to continue, we need dollars to expand and coordinate programs, communications, leadership and facility.

Wouldn't it be great to reinstate an expansive traveling instructors

program to teach prostna, gym routines, dance, ethnic classes? To easily share successful ideas Unit to Unit?

The Committee, made up of John Forman, Henry Siedlik, Joe Vrzalik, Todd Wotring, Jerome Zelenka, and Joyce Tesarek Petrik, chair, proposed a kickoff appeal at the convention, and we want to thank all the delegates for their generous personal contributions totaling over \$1200. Anyone with ideas, or interested in joining this committee, please contact Joyce at 612-825-0214, or Joycedvm@aol.com

More news to come!

# The Sokol Festivals "SLETY"

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

## INSTALLMENT #4

See January 2000 for part one, February 2000 for part two,  
April/May 2000 for part three.

*My Sisters,*

*In a few days, we will meet on the Strahov plain. It will be the last time I will direct your Slet performance; the last time I shall share that tremendous sensation of inner association with the tens of thousands of you who, with me, create this great work, and with those hundreds of thousands who loyally support our efforts. That is why I am writing you this message, so there may be complete understanding and so that the memories of this Festival may be beautiful.*

*In the past, every Sokol Slet had its own ideal or message which it addressed to the nation. These thoughts were an outgrowth of the times, a response to historical events. What will the eleventh Festival convey to the nation and to the Sokol movement?*

*It is a Slet that takes place at a time of historical change. A new social order, which is succeeding the government in this state, will influence everything, including the further development of Sokol. That is to be expected. The first indication of this influence is the consolidation of all the physical education organizations with Sokol, which will be concluded at the time of the Festival. Consequently, it means a break in political development as well as a significant milestone in Sokol history.*

*We prepared the eleventh Slet prior to the merger, in the tradition of the principles of Sokol as they were handed down to us. We will perform in this Festival - we who have belonged to Sokol and participated in its programs while it was one of several physical education organizations, for which on occasion we had to fight for its survival against powerful forces with only the strength of our ideals and love of our fellow members. Participating with us this time will be those new to Sokol who are now affiliated with us. ... This is the thought for the eleventh Slet. Here we are, so many of us, this we created and this we contribute to our future ...*

*Sokol's contribution is considerable and its message is clear. Here we are, advocates of Tyrš and Fugner, whom we learned to know fully in every part of our lives and whose spirit grew within our hearts.*

*We number over a million, a figure not achieved by any other voluntary physical education organization, even in nations*

*far greater in population. The Festival is our achievement. Note how we have developed the bodies of our men and women; how we beautified and refined their movements; how we disciplined them; how we taught them to work unselfishly and with dedication for their nation. The Slet was the result of countless hours and numerous nights spent fulfilling our work. Over the months and years we set aside our own relaxation and pleasure, and from our meager assets contributed our pocket money to a common treasury.*

*A Festival that unfolds before the eyes of the people is an illustration of Sokol that nurtured the nation for the legions at home and abroad in its struggle for independence during the second world war. Within three years after the war with its persecutions and four years of forced dissolution, the eleventh Slet has become a reality.*

*That is the way Sokol appears as it enters a new era in its history, with the unification in February 1948 of all physical education organizations.*

*This is the way Sokol wishes to educate its members, including those new to its ranks; this is the way Sokol desires to further serve its country.*

*This is the message of the eleventh Festival to the nation.*

*In parting with the past, we older members are confident that the values which have been created cannot cease and that the strength, love, and devotion emanating from them cannot be lost. The ideal of Tyrš and Fugner, that brought the Sokol movement to this high point will continue to lead it, even under these new circumstances.*

*Eleventh Slet will not only be a farewell to the past, but will provide us strength for the future. Till we meet on the plain of Strahov! To the eleventh Slet zdar!*

*Yours, Marie Provaznikova (1948)*

"Me Sestry" (My Sisters) was written by Sister Provaznik and published in leaflet form just prior to the Festival, when she received reports that some Sokols did not intend to participate in protest of the February coup. It was distributed to all the senior women. This act was later added to her list of crimes against the communists (Provaznik, 1975-1977).

*Continued on Page 5.*

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

"The Sokol Slet of 1948 was the most colossal of all, with its main theme the celebration of the six-hundredth anniversary of the founding of Charles University." As was the case at previous Festivals, Sokol assumed all the expenses and accepted nothing from the communist regime that had recently taken over the government (Vanis, 1967, p.10).

Throughout the Protectorate, everyone, Sokols and non-Sokols desired the Festival. There evolved a slogan amongst the people as they met and greeted one another, "Slet bude" (There will be a Slet) (Provaznik, 1975-1977).

This time there were two torch relays to herald the Slet, the first of which was run on October 27, 1946 to the most distant frontiers of the Republic. Igniting the fire at the stadium, it served as a communiqué from the Czechoslovak Sokol Organization (COS) to all the units and the nation that preparations for the Festival had begun (Kudrnovsky, 1979). Exactly one year later, on October 27, 1947, another race was run from eleven border points along separate routes returning the flame to Prague with the message, "We are ready" (Provaznik, 1975-1977). It was carried out day and night, rain or shine, snow or freeze, as a part of Independence Day celebrations and as a test of Sokol preparedness and spirit

(Kudrnovsky, 1979). Senior men and women, juniors, and children (both boys and girls) - 46,029 of them - covered 4,194 kilometers over the main tracks. thousands more connected every unit with the primary trails (Provaznik, 1975-1977).

Competitions of the winter games that took place in February at Tatranska Lomnice included figure skating, hockey, bobsledding, and skiing. With over 700 entrants, it was a general consensus that this was the largest and best organized winter games in the country.

Strahov stadium was completed for the eleventh Slet (Provaznik, 1975-1977). A cluster of buildings to be used as dressing rooms were erected to accommodate the performers (Kudrnovsky, 1979).

The Festival proper took place from July 1-8, 1948. Prior to this, on June 19 and 20, Sokol boys and girls (ages 6-14) exhibited and the junior boys and girls (ages 14-18) performed on June 27-29 (Grace and Art, 1948).

The eleventh Slet resulted in an unforeseen and unprecedented success technically and statistically (Provaznik, 1962). those wishing to participate in the mass calisthenic drills at Strahov had to survive rigorous unit and district eliminations. Nevertheless, so many qualified that different junior girls on three days and senior

women on four days alternated in order that all could perform at least once (Prirucka, 1978). Also, the old ruling not to admit new participants into Sokol classes after January 1 of a Festival year was strictly enforced. It served as a safeguard against having to admit late comers, which would make effective teaching of the Slet calisthenics extremely difficult. It also provided a means of circumventing the acceptance of and prevented the participation of members from the other physical education organizations which Sokol, as a result of the coup, was forced to absorb into its ranks (Provaznik, 1975-1977). In all, 60,520 senior men, 66,367 senior women, 33,641 junior boys, 43,703 junior girls, and 90,436 children (44,933 boys and 45,503 girls) took part (Pamatnik XI sletu, 1967).

Senior women in particular were steadfast in their reliability and cooperation. Nothing was impossible, yet they were lax in relaying attendance reports to COS. In the October, 1947 issue of the publication Cvicitelka (Woman Instructor), Sister Provaznik explained in an article how important it was to know the number of women attending classes and asked them to forward the statement to the central office without delay, so she could have it before the fifteenth of November. Within a week, the accounts were in.

*Continued on Page 8.*

# SOKOL NEW YORK'S EXHIBITION

This year, Sokol New York celebrated our first exhibition to be performed in this new millennium. It was a beautiful day that celebrated both the strength of the older members and the enthusiasm of our newer members. The performance was a wonderful combination of the old traditions of Sokol with the new versions of the current times. Their performance showed that Sokol New York would continue to thrive because of the ability of our member to adapt to new changes in our program while always keeping sight of our roots and traditions.

The day started out with a grand march over 100 performers strong. The group listened to the inspiring words of President, Sis. Norma Zabka and Bro. Walter Slavik. Sis. Zabka told the crowd that this exhibition would mark three centuries of activity within our hall. This accomplishment was celebrated by all that were in attendance this day.

The performance began with the youthful spirit of our tots class and youngest small girls class,

the 6-8 year olds. The tots group, lead by Judith Hari, did a wonderful performance, including warm-ups and some gymnastics. The small girls 6-8 class performed next under the direction of Sis. Mary Phillips. These girls had obviously practiced long and hard because they did not miss a beat.

The small girls 9-11 and small boys rounded up the first half of the exhibition with two impressive performances. The small girls, lead by Bro. Joe Balogh and Sis. Donna Sbriglia did synchronized tumbling and beam routines. The small boys captured the audience with their spirit and determination to get every parallel bar and tumbling move perfect. Bro. Joe Balogh has done a wonderful job with this group of boys.

Next, the exhibition moved toward some areas of Sokol New York that do not focus on gymnastics - the Ballet class and the Tae Kwon Doe class. The Ballet class showed everyone beautiful dance moves. The Tae Kwon Doe class followed with impressive strength moves,

including the breaking of several boards.

Following these two groups were our senior women, who performed the calisthenics which they will be doing in Prague this summer. They were wonderful and refreshing to watch as they gracefully performed.

The junior boys and girls classes combined finished the exhibition with a great performance. The group did an amazing performance lead by Sis. Carey McCoy. While some pulse-pounding music played, they showed off their talent in tumbling, mini-tramp, balance beam and pommel horse.

The day was a success for all that performed and all that attended. It could not have been such a wonderful day without the work of our instructors, members, performers, parents and guests. Sokol New York could not have begun the new millennium in a better way than with this exhibition.

*- Sis. Erin Early, Sokol New York,  
Assistant Director of Women*

## Become a "SATELLITE REPORTER!"

Write an article about what's happening at your unit and send it to AMERICAN SOKOL, 6424 W. Cermak Rd., Berwyn, IL 60402, for publication.



AMERICAN SOKOL ORGANIZATION

**GYMNAST**

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



**ANNOUNCING  
XXth AMERICAN SOKOL SLET**

June 27 - July 1, 2001

Detroit, Michigan Metropolitan Area



Family Fun Run

Opening Ceremonies (Special # Exhibition)

Artistic Gymnastic Competitions: Children - Masters II

Rhythmic Gymnastics Competitions: Juniors - Masters II

Group Rhythmic: Juniors - Masters

Male and Female Volleyball: Juniors - Masters

Male and FEMALE\* Basketball: Juniors - Masters

Marching Competition

Calisthenics Competition

**NEW SOKOL FITNESS CHALLENGE\*:** - Juniors - Masters

Swimming - Children - Masters

Bowling and Golf

Slet Program

Competitor Social, Awards Dance, and Banquet

\* New Events in an ASO Slet.

**MARK YOUR CALENDARS AND START YOUR PLANS**

**National Board of Instructors  
Issues  
Directives and Challenges**

At the recent American Sokol National Board of Instructors meeting in conjunction with the National Convention, the BOI issued the following directives and challenges:

In an effort to help get the Youth Membership concept off to a strong start:

- ◆ **Each unit should enthusiastically support and implement the new Youth Membership concept**

In an effort to encourage units not to be satisfied with offering just the same programs they feel comfortable year after year,

- ◆ **Each unit is challenged to start one new activity in the upcoming season.**

In an effort to encourage increased public relations and public awareness of Sokol,

- ◆ **Each unit should conduct an Open House of its facilities with the appropriate promotion of its programs in the upcoming year**

In an effort to help provide better trained instructors and coaches,

- ◆ **Each unit should purchase and utilize a training tape from the American Sokol video library in the upcoming year.**

In order to assist in the effort to provide better, more varied programs,

- ◆ **Each unit is challenged, when needed, to utilize the new American Sokol National BOI "Expert" resource pool being established to fill the void of a travelling instructor**

- ◆ **EACH UNIT IS CHALLENGED TO INCREASE PARTICIPATION WITHIN THEIR UNIT BY AT LEAST 10% DURING THE 2000/2001 SEASON WITH AN EYE TOWARD MAKING THIS AND ANNUAL INCREASE**

- ◆ **THE NATIONAL BOI CHALLENGES ITSELF TO INCREASE OVERALL PARTICIPATION IN THE 2001 NATIONAL ASO SLET BY AT LEAST 10% OVER THE 1997 SLET**

Units honoring the directives and meeting the challenges will be recognized at the 2001 Slet.

**NATIONAL  
GYMNASTICS  
DAY**

**August 12, 2000**

Take this opportunity, when there will be national exposure for the sport of gymnastics, to promote Sokol and your unit in your area.

Get your Community Involved

Get a City Proclamation

Put on an Exhibition

Hold some Special Activity at your gym

Have an Open House

Have an Open Gym

Bring in Celebrities for Autograph Sessions

Get Together with other Sokols  
or other Clubs

Let Your Imagination be Your Guide

**Publicize, Publicize Publicize**

Sokol does not have to be the best kept secret it has been for so long.

Don't forget to take lots of pictures from you celebration and submit them with a description of your celebration to the Gymnast. Some of the "Best" pictures and celebrations will be featured in upcoming issues of the *Gymnast*.

For more info: [www.usa-gymnastics.org](http://www.usa-gymnastics.org)

## Know Safety Tips Before Jumping In

Here are basic tips to follow whenever and wherever you swim — pools in motels, hotels or apartment complexes; community pools; home pools; lakes; ponds; rivers; or oceans:

- ♦ Always swim with companions. Swim only in areas well-supervised by lifeguards.
- ♦ Never drink alcohol or use drugs when you're swimming or boating.
- ♦ Always check the water depth. Walk in from shore or ease in from the dock or the edge of the pool.
- ♦ Don't swim if you can't see the bottom of the pool in the deep end, or if the water is cloudy.
- ♦ Stay close enough to the shore or pool's edge so you can get to safety by yourself.
- ♦ Know the limits of your own swimming abilities. If you're a good swimmer, don't tempt non-swimming or beginner swimmers to try to keep up with you. Instead, encourage them to stay at a safe depth.
- ♦ Watch out for the "dangerous too's"— too tired, too cold, too far from safety, too much sun, too much hard playing.
- ♦ Stay out of water when you're overheated or tired.
- ♦ Keep an eye on younger swimmers at all times.
- ♦ Follow the lifeguard's instructions and respect their judgment. Never fake an emergency. Obey all swimming rules.
- ♦ Learn the proper way to dive in the water safely.
- ♦ Don't chew gum or eat while you swim. It is dangerous and you could easily choke.
- ♦ Wear goggles for surface swimming only, not for underwater swimming.

### **When You're at the Beach**

- ♦ Locate the nearest lifeguard stand
- ♦ Know the surf conditions before you enter the water. Check to see if warning flag is flying.
- ♦ Swim well away from piers, pilings, and diving platforms.
- ♦ Look out for potentially dangerous aquatic life.
- ♦ Save enough energy to swim back to shore safely.
- ♦ Remember that if you are caught in a current, you can make it back to shore by swimming gradually away from the current. Don't try to swim through it.

American Red Cross - *Plano Star Courier*, June, 1996.

## "Sneak In " Exercise

The American Institute for Cancer Research Newsletter urges everyone to "Sneak in Exercise". Many of us do not have time to devote one uninterrupted hour each day to exercise. This article provides tips for sneaking more physical activity into your life, helping you meet the hour-a-day of moderate exercise recommended by AICR. Make some of these tips a habit.

### **At Home**

- ♦ Add an active twist to your usual routines. Instead of a Saturday drive to the farmer's market, ride a bike there (and fill your bike basket with fruits and vegetables).
- ♦ Return to the ways of old—wash the car yourself.
- ♦ Give a deep-massaging back rub. Great for your arm, chest and back muscle, and you might get one in return.
- ♦ Weed the garden. If you don't have one, plant one. A garden provides physical activity throughout the growing season as well as fresh fruits and veggies.
- ♦ Bake Bread - all the kneading and punching tones the arms.

### **At Work**

- ♦ For go elevators and escalators - take the stairs between floors.
- ♦ Take a refreshing walk outside during your lunch break. Walk with a co-worker and talk about things other than work.
- ♦ Deliver a memo instead of sending it via inter-office mail. Walk to a co-worker's office instead of dialing an extension. Use a copier on a different floor.

### **In the Community**

- ♦ Partner with a friend for daily walks or bike rides around the neighborhood.
- ♦ Head to a museum on a rainy afternoon. Seeing inspiring artwork may make you forget you've been walking around all day.
- ♦ Take part in physical activity fund-raisers such as walk-a-thons for disease prevention. You can exercise, meet new friends and help others all at once.
- ♦ Park your car in the far reaches of a parking lot. The time you spend looking for a spot closer to the door is better spent walking there.
- ♦ Rediscover sports such as bowling, archery or roller skating.

Have fun "sneaking" exercise into your daily life. Remember, small steps can make a big difference to your health, so take the stairs next time, and the next time, and the next time.

NASPE News, Fall, 1998

## **Belief, Faith, and the Zone**

Why does the Pacers' Reggie Miller keep on firing from three-point range when he has hit only two of his last thirteen shots? Because he has a near religious-like faith that his shooting skills are based on a solid foundation and will, sooner or later, produce results.

Robert M. Nideffer, Ph.D., author of *Psyched to Win*, would explain Miller's "faith" as one of the steps athletes must take on the way to playing in the zone—that magical time frame when they perform at near perfection. Nideffer uses religious analogies throughout his book that tries to help athletes make the connection between psychological skills and physical performance. You may not agree with him, but his theories will make you assess your potential to play in the zone.

### **Limit Internal Distractions**

An athlete in any sport who has a planned approach to reaching the zone must limit the number of distractions, starting with the thoughts—"internal distractions"—that cause self-doubt. According to Nideffer, the way to do that is to develop a faith in yourself that goes beyond believing that you can do something. He thinks that a belief about the way you perform has to be reinforced by positive results. If the results turn out to be negative, there is a temptation to change your belief in the process.

Belief in athletic ability is simply a "position statement." It doesn't necessarily involve a commitment to act, but it is a necessary step on the way to faith. Faith, however, is believing in yourself and acting in the absence of success.

### **It Takes Time**

Playing in the zone on a regular basis requires more than self-discipline. It requires physical and mental skills that have been developed practiced over a period of time.

Learning to play in the zone means learning how to be comfortable with occasional doubts and unsure outcomes. People who achieve peak performances realize that they won't play in the zone every time out. But they trust themselves to play through hard times. Less thoughtful athletes look for quick-fix miracles—equipment changes, new playing partners, superficial technical adjustments—when things go badly.

The most difficult opponent athletes face with be inside the mind. But Nideffer assures us that we all have the capacity to first develop belief in, then faith in our abilities. Those qualities will help to quiet the doubts that are sure to arise.

*Penn State Sports Medicine Newsletter*, July '98.

## **Reasons Not to Compete**

It's a Saturday afternoon in June. It's hot, you are tired, and you're away from home, getting ready to run a race, play a game, or compete in some type of athletic event. Why are you doing this?

The only time you should compete is when you have more to gain than to lose, suggests Jim Taylor, Ph. D., a sports psychologist in San Francisco. He is talking to runners, but his advice is meant for all athletes who can choose when to compete. According to Taylor, there are five times when you should consider not competing. You might not agree, but perhaps his thoughts will force you to consider your own motivation.

### **To Build Confidence**

"You should never compete to build your confidence," says Taylor, writing for *Rocky Mountain Sports*. "Confidence does not come from competing, but rather from sound preparation. Athletes typically emerge from so called 'confidence-building' competition with less confidence than they had before."

### **When You Know You Will Win**

Taylor also thinks you should never enter a competition because you know you will win. He says that scenario becomes a no-win situation. If you are expected to win and do win, little is gained. If you lose, you can suffer a loss of confidence.

### **Not Prepared**

The third occasion on which you should not choose to compete is when you are not totally prepared to perform at your best. If you are not at your physical and mental peak, you are not likely to perform well and the experience will do more harm than good.

### **To Break Out of a Slump**

Don't compete to break out of a slump, advises Taylor. The pressure caused by slumps almost always ensures that you will not perform well. Instead, try to understand what is causing the slump. Then, through proper training, gradually raise your level of performance.

### **No Reason to Compete**

The final reason not to compete is when there is no reason to do it. Some athletes compete just because there is an event on the schedule. In that situation, motivation is usually low and a poor effort is almost inevitable.

*Penn State Sports Medicine Newsletter*, June '00.

May 6, 2000

**To All Who Visited the Central District Hospitality Suite in Omaha (during the XVII General Convention),**

On behalf of my wife, our son and myself, let me say that it was a pleasure to provide and man our Central District Hospitality Suite.

Some credits are in order here that made it all possible. First, thanks to Central District President, Bro. John Satek and the District Board for providing the suite and funds for supplies. Second, thanks to Bro. John Bazata and Sis. Lynda Bazata and Sis. Cathy Kocek for delivering all the supplies to and from Omaha.

Finally, thanks to all sisters and brothers who attended and donated toward our expenses. It made the whole effort both worthwhile and the camaraderie it provided us all is priceless. Who we are and how we all operate back in our home units does not always come across in the formal convention setting. It must have been the "PRASKY" that loosened our tongues to become better acquainted.

I spoke with the security officer out in the hall and he said there weren't any complaints about the noise, it was just the aroma when he got off the elevator that led him to our door.

**NA ZDAR!**

**Bro. Rich Vachata, Sr.**

Sokol Stickney

*(Home of new American Sokol*

*Director of Women, Sis. Barb Barnes)*

**MEMORIAM**



**Bro. Thomas Dolina**

The American Sokol joins Sokol Belcamp in mourning the loss of Bro. Thomas Dolina, and extends their sympathy to his family.

Bro. Dolina grew up in Komina, Czechoslovakia and went to school in Brno. He was sent to Belcamp, Maryland in 1937 by the Bata Shoe Company to assist in the planning and development of the Belcamp Bata Shoe Company and the Belcamp community. He served in the Army in WWII and participated in the Pacific Campaign.

Bro. Dolina was a charter member of Sokol Belcamp and during his many years as a devoted Sokol member, he participated in the unit's activities and held various elected offices, including that of President.

He is survived by his wife of 52 years, Vera (nee Formanek), his son, Thomas J., and daughters, Anna M. Dolina and Jarmila V. Harper, and four grandchildren.



**FUTURE SOKOL LEADERS FUND**

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# "SLETY" *(Continued from Page 5.)*

Those having gymnastic sessions on October 31 calculated the monthly report immediately after the final lesson and delivered it by bicycle or motorcycle to their district office.

Initial returns indicated there were 100,000 feminine gymnasts getting ready for the Slet. There were 16,000 markers on the field and four presentations were planned, giving them a maximum capacity of 64,000 performers. What were they to do with the surplus? Bozena Matejovcova, author of the drill, had a ready solution: "Let us permit only the young to take part, since they look better than the older women." But the elder gymnasts, who were the most devoted and deserving instructors rebelled stating, "I performed at six Festivals and now you expect me to sit in the stands? No!" (Provaznik, 1975-1977, p. 13). Sister Matejovcova was compelled to rescind and proposed that a weight limit be imposed for choosing participants. Again, many of the good gymnasts and worthy instructors "were overweight, since during and after the war their diet consisted mainly of potatoes. It was finally resolved to settle the matter by rigid unit and district eliminations, which brought the number of entries down to about 66,000.

Enthusiasm with which the senior women prepared for the Slet was

hard to believe. Young mothers carried their children on tramcars across the city to grandparents who cared for them while they attended classes. Traveling from far away villages on foot, on bicycles, and in winter on skis and snowshoes, instructors journeyed to district workshops where calisthenic compositions were taught. Sokol halls were overcrowded - women practiced everywhere.

There was no such unanimity among the men. Their elected director, Miroslav Kavalir, was suspended by the Action Committee and was replaced by Evzen Penniger, an incompetent communist and a stranger to them. Although spirit was lacking, they participated, for it was still their Festival.

Of concern to the Men's Technical Committee were the junior boys, who did not like to do mass drills. Also, due to the war, the younger boys had no training from the children's classes. Brother Jaroslav Brejska developed a number and Jan Seehak, writer of the musical score, let the boys whistle part of the accompaniment, which contributed to its acceptance. Before long, people in the entire Republic were whistling the Slet melody of the junior boys' exercise.

Junior girls enjoyed a youthful, playful routine with small white rings, written by Bozena

Matejovcova to music by her husband Karel. There was a problem with the rings, as they were heavy and breakable if made from wood. After the war, the ideal product - plastic - was produced in the United States. But the raw material was not available in Czechoslovakia and could not be ordered from America due to monetary regulations. While on tour in the United States with the COS team in the summer of 1947, Sister Provaznik was able to purchase the plastic needed for the rings.

Weather was extremely unfavorable. The final performance of the eleventh Festival program was the number by the advanced senior women with indian clubs, composed by Ankica Runtova, with music by Jan Seehak. It was cold and raining and the field was a quagmire of yellow mud. With blouses soaked, the women performed their movements with an outpouring of devotion, recalling happy childhoods and maturing in Sokol when the nation was under the wise and loving care of Thomas G. Masaryk. Somehow, their emotions were conveyed to the audience who watched the breathtaking display. As the gymnasts concluded the drill with a long pause, tears streamed down their cheeks and a hush fell over the grandstands. Then a thunder like ovation broke out

*Continued on Page 9.*

# "SLETY"

(Continued from Page 6.)

and the spectators called for a repeat presentation. Never before at any previous Slet was there an on the spot repetition of a performance. Marie Provaznik hesitated, then asked the women, shivering from the wet and chilly conditions, if they were willing to do the exercise once more. They answered with a resounding "Yes!" If it is possible, the second performance surpassed the first. When the senior women marched from the field and disappeared through the gates, Sister Provaznik realized this was the end - farewell to Sokol (Provaznik, 1975-1977).

# CESKY DEN ~Czech Day~

The 77th annual CESKY DEN will be celebrated on July 16, 2000, at the D.T.J. Farm in Taborville, Auburn Township, Ohio. All are welcome.

Several musical groups and brass bands will play for entertainment and dancing. Pork, sauerkraut and dumpling dinners, tripe soup, grilled wieners and goulash dinners are some of the featured Czech foods available. Dinners are served from 11 a.m.

Admission is \$3.00 and all proceeds go toward supporting three Czech cultural centers; namely Bohemian National Hall

(home of Sokol Greater Cleveland), Ceska Sin Sokol and the D.T.J. Pavillion.

Taborville is located approximately 25 miles east of Cleveland, five country blocks off route 422, between Route 306 and Route 44, 2 miles south of Route 422, 4 miles north of Route 82 on Chamberlain Road, off Munn Road, where the east end of Bartholomew Road intersects with Quinn Road.

For additional information, contact the festival chairman, Marge Bella at 216-662-6130.

~ Submitted by Bro. J.J. Vencel

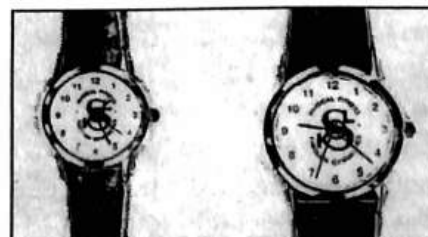
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In the September 1998 issue of AMERICAN SOKOL, Bro. Tom Pajer asked "How do we get everyone to have Sokol Spirit?" In the same issue, the Flag of the United States asked, "Whatever happened to patriotism?" Also in the issue, our Sokol youth spoke out about their Junior Class instructors, which included an absolutely amazing statement, "Shows up at class as much as possible." Aren't these three problems all tied together? How can you separate the three issues? Was an answer printed that I missed?

Perhaps "spirit," be it Sokol or whatever, should be placed in pills and dispensed to all Sokol members or all persons living in the United States. Obviously, spirit must be demonstrated by leaders in an honest and lively manner. How often is the edict given to "do as you are told, those are the rules?" Or, "this is what we have to do."

What happened to teaching by example, in Sokol or as any leader? Should a Sokol instructor

not have enough spirit to show up on time for every class? If this is not the case, where are the unit leaders and why do they not monitor such a situation? Further, why are the monitors not helping the instructor? Who thanks the instructor on a regular basis for giving up time to plan and teach a Sokol class?

Who offers to help with some of the duties which fall upon the instructor? The longer-term Sokol members should have a sufficient supply of spirit to share with the teaching staff. Spirit should be demonstrated or dispensed by example in a cheerful manner.

If the instructor and helpers have sufficient spirit, it should spread through the class and into the everyday lives of the students. But, some parents and families need spirit pills. Why should it be necessary for a unit director to instruct the audience to stand when the American flag enters the exhibition arena? Should this not be an automatic response when the flag passes by? What happened to patriotism? Isn't it the same as spirit? How do we

teach that? Or, how many people forgot to teach it or to demonstrate it by personal example?

How do we maintain spirit in all events, throughout our lives? Do we bring it out only for special events, or do we display spirit in all that we do? Do we display spirit when we grumble about problems without making improvements? What happened to Tyr's "Constant Dissatisfaction?" Are Sokols not allowed to create new situations or improve on existing ones?

Spirit cannot be dead. It is obviously hiding somewhere, because every once in a while there is a short burst of it. Maybe it needs to be redefined. Maybe spirit is burdened under age-old traditions. Maybe spirit is too restricted to flow freely. Maybe we should observe our youngest participants and adopt their ways for our own. Maybe they know what Spirit is without really understanding it. Maybe Sokol needs a new, fresh outlook in all that we do – and spirit will come.

## FALCON RETURNS

The peregrine falcon has returned to north Bohemia thanks to the efforts of German environmentalists. Their 10-year project reintroduced the falcons to the Labske piskovce nature preserve after the use of DDT and other chemicals had reduced the local population to one bird in the 1970's.

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~ From Sokol New York Informational Flyer

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