

american



SOKOL

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FEBRUARY 2001

COURAGEOUS

SWIFT

STRONG

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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...

One of my favorite memories of growing up in Sokol was mastering the Sokol quiz, which was always part of our gymnastic competitions. Who is the founder of the Sokol organization? Where and when was the first Sokol Unit in America established? What is the meaning of the word "Sokol?" If you can't answer these questions, you'd better do some research! Happy birthday, Sokol! Happy birthday, Sokol St. Louis! Thank you, Miroslav Tyrš!

NA ZDAR!

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

CALENDAR of EVENTS

MARCH

10	Sokol Tabor Gymnastic Exhibition
11	Sokol New York Exhibition
11	Sokol Grtr. Cleveland Jr. Club Pancake Breakfast
16	Sokol Greater Cleveland Fish Fry
17	Sokol Stickney Exhibition
24	Sokol Brookfield Exhibition
25	American Sokol Little Ferry Lasagna Luncheon
25	Sokol Minnesota Slovak Dinner

APRIL

1	Sokol Stickney Pork Dinner
7	Sokol Grtr. Cleveland Bake Sale
7	Sokol Berwyn-Slavsky Exhibition
8	Sokol Minnesota Spring Fling
20	Sokol Grtr. Cleveland Fish Fry
21	Sokol Ceska Sin Swiss Meet
22	Sokol Minnesota Pancake Bkfst.
28	Sokol Ceska Sin 25th Anniversary Dinner & Dance
28	United Sokols of the East Gymnastic Competition
29	Am. Sokol Little Ferry Exhibition

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

THOUGHT STARTERS

from Sis. Joan Sedlacek, A.S.O. Educational Director

*"Children need models more
than they need critics."*

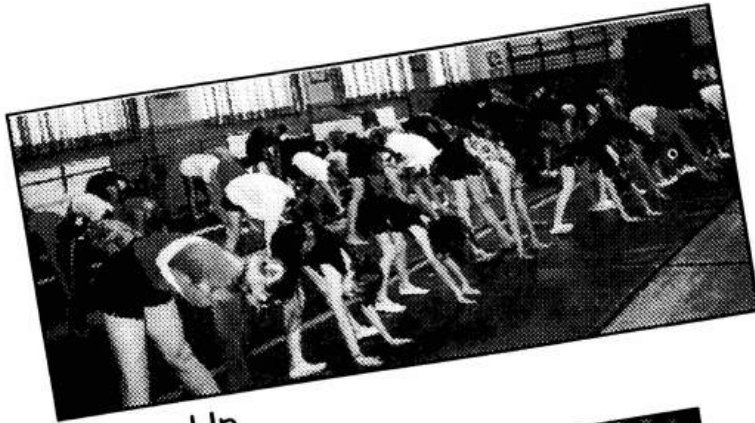
~ JOSEPH JOUBERT

Our Sokol Credo

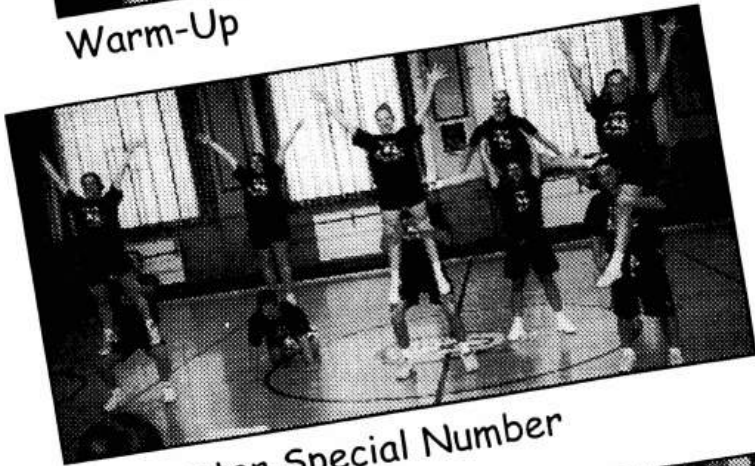
To build a healthy and beautiful human body; to cultivate a harmonious and total person; to develop firm character, a well-rounded disposition and a love of truth and justice; to produce strong, lovely and honorable people; that is the goal of a Sokol education.

CENTRAL DISTRICT SKILLS CLINIC

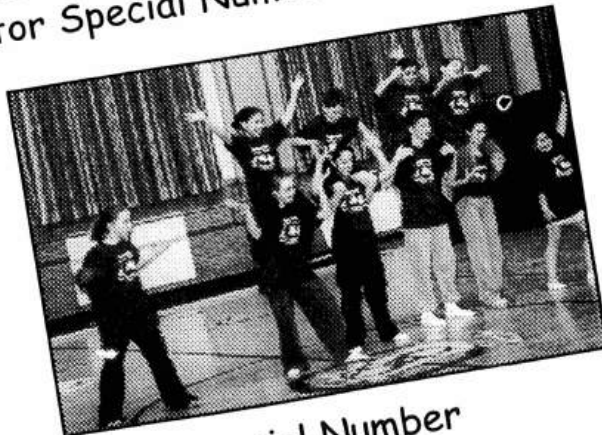
January 5-7, the Central District once again held its very successful Skills Clinic, this year at Sokol Tabor. 54 students, representing Sokols Berwyn-Slavsky, Tabor, Brookfield, Chicagoland, Ceska Sin, Naperville, Stickney and Lodge 306 Sokol USA participated. They worked hard all weekend under the supervision of 14 full-time and 5 part-time instructors. Activities included obstacle course, apparatus progressions, creation of team special numbers and marching.



Warm-Up



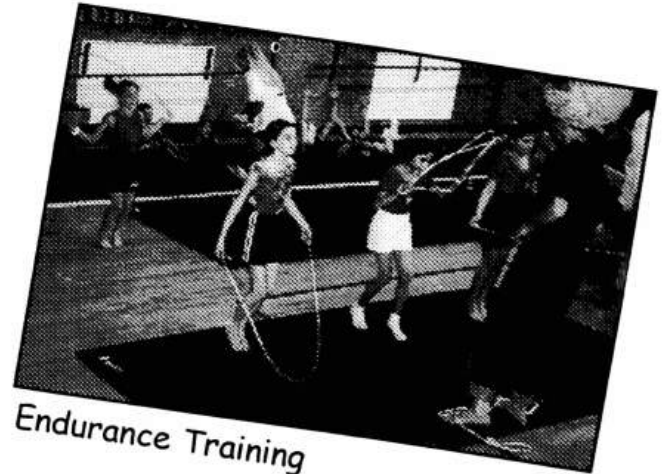
Instructor Special Number



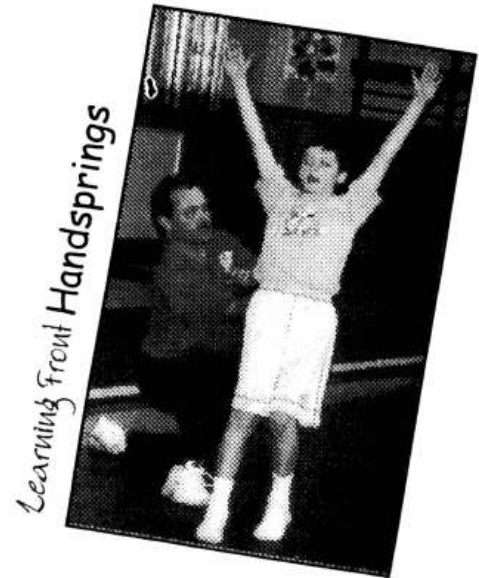
Team Special Number



Vault Progressions



Endurance Training



Learning Front Handsprings

XX AMERICAN SOKOL SLET PROGRAM BOOK

Ad space may be secured in the XX Sokol Slet Souvenir Program Book at the following rates:

Full Page (8-1/2x11") _____	\$ 175.00	Benefactor _____	\$ 30.00
1/2 Page _____	\$ 90.00	Sponsor _____	\$ 20.00
1/4 Page _____	\$ 60.00	Patron _____	\$ 10.00
1/8 Page _____	\$ 35.00	Well Wishes _____	\$ 5.00
Inside Cover _____	\$ 225.00	Back Cover _____	\$ 325.00

Benefactor and Sponsor ads ONLY can be "In Memoriam," if so desired.

Name _____

Address _____

City/State/Zip _____ Telephone _____

Make check payable to: **ASO 2001 SLET**
 Mail to: F. R. Turchan
 134 Berkley
 Dearborn, MI 48124



DEADLINE FOR COPY: MAY 14, 2001

SOKOL Cemetery Markers

SOKOL markers for headstones are available for \$50.00 from the Bohemian National Cemetery in Chicago. The metal markers must be specially made and this takes 3-4 weeks. Call the cemetery directly to place your order: 773-539-8442.

Make A Frozen Gel Pack

For a flexible, frozen gel pack like pro athletes use, fill a heavy-duty freezer bag with one part rubbing alcohol and three parts water. Seal it into another bag to prevent leaking and place it in the freezer. the alcohol keeps the pack soft.

When using the pack on a sore muscle or joint, put it in a thin cloth to protect your skin from the cold. Don't leave it on for more than 10 minutes at a time.

Unit Directors: This is a great money saving idea. Make a bunch to use for bumps and bruises in your gym!

Good things to ✂ CLIP and SAVE!

American Sokol Foundation Fund Drive

We've had a wonderful response to our 2000-2001 American Sokol Foundation Fund Drive, with contributions of \$16,151 received to date. Many thanks to our generous donors! The drive continues through December and we hope to have more bronze, silver and gold donors to include on our Headquarters American Sokol Foundation plaque. We will approach corporate donors to match our membership donations, so every contribution is important. To make a contribution, send a check made out to **American Sokol Foundation** with your name address and Unit name to the American Sokol Office, 122 W. 22nd Street, Oak Brook, Illinois 60523-1557. We also accept stock or securities. Any questions, call the Office, 630-368-0771, or Joyce Tesarek, 612-822-6147, Foundation Chair. Here are our donors to date:

Gold Donor (\$10,000 or above):

Sokol RIP, Pittsburgh

Silver Donor (\$5,000 or above):

None To Date

Bronze Donor (\$1,000 or above):

John Cervin, Jr., Sokol Baltimore
Marie Sladek Lewandowski, Sokol Chicagoland
Joan Sedlacek, Sokol Minnesota
Norman Petrik and Joyce Tesarek, Sokol
Minnesota

Donors (in order received):

The Schmid Family, San Francisco
James Fetek Family, Racine
Jarmila Mikulasova Vogel, New York
Albert Hynek Family, South Omaha
Arthur Vincent Younger, Philadelphia
Billie Linder, St. Louis
Leonard Gianitsos, New York
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Marie Musil Family, St. Louis
Amy Groves, Detroit
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Henry Jansen, Minnesota
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Victory Sedlacek Ptak, Omaha
Miro and Shirley Verner, Minnesota
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Martin and Marie Gabriel, Detroit
Pauline Sauer, Chicagoland
Michelle Humowiecki, Berwyn/Slavsky
Frank Hejny, Jr., Baltimore
Vlasta E. Vernicek, New Jersey
M. Emil Cevik, Los Angeles
Leroy Bauman, Milwaukee
Sokol Los Angeles
Dennis Vernak, California
Anonymous Donors

PRAGUE SLET VIDEO AVAILABLE

The American Sokol is making available a videotape set of the XIII ALL SOKOL SLET held in Prague, 2000. This set of two tapes has total run time of about 4 hours and is in VHS format. The narration is in the Czech language. Proceeds from these tapes will be split with the COS. The cost is \$25, plus \$5 shipping & handling. Send your order and \$30 check payable to American Sokol to the American Sokol Office, 122 W. 22nd Street, Oak Brook, IL 60523-1557.

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

I want to thank you and your predecessors for doing an excellent job and keeping us in Canada informed and interested for such a long time. I have been reading and enjoying AMERICAN SOKOL for many decades and will continue to do so as long as I can.

Zdenek Dobrovolny, Educational Director, Sokol Canada

THE AMERICAN SOKOL ORGANIZATION

requests the pleasure of your company at a banquet in celebration of our

XX AMERICAN SOKOL SLET

on

Friday, June 30, 2001

to be held at the Holiday Inn Ballroom, Dearborn, Michigan

Reception ~ 6:30 p.m.

Dinner ~ 7:30 p.m.

(Cash Bar)

Program and Dancing Following

After-Five Attire Please

Banquet tickets are \$55.⁰⁰ per person ~ Tables of 8 (eight) persons each are available.

Table assignment/tickets may be picked up at the entrance

Na Zdar! Slet Banquet Committee

Please fill out and detach the reservation form below and mail to:

Sis. Carolyn Sabados, 43911 Orleans Ct., Canton, MI 48187

If you have questions you may call at: 734-453-1692 after 5:30 p.m.



MENU PREFERENCE:*

Prime Rib
of Beef

Grilled
Chicken

Name _____

Name _____

Address _____

City/State/Zip _____

Sokol Unit /Organization _____

Number of Tickets _____ at \$55.⁰⁰ Each

Total \$ _____ (Check payable to: ASO 2001 Slet ~ ENCLOSED)

DEADLINE: JUNE 15, 2001

** If you are reserving for others, please make sure that you have included their name and menu preference. Thank you.*



AMERICAN SOKOL
GYMNAST

EDITOR: Sash Dumanovic • 2419 Scoville • Berwyn, IL 60402



2001 American Sokol Instructors' School **July 23 - August 6, 2001**

Hosted By: The Western District and Sokol South Omaha

Do Not Delay! Application forms are due by June 1, 2001.

Beginner, Intermediate and Advanced Level Schools

Contact Your District or Unit Directors for Information and Applications

For Additional or Immediate Information, Contact:
Sis. Sandra Benak, Instructor School Secretary
(402) 731-2665 or vbenak@earthlink.net

Students should plan to arrive on July 23, before 6:00 PM.
Graduation Ceremonies will be the evening of August 5.
Flight arrangements should be no sooner than 1:00 PM on August 6.

Extra Curriculum Offerings To Include:
USAG Safety Certification (Age 16 and Over)
PDP Level 1 (Age 14 and Over)
Beginner To Advanced Rhythmic Instruction

Report on the 2000 American Sokol National Director Development Conference

January 13-14, 2001

The Conference originally scheduled for October, 2000 was postponed to January, 2001 because of the American Sokol National Office move. To encourage participation, NO registration fee was charged and all meals were provide free to conference attendees (estimated cost of the conference to the ASO BOI was \$1200). The Conference was open to ALL unit/district directors and was announced and publicized through the Directors Newsletter.

The basic format of the clinic composed of a series of 1-hour live presentation/discussion sessions with a concurrent track of Patti Komara video presentations. A knowledgeable Sokol person presented each "live" session; each video session had an ASO BOI member coordinator. All sessions included a discussion period.

The subjects of the "live" sessions were:

- What's Our Job as Directors? (41)
- How to Attract, Teach, & Keep Juniors – Panel Discussion (30)
- National Instructors School – What's it all About! -Who Should Go / What They Learn / How to Use the Young Instructors When They Return (19)
- SOKOL – The Best Kept Secret - National Education Committee – Available Educational Material (27)
- Parents – Who Needs Them? (20)
- Fundraising (20)
- Some "New" "Old" Stuff - Team Gymn & General Gymnastics (25)
- Can WE Help You? – National Directors

The subjects of the video sessions were:

- Why Students Quit? (6)
- Advertising & Promoting Your Gym plus ASO Public Relations Director (13)
- The Secret to Keeping Good Staff People (13)
- 10 Keys to a Successful Gym Program (8)
- Low Budget Equipment (15)
- Jeff Metzger – 5 Ways to Limit Your Club's Growth (6)
- Steve Greeley – Staff Management (13)
- Complimentary Income Producing Programs (8)

In addition, workshops by the calisthenics authors were held for the following:

- 2001 Slet Women's Calisthenics
- 2001 Men's Calisthenics
- 2001 Slet Junior Calisthenics
- 2001 Slet Senior Group II Calisthenics

54 people attended the Development Conference. Though many people wear many different hats, the attendees can be broken down as follows:

- 9 - District Directors
- 18 - Unit Directors (10 local; 8 out-of-town)
- 13 - ASO BOI Members
- 14 - Other Interested Parties (5 local; 9 out-of-town)
- Levels of director experience among director attendees ranged from less than 1 year to more than 20 years.

All "live" sessions were video taped. A compilation video will be produced if the video that was taken is usable. The attendees evaluated all sessions and those evaluations are on file for future reference.

Overall evaluation of the conference by attendees (on a scale of 1 – lowest to 5 – highest) was:

Usefulness of Information – 4.6
Clarity of Information – 4.5
Time Allocation per Topic – 4.2
Group Discussion – 4.5
Include Topics in Future – 4.7

This conference was a large undertaking and we wish to commend the entire National BOI staff, all session presenters and coordinators, and all attendees, for their efforts on behalf of this conference.

We especially would like to commend those units and districts that showed the vision to invest in their present and future by supporting the attendance of their directors.

Barbara Barnes, Women's National Physical Director
Chuck Kalat, Men's National Physical Director

American Sokol Selects Junior Participants for World Sokol Federation International Youth Camp

Congratulations to all of selected participants: **Heather Beasley** (Sokol St Louis, Central District), **Maria Breidenbach** (Sokol St. Louis, Central District), **Andrew Lloyd Dalton** (Sokol South Omaha, Western District), **Nichole Davies** (Sokol Berwyn-Slavsky, Central District), **Stacey Domzalski** (Sokol Chicagoland, Central District), **Julia Hickey** (Sokol Tabor, Central District), **Allyson Miller** (Sokol Fresno, Pacific District), **Julia Moravec** (Sokol West, Southern District). The Youth Camp will begin following the 2001 National Slet in Detroit, Michigan. American Sokol Juniors will join their peers from abroad in Barryville, New York, for what looks to be a truly memorable experience.

www.American-Sokol.org Looks Better Than Ever! Be Sure To Log On and Take a Look for Yourself

***More photos! More information!
Plus, plenty of fun for all ages.***

That best describes the look of the American Sokol's website these days. You can find unit, district and national contacts, links to other organizations, a site for Sokol Kids only, membership information, press releases, recent articles from American Sokol, a calendar of events, the SoKool newsletter and much, much more!. Updated information for the 2001 Slet in Detroit will be available soon.

Thanks to Bro. Tom Pajer and Sis. Pat Satek for all of their dedications and hard work in creating a great website for us.

Check it out today!

Universities and Colleges Are Often Overlooked as a Research Tool

Research is expensive. The process is also very time-consuming and difficult to manage without the necessary resources. Approaching your local college or university for market research could benefit both the university and Sokol.

Organizations spend a huge amount of money on market research. For some, research isn't even an option because it is cost prohibitive and the results may be confusing to implement. That's where area colleges and universities come in. Often, at no cost at all, students who need training for a market research project can successfully develop and complete a full-scale project for an organization in a short period of time. It makes it a win-win situation because the students get good, practical market research experience and Sokol, for instance could get accurate, dependable research for free.

Information is essential. Those individuals and organizations who have it will ultimately succeed whereas those who have a lack of information may find themselves left behind somewhere. Some practical research projects could improve junior and young adult recruitment, membership retention, and program expansion to offer activities that people want to participate in. This could be done on unit, district, and/or national levels.

Take for instance the young adult (18-35) demographic. Sokol is certainly lacking membership in this age group when we all know that there are millions of young adults that are in this age category. Market research can allow us to pinpoint what we have speculated and show us things we may not have even known. What is their occupation, education, and what would they look for in a fitness and educational program such as Sokol. Where do they live, how do they play, and what is important to them? Finally what would it take for us to get them in the gym? Or would a research project of our existing class members and their families on our existing program give clues as to why Sokol isn't doing as well as it could in terms of membership?

Students involved in market research programs at their schools can design a questionnaire, accurately determine how to collect the information, proceed to collect it, perform statistical analysis of the data, prepare a final, bounded, written, professional, research document and present all of the findings to Sokol in a formal presentation.

One of the biggest problems Sokol has had is Marketing. There are many people living out there that do not know what we do, or even that we exist for that matter. They are people like us who have families, enjoy fitness activities to stay healthy, socialize, and are interested in culture. This is an area we should find time to improve.

It will take some time to make some phone calls and get to the right people. The costs will be minimal and the return could be great. Take a little time to introduce yourself to key people at your local colleges and universities, and if we choose to implement the information creatively and effectively, Sokol could find itself to someday be a very recognized household name.

Chicago Opera Theater presents a new production of the satirical opera
THE GOOD SOLDIER SCHWEIK



In 1957, Robert Kurka, a native of Cicero, IL, completed an opera based on the most famous Czech book of all time: The Fateful

Adventures of the Good Soldier Svejk. *THE GOOD SOLDIER SCHWEIK* premiered at the New York City Opera in 1958 and has only been performed in Chicago once. The 1981 Chicago premier, produced by Chicago Opera Theater, was embraced by audiences, especially the large Czech communities around the city and suburbs.

Chicago Opera Theater brings this much-loved opera back to Chicago with a new production opening on March 21st, 2001. In COT's first full season under the leadership of General Director Brian Dickie, this twentieth century work reflects Chicago Opera Theater's commitment to contemporary American opera.

Adapted from Jaroslav Hasek's satirical anti-war novel from the 1920's, *THE GOOD SOLDIER SCHWEIK* is a black comedy following the misadventures of a supposedly naive, happy-go-

lucky Czech soldier caught up in the Austro-Hungarian war machine of World War I. Robert Kurka adapted his orchestral suite on the same subject, expanding it to an opera in 1957 to a a libretto by Broadway lyricist Lewis Allan.

Chicago Opera Theater is proud to bring to life this beloved novel to the many Czechs in the Chicago area and throughout the world. Special discounts are available to Czech groups (up to 25% off single tickets.)

Performed at the Athenaeum Theatre, 2936 N. Southport, Chicago, IL. For tickets, call the COT Box Office at 312-704-8414 or check www.ChicagoOperaTheater.org or call Ticketmaster at 312-902-1500 or visit the Athenaeum Theatre.



New Czech Passenger Lists Available

Czech Immigration Passenger Lists, Volume IX, is now available. After many years of research, over 30,000 Czech immigrants who arrived in Baltimore between 1880 and 1899 have been identified. This was done by reviewing and abstracting 33 rolls of National Archives microfilm. The primary destinations of these immigrants were various Midwestern states and Texas.

Since Baltimore was second only to New York in the number of Czech arrivals to America, this publication will be a significant research aid to Czech-American genealogists and family historians. This book includes an alphabetical listing of these Czech immigrants giving their names, age, place of origin, date of arrival, name of ship and destination. There is also a

discussion on sources of immigrant ship data and pictures.

Copies of this book available for \$19.95 postpaid from Leo Baca, 1707 Woodcreek, Richardson, Texas 75082. Do not send orders to the American Sokol.

Info received from: The Czech Heritage Society of Texas - Dedicated to preservation of our Czech Heritage

EDITOR'S NOTE: Bro. Jelinek is Sales Manager for CSA Fraternal Life and a member of Sokol Berwyn-Slavsky. This article, reprinted from the July/August 2000 CSA Journal has an important message that is applicable to us all.

I recently attended a breakfast with one of my greatest heroes/motivators of all time, Mike Ditka. You might not always agree with him or his ideas and you might not always like his methods, but one thing this man has is honesty. You ask him a question, you get an answer. No fluff, no flower and you don't have to read between the lines, because there is nothing left to your imagination. I found it fascinating that with his career as a football player, assistant coach, coach, TV football commentator and then coach again, his experiences follow closely to yours and mine. I've listened to many self-titled, so-called motivational speakers and they speak of theory and statistics, past and present and "xyz" generation. They all have graphs and slides and make images appear and disappear with smoke and mirrors.

Mike Ditka had a very simple message: **ACE** (Attitude, Character, Enthusiasm). He also added "A," Adjustment.

ATTITUDE: Look at where you are. Look at where you're going. The better your attitude, the better your life is. If you look on the gloomy side, it will be gloomy. If the cup is half empty instead of half full, you always look for the negative. Negative people

surround themselves with negative people because they need to constantly be reminded that they are right. A positive person does exactly the opposite. But there is hope.

ADJUSTMENT: You can change. Start surrounding yourself with positive people. Pick up on their momentum and soon you will start changing your ideas and thoughts to the positive.

CHARACTER: You have to take pride in yourself. Stand up for what's right. Open your mind. Make decisions with all the facts. People judge your character by what you say and do. You will never be right all the time. Be the best you can be with the tools you have to work with.

ENTHUSIASM: You could be having the worst day in the year. Maybe you just went through a trying family crisis or found out some bad health diagnosis. But, you have to take it in stride and think of all the people who have it much worse than you do. You must be enthusiastic about your goals, your destination and your plan of how you're going to get there. This is the only way you will survive that bump in the road and keep yourself on track.

And, again, adjustment is very important in being able to change your enthusiasm from one direction and focus on another.

ACE seems to apply to all levels of life, from personal, to business, and pleasure or leisure time. No matter what it is, you have to

enjoy what you're doing. If your personal life needs adjusting, do it. If you're not happy at your job, adjust to change it or just leave it. Who are the people you surround yourself with? Remember, gloom and doom breeds gloom and doom. Look at your leisure time and lodge activity level. Is your Lodge strong and growing or weak and shrinking? People might have to look into a mirror and realize that they are the only ones that can make a difference. They might have to change their attitudes and focus their enthusiasm on their goals. They have to stop blaming everyone else.

Character is something in the ACE program that CSA members seem to have plenty of and 100% of it is focused on the good! They are caring and generous.

I've tried to share some of the ideas and thought that I came away from breakfast with.

If you have ever been in my office, you would probably notice two mottoes that I relate closest to. One, by President Ronald Reagan, says, "There's no limit to what you can do or where you can go if you don't mind who gets the credit." And a sign on my desk reads: "It can be done. It will be done. Done!!!!"

Don't be part of the problem, be part of the solution. Evaluate your goals. Adjust your plan. Adjust your ACE to achieve your goals.

All in the Family ...

Sokol Berwyn-Slavsky's recent membership luncheon proved once again that Sokol is truly a family-oriented organization. Family members celebrating membership milestones are pictured below.



L to R: Sis. Susan (Zitko) D'Andrea - 20 Years; Bro. Stanley Barcal - 70 Years; Sis. Elaine (Barcal) Zitko - 45 Years.



Sis. Diana (Schnabl) Rhoades - 25 Years; Bro. Edward Schnabl - 50 Years.

The Slaviks of the Prague Slet.



L to R: Sis. Julie (Slavik) Weiss, Baby George, Bro. George Weiss, Bro. Vladislav Slavik and Sis. ??? Slavik

L to R: Sis. Audrey (Vondra) Austrevich, Sis. Patti Vondra, Bro. Russ Vondra, Sis. Barb (Vondra) Barnes, Jimmy Vondra



The Vondras at the Chicago Marathon

AMERICAN SOKOL

Change of Address

This clip-out coupon is positioned so that your mailing label appears on the back. If your mailing address has changed, use a pencil to carefully mark an X through the OLD mailing label. Complete the change of address form below and mail to:

AMERICAN SOKOL
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 Oak Brook, IL 60523-1557

Sokol _____
 Name _____
 NEW! Address _____
 City _____
 State _____ Zip _____

**EDUCATIONAL MATERIALS,
 MEMBERSHIP PINS & KITS, ETC.**

**MEMBERSHIP PINS AND
 NEW MEMBER INFORMATION KIT**

- Membership Kit
- Plain Pin (No Year)
- 5, 10, 15, 20, 25, 30, 35, 40, 45, 50-Year Pins
- 55 Years & Over Citation of Merit

EDUCATIONAL MATERIALS

- "Sokol and the Sokol Ideal"
- "Our Task, Aim and Goal"
- "Dr. Josef Scheiner"
- "Highlights of Czech History"
- A.S.O. 125th Anniversary Book
- "American Sokol Sings" Songbook
- Gymnastic Activities w/Hand Apparatus
- Sokol Gymnastics Manual
- Unit ID Ribbons

BOARD OF INSTRUCTORS

- Director's Newsletter Subscription
- Sokol Instructors' Digest (Vol. I & II)
- Unit Directors' Handbook
- District Directors' Handbook
- Girls'/Boys' Skills Program Materials
 - Large Packet (25 Participants)
 - Small Packet (12 Participants)
- Tots' Skills Program Materials
 - Large Packet (25 Participants)
 - Small Packet (12 Participants)
- Separate Cards, Patches, Bars and Ribbons Also Available

For information on all items, contact:
AMERICAN SOKOL
630-368-0771

YES! *I want to be an ...*



Publish my name in one issue to acknowledge my donation in support of the American Sokol magazine.

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- \$10-\$14.99 Donation - Single Line Boxed Name Only
- \$15-\$19.99 Donation - 2-3 Line Boxed Acknowledgement
- \$20 or More Donation - 4-5 Line Boxed Acknowledgement

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 2nd Line - (If Applicable) _____
 3rd Line - (If Applicable) _____
 4th Line - (If Applicable) _____
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CHECK PAYABLE
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 Oak Brook, IL 60523

Listing will appear in next available issue after donation is received and will be shown in ONE ISSUE ONLY.

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 SUPPORTING THE
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 NAZDARI

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