

american

**SOKOL**



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*Welcome*



*!springs!*

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## From Your Editor...

Our nation has gone to war. May our hearts and minds keep a vision of a peaceful future. God bless America.

NA ZDAR!

Sis. Patricia Satek

46 Northgate Road ~ Riverside, IL 60546-1639

## CALENDAR of EVENTS

### APRIL

- 5 Lodge 306 Sokol USA Exhibition
- 6 Sokol KHB Membership Dinner, Awards and Exhibition
- 6 Central District Special Number Competition
- 10-11 Sokol Minnesota Annual Garage Sale - Benefit Kitchen Fund
- 12 Sokol Greater Cleveland Skills Improvement Day
- 12 United Sokols of the East Children's Competition
- 13 Sokol KHB Easter Bake Sale
- 18 Sokol Greater Cleveland Fish Fry
- 25 Sokol New York Beseda Ball
- 25-26 Sokol Brookfield Rummage Sale
- 26 Turner's Invitational Competition at Sokol Greater Cleveland
- 26 Sokol St. Louis Exhibition
- 26 Sokol New York Volleyball Tournament
- 27 Sokol Little Ferry Exhibition
- 27 Sokol Ceska Sin Swiss Meet

### MAY

- 3-4 Sokol Greater Cleveland Dramatic Society Vcelka Play "The Marriage of Fiala" & Dinner
- 7 Sokol Greater Cleveland Spring Card Party/Luncheon

### MAY

- 10 Central District Girls Competition
- 10 United Sokols of the East Junior/Senior Competition
- 16 Sokol Greater Cleveland Fish Fry
- 17 Central District Boys, Men, Women Competition
- 18 Central District Sokol Day Picnic at Cermak Woods
- 18 Sokol Little Ferry Pork Dinner
- 19 Sokol Milwaukee Exhibition
- 31-6/1 Northeastern District Slet Weekend - Cleveland, OH

### JUNE

- 1 DA Sokol Exhibition
- 1 Sokol Greater Cleveland Exhibition - Odd Fellows Camp
- 6-8 Southern District Slet in Corpus Christi, TX
- 14-15 Eastern Area Festival at Sokol Woodlands, Barryville, NY
- 20 Sokol Greater Cleveland Fish Fry

### JULY

- 13 Cesky Den - Taborville, OH
- 18 Sokol Greater Cleveland Fish Fry
- 21-31 ASO Instructors School at Sokol Greater Cleveland

**XXIV SOKOL USA SOKOLFEST**  
July 2-6, 2003 • Valparaiso, Indiana

## THOUGHT STARTERS

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

*"We cannot always build the future for our youth,  
but we can build our youth for the future."*

~ FRANKLIN D. ROOSEVELT

## 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.

## BRO. JERRY MILAN INDUCTED INTO SPORTS HALL OF FAME

In a ceremony held on February 1, 2003, at the Pat May Center in Bedford, Texas, Bro. Jerry Milan, Sokol Fort Worth, was inducted into the Hurst-Euless-Bedford Sports Hall of Fame. This was the 9th annual induction ceremony. The Sports Hall of Fame honors those who contribute to the youth of the area through sports. Bro. Milan received a bronze plaque and a rocking chair engraved with his name the the Sports Hall of Fame logo. A large group of Sokol members, plus many of his ex-gymnasts were in attendance at the ceremony. His plaque lists the following accomplishments:

North Side High School, Fort Worth, TX 1951.

University of Texas at Austin: Captain Mens Gymnastic Team 1954-56, All Around Gymnastic Champion Southwest Conference 1956, Clown Diver for Swim Team.

Charter Member/Past President; Gymnastics Teachers Association of Texas, Texas High School Gymnastics Association, Texas Gymnastics Judging Association, Gymnastic Association of Texas.

Member: United States Olympic Committee 1972-1975-1976.

National Sokol Organization: Gymnast, Education Director, Meet Director of National Championships, Chairman National School Board, Director Public Relations 1990-1995. Chairman of the Board Eagle Mountain Athletic Center/Sokol Ft. Worth.

Staging Coordinator XXII Olympic Games 1984, 10th Pan American Games 1991, Coordinator: XX World Gymnastics Championships 1979, American Sokol National Championships 1981, Trinity High School: Gymnastics Coach 1968-1988, Age Group Gymnastics Instructor/Director 23 years, Started H.E.B. Wrestling Program, Coached Athletes Who Won Numerous All American Individual and Team Awards.

The Hall of fame has a corridor at the entrance of Pennington Stadium with a photo of each inductee and a large bronze plaque.

What a great honor! Congratulations and NA ZDAR! Bro. Jerry!



SOKOLFEST 2003...SOKOLS STANDING STRONG

*Make plans now to attend the*

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## 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 Emil Dria from Pete Jr. & Jean Dusek .....	\$50.00
In Memory of Ladislav Hudecek (Sokol NY) from Pete Jr. & Jean Dusek .....	\$50.00
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In Memory of Jerry Hruska from Emil Zoula .....	\$50.00
In Memory of Anton & Eleanor Ryva, Jr. from Elsie (Ryva) & Joe Cerny .....	\$25.00

CESKA OBEC SOKOLSKA

Prague, March 15, 2003

Dear Brother President,

I have received your letter of February 10th, 2003, and the check for \$13,000.00 USD as a mission of goodwill which stimulates all of us to retrieve the great damages caused by August's floods in the Czech lowland.

We are thankful for your Sokol's solidarity and help.

In accordance with your wish, \$10,000.00 USD will be applied to damages at Tyrsuv dum and the remaining \$3,000.00 USD will be shared with the individual units that sustained flood damages. The session of the commission responsible for the distribution of funds to the individual units will be held by the end of this month, then I will inform you in this respect.

In the name of Czech Sokol Organization, Tyrsuv dum and Sokol's units, I thank you and your Brothers and Sisters once again for your donation which helped us a lot.

Many thanks.

Best regards to all of your Sisters and Brothers.

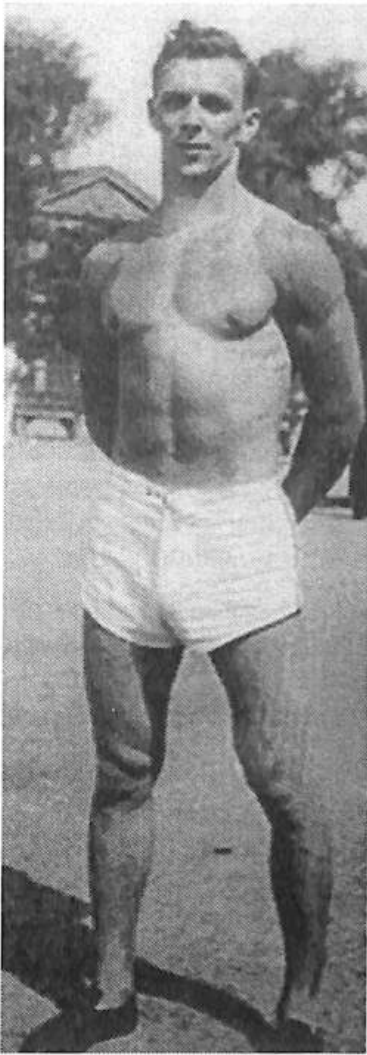
NAZDAR!

Miloslav Pleskac  
President, COS



# ARTHUR J. MARVAN

\*1914 – +2001



*Track Meet at Sokol Camp, Twinsburg, Ohio*

*August 19, 1934*

*Sokol Tyrs Team (Left to Right):*

*Emil Dria, Gus Hanacek, Joe Busta, Art Marvan, Edward Stepnicka, Edwin Jirousek, Charles Hantl, Bill Chaloupek*

## **“THE CZECH & SLOVAK PRESENCE IN NORTH AMERICA: A RETROSPECTIVE LOOK AND FUTURE PERSPECTIVES”**

The Czechoslovak Society of Arts and Sciences (SVU) will hold the 2003 North American Conference in Cedar Rapids, Iowa in June 2003. The Czechoslovak Society of Arts and Sciences (SVU) was officially organized in 1958 by Czech and Slovak intellectuals living abroad, at a time when the communist regime in Czechoslovakia had repudiated the country's historical traditions and suppressed free expression. The SVU wanted to provide a forum for the free development of Czechoslovak culture in exile and make the world aware of the Czech and Slovak cultural traditions, which date back more than a millennium. The SVU is a nonprofit, nonpolitical, cultural organization, dedicated to the pursuit of knowledge, the free dissemination of ideas, and the fostering of contacts among people. It brings together scholars, scientists, artists, writers, students, lawyers, businessmen, and others throughout the world who have a professional, family or other interest in the Czech and Slovak Republics, their history, peoples, or their cultural and intellectual contributions. To learn more about the SVU, visit their webpage at: [www.svu2000.org](http://www.svu2000.org)

The SVU Nebraska Chapter is organizing this conference under the auspices of Coe College and the National Czech & Slovak Museum & Library. We need your help with speakers for the panels. Following are some ideas that have been suggested for the paper sessions and we are particularly encouraging student participation in this conference. We are looking for submissions on topics to include (but not limited to) the following:

- I. General
  - A. Immigration to North America from the Czechlands and Slovakia
  - B. History of and Life in Czech & Slovak Settlements
  - C. Establishment of and the role of Fraternal Organizations
- II. Contributions of Czech and Slovak Americans
  - A. Journalistic & Other Literary Endeavors
  - B. Music and Art
  - C. Contributions in Professions (Law, Business, Science, Medicine)
  - D. Notable Americans with Czech or Slovak Roots
- III. Preservation of Czech & Slovak Heritage in America
  - A. Historic Sites, Monuments & Memorabilia
  - B. Archival Material in America and its Future
  - C. Family History & Genealogy as a Tool in Maintaining One's Roots
  - D. Ethnic Cultural Programs
- IV. Education & Youth
  - A. Teaching of Czech & Slovak Languages in the US and Canada
  - B. American University Programs bearing on Czechs & Slovaks
  - C. Academic Exchange Programs between the US and CR & SR
  - D. Accent on Youth
- V. Issues that Concern Czech & Slovak Americans
  - A. Civil Society
  - B. Women's Issues
  - C. Health Issues
- VI. Echoes of Czech & Slovak History & Culture in America
  - A. Literature
  - B. Music
  - C. History
- VII. Relations with Czech & Slovak Republics
  - A. Mutual Relations of Czech & Slovak Americans and CR & SR
  - B. Joint Projects of CR and SR with the US and Canada
  - C. Business Opportunities for C & S Americans in CR and SR



# AMERICAN SOKOL GYMNAST



EDITOR: Kandi Ondrovic • 822 S. Madison Avenue • LaGrange, IL 60525

## A LETTER FROM THE EDITOR

Kandi Ondrovic

Spring is a time for new life, new spirit and a great time for new beginnings. A common ritual for many Americans is "spring cleaning." This is when a family goes through their entire house and cleans each room thoroughly. It is a time to get rid of anything we no longer have use for, dust things we want to keep, and then put them away in an organized way. Doing this not only cleans the home, but most importantly, it also clears thoughts and spirits. It is a big job, but at the end of the effort, you feel good, uplifted, energized, and unburdened.

Do you believe in spring cleaning? Now, you should see spring as an opportunity to take that household cleaning even deeper. Spring should be considered a time to go through your life, go through priorities "room by room," to dust off important thoughts and opportunities, to polish up your most essential commitments to yourself.

Take a note pad, list all the projects that are keeping you preoccupied and busy. One by one, look at them and ask yourself "Is this really important? Why?" Try to get rid of a few of the least critical items, the ones you know you are never going to do, or that you recognize as not being top priorities right now.

Next, add in the objectives that you know you ought to be working on, but haven't been. From there, start prioritizing: What's my number 1 commitment? What's my number 2? How am I going to deal with each item, and where is the necessary time and energy going to come from.

Even though it might seem time-consuming at the outset, writing down a comprehensive plan for how you will complete each of these objectives is critical. If you come up against the resistance of "I don't feel like doing this," just keep reminding yourself: "Hey, if this is important enough to be a priority, it's important enough to plan." After all, doing a certain amount of dirty work is part of every spring-cleaning endeavor.

The next step is scheduling key tasks and deadlines in your planner. From here, execution should end up being the easiest step.

Just like a home, our minds work better when things are organized properly. Going through each mental chamber, clearing away the clutter and putting things in internal order can free up energy and space. Go ahead and do some spring cleaning to your home and mind, get HEALTHY!

# It is Nearing Competition Time Again!

We all are trying to get ready for District or even National competitions that will be coming up in the next few months. We all know that we can train harder than we do, but is there something we can be doing to help prevent injury? Gymnastics is known as a "high risk sport." This means that there is a risk of injury-minor, severe or even death-when participating in it. I believe that you can never be risk free, but there are a number of things that you can do to help eliminate those risks and get yourself in shape and even enhance your performance if these techniques are used.

I was given an article called "Injury Prevention in Women's Artistic and Rhythmic Gymnastics," to put as information in "The Gymnast." As I read the article I became excited again about athletic training and the rehabilitation aspect of it (what I studied in college). As I began to review the article, I then read who the Author was and where the publication came from. Well, it turns out that it came from Dr. Mark Hutchinson from The University of Illinois at Chicago (the doctor I worked closely with when performing my duties as the head girls gymnastics athletic trainer). The author of the article was my friend Pam Swan who I assisted in the training room with the girls gymnastic team my first semester as a student athletic trainer. The article that I am writing about was her thesis paper (for her Master degree) that I gave my opinion and some techniques that I use. A few of the prevention techniques that are in this article are things that I gave her to use. I was very excited that I received this article and am writing about it in "The Gymnast." I hope you enjoy it and can use it in your gym to help your athletes as well!

## **"Injury Prevention in Women's Artistic and Rhythmic Gymnastics"**

Mark R. Hutchinson, MD; Pamela Swan, MS, ATC

With the growth of interest in artistic and rhythmic gymnastics over the past two decades, the total number of gymnastic injuries has also increased. Injury prevention is most successful when there is a thorough understanding of the problem via epidemiologic analysis and an assessment of the mechanical demands of the sport. In women's artistic and rhythmic gymnastics, targeted areas should include low back, ankle and foot, and overuse injuries and issues related to the female athletic triad, including eating disorders, amenorrhea, and osteoporosis. To optimize efficiency, injury prevention should target preventable injuries in a manner that is easy to implement by coaches and athletes. For gymnasts, this can be accomplished by placing rehabilitation stations within the normal apparatus rotation at practice. Proper nutrition and hydration are also key. With a program designed specifically for the demands of the gymnast, a reduction of the injury risk can be achieved. Avoiding injuries will lead to greater success by avoiding down time, especially before major competitions. (AM J Med Sports. 2002;4:438-447)

### **Epidemiology:**

With the overall increase in the volume of participants, an increase in the total number of injuries related to artistic gymnastics has been seen. In the literature, reported injury rates related to gymnastic participation have varied widely. In terms of injuries per 100 gymnasts, studies have reported frequencies ranging from 0.7-200. There are many factors influencing this broad range such as definitions of injury, number of athletic exposures, gender, etc.

Evaluation of the population studied is also important when reviewing injury risks in gymnasts. The risk of injury appears to increase as the gymnast's skill level improves. One study using similar injury

definitions reported 0.7 injuries per 100 recreational gymnasts compared to 5.3 injuries per 100 competitors. It is suggested that the injury rate is higher for competitive and elite gymnasts than it is for recreational participants because of the increased amount of training time spent on more difficult and dangerous routines at the upper levels.

### **Factors Associated With Injury Risk and Prevention:**

When attempting to create an injury prevention program, one must first identify and document the problem, clarify the population at risk, and consider any associated factors. When the groundwork is laid, targeting preventable injuries is possible. Associated factors for gymnasts include nutritional balance, psychological state, development of skills and coaching technique, baseline conditioning, and the particular demands of intensive training.

All clinicians who care for female athletes should be diligently aware of eating disorders and the possible presence of the female athlete triad, which comprises disordered eating (anorexia or bulimia), amenorrhea (or the inability to menstruate), and osteoporosis. Gymnastics has been labeled by many as an at-risk sport for eating disorders and the female athlete triad. Although others argue that these reports are of questionable validity, it is clear that any sport with a high aesthetic demand will for one reason or another have more than its fair share of athletes with eating disorders. It very well may be that these sports do not cause eating disorders, but rather that susceptible athletes are attracted to the aesthetic sports or those that demand regimented training.

### **Nutrition:**

The complete complement of the female athlete triad, including eating disorders, amenorrhea, and osteoporosis, has been linked to overuse injuries and stress fractures. Even if we avoid labeling artistic or rhythmic gymnasts as at risk for anorexia or the female athlete triad, poor nutritional habits are commonplace and directly related to injury prevalence. It is argued that the athletes are particularly prone to injury and mistakes at the end of their workout when they "run out of gas." Injury risk in artistic and rhythmic gymnasts can be reduced when energy balance is attained through a program of multiple small meals, including snacks prior to and during extensive training.

Poor eating behaviors are also associated with deficits in micronutrients, including iron, magnesium, vitamin A, and calcium. Since it is known that low calcium intake increases the risk of stress fractures and that women under the age of 25 are creating their calcium stores for the rest of their lives, concern has been raised that poor calcium nutrition could lead to poor bone development and poor bone health later in life.

The most important micronutrient is water. Adequate hydration optimizes skeletal nutrition and, in turn, optimizes performance. Well-hydrated athletes are less prone to fatigue and have improved overall performance compared to dehydrated athletes. Dehydrated athletes are prone not only to energy deficits but also to overuse injuries. The injuries tend to occur later in a workout, when the athlete is most dehydrated. Adequate hydration and continued access to water intake reduce this risk significantly.

### **Sports-Specific Injuries in Gymnastics:**

#### **Top 4 Areas of Injury in Gymnastics**

<u>Men's</u>	<u>Women's</u>	<u>Rhythmic</u>
Ankle (20%)	Ankle (18%)	Low Back (25%)
Wrist (18%)	Knee (16%)	Knee (19%)
Shoulder (9%)	Low Back (10%)	Leg (19%)
Low Back (9%)	Leg (10%)	Hip (14%)

## **Prevention:**

Clearly, injury risks are inherent to gymnastics. Regardless of preventive protocols, the risk of falling off an apparatus, traumatic sprains and strains from performance errors, and overuse injuries will remain. Nonetheless, targeting injuries for prevention and creating recommendations and protocols are valuable in a sport in which some injuries are preventable.

### Ankle Station-Injury Prevention Exercises for the Gymnast

Easy (A)

- Single-leg balances on floor mat
- Hold 30 secs.; switch legs
- 3 repetitions each leg
- Compete with partner to see who can hold it longest

### Back Station-Injury Prevention Exercises for the Gymnast

#### **Abdominal Crunches:**

Lateral bending and twists are encouraged to optimize core stability.

#### **Hip Extensions:**

With gymnast on hands and knees, leg is fully extended and held to a count of 20. Switch to the opposite leg. Avoid thrusting into hyperextension, which leads to lumbar extension and stresses. May perform against tension band resistance tied to floor.

#### **Maximize Hip Flexibility:**

With athlete prone (face down), partner puts hand on sacrum (hip) to stabilize spine and passively extends hip. Hold for 10 seconds and repeat five times. Stretch should be felt on anterior hip and not at spine. No ballistic or pulsatile stretches.

#### **Maximize Thoracic Flexibility:**

Athlete lies supine (face up) on a stack of mats or over edge of a bench. First let neck fall into full extension. Scoot up to allow shoulders to fall over edge. Partner will need to hold legs. Continue to scoot up thoracic spine segment by segment.

### Knee Station-Injury Prevention Exercises for the Gymnast

Easy (A)

- Straight-leg raising or terminal extension exercise with ball squeezed between legs; hold for 10 sec, repeat five times.

### Shoulder Station-Injury Prevention for Gymnasts

Easy (A)

- Tension band exercises for internal rotation, external rotation, and "empty can" supraspinatus strengthening

In conclusion, gymnastics is a sport that carries certain innate risks secondary to the demands of working on elevated apparatus, requirements of extreme flexibility especially in the lumbar spine, and the unique demands of using the upper body as a weight-bearing structure. Targeted preventative sports-specific programs should be injury and sport-specific and address the most common problems cited by the athletes. The programs must also be effective and simple enough to be initiated in a routine fashion by coaches. The ultimate goal of injury prevention is to allow gymnasts to continue performing at a high level in a safe and healthy manner.

If you would like a complete list of the rehabilitation exercises please send an e-mail to:  
kandiondrovic@american-sokol.org, or my home address shown in the heading of "The Gymnast."

[For the ankle, knee and shoulder there are more exercises in the Easy (A) category, as well as a (B) and (C) category.]

**CZECHOSLOVAK SOCIETY  
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- Museums, Archives, and Library Holdings
- Contributions of Czech and Slovak settlers and their descendants
- Cooperation with Czech and Slovak Republics
- Role of Youth in Preserving Czech and Slovak Heritage
- Czech and Slovak language Instruction
- The Role of Major Ethnic Organizations in Helping to Preserve the Culture and Heritage
- History of Immigration
- Czech and Slovak Settlements
- Special Panels of Dignitaries

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MSASKOVA-PIERCE1@UNL.EDU

## Definition of a Sportsman

The sportsman does not know of footprints; he is always first in line.

The sportsman does not cry over loss but is the shoulder for all other tears.

The sportsman does not see the light of victory; he is the light.

The sportsman does not own the hand that scores the winning point; he owns the hand that all others want to shake.

The sportsman is not the one who signs his name, but the one who finds time to become more than just that name.

The sportsman is not the one getting up early to make himself better, but the one getting up early to make the team better.

The sportsman does not dream; he is the dream.

The sportsman is not the fan, but the reason for fans.

The sportsman does not see the distance between two points as a challenge but a requirement.

The sportsman does not know how far talent can take the heart but knows how far the heart can take the talent.

The sportsman does not know arrogance but shows all signs of confidence.

The sportsman does not bite the hand that feeds but is the feeding hand.

The sportsman does not see black & white but all the colors in between.

The sportsman is not the one waving the flag but the one saluting it.

The sportsman is not the one crossing the finish line first, but the first one to congratulate all those who do.

The sportsman does not win the medal; he works for it.

The sportsman is not the role model; he just plays the role.

The sportsman is not the most valuable player but is the most valued.

The sportsman is not the one being called a hero. After all, he is the sportsman.

*Written by a student at Ohio State University.*

*Published in USA Today, the week of March 4, 2003.*

*Submitted by Bro. Russ Vondra, Sokol Stickney.*



## Society for Czechoslovak Philately Requests Support of Petition Drive for Antonin Dvorak Stamp

The Society for Czechoslovak Philately, Inc. is supporting the issue of a stamp honoring the great Czech composer Antonin Dvorak at the 100th Anniversary of his death on May 1, 2004. Antonin Dvorak was closely associated with the United States, where he lived and there composed his New World Symphony. The Society for Czechoslovak Philately is also supporting a similar action with the Czech Postal Authorities for a joint issue.

Per the Society's request, American Sokol is announcing this drive and recommending that individual Sokol Units send a supporting letter on behalf of this petition to:

Dr. Virginia M. Noelke  
Chairperson of the Citizen's Advisory Committee  
c/o Stamp Development  
U.S. Postal Service  
475 L'Enfant, SW, Room 5670  
Washington DC 20260-2347

Your support and cooperation are appreciated.

## In and Around the ASO Office

Below, **Sis. Juanita LoGiudice** (left), ASO BOI Secretary and **Sis. Jean Hruby** (right), ASO Office Manager, welcome Illinois Cook County Treasurer Maria Pappas to the American Sokol national office in Oak Brook, Illinois.

The photo at right shows Sis Jean Hruby as she participated in a fundraiser for the Muscular Dystrophy Association.



**MDA**  
**LOCK-UP**

# Czech Debs to Keep Tradition Alive

By Jon Anderson • Chicago Tribune staff reporter • January 28, 2003

Through the swirling mists of history, the two dozen teenagers danced in the back room of a social hall in Berwyn, rehearsing traditions that go back to the ancient courts of Middle Europe.

On this night, they twirled in blue jeans and work shirts.

"My mom did it when she was little, and my grandma thought I should do it," said Nicole Kiecker, 17, a junior at Morton West High School in Berwyn, explaining why she was here, at a warm-up for a debutante ball.

"My mom wanted me to do this. It's, like, tradition," added Brittany Hill, 17, a junior at Nazareth Academy in La Grange, who has been doing Czechoslovakian and other Old Country dances "all my life."

On the other hand, there was no shortage of dancing fervor when a CD player offered a waltz, then another.

Nor did anyone slip away when a videotape started to play in the front room of the Moravian Hall, just off a road once known as 22nd Street that was renamed for Anton Cermak, Chicago's only Czech mayor.

What it showed were ladies in snow-white gowns and gentlemen escorts in black tie, dancing as debutantes did centuries ago in Bohemia, Moravia, Silesia, Slovakia and

other homelands once part of the Austro-Hungarian Empire.

"This is a chance for Czech-American society to get to know each other—and to get to know their daughters," observed Joe Borysek, explaining the significance of the 45th Representative Ball, to be held Feb. 8 under the auspices of the Czechoslovak Allied Organizations In Chicago, of which Borysek is the president.

"Today, hundreds of ladies of Czech origin have beautiful memories of the time they were formally introduced to public society," he added, noting that the ball is not a folk dance with ethnic costumes.

Rather, it reflects a time when eligible maidens waltzed into the challenges of adulthood, their families serving notice that, in due time, serious proposals of marriage from suitors with proper credentials would be entertained.

Hana Prince, a principal organizer of this year's ball, explained: "First, we have a fanfare. Then we introduce the girls, with their names, where they go to school and their goals in life. The girls promenade around the ballroom with their fathers and mothers. Each girl presents a flower to her mother. She kisses her father. An escort comes and takes her, and they get ready to dance."

As Borysek noted, local Czech maidens have been doing this since 1959, when the Social Club of Czech Americans, the Association of Czechoslovak Exiles and several other Czech groups banded together to hold their first ball in Havlicek Tyrs Sokol, a Czech gymnastic organization then based in Lawndale.

This year, they are expecting about 300 parents and friends to applaud eight debutantes.

There is no danger of the tradition dying out, though the Moravians, who provide rehearsal space, will be moving to a new home in the western suburbs. That will happen later this year, after the Moravians hold a folkfest with 165 costumed dancers and singers, on Sept. 28.

"Let me show you our museum," Borysek said, giving a visitor an indication of the dimensions of the move. Behind locked doors were hundreds of colorful, embroidered outfits, "all done by hand, nothing by machine," he noted.

That was what the out-of-court crowd wore, in the good old days in Kyjov, in Lanzhot, in Horni Nemci.

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## TOMAS G. MASARYK'S BIRTHDAY IN WASHINGTON, D.C.

In mid-afternoon on Saturday, March 8, 2003, over 200 people gathered in our nation's capital to honor the 153rd birthday of Tomas Garrigue Masaryk, liberator and first President of Czechoslovakia.

The event was jointly sponsored by the American Friends of the Czech Republic (AFoCR), The Embassy of the Czech Republic, and the Washington branch of the Czechoslovak Society of Arts and Sciences (SVU). The site was the newly constructed Masaryk Park that was created through the efforts of the American Friends of the Czech Republic through legislation enacted by Congress.

Sokol was an important part of the foundation of the free Czech and Slovak nations, and the life of Tomas Masaryk. Sokol also played an important part in the events marking his birthday. **Bro. Larry Laznovsky, President of American Sokol**, was part of the official party at the ceremonies, holding the American Flag while **Bro. Joseph Vrzalik, Sokol Baltimore** held the flags of the Czech Republic and Slovakia. **Bro. The Reverend Michael Rokos, Sokol Baltimore**, along with the vice-president of AFoCR and a vice-president of SVU, gave the invocation at the ceremony. (*Masaryk was an*

*honorary member of Sokol Baltimore from the time of his visits to Baltimore during World War I.*) The national anthems of the United States, the Czech Republic and Slovakia were sung by the Czech & Slovak Heritage Association Choir from Baltimore which also includes several members of Sokol Baltimore in their ranks.

Philip Kasik, president of AFoCR, presided over the ceremony, and

Republic. His Excellency Martin Bitora, Ambassador Extraordinary and Plenipotentiary of Slovakia attended all of the events of the afternoon as did several former U.S. Ambassadors to Czechoslovakia, the Czech Republic, and Slovakia.

After leaving the Embassy, Bro. Laznovsky, Vrzalik and Rokos returned to Baltimore to attend Sibrinky that was jointly sponsored by Sokol Baltimore and the Czech & Slovak Heritage Association.

AFoCR is still actively engaged in raising the money to complete the Park and endow scholarships that will perpetuate the legacy of Tomas Garrigue Masaryk.

Also, AFoCR has been very active in raising money for flood relief in the Czech Republic

following last August's devastating floods. Bro. Rokos has been chairman of the flood relief committee for AFoCR, and the very first grant that AFoCR made was to Sokol Blatna in the Czech Republic to help them rebuild after the flood. To date, over \$300,000 has been collected by AFoCR and distributed in the Czech Republic. Donations may be directed to American Friends of the Czech Republic, details are available at [www.AFOCR.ORG](http://www.AFOCR.ORG)

*Submitted by Bro. Michael Rokos*



introduced the speakers. His Excellency Martin Palous, Ambassador Extraordinary and Plenipotentiary of the Czech Republic to the United States spoke about the place of Tomas Masaryk in history. The keynote address was given by His Excellency Cyril Svoboda, Foreign Minister of the Czech Republic. He met with and posed for pictures (see above) with Bro. Laznovsky, Bro. Vrzalik and Bro. Rokos following the ceremony.

Afterward, a reception was held at the Embassy of the Czech

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