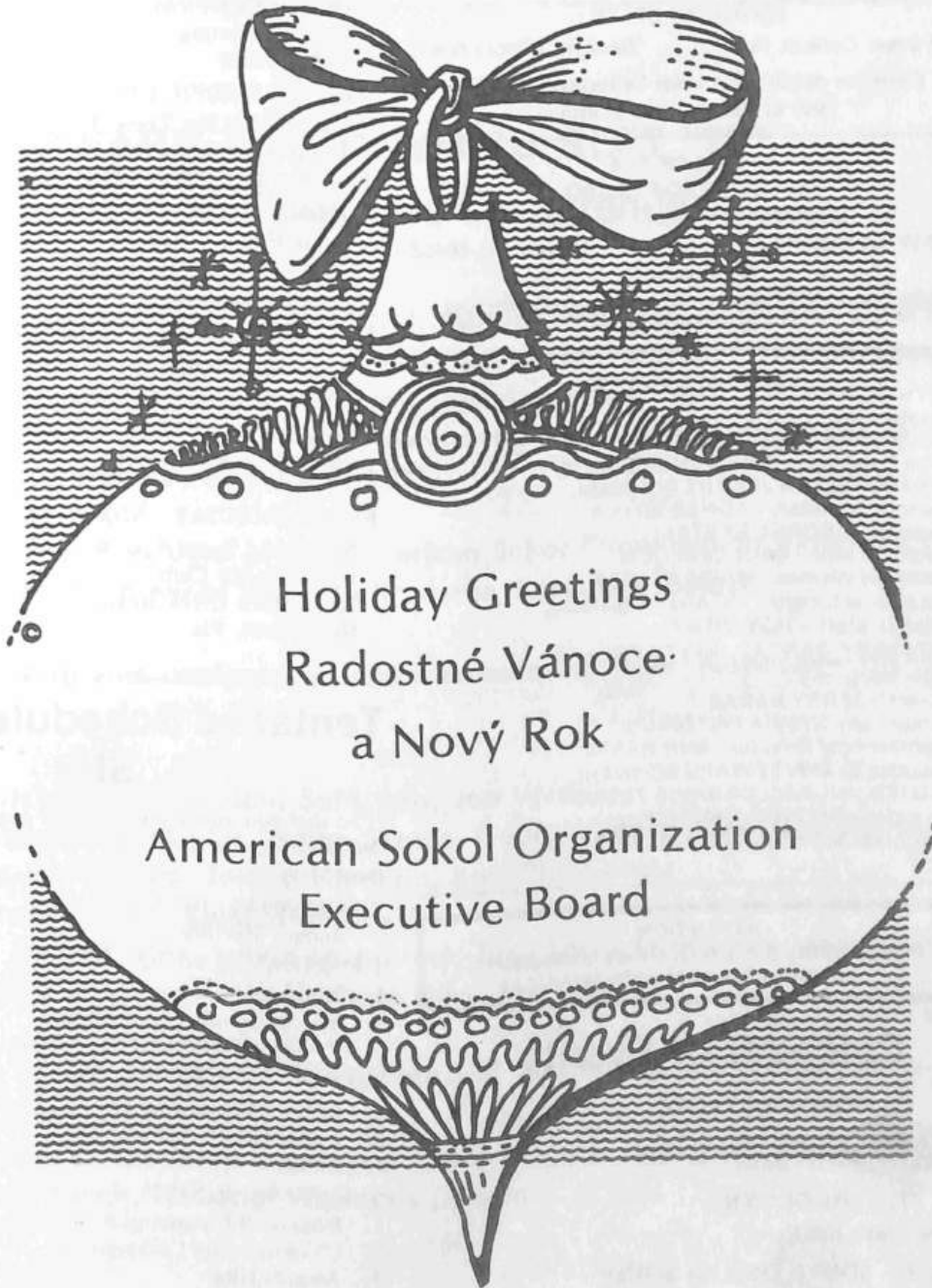


AMERICAN SOKOL

VOL. XCVII - NO. 12

DECEMBER 1976

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



Holiday Greetings
Radostné Vánoce
a Nový Rok

American Sokol Organization
Executive Board



AMERICAN SOKOL

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EDITORIAL STAFF

6426 West Cermak Rd. Berwyn, Illinois 60402

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OFFICE OF THE EXECUTIVE BOARD ASO.

EllenJeanne Schnabl, Secretary
6426 W. Cermak Rd. Berwyn, Ill. 60402

Tel.: 795-6671

Meetings: 4th Tuesday, except July and August,
at ASO Office.

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ATTENTION

Please notify the A.S.O. Office immediately
upon change of address.

Calendar of Events

DEC. 31 - SOKOL DETROIT

New Year's Eve Party
Sokol Cultural Center

DEC. 31st - SOKOL TYRS

New Year's Eve Party

DEC. 31 - SOUTH OMAHA SOKOL

New Year's Eve Party
St. Agnes Social Hall

DEC. 31 - SOKOL BERWYN

New Year's Eve Dance

DEC. 31 - SOKOL STICKNEY

New Year's Eve Party

JAN 9, 1977 - SOKOL SLAVSKY

Installation of Officers
Gold Room - Olympic Bldg.

JAN. 15 - CHICAGOLAND SOKOL BLDG. ASSN.

Dinner Dance
Olympic Bldg.

JAN. 16 - CENTRAL DISTRICT ASO

Annual Meeting
Sokol Tabor

JAN. 22 - PACIFIC DISTRICT ASO

Social Ball (Slet Travel Fund)
Los Angeles Sokol Hall

JAN. 23 - PACIFIC DISTRICT ASO

Annual Meeting
Sokol Hall Los Angeles

FEB. 6 - SOKOL DETROIT

Winter Gymnastical

FEB. 13 - NORTHEASTERN DISTRICT ASO

Winter Exhibition
Cleveland State University

FEB. 19 - SOKOL BALTIMORE

105th Annual Sibrinky

EVERY MONDAY - SOKOL MIAMI

Social and Supper
Czechoslovak Club
13325 Arch Creek Road,
No. Miami, Fla.

Tentative Schedule for 1977 Slet

So that you may plan to attend your XIV Slet in 1977
the following are dates and tentative events planned for
these days:

WEDNESDAY, JUNE 22

Judges Meeting

THURSDAY, JUNE 23

1. Junior Competitions
2. Special Number Competition
3. Presidents' Dinner and Meeting

FRIDAY, JUNE 24

1. Senior Competition
2. Junior Group Activity
3. Banquet

SATURDAY, JUNE 25

1. Volleyball Competition
2. Championship Competition
3. Awards Nite

SUNDAY, JUNE 26

1. Slet Rehearsal
2. SLET
3. Nazdar - 'till we meet again!

AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

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No. 12

UPWARD AND ONWARD SLET "77" District Directors Conference

During the weekend of October 22nd, through the 24th, a District Directors Conference was held at the Hyatt House in Oak Brook, Illinois. The purpose of this gathering of gymnastic directors and representatives from the four corners of the United States, was to formulate gymnastic competitions and plans for the XIV National Slet program in June of 1977.

Bro. Roy Zitny, President of the American Sokol Organization extended best wishes to all those present on behalf of the Executive Board.

Attending this conference, and representing their respective districts, were:

Eastern District - Sis. Leilani Sain, bro. Joe Vrzalik
Northeastern District - Sis. Helen Samec, Georgia Jencik, bro. Joe Rejna
Western District - Sis. Jolene Hamann, bro. Phil Cahoy
Pacific District - Bro. Lubo Hintnaus
Southern District - Sis. Sylvia Laznovsky, bro. Larry Laznovsky, Jerry Milan
Central District - Sis. Marie Vachata, bro. Joe Placek

Members of the current National Board of Instructors were also present.

Conducting the meetings were bro. Paul Lebloch, National Men's Director and sis. Marie Ptacek, National Women's Director.

Sylvia Pistorius
Public Relations - English

Minutes - Executive Board ASO

OCTOBER 26, 1976

Meeting called to order 8 p.m. by bro. Roy Zitny, President who welcomed bro. Larry Laznovsky, Dir. of Men, Southern District. Present: sis. B. Prener, E.J. Schnabl, A. Sotka, M. Ptacek, A. Basta, S. Pistorius, bro. R. Svoboda, G. Basta, P. Lebloch, J. Rabas, E. Schnabl, J. Jindra, and G. Simonek. Excused: Sis. L. Zdenek, bro. S. Barcal, W. Meyer, and R. Vachata.

District minutes reviewed: Southern District - Aug. 26, Sept. 23; Western District - BOI - Oct. 9; Central District - Sept. 23; Eastern District - Annual - Sept. 26.

Czechoslovak American Bicentennial Committee report of Oct. 7, received.

Correspondence: Sokol St. Paul, Sokol Brookfield, Sokol Omaha, and Sokol Little Ferry requested Citations of Merit. Requests for By-Laws and pamphlets taken care of. - Pictures of bro. J. Jelinek, borrowed by bro. Pete Dusek returned by sis. G. Jencik. - Sokol USA advising will schedule XVIII Sokol Slet in 1979. - Song Books, two bids received. Bro. Schnabl moved 1,000 copies be ordered with delivery after Jan. 1st. Approved. Bro. Laznovsky suggested elimination of errata sheet. Referred to Educational Committee. - Bro. Jan Sopoci, Managing Editor of Sokol Times was requested to send the periodical to all our District Directors of Men and Women. - Received Final Report forms for Organizational work from: Pacific District, sis. L. Nekuda trip to Sokol San Francisco (San Mateo) May 11, 1976, total \$92.60; - Pacific District, bro. G. Spanek to Portland, Oregon July 16-20, 1976, total \$207.00. Bro. Spanek reported Sokol Portland can be considered dissolved. Secretary will send letters to members suggesting they transfer their membership to Sokol Seattle, Wash., or to T. G. Masaryk Unit-at-large. Sis. Prener moved these bills be paid, approved. - Cermak Road Business Assoc. request for donation for Christmas Decorations. Bro. G. Simonek moved donation of same amount as last year. Approved. - Letter from Sokol USA will hold XVIII Sokol Slet in 1979, site undetermined. Bro. Zitny will advise that we will honor our "gentleman's agreement," hoping for larger participation on their part.

Reports: B.O.I. Dir. of Women, sis. M. Ptacek. U.S.G.F. invoice for annual membership dues, to be paid per convention. - Final report forms Central District: 2 students attended M.G.A. Workshop, June 18-20, \$30.00 sis. Prener moved payment be made. Approved. - Instructors School held 3 weekends in September. 27 full-time, 8 part-time students, 13 instructors, including books, materials and teachers' salaries \$690.60. Sis. Schnabl moved for payment. Approved. - 3 students (instructors) attending M.G.A. Workshop June 18-20 \$95.00. Sis. Prener moved payment be made. Approved. - New District Directors - Sis. Marie Vachata, Central; sis. Leilani Sain, Eastern. - Received bids for score pads, color-coded for Juniors and Seniors. Approved, order from lowest bidder. - Conference: well attended. With

sis. Mae Simonek, Secy., and other members, spent much time running off, collating and finally distributing all calisthenics for first and second class, Juniors and Seniors, and apparatus exercises for Men and Women. - Attended special meeting Central District Women's Board of Instructors. Presented invoice for 400 sets of Junior Boys' and Men's apparatus exercises \$486.00, previously approved. - Bills for folders and refreshments for Conference \$4.63 and \$11.02. - Bro. Schnabl moved payment be made. Approved. Hyatt House for rental of Conference room, coffee and cokes \$56.06, approved for payment. - Recommendation from the Directors' Conference, purchase of 2 USGF age group gymnastic workbooks, 4 USGF code of points books for modern rhythmic gymnastics, and 4 USGF Class I, II, III routines for modern rhythmic gymnastics. Bro. Schnabl moved these be obtained. Approved.

BOI Director of Men, bro. P. Lebloch. Received AAU report from bro. J. Hardy; BOI will acknowledge. - Gave brief resume of Directors' Conference; minutes will be available for next Executive Board meeting. - Meeting bro. Walko, Sokol USA, will give him all calisthenics and apparatus exercises, - Bill from bro. Fina representing ASO at USGF Board of Directors meeting Oct. 12-14, Tucson, Ariz. Air fare and 3 days per diem \$335.00. Bro. Schnabl moved payment be made. Approved. - Bro. L. Laznovsky commented on how well the Conference meetings went, that Sokol is moving ahead, but still preserving the past.

Educational Committee. Sis. Schnabl reported the Library is almost complete, there are many pictures needing identification of individuals. A mailing to all Educational Directors will be released soon. Next meeting scheduled for November 5th.

Membership. Bro. R. Svoboda. Due to working commitments of members meeting was not held. Membership Drive started October 1st. Bro. Zitny suggests more promotion, through mails and in the publication.

Publicity - Czech. Bro. J. Rabas reported article written about Slet for Denni Hlasatel. Awaiting logo cut to head the articles. Suggestions: Material from District Directors' Conference be published. Translate material from the Gymnast.

Publicity-English. Sis. S. Pistorius submitted article to the Life Newspapers about District Directors Conference. Will check why 2 pictures of Slet Committee Officers have not been published.

Organizational. Sis. A. Basta. Suggestion made to contact Sokol Racine regarding their revitalization.

Editorial Staff. Sis. B. Prener. November issue will carry form for members' changes of address. Date of ASO Executive Board meeting will be added. Bro. Lebloch read excerpts from letters containing favorable comments, with suggestions that the covers be used on bulletin boards.

Uniform. Sis. B. Prener. Attended District Directors' Conference. Presented samples of warmup suits and new slippers. Decision was not to carry Warmup suits and to stay with present slippers. Orders coming in well.

Vice-President. Sis. B. Prener. Pins for members have been ordered. The Military Supply Co. will furnish the Gold-filled, Sterling, Bronze and Gold-plated pins, while the Green Duck Corp. will furnish the plain membership pins. Sis. Sotka and Bro. Basta will meet to compute the actual cost to our Units.

Financial Secretary. Sis. A. Sotka. Third quarter payroll tax reports filed. Attended the District Directors' Conference and made out and delivered their expense checks. Mr. L. Maciuszek of the Internal Revenue Service spent two days in our office going over our educational and financial records.

Treasurer. Bro. G. Basta, concurred with sis. Sotka's report and presented the third quarter (Sept. 30th), chart of assets and liabilities for comparison with 1975. Presented quotations for ASO audit from 3 sources: Robert H. Selden, CPA; Mr. R. Cobitz, CPA of Cleary, VandenBerg and Cobitz; and Mr. R. E. Pyburn, CPA. After discussing the matter, bro. Schnabl moved acceptance of Mr. Selden. Approved.

Secretary. Sis. E.J. Schnabl. Completed lengthy minutes of September meeting, sent to all Executive Board members and six Districts. Answered all correspondence, - prepared number of Citations of Merit. - Mailed letters for Merit Awards with checks. - Following up on lack of addresses for By-Laws mailing. - Requesting each Unit and District for copies of their By-Laws. Attended all sessions of District Directors' Conference as member of the BOI.

President. Bro. R. Zitny. Attended Moravian Day festivities. Visited the Northeastern District with sis. Prener and bro. Schnabl. Attended all sessions of District Directors' Conference and extended congratulations.

Sis. Ptacek presented additional Merit Award, approved by the Committee: sis. Kathy Babka of the Central District. Unanimously accepted.

Slet. Bro. Zitny read the minutes. Copies will be made for the other members. Quotations for seals have been received and will be ordered. As soon as these are received, mailing will be made. - Letterhead and envelope quotations received and orders placed. Assorted sizes of black and white glossies of Slet logo ordered by sis. B. Prener from Cicero-Berwyn Press for cuts, for use on checks and in publicity. - Bro. George Picha will be hired for the Slet and the Awards night festivities. - Program Book. Bro. G. Herink presented ideas as well as samples of request letter form. Would like to follow up on idea of a pictorial section of various Sokol doings. - Sis. Schnabl will check the Sheraton-Oak Brook regarding their policy concerning flying flags on three flag poles. - Sis. B. Prener checking prices of bumper stickers, luggage and window decals. - Suggestion: obtain T-Shirts with logo and have available for sale early in 1977. - The BOI is checking number tags for gymnasts, judges ribbons, and badges. - Recommended: Sokol Tabor (both halls) be obtained for Thursday and Friday evening. Young adult type music upstairs and polka downstairs, for those not wishing to attend banquet or special number competition. Decided: tickets for the special number competition will have a stub for entry to Sokol Tabor,

otherwise a modest fee will be paid. For Awards night, all competitors of apparatus competitions will receive a program book with a ticket for the Awards night. - All Slet Committee proposals were approved by the ASO Executive Board.

Southern District

AUGUST 26, 1976

Meeting called to order at Sokol Fort Worth, President bro. George Prevratil presided. Present: 13 delegates and two guests. Pledge of allegiance to the Flag followed.

Correspondence: Slavonic Mutual Fire Insurance Association, annual donation of \$100.00 to the Southern District, expressing wishes for continued success. Acknowledgement and appreciation will be sent. A copy of the 1948 Sokol Slet souvenir book. Unit report from Sokol Houston.

Reports: **Dallas.** Preparing for a gymnastic presentation at West-Fest and Dallas Women Center. - Finalizing plans for a clinic in September. **Ennis.** Membership dinner for honorary members and award of pins Sept. 26. - Plans for improvement of driveway. - 9 students for District course. - Gym classes resumed after brief vacation. **Fort Worth.** Two newsletters published containing information on social events and gym class registration. - 9 students attended course. - Hosted the District course. - Gym classes will resume in September. On agenda: volley ball tournament in Dallas and polka festival. **Houston.** 12 gymnasts attended District course. - On agenda: Circus Oct. 2 program and other entertainment. - Halloween party for children, Oct. 3.

Report of B.O.I. Bro. L. Laznovsky, Dir. of Men. District course successful, 43 students attended from the Southern District, 15 from Eastern and Northeastern Districts. Reports receiving 22 additional gym manuals to the 50 originally ordered. Recommends that excess manuals be retained and purchased for future courses. Approved. Expressed appreciation to bro. Milan and members of Sokol Fort Worth for hosting the course. - Volley ball tournament scheduled for Sept. 18 in Dallas. Has conferred with the District men's volley ball team coach regarding format rules and regulations for the team, which will be submitted at annual B.O.I. meeting. - USGF Coaches Congress will be held in Dallas, Nov. 12, 13, and 14, at Marriott Hotel.

Sis. S. Laznovsky, Dir. of Women requested Unit Directors for attendance reports. Clinic sponsored by Sokol Zizka, Dallas latter part of October. Registration fee \$50.00. Planning to attend and recommends that Unit Directors also attend. - Discussion on assistance toward the registration fee and travel expense. Bro. Harrell Hamilton moved to appropriate \$25.00 to each Unit Director of women, or her assistant, of local units; and \$50.00 to Directors of distant Units. Approved.

Report of Educational Director, bro. Parma. Reminds Unit Educational Directors to mail in reports. Will

resume educational classes at Sokol Zizka in September. Nutrition expert from the Health Department will give lecture. Sokol Fort Worth, during course had on display old Sokol items, parade uniform, post cards, Slet souvenir books, various pamphlets and 1965 commemorative Stamp collection. The educational program was discussed at length. Bro. Prevratil urges Units to continue and redouble their efforts in the educational program.

Report of Public Relations, bro. Milan. Attended the Olympics in Montreal, took films of proceedings, met several Sokols there. Commented on visiting the Expo-67 and the Czech Pavilion and the items on display pertaining to Sokol.

Report on the Course. Bro. Milan, termed the Beginners course successful. Instructors were: bros. Dusek, Vrzalik, and Milan; sis. Zabka and Milan. Several assisted in self improvement classes. Students attending: 4 from Baltimore, 8 from Cleveland, 5 Detroit, 6 Dallas, 4 Corpus Christi, 9 Ennis, 12 Houston, 9 Fort Worth and 1 from Yukon. Read schedule of typical day at the course. Several suggestions were made to the National BOI. Recommends that Unit Board of Instructors encourage the course students in teaching classes in their Units. Recommends purchase of two photos of the course participants, one for the National Office and one for the District Library. Approved. Bro. Prevratil thanked bro. Milan for the report, the instructors for their efforts, and Sokol Fort Worth for hosting successful course.

Slet report. Bro. Steinman, read the financial report of the receipts and expenses.

Bro. Prevratil reported on Czech Cultural Society meetings. The Program Committee has finalized schedule of activities for the Czech Day at the Fair, October 10. Activities will take place at the Coliseum, Women's Building, Band Shell, Big Tex Stage, and in front of the Hall of State building. Sokols have 30 minutes of time at the Coliseum. Program of activities will be distributed at the Coliseum.

Central District

OCTOBER 27, 1976

Bro. E. Halik, President called the meeting to order at Sokol Brookfield with 15 delegates all joining in the Pledge to the Flag.

Correspondence: ASO Merit Awards granted to Kathy Babka, Pam Satek, and Diana Schnabl; renewal to Kim Rus. ASO invoices totaling \$313.10 for song books, educational books, and mimeo work for recent course. ASO Special Assessment check of \$65.00 for Judges Clinic, April 24, 1976. Invitation to Sokol USA Lodge 306 Banquet. Sokolice Havlicek-Tyrs letter protesting food allowances for gymnasts. Sokol Milwaukee request reimbursement of \$100.00 clinic fee and travel of \$20.00 for gymnasts to local clinic. Referred to Central District BOI and ASO BOI for processing.

Reports: BOI Dir. of Women. Newly-elected director, sis. Marie Vachata excused. Sis. Basta read minutes of

special October 17th BOI meeting. - Sis. L. Jindra gave final report on 3 weekend courses held at Sokol Tabor, Sokol Berwyn, and Sokol Stickney. 27 full-time, 8 part-time students, 13 instructors; expense \$690.60. (Instructors paid \$5.00 per hour). Approved. - Second class girls meet - rental of \$47.50 approved for payment. Junior girls meet rental of Morton East \$81.32. Meals for course covered by \$10.00 fee charged. Final report will be given later. - All District BOI records turned over to sis. M. Vachata. Report accepted and payments approved. Bro. Halik thanked sis. L. Jindra for all her fine work during past year.

Sis. J. Pros stated airfare to Canada for sis. J. Jurew was \$127.96.

BOI Dir. of Men. Bro. J. Placek read minutes of Oct. 18th meeting. Calisthenics for Nov. 21st program. Volleyball: Men 10 teams, 2 divisions, 13-game schedule, \$15.00 entry fee. Junior Boys will play 2 Sundays, 6 teams, same entry fees. All units notified of St. Louis invitational meet. Sokol Berwyn, Tabor, Brookfield and Stickney attending. - Junior Boys meet Nov. 20th at 6:30 P.M. at Sokol Berwyn, followed by Awards and Social. - Dec. 11th First and Second Class meet; location to be announced - same routine. - Workshop scheduled for Nov. 3rd. Sokol Stickney, 7 P.M. Juniors meet of Jan. 15, 1977 postponed to Jan. 22nd. Olympic type medals to be awarded. Have purchased for all meets. - Bro. Rick Linhart held vaulters practice Oct. 24th and Nov. 14th at Sokol Tabor, 10 A.M. Commented on Houby Day Parade; District to get own spot. Sis. Prener moved Houby Day Parade committee be elected at annual meeting. Approved, bro. Pirka opposing. - Gave St. Louis workshop report; have nice Junior Class. - Urge better planning of future events for District participation. Oct. 22nd, Dancers performed; 2nd class Berwyn girls, and group of tumblers. Bro. F. Kala was MC. 45 minute program was well received. Bills presented by Director: \$165.00 airfare to St. Louis, \$7.18 postage, and \$100.00 per diem for 2 days for 2 people. Entry fees of \$135.00 turned in to Treasurer. Sis. Pros moved report be accepted, seconded by sis. Halik. Approved. Bills approved for payment. Sis. J. Pros reported on Bicentennial Program of Nov. 21st. Sokols to have rehearsal for calisthenics, vaulting, and dancers at 9 A.M. Leaders: bro. F. Kala dancers; bro. R. Linhart vaulters; bros. J. Placek and S. Barcal and sis. M. Vachata calisthenics. Urge all to attend and parade in gym or parade dress uniform for mass assembly. Tickets to be paid and/or returned to sis. J. Pros.

Report of Social for District Directors held Oct. 23rd given by sis. Pros. Small profit of \$78.82. Hall rental bill outstanding. Thanked all who worked.

Bro. Kala reports Rick Linhart having difficulty obtaining gymnasiums for vaulters practice. Urges units to help. - For North Riverside program bro. Halik had to sign injury release form for gymnasts. BOI to poll all units regarding their insurance coverage. Mentioned dancers had to turn down requests to perform because of part-time work, and other events.

Sis. B. Prener reported Auditing Committee audited 1976 Slet Report and bro. R. Svoboda, Financial

AMERICAN SOKOL

SOKOL GYMNAST

December 1976

Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402



The
American
Sokol Board of
Instructors send their
Greeting for a
Happy Holiday
Season and "Upward
and Onward" to the
Slet Year 1977.

Sletu Zdar!



Upward - Onward to "77" Slet Competition Fitness!

By Oldrich Kudrnovsky

Do not ask for a task equal to your strength, but ask rather for strength equal to your task. -

The competitive fitness denotes a high M-S-Q (Motor Skill Quotation) a high level of proficiency in performing competitive skills.

The remainder of this article has largely to do with:

1. General principles of Motor learning.
2. The most expedient methods, techniques to acquire the Motor learning basics, namely, M-S (Muscular Strength), M-E (Muscular Endurance), Flexibility.
3. High M-S-Q.
4. Lesson plan.
5. Pre-comp. touches and Final evaluation.

1. General principles of Motor learning:

Planning - Intelligent planning is one of the foremost assets to a successful training season.

Challenge; effect and social approval: - the skills selected for practice must challenge the learner's ability, and at the same time it must be in striking distance of success - it must present the element of social approval of the achievable success.

M-skill (Motor-skill) mastery - all M-skills must be overlearned. They must be drilled over and over until totally mastered.

Correct practice - not any kind of practice, but only correct practice makes perfect.

Short practice - shorter and more frequent practice bouts are preferable to long ones. As practicing to the point of exhaustion may result in an incorrect learning and injuries.

Demonstration, explanation - we learn faster through demonstration than by hearing about the skill procedure. Nonetheless, the combination of both, demonstration and verbal explanation bring the best results.

Over-instruction and over analysis - when a learner is exposed to over instruction or over analysis, his progress is slowed down.

Retgression - at the beginning of the training season, the learning usually gets poorer before improving.

2. Motor Learning Basics:

M-S - The maximal amount of force that muscles can exert.

The most expedient method to increase the M-S is the application of the principle of overload. This principle states that in order to increase the M-S the muscles must be taxed to their maximum capacity. And when the adaptation to this demand takes place, then the taxation is upgraded to the maximum capacity of this newly established capacity. This coping and adaptation is continued until the optimum level of the M-S is attained.

Manner of procedure:

Make a careful analysis to find out the prime movers in the muscular group to the proficient performance of the competitive skill. Then, select a specific set of exercises to develop these muscles.

Example for muscle groups of shoulders; chest; abdomen and arms: - Stage one: Slow hip circle uprise, via L-hang pos. knees bent. Stage two: The same as St. one, but straight knee L-hang. Stage three: The same as St. two, but L-hang hold 3". - Stage four: The same as St. two, but in L-hang pos. bend and stretch knees several times before the final hip circle uprise.

Stage five: The same as St. two, but when you reach "kip pos." come to front inverted hang and lower via front lever to front hang and then complete the hip circle uprise as in St. two.

Repeat each set of exercises at each stage one - three times. - If necessary continue from stage five on, compounding the work-load with additional exercises until the desired M-S development is secured. Progression from lower to higher stage takes place: when the capacity taxation decreases to the submaximal level.

M-E - the capability to conserve muscular energy by proper use of the body and its parts; to expend the muscular energy economically with the least stress and strain, and to lower the sensitivity threshold to pain and fatigue.

Same here, as in the case of M-S increment, the principle of overload is used. But for the improvement of M-E, the stress is laid on the progressively increasing number of repetitions, and only at sub-maximal taxation of M-S capacity.

Manner of Procedure in application of this principle:

A. Individual Event Competition:

Stage One: Start with an effective warmup.

Stage Two: Go through your competitive routine in its entirety.

Stage Three: Shorten your rest period to a level slightly before your complete recuperation, and before you repeat the entire routine again.

Stage Four: Repeat the same as in stage three but shorten recuperation some more before going through the whole routine again.

Final Stage: Continue in this procedure, gradually shortening the recuperation periods to their absolute minimum.

B. All-round Competition:

Stage One: Match your warmup to the one you will use in real competition.

Stage Two: Go through the entire round of the competitive events, allowing yourself a little less time between the individual events, than that of the time usually allowed during the actual competition.

Final Stage: Repeat the same for good measure.

Flexibility - the functional capacity of the joints to move in the 100 percent of its possible movement range. The bone structure, muscles, tendons determine this range.

Improvement of flexibility: Move your bodily parts slowly to your maximum movement range, but never to the point of strain or pain - hold this position for several seconds - return to starting position and repeat at least six times, every day.

Precautions: Have a thorough warmup preceding your flexibility practice - do not ever use the ballistic stretch - taking a position where the muscles are stretched to the maximum movement range; and then dipping, jerking against the muscle to elongate it. Such procedure may tear the muscle and tendon tissues, and cause the reflex action, resulting in shortening instead of elongating the particular muscle or muscle groups.

3. **High M-S-Q** - the ability to perform proficiently neuro-muscular coordinated tasks. This ability is closely associated with better economy of energy - greater utilization in force application and relaxation - increased economy of motion - the transfer of like coordination patterns.

The road to learning M-skills can be shortened by the employment of the following methods and techniques:

Whole - Part - Whole method - the exercise is presented in its entirety. However, if its execution exceeds the learner's capabilities or reveals a gross faulty performance then, the exercise is broken down into simpler parts. Each of these parts is practiced until mastered, Then the whole exercise is tried again. This process of breaking down and putting the exercise together may necessitate several repetitions before a satisfactory performance is apparent.

The Transfer-training method - is based on the assumption that a previously learned coordinated pattern and knowledge of the way body produces and controls force to produce the desired success on the low level of the skill development, can then be transferred to the higher level of the skill development. In other words: The mastery of an easier and simpler exercise helps to mastery of a more difficult and complex exercise.

(Concluded next month)

Qualities of Instructor

By Mildred Prchal

First of all the instructor must be an example of what he preaches. His appearance, his conduct - must everywhere and always show the results of his own belief in the wisdom of physical culture, he does not allow himself loss of temper - he does not use coarse or vulgar language. He is the embodiment of tolerance, patience and understanding.

If he wishes promptness from his pupils, he must himself be prompt. The instructor should be firm and be able to command respect and discipline. These, however, must not be created through fear of the instructor. Be kind to the children for whose moral and physical development you are responsible, but also make them understand that when they enter the Sokol classes, they agree to abide by the rules. When reprimand is necessary, this is done best privately, not before the entire class. A sharp reprimand before the class is apt to create resentment toward yourself. The class hour must leave a feeling of contentment and satisfaction for the instructor as well as for the pupil.

Sometimes the instructor must contend with a particularly disobedient and belligerent child. It is not wise to continually overlook incidents caused by the child and punish another for the same act. Children are quick to sense this unfairness. They feel the subconscious fear in the instructor and soon there is an end to their respect for him and the discipline expected by him. The instructor must not show partiality. Your conduct should be the same to all.

Some instructors punish disobedience by sending the boy or girl home. This is not punishment. He will play outside and later will tell the others how much more fun he had outside than in the gymnasium. It is much better to have him stand aside - pick a particularly lively game for the period - he will not enjoy being left out.

Again do not lose your temper . . . Do not yell or use coarse language. Coarse and improper language is against all principles of the Sokol system.

Then we have the pupils who are unusually awkward. They become the butt of jokes and laughter of the others. Such a child should be especially defended and protected by the instructor. The instructor who himself criticizes and makes sarcastic remarks about such a pupil instigates this condition in his class. The awkward and backward pupil should be given special attention by the instructor. Much can be done for such a child and the respect for an instructor who will go out of his way to help him will be greatly increased in the class.

It is best for the instructor to acquaint each pupil with the rules of the gymnasium and impress upon him that these must be obeyed. To this he must agree before entering the class. There will be no excuse later about not knowing this or that rule. These rules should be given orally and not in writing. It is easy to say that they did not read the rules etc. Such rules usually refer to the time of classes, cleanliness in the washrooms or lockers, mounting apparatus without guard, leaving the gymnasium upon termination of the class, etc.

Now as to the knowledge and teaching qualities of a good instructor: I have and always will contend that the good instructor does not need tremendous knowledge, there is no need for a master's degree in physical education to be a good teacher. He must, however, keep on with his studies to keep ahead of his pupils. Though his knowledge may not be broad, he must be able to teach what he knows. - It has been said that a teacher is born. This is not so. There are people who have a natural talent for teaching, to be sure, but any instructor who is sincerely anxious to impart knowledge to his pupils will find a way to do so.

Sister Sylvia Laznovsky - Southern Dist. Director



SIS. SYLVIA LAZNOVSKY has been the Director of Women for the Southern District since 1960.

Sis. Laznovsky is a member of a dedicated Sokol family; is a graduate of Ennis High School and Draughon's Business College in Dallas, Texas. She started in gym classes at Sokol Havlicek Borovsky in Ennis, Texas when the Unit resumed classes following World War II. The first Slet she participated in was in Corpus Christi in 1948. She attended her first Instructors' Course at Forth Worth in 1949, taught by bros. Kudrnovsky and Karasek; also the National Instructors' Course in Potter lake in 1957.

Sister Laznovsky is the Director of Women of Sokol Karel Havlicek Borovsky, Ennis, Texas, a position she has held for many years.

Sylvia has not missed a National Slet in Chicago since she began attending them in 1953, competing in all but one in 1969, but participating in all of them. She was also a part of the Texas Roundup presented at the National Slet in 1973. Her participation included Slets in St. Louis, 1955, Los Angeles, 1959; Cedar Rapids, 1960; Dallas, 1967; Czechoslovak Sokols Abroad Slets in Vienna in 1972 and Zurich in 1976. In 1972 she represented the American Sokol Director of Women and was delegate to four American Sokol conventions.

Sis. Laznovsky teaches little girls, junior girls and women classes in her Unit. She directs a staff of instructors for an enrollment of over 200 girls, junior girls and women. As District Director she travels within the District to assist with exercises and calisthenics.

Sis. Laznovsky's hours of devotion to Sokol are in addition to her regular employment for the Defense Contract Administration Services Region in Dallas, Texas, and commutes daily from Ennis.

Her brother, Larry Laznovsky, is one of the most dedicated and active Sokols in the American Sokol Organization.

Sis. S. Laznovsky's lifelong Sokol training has instilled in her the true meaning of Sokol ideals and principles which are so necessary in the perpetuation of the Sokol cause.

SLET NEWS

1977 Slet Judges

THE B.O.I. REQUESTS THAT ALL

Candidates for Judging the Championship Competition

PASS THE F.I.G. JUDGES COURSE.

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THIS APPLIES TO MEN AND WOMEN.

Secretary's books and records and found them to be in order.

Bro. Svoboda asked about October payment for Women's Director. Since sis. Jindra was finalizing course reports during month, sis. Prener moved October payment to be made to her. Seconded by bro. Kala. Passed.

Bro. J. Rabas inquired about showing Zurich Slet film at Annual Meeting Jan. 16, 1977. Discussion followed. Sis. Basta moved this be shown after regular meeting about 3:30 P.M.

Northeastern District

SEPTEMBER 29, 1976

Bro. Charles Schamanek, V.P., in the absence of bro. E. Jirousek, called the meeting to order at Bohemian National Hall. Present: 24 delegates. Bro. Schamanek asked delegates to stand in silent tribute to bro. Pavlasek who passed away.

Correspondence: Letter from bro. E. Jirousek, submitting his resignation as President of the Executive Committee, Northeastern District; a letter from bro. E. Jirousek, submitting his resignation as V.P. of Northeastern District; letter from bro. E. Jirousek informing members he is and will be active in his Sokol Unit; letter from bro. R. Jirousek to President of American Sokol Organization submitting his resignation as the Northeastern District member to Standing By-Laws Committee. Letter from bro. R. Zitny to bro. E. Jirousek informing him that A.S.O. accepted the request of the new unit for membership into A.S.O. - Motion by bro. Galik that the resignations of bro. E. Jirousek and bro. R. Jirousek be tabled until after the delegates meet with bro. Zitny. Motion seconded and approved with 17 affirmative votes, 8 negative votes.

Secretary's report: Minutes of last meeting accepted as mailed.

Vice President: bro. Kavan submitted report.

Treasurer's report: bro. Galik reported expenses for past month were \$616.23. Checking account balance as of Sept. 27, 1976: \$838.55. Bro. E. Jirousek submitted \$244 as balance due from donations by sponsors of the Slet. Motion by bro. Hoch that Treasurer's report be accepted as submitted. Approved.

B.O.I. Sis. Jencik introduced new District Directors, Bro. Richard Rejna, Dist. Dir. of Men, and sis. Helen Samec, Dist. Dir. of Women. Sis. Jencik reported that bro. Rejna, sis. Samec and she will attend District Directors Conference in Chicago, Oct. 23-24. Also, all units have started their gymnastic classes. - Bro. Rejna submitted District B.O.I. list of officers. Sis. Kunc moved that B.O.I. reports be accepted as submitted. Approved.

Unit reports: **Sokol Detroit.** Bro. Schamanek reported B.O.I. officers for 1976-77 were elected. Chief instructor is bro. James Kaliyoda. All classes are in session. Winter Gymnastic scheduled for Feb. 6, 1977. **Sokolice Detroit.** Four applications received for membership. Three new members initiated. B.O.I.

officers elected for 1976-77. Sis. Mary Ann Covert is Dir. of Women. All classes active. **Sokol Cleveland Cech-Havlicek.** Bro. Kavan reported all classes have started. General membership meeting will be held Oct. 3, 1976. **Sokol Tyrs Combined Unit.** Bro. Vavra reported all classes have started. Will have a concert by the Cleveland Philharmonic March 20, 1977. **Sokol Moravan.** Sis. Penovich submitted report stating monthly membership meetings have been resumed. Eleven members attended Northeastern District Slet.

Committee reports: A.S.I. Bro. R. Jirousek reported on beer festival held Sept. 11. 250 Club raffle will start Oct. 1.

Old Business: Bro. Galik reported flags were inspected, as directed, and found both needed replacement. Sis. G. Jirousek reported District Flag was taken from Zurich by Central District and will be returned to our District.

New business: Bro. E. Hoch moved that a committee be named at Oct. meeting, to find a gymnastic location for next year's Slet. - Bro. Vavra reported on his discussion with bro. Zitny, who will visit the Northeastern District on Oct. 2-3, 1976 to discuss matter of a new unit in A.S.O. Bro. Vavra moved a letter be sent bro. Zitny protesting the action of A.S.O. Executive Board overriding the recommendation of the Executive Committee of the Northeastern District and inviting bro. Zitny to meet with committee. Approved. - Bro. Hoch moved a committee be appointed to discuss matter of new unit's application with bro. Zitny. Approved. Bro. Schamanek appointed bros. Kavan, Kotlan, Galik, Rejna, Vavra; and sis. Jencik to formulate agenda for meeting with bro. Zitny. Meeting set for Sunday, Oct. 3 at 10 a.m.

Distinguished Visitor at Česká síň Karlín Hall

On October 28, 1976 sis. Georgia Jencik of Sokol Cleveland Cech-Havlicek and sis. Milada Voris of Sokol Tyrs, had the honor of welcoming the President of the United States, Gerald Ford on his visit to Česká Síň Karlín Hall, 5302 Fleet Ave., Cleveland, Ohio. Their picture appeared on the front page Oct. 29th issue of the Cleveland Plain Dealer.

Dressed in native Czechoslovak costumes, sis. Jencik and Voris offered bread and salt to the President as a traditional Slavic gesture of welcome. Speaking on behalf of all nationalities in the Karlín Community of Cleveland, and on behalf of Česká Síň Karlín Hall, sis. Jencik welcomed the President with these words: "Mr. President, on behalf of all the nationalities in our community and Česká Síň Karlín, we welcome you . . . and offer you our traditional Slavic welcome of bread and salt. Víťame Vás!"

Located in the heart of an old, stable Czech and Polish Cleveland neighborhood, referred to as the "Karlín" District (named after a district of Prague, Czechoslovakia), Česká Síň Karlín proudly boasts a membership of close to 6,000 members, many of whom

are Sokol members as is their energetic, hard-working Secretary, bro. Joseph Kocab of Sokol Tyrns. To our knowledge, this was the first time a President visited a Nationality Hall. Accompanying the President was one of our own Sokol members, Mayor of Cleveland, bro. Ralph J. Perk.

Sis. Georgia Jencik has served as Northeastern District Women's Director from 1972-76; is Junior Girls instructor at Sokol Cleveland Cech-Havlicek, and a member of the women's gym class; she is a teacher of physical education at South High School in Cleveland; a Life Member of Česká Sň Karln; and in July was one of the 16 women from the Northeastern District to perform in the Special Indian Club Number at the Czechoslovak Sokol Abroad Slet in Zurich, Switzerland.

Sister Milada Voris is Treasurer of her unit, Sokol Tyrns; a member of the women's gym class; she is employed at the First Federal Bank of Cleveland; a Life Member of Česká Sň Karln; and also was a participant in calisthenics at the Zurich Slet. We might add that Mila's husband, bro. Lad Voris served as past president of Sokol Tyrns.

Cleveland Sokol Units participated in the welcoming parade as they marched down Fleet Avenue in their navy blue jackets with Sokol crests, white pants, and red shirts. They were led by bro. Karel Vavra in the traditional Czech Parade Uniform along with bro. Edwin Jirousek in parade dress. Our Cleveland Czech Sokol Folk Dancers, under the direction of sis. Dolly Baca, dressed in their native Czech costumes, formed a welcoming party as the President entered the hall. It was indeed an honor for the Sokols to be represented on such a special occasion.

On behalf of all the Cleveland Sokols who took part in President Ford's visit to our Česká Sň Karln Hall, we sincerely thank bro. Vaclav Hyvnar of Sokol Tyrns, also Deputy Director of Ethnic Affairs for the City of Cleveland, and his wife, sis. Milada Hyvnar, for making it possible for our Sokols to participate, and for making October 28, 1976 a day for all of us Cleveland Sokols will remember.

40th Anniversary of "Second Class" St. Louis Sokolice

It was on November 5, 1936, when bro. Frank Prihoda came to St. Louis from Chicago, to become our gym instructor, signing up for one year. We are fortunate to have him among us after forty years. In 1976 he is serving us longer than any previous gym instructor in the history of Sokol St. Louis, and the oldest one in our American Sokol Organization.

When he started our gym classes were almost depleted as we had no regular gym instructor after the resignation of bro. Hugo Jecmen, who had been an excellent instructor. However, as soon as bro. Prihoda came he brought new life into the entire gymnastic activity.

One of the first novelties organized was the "Second Class" Sokolice, consisting of married women from the ages of 30 to 80 years. They became the most active body of Sokol St. Louis, reaching their peak in our St. Louis Sokol Slet of 1940, when 65 of them, in beautiful Czech national costumes provided by sis. Cecelia Moydell, gave a wonderful performance. Since then they have taken part in every one of our Gymnastic Exhibitions, with bro. Prihoda instructing them, and both reaching their 40th Anniversary. We, who still remember, are proud of them and I am sure that proud is also the present generation.

John Reiner
Sokol St. Louis

Good Advice

When the membership realizes that action and not mere words must be the aftermath of any decision, the officers can expect support and cooperation, and through this collective action will be able to plan into the future.

Despite many obstacles, our predecessors persevered.

Can we repeat the accomplishments of the past more than one hundred years? Is our faith strong enough to encourage support and cooperation for an organized effort to rejuvenate many of our activities?

It is vitally essential that our leaders implement their plans with effective action in order to secure and maintain the faith and support of the membership. The officer who does nothing cannot hope to attract the interest and support of others. We must continually analyze the past, find what mistakes have been made, and then try to plan for more success in future endeavors.

- Topix
Sokol Baltimore Sokol Belcamp

Don't Say It . . .

If you think that you are better
Than your neighbor 'cross the way,
Or that nature has endowed you
With a more perfect form of clay
. . . Don't say it.

If you know that you have talent,
And your neighbor naught but gold,
Or that all his goods are mortgaged
If the truth were only told,
. . . Don't say it.

If you know some dreadful scandal,
Such as gossips always court,
And could add a few words to it
When they call for your support,
. . . Don't say it.

Let your life be true and earnest,
Court discretion for your friend,
And though often you are tempted
A word to say that would offend,
Don't say it!

FINANCIAL REPORT

AMERICAN SOKOL ORGANIZATION

OCTOBER 1976

RECEIPTS:

Dues	\$ 3,528.50
Special Assessment	61.00
Dividends and Interest	50.10
Subscriptions to "American Sokol"	9.00
Resale of Jewelry	148.50
Sale of Songbooks	77.50
Sokol Manuals and Educational Pamphlets	238.10
UPS charges and Postage	2.80
Total Receipts	\$ 4,115.50
A.S.O. Uniform Division - Payment toward Advances	1,028.66
Transfer of funds from Savings to Checking for Merit Awards	2,600.00
	\$ 7,744.16

DISBURSEMENTS:

Administrative	
Salaries	\$ 575.54
F.I.C.A. & F.W.T. for Sept.	157.40
I.W.T. - 3rd quarter 1976	58.21
Rental, Janitor Service, Phone ..	367.15
Office Supplies, Postage	27.00
Rental of Pitney Bowes machine and Postage meter	106.99
Advertising	21.00
Repairs to Office Equipment	126.00
Travel Expense	661.55
Miscellaneous	20.00
	\$ 2,120.84

Board of Instructors

Salaries	\$ 490.74
F.I.C.A. & F.W.T. for Sept.	61.02
I.W.T. - 3rd quarter 1976	24.10
Editor "Sokol Gymnast"	30.00
Add'l. copies "Sokol Gymnast" ..	28.00
Travel Expense	335.00
Dues and Subscriptions	115.00
Code of Point books	125.00
Printing XIV Slet material	486.00
Mimeo Paper for running off Slet material	391.20
A.S.O.-B.O.I. District Directors Conference	2,968.61
	5,054.67

Educational Department

Salaries	\$ 153.35
F.I.C.A. for September	39.62
I.W.T. - 3rd quarter 1976	32.08
Office Supplies and Postage	18.88
	243.93

Sokol Publication

Printing "American Sokol"	\$ 840.38
Editor "American Sokol"	100.00
Postage "American Sokol"	70.38
	1,010.76

Miscellaneous

A.S.O. Uniform Division - Salaries, F.I.C.A. & I.W.T., Phone	\$ 420.73
Special Appropriations:	
Pacific District A.S.O.	299.60
Central District A.S.O.	815.60
XIV Slet Expense	39.60
Add'l. Merit Award	200.00
Transfer of funds from	
Checking to Savings	8,000.00
	9,775.53
Total Disbursements	\$18,205.73
Balance brought forward:	
Western National Bank of Cicero - Checking Account	\$11,261.39
Receipts - October 1976	7,744.16
	19,005.55
Disbursements - October 1976	18,205.73
	\$ 799.82

FUTURE SOKOL LEADERS FUND

October 1976

In memory of bro. Evzen Koepl:	
Kate Danko	\$15.00
Betty Prener	10.00
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Our New Library

On June 17, 1976, with co-workers Diana Schnabl, Marilyn Zdenek, EllenJeanne Schnabl and Lorraine Zdenek, Project Library started.

First step was to locate every piece of material in the basement, categorize it and write out, as we went along, information slips on every book, piece of music, etc.; extracting this information was an arduous task, as 95 percent of all this was in Czech.

We evolved our system of cataloguing, based on the Dewey Decimal System, but which fits our needs better.

Several steps in procedure led to the following: - Each book has three cards, color coded. These are according to title, author, and subject matter. Books have been repaired where necessary, are all marked with a catalogue number and have been placed on shelves. - Each pamphlet, program book, picture and piece of music (many with drill instructions) has one card, a master list, a catalogue number, has been repaired (where necessary), and placed in file drawers.

Our library has nine basic categories, these are: The Arts, Anatomy, Biography, Educational, History, Philosophy, Publications, Science, and Technical. Sub-categories are: Art, Drama, Folklore, Poetry, Songbooks, Health, Memoirs, Historical Památky, Geography, Travel, Essays, Speeches, Politics, Almanacs, Sborníky, Program Books, Economics, Nature, How-To Books, Textbooks. - Our Pamphlet file is in drawers, the categories the same, pamphlets are considered anything under 40 pages. Music and drills are also in drawers, categorized according to Slet material, or others, for instance - special numbers with instructions, folk dances, etc. These are filed according to composer, alphabetically. Program books and pictures are filed according to organization, district, unit and others, chronologically. All these have a file card and a master list.

Because of the value of its contents, our library will be used strictly as a reference library and will be worked on an appointment basis.

Three of us worked every day, several hours each day, since June 17th. Sis. Schnabl assisted in any way she could, as she had time. It was a happy thought which prompted the hiring of these two young ladies. They brought competence, imagination, dedication and plain hard work to a job that was hot, dirty, and very often tedious. We are all proud of the result.

I am pleased to report that the library we were assigned to set up is now an accomplished fact. - Nazdar!

Lorraine Zdenek

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Sokol Greeting

Our Sokol greeting NAZDAR is a Czech word meaning "On to Victory," "On toward Success!" We end each class with this salutation. The instructor says the word NAZDAR, and the gymnasts answer loud and clear - ZDAR . . . It's a special word with a deep feeling for all Sokols, so the next time your instructor calls the class to attention and says NAZDAR, make your ZDAR ring from the rafters!

Sokol West Suburban

Zurich Excerpts . . .

"The Sunday Slet was unique and an unbelievable experience for all of us. We cannot express the feelings we felt as we represented South Omaha Sokol, the American Sokol Organization, and the United States in this fantastic exhibition composed of Sokols from all over the world. Our trip was a fantastic and very educational one, and if you ask anyone of us, we'll be glad to tell you all about it!"

Jolene Hamann, Sokol South Omaha

"When the Sunday afternoon Slet program began, we realized we were not just participating in another Sokol Slet, but a festival for peace.

"The highlight of the program was the senior men and women performing the Slet calisthenics which was the final number.

"I was placed in the middle of a group of men who spoke only Czech. I cannot describe the feeling I had while performing the calisthenics that Sunday afternoon."

Bud Benak, Sokol South Omaha

Comments from those attending: We received a great sendoff at the airport. - Indian Club number was great - girls entered behind the United States Flag, Vienna girls entered behind the Austrian Flag, - very impressive entrance, was suggestion of bro. Paul Lebloch. - Slet general assembly lasted 55 minutes - Sokols Abroad are on the uprise - much enthusiasm shown from the audience - well organized by the Waldaufs - good band music and excellent speaker system - good stadium - bro. Dusek spoke with sis. Marie Provaznik, who was extremely impressed with the Indian Club number. She thanked the American Sokol Organization for their participation. - The Senior Men and Women calisthenics were excellent.

Northeastern District BOI Minutes

We really enjoyed being a part of the American Sokol family. Tom was very proud that he could carry the Bicentennial Flag and be a member of the American Sokol Organization relay team.

Lubomir Hintnaus, Sokol Los Angeles

Immediately after the Slet in Omaha, our bus took us to the airport for the tour to Czechoslovakia. Our 12-day tour started on June 15th. Contributing to the highlights of the tour were Jaroslav, our bus driver, and Vera, our tour guide, whose love of their homeland, Czechoslovakia, was apparent in all of their actions. Jaroslav was not only a good driver, but a good singer



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* * *

Some pay their Christmas bills
when due. Some pay their bills when
overdue. Some never do . . . How do
you do?

* * *

Some fellows are like blisters: they
show up when the work is done.

* * *

When you get something for
nothing, it means that you haven't
been billed for it yet.

* * *

Fear knocked at the door. Faith
answered. No one was there.

* * *

If wise men make fewer mistakes
it's because they learn from them.

* * *

In these days of inflation, many of
us would be happy to pay as we go, if
we could only catch up paying for
where we've been.

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of all the Czech songs. When Vera wasn't busy describing the various types of architecture, or telling us the history of the country, we were singing along with Jaroslav. We travelled some 2,000 miles in 12 days, saw many beautiful sights, visited castles, churches, town squares, small villages, talked with the people, even went into some of the homes in the villages. The scenery in the mountains and the farm country was beautiful. Back to Praha and then on to Zurich via Austria, Bavaria, and Lichtenstein.

Climaxing this wonderful tour was the Slet of the Czechoslovak Sokol Abroad. All of the numbers in the Slet were very good. The Moravian Beseda was performed by eleven circles of dancers in colorful costumes. The highlight of the Slet was the calisthenic drill composed by the late Jarka Jelinek. About 500 men and women performed the drill beautifully. Many of us had tears in our eyes as we watched and thought of bro. Jelinek and the memories of years gone by.

Henry E. Jansen, Sokol St. Paul

"The IV Slet of Czechoslovak Sokols Abroad, was the manifestation to all the Sokols and the Slavic world,

that the Sokol idea, which was founded by Dr. Miroslav Tyrs in 1862, for the betterment of his beloved country, and flourished, did not fade away or was forgotten after 1948.

Sunday, July 4th, 1976, was the main day of the IV Slet of Sokols Abroad, - what better way could we have spent celebrating the birthday of our Country?

When it was all over, and we said our last Nazdars . . . we came away inspired and proud to have been part of such a well coordinated and disciplined Sokol undertaking. It took many hours of dedicated planning and cooperation. We can sincerely say they had the "AIM," their "TASK" was not without some difficulties to be overcome, and they certainly reached their "GOAL."

To the IV Slet of Sokols Abroad . . . ZDAR! ZDAR! ZDAR!

Jarmila Zboril, Sokol Detroit
Ladies Auxiliary

ZDAR! ZDAR! ZDAR! . . . To "SLET 1977 - UPWARD AND ONWARD"! Chicago, June 23, 24, 25, 26, 1977.

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