

AMERICAN SOKOL

VOL. XCVIII - NO. 2

FEBRUARY 1977

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

TWO OF OUR GREAT PRESIDENTS



ABRAHAM LINCOLN

Feb. 12, 1809

Apr. 11, 1865

16th President

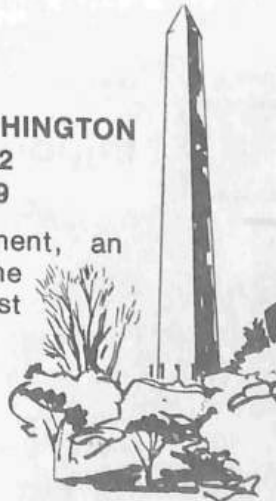
Abe - The Rail Splitter

GEORGE WASHINGTON

Feb. 22, 1732

Dec. 14, 1799

Washington Monument, an obelisk erected to the memory of the first President of the United States.



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S
GYMNASTICS

AMERICAN
SOKOL ORGANIZATION

LET '77

AMERICAN SOKOL

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EDITORIAL STAFF

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at ASO Office.

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ATTENTION

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

Calendar of Events

FEB. 19 - SOKOL BALTIMORE
105th Annual Sibrinky

FEB. 19 - SOKOL TOWN OF LAKE
Masquerade Dance

FEB. 20 - SOKOL MILWAUKEE
Jaternice and Pork Dinner

FEB. 20 - SOKOL BROOKFIELD
Pancake Breakfast

FEB. 26 - SOKOL DETROIT
Annual Joint Meeting
Sokol Cultural Center

FEB. 26 - SOUTH OMAHA SOKOL
Gym Club Dance
Gross High School

FEB. 26 - SOKOL BERWYN
Las Vegas Night

FEB. 27 - CHICAGOLAND SOKOL INC.
Installation of Officers
at Sokol Stickney

MAR. 6 - SOKOL CLEVELAND CECH-HAVLICEK
Spaghetti Dinner

MAR. 10-12 - 5th Annual Eastern Women's
Intercollegiate Gymnastics Championship
Towson State University

MAR. 12 - SOKOL TABOR
Annual Exhibition

MAR. 13 - SOKOL STICKNEY
Corned Beef Dinner

MAR. 19 - SOKOL BROOKFIELD
Annual Exhibition

MAR. 20 - SOKOL SLAVSKY
Annual Exhibition

MAR. 20 - SOKOL GREATER CLEVELAND
Cleveland Philharmonic Orchestra
Concert

MAR. 26 - SOKOL BERWYN
Annual Exhibition

EVERY MONDAY - SOKOL MIAMI
Social and Supper
Czechoslovak Club
13325 Arch Creek Road,
No. Miami, Fla.

Important XIV

American Sokol

Slet Days

Thurs., June 23

Presidents Dinner and Meeting

Fri., June 24

Banquet

Sun., June 26

SLET

Nazdar! 'Till we meet again!

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVIII

February - 1977 - Únor

No. 2

CZECHOSLOVAK BICENTENNIAL

MORTON WEST

NOV. 21, 1976



Assembly of all participants, representing 18 organizations.



Seniors and Juniors - Central District American Sokol Organization - performing calisthenics.



Central District ASO - Tumbling Group.

Gymnastics Not Just For Youngsters

Lou Teichman is 64, but he still manages to get to the gym two or three times a week to work on his gymnastic routine. "When I was younger, I'd go four or five times and work out for about two hours," Teichman said. "It helped keep me in shape for my truck driving job. And it still helps to keep me in condition for office work."

Jacquelyn Eisenstein of Livonia is another devoted gymnast. "I'd recommend it, absolutely," she said. "Especially as you get older, it helps to keep you in shape. And there's a certain amount of discipline involved that I think we all have to have."

Gymnastics isn't generally viewed as a participation sport. To most people it's simply one of the more graceful Olympic events, something for the young people of the world.

Teichman, of Allen Park, and Mrs. Eisenstein, 53, are not exceptions. There are a great many gymnastic enthusiasts who work out regularly at the Sokol Cultural Center in Dearborn Heights. Gymnastics was popular with members of the Sokol long before Russia's Olga Korbut and Romania's Nadia Comaneci created and international fad in the last two Olympic meetings.

The Sokol is one of the oldest gymnastic clubs in the State, and Teichman and his wife, Lillian, have been

among its most active members over the years. In 1929, Teichman, then 17, joined the Sokol. "I've been teaching gymnastics for 47 years," Teichman said. "I first tried gymnastics when I was a 12-year-old in the Ellis Elementary School (Detroit). "There is much more to gymnastics than just competitive routines. Try working out in the gym as much as possible, and, in a month's time you'll see the difference. It surely will tone you up, and it'll improve your breathing, too."

Lillian Teichman is just as active in gymnastics. She has been teaching in the Sokol ranks since 1938. Mrs. Eisenstein and her husband, George, 56, also are members of Sokol. "If you want to keep physically fit, that's the best way to do it," Mrs. Eisenstein said. "We go once or twice a week, do calisthenics, and work out on the parallel bars, and rings."

Jim and Jerry Kalivoda of Garden City are avid gymnasts. "It's never too late to start, not at any age," Kalivoda said. "It's the perfect thing if you're looking for recreation and exercise. For me, it's tremendous relaxation. I could have all kinds of problems, but five minutes after I start I can forget about everything and concentrate on gymnastics."

The Sokol has many young members, including former high school and college gymnasts who have continued their participation in the sport.

Excerpts from The Detroit News
Article by Ken Williams, Sports Writer

Sokol Milwaukee

Starting its 109th year of Sokol activity, Sokol Milwaukee held a wonderful Membership Banquet in October at the Cudworth Post. It was an evening to thank our past and present officers and a "special recognition" for sis. Vlasta Vojta for her many years of work in the Holiday Folk Fair. A senior group of members added a Czech cultural touch to the program by dancing the Beseda.

At this banquet the great problem facing us was brought forth. In the latter part of July, the International Institute informed us that we could no longer use their facilities for our gym classes. This caused us great concern and after many months of disappointments and frustrations, we were able to relocate to a beautiful gymnasium at the Pilgrim Park Junior High School in Elm Grove. This is on the far west side of metropolitan Milwaukee. Here our costs will rise considerably, but Sokol and Sokolice Milwaukee were not about to become a "dinner, knife and fork" association. It is in this area that the National and District officers should expend more effort to keep present units active. We have witnessed too many units fall by the wayside.

We have continued to be very active in the Holiday Folk Fair. Our Exhibit Booth was fortunate to again win a \$500 prize. Home-made Christmas ornaments, made from wood shavings, cloth, felt, nuts, corn husks, etc., were made in the booth. We wish to thank sis.

Melody and bro. John Erd for their efforts in taking charge of this booth. Thanks must also go to ALL Sokolice and Sokols who helped to make this event a success and for all the donations given to the Food and Sales booths. We could not do it without you.

We are, at the present time, in the process of raising \$3,000.00, which will be used to pay for our "Czech Hospoda" in the permanent European Village Exhibit at the Milwaukee Public Museum. We are looking for Czech items that can be displayed in the rooms, such as - pictures, plates, costumes, pillows, doilies, bed covers, glassware, floor coverings, books, knick knacks, et. - These can be either outright donations or on loan for 1, 2, or 3 years. You will retain full ownership of items you wish to lend, and this will be acknowledged by the Friends of the Museum, Inc. If you wish to donate money, make checks out to Friends of the Museum, Inc., and send them to me. Also, if you have something you would like us to have, or use, please contact Fred Stankovsky.

Sokol and Sokolice Milwaukee will have their annual Jaternice and Pork Dinner on Sunday, February 20, 1977, at the International Institute, beginning at noon. This is by reservation only.

Sokol and Sokolice Milwaukee will continue to preserve our Czech culture, heritage, and Sokol ideals!

Nazdar!

Fred C. Stankovsky, Secretary

Southern District

EX. BD. - DEC. 2, 1976

Meeting called to order at Sokol Fort Worth, presiding bro. George Prevratil, Pres. Present: bros. Don Steinman, Oldrich Parma, Larry Laznovsky, Jerry Milan, Frank Cechan, Stuart Hamilton, Darrell Williams, Harrell Hamilton, sis. Bernice Hamilton, Sylvia Laznovsky, Helen Parma, and Vlasta Laznovsky. The members pledged Allegiance to the Flag - observed a moment of silence in memory of deceased members bros. Ernest Hanka and Oscar Helmeamp, Sokol Houston.

Correspondence: American Sokol Organization sent Season Greetings and form for roster of 1977 Officers; 1977 Slet Seals; Sokol pins now available and prices of same; available are membership kits; reminder from Membership Drive Committee; - Sokol Corpus Christi, bro. Sijansky requesting 1948 Prague Slet film - appreciation card from bro. and sis. Prchal. Unit report from Sokol Houston.

Reports: **Dallas.** Annual meeting Nov. 21, attended by 93 members. Mulvahill and Methany clinic Dec. 3-5; Unit BOI clinic Dec. 14 and 16; Christmas program and party joined with SPJST Lodge 130 and Circle of Czech Women Dec. 19; hosted annual BOI meeting. - **Ennis.** Nov. meeting attended by 34 members; bake sale to benefit traveling fund Nov. 23 very successful; physical fitness test, girls, Nov. 30; boys Dec. 15; donation of \$100. to Sokol Corpus Christi building fund. On agenda: bake sale Dec. 21, New Year's Eve dance Dec. 31. - **Fort Worth.** Nov. meeting attended by 23; annual meeting Dec. 14; Award Banquet to honor members with 5, 10, 40, and 50-year pins; Christmas party jointly with SPJST Lodge 154, Dec. 19; bro. Steinman represented Southern District at chartering of new lodge in Burleson; parents' meeting to inform of coming District and National Slets. - **Houston.** Nov. meeting attended by 18; 10 girls competed with local gym club; turkey dinner, social and dance Nov. 14; membership Christmas Party Dec. 17; annual meeting Dec. 12. - **Yukon.** Letter from sis. Garrett to BOI and President, - attempting to start gym activity, tumbling, warm-ups, table tennis and volley ball. Dir. of Women, sis. Laznovsky will meet with sis. Garrett Dec. 5.

Report of Educational Director. Bro. O. Parma received educational material from bro. Dusek, material written by sis. Provaznik, copies made for Units. Letter from American Sokol Educational Committee regarding material "laws of triangle"; requesting Unit Educational Directors to mail annual reports. Unit Committee: Dallas, 1948 Prague Slet film shown to gym classes, 2 singing sessions - Ennis, lecture on Sokol at little girls gym classes, Czech dances and Pledge of Allegiance to the Flag taught to girls classes - Fort Worth, bulletin board contains various educational material and changes are made monthly.

Report of Public Relations. Bro. J. Milan attended USGF Coaches Congress in Dallas, annual BOI meeting, and BOI Conference in Chicago. Visited Sokol Brookfield Library, conversed with bro. Pirka, commented on his vast knowledge of Czech history.

Local (Fort Worth) paper referred to Sokol Gym classes and to sis. Milan's recent painting appearing on two gymnastic magazines.

Report of Board of Instructors. Dir. of Women, sis. Laznovsky prepared and mailed minutes of annual BOI meeting - attended USGF Coaches Congress in Dallas - plans to attend Mulvahill-Methany clinic in Dallas - District Slet apparatus routines for little girls being distributed to Unit Directors.

Dir. of Men, bro. Laznovsky attended USGF Coaches Congress - conducted annual BOI meeting, gave brief report - attended BOI Conference in Chicago; also Executive Board meeting. Purchased men's rules of USGF - presented bills for this material and Men's prostna film. Both approved for payment. Volley Ball tournament scheduled for January 29 in Ennis. District men's Volley Ball team and Sokol Fort Worth will sponsor a USVB tournament, consisting of six divisions Feb. 26. Details being finalized.

Motion by bro. Parma the District Directors be reimbursed the registration fee of \$25. to the USGF Coaches Congress. Approved.

Bro. Prevratil reported on Czech Cultural Society meeting in November. Czech Day at the Fair was successful. Requested to serve on nominating Committee.

Pacific District

NOVEMBER 30, 1976

Meeting held at Sokol Hall, Los Angeles, sis. L. Nekuda, President, presiding. Present: bro. V. Salak, V.P., sis. L. Kis, Secy., sis. B. Haralik, Treas., bro. L. Hintnaus, Dir. of Men, sis. Pelc, Dir. of Women, bro. J. Liska, Educ. Dir., and bro. Dusil.

Special Board meeting called at 9:30 p.m.

The date for the Pacific District Annual Dance was changed to January 29, 1977, and the Annual Meeting to January 30, 1977.

A reply received from American Sokol Organization Ex. Bd., regarding official Zurich Slet film, informing us whom to contact. Sis. Nekuda will make necessary inquiries. - Letter from Executive Board offering seals for the XIV Slet to be held in Chicago June 22-26, 1977. Bro. Dusil moved, seconded by bro. Salak, a donation of \$5.00 be sent.

Preparation for our Annual Dance: admission \$5.00 per person, 2 tickets to be sent with each invitation. Cocktail hour 7:30 p.m., dancing 8:30 p.m. Sokol Sisters will be asked for pastry donations. Buffet dinner will be served.

Bro. J. Liska, Educ. Dir., read letter written in Czech, with English translation, regarding teaching the Czech and Slovak language to the children of each Unit. Letter to be sent to other Units.

Meeting adjourned 10:30 p.m.

Central District

NOVEMBER 24, 1976

Meeting called to order at 8 p.m. by President, bro. E. Halik presiding, - 15 delegates present joined in the Pledge of Allegiance to the Flag.

Correspondence. Term membership pins available at American Sokol Organization Office. Prices range from \$1.75 to \$6.30. Also \$2.00 Membership Kits which include plain Sokol pin. - American Sokol Slet Committee sent Seals for XIV Slet. Approved \$10.00 donation. - Received American Sokol Organization check for \$690.60 for weekend courses held; also \$95.00 and additional \$30.00 for late entry to Midwest Gymnastics Clinic held June 18-20 at Northeastern Illinois University. - From North Riverside Park Merchants \$50.00 donation for participation in Ethnic Week. - Sokol Brookfield Board of Directors adjusting hall rental for Social to \$100.00 plus \$33.00 bar expenses. - Check for \$33.16 from sis. L. Jindra as refund for food charges at weekend courses. - Czechoslovak American Bicentennial Committee letter of appreciation for our part in this impressive program, very successful and well attended. Sis. B. Prener moved copies be sent to Units and B.O.I. of each Unit. - Sis. J. Pros, in charge of ticket sales for this event, asked Sokol Berwyn, Cechie and Slavsky to settle their ticket account.

Reports. Sis. M. Vachata, Dir. of Women. Sokol Berwyn will host invitational volley ball games. - Merit Award winners: Pam Satek, Kathy Babka, Sokol Slavsky; Diana Schnabl, Sokol Berwyn; - Renewal, Kim Rus, Sokol Stickney. - Recent Weekend courses well received. Games Chairman and 1st Class Assistant to be elected. - Sis. J. Jurew to hold modern rhythmic workshop in December. - Sis. E. J. Schnabl to write 1st Class Competition exercises. - 1st and 2nd Class meets to be held in May. - Sis. S. Pistorius checking Junior High School in Downers Grove for available Saturday. - Suggest change Awards Banquet to Dance or magician show. Good performance of Sokol in Bicentennial program. - Attended Dist. Dir. Conference. Expense - \$13.00 for postage, approved. - BOI recommends phone for Sokol use only, separate monthly billing, cost about \$6.80; approved. Extended invitation to Combined BOI meeting Dec. 8 (Christmas Party \$2.00 charge). Tentative Exhibition dates: March 12, 1977 Sokol Tabor; March 19, Sokol Brookfield; March 20, Sokol Slavsky; March 26, Sokol Berwyn; April 2, Sokol Stickney; May 7, Sokol West Suburban.

Dir. of Men, bro. J. Placek. Men's volley ball tournament underway. Juniors volley ball tournament scheduled Dec. 5 and 12, 11:00 a.m., at Sokol Berwyn. Each unit to send one adult to help officiate. - 4 volley balls purchased to be used as trophies. Cost \$62.20, approved. - Many plan to attend St. Louis invitational games. Reserved 22 rooms. - Basket ball games to be held during Christmas, entry fee \$30.00 for Senior, and \$20.00 for Junior teams. Will hire referees for Senior games; volunteers for Junior games; - subject to Games Committee approval. - Approved, Stickney Juniors to play with Seniors. 9 entered Nov. 20 Junior boys meet.

Entry fee of \$13.00 turned in. Each unit asked to send 2 judges, or pay \$10.00 fine for each judge not furnished. Use ASO 1975-76 tournament rules as modified at ASO BOI conference. - New Masters Division, for those over 35, planned for 1977 Slet. If enough interested will hold same. - May 21 Senior meet. - All units to submit information on insurance coverage for use during future events. - Attended District Directors Conference. - Future meets: 2nd Class, Dec. 11, Sokol Stickney - Jr. Boys, Jan. 22, Sokol Brookfield (Social to follow) - Jrs. and Srs., May 21, Sokol Tabor - Trophies for all meets, \$243.23; approved for payment. - Bro. E. Halik suggested holding Unit Directors conference in May or June (after the meet) and make plans for 1977-78; and approximate expenses.

Bro. E. Halik mentioned good turnout for Bicentennial program. Bro. Placek said 99 participated. Listing in program, incorrect. Bro. Halik stated should have been Central District. Also felt our District Directors were not called on to help direct our part of the program. Thanked all who worked and participated in program.

Educational Committee: bros. E. Pirka and F. Kala preparing Czech and English carols to be sung during Christmas Holiday; also various customs of the period.

Approved advance for postage for sis. A. Basta; also reimbursement of coffee expense for Sept., Oct., Nov. for bro. E. Pirka.

Sis. J. Jurew reported attending Southern District annual meeting at Sokol Zizka while in Dallas for USGF meeting. All plan to attend 1977 Slet and look forward to great Slet activities.

Annual meeting Sunday, January 16, 1977 at Sokol Tabor, 9 a.m. Sis. A. Halik in charge of buffet luncheon. Bro. E. Halik will contact bro. J. Rabas regarding film of Zurich Slet to be shown after meeting.

Sis. E.J. Schnabl moved no meeting be held in December. Officers are empowered to act on any important business during this period.

Financial report of receipts and disbursements read.

Bro. E. Halik wished all present a Happy Holiday Season and adjourned the meeting.

Are Your Uniforms In

Order For XIV SLET?

Order Them Now!

SOKOL GYMNAST

FEBRUARY 1977

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

SLET '77 BULLETIN

THE SOKOL SINGS:

With the commencing of the Slet '77 program on Sunday afternoon, all participants will join in singing of the National Anthems, accompanying the Slet Band. - At the conclusion of the Slet calisthenics and marching off the field, the I and II Class boys and girls will sing the English version of "Let! Sokol Pěkný Pták" - "Fly You Sokol". The Junior Boys and Girls will sing "Lví Sílou" - "With Lion's Strength". The Senior Men and Women will sing in Czech "Hoj Vzhůru Pestrý Sokole". All songs can be taught from our Sokol Song Book.

A NEW MEN'S MASTER DIVISION:

Men 35 Years of Age and Over

At the National District Director's Conference, held in Chicago, November 1976, a new division for Men - 35 years and over - has been formed. It will be known as the MASTER'S DIVISION OF MEN. The men in this group will participate in apparatus tournament by performing the exercises in **Men's Low A Division**. All Men 35 and over are eligible for this division including winners from previous Slets. Only individuals will be entered - no teams will be formed or considered. Individuals entered in the regular A Division Competition will not be allowed to compete in this classification.

UNIT SPECIAL NUMBER COMPETITION:

For the '77 Slet the Special Number Competition will be on Unit level. Rules to apply will be sent to all Districts and Units.

FOLK DANCING:

Dances and Music to be performed are new, **Hofehronský Čardáš**, and will be distributed to District Directors. The dance is composed of 12 dancers - 6 couples. Czechoslovak National

Costumes to prevail. Arranged by Fred Kala, Text by Lorraine Zdenek. Each Unit can arrange its circle.

DISTRICT VAULTING NUMBER:

Each District will present their own vaulting exercises, on their selected apparatus. (Long Horse, Broad Horse, Buck, Parallel Bars, Swedish Box, Vaulting Table, etc.) Time limit is 8 minutes. Juniors and Seniors may be combined. Music will be the same for all Districts, played on tape.

MODERN RHYTHMIC

GYMNASTICS COMPETITIONS:

A new competition has been created for Junior Girls and Womens Division. It will consist of compulsory exercises listed in the MODERN RHYTHMIC GYMNASTICS HANDBOOK* Class III, Hoops and Ropes, only.

VOLLEYBALL TOURNAMENT:

Junior Girls and Women's Volleyball at Morton East High School Fieldhouse - Sis. Michalek and Sis. Strejc are Meet Directors. Junior Boys and Men's Volleyball at Morton West High School, Frank Michalek in charge.

GOLF:

The Golf Tournament, as in the past, will be hosted by the Central District - Sokol Stickney conducting - Bill Meyers in charge. Both Men and Women, Sokol members, and guests are welcome. Details and entries will be furnished.

CORRECTION - VAULTING: Boys and Men's Intermediate Division - LONG HORSE 48" INCHES HIGH - LAYOUT SQUAT VAULT.



XIV AMERICAN SOKOL SLEET

PR
JUNE 2

WEDNESDAY, JUNE 22 - 6:00 P.M. Set Judges Meetings
Men and Women in separate rooms
at the Sheraton-Oakbrook
1401 West 22nd Street
Oak Brook, Illinois

THURSDAY, JUNE 23

GOLF TOURNAMENT - 9:00 A.M.

JR. GIRLS AND WOMEN at Morton East High School Annex
Entrance from parking lot
59th Ave. and 25th Street
Cicero, Illinois

7:00 P.M. - Judges Briefing
7:30 A.M. - Jr. Girls Law A Division - Room A-101
7:30 A.M. - Jr. Girls Low B Division - Room A-201
1:00 P.M. - Jr. Girls Intermediate Division and
Women's High Division - Room A-101
2:00 P.M. - Jr. Girls High Division - Room A-201

JR. BOYS AND MEN at Morton West High School
2400 So. Home Avenue
Berwyn, Illinois

7:30 A.M. - Judges Briefing
8:00 A.M. - Jr. Boys Low Division
10:30 A.M. - Jr. Boys Intermediate and High Divisions and
Men's Intermediate and High Divisions

UNIT SPECIAL NUMBER COMPETITION - at Morton West High School Boys Gym
2400 So. Home Ave.
Berwyn, Illinois

7:00 P.M. - Judges Briefing
7:30 P.M. - Unit Special Number Competition
Evening - Social at Sokol Tabor
16th and Clarence Ave.
Berwyn, Illinois

FRIDAY, JUNE 24

JR. GIRLS AND WOMEN at Morton East High School Annex
Entrance from parking lot
59th Ave. and 25th Street
Cicero, Illinois

7:00 A.M. - Judges Briefing
7:30 A.M. - Women's Low A Division - Room A-201
7:30 A.M. - Women's Low B Division - Room A-101
10:00 A.M. - Women's Intermediate Division - Room A-101

AM

77 "UPWARD AND ONWARD"

26, 1977



1:00 P.M. - Jr. Girls and Women's Volleyball Warm-ups
AT Morton East High School Fieldhouse
59th Ave. and 25th Street Cicero, Illinois

1:30 P.M. - Jr. Girls and Women's Volleyball Tournament

JUNIOR BOYS AND MEN - at Morton West High School
2400 So. Home Avenue
Berwyn, Illinois

7:30 A.M. - Judges Briefing

8:00 A.M. - Men's Low A Division

8:00 A.M. - Master's Division (Men 35 years old and over)
(Men's Low A Division exercises will be used)

10:30 A.M. - Men's Low B Division

1:00 P.M. - Volleyball Warm-ups - Jr. Boys and Men

1:30 P.M. - Volleyball Tournaments - Jr. Boys and Men*

6:30 P.M. - Cocktail Hour for Banquet - Sheraton Oakbrook

8:00 P.M. - Social at Sokol Tabor
16th and Clarence Avenue Berwyn, Illinois

SATURDAY, JUNE 25

GIRLS AND WOMEN - Modern Rhythmic Gymnastics
at Morton West High School
2400 So. Home Avenue
Berwyn, Illinois

7:30 A.M. - Judges Briefing

8:00 A.M. - Modern Rhythmic Gymnastics Competitions - Room 111-112

JUNIOR GIRLS AND WOMEN CHAMPIONSHIPS**JUNIOR BOYS AND MEN CHAMPIONSHIPS**

at Morton West High School
2400 So. Home Avenue
Berwyn, Illinois

1:00 P.M. - American Sokol Junior and Senior Championship Competitions

8:00 P.M. - Awards Night - Sheraton-Oakbrook Grand Ballroom
(Proper attire requested)

SUNDAY, JUNE 26 - MORTON WEST - HOFFMAN STADIUM

8:00 A.M. - Leaders Meeting

9:00 A.M. - Slet Rehearsal

1:00 P.M. - Parade Assembly

2:00 P.M. - Slet Program

5:00 P.M. - Slet Farewell Bar-B-Q

at Sokol Berwyn
6445 W. 27th Place Berwyn, Illinois

*If Jr. Boys or Men's Volleyball Tournaments are not completed on Friday, games will continue Saturday morning at the same location at 8:00 A.M.

WOMEN'S CALISTHENICS

Remarks and Corrections

PART 1 - A

MEAS. IV - palms should be up in sidearm (illust. incorrect)

MEAS. XIII and XIV should be palms down (illust. incorrect)

MEAS. XXIII **CHANGE** - should read:

1. 90 turn left **on R** to face front, L sidetouch - right outward frontal swing to left frontarm

2. 3. 4. close heel **L** (on 2.) - with turn of right palm upward swing right to sidearm, left low reararm.

XXIV swing left frontarm inward and with turn of palm upward swing left to sidearm, palms up

PART 1 - B

MEAS. V - VI In circle of 4, arms should be half bent sidearm, joined hands shoulder high when walking 8 quick steps clockwise

MEAS. XII - XIII When in frontbow facing out, girls should be **close together** to achieve uparm outward (illust. wrong)

PART 2 - A

MEAS. XV - XVI are omitted in illustrations - notes are correct

PART 2 - C

MEAS. I - IV In clockwise circle of 8 **facing in** hands are joined except when clapping (on 16th run) (notes do not specify)

MEAS. V - VIII Should read: 180 turn to right, run 16 steps in circle counterclockwise **starting with L**, to return to original places in circle, head leans right - on 16th halfcount clap hands again, join hands again and face in

REMARK: Runs in circles begin with L foot in both clockwise and counterclockwise directions.

PART 3 - A

MEAS. I After "counterclockwise" add "left sidearm"

REMARK:When hand positions are not specified, palms should be down.

SOKOL EDUCATOR

Czechoslovakia

(Conclusion)

Bohemia was long independent while Slovakia's destiny was still linked from an early date to that of Hungary. National considerations were of no major importance in the polyethnic Hungary of the Middle Ages. The noblemen belonged to the ruling class, whatever his nationality. And when the feudal lord Matus Cak defied the Hungarian sovereign in the fourteenth century and set himself up as a small ruler in Slovakia, this was not accompanied by any national uprising.

The numerous ruins of strongholds in the Slovakian mountains still bear witness to a warlike past. Beside the castles towns sprang up that ranked among the most important trading centers of the realm: Bratislava, Nitra and above all the mining towns of Kremnica, Banska Stiavnica and Banska Bystrica, whose precious metals spelt wealth. For some 150 years, from 1526 to 1687, Slovakia stood for the Habsburg-ruled Kingdom of Hungary as a whole, for the rest of the country was in the hands of the Turks.

A national awakening, with a new awareness of the Slovak character and language, began about two hundred years ago. The centralizing measures of the Habsburgs, which had long been successful, now began to meet with resistance. The Hungarians at variance with Vienna and entrenched in their national rights, were not prepared to make concessions in Slovakia, but after 1867, when the monarchy was divided into two halves, one ruled from Vienna and the other from Budapest, the struggle of Czechs and Slovaks for political and cultural independence gained a new driving force against the rulers. The contacts between the two peoples, now members of the same empire, became closer and the rise of Pan Slavism encouraged this development. A national revival brought together two kindred peoples, though with a different history and at an appropriate moment of history united them in a single State.

Presented by May Konecny, Ed. Dir.,
Sokol Slavsky.

Our Czech Hall

When my parents, Karel and Albina Chott, were young, the CSPA Hall was their only social center. Both of them were Sokols, - my mother was a gym instructor for many years, and my father was frequently gymnastic competition judge. My father gave my mother her engagement ring at a Slet in New Prague in 1920. My father often played the leading role in the many Czech language plays put on at the Hall, and my parents attended lodge meetings and dances, Czech national dress dances, masquerades and, in the 1930s, hard times dances.

My earliest memories of the all are of being bedded down in the coat room during lodge meetings, dozing off hearing the beautiful Czech language spoken in the next room.

When I was 5, I started attending gym classes, and by the time I had learned the alphabet, I was enrolled in the Czech school.

Czech school was held on Saturdays in the dining room of the Hall. We studied language, literature, history, folk songs and folk dances. Toward the end of the morning we put on our coats and went into the gymnasium to dance. The reason for the coats was the cold - it was too expensive to heat that big gym for half an hour's use. But we didn't think that strange, we loved every minute of our Česká Škola.

Heating the hall in those poor days was a problem. The Czech School Mothers Club had bingo and bazaars to raise money to pay the fuel bills. During World War II, the Czech ladies formed a Red Cross sewing group, and bazaars were held at the Hall for war benefit. After the war the bazaars continued, to raise money for Hall maintenance.

I left St. Paul, after the War, and was gone many years, but when I came back there were most of the familiar faces still at the Hall, and the Czech activities - gym classes, lodge meetings, our fabulous Czech dancers, the singing group - all were going strong.

This is our Czech heritage, it is a big important part of our lives, and we need our Czech Hall to carry it on. And now we know that our Hall will continue to stand!

Karleen Sheppard,
Sokol Slovo - St. Paul.

Pledge of Allegiance

It is interesting to note that most organizations - including the Sokol - when reciting the pledge of allegiance say "one nation - pause - under God." There is no punctuation mark between one nation and under God. Let us in our Sokol Units take a step in the right direction and learn to recite our pledge of allegiance properly by saying - **"One nation under God"** - at our meetings, exhibitions and Slets.

Ed Stetka - Sokol Baltimore

Membership

Now that the holidays are over, and everyone is trying to lose some weight put on during that time, it might be well to look into what is happening with our drive for new members. How many have you been able to line up? Actually this is a reminder that the final two months for the drive are here. Now is the time to put our efforts into the drive and get those interested parties to become members. The end - March 31st - is just around the corner.

Awards will be presented during the week of our 1977 Slet. Watch for the announcement of the place, and the awards to be given.

Membership Committee
Rudy Svoboda, Chairman
John Satek, Member

Zpráva z dalekého západu

O Sokole Los Angeles nebylo po dlouhou dobu v tomto časopise nic napsáno. Neznamená to ale, že by nebylo o čem podávat zprávu.

Především - pravidelně cvičíme, a je nás celá jedna stovka. Mládež, dospělí, a taneční skupina v pátek, starší v úterý, a oddíl volejbalu ve čtvrtek. Zkoušíme také pravidelné cvičení v přírodě o nedělích, a zdá se, že bude o ně nadále velký zájem. Krásné kalifornské podnebí dává k tomu všechny předpoklady, a tak můžeme po celý rok hrát volejbal, závodit v běhu, podnikat vycházky, někdy i plavat a hrát tenis.

Do cvičitelského sboru přibýlo několik mladých členů, ze starých nikdo neodpadl, a dokonce náš senior br. Pokorný (86 let) pravděpodobně nacvičí pro slet 1977. Z existenčních důvodů dočasně vynechávají dva placení cvičitele, a tak musí dobrovolníci přidat. Rádi bychom zavedli nácvik moderní gymnastiky, a hodiny lidových tanců.

Naštěstí máme střechu nad hlavou, a vnitřek naší sokolovny byste sotva poznali. Během posledních dvou let dostala tělocvična modernější vzhled a krásnou ozdobu díky murálu od Jiřího Kargerera, společenská místnost moderní nábytek zásluhou br. Klojdy, a parkovací plocha se zdvojnásobila sbouráním staré obytné budovy. V plánu je vnitřní úprava domku pro klubovnu, přístavba nářadovna a postavení "coffee-shopu" s vchodem s hlavní třídy - Western Avenue.

Doufáme, že komplikované vlastnické poměry sokolovny se brzy vyřeší tak, aby nově zvolený starosta br. Luboš Hintnaus mohl věnovat všechny čas splnění těchto plánů. Bude mít velkou oporu v bývalém starostovi br. Dusilovi, který byl iniciátorem i vykonávatelem všech nových úprav, společně s br. Gajdou, Cymbalem, Spinkou a Salákem. Velkou pomocí bylo hoši z oddílu volejbalu. Snažil se i zábavní výbor v čele s manželou Sladkými. Pořádal množství zábav s pěkným celoročním finančním výsledkem. Našel se i jiný zdroj příjmů: dva bazary (rummage sales) a sbírka, která ukázala, že na naše členstvo a příznivce je spolehnutí.

Hlavní kulturní událostí tohoto roku byly tři reprisy národopisné hry "Chodská svatba," v krásných původních chodských krojích, které opatřila paní Novotná, opravila a doplnila sestra Pulpánová. Dívky, chasníci, hospodáři, panímámy, dědové a babičky, jejich zpěvy a tance, přinesli nám na jeden krásný večer vůni domova.

Samozřejmostí bylo účastnit se oslav výročí USA - a tak Sokol měl svoje vlastní vystoupení mezi množstvím jiných národnostních skupin. Bylo originální: nejen s tanečním, ale hlavně s tělocvičným programem. Krásné prostředí v Los Angeles Civic Center a velký počet diváků utvořily pro toto vystoupení důstojný rámec. Den

nato konané veřejné cvičení bylo zase rodinnou slavností ryze sokolskou.

Naše členstvo i mládež velmi aktivně přispívá při oslavách 7. března a 28. října, pořádaných Čs. národní radou americkou.

S novým rokem začne příprava na Chicagský slet 1977, a doufáme, že tam přivedeme alespoň tak velký počet účastníků, jako na slet Čs. sokolstva v zahraničí (20).

Radost z dobrého roku 1976 nám kalí odchod na věčnost našeho výborného knihovníka, bratra Víta Komárka. Jeho oddanost Sokolu, vtip a otevřenost, a knihovnická zasvěcenost budou dlouho žít v našich vzpomínkách.

Jiří Liška, Sokol Los Angeles

Vážená redakce: - s touto příspěvkou do American Sokol přijmete též moje přání dlouhého zdraví a mnohých úspěchů ve Vaší Sokolské činnosti. J.L.

SCENES FROM THE THIRD ANNUAL POLKA FESTIVAL AT EAGLE MOUNTAIN ATHLETIC CENTER, FORT WORTH, OCTOBER 23-24, 1976



Debbie Johnston and Rome Milan, grandchildren of Sister Anna M... of Fort Worth, model two of the costumes that they wore during the 3rd annual Polka Festival at Eagle Mountain Athletic Center, Fort Worth. These costumes are authentic, hand-sewn items, and cost \$400 to \$500 apiece, coming all the way from Czechoslovakia. (Article edited and photo courtesy Azis News)

FINANCIAL REPORT

AMERICAN SOKOL ORGANIZATION

DECEMBER 1976

RECEIPTS:

Dues	\$ 1,185.00
Convention Fund	703.00
Special Assessment	695.00
Dividends and Interest	1,197.12
Resale of Jewelry and Plaques	167.20
Song books	3.00
Sokol Manuals	154.00
Membership Kits	24.00
Office Supplies, Postage, UPS charges	24.85
Miscellaneous	88.00
Total Receipts	4,241.17
A.S.O. Uniform Division - Payment toward Advances	424.84
XIV A.S.O. Slet	30.50
	\$ 4,696.51

DISBURSEMENTS:

Administrative

Salaries	\$ 615.67
F.I.C.A. & F.W.T. for Nov.	128.78
Rental, Janitor Service, Phone ..	320.51
Office Supplies, Postage	94.57
Prepaid Postage	260.00
Jewelry	6,516.42
Flags	56.00
Service contract, Box Rental	102.50
Subscriptions	12.00
Machine Repairs	15.45
Miscellaneous	510.10
	\$8,632.00

Board of Instructors

Salaries	\$ 371.12
F.I.C.A. & F.W.T. for Nov.	46.54
Editor "Sokol Gymnast"	30.00
Add'l copies "Sokol Gymnast" ...	28.00
Phone, UPS charges	22.65
	498.31

Educational Department

Salaries	\$ 85.66
F.I.C.A. for November	13.68
Postage	2.05
	101.39

Sokol Publication

Printing "American Sokol"	\$ 823.65
Editor "American Sokol"	100.00
Postage "American Sokol"	78.42
	1,002.07

Miscellaneous

A.S.O. Uniform Division - Salaries, F.I.C.A., Phone, Office Supplies	\$ 421.87
Advances to XIV A.S.O. Slet Committee	3,818.82
	4,240.69
Total Disbursements	\$14,474.46

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$13,327.76
Receipts - December 1976	4,696.51
	18,024.27
Disbursements - December 1976	14,474.46
	\$ 3,549.81

FUTURE SOKOL LEADERS FUND

December 1976

Sokol Chicago, in memory of Florian Holek	\$ 20.00
Dividends Earned 12/31/76	\$408.49

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Všem poděkování

Následující dopis obdržel ses. Anne Halíkovou, která ho sdílí se sestry, které se zúčastnily Sletu v Curychu.

Milá sestro Halíková, - ještě jednou Ti děkuji za Tvoji účinnou pomoc při řazení žen před sletovým vystoupením i při dopoledních zkouškách, vděčím Ti za pochopení. Vyříd' všem sestřám Americké Obce Sokolské, které se zúčastnily cvičení prostných, že jim děkuji za tak hojnou účast i sesterské pochopení, a že jim přeji v nastávajícím novém roce - pro Vás v roce sletovém - hodně úspěchů sokolských i osobních.

Prosím Tě zašli mi prostná žen (ev. mužů), které budete o Vašem sletě cvičit. Ráda bych připravila alespoň ty št'astné které pojedou, aby mohly Vaše řady posílit, jako jste posílily Vy nás.

Děkuji Ti již za vše předem a již se těším na tvé zprávy. Přeji Tobě, br. manželovi a všem sestřám cvičenkám dobrou pohodu a vše nejlepší v novém roce (speciální upřímný pozdrav všem závodnicím na nářadí).

Končím se srdečným sokolským NAZDAR!

Maruš Komárková

Eastern District

EX. BD. - NOVEMBER 12, 1976

Meeting called to order by bro. Donald Otenasek, Pres. Present: bros. Otenasek, Neumann, Vrzalik, Novak, Friedrich, Hesoun, and sis. Friedrich, Sain. Excused: bros. Capek, J. Vrzalik, and sis. Ruzicka.

Bro. Otenasek reported that he and bro. Henry Vrzalik represented the District at 80th Anniversary Banquet of Sokol Little Ferry. Bro. Roy Zitny, pres. of American Sokol Organization, and his wife, also were in attendance. Bro. Zitny and members of Sokol Little Ferry were very pleased that we participated. Bro. Otenasek discussed with bro. Zitny and bro. Zraly District procedures. Bro. Zitny stressed that our District should avail itself of funds set aside for Organizational and Technical uses.

Bro. H. Vrzalik. Letter received from sis. Ruzicka requesting correction in minutes of Annual Meeting. Sis. Ruzicka is no longer Organizational Director of American Sokol Organization, so her funding will come from the District. Correction made as requested. - Letter from the Executive Board ASO, extending best wishes to District Officers. - Letter from bro. and sis. Kus. - New letterheads ordered.

Bro. Friedrich gave report of receipts and disbursements. Savings account not transferred as yet. Checking on rate of interest being paid.

Bro. Novak - nothing to report.

Bro. Hesoun stated that he sent article to Americké Listy and Hlasatel regarding our Annual Meeting. However, sis. Ruzicka also sent one, bro. Hesoun decided to have her article printed. Asked for and received clarification as to 1st and 2nd Vice Pres. and Director of Men.

Request for payment of expenses for representatives to Little Ferry, approved.

Meeting dates. It was agreed to hold meetings at American Sokol Center in Baltimore on the 2nd Friday of the month, at 8 p.m. The Director of Men and Director of Women will make arrangements to have someone take over their duties on the gym floor.

Sis. L. Sain asked for clarification of the Special Assessment fund for use of the Unit Directors. Unit Directors are to present request for useage before the fact, to the District Directors, along useage guidelines.

Fund raising. Agreed to hold a raffle. Books will be ready after the New Year. Br. H. Vrzalik will be in charge.

Bros. Hesoun and Novak stated they had not received minutes of Annual meeting. Copies were given to them at this meeting. All addresses are now current and mailings will be better.

Bro. Friedrich asked whether District has an exemption number. This will be checked into.

Bro. Otenasek read announcement of Sokol Miami's 7th Anniversary. Since no representatives will attend, bro. Otenasek will send a letter from the District. - Bro. Otenasek spoke of the need for a filing cabinet. Approval given for the purchase of a used one. Bro. Vrzalik will handle.

Sis. L. Sain, Dir. of Women. Spoke of the Unit Directors meeting held in Pennsgrove, N.J. with 16 Directors in attendance. Very Good. Formal meeting lasted 4 hours, with 2-hour informal meeting after break. Expenses approved. - Since the office of Dir. of Men and 1st Assistant were not filled at annual meeting, bro. Joseph Vrzalik was nominated as Director of Men and bro. Martin Lago as 1st Assistant. Bro. Lago who was not present, will be contacted for his acceptance. - Annual Special Number Competition will be held at Perry Hall Senior High School Nov. 21, 1976. Northern Units are committed and planning two buses for this affair. Bro. Otenasek will speak, also bro. Novak. - Sis. Sain reported on the District Directors' conference, held in Chicago. Bro. J. Vrzalik, Director pro tem, also attended. Slet discussed in detail. Mention made of \$500 Educational Fund available to Senior members to take College level courses in Physical Education to benefit their Units. Slet Calisthenics will be on film and cassette tapes. Directors brought back boxes of Slet material. This has been passed on to the Unit Directors. - Participation in Sokol USA Slet in 1979 is committed by the ASO. However, Sokol USA is having problems finding a host Unit. The Southern District has asked permission to hold a Mid Slet. Nothing positive as yet. - Slet Workshop planned in Little Ferry in January 1977. Sis. Sain requested funding approval at this time. Bro. Otenasek asked sis. Sain to see if assessment funds could be used. - Sis. Sain reported need of a typewriter. Knows one can be obtained for \$45. It was agreed the District would buy and repair the typewriter and loan it to sis. Sain.

Bro. Friedrich reminded members present to keep expenses as low as possible, and submit vouchers where necessary.



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"Cover Girl"

A "Cover Girl" is now a cover artist. Attractive Fort Worth artist Henrietta Milan has done two recent paintings for the covers of international sports magazines. "Swimming World" for March, 1976, featured her painting of a swimmer at UCLA and the September issue of "International Gymnast" pictured Peter Kormann of the U.S. team who was third in floor exercise in the Summer Olympics in Montreal. Mrs. Milan did the painting from photographs she took of Kormann while attending the Olympics.

Back in July, 1959, her picture as an active gymnast, adorned the cover of "International Gymnast." Of Czech descent, she now coaches gymnastics at Fort Worth Sokol. Her oil paintings are usually large canvases of happy, active children at play or close-up portraits ranging from youth to old age.

The News Tribune

Česká divadla v Nebrasce

Divadelní činnost české Nebrasky byla od začátku velmi bohatou, byla živou podporou zachovat mateřský jazyk pionýrů. Bohužel, tato významná národní práce skoro odumřela. Pomůžete nám zachránit aspoň historii práce tolika obětavých ochotníků? - Pošlete mi laskavě jména měst, kde česká divadla byla hrána, kdy tato činnost začala a pak skončila, jména zakladatelů ochotnických scén, seznam divadel, která byla sehrána, fotografie budov, jevišť a scén s ochotníky, jména herců, kteří účinkovali a jiné vzpomínky na tuto národní činnost.

Vladimír Kučera
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