

AMERICAN SOKOL

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Educational and Physical Culture Organization

THE GETTYSBURG ADDRESS

Four score and seven years ago our fathers brought forth, upon this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation, or any nation, so conceived, and so dedicated, can long endure. We are met here on a great battle-field of that war. We have come to dedicate a portion of it as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.

But in a larger sense we can not dedicate - we can not consecrate - we can not hallow this ground. The brave men, living and dead, who struggled here, have consecrated it far above our poor power to add or detract. The world will little note, nor long remember, what we say here, but can never forget what they did here. It is for us, the living, rather to be dedicated here to the unfinished work which they have, thus far, so nobly carried on. It is rather for us to be here dedicated to the great task remaining before us - that from these honored dead we take increased devotion to that cause for which they here gave the last full measure of devotion - that we here highly resolve that these dead shall not have died in vain; that this nation shall have a new birth of freedom; and that this government of the people, by the people, for the people, shall not perish from the earth.

PHYSICAL FITNESS
Gymnastics

AMERICAN SOKOL

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Calendar of Events

FEB. 11 - SOKOL WASHINGTON, D.C.
18th Šibřinky - Mardi Gras

FEB. 12 - SOKOL MILWAUKEE
Jaternice and Pork Dinner

FEB. 19 - CLEVELAND UNIT'S WINTER
EXHIBITION
at Cleveland State Gymnasium

FEB. 19 - SOKOL STICKNEY
Pancake Breakfast

FEB. 19 - NORTHEASTERN DISTRICT SOKOL
Winter Exhibition
Cleveland State University

FEB. 25 - SOKOL TOWN OF LAKE TOWNITES
Masquerade Dance ar Sokol Brookfield

FEB. 25 - SOKOL BERWYN
Las Vegas Night

MAR. 4 - SOKOL GREATER CLEVELAND
Steak Roast

MAR. 4 - ST. PAUL SOKOL GYM. SOCIETY
Šibřinky

MAR. 11 - SOKOL TABOR
Annual Gymnastic Exhibition

MAR. 18 - SOKOL BROOKFIELD
Annual Gymnastic Exhibition

APR. 2 - SOKOL BELCAMP
Annual Children's Competition

APR. 8 - SOKOL BERWYN
Annual Exhibition

APR. 23 - SOKOL FUEGNER
Annual Exhibition
Bohemian Hall, Astoria

APR. 23 - SOKOL DETROIT
Czechoslovak Dinner Party
Sokol Cultural Center

APR. 29-30 - SOKOL BERWYN
Garage, Antique, Junque Sale

MAY 5-6 - SOKOL MILWAUKEE
Interclass Gym and Track Meets.

MAY 6 - SOKOL WEST SUBURBAN
Annual Exhibition
Hinsdale South High School, Darien

MAY 19 - SOKOL MILWAUKEE
Graduation Program

MAY 21 - SOKOL WASHINGTON, D.C.
Laying of the wreath
National Cemetery - Arlington, Va.
Annual Gymnastic Exhibition

MAY 21 - SOKOL DETROIT
Teen Club Pancake Breakfast
Sokol Cultural Center

JUNE 4 - NORTHEASTERN DISTRICT
Gymnastic Exhibition

JUNE 17 - SOKOL MILWAUKEE
110th Anniversary Banquet
Holiday Inn Central

JUNE 23 - 25 - SOKOL BALTIMORE
Eastern District Sokol Slet
Towson State University

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CXIX

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No. 2

1st PRESIDENT OF THE UNITED STATES [1789 - 1797]

George Washington, won a lasting place in American history as the "Father of His Country." For nearly 20 years, he guided his country much as a father cares for a growing child.

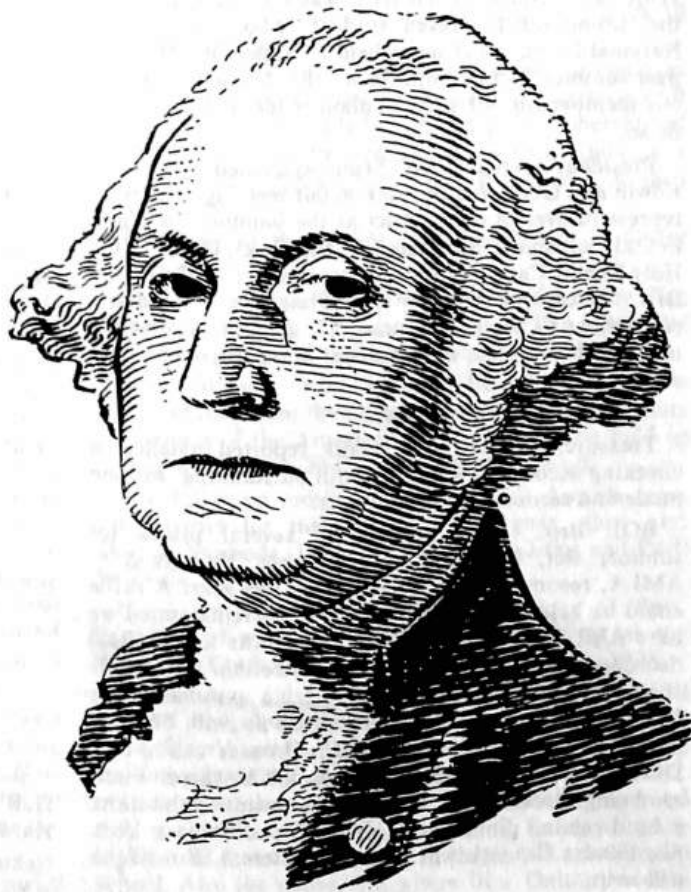
In three important ways, Washington helped shape the beginning of the United States. First, he commanded the Continental Army that won American independence from Great Britain in the Revolutionary War. Second, Washington served as president of the convention that wrote the United States Constitution. Third, he was the first man elected President of the United States.

The people of his day loved Washington. His army officers would have made him king if he had let them. From the Revolutionary War on, his birthday was celebrated each year throughout the country.

Washington lived an exciting life in exciting times. As a boy, he explored the wilderness. When he grew older, he helped the British fight the French and Indians. Many times he was nearly killed, as a general, he suffered hardships with his troops in the cold winters at Valley Forge, Pa., and Morristown, N.J. He lost many battles, but led the American army to final victory at Yorktown, Va. After he became President, he successfully solved many problems in turning the plans of the Constitution into a working government.

Washington went to school only until he was about 14 or 15. But he learned to make the most of all his abilities and opportunities. His remarkable patience and his understanding of others helped him win people to his side in times of hardship and discouragement.

There are great differences between the United States of Washington's day and that of today. The new nation was small and weak. It stretched west only to the Mississippi River and had fewer than 4,000,000 people. Most persons made their living by farming. Few children went to school. Few men or women could read or write. Transportation and communication were slow. It took Washington 3 days to travel about 90 miles from New York City to Philadelphia, longer than it now takes to fly around the world. There were only 11 states in the union when Washington became President and 16 when he left office.



Many stories have been told about Washington. Most are probably not true. So far as we know, he did not chop down his father's cherry tree, then confess by saying: "Father, I cannot tell a lie." He probably never threw a stone across the broad Rappahannock River. But such stories show that people were willing to believe almost anything about his honesty and his great strength. One of Washington's officers, Henry "Light Horse Harry" Lee, summed up the way Americans felt and still feel about Washington:

"First in war, first in peace, and first in the hearts of his countrymen."

Northeastern District

Minutes of the Executive Committee Meeting

Twelve delegates met December 15, 1977, at Bohemian National Hall, Cleveland, Ohio. Due to inclement weather meeting was postponed to a week later and delegates had other previous commitments and were excused.

Bro. Srsen called the meeting to order at 8:10 P.M. Delegates pledged Allegiance to the Flag. Secretary's minutes approved as mailed.

Correspondence: Letter from ASO with check for \$1610.00 to Northeast District, was reimbursement for the tuition for the seven students who attended the National Instructors Course held in Naperville, Il., this past summer. Letter from Nationality Services to renew our membership for 1978, motion made and carried to do so.

President's report: Bro. Srsen welcomed our guests Edwin and Geraldine Jirousek to our meeting, who were representatives of the District at the banquet "A Night in Old Bohemia." Sponsored by the Czech Guild of the Holy Family Cancer Home, all proceeds go to the home. Bro. Srsen mentioned the District's Presidents conference to be held January 27, 28 and 29. Motion made and seconded, the president of the district and his wife will attend.

No Vice-President's report.

Treasurer's report: Bro. Galik reported balance of checking account. Two checks still outstanding. Motion made and seconded to pay all bills.

BOI: Bro. Hejna investigated several places for summer slet, but none were suitable. He talked to AMLA, recommending a flat fee for this year. A raffle could be held to defray expenses. Bro. Hejna stated we have AMLA hold the first Sunday in June for us, final decision to be made at annual meeting. Meantime check on other facilities. Bro. Hejna purchased the flagpole and tops. BOI District Clinic will be held Saturday, January 21st, at BNH. Bros. Vrzalik, Pete Dusek and Sis. Dolly Baca will do the teaching. Plans are being made for a social after our winter exhibition, a fund raising dinner to be catered on February 19th. Sis. Gladys Jirousek will check on caterers, Bro. Galik will help.

Units Reports: Sokol Cleveland-Cech Havlice; Bro. Kavan reported annual meeting was held December 5, 1977, all officers chosen for 1978. One member deceased, Sis. Mary Jahoda, funeral attended. Next meeting January 8, 1978.

Sokol Greater Cleveland: Bro. Vavra reported a steak roast held November 12th, another to be held in March. November 19th, the Hour a Week party held at BNH. A very enjoyable evening for all who attended. December 3rd, the St. Nick's Dance was held; December 4th, held the annual membership meeting. Fifty-two new members, expelled 31 members for non-payment of dues. New Year's Eve Party, \$25.00 a couple. J. J. Vencl and Sis. Marie Hioler handled reservations.

Officers for the Year: President, Bro. Henry Srsen; 1st Vice-President, Bro. Ed Lacina; 2nd Vice-President, Bro. Frank Hosticka; 3rd Vice-President, J. J. Vencl; Secretary, Sis. Sally Stepnicka; Treasurer, Bro. Robert Jirousek.

BOI: Reports, Tots, 30; girls, 108; boys, 30; Jr. Boys, 19; Jr. Girls, 41; women, 55 and men, 20. Dancers danced at the Cancer banquet.

Library: Bro. Kotlan reported the library purchased, "Bibliography of Czechs and Slovaks in America." Planning to build shelves, also a bookcase donated by Vic Ptak.

ASI: Sis. Jirousek reported the "250" Club" is started with 230 members. Annual meeting will be held January 24, 1978.

Sokol Gr. Cleveland BOI, is hosting the Czech Kladno Hockey Team playing the Cleveland Barons at the Coliseum on January 4th. Tickets are \$5.00. Bro. George Stribrny and Sis. Gloria Srsen will handle tickets. If demand warrants, a charter bus will be arranged for from BNH to Coliseum at an additional charge. A dinner reception will be held at BNH, January 3, Bro. Kubasta will cater, dinner \$5.00 a plate.

Announcements: Dinner for the annual meeting will be prepared by the sewing club, headed by Sis. Sylvia Kral. Cost of dinner to be paid by each unit, or individual.

Bro. Ed Jirousek donated a book he had put together for the four years he was president.

Next meeting, January 15, 1978, at BNH at 10:00 A.M. Meeting adjourned at 9:35 P.M.

Respectfully submitted

Stephie Galik, Secretary Pro-tem

Pacific District

OCTOBER 11, 1977

Board meeting held on October 11, 1977 at Sokol Hall Los Angeles. Present were Sis. Nekuda, Kis, Haralik, Pelc and Bros. Hintnaus and Liska. Sis. Nekuda called the meeting to order at 8:10 P.M.

Received a copy of letter sent to A.S.O. from Slovak Sokol that they will definitely hold their Slet in 1979.

A discussion on the District Directors meeting to be in Dallas. A motion by Sis. Kis to give the nacelnik and nacelnice \$50.00 for their expenses, seconded by Sis. Haralik. Motion carried.

We received copies of Hlasatel and the Chicago Tribune covering some of the highlights of the XIV American Slet. Very nice. Sis. Nekuda will send letters of appreciation.

There being no further business meeting adjourned at 8:40 P.M.

Respectfully submitted,

Louise Kis, Secretary

Eastern District

December 9, 1977 - Eastern District meeting called to order by Pres. D. Otenasek. Present were Bros. Otenasek, Friedrich, Hesoun, Neuman, J. Vrzalik, Sr. Friedrich. Excused were Sr. Sain, J. Novak and A. Zimon.

Bro. H. Vrzalik was elected President of Sokol Baltimore. He in turn had to step down from office as recording secretary. Bro. Otenasek moved that Sis. Heitzer be elected as recording secretary. The motion was seconded and approved.

Public Relations - Bro. Hesoun presented a pamphlet with trophies that the Eastern District could select for the Slet in Baltimore. He also donated two trophies to the Slet Competition. Bro. Hesoun discussed the advertising for the Slet. The District will begin a full advertising program beginning in January. The official title to the District Slet is:

Eastern District A.S.O. Sokol Slet '78 -
A Gymnastic Festival
Towson State University
June 23, 24, 25
Baltimore, Md.

More detailed information on the Slet will be discussed at the January meeting. Bro. Hesoun received a letter from Sokol New York who saw the exhibition and wanted to congratulate Baltimore for taking first and second places.

Correspondence was read. Letter was directed to the district concerning a bill for the Calisthenics films. Discussion arose in response as to whether the bill had been paid. Br. Vrzalik will meet with Sr. Sain on balance of debt. Bro. Neuman received letter from John Waldorf from Sokol Toronto, Canada. He would like to receive news letters and reports concerning activities and competitions occurring in the Canadian Sokol Units. Bro. Neuman also suggested that District meeting be held during the day hours in the months of January and February due to weather conditions.

Bro. Neuman made a motion and it was seconded that the Eastern District units should attend the laying of the wreath on a date that will be set for May 21st. Washington will host the function with a picnic to follow. Further dates and times will be reported at the January meeting.

The Slet Committee Report - The Eastern District will invite all units of the A.S.O. and Canadian and American Sokols of the East. Bro. D. Otenasek reviewed the time schedule for Slet activities and some light figures concerning cost. Detailed reports will be sent to all units concerning the Slet. At the January meeting members will be advised on dates, times and places.

B.O.I. - J. Vrzalik announced that Sokol Baltimore was pleased and honored to have won first and second place at the Special numbers competition in New York and extends congratulations to all other units who took a trophy. He presented a check in the amount of \$547.16 in profits from the competition. It was estimated that approximately 300 visitors attended and

that all had an enjoyable memory to take home with them.

Bro. J. Friedrich made the treasury report.

Having no further business the meeting was adjourned. Next meeting will be held Sunday, January 8, 1978, at 2 P.M. at Sokol Baltimore.

Western District

OCTOBER 10, 1977

Meeting was called to order by President Ed Pavoucek. The assembly stood and said the Pledge of Allegiance to the Flag.

The minutes of the last meeting were approved as read. The correspondence consisted of 3 quarterly unit reports. Omaha Sokol ladies showing a membership of 151, St. Paul with 49 men and 67 women, showing a gain of 2 men and 5 women. Sokol Wilber with 36 men and 53 women.

The films of the A.S.O. calisthenics are in Cedar Rapids at this time.

Bro. Cahoy suggests the District purchase a new flag holder as the young man who carried our flag at the Slet in Chicago got all black from the one we have.

Sis. Kilbourn will replace Bo Drozda as a representative from the District at the District Directors Conference of the American Sokol that will be held in Fort Worth, Texas. Phil Cahoy will also attend.

The following received \$200.00 Merit Awards from our District for the coming school year, they are: Thomas Swoboda, Leanne Kinch, Carol Jirka and Patti Swoboda.

Units are asked to bring in suggestions to Pres. Pavoucek of what they want him to bring up at the Presidents Conference he will attend in January, 1978.

Sister Jolene Hamann had a correction to the April 17, 1977 minutes of the annual meeting in regard to the percentage rate to be allocated to each unit from the Traveling Fund for the A.S.O. Instructors School. Sis. Madsen made a motion to use 20 percent of the total they put in the Traveling Instructors Fund to cover expenses of their students sent to the A.S.O. Instructors School. Also the paragraph where Bro. Dalton made a motion to pay for the transportation, lodging and banquet ticket for the Western District President and the Director of Men and Women for their trip to the A.S.O. Slet in Chicago. These corrections were accepted as read.

Frank and June Kucera from Wilber Sokol reported they have 38 little girls, 9 junior girls, 4 little boys, 4 junior boys, 3 women and 2 men in their gymnasium.

They also have 5 who help with the training. It is wonderful they are getting started again and rekindling the true Sokol spirit. There was no further business, meeting was adjourned.

Respectfully submitted,

Helen Karpisek, Recording Secretary

MEETING OF NOVEMBER 14, 1977

Meeting was called to order by President Ed Pavoucek leading us in saluting the Flag.

Minutes of the last meeting were approved as read.

A motion was made by Mickey Dalton and seconded by Sis. Bea Pavoucek we pay the only bill presented in the amount of \$7.90 which was for record books for our Treasurer.

Correspondence consisted of the following quarterly reports: Sokolice Renata Tyrsova of Cedar Rapids with 210 members, Sbor Libuse Sokolek of Crete with 47, Sokolice South Omaha with 187. A unit delegate report from Sokolice So. Omaha was received as well as the minutes of Sokol Wilber meeting held October 3rd. A letter was received from Cedar Rapids stating that they will host the District Slet at Linn-Mar Community School at Marion, Iowa in June, 1978.

Sis. Drozda reported she received an attendance report from St. Paul. Sis. Pavoucek gave a report from St. Paul on their Czech heritage Day held September 19th.

To date Pres. Pavoucek reported he has not heard from any units of what they would like to have him bring up at the Presidents Conference he will attend in January. He is urging all the units to inform him of what they would like to have him bring up at this meeting.

Sis. June Kucera of Wilber reported they are very pleased at how their unit is going along.

There was no further business, meeting was adjourned.

Respectfully submitted,

Helen Karpisek, Recording Secretary

Central District Tour

Now that we have the Holidays behind us, our thoughts turn to vacation time, tours, fun in the sun, and the lure of foreign lands beckons.

The Central District of the American Sokol Organization is sponsoring a delightful tour, and one of the attractive countries to be visited is Greece. Yes - - our tour takes in Olympia.

Olympia - - the site of ancient Greek festivals which took place every four years in the months of August or September. Olympia is strangely beautiful - - beautiful with a peaceful charm. The space within the stadium was crowded with temples, shrines, altars, and statues. But most important of all was the great Altar of Zeus, built up of the ashes of sacrifices, the fire of which was kept burning perpetually.

The rise of the Olympic festival from a local to a national gathering gave an impetus, not only to athletics, but to a feeling of "Panhellenism." How important they became in national life can be judged from the fact that a sacred armistice, a cessation of all hostilities, was declared at the time of the games. A herald went from city to city announcing the date of the games, and the wars that were underway were stopped. The warriors marked their positions on the battlefield,

took off their military trappings, greased their bodies, and went into training. Ten months of training was the minimum requirement. The Greeks would not admit to the field a man unfit for strenuous exertion. He also had to prove, by witnesses, that he was in good amateur standing, had no moral stain on his character, and was a Greek. Participation in the contest was an honor eagerly sought even by men of exalted position.

The victor in each contest was presented with a wreath. A herald proclaimed his name, his city, and his parentage.

There are more places of interest - - in Delphi a visit to Apollo's Temple - - in Olympia the statue and Temple of Zeus, is one of the seven wonders of the world.

Athens, capitol of Greece is fabulous for sightseeing and shopping. At Pireaus we board the Cruise Ship Meltemi II and sail to the Island of Hydra and the Island of Algina. Here we have time to enjoy a swim and time to explore or stroll, as we wish, and then back to Athens.

Our trip also takes in Yugoslavia, a country of rugged beauty - - Plitvicka Lakes with their scenic cascading waterfalls. The drive along the beautiful Dalmatian Coast to Split (reminiscent of the French Riviera). And then - - Dubrovnik on the blue Adriatic. Basking in the sun, swimming, and taking in the night life - - not to mention the bazaars beckoning. All this is yours to enjoy!

There are many fascinating sights and stops. You will be embarking on an educational and cultural tour through two beautiful countries. You will enjoy a different life-style and night-life - - entertainment as enjoyed on the Continent. Invite your friends to join now - - they need not be members of Sokol.

Come join us on this 18-day tour leaving from O'Hare June 11th and returning June 28th. For more information contact Weber Travel . . . (312) 749-1333 or 242-1512 - 1513. A complete itinerary will be sent on request.

Central District ASO

**Sokol and Sokolice
Milwaukee**

The Holiday Folk Fair, which was held on November 18, 19 and 20, was again a very huge success. The presentation of our Czech food, culture and handicraft was accomplished only by the efforts of a very cooperative group of volunteers who were assembled by the chairpeople of each booth. The children attending our gym classes performed in the Youth Show and the Czech-Moravian Dancers in the Folk Spectacle. A Sokol "Nazdar!" and "thank you" to all who donated bakery and handicraft items to our booths. We wish to thank Bro. George Herink, Sis. Ann Basta and June Pros of the Weber Travel Bureau and Heger Travel Bureau for purchasing their Folk Fair tickets from us. We hope we can continue to serve them all in the future as long as there is a Holiday Folk Fair.

A super "Czech Day" was held on Sunday, October 2nd, at the Milwaukee County Museum. This was our

SOKOL GYMNAST

MAY, 1977

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

SLET



1981

ATTENTION AUTHORS

The American Sokol Board of Instructors are requesting volunteers to submit calisthenic exercises for the forthcoming 1981 A.S.O. Slet.

The following combinations are suggested for these classes:

- TOTS - BOYS AND GIRLS
- I AND II CLASSES OF BOYS AND GIRLS - Combined
- JUNIOR BOYS AND GIRLS - Combined
- MEN AND WOMEN - Combined

The authors must declare their intentions to compose any exercises by writing to the American Sokol B.O.I. no later than April 30, 1978. Calisthenics may be up to 10 minutes duration. A part of the calisthenics and music must be submitted to the B.O.I. by June, 1978. Final selection and approval will be made by the A.S.O. - B.O.I.

Boys Gymnastic Skills Program - 1978

The American Sokol BOI is publishing revised copies of the Boy's Gymnastic Skills Program. These routines were compiled for the purpose of having on hand beginning exercises on all apparatus for all classes.

We are primarily interested in having these exercises given to 1st and 2nd classes and to those Juniors who are new to our Sokol program.

As per the combined ASO Board of Instructors approval at the ASO National Convention in June, 1975, each unit is to conduct its own testing program.

Gymnastic Skills Patches will be available at a minimal charge of 50c to those units submitting the names of those individuals who in their estimation performed each routine as precisely as possible; with proper accent on marching to and from the apparatus.

Please include the following information when submitting the results of your testing program.

1. NAME, 2. AGE, 3. CLASS, 4. UNIT, 5. DISTRICT. - Please send this information plus the correct amount of money for the number of patches needed to: SYLVIA PISTORIUS, Boy's Gymnastic Skills, 342 West Naperville Rd., Westmont, Illinois 60559. Patches will then be forwarded to the person so designated.

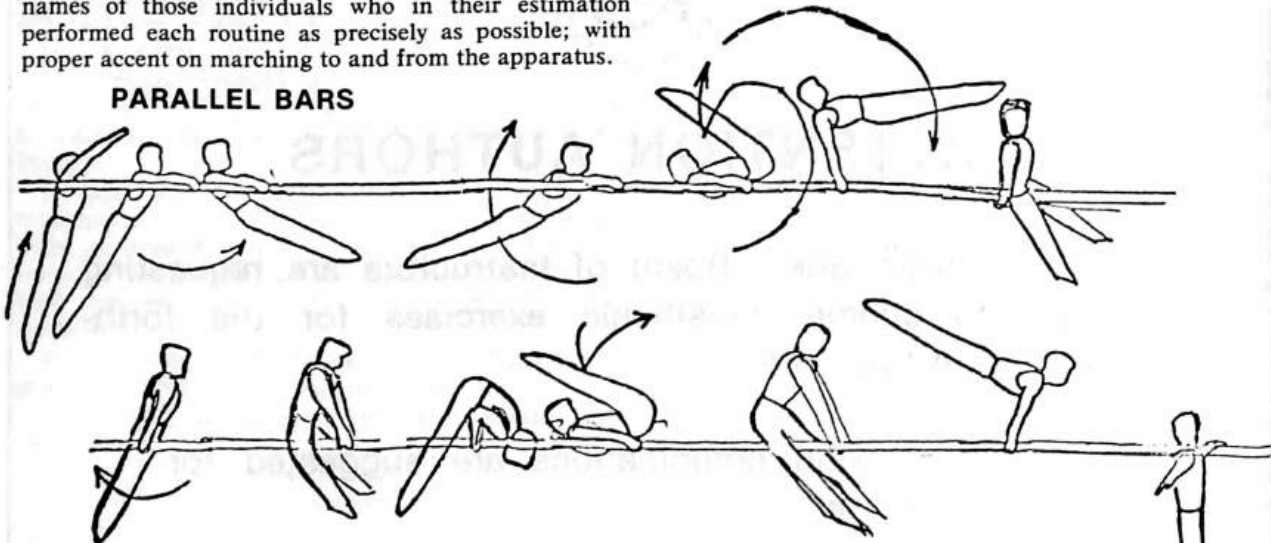
NAZDAR!

Paul Lebloch

Men's Physical Dir., ASO.

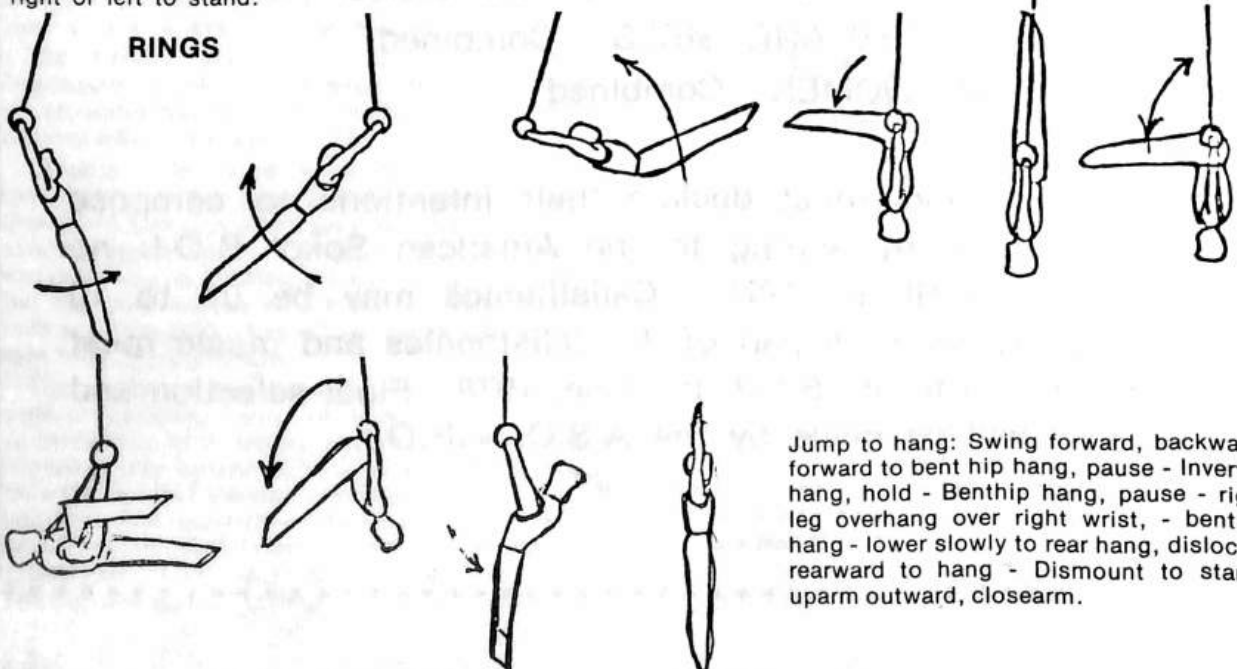
Frank Michalek, Chairman
Boys' Gymnastic Skills

PARALLEL BARS



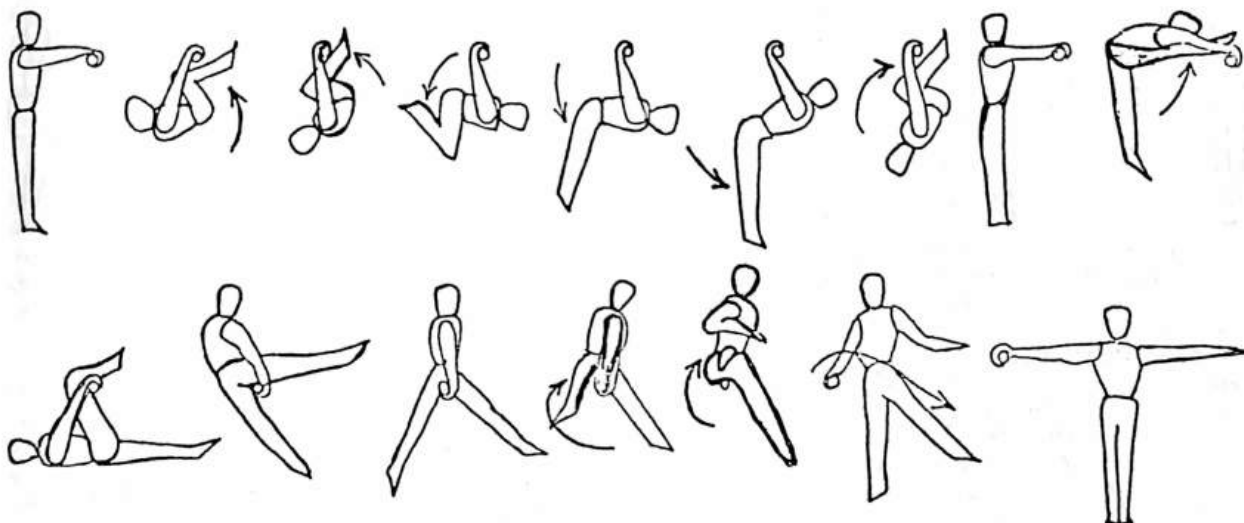
From stand at end of bars, facing in - jump to underarm support - frontswing, backswing, frontswing to benthip underarm support - kipuprise to seat stradleg - rebound inward to closeleg, rear swing to seat stradleg in rear of hands - foldroll forward to seat stradleg. - Regrasp hands to front - offseat, closeleg frontswing, rearswing and high rear leg dismount to right or left to stand.

RINGS



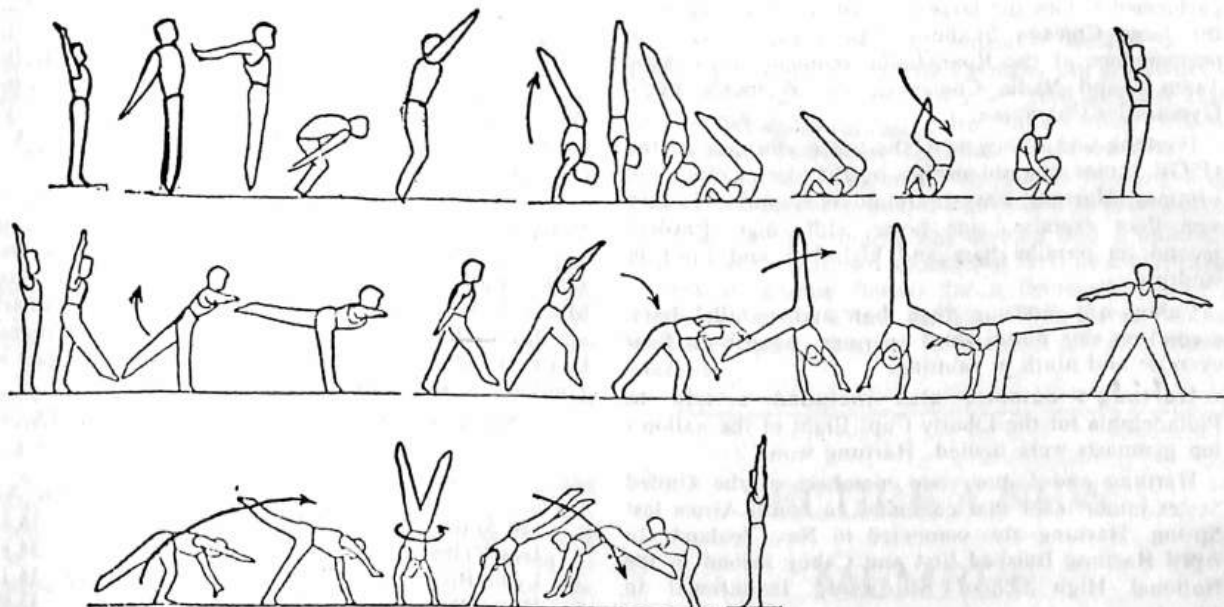
Jump to hang: Swing forward, backward, forward to bent hip hang, pause - Inverted hang, hold - Benthip hang, pause - right leg overhang over right wrist, - benthip hang - lower slowly to rear hang, dislocate rearward to hang - Dismount to stand, uparm outward, closearm.

LOW HORIZONTAL BAR

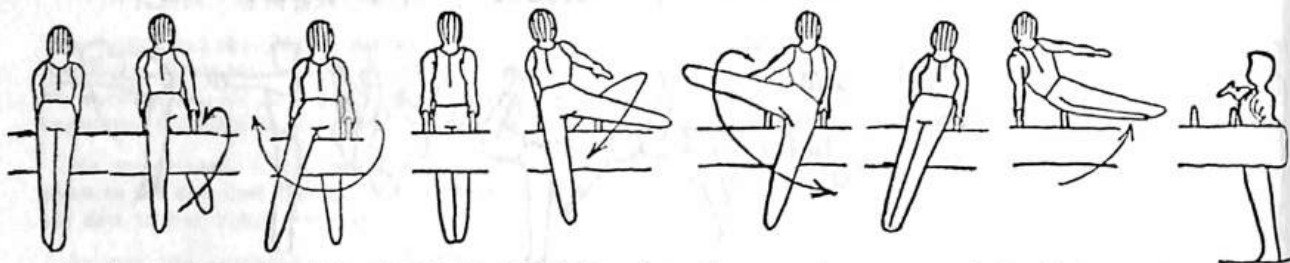


From stand frontway, in overgrip joint rebound to bent hip hang - thru pass bentleg, between hands, to stand on the floor in rear hang - rebound to bent hip hang - bentleg and thru pass to stand frontway - alternate rebound and thru pass right leg to right knee overhang - (left leg and trunk parallel to floor, scale) - cast and back uprise to strideleg support, right leg in front - Regrasp right hand in undergrip - overpass left sideleg with 90-degree turn to right and dismount with right side to the bar.

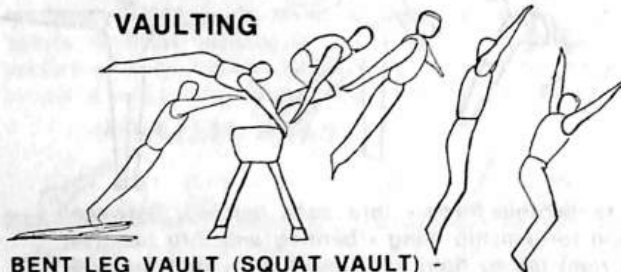
FLOOR EXERCISE



From stand at end of mat, uparm - Bodywave to uparm - Right or left forestep with alternate rebound to handstand - Foldroll forward to squat - uprise, uparm - right forestep, frontbow, high left rearleg, - sidearm - upright, closearm - three running steps, archtumble sideward (cartwheel) followed immediately by archtumble sideward with 180-degree turn Left or Right (Round off) to stand uparm, closearm.

POMMEL HORSE

From stand at saddle, hands on pommels - Jump to support, overpass right sideleg to front, overpass left sideleg to front, overpass right sideleg to rear, overpass left sideleg to rear, overpass flankway to right with 90-deg. turn to left, to stand left side of horse.

VAULTING

BENT LEG VAULT (SQUAT VAULT) -
From a run, with joint leg rebound, bent leg vault.

Sokol South Omaha Gymnasts at Chicago Stadium

Sokol Junior Boys Champions James Hartung and Phil Cahoy, Jr., were among the 13 youngsters who performed before the largest crowd in their careers at the huge Chicago Stadium. The occasion was the performance of the Roumanian Women's Gymnastic Team - and Nadia Comaneci, the Women's world Gymnastics Champion.

Hartung and Cahoy were the top performers in the USGF junior championships in Boulder, Colo., last summer. Hartung was all-around champion. He also won floor exercise, side horse, still rings, finished second on parallel bars and high bar and third in vaulting.

Cahoy was first on high bar and parallel bars, second on side horse, third on rings, seventh on floor exercise and ninth in vaulting.

Hartung's summer also included a trip to Philadelphia for the Liberty Cup. Eight of the nation's top gymnasts were invited. Hartung won.

Hartung and Cahoy were members of the United States junior team that competed in South Africa last Spring. Hartung also competed in New Zealand. In April Hartung finished first and Cahoy second in the National High School All-Around Invitational in Illinois.

The December issue of the International Gymnast has an excellent article on the XIV American Sokol Slet written by our former Men's National Director, Bro. Oldrich J. Kudrnovsky.

Modern Rhythmic Gymnastic Trials Has Sokol Member

Last year's Modern Rhythmic Gymnastic Team had as one of its performers Kathy Brym, a member of Sokol Tabor, Berwyn, Illinois, who vied with others for the four coveted berths on the U.S.A. World Championship Team.

Kathy Brym, who is presently a graduate student in the area of dance at the University of Iowa, is 24-years old and has worked in Modern Rhythmic Gymnastics for 5 years. She originally started out with Mildred Prchal of Berwyn, Ill., as her coach and most recently has been coached by Ilena Yosif of New Jersey. Kathy is the "veteran" of the group as she has competed in four of the five National Championships held so far in the United States in this sport. This is the third time Kathy has qualified to be a member of the team going to the World Championships. She also competed at the VI Championships in Rotterdam in 1973 and the VII Championships in Madrid held in 1975.

It is interesting to note that with the exception of Lydia Bree all members of this team were born in countries other than the U.S.; Sue Soffe, Rhodesia; Ivey Kelley, Phillipine Islands; Kathy Brym, Czechoslovakia; Maria Bakos, Hungary; Annelis Hoyman, Denmark and Rudolph Hadda, Poland. (Of note is the additional fact that Mr. Hadda competed in the 1948 Olympics in London and won a bronze medal for Poland).

MRG WORLD CHAMPIONSHIPS TRIALS RESULTS

| | | Rope | Ball | Hoop | Ribbon | AA |
|----|------------------|------|------|------|--------|-------|
| 1. | Sue Soffe | 9.10 | 9.25 | 9.35 | 8.95 | 36.65 |
| 2. | Ivey Kelley | 8.75 | 8.70 | 8.80 | 8.40 | 34.65 |
| 3. | Lydia Bree | 8.10 | 8.65 | 9.00 | 8.40 | 34.15 |
| 4. | Kathy Brym | 8.40 | 8.20 | 8.50 | 8.85 | 33.95 |
| 5. | Toby Turner | 8.50 | 8.60 | 7.80 | 8.65 | 33.55 |
| 6. | Ellen Garlicki | 8.55 | 7.90 | 8.25 | 8.45 | 33.15 |
| 7. | Suzanne Bowman | 7.75 | 8.10 | 8.40 | 8.40 | 32.65 |
| 8. | Robin Swedelson | 7.90 | 8.25 | 8.00 | 8.20 | 32.35 |
| 9. | Valerie Vonholst | 7.65 | 8.10 | 7.90 | 8.45 | 32.10 |

public presentation that we are participating in the European Village by sponsoring a Czech "Domeček". Of the many Czechs that attended, all stated how proud they were of their heritage. The program presented Czech history, dances, songs and music. Western Fraternal Life Ass'n. Lodge Milwaukee No. 48 and Progressive Lodge No. 270, Sokol and Sokolice Milwaukee all cooperated to finance this affair. Again our Czech bakers did a fabulous job in displaying a variety of mouth watering bakery which the 300 plus people enjoyed immensely. A "thank you" to all for participating in this venture and especially to the chairpeople who did a beautiful job from beginning to end. To date a total of \$4,545.00 has been donated for the Czech portion of the European Village.

On Saturday, November 5th, at the Cudworth Post, 110 Sokols and Sokolice attended our annual membership and recognition dinner. Bro. Rudy Richter was awarded his 50 year membership pin and was welcomed into the elite group of "career" Sokols and Sokolice.

In my last article Bro. August Shabart was listed as being 68 years old. It should have been 86. Also missed Bro. Henry Zelenka who is 81 years old and a Past President of our Sokol. Bro. Henry is our only World War I Veteran.

Let us make all the 1978 calendar of activities and events a success by showing our true Sokol spirit.

American Sokol, Inc.

Since July of 1975, when the American Sokol, Inc. purchased Bohemian National Hall, the renovation project has been progressing in definite stages. Under stage I, the entire 4th floor was renovated into a Gymnastic Room housing all types of apparatus. Under stage II, the renovation of the Main Ballroom on the 2nd and 3rd floors was completed and was financially augmented by a grant of \$17,671.00 from the Cleveland Foundation. Under stage III, both the dining area adjoining the ballroom and a classroom on the 2nd floor to house a Sokol library, were renovated.

Under stage IV, detailed plans have been formulated for the renovation of the hall Entrance, the main lobby and the grand staircase. Based on this request, favorable notification was received from the Cleveland Foundation that a terminal grant of \$13,500.00 be made to the American Sokol, Inc., with payment contingent upon review by the Foundation staff of current financial documents.

At the present time, Bohemian National Hall is the meeting and socializing place of 32 Czech lodges, clubs, dramatic and singing societies. In addition to housing the American Sokol, Inc., the hall also serves as headquarters of the Northeastern District of the American Sokol Organization. The Sokol Greater Cleveland Gymnastic and Educational Organization conducts all of its gymnastic and cultural activities at this location.

Bro. Robert E. Jirousek
President

Sokol Cleveland Cech- Havlicek

NOVEMBER - DECEMBER 1977

Sunday, December 4th, annual membership meeting and election of officers, starting promptly at 3:00 P.M.; all members should attend. On the same day, we will have our Christmas Gift Mart and Cookie Sale.

The pork and dumpling dinner and rummage sale held on November 6th was very successful, financially and in attendance. Much appreciation and thanks to all our skilled dumpling makers who we could'nt have done without; contacts and past knowledge from Sis. Bertha Cihula; and the long hours put in by Sis. Ann Skoda, Bro. Frank Kavan and Sis. Pat Reis on the dinner menu; and to Sis. Bertha Jilek and Wilma Kavan for organizing the rummage sale. It just proves that a little co-operation and assistance can mean a lot. Thanks also, Women's class.

There have been many improvements in the building and property which are greatly appreciated. Much work by Bros. Frank Kavan and Bob Prochaska went into getting a guard rail to stop cars from going through to the apartments in back, and the sons of Bro. and Sis. Panka provided the skill and manual labor in the installation. It is much better when pulling into the driveway now, thanks to Bro. John Barney, who got a lot of gravel to fill in the ruts and low spots.

A correction - the making of a new Sokol sign is being done by Bro. Joe Barney, Bro. Fred Holec has been putting his handyman skills to good use around the building.

At our last meeting, an official "welcome to the ranks" was given Sis. Marie Cermak. Congratulations to Sis. Waverka who celebrates her 90th birthday this month. Get well wishes go to Bro. Ralph Gruber, who is in Kaiser Foundation Hospital. Our sympathy is extended to the families of Sis. Marie Mazany and Emma Zak, long time Sokols who passed away recently.

At our last meeting, it was decided that a building improvements fund and a memorial fund be established in lieu of sending flowers for a deceased member. Thank you to Bro. Frank and Sis. Wilma Kavan for the memorial fund donation in memory of Sis. Marie Mazany.

**SECURE A NEW
MEMBER
FOR THE NEW YEAR!**

SOKOL EDUCATOR

Blaschka's Glass Flowers

At various times we have written articles describing how the Czech people have contributed to the art of glassmaking. At the risk of being boring on the subject we would like to present another account of how the Czech's affinity to fine glass has benefitted the world.

On a recent trip to Boston it became possible to revisit on the Harvard University Campus the world renowned "Blaschka Collection of Glass Flowers" in the Botanical Museum. There are about 200 families of flowers and plants constructed authentically perfect in every detail from stem to stamen of colored glass on display. Some specimens also include a bee or butterfly pollinating the particular species. These are also perfect in size, color and markings. To all of the 250,000 annual museum visitors, the beauty of this display is awe inspiring. To someone who works in glass who can conceive the genius required to create such work, it is almost beyond comprehension.

In 1866, when Professor Goodale was given the task of acquiring life-size models of flowers and plants, botanically accurate in all detail which would withstand the test of time, oxidation, corrosion, fading, temperature, humidity, etc., for the new Botanical Museum, the material of choice was glass. After a long, unsuccessful search to find someone with the skill and knowledge to execute such a monumental assignment, he heard of a man named Leopold Blaschka. The museums in Dresden and Berlin had glass models of marine life which were done by Leopold Blaschka of Aicha, a small town in northern Bohemia. Prof. Goodale set sail for Aicha to discuss his plans with Blaschka. At first Blaschka was not inclined to enter a new field of model making, he refused to consider experiments that would interrupt an already profitable glass business. Furthermore, he had serious doubts regarding his ability to make satisfactory models of flowering plants. But at length it was agreed that a few sample models should be produced for the Botanical Museum of Harvard University. In 1887 these samples were completed and forwarded to the United States. Unfortunately they were smashed to bits by the New York Customs House.

In spite of the fact that the first samples were broken by the New York Customs House, Professor Goodale was convinced that Blaschka was the man who could do the job. Leopold Blaschka and his son, Rudolph, who was born in Bohemia but educated in Dresden in the fields of Botany and Zoology, accepted a half-time contract to produce glass flowers.

By 1890 they became convinced that it was not feasible to divide energies and they were inclined to abandon the work on plants. However, they were then offered a ten-year contract for their entire output, being financed by a rich widow named Elizabeth Ware. From 1890 until 1936, the contract having been renewed from time to time, the entire product of Blaschka and Son came to Harvard University.

Leopold and Rudolph worked together up to 1895 when Leopold died. The collection of several thousand models is, therefore, the work of two men without the aid of a single assistant or apprentice. All the modeling has been done by their own hands. A marvelous example of concentrated and conscientious effort.

In addition to being Harvard's most popular public attraction, the "Blaschka Glass Flowers" serve as an important adjunct to the study of Botany and is regularly used for that purpose by students of Harvard, Radcliffe and other colleges in the Boston area.

This achievement is only marred by the fact that when Rudolph Blaschka died on May 1, 1939, in his 82nd year, he took all the secrets of this life-time masterpiece to his grave.

Nearly 500 American and European glassblowers studied this display on June 23, 1977 and not one could explain how this work was done.

Harry Huth,
Sokol St. Louis



Further information on the above items for sale, may be obtained from the American Sokol Organization, 6426 W. Cermak Rd., Berwyn, IL 60402. Phone: 795-6671.

ASO Financial Report

December, 1977

RECEIPTS:

| | |
|--|-------------------|
| Dues | \$ 582.75 |
| Convention Fund | 473.00 |
| Special Assessment | 339.00 |
| Dividends and Interest | 1,211.55 |
| Subscriptions to "American Sokol" | 3.00 |
| Advertising in "American Sokol" | 100.00 |
| Resale of Jewelry | 250.90 |
| Sale of Songbooks | 32.50 |
| Educational Pamphlets, Membership Kits ... | 28.00 |
| UPS Charges and Postage | 2.26 |
| Miscellaneous Income | 249.80 |
| | <u>\$3,272.76</u> |

| | |
|---|-------------------|
| A.S.O. Uniform Division - Payment toward Advances | 482.19 |
| Transfer of funds from Savings to Checking .. | 6,000.00 |
| TOTAL RECEIPTS | \$9,754.95 |

DISBURSEMENTS:

Administrative

| | |
|--|-------------------|
| Salaries | \$533.28 |
| F.I.C.A. - F.W.T. for November ... | 129.72 |
| Rental, Janitor Service, Phone | 321.15 |
| Other Rentals | 78.99 |
| Office Supplies, Postage, UPS Charge | 25.03 |
| Advertising and Subscriptions | 119.00 |
| Miscellaneous | 465.92 |
| | <u>\$1,673.09</u> |

Board of Instructors

| | |
|---|---------------|
| Salaries | \$330.71 |
| F.I.C.A. - F.W.T. for November ... | 45.94 |
| Editor "Sokol Gymnast" | 30.00 |
| Additional copies "Sokol Gymnast" | 28.00 |
| UPS Charges | 15.63 |
| | <u>450.28</u> |

Educational Department

| | |
|-----------------------------|-------------|
| F.I.C.A. for November | 3.52 |
| | <u>3.52</u> |

Sokol Publication

| | |
|---------------------------------|---------------|
| Printing "American Sokol" | \$819.73 |
| Postage "American Sokol" | 74.59 |
| Editor "American Sokol" | 100.00 |
| | <u>994.32</u> |

Miscellaneous

| | |
|---|-------------------|
| A.S.O. Uniform Division - Salaries, F.I.C.A., F.W.T., Phone | \$464.88 |
| Special Appropriations - Northeastern District A.S.O. | 135.85 |
| Eastern District A.S.O. | 918.00 |
| Southern District A.S.O. | 1,100.00 |
| | <u>2,618.73</u> |
| | <u>\$5,739.94</u> |

Balance brought forward:

| | |
|--|-------------------|
| Western National Bank of Cicero - Checking Account | \$ 408.92 |
| Receipts - December, 1977 | 9,754.95 |
| | <u>10,163.87</u> |
| Disbursements - December, 1977 | 5,739.94 |
| | <u>\$4,423.93</u> |

FUTURE SOKOL LEADERS FUND

December, 1977

| | |
|---|-----------------|
| In memory of Charles Machotka - Victoria Machotka, wife | \$10.00 |
| In memory of Mr. Frank Fokta - Wayne W. Wolf | 10.00 |
| | <u>20.00</u> |
| Dividends Earned | 426.81 |
| | <u>\$446.81</u> |

Donations are tax exempt.

* * *

Correction in Future Sokol Leaders Fund listing in the October, 1977 issue of the **American Sokol**.

In memory of Ludmila Kaminsky

| | |
|---|---------|
| Clara H. Pokorny | \$10.00 |
| Mr. and Mrs. V. Strachota, Mrs. Sidonia Steele, Mrs. Sylvia Chott, Mr. and Mrs. Karel Lhotsky, Mr. and Mrs. Joseph Vicek, Ladies Sokol Club of Hopkins, Mrs. Wm. Jersak and Wm. N. Jersak, Mr. and Mrs. Frank J. Holasek, Mr. and Mrs. Frank Viska, Mrs. Francis Miller, Mrs. Mary Strachota, Mrs. Blanche Kalash, Mrs. Albena Holasek and Family | \$75.00 |



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New Copyright Law Increases Music User Responsibility

MANY ADDITIONAL GROUPS LIABLE UNDER NEW LEGISLATION

The first new American copyright law in sixty-nine years, which took effect on January 1st, places responsibility on many groups and organizations which never before had been required to secure permission to use copyrighted music. The new legislation, Public Act 94-553, resulted after more than a dozen years of public hearings and deliberation, after which a thorough revision of the Copyright Law of 1909 was enacted. Music is now treated on a par with other copyrights.

Public performance re-defined. - The new law defines public performance of music as any performance "at a place open to the public and at any place where a substantial number of persons outside of a normal circle of family and its social acquaintances is gathered." Consequently, the eminent copyright authority Alan J. Hartnick, of Seton Hall University School of Law, points out: "even performances in so-called 'semi-public' places as schools, clubs, lodges, summer camps and factories are 'public performances' subject to copyright control."

Formerly, many of these were not required to secure permission to use copyright music because of a "non-profit" provision in the 1909 Act. The House Committee report in support of the new Federal law advocated deletion of this provision and noted that "the line between commercial and 'non-profit' organizations is increasingly difficult to draw. Many 'non-profit' organizations are highly subsidized," it continues, "and capable of paying royalties and the widespread public exploitation of copyrighted works by public broadcasters and other non-commercial organizations are likely to grow." The House Committee concludes this portion of its report stating that "a broad 'not for profit' exemption could not only hurt authors but could dry up their incentive to write."

America's Musical Clearing Houses. - The new Copyright Act specifically names the three American organizations that license the public performance of musical works on behalf of their copyright owners - ASCAP (The American Society of Composers, Authors and Publishers), BMI (Broadcast Music, Inc.) and SESAC. They all serve as clearing houses, making available the music of thousands of writers with several million copyrighted musical works, with appropriate clearances and indemnification.

BMI, the youngest and largest of the American licensing bodies, is a non-profit making organization which distributes all of the fees it collects, except for operating expenses and a reasonable reserve. It is completing negotiations with the first and the largest group of music users to be affected by provisions of the new Copyright Act: American colleges and universities.

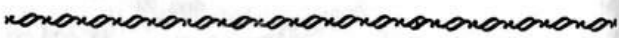
Acting on behalf of more than 35,000 writers of music and 17,500 music publishers, BMI has also

licensed all American radio and television networks and stations, as well as a wide variety of other music users - theme parks, restaurants, nightclubs, discos, jukeboxes, concert halls, ballrooms, hotels, skating rinks, bandstands, cruise ships, airlines, railroads, arenas, ball parks and many other places where music is performed publicly. Through reciprocal agreements with 39 performing rights societies around the world BMI also makes available to its licensees great catalogs of international music for which American audiences have expressed their preference.

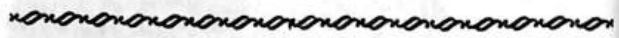
A Service to American Users. - A music user can try to deal directly with individual copyright owners, but experience accumulated over the past half century has shown that this is a difficult and frustrating chore. To do so entails locating each individual copyright owner, not only in the United States, but around the world.

Working within the guidelines of government sanctioned practices, BMI works to assist all classes of music users, large or small. Non-discriminatory rates and schedules of payments are negotiated with individual users and with representative associations. Each BMI agreement is made on a similar basis for users in comparable situations.

Music users who must secure copyright permission under the new Federal law and who wish to learn more about their obligations as well as obtain more information about BMI, the world's largest music licensing organization, should write to: Alan Smith, Vice-President, Licensing, Broadcast Music, Inc., 40 West 57th Street, New York, NY 10019.



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CORRECTION:

The article in memory of Bro. Prihoda was well edited except for a slight error. Instead of "from the Vienna Slet on", it should read "from the V. Slet on". The editor apologizes for this error, Br. Kudrnovsky.



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ALPHABET QUIZ

What is invisible, yet never out of sight? - The letter "s".

What is the happiest letter in the alphabet? - U because it is always in fun.

How can you say in two letters that you are twice the size of your friend?
I W.

Why is E the most unlucky letter?
Because it is never in cash, always in debt, and never out of danger.

Why is the letter R necessary for friendship? Because without it, your friends would be fiends.

What is the hottest letter? - B because it makes oil boil.

Why should your mother never put the letter M into the refrigerator? - Because it changes ice into mice.

Why is the letter A like twelve o'clock? - Because it comes in the middle of day.

Why is the letter D like a wedding ring? - Because we cannot be wed without it.

When are you like the letter B?
When you are in bed.

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Asserting Yourself

Today's submissive adults should assert themselves more, so self-respect could replace the anxieties that trouble them - and there is a no-fail formula for it, a family life education specialist says,

Do you feel people often take advantage of you?

Do you feel embarrassed over complaining about poor quality goods and services for which you have paid?

Do you have trouble expressing your ideas and feelings?

If you do, then you need to learn to assert yourself.

At least that is how Mrs. Ilene Miller with the Texas Agricultural Extension Service, The Texas A and M University System, says it.

She charges that each of us has the right to stand up for ourselves, our ideas and our best interests - but seldom are we assertive enough.

When individuals do learn how to assert themselves pleasantly, but firmly, they receive many benefits - feeling of pride, self-respect, competency, and much more, she suggests.

Her "no-fault" formula is this:

First, remember you are not responsible for the actions of any other adult but yourself. You build better relations when you are responsive to others' needs and feelings, but you are not responsible for their actions.

Remember nobody is liked by everyone. Be yourself rather than spending time and effort trying to live up to others' expectations. It is impossible to please others, so don't try.

Accept your right to make mistakes, to make unwise decisions and to fail once in a while. Attempts to be perfect can leave you feeling frustrated and inadequate. Remember, you can even fail occasionally in assuring yourself.

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