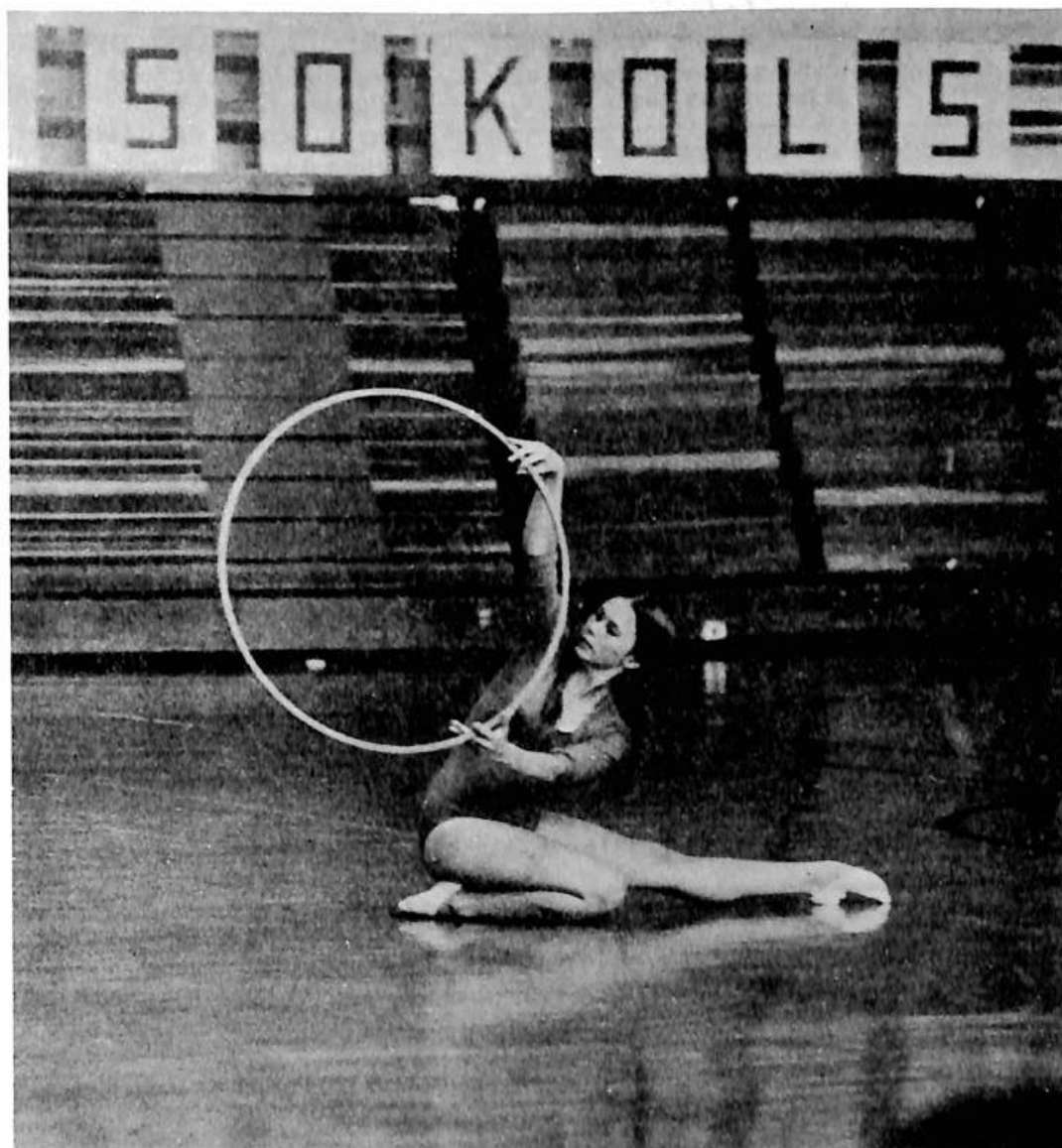


AMERICAN SOKOL

VOL. CXIX - NO. 5

MAY 1978

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Educational and Physical Culture Organization



GYMNAST - SLET '77

PHYSICAL FITNESS
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AMERICAN SOKOL



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EDITORIAL STAFF

6426 West Cermak Rd. Berwyn, Illinois 60402
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OFFICE OF THE EXECUTIVE BOARD ASO.

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Tel.: 795-6671
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at ASO Office.

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WILLIAM MEYER, RICHARD VACHATA

Calendar of Events

MAY 19 - SOKOL MILWAUKEE
Graduation Program
May 20 - SOKOL NEW YORK
Annual Exhibition
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 11 - CENTRAL DISTRICT SLET
Riverside-Brookfield Stadium
JUNE 17 - SOKOL MILWAUKEE
110th Anniversary Banquet
Holiday Inn Central
JUNE 23 - 25 - AT BALTIMORE, MD.
Eastern District Sokol Slet
Towson State University
Sept. 23-24 - EASTERN DISTRICT
Annual Meeting at Sokol
Fuegner, L.I., N.Y.
Oct. 14 - SOKOL BELCAMP
Harvest Festival "Vinobraní"
Nov. 18 - SOKOL WEST SUBURBAN
Candlelight Bowl
Willowbrook Bowling Lanes

Mrs. EllenJeanne Schnabl
National Secretary
American Sokol Organization
6426 Cermak Road
Berwyn, Illinois

Dear Mrs. Schnabl:

The response to my Chicago Tribune article last August on the 14th Sokol Slet had been truly amazing!

The Tribune has just forwarded to me a second batch of letters from individuals and Sokol units from across the United States; I received another collection of letters from them in December.

In all, I must have received 30 letters, many signed by complete memberships of Sokol units and all very generous in their praise of my work. It's difficult for me to say how pleased I am at this response.

Please, if you have a bit of room in a future Sokol bulletin, let everyone know how deeply I appreciate their kind words. I enjoyed working on the article because the subject was interesting in itself - the response of your members is like icing on the cake!

Thanks very much,
James F. Quinn

American Sokol Organization Editorial Staff
6426 West Cermak Road
Berwyn, Illinois 60402

Dear Brothers and Sisters:

We were very pleased and honored to read the article titled "Blaschka's Glass Flowers" in the February, 1978, issue of American Sokol.

As you know, this material is a reprint from the "Sokol Newsletter" printed monthly by our staff headed by editor Bro. Miro Zima of Sokol St. Louis, Missouri.

We believe that credit for this article should be given to the above mentioned since it is a team project.

Nazdar! Bro. Harry Huth

Thank you for bringing this matter to our attention. We have no way of knowing who is responsible for articles. We use the names that are attached to the articles when we receive them. The Editor

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CXIX

May - 1978 - Květen

No. 5

MAMIČKO ZLATÁ

Od prvního vzdechu
v matčině náručí,
sladkému poznatku
dítě se naučí.

Od srdce do srdce
láska tu plyne,
hřejivě teplá vždy
mocně se vine.

V práci pro dítě
ztvrdly jí ruce,
pro dítě srdce jí
buší však prudce.

Vrásky když rozryly
tváře jí hladké,
city k nám zůstaly
dosud tak sladké.

Od dětství k vzrůstu
věrně nás provází,
vzpruhu nám dává
v životní nesnází.

Nežádá zisku
ni odměn od dětí,
nežádá slávy,
spíš přináší oběti.

Proto dnes s radostí
a láskou k ní spějme
a k svátku upřímně
vše nejlepší přejme!

Neb si to zaslouží,
bud' jí jen chvála,
že pro náš život svůj
jen věnovala.

by: Bohumil Marek

ASO Executive Board Meeting

Meeting of the American Sokol Organization Executive Board was brought to order on Tuesday, March 27th, 1978, at 7:35 p.m. by the President, Bro. R. Zitny with seven sisters and five brothers present. One sister and two brothers were excused.

The following District minutes were received and copies distributed to the members: Southern; Annual of Feb. 3rd and regular Feb. 23rd; Northeastern; Feb. 22nd; Eastern; Feb. 19th; Western; March 13th; Central; Feb. 22nd.

Correspondence: Request for information regarding local units was answered to Miss L. Soby, Chicago. Sent 75 copies of our by-laws to Sokol Houston. Received an up-dated set of by-laws from Sokolice Little Ferry for reviewing. Sis. Prener will have a report at our next meeting. Mailed the Congressional Records showing remarks by Mr. Frank Annunzio on Feb. 9th and Mr. E. J. Derwinski on Feb. 23rd, both members of the House of Representatives, to each of the six District Presidents. Invitation received at Sis. Schnabl's home from Sokol Milwaukee for their 110th anniversary to be held on June 17th. Deadline is June 7th, members are to advise Sis. Schnabl if they will attend so that the reservation card and money can be returned. Bro. R. Svoboda, II. Vice-President will be the guest speaker. Request for program book ads, etc. from the Eastern District for their Slet '78. Answer will be sent regarding our standing policy. Executive Board approved the attendance by Bro. Roy Zitny and the two Directors. Bro. Lebloch is unable to attend and Sis. Ptacek's presence is contingent on family plans. Letter received from Sokol Rip stating their actual position as a gymnastically inactive unit of the American Sokol. Copy of their Unit's history also enclosed. They will be informed that a Centennial Plaque will be presented to them at the 1980 Convention. Letter received from Sis. V. Laznovsky with color picture of members present at the District Directors' Conference. Letter received by Bro. Zitny from Sokol Houston for a message to be included in their Slet souvenir book.

Director of Women - Sis. M. Ptacek - Correspondence handled; a number of tentative plans received. Final report form: Northeastern District for Educational Material for Modern Rhythmic Gymnastic - \$45.00. Sis. Sotka moved they be paid, seconded, passed. Requesting permission to purchase 3 copies each of the current men's and women's U.S.G.F. exercise routines. Sis. Schnabl moved they be obtained; seconded, passed. It is the wish of the A.S.O. B.O.I. to continue use of our Sokol terminology. Permission requested from the U.S.G.F. to print their exercises, in Sokol terminology, in our Gymnast. Approval given, but needs more information.

Director of Men - Bro. P. Lebloch - Mentioned that the Central District is sponsoring a District Men's volleyball team which is entered in two leagues under the Sokol name. Judged in the Educational Committee's Essay contest.

Membership - Bro. R. Svoboda - Full report will be up-dated for the Presidents' Conference. Mentions that the Central District has a membership committee formed and Sokol Stickney is working towards a goal.

Educational - Bro. S. Barcal - Held a meeting and Bro. Prchal's "History of Czechoslovakia" is further along towards publication. Additional copies are being distributed to Executive Board members for proof-reading. Sis. Pistorius, English Publicity, was a guest at the meeting and is now working with them on the revision of the 3-fold brochure. The Essay contest is still being judged. Reminded members to sign up for the University of Chicago Library tour. It was then decided to cancel the bus for same and all would go in cars. Next meeting scheduled for April 14th.

Editorial - Sis. J. Kourim - April issue in print. Corrections and additions made to bring 1978 roster up to date. Has been receiving ample material for the publication.

English Publicity, Sis. S. Pistorius - April issue of the Chicago magazine carries long-awaited article written by Norman Blei. Approval was given to send each of the six District Presidents a copy as well as Sis. Provaznik, whose picture is included from the Instructors' Course. Letter of appreciation from NBC "Small World" was sent to all participants in the program. Is working with the Central District's English Publicity Chairman. Approval given for a picture to be taken at the Presidents' Conference with copies for distribution to areas all over the country.

Financial Secretary - Sis. A. Sotka - Prepared the February financial report and copies were distributed. XIV A.S.O. Slet account now closed since the last outstanding check cleared. Billed subscribers to our publication and notified Sokol T. G. Masaryk members that their dues should be paid. Service renewal contract approved for the A. B. Dick mimeo machine. Mr. R. Seldon, C.P.A., will be in after April 17th to start on the 1977 audit.

Uniform Div. - Sis. B. Prener - Had Bro. J. Vrzalik see Mr. Zwickel in Philadelphia regarding the proper fitting of men's trousers. They will now be custom-fitted, according to measurements supplied by the buyer. Sales are up, with note that more Junior Boys have stepped up into the Men's classes.

Secretary - Sis. E.J. Schnabl - Wrote and distributed minutes of the February meeting; answered all correspondence and acknowledged Future Sokol Leaders' Fund donations. Was one of the judges in the essay Contest run by our Educational Committee.

President - Bro. R. Zitny - Attended Chicagoland Sokol Building Assoc. Board of Appeals meeting and the DuPage County Board meetings regarding their request for re-zoning.

Old Business: Gymnastic Manual, Bro. Lebloch will write to them again. Tax exemption, Sis. Sotka will call Mr. Seldon, C.P.A., for some information. Sokol Berwyn's missing mini-tramp; decided that the loss is the responsibility of the Central Dist. Sokolice Detroit By-Laws, Sis. Prener reported that they were in full accord with the American Sokol Constitution and By-Laws and recommended that they be accepted. Motion made, seconded, passed.

New Business - Bro. Jindra questioned insurance coverages, as Sokol West Suburban had been approached by the high school where they will hold their annual exhibition. More information will be obtained in time for the District Presidents' Conference.

There being no further business, Bro. Zitny thanked all for their attendance and fine reports.

Meeting was adjourned at 9:30 p.m.

Respectfully submitted,

E.J. Schnabl, Secretary

Minutes of The January Meeting of The Central District ASO

FEBRUARY 22, 1978

Pres. Bro. E. Halik called the meeting to order at 8:05 p.m. Pledge to the flag given. Motion made to omit reading of minutes of Annual Meeting of January 15, 1978. Seconded, carried. Minutes of Special Meeting of officers of Central District, January 25, 1978, read and approved. Sixteen members were present, two brothers were excused and one sister and one brother advised that they would be late.

Correspondence: Letter from Sokol St. Louis requesting a clinic for both women's and men's departments sometime between March 21 and May 21, 1978. Annual report of Council for Higher Education. Letter from Sokol Slavsky requesting reimbursement for one additional student to National Instructors Course. Letter to Sis. Mary Ann Sulz, Sokol St. Louis, confirming new policy of requesting assistance in writing from BOI as well as district prior to need. Request of attendance forms from Sis. Sulz directed to Sis. Vachata. Bro. Rudy Svoboda, Fin. Sec., received check for \$185.81, reimbursing district for expenses incurred at Unit Educational Directors Course. Invitational information from Sokol So. Omaha regarding meet to be held at Sokol So. Omaha on April 1st and 2nd. Information given to Bro. Placek. Letter from ASO sent to all members of Plzensky Sokol informing them of dissolution of their unit and transfer availability to other member units or to unit-at-large, T.J. Masaryk, to be completed by April 1, 1978.

Reports: Slet Committee - Bro. Vachata not being present, Sis. Jindra reported on meeting held February 15, 1978, at Sokol Stickney. R-B Stadium obtained for June 11, 1978. Assistance to be requested of units as follows: Havlicek women for money, tickets and program books at gates, Havlicek men to sell chips for drinks and food at Victory Dance and Slet; Brookfield to decorate field, platform and rail. Sis. Sladek to decorate table for trophies at Victory Dance; West Suburban to handle audio; Stickney, bar and kitchen; Tabor, souvenirs. Brookfield Police Department will be contacted for Slet Day. Theme for Slet to be requested from members and units. Sokol Berwyn submitted "Step in Time - Sing in Tune with the Sokols" and Sis. Jindra suggested "Sokol Kaleidoscope". Estimates to be sought for printing of program book. Ad prices set.

Sokols St. Louis, Milwaukee and Racine to be contacted for commercial ads. Prices also set for well-wishers, patrons, subscribers and benefactors. Deadline for ads and well-wishers set for May 15, 1978. Seven hundred and fifty dollars requested for Slet costs. Motion made to transfer said sum to Slet account; seconded, passed. Motion made and seconded the Treasurer and Fin. Sec. handle money; passed. Discussion on price of tickets for Victory Dance and Slet. Motion made, seconded, passed; prices were established. Sis. Jindra requested approval of printing prices for letters, etc.; approved. Motion made, seconded and passed; to invite the President of the United States, Governor of Illinois, Mayor of Chicago, Mayors of home towns and cities of Central District units, other organizations and districts. Recommended that Slet Committee obtain written agreements with Brookfield Zoo and R-B High School regarding parking, etc. Victory Dance tickets to be distributed to units for purchase there after Slet tickets are mailed to members.

Women's BOI - Sis. Vachata not present, no report.

Men's BOI - Bro. Placek, reported that the men's BOI had not had a meeting so far this month. However, he was able to report that the volleyball team being sponsored by Central District was playing in two leagues. The players are practicing regularly and he submitted a contract for rental for a gym used for practice and a bill for rent. To be submitted to ASO for payment out of Special Assessment Fund. Bro. Placek requested that he and Bro. Gilbert and Heferman be authorized to set up a clinic at Sokol St. Louis on March 31 and April 1 and 2, for Slet competition exercises and calisthenics. Approved. Approved for women's BOI to do likewise for the women's department.

Combined BOI meeting - Sis. Vachata not present, the minutes in her possession, Bro. Placek reported that the BOI's wished to arrange for the Special Number Competition to be judged at unit exhibitions. Discussion followed on the problems of obtaining judges to travel to all exhibitions. Motion made, seconded, and passed. Combined BOI's should prepare for future years to judge at unit exhibitions but that due to unforeseen problems, a one-night competition to be held this year. Request for Central District to pay for two students each from Sokol West Suburban and Sokol Slavsky, who attended National Instructors Course, approved.

Budget Committee - Sister Betty Prener reported that a meeting was held February 3rd and that although much was accomplished, another meeting would be needed to fully finalize the Budget Report. - Next meeting to be held on March 6th, at 7:30 p.m. at Sokol Stickney.

Educational Committee - Bro. Fred Kala reported that the National Committee had approved the publication of Bro. Charles Prchal's writings which were used in the Education Directors training course. Having seen on TV the Canadian National Anthem being played prior to the U.S. Anthem, Bro. Kala wrote to Washington, D.C., requesting clarification on the procedure for our use at times when U.S. and Czech

anthems are played. Reply received that the point is being investigated and we will be advised. Bro. Kala made observations regarding the number "8" and its significance in dates important in Sokol and Czech history. These points will be passed to educational directors and should be shown to classes and perhaps published in our Slet program book. A Slavic Day program was aired on Channel 11 on Tuesday, Feb. 21 and will be repeated on March 6th at 2 p.m.

Organizational - Membership Committee - No report.

Publicity - Sis. M. Bruno advised that a list of all parties contacted for publicity purposes had been drawn up and submitted future articles for approval.

Properties - Request for Central District property in the possession of units to be listed and submitted to the district.

Other business - Ticket sales for tour to Greece and Yugoslavia quite slow. Bro. Jezek, Sokol Slavsky, advised the Board of a situation in many of our gyms where men who do not play volleyball arrive at class time only to find no instructor or a closed gym. Suggested at least one gym in the area be designated and an instructor available for these men to hold a class for exercise, calisthenics, etc. This recommendation made to BOI.

Financial Sec. - Reported income, disbursements and balance to date.

The next meeting of the Central District was set for March 22, 1978. There being no further business, the meeting was adjourned at 11:00 p.m.

Helen Onni, Recording Secretary

Western District, ASO Meeting

MARCH 13, 1978

The meeting was called to order at 8:25 p.m. by Bro. Ed Pavoucek, President, Western District.

Quarterly membership reports were received from the following units: Sokol St. Paul, Sokol Cedar Rapids, Sokolice South Omaha and Sokol Hopkins.

Sokol Wilber sent a roster of officers for 1978.

Bro. Pavoucek read a letter from Sokol Cedar Rapids which requested support for the Western District Slet by supporting the trophies and awards through contribution to the Sokol Slet fund.

No meeting was held in February due to the bad weather conditions.

Minutes of the January 9th meeting of the BOI were read by Sis. Jolene Hamann.

The semi-annual Western District meeting will be held 15th and 16th of April, 1978.

Discussion was held concerning the Sokol U.S.A. Slet and/or the Southern District Slet. This subject is to be brought up at the Presidents' Conference by Pres. Ed Pavoucek if not on the agenda. Bro. Phil Cahoy will contact the Southern District for additional information.

A bill for \$13.00 from the Park Avenue Florist was voted on and approved for payment.

The following units have not paid their dues to the Western District; Sokol South Omaha, Sokol Crete and Sokol Minneapolis.

A letter from Eastern District ASO was read by the President. This was an invitation to their Slet to be held on June 23, 24 and 25, 1978. Sis. Bea Pavoucek will send a letter to Western District units on this subject.

Sis. Bo Drozda read a letter from Sokol Wilber requesting instructor assistance. An instructor will be provided on the 2nd of April as approved. Sis. Drozda was also requested to write a letter outlining method to be used for requesting assistance to eliminate any confusion.

Bro. Pavoucek read letter from Eastern District, ASO concerning ad for the Slet program book. Approval was given to take a one-fourth page ad for the program book.

Bro. Pavoucek reminded all present that ASO organizations are to be referred to as **units** and not as **lodges**.

A meeting time of 2:00 p.m. on the 15th of April was set for the semi-annual BOI meeting. The meeting time for the executive meeting was set for 9:00 a.m. on the 16th of April.

Bro. Pavoucek requested a motion for adjournment at 10:00 p.m. Motion made, seconded, approved.

Rich Awender, Acting Rec. Secretary

Sokol Detroit

Ethnic awareness is enjoying a popularity in America as never before. Practically every nationality is seeking rightful recognition for the people who have helped mold America into its present greatness. The vehicle which helps demonstrate to the public this awareness is the ethnic festival.

Sokol Detroit is marshaling its forces for such an endeavor. Not only to present a program which will show the public what Sokols are and where it all began, but also to display through dances, songs, music, gymnastics, nationality food and drink of the various regions of once a free Czechoslovakia. The Czechs, Moravians, Slovaks and the Ruthenians will all participate with Sokol Detroit and Auxiliary as sponsors.

The Festival will be held at the Yack Arena in Wyandotte, Michigan, on July 14th, 15th and 16th, 1978.

We cordially extend an invitation to all Sokols and the general public to come and enjoy the festivities depicting Czechoslovak culture and heritage.

If interested we shall help plan a tour itinerary and arrange lodgings; continuous music with 5 live Czech and Slovak dance bands; plan a busload. For further information write: Sokol Detroit, 23600 West Warren, Dearborn Heights, Michigan 48127.

Nazdar!

George Eisenstein, Chairman, Ethnic Festival

SOKOL GYMNAST

MAY 1978

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

EXERCISES FOR SMALL CHILDREN

Exercises for younger children must be based on motions which are simple but interesting enough to keep their attention throughout the entire class. Such exercises are: walks, runs, jumps, climbing on vertical and oblique ladders, exercises on balance beam (for young boys as well), jumping over obstacles, ball throwing, rope skipping, carrying of objects, exercises with hand apparatus, hangs, swinging, etc. Because children prefer games before anything else, we also must give them as many exercises as possible in playful form. Since young children get tired very quickly, but also do not need much time to regain their strength, the moves must be short and their teams should have more gymnasts to allow enough time to rest.

Young children do not need much explaining; they rather copy an instructor. If we have to explain a particular move we should use very simple language, otherwise the children won't understand us. We must also demonstrate each move carefully for children will copy any bad habit that we may have. **Teaching callisthenics or marching tactics should have a time limit rather than performance limit.**

The main object of the gym class for young children is to teach them form, order and fair play; to expect some real gymnastic progress might even have tragic results in deforming some parts of their bodies. Here we must notice that it is usually a dismount from higher positions that may cause some damage to a spine. Therefore, no matter how good a child is, he always should be helped with a dismount. Also, exercises in support are so dangerous that we even don't try to include them in little children's classes. These children are so weak in elbows and chest and their bones are not able to support the weight of the whole body.

Little girls will, by nature, prefer exercises of dance character. Their class leader should keep this in mind while preparing a program for this class.

By the same token, the little boys will like resistive exercises, usually those connected with overcoming some resistance. For this reason their class should have plenty of resistive and similar exercises.

The bones of the youngest children are so elastic they may bend very easily. This should not tempt the instructor to capitalize on this fact of nature because many exercises of bending and stretching of the body may cause a permanent damage to these soft bones, especially to the spine.

Most important is to keep this class interesting with many changes, for a child is not expected to be very attentive and if he does not get his "fun" in his class or team he will look for it elsewhere, which also may develop into a lack of discipline. A good class leader will try to assign the best team leader to his "**kindergarden**" team for this is the team that requires a skilled, kind, but firm instructor.

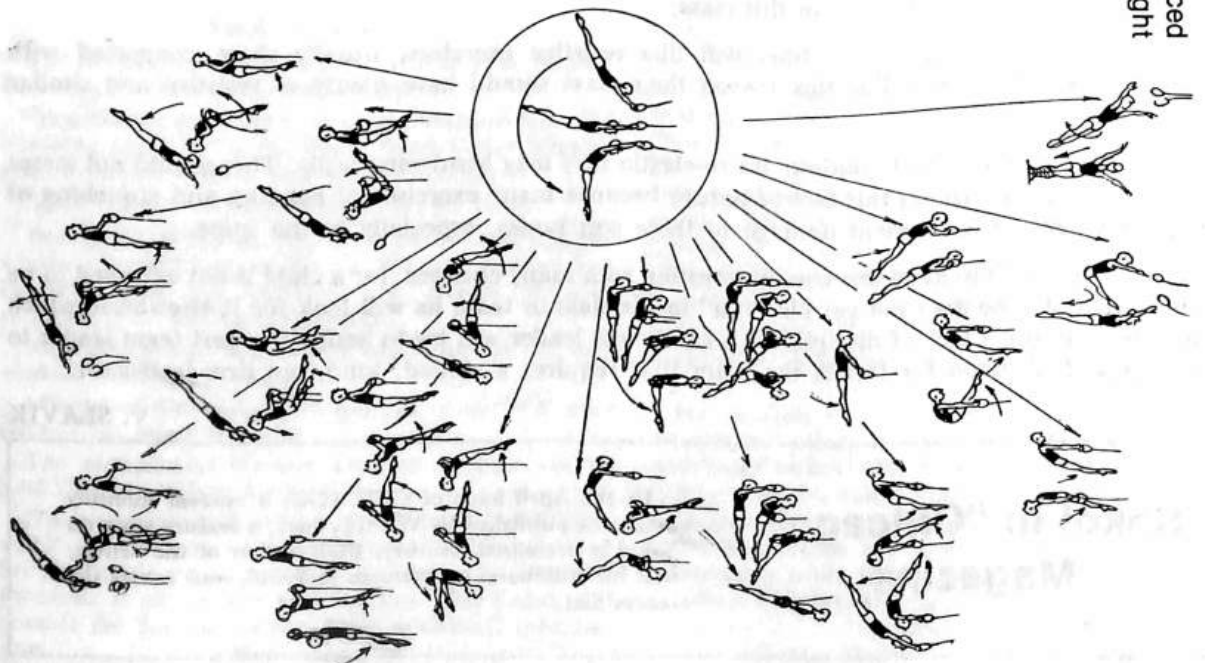
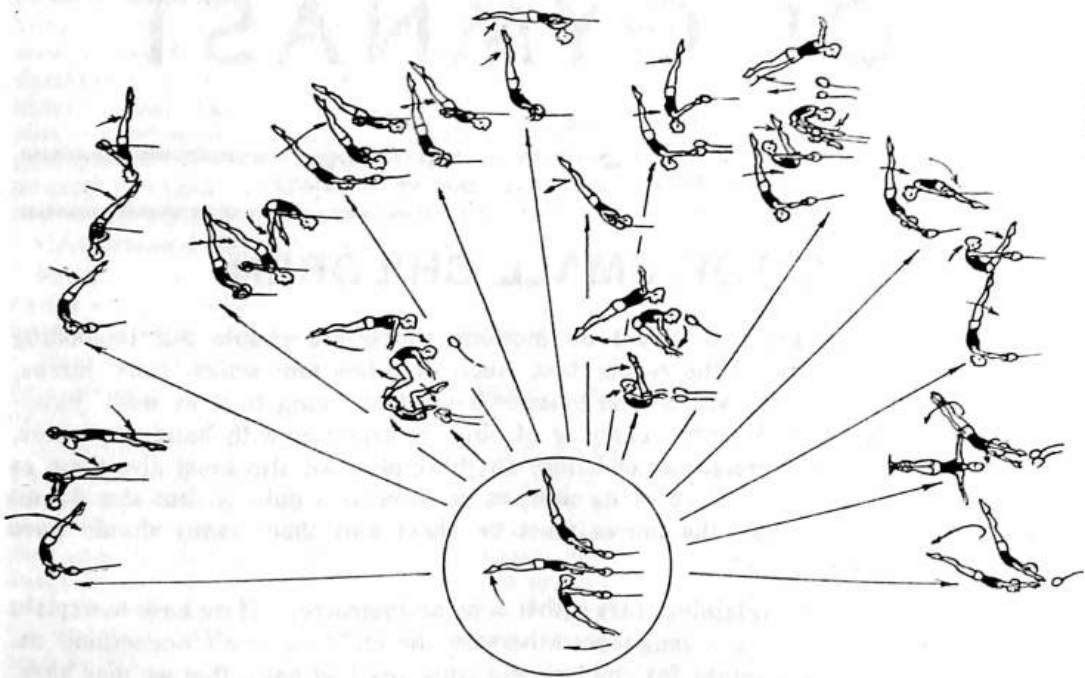
V. SLAVIK

Sokol in "Chicago" Magazine

IN the April issue of CHICAGO, a current monthly magazine published by WFMT, Inc., a feature story on Sokol is presented. Norbert Blei, author of the article, tells his childhood experiences in Sokol, and covers the recent Slet.

Men - Rings - Combinations

Illustrations on the page include various movements possible for an advanced gymnast from a backward swing (left side of page) and frontward swing (right side of page).



Outline of Class Procedure

(Presented at Beginners Instructors Course -
Central District)

1. Know what Sokol apparatus is available, its useability and know how to set up all equipment. Make sure all equipment being used is in good condition. Know your director's name and phone number as well as those of your assistants. Have available at all times, a complete first aid kit, emergency phone number for police and fire department. Have a complete list of gymnast's name, address and phone number, also any additional information pertaining to recent illness or injury. In some cases doctor's releases might be necessary.

2. PROPER SOKOL ATTIRE AND APPEARANCE

Your appearance and that of your assistants is most important.

- Wear Sokol uniform, leotard, or warm up suit.
- Wear gym slippers or other suitable covering (No bare feet.)
- No gum chewing.
- Long hair should be tied back.
- The use of a whistle should be optional.

3. HOMEWORK

Class preparation must be done at home and enough material should be available to cover at least one month in advance. It should consist of:

- Warm up exercises - calisthenics.
- Introduction to various dance steps and rhythmic gymnastics using hand implements.
- Marching.
- Apparatus routines - make up 3x5 cards, one for each apparatus and tumbling with at least 3 exercises for each, to be given to each assistant or spotter. Utilize the girls' and boys' gymnastic skills and previous competition routines.
- Games, songs and brief outline of Sokol history.

4. ARRIVAL AND DISMISSAL OF CLASS

All instructors and assistants should be in the gym 15 to 20 minutes before his or her class starts. Starting on time should be insisted upon.

a. Assistants should help in setting up apparatus. In some cases the head instructor should start class while the apparatus is being assembled.

b. Discuss with assistants prepared class routine for that day.

c. If unable to teach class on any given day, at least one week's notice should be given to unit director and assistants. Those in charge of class during your absence should have class roster for attendance and the Class procedure you wish them to follow. In case of emergency, when time doesn't allow for ample notice of your absence, your assistants should conduct class as on previous days.

d. Assistants should be given an opportunity to teach at least 3 classes during the Sokol season with adult supervision.

e. Gymnasts should not come earlier than 5 minutes before class time.

For Head Instructors and Assistants

f. Gymnasts should line up at a designated area each time.

g. To avoid confusion, a dismissed class should exit, if possible, thru one door, while an incoming class enters another. Parents could assist in keeping this as orderly as possible.

h. Try not to overextend your class time. Remember, another class is just as important as yours.

5. CLASS SET UP - 1 hour session

- Call class to attention.
- Introduce yourself and your assistants (first day or two).

c. **COMMANDS IN PLACE** - Give and explain in proper Sokol terminology commands given in place such as: attention, at ease, left, right face. Suggestion: teach only two or three at one time, keep adding a new one each week while reviewing previous ones. Assistants should be doing commands in front of class and assisting those having difficulty.

f. **MARCHING** - Use the same technique as above.

g. **EXERCISES - CALISTHENICS** - 10 minutes of exercises is ample. When teaching the calisthenics, you must memorize the part you want to teach at home so as not to waste time looking through your papers. Do not teach more than 32 counts at one time, especially in the younger classes. When a part is completed, use the music if possible. If the class is large, teach the calisthenics to only half while the other half is working on apparatus with proper guards at all times. Make sure each group learns the same amount of calisthenics. At least one assistant should learn the calisthenics and is capable of teaching in your absence. Use proper Sokol terminology when teaching the calisthenics. Boys' classes should include flexibility moves in warm up exercises.

h. **APPARATUS** - There could be 8 to 10 gymnasts on a team. Divide according to ability, beginners and advanced. Each team must have a leader or spotter. Team captains may be chosen every month. (This works well in the younger classes). While waiting their turn, should be at ease or if tots, sitting in a straight row, troublemakers should be reprimanded and perhaps lose their turn. Head instructor, if possible, should oversee each team, checking on routines being taught. Using proper terminology on all apparatus is most important.

i. **TEAM ROTATION** - March to and from apparatus, team captain or leader giving commands. 10 to 15 minutes per apparatus depending upon class schedule. Do not try to cover all pieces of equipment each nite. Rather learn to do moves correctly before going on to new routines. Suggest 2 or 3 rotations per class.

j. **GAMES** - Every class enjoys a time to let loose and holler. Use good judgement so as to avoid injury.

k. **CLASS CONCLUSION** - Take attendance and hand out any announcements. Suggest singing Sokol song. If necessary explain the meaning of NAZDAR . . . End each class with a **LOUD . . . NAZDAR!**

Prepared by: Sylvia Pistorius, Instructor
Sokol West Suburban, '78.

District Directors Conference - Fort Worth, Texas



National High School A.A. Invitational Gym Meet

The 4th National High School All Around Invitational Gymnastic Meet was held on Saturday, April 22nd at the Maine West High School in Des Plaines, Illinois. For the first time, in this competition, female competitors were invited. The six High School Age girls and six High School Age boys competing in the meet represented the finest gymnastic talent from 8 states. Performing before a capacity crowd, with a number of prominent coaches from colleges and schools, the gymnasts provided an evening of unsurpassed thrills. The meet was televised, and will be shown at a future date in the Chicago area.

In the meet for the first time, was a young miss, Joanna Sime, 15, of Great Britain; a lad, Vartan Ichlokmanian, 19, from the Republic of Armenia. Competing with the boys on alternating apparatus, the girls placed in the following order:

- | | |
|--|-------|
| 1. Cheryl Micklo - West Mifflin, Penn. | 36.50 |
| 2. Heidi Croeber - Gaithersburg, Maryland | 36.30 |
| 3. Suellen League - Huntington Beach, Cal. | 35.85 |
| 4. Lori Erickson - Palatine, Ill. | 35.24 |
| 5. Joanna Sime - Silver Spring, Maryland | 34.90 |
| 6. Jan Shelley - Mesa, Ariz. | 34.30 |

The two boys from Nebraska, James Hartung and Philip Cahoy are members of the SOKOL OMAHA UNIT of the AMERICAN SOKOL ORGANIZATION. Coached by Philip Cahoy, Sr., Director of the Western District of American Sokol, they showed superb talent on all apparatus. James Hartung led the group on all individual apparatus except on the horizontal bar wherein he had minor difficulties and had to change his

ending. His execution of Pommeled Horse routine with high elevation and cross scissors earned him the highest score of 9.70. The closing apparatus of the meet was the horizontal bar. Performing last, Philip Cahoy executed a flawless routine which won him a standing ovation from the audience, with first place on the horizontal bar, a fitting climax to an excellent performance. The boys placed in the following order:

- | | |
|---|-------|
| 1. James Hartung - Omaha, Neb. | 56.55 |
| 2. Philip Cahoy - Omaha, Neb. | 54.35 |
| 3. Peter Stout - Miami Shores, Flo. | 53.35 |
| 4. Vartan Ichlokmanian - Los. Angeles, Cal. | 52.40 |
| 5. Kelley Crumley - Addison, Ill. | 51.40 |
| 6. Scot Wilce - Lexington, Ky. | 50.55 |

No awards were given for placement, but all performers received plaques for their participation in the meet.

E.C.L.

ATTENTION - Unit Directors - Instructors - Gymnasts

We are announcing an increase in price of our GYM SLIPPERS. Effective June 1, 1978, the price of White Gym Slippers and Black Gym Slippers will be \$4.25 per pair for all sizes. - At present all sizes are in stock. Send in your orders.

A.S.O. UNIFORM DIVISION

Charles Divisek

(1903 - 1977)

Born in Czechoslovakia, Charlie Divisek was three years old when he came to the United States. Yet, he spoke the Czech language so well as though he studied in the old country. Moreover, his knowledge of Czech music was so vast that he became a Sokol legend in his own right. He, in fact, founded an "Art of Sokol Music", which is music accompanying gymnasts performing their exercises. Not only did he know the music but by watching gymnasts he molded his music exactly to the exercises and motions they performed. Thus he became an integral part of all local exhibitions, whether held by any Sokol organization, all Sokol Slets in the Metropolitan area and several times led the Sokol brass bands at the National Slets in Chicago, last time in 1969.

There must have been thousands of Sokol dances, exhibitions and other special events at which Bro. Divisek either played on piano or led his Sokol orchestra. Another amazing story of Bro. Divisek's life is that he never failed to play at any exhibition he promised to play. Rain or shine - sick or healthy - Charlie always showed up. That's how he answered his call to Sokol duty.

For 52 years he was a member of Sokol New York, where he served on various committees and was also manager of Sokol Hall at 71st Street. During the war he worked for the Czechoslovak Consulate and later for the Czechoslovak Mission to the UN. While with the mission he met Jan Masaryk. They became good friends, perhaps because of their similar life style. Bro. Divisek, however, was a friend to everyone. That's why he was sorely missed when he retired a few years ago to South Jersey.

With his passing in November, 1977, Sokol New York and Sokol world over, lost not only a good member, but also something of a valuable past, a tradition that helped to make Sokol ideals so precious.

May he rest in peace. NAZDAR!

Vladislav Slavik

Brother Joseph Pokorny

Our Sokol family in Los Angeles has again been saddened, this time by the passing of our beloved member, Bro. Joseph Pokorny.

One by one our faithful members are departing from our midst, leaving us a legacy, the fruit of their many years of labor in our organization, - legacy of traditions. As we take over their duties, we are constantly mindful of their efforts and we are grateful. One of these faithful members was Bro. Pokorny, or Joe, as we called him. He dedicated his life to Sokol. In 1950, he came with his wife, Margaret to Los Angeles from Baltimore, where he was active in Sokol from his childhood. He immediately joined our unit. Joe was instructor for 24 years, teaching calisthenics to all classes. He was Pacific District physical director and traveling instructor for several years. He also held the office of president and

vice-president of our unit for 2 years, and took active part in all committees as long as his health permitted. As a Sokol member he fulfilled his oath in every way. In 1969, an honorary membership was bestowed upon him. Joe lived a full life, 87 years. Up to his 85th year he lived his life full of action, untiringly teaching drills, taking part in all our endeavors. He will be fondly remembered by all who knew him. His memory will always be treasured among Sokol membership. With his passing, another era in our Sokol unit has ended.

Bro. Pokorny passed away April 4th in St. Joseph's Hospital in Burbank. The funeral was held in Glendale with a large Sokol and CSA membership in attendance. We all wish him a peaceful rest.

Louise Nekuda

SOKOL EDUCATOR

Beneš, The Tragic Hero

I attended the first of a series of seminars by Dr. Eduard Beneš, in February 1939, given by the University of Chicago. The Locarno Treaties had been broken by Hitler when the Nazi troops marched into the demilitarized Rhineland. Czechoslovakia was now surrounded by the Nazis.

There were sympathetic students and anguishing Czechs and Slovaks in the audience. There were bodyguards, indicating that Dr. Beneš was being protected not only as the president of a nation, but a defender of world democracy. Dr. Beneš was no spell-binder, no showman. He was an honest man who believed in telling the truth. His talk was on decency, he did not denounce the Nazis. I realized that he could not do so at the time and give the Nazis reason to retaliate and march into Prague, shooting the people and throwing bombs at the buildings.

Events happened fast. The Sudetenland, a mountain range forming a natural barrier against invaders for one thousand years was invaded by the Nazis. England and France voiced no protest and Hitler marched into Prague.

Soon after, I went to a meeting that was given by the Czech National Alliance at Pilsen Park. The speaker was Jan Masaryk, son of Thomas G. Masaryk, first President of Czechoslovakia. He read a pronouncement from Dr. Beneš, calling upon free Czechs and Slovaks in the world to unite once more and fight to free their mother country from tyranny. Jan Masaryk said, "We were sold out with the aid of the devil himself." Yes, it was all right to cry a little, but everyone had to work hard to get world support to stop the Nazis.

The Hrad Castle where Dr. and Mrs. Beneš had lived was occupied by Hitler and his high-ranking officers. The Beneš' stayed secluded in their room at the Hotel Windemere in Chicago. They mourned as if a member of their family had died. But it was not for long, for Dr. Beneš was a fighter and there was work to be done.

Eduard Beneš was the youngest of ten children born to Matěj and Anna Beneš at their humble dwelling with a thatched roof at Kožlany, Bohemia. When he was

born May 28, 1884, Matěj had ten acres of land, and he kept buying land until he had forty acres. He bought a kiln and made bricks to add to the little money he made by running a country store. There was plenty of work at home to keep the children busy. It was evident from the beginning that Eduard was different from his five brothers and two sisters. Two of the children had died. Eduard didn't mind working but best he liked to read books. He read books by American authors, history books, and legends of Old Bohemia. He got the books at the Sokol library and the school library in town. His older brothers brought books from Prague. Besides being an avid reader, he was a good listener. He listened to his older brothers talk about what they had learned from visits to Rome and Prague. From them, he heard that the Catholic Church always sided with the Hapsburgs against the Czechs. He read about Jan Hus, the preacher who was declared a heretic and burnt at the stake on the shore of the River Constance for preaching against the indulgences of the church. He became anti-Catholic.

His great craving for knowledge led him from gymnasium to university. He educated himself by teaching and writing articles for the newspapers. He earned a doctorate of philosophy at the University of Prague, a doctorate of letters at Sorbonne, and law at Dijon, France.

Through a journalistic friend, he met Hanna Vlček, a Czech girl, who became his wife December 10, 1909. There were no children, but Madame Beneš was a helpful mate in all his undertakings. Dr. Beneš was known to be the first to spread propaganda for Czech independence. He met Milan Štefánik in Paris, and the two men worked there to further their cause. Professor Masaryk, Beneš and Štefánik knew that if war broke out the Czechs would have the opportunity to free themselves from Austrian domination.

It was expected that Poland and Romania would fight for their independence, and that Yugoslavia would join the struggle. In the autumn of 1914, Dr. Beneš and Professor Masaryk began to discuss their liberation plans. Their greatest drawback was money. Dr. Beneš said that his wife, Hanna, would contribute the money she had received from her rich aunt. Masaryk contributed what he could. It was decided that Beneš and Štefánik would spread propaganda in Paris while Masaryk operated from London and Russia.

While Masaryk was in Russia recruiting prisoners of war for his Czech army that would fight with allied troops, Beneš was also recruiting men who would join the French fighting men. Beneš went often to Vienna, and it was a miracle that he was never caught by the Austrian police. Masaryk was the leader and Beneš carried out his plans. However, their work would have folded up for lack of funds if it were not for Dr. Scheiner who gave some from the Sokol treasury, and money had not kept coming in from Czech Americans. The Czech National Alliance in the United States helped raise funds as did other Czech and Slovak organizations. Vojta Beneš, brother of Dr. Eduard Beneš was in the United States at the time, and he was a great fund raiser.

On November 15, 1915, the Czechoslovak foreign committee had a manifesto published in France, Russia, Switzerland and the United States which was an official declaration of war. When the United States entered the war, it was certain that Germany would lose.

One of the high points of Dr. Beneš' career was the important part he played during peace conferences. He believed wholeheartedly in President Wilson's League of Nations. President Wilson returned home to find that Congress was unwilling to ratify the Treaty and join the League of Nations. President Wilson was greatly disappointed and he went on a speaking tour to interest people in his idea of creating a unity of nations to prevent wars. He overtaxed his strength and suffered a stroke from which he never fully recovered.

Dr. Beneš carried out the idealism of President Wilson's League of Nations. President Masaryk was very proud of the young man who had once been his pupil. He had already been installed as President before Dr. Beneš left Paris. In Prague he received a hero's welcome, and Madame Beneš shared in his glory. She had been imprisoned twice while her husband was working for liberation. There were a few disgruntled government men who thought that Dr. Beneš had been taken at the peace conference. He had agreed to pay part of the liberation tax that was levied against Czechoslovakia, Romania, Poland and Yugoslavia. They had not counted on paying a liberation tax, they had counted on getting a share of the reparation tax levied against Germany. Even though Czechoslovakia received none of the reparation tax and paid the liberation tax, the government was able to meet all its financial obligations and the people became prosperous.

Dr. Beneš believed that the League of Nations meant security for Europe and only in a secure Europe could Czechoslovakia exist a free nation. He worked hard to make the system operate, fearing that if it failed brute force would once more rule Europe.

December 18, 1935, the Parliament of Czechoslovakia honored Dr. Beneš by electing him their second President. He was forced to resign as President of the League of Nations. He thought that Czechoslovakia needed strong friends to survive. He felt that Germany would again attempt to regain its lost power. He signed an alliance with France. He formed the little Entente which brought closer together Czechoslovakia, Yugoslavia and Romania.

But nothing stopped Hitler. Certainly not little Czechoslovakia. In 1936, Hitler aggressively entered the demilitarized Rhineland, violating the Locarno Pact. When Austria was invaded in 1938, Dr. Beneš knew that Germany's next move would be against his country. Herr Henlein started the propaganda in the Sudeten Mountain area, paving the way for Hitler to invade.

On several occasions, Dr. Beneš had been asked to go to Germany to negotiate with Hitler. He said, "Hitler is a vulgar man, completely vulgar. He has no ability to reason. I could not discuss anything with a man like him." He added that if he went to meet Hitler, he would have a revolver in one pocket and a hand grenade in the other. Then if Hitler shouted at him, he would throw the hand grenade.

It was hard to believe that British Prime Minister Chamberlain continued to negotiate with Hitler. It was hard to believe that M. Daladier could not see that Hitler's desire stretched far beyond the Sudetenland. Treaties were disregarded, promises of the English Lords broken, France failed to come to the aid of a true friend. Russia would have come to Czechoslovakia's assistance if France lived up to her obligations, and when this failed, Czechoslovakia stood alone. Her soldiers were ready to fight alone, even though they were greatly outnumbered. But Dr. Beneš did not want his people slaughtered, and he did not want to be responsible for starting the war. He cautioned his ministers to keep the people calm and if possible avert rebellion, and his generals not to fight. Knowing that his presence in Prague aggravated the situation, he and Madame Beneš fled to London.

Dr. Beneš received an offer from the University of Chicago to give a series of lectures on democracy. He accepted the offer and flew with Madame Beneš to the United States.

The lectures were well attended by the students. They chose Dr. Beneš as the most outstanding man for the year ending June, 1939. He was very proud of this honor and also of having received sixteen university degrees. His academic standing was second to that of President Woodrow Wilson. He was called "The World's Foremost Democrat", "The Smartest Statesman in Europe" and "Europe's Wisest Politician". He preached how important it is to uphold the sanctity of treaties and respect law and order.

To prevent another dispute from ever arising again over the Sudetenland, Russia helped the Czechs move the Nazi population out of Czechoslovakia. That was after the United States entered the war in December, 1941, and the balance of power shifted to the Allied Forces, ending the war in 1945. Germany, Japan and Italy were beaten.

Mr. Eden and Mr. Churchill thought that peace could better exist if the small nations worked together in harmony with Russia. At this time there was no doubt of Soviet Russia's sincerity to live peacefully with her neighbor Slav states and let them pursue their own way of life. The Moscow Conference in October, 1943, was followed by the Teheran Conference between President Roosevelt, Churchill and Stalin.

Dr. Beneš was not against the treaty. He felt that his trip to Russia was the most important trip he had ever made. It helped form a good relationship between his country and the Soviet Union. Stalin and Beneš had complete understanding between them. On December 12, 1943, another treaty was signed by Molotov, four members of the Czech government with Beneš present. A military treaty was signed in London as further agreement between the Czechs and Soviets. When the Russian troops marched into Prague, Czech soldiers marched with them.

Looking back now, there are regrets that General George Patton with our American troops had not taken Prague for the Western World. There would be more security for the world today if Czechoslovakia had been tied to France, and the whole of Germany, both eastern and western parts been given to Russia.

Trusting the Russians, tragic Beneš let the Communists infiltrate into the Czechoslovak government. In 1948, Beneš' system of democracy ended and his country became one of Russia's satellites. Today Czechoslovakia is occupied by Russian troops. It exists in captivity.

Stella Tichy
Sokol Čechie, Chicago

ASO Annual Meeting Southern District

February 5, 1978

The annual meeting was called to order at 9:10 a.m. and presided by District president, Bro. George Prevratil. Meeting was held at Sokol Gymnastic Center, Ennis. Bro. Prevratil extended a warm welcome to the delegates, officers and guests. The pledge of allegiance to the flag was given.

Roll call of units and delegates representing all units. Delegation held a standing silent observance in respect of deceased members. Roll call of District officers.

Minutes of last annual meeting of January 30, 1977 were read and approved. Correspondence: From American Sokol, enclosure of check to cover the assistance to 11 students that attended the Instructors course in Naperville, IL., June 27 thru July 9, 1977. Letter regarding appreciation for work by officers and committees in the districts and units and wishing success to new officers, a roster form to list officers and addresses for 1978.

Bro. Prevratil requested annual reports of units. Each unit reported on activity throughout 1977, financial report and slate of officers for 1978. Complete and detailed reports on separate file. All units except Sokol Yukon presently are gymnastically active. Sokol Corpus Christi and SPJST Lodge 79 plan to hold grand opening of new building, June 30, July 1 and 2. Total membership of District according to annual reports, 1,085.

Bros. Petrzelka and Prevratil named delegates to serve on committees. Annual reports of District officers given and are compiled, attached to copy of minutes.

Bro. Prevratil comments on the report of District Directors, their continued hard work and working with units that are such a great distance apart. Educational Director's report continues to be encouraging, but feels that we must progress more. Suggests that the educational must be given priority and instill the Sokol idea more readily in membership and youngsters. Requests that delegates to emphasize the educational field in their respective units.

Report of District Board of Instructors Annual meeting and discussions: Sis. S. Laznovsky reports, BOI annual meeting held November 19 in Houston. Unit directors were briefed on the American Sokol BOI Conference held in Oct. District Slet main topic of discussion, Slet scheduled for June 16, 17 and 18 in Houston. Covered were competitions and decisions

made on routines that will be used, advancement of competitors, same policy retained; number of team members, no change; awards, judging, much has improved; units are urged to hold clinics, workshops for their judges, tabulating; special number competition, will be held in both children and adult divisions; no rule changes, modern rhythmic competition, if survey indicates interest; prostna, same as last year, except tots will use 1973 prostna; swimming, will be held if interest shown; entry fees for competitions (subject to approval of annual meeting); volleyball competition, rules slightly modified; tournament rules,

Sokol Publication

Printing "American Sokol".....	\$1,093.08	
Postage and Phone -		
"American Sokol"	110.51	
Editor "American Sokol"	100.00	
		\$1,303.59

Miscellaneous

A.S.O. Uniform Division - Salaries,		
F.I.C.A., F.W.T., Phone.....	\$486.44	
Special Appropriations -		
Northeastern Dist. A.S.O.	48.70	
Central Dist. A.S.O.	210.00	
		745.14

ASO FINANCIAL REPORT

MARCH, 1978

RECEIPTS:

Dues	\$1,012.25
Sokol Thomas G. Masaryk Dues	50.00
Convention Fund	628.00
Special Assessment	458.00
Dividends and Interest	1,285.10
Subscriptions and Advertising -	
"American Sokol"	98.00
Resale of Jewelry	37.10
Sale of Songbooks	135.50
Educational Pamphlets and Labels	4.12
Skills Patches	35.00
UPS Charges and Postage	2.77
Office Supplies	1.60
Miscellaneous Income	6.00
	\$3,753.44

A.S.O. Uniform Division -	
Payment toward Advances	628.97

TOTAL RECEIPTS **\$4,382.41**

DISBURSEMENTS:

Administrative

Salaries	\$557.57
F.I.C.A. & F.W.T. for February ..	98.70
Rental, Janitor Service,	
Phone, Electric	360.05
Rental of Mailing Machine	69.49
Service Contracts	255.00
Advertising and Publicity	68.70
Office Supplies and Postage	41.28
Repairs to Office Machines	12.00
	\$1,462.79

Board of Instructors

Salaries	\$311.66
F.I.C.A. & F.W.T. for February	\$ 45.04
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
Postage	1.46
	\$ 417.16

Educational Department

Salaries	\$ 24.04
F.I.C.A. for February	4.26
	\$ 28.30

TOTAL DISBURSEMENTS **\$3,956.98**

Balance brought forward:

Western National Bank of Cicero -	
Checking Account	\$16,696.69
Receipts - March, 1978	4,382.41
	21,079.10
Disbursements - March, 1978	3,956.98
	\$17,122.12

FUTURE SOKOL LEADERS FUND

March, 1978

In memory of Pauline Hruban -	
Ann and Al Barzyk	\$ 5.00
Charlie and Irene (daughter) Ruzicka	100.00
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directors will be issued revised rules. Other items discussed: uniforms, code of conduct, instructors course, merit awards, District eligible for two awards, applications are available in American Sokol, units are urged to mail articles to Sokol publication; affiliation with outside organizations, meets, clinics, workshops, request to advise Directors of dates of various clinics in order for information to be passed on, volleyball tournaments rotating among units, attendance reports; letters of appreciation sent to Vestnik, SPJST, SVPS, WFLA, American Czech Concert Orchestra, American Sokol BOI, Czech Culture Society, Bros. Prevratil, Milan and Sis. Stoeppelman for composing the junior 1977 Slet calisthenics.

Board of Instructors election of officers results: Director of Men, Bro. Larry Laznovsky, first assistant, Bro. Gary Johnson; second assistant, Bro. Jerry Sijansky. Director of Women, Sis. Sylvia Laznovsky, first assistant, Sis. Henrietta Milan, second assistant, Sis. Carrie Vodehnal.

Bro. Laznovsky briefed the delegates on the American Sokol BOI Conference held in the Southern

District, commends Sokol Fort Worth for hosting, meeting very good and constructive. A tour taken after the conference, touring a part of Fort Worth, continued to Sokol Ennis, a brief tour of state fair and then Sokol Zizka. Facilities of Sokol Fort Worth were visited the prior evening.

Relates conversing with Director of Men, Western District participating in a Southern District Slet, Bro. Laznovsky briefly outlined what would be involved in hosting a Slet of this type possibly in 1979, inquiries if discussion should continue. Motion by Stuart Hamilton that Bro. Laznovsky be authorized to continue the discussions. Motion carried.

Bro. Prevratil recognizes and welcomes Bro. and Sis. Pokladnik. Bro. Pokladnik, District III SPJST Director, presented the annual donation of \$1,000, by the SPJST to the Southern District and conveys greetings and best wishes from the SPJST headquarters. Bro. Prevratil expressed appreciation for the generous donation.

(To be continued)

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