

AMERICAN SOKOL

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SOKOL GOES TO ANTARCTICA

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PHYSICAL FITNESS
S
HIGH GYMNASTICS

AMERICAN SOKOL

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at ASO Office.

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Calendar of Events

Sept. 23-24 - EASTERN DISTRICT

Annual Meeting at Sokol
Fuegner, L.I., N.Y.

SEPT. 23-24 - EASTERN DISTRICT

Annual Meeting
Sheraton LaGuardia, N.Y.

SEPT. 24 - SOKOL SOUTH OMAHA CZECH
FESTIVAL

Roast Pork and Dumplings

OCT. 7-9 - SOKOL SOUTH OMAHA

Garage Sale

Oct. 14 - SOKOL BELCAMP
Harvest Festival "Vinobraní"

OCT. 21 - SOKOL SOUTH OMAHA
Gym Club Dinner-Dance

OCT. 28-29 - SOUTH OMAHA HOLIDAY
BOUTIQUE

OCT. 29 - SOKOL SOUTH OMAHA
Pancake Breakfast

NOV. 1 - SOKOLICE SOUTH OMAHA
Card Party

Nov. 18 - SOKOL WEST SUBURBAN
Candlelight Bowl
Willowbrook Bowling Lanes

DEC. 9 - SOKOL MIAMI
Dinner Dance - 9th Anniversary

DEC. 31 - SOKOL SOUTH OMAHA DINNER-
DANCE
New Year's Eve Party

Some Polish and Czech Vets Qualify for VA Medical Care

Certain former members of the armed forces of Poland and Czechoslovakia are eligible for VA hospital, domiciliary care, or medical services.

These veterans may qualify for the VA services if they fought against an enemy of the U.S. during World War I or World War II, served in or with the armed forces of Britain or France, and have been citizens of the United States for 10 or more years.

Applicants for care must provide proof of U.S. citizenship and of honorable service.

Individuals who think they qualify for medical benefits under the Polish and Czech program should apply to their nearest VA health care facility.

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No. 7 - 8

FAREWELL TO ANOTHER SOKOL . . .

EDITOR, AMERICAN SOKOL - JAN. 1971 - DEC. 1975



"But like the ever changing ocean tides, time never remains constant. Life carries on anew. New faces appear on the horizon carrying the torch of those who had preceded.

In the last decade or so the nation has witnessed a radical change in times - civil unrest, uprisings on our campuses, changing neighborhoods, etc. The Sokols like all other organizations have been affected - - encountering problems never envisioned by the foundation fathers.

It is in an ensuing atmosphere that your officers have prevailed upon me to assume editorship of the American Sokol.

With a deep sense of humility, I am honored with the entrusted confidence . . . fully realizing the tremendous task ahead.

I pledge my utmost to continue on in the tradition of my great predecessors - pleading, admonishing, exhorting - on to greater effort.

With your patience, trust and cooperation I am confident all future objectives can be attained. - - Nazdar!"

The above words were written by Bro. George Herink in his last farewell message to Bro. Charles Prchal and introduction as new editor of the American Sokol magazine in January, 1971. How well they fit this sad occasion when we must bid another Sokol farewell. Bro. Herink passed away just a few short weeks ago, but his ideals for living are still here with us and can be applied to everyday lives now, just as they did several years ago.

It seems with every issue we are bidding one of our Sokols farewell. Where are the replacements to come from? Bro. Herink wrote many fine articles on building and maintaining the standards of Sokol. While going through the back copies of the American Sokol and reading Bro. Herink's work, one could tell he was a quiet, determined man who always did the best job possible and when his failing eyesight brought about his resignation as editor he still went about doing his best for Sokol.

"Sometimes we cannot understand the lukewarm attitude on the part of a good number of our Czech people, especially when the welfare of the Sokol is involved. Is it a reflection upon our softness and desire for comfort and ease? Or is it because we have no sense of gratitude for those who preceded us; who by their sweat and toil gave us everything we have? Do we feel all this due us? Is it ours by right of succession and requires no effort on our part to insure the future? Are each and everyone of us satisfied with things as they are?"

Our most fitting memorial to Bro. Herink would be to find the answers to these questions and keep them alive and growing!

Sokol goes to Antarctica



I am a member of Sokol Greater Cleveland and have been involved in unit activities in one way or another since I was 2 years old. I attended classes at Sokol Tyrs through high school and was able to come home often enough while attending college at Ohio State University, to learn the Slet calisthenics so that all through under-graduate school, I never missed an exhibition. When Bohemian Hall was purchased for the new home for the joined units of Sokols Nova Vlast and Tyrs, I spent three summers in the remodeling of the gymnastic rooms and main ballroom. Sokol has been a way of life for me . . . all my life.

I graduated last June with a Bachelor of Science degree in Geology and was accepted for graduate school at Ohio State. I knew then that my time would be tied up with classes and any future Saturday work parties would be very few. So when two of my professors in the Dept. of Geology asked me to join them as their research assistant in an expedition to Antarctica, I knew what my next contribution to Sokol would be. The establishment of "Sokol Antarctica."

I asked that someone (like my mother) make a Sokol flag to take along, one that would be small enough to carry in my camera case. This was discussed among Sokol friends and fortunately, the right person heard and was in the right place at the right time. During a women's class session, Jarmilla Vlk brought a Sokol flag (last flown at the 1948 Slet in Prague) which her father brought from Czechoslovakia. She wanted to present it to the library, but Betty Hostiska overheard and knowing of my wish, asked for the loan of it . . . and I had my flag.

Each year the U.S. Antarctic Research Program conducts expeditions to Antarctica. Over a hundred men and women take part in studies and experiments in many fields: biology, geology, medicine, zoology, environment and more. The Institute of Polar Studies at Ohio State is conducting research in Antarctica and sends teams there through the USARP program, funded by grants from the National Science Foundation. The research project I was involved in was the examination and collection of samples of the sandstone of the Cumulus Hills of the Transantarctic Mountains (175 deg. W. longitude, 85 deg. S. latitude, about 300 miles from the South Pole). Scientists have theorized and are proving that at one time all the continents were one land mass, Gondwanaland, which slowly drifted apart to the positions we know today. Studies have shown that the continents can fit together like a jigsaw puzzle with almost identical fossils and rock formations present on the various continents.

In mid October, the start of the austral summer, the expedition flew to New Zealand, got outfitted with cold weather gear and then flew on to McMurdo Station, the main U.S. base on Antarctica. From there each group went to their area of study. As the summer has only a little over two months of tolerable weather and daylight, much must be done in a very little time. The sun never sets during this season so it is possible to work around the clock and scientists cram all the work they can into each day. Storms and high winds are not uncommon during the "summer" so that transportation and work comes to a halt quite often. Safety is foremost in this ice-covered continent and rules are followed to the letter when weather emergencies occur.

This unpredictable weather caused the delay of transporting my group for quite a while, but we used that time to see some of the wonders of the area. The Sokol flag left my camera case often and, as seen by one of the accompanying pictures, was flown on Observation Hill with Mt. Erebus in the background. (Mt. Erebus is one of Antarctica's active volcanos).

Eventually the Ohio State party along with a group from Wayne State University were flown into our field area, McGregor Glacier in the Cumulus Hills. There we unloaded the plane which carried all we needed; housing (a Jamesway hut), food and clothing, furnishings, scientific instruments, plus motorized toboggans. As soon as our Jamesway was erected, my mission for Sokol was completed, as can be seen in the other photo. "Sokol Antarctica, 175 deg. W. Long., 85 deg. S. Lat."

The weather finally decided to cooperate (for a change) and in three weeks time our party had covered all the work we came to accomplish and had gathered all the specimens we needed for further research. We were flown back to McMurdo, then to New Zealand and back home in time for Christmas.

The Sokol flag, which journeyed from Prague to Cleveland to Antarctica, came back to stay in the Sokol Library, where it will be displayed along-side photographs attesting to its travels.

Charles L. Vavra, Institute of Polar Studies,
Ohio State University, Columbus, Ohio

ASO Organization Exec. Board and District Presidents' Conference

Saturday, April 29, 1978, Sheraton-OakBrook Motor
Hotel, Oak Brook, Illinois

Meeting was called to order at 9:05 a.m. by the President, Bro. Roy Zitny, with the following members present; ASO Executive Board, Bro. R. Zitny, Pres.; Sis. B. Prener, I. Vice-Pres.; Bro. R. Svoboda, II. Vice-Pres.; Sis. E.J. Schnabl, Sec.; Sis. A. D. Sotka, Fin. Sec.; Bro. G. Basta, Treasurer; Bro. P. Lebloch, Dir. of Men; Sis. M. Ptacek, Dir. of Women; Bro. S. Barcal, Ed. Dir.; Sis. J. Kourim, Amer. Sokol Ed.; Sis. A. Basta, Organizational Dir.; Sis. S. Pistorius, English Publicity; Bro. J. Rabas, Czech Publicity; Sis. L. Zdenek; excused Bro. Ed Schnabl. Bro. C. Zraly, By-laws committee chairman.

District Presidents: Sis. Louise Nekuda, Pacific; Bro. Ed Pavoucek, Western; Bro. George Prevratil, Southern; Bro. H. Srsen, Northeastern; Bro. Don Otenasek, Eastern; Bro. E. J. Halik, Central. Guests: Bro. James J. Velehradsky, President, Sokol Omaha; Bro. Emil F. Kuropata, President, Sokol Houston; Sis. Bea Pavoucek, Sokolice South Omaha; Sis. Blanche Zraly, Sokol Fuegner, New York; Sis. Gloria Srsen, Sokol Greater Cleveland; Sis. Helen Prener; Sis. Vlasta Zitny.

Bro. Zitny welcomed all, Pledge of Allegiance to the

Flag given, silent tribute to our departed Sokol sisters and brothers.

Voting on major issues explained: The District Presidents each having one vote for a total of 6; President, I. Vice-Pres., II. Vice-Pres., Secretary, Treasurer and Financial Secretary each having one vote for a total of 6 and a grand total of 12 votes. I. Written reports from each District President were read and then handed to the secretary.

Pacific District - Sis. Louise Nekuda: Have four units. Sokol Fresno which has no gymnasium, but are helpful in obtaining camps for outings and children's camps. May start a volleyball team. Sokol Seattle, trying to get reactivated gymnastically, but do hold meetings. San Francisco, looking forward to an increase in membership and present programs and dances. Los Angeles, strongest unit which holds programs, dances, picnics, traditional gymnastic exhibitions, etc. Has started a memorial fund honoring the late Bro. J. Pokorny to be used for a bookcase in the library-club room.

The District plans an outing for the 4th of July weekend and Labor Day. District Slet was postponed till 1979. Quarterly District meeting will be May 6th and 7th with track and field competitions for all Units.

Southern District - Bro. G. Prevratil: Has six units, Corpus Christi, Dallas, Ennis, Ft. Worth, Houston and Karel Havlicek in Yukon, Okla. Five units have built new facilities and Corpus Christi will have its grand opening the weekend of August 5th. Houston is planning an expansion program and Dallas has a committee studying one. Regular district membership has increased. All units have active gymnastic programs and hold exhibitions annually; the district does likewise rotating among the units. May hold a Slet in Yukon in the near future. District also conducts instructors' courses each year.

Eastern District - Bro. D. Otenasek: There are 12 units in the district, but only Sokol Belcamp has shown a net increase in membership. Some cooperate with the district events but some do not. They are now working to bolster gymnastic activity. Are encouraging smaller units to join together when planning an annual exhibition in order to have bigger participation and possibly more spectators. Are now planning a District Slet this year and is a definite booster to the gymnasts and members. The district has been incorporated under the state of Maryland and is now applying for tax exemption. Are planning to write a set of by-laws for the Eastern District.

Point of Order - Bro. Zraly reminded the members of the omission of Sokol Fuegner in the report.

Western District - Bro. E. J. Pavoucek: Have 4 social units, Caldwell, Karel Jonas, Hopkins and Minneapolis. Have 10 active units, Sokol and Sokolice South Omaha which had a grand opening last August. Have thus far been selling Sokol license plate frames and over 22,000 cookbooks. Hosted the IV Annual Sokol So. Omaha invitational gymnastic meet.

Sokolice and Sokol Cedar Rapids will be hosting the 1978 Western District Slet. Is studying the costs of a

new Sokol hall. Suggest the consideration of an A.S.O. mid-Slet. Are active in civic affairs.

Sokol St. Paul seeks approval to change their name to Sokol Minnesota. The C.S.P.S. Hall which is their gym has been designated as a national landmark. There is renewed interest in this unit and are striving for new goals.

Sokol Wilber has made a great comeback. Gymnastic programs have been revitalized and they gained 11 new members in 1977.

Sokol and Sokolice Libuse in Crete have classes for small boys only, but hope to increase activity.

Sokol and Sokolice Omaha: Requested more copies of the by-laws to families where many are Sokol members. Suggest duplicate application form for membership. Inquiring if there is a form for "Associate Member" applications. Have advised us regarding the I.R.S. situation and real estate tax exemption matters.

Total membership of the Western District as of Dec., 1977, was 1,605, plus 71 associate members. Ten of the units out of 14 have active gymnasiums in many class classifications.

Northeastern District - Bro. H. Srsen: Fairly stable; Sokols Rip and Moravan inactive. Sokol Greater Cleveland has a quarter-hour radio program with historical aspects of Sokol, presented once a month, which is purchased time.

Are planning a newspaper campaign in Pittsburgh in order to gain new members. We will be kept posted of the progress.

Central District - Bro. E. J. Halik: Has 7 inactive units and 8 active units; 5 have their own buildings and have made extensive improvements. Plzensky Sokol with 195 members withdrew from the A.S.O. last year and only 10 have transferred. Income for the District is only from annual Slets, plus an occasional awards night or tour.

Is sponsoring a men's volleyball team which plays in outside tournaments. - Conducted an Educational Committee school last fall. Are bringing its charter up to date. Are planning to send a bus to the Eastern District Slet and will hold own Slet again with competitions for all classes.

The Chicagoland Building Assoc., comprised of 4 units, will be purchasing land shortly and will need more fund-raisers to get money for the building.

Comments by Bro. Zitny: Thanks all for their reports and feels that our organization is moving up. All Districts will be having Slety. A number of the points in the District reports will be brought up under New Business.

At 10:20 a.m. the members took a break and reconvened at 10:35 a.m.

II. Board of Instructors - Sis. M. Ptacek and Bro. P. Lebloch: Men's and Women's B.O.I.'s have combined to eliminate duplication of work; there is good rapport among the men and women; talents of technical members outside of the Central District have been utilized. A National School Board was organized and is

working on standardizing curriculum for unit, district and national levels of schools.

The BOI recommends acting in coordination with Bro. Cihak's original conception of the Future Sokol Leaders' Fund; that monies from this fund should be allocated in the maximum amount of \$2,000.00 per year until the next convention in 1980 for publishing teaching material, expenses of the national School Board and authors and translators of this material. Bro. Pavoucek so moved; seconded by Bro. Prevratil; unanimously passed.

The BOI recommended from its 1976 District Directors' Conference that the following paragraphs be added to the Special Assessment rules to read:

1. Reimburse expenses of existing class instructors and/or assistants to attend clinics which are non-Sokol conducted or sponsored, college courses (credit or non-credit) in order to upgrade their teaching abilities.

2. Reimburse expenses of existing officers either technical or executive of Unit or district levels to attend clinics which are non-Sokol conducted, college courses (credit or non-credit) in order to upgrade their working abilities.

Also recommended that the funds allocated to Phase 2 become an extension of the Special Assessment to be used only in case of depletion of the Special Assessment of any district during the calendar year and not transferable to any other district. Sis. Schnabl moved for approval; seconded, 9 were for, 1 against; passed.

The BOI held another conference in 1977. Minutes of this conference as of the 1976 conference are attached hereto for filing.

The BOI ran a very successful Slet in 1977 and recommendations and suggestions will be reviewed to improve the next Slet. They are soliciting volunteers to write the 1981 Slet calisthenics.

They recommend that a National School not be held immediately after the Slet. Have approved a "uniform and conduct code". Would like to hold the next District Directors' Conference in Omaha. This decision has been postponed and will be acted on by the American Sokol Organization Executive Board at a later date.

Members are reaching high levels in gymnastics, modern rhythmic and other athletics. They are also seeing a greater interest in younger members in our Sokol ideals, culture and heritage.

The following were attached to the B.O.I. report and received by each District President: 1976 B.O.I. Conference minutes held in Chicago, 1977 B.O.I. Conference minutes held in Ft. Worth, James L. Cihak's "The Purpose of the Future Sokol Leaders' Fund", Merit Award - Phase 2; General Instructions for use of request forms - Special Assessment; Minutes of the National School Board Committee, Feb. 7, 1976; Basic plans for 5 types of schools; BOI report of the XIV American Sokol Slet of 1977 with statistics.

Merit Award - Sis. L. Zdenek: Complete report of progress of this committee and awards given for the past 12 years. At the present time, awards are given to Districts based on membership; 750 or under to 1,000 members - 1 award; 1001 to 1,500 members - 2 awards;

SOKOL GYMNAST

JULY - AUGUST, 1978

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

PREPARING A PROGRAM FOR A REGULAR GYMNASTIC TRAINING SEASON

THE SOKOL REGULAR GYMNASTIC TRAINING SESSION should not be a haphazardly arranged period of exercises and games, but a carefully prepared schedule based on proved and substantiated experiences. The ability to retain the interest of gymnasts depends upon the type of activity involved, the manner in which it is carried out, and the variety of routines encompassed within the schedule.

Setting a time limit upon each part of the schedule, or each section of the exercises, keeps the gymnasts alert and responsive throughout the session. The following is the gymnastic training session in its substance:

A. INTRODUCTION

The introduction involves a brisk and continuous combination of various sorts of walks and runs and "warming-up" exercises as a preparation for the heavier and more strenuous exercises. Its purpose is to warm up the whole muscular and nervous system, stimulate blood circulation, and create a proper mood. At this point, the instructor should include only simple but animated exercises of marching, hopping, leaping, and running.

B. MAIN PART

(1) Balancing exercises with the purpose of strengthening the sense of balance (or equilibrium), such as one leg stances, walking on high levels (balance beam), etc.

(2) Exercises on apparatus, or exercises of strength and skill, with the purpose of increasing strength and encouraging flexibility. Apparatus and combative exercises, weight lifting, are appropriate. For children's classes these exercises must be adapted accordingly.

(3) Exercises of swiftness, speed, and endurance. This is the culminating part of the session. All Exercises must be aimed at the thorough stimulation of the whole organism.

C. CONCLUSION

(1) A tapering-off period, which consists of exercises of skill on the floor: rhythmic and acrobatic exercises, less strenuous games, dances, etc.

(2) A concluding period: marching tactics, singing.

Of course, at the beginning there must be an assembly, an explanation of the schedule and, if necessary, the division of gymnasts into squads - teams. At the end of the concluding part, the director will ask for the attention of the class, give a command to form ranks, provide necessary information and instruction about the next training session, and dismiss the class with the Sokol greeting, **Nazdar!**

DISCIPLINE

A great deal of discussion has always centered about the discipline of our present youth. One school of thought is of the opinion that today's youth are different from those of yesteryear.

Confining the argument to the gymnasium where the instructor has always had to contend with the problem of training children from all walks of life, and of teaching them to follow a given pattern of behavior and discipline, it is safe in the majority of cases to say that the form of **discipline** imposed on the group in the gymnasium will be the subject to a certain amount of experimentation which will depend upon the ingenuity of the instructor in coping with the unique group problem facing him or her.

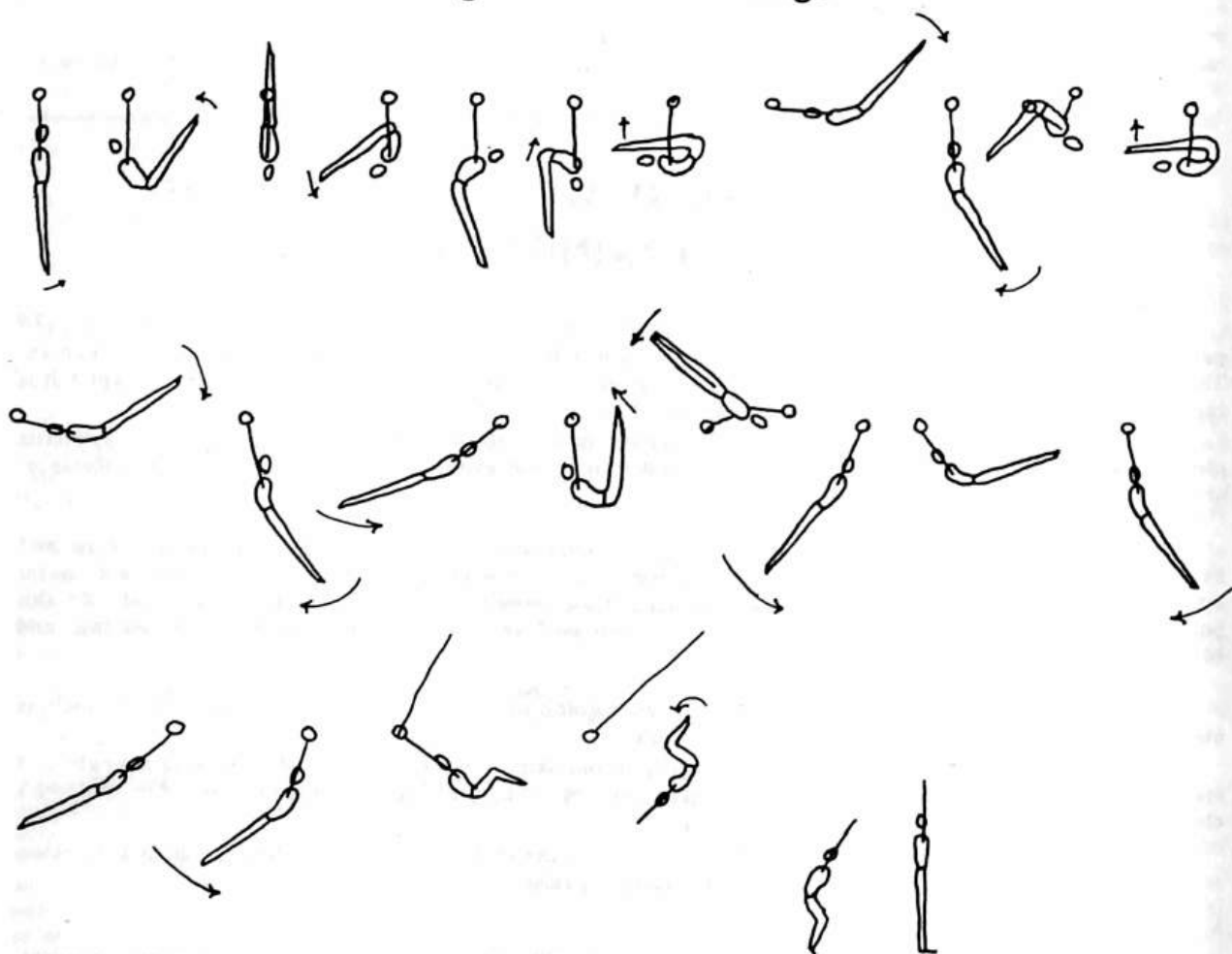
It has been shown that some system of rules and regulations, in other words, **discipline**, must be maintained in the gymnasium. The observance of these regulations is a primary necessity if a program of Physical Training is to achieve satisfactory results.

First, all classes must be presented with a schedule of activities which are varied and interesting. The solution to this is the arrangement of the gymnastic session.

(Continued on next page)

PROPOSED APPARATUS EXERCISES FOR - '81 A.S. SLET**Beginner — Still Rings**

(Cont'd.)

**BEGINNER LEVEL - STILL RINGS**

1. With piked body, pull to straight inverted hang, pike the body and lower to rear hang.
2. Pull with piked body to immediate cast to piked body inlocate.
3. Cast and swing down and backward, then swing forward immediately piking the body at end of front swing to dislocate.
4. Swing forward and then backward, again swing forward to tucked flyaway.

Beginner — Vaulting**BEGINNER LEVEL - VAULTING**

1. Layout squat vault.

1978 CENTRAL DISTRICT A.S.O. GYMNASTIC COMPETITIONS

FIRST CLASS GIRLS - LOW DIVISION

Place	Unit Name	Points
1.	Tabor I	508.6
2.	Tabor II	487.1
3.	Slavsky I	472.0
4.	Tabor III	468.2
5.	Berwyn I	464.8
6.	Tabor IV	449.0
7.	Berwyn II	448.1
8.	West Suburban I	443.7
9.	Slavsky II	443.1
10.	West Suburban III	418.9
11.	Brookfield II	357.4

Place Name	Unit	Points	
1.	Jelina Koledin	Tabor I	99.3
2.	Kathy Plut	Tabor I	99.1
3.	Christine Darragh	Tabor I	99.0

11 Teams - 74 Individuals

FIRST CLASS GIRLS - HIGH DIVISION - TEAMS

Place	Sokol Unit	Points
1.	Slavsky I	413.2
2.	West Suburban I	399.3
3.	Tabor II	398.1
4.	Tie - Slavsky II	393.5
4.	Tie - Tabor I	393.5
5.	Berwyn I	378.1
6.	Brookfield II	373.6
7.	Stickney II	367.8
8.	Brookfield I	350.1
9.	Stickney I	348.7

Place Name	Unit	Points	
1.	Elizabeth Karasek	Slavsky I	100.1
2.	Amy Strauss	Slavsky I	98.7
3.	Kathy Pajer	Slavsky I	98.2

10 Teams - 48 Individuals

II CLASS GIRLS - LOW DIVISION

Place	Unit Name	Points
1.	Slavsky I	562.5
2.	Berwyn I	559.3
3.	Brookfield I	542.2
4.	Tabor I	535.5
5.	West Suburban	513.4
6.	Tabor IV	490.9

Place Name	Unit	Points	
1.	Monica DiGiovanni	Slavsky	114.5
2.	Lillian Prodanich	Slavsky	113.6
3.	Anne Marie Estes	Berwyn I	112.1

II CLASS GIRLS - INTERMEDIATE DIVISION

Place	Unit Name	Points
1.	Berwyn I	455.5
2.	Berwyn II	448.4
3.	Slavsky I	439.8
4.	West Suburban I	439.2
5.	Brookfield I	422.9
6.	Tabor I	418.8
7.	Berwyn III	403.0
8.	West Suburban II	395.7
9.	Stickney I	378.3

Place Name	Unit	Points	
1.	Janella Basso	Berwyn II	114.1
2.	Barb Dooley	Berwyn I	112.8
3.	Tie Amy Woodrow	Berwyn I	111.1
3.	Tie Sandy Vasquez	Berwyn II	111.1

9 Teams - 51 Individuals

II CLASS GIRLS - HIGH DIVISION

Place	Unit Name	Points
1.	Slavsky	354.2
2.	Berwyn	351.0

Place	Name	Unit	Points
1.	Albina Vedraj	Slavsky	115.2
2.	Kristin Forsythe	Berwyn	114.2
3.	Laura Kubik	Slavsky	113.0

2 Teams - 9 Individuals

JUNIOR GIRLS - LOW B DIVISION

Place	Unit	Points
1.	Sokol Slavsky III	451.7
2.	Berwyn I	434.3
3.	West Suburban I	430.1
4.	Brookfield II	427.3
5.	Slavsky I	403.1
6.	Slavsky II	393.5
7.	Berwyn II	368.8

Place Name	Unit	Points	
1.	Donna Gilbert	Berwyn I	95.1
2.	Sue Bartkovicz	Slavsky III	92.5
3.	Karen Olsen	Slavsky III	92.1

7 Teams - 45 Individuals

JUNIOR GIRLS - LOW A DIVISION

Place	Unit Name	Points
1.	Slavsky	416.3
2.	USA Dist. L. Stur 306	413.6
3.	Berwyn	412.1
4.	Brookfield	377.0

Place Name	Unit	Points	
1.	Kathy Kubik	Slavsky	90.9
2.	Connie Uthe	Stickney	89.7
3.	Maribeth Jackson	USA 306	89.1

4 Teams - 34 Individuals

JUNIOR GIRLS - INTERMEDIATE DIVISION

Place	Unit Name	Points
1.	West Suburban	235.0
2.	USA 306	226.5
3.	Tabor	201.2

Place Name	Unit	Points	
1.	Cathy Bachar	USA 306	84.6
2.	Janet Pistorius	West Suburban	80.8
3.	Julie Banaszek	West Suburban	80.4

3 Teams - 11 Individuals

JUNIOR GIRLS - HIGH DIVISION

Place	Name	Unit	Points
1.	Deanne Schabowski	Tabor	85.2

0 Teams - 1 Individual

WOMEN - LOW A DIVISION

Place	Unit Name	Points
1.	Berwyn	259.1
2.	Tabor II	244.8

Place Name	Unit	Points	
1.	Susan Bennett	Berwyn	88.0
2.	Fran Klindera	Berwyn	86.1
3.	Janet Zupancic	Berwyn	85.0

2 Teams - 7 Individuals

WOMEN - LOW B DIVISION

Place	Name	Unit	Points
1.	Kim Skubich	West Suburban III	90.8
2.	Doris Marks	Stickney II	86.4
3.	Gerl Lynn Michalek	West Suburban III	85.3

0 Teams - 5 individuals

WOMEN - LOW C DIVISION

Place	Unit Name	Points	
1.	Tabor	440.6	
Place	Name	Unit	Points
1.	Janet Lynch	Tabor	87.5
2.	Joan Hamilton	Tabor	86.4
3.	Vickie Javurek	Tabor	86.2
1 Team - 8 Individuals			

WOMEN - INTERMEDIATE DIVISION

Place	Unit Name	Points	
1.	Stickney	251.9	
Place	Name	Unit	Points
1.	Pat Palkovic	Brookfield I	88.7
2.	Audrey Austrevich	Stickney II	88.1
3.	Val Vanek	Brookfield I	86.0
1 Team - 9 Individuals			

WOMEN - HIGH DIVISION

Place	Name	Unit	Points
1.	Judy Slezak	Berwyn	74.2
0 Teams - 1 Individual			

FIRST CLASS BOYS

Place	Unit Name	Points	
1.	Slavsky I	287.8	
2.	Tabor I	266.2	
3.	West Suburban I	245.4	
4.	Stickney	244.0	
5.	Berwyn I	243.5	
6.	Tabor II	221.6	
7.	Berwyn II	210.6	
Place	Name	Unit	Points
1.	Mike Mongello	Slavsky	64.1
2.	David Sojka	Slavsky	60.1
3.	Neal LeVang	Berwyn	59.9
7 Teams - 50 Individuals			

SECOND CLASS BOYS

Place	Unit Name	Points	
1.	Berwyn	287.35	
2.	Tabor	269.80	
Place	Name	Unit	Points
1.	Richard Volanti	Berwyn	59.75
2.	Michael Kotynek	Slavsky	59.05
3.	John Kowalski	Berwyn	58.55
2 Teams - 23 Individuals			

LOW JUNIOR BOYS

Place	Unit Name	Points	
1.	Tabor I	218.3	
2.	USA Lodge 306	192.0	
3.	Berwyn I	183.4	
Place	Name	Unit	Points
1.	M. Cacchione	USA Lodge 306	61.2
2.	D. Pojman	Brookfield	60.3
3.	P. Maciejewski	Tabor	57.3
3 Teams - 26 Individuals			

HIGH SECOND CLASS BOYS

Place	Name	Unit	Points
1.	R. Vachata	Stickney	57.8
1 Individual			

INTERMEDIATE JUNIOR BOYS

Place	Name	Unit	Points
1.	L. Slezak	Brookfield	62.5
2.	J. Satek	Slavsky	57.3
3.	R. Nasti	Stickney	55.7
4.	J. Palter	Berwyn	50.6
4 Individuals			

HIGH JUNIORS BOYS

Place	Unit Name	Points	
1.	Tabor - Team I	108.5	
Place	Name	Unit	Points
1.	M. Gerhardt	Tabor	54.9
2.	A. Mihailovic	Tabor	53.6
3.	Z. Mihailovic	Tabor	53.2
1 Team - 3 Individuals			

LOW SENIOR MEN

Place	Unit Name	Points	
1.	Brookfield	217.0	
2.	Berwyn	211.9	
Place	Name	Unit	Points
1.	J. Sprtel	Berwyn	64.8
2.	D. Gilbert	Berwyn	63.7
3.	J. Hantak	Brookfield	60.4
2 Teams - 8 Individuals			

INTERMEDIATE SENIOR MEN

Place	Name	Unit	Points
1.	C. Klapp	Brookfield	58.1
2.	F. Bouda	Brookfield	53.8
2 Individuals			

HIGH SENIOR MEN

Place	Name	Unit	Points
1.	J. Vokurka	Brookfield	62.7
1 Individual			

Men's Uniforms

The American Sokol Uniform Division has notified all Unit Directors of the new method in measuring for men's gymnastic pants. This will allow for a better individual fit. However, all pants so ordered cannot be returned . . . **measure carefully.**

Preparing a program -

(Continued from preceding page)

Second, the class or group must be made to understand that a definite pattern of training will be followed during the instruction in all phases of gymnastic training session. The gymnasts will assume a given formation at the command of the director.

Third, it must be clear that total freedom of behavior and freedom to choose certain types of exercises cannot be allowed in the regular session of developmental gymnastics. Thus it stands to reason that the youth in the Sokol must obey rules and instructions. In this way the youth will be trained not only physically, but just as importantly, in the moral obligations encompassed within the physical training program.

- SOKOL TIMES

1,500 members and over - 3 awards of \$200.00 each, with option to renew for one year. Full potential of these awards has not been met. A copy of this report was given to each President.

III. XIV American Sokol Slet, 1977: Board of Instructors' report was included above. Bro. Barcal, Co-Chairman reported on those who headed various committees and in general what had to be and was done. We started a lot earlier in many departments and had busing arranged for, for the first time. Bro. Basta stated that there were fewer spectators than the Slet before. General consensus was that although it was a very successful Slet, there is always room for improvements for the next Slet. A complete financial report was distributed and is part of this record.

IV. Membership - Bro. R. Svoboda: A complete summary of memberships by Districts and Units from the first drive of July, 1971 through March, 1973, through December 31, 1977, was distributed to the members. It showed a total of 7,658 adult members, as posted by Sis. Sotka from the quarterly report forms submitted by the units. This is in contrast to 8,084 who were reported as of the 1975 Convention.

A lengthy discussion was held; Financial secretaries should keep their records up to date, informing members of dues obligations constantly. It was felt that where there are Sokol buildings, the activity is greater and membership higher; we should work harder at keeping the children going into Junior classes and those Juniors going to the Senior levels.

A discussion was held regarding the average ages of each unit and it was recommended that each take a poll of its members, making these figures available to the A.S.O. and give reasons as to why members have dropped. The District Presidents are to seek this information and come up with average ages for their Districts. The A.S.O. will follow up with letters.

Regarding Associate Memberships, reports were given in individual District reports. Sis. Nekuda added that only Sokol Los Angeles in her District has about 20.

The meeting was adjourned at 12:40 p.m. for lunch. The Conference reconvened at 1:45 p.m.

V. Publicity - Sis. S. Pistorius - English: Has written monthly articles to local newspapers in the Chicagoland area. Had lots of publicity prior to our XIV American Sokol Slet. Appeared on TV twice. Articles in the Chicago Tribune Sunday magazine section and in the Chicago Magazine were sent to all Units. Is encouraging all units and districts to continue promoting Sokol and its ideals thru all the news media.

Bro. J. Rabas - Czech: Has written many Czech articles which appeared in newspapers (Czech publications) all over the United States of America, Canada and other countries. Arranged for a special issue of the Denní Hlasatel for the XIV American Sokol Slet. Encourages units to send their newsletters to the Czech newspapers who will pick up news and even translate it for publication. Feels there are still many good supporters and friends in the readers of Czech newspapers.

General consensus was that our publicity releases have to be more dynamic in order to get the readers to want to join or attend our functions on all levels. We must work individually at unit levels on a more personal basis to sell our organization to the parents of our youngsters. We eagerly await the results of the Northeastern District's "ad" in the Pittsburgh newspaper, regarding new members.

IX. Publication - Sis. J. Kourim: Has enjoyed her work even though has been editor since December, 1977, issue. Hopes the articles received will continue to be interesting, and reminds members that we are limited in space and thus all birthdays, anniversaries and deaths cannot be included. States that clear, black and white pictures with little or no backgrounds are the best to work with. Wants to give proper credit due to any original articles. Price of printing one page costs approximately \$40.00.

Sis. Sotka distributed cost sheets on the publication, which showed costs of printing, postage, address changes, post office charges for returned copies, approximate cost to make changes in the office records, etc. It was realized that it costs approximately \$1.75 to change one digit or one letter in the three-line of an address label; cost is the same if the whole line is changed.

Discussion was held as to what should be printed in our publication. It was agreed that edited District minutes are important. Statistics in the Gymnast section as to tournament results are also very interesting and should be continued. Questions arose as to ad revenues and Bro. Basta stated that because of our standing with the I.R.S. we cannot allow more. Sis. Kourim was directed to investigate a less expensive method of reproducing our publication, especially the Czech portion.

Members are all requested to get their address changes in as soon as possible.

VI. American Sokol Organization Constitution and By-Laws - Bro. C. Zraly: After the 1975 Convention, they were reviewed and corrected with the help of Sis. Zraly and sent to the A.S.O. office for printing. It cost \$3,583.00 for the printing and \$1,372.27 for postage to mail out copies one to a family. Has not to date received any recommendations for by-laws changes, but feels that if a number of new proposals were to come forward, a special meeting would be advisable.

Sis. B. Prener reported on a meeting with Bro. George Cermak, a lawyer, regarding interpretation of some of our by-laws; i.e.; exactly what does "possessions" mean? What does "contract" really mean? Bro. Cermak felt that the Rights and Duties of the Executive Board should be spelled out in more detail.

Other questions arose regarding withdrawing units, merging units, their properties, and lengthy discussion followed. It was generally felt that we should seek legal counsel; however, there are no monies budgeted for this purpose.

The question of Unit and/or District Charters arose.

Since the A.S.O. is very interested in knowing how each reads, Bro. Srsen moved that each District obtain copies of the charters from their units and in turn send them to the A.S.O. office; seconded by Sis. Prener, passed. It was noted that the Eastern District is currently chartered in the state of Maryland; Chicagoland Sokol Building Association has named the A.S.O. as beneficiary.

Points were also raised how to apply for a tax exemption status and whether or not our by-laws conflict with I.R.S. rulings. These problems must be handled by each unit on an individual basis, as some have their own buildings; some do not; some have restaurants or bars connected to the buildings, etc.

VII. - Organization - Sis. A. Basta: Reports that it is difficult to offer suggestions on a national level to units across the country which may not always be applicable for local use. Also there is not proper job description and purpose of this committee. Feels that this job overlaps many other departments and should be combined with Educational, Public Relations or Board of Instructors' Committees.

VIII. - Financial - Bro. G. Basta, Treasurer and Sis. A. Sotka, Financial Secretary: As decreed by the last convention, an official audit was held as of December, 1976; another held as of December, 1977, which is not complete with regard to final comments.

A balance sheet as of March 31, 1978, was distributed to the Presidents; itemized list of Special Assessment Fund monies and a budget comparison of July 1, 1975 thru December 31, 1977, was also distributed. The C.P.A.'s report showing our financial statements likewise was distributed.

A question was raised as to whether or not a district could borrow funds from the American Sokol Organization. There isn't any money available for this type of venture. All monies are earmarked for special categories and cannot be used otherwise.

The members took a break at 3:30 p.m. and reconvened at 3:45 p.m.

X. Educational Committee - Bro. S. Barcal: A list of achievements by this committee were explained: Job descriptions for all unit officers; A.S.O. library established and functioning; the American Sokol Sings song book went into its second printing; the Educator column in our monthly publication was established; various monthly mailings sent to units and districts; an essay contest is being run presently; we are stressing that each unit work on its own library and publish unit newsletters.

New projects include the publishing of "Highlights of Czech History" by Bro. C. Prchal; updating and publishing "The Educational Director" by Bro. Prchal; working with our public relations chairmen, up-dating our new picture-type brochure.

Bro. Prevratil, President of the Southern District, stated that on behalf of his District, the work is very much appreciated and makes them work all the harder in reaching Sokol members at all levels and in the classes.

Our XIV Slet souvenirs were displayed and it had

been noted that Districts could have them on consignment.

The first Educational Directors' Conference is slated for the weekend of October 28th and 29th and will coincide with activities in the Chicago area for the annual Czechoslovak Independence ceremonies.

XI. Uniforms - Sis. B. Prener: Present operations working smoothly; inventory is taken annually and credit standing with suppliers is good. Are still trying to obtain a U.S.A. source of supply for gymnastic slippers; have arranged for a better-fitting men's pants; have a better-looking type of boys' shorts.

Sokol U.S.A. purchases from us and has an upsurge of men's caps. Suggest that members wear the official parade uniform more often. Women's patterns are available from the office.

There are many requests by our Sokol sisters for stick pins currently used on the men's caps to use as accessories inasmuch as they are currently in style. It was moved by Bro. Otenasek that they be made available; seconded by Bro. Pavoucek; for, 9; opposed, 2; passed. A suitable clutch will be obtained.

Bro. Halik stated that the Central District's B.O.I. has approved a warm-up outfit to be part of the uniform. Bros. Srsen and Prevratil both stated that their Districts likewise have their own; as did Bro. Pavoucek.

XII. Secretary - Sis. E.J. Schnabl: Explained fully what her job entails, including setting up the agenda for regular Executive Board meetings, writing up minutes, handling correspondence. Additional duties include making up Citations of Merit, sending out mailings as required and as requested by other departments, sending out the letters and checks for the Merit Award Committee, handling of orders for song books and Sis. Zabka-Provaznikova's book, acknowledging Future Sokol Leaders' Fund donations.

President - Bro. R. Zitny: Feels that the strength of our organization far outweighs its weaknesses; that enthusiasm is high in our Districts and that there is a greater awareness by the younger leaders of our organizations.

The Convention of 1980 will be one of the most important ones in that we must take stock of ourselves to see where our future lies.

XIV. New Business:

A. Sokol U.S.A. Slet - 1979: By agreement, our brother and sister Slovak organization and ours alternate Slet every two years. Their convention in July, 1978, should tell us details of where and how their Slet will be conducted and we eagerly await this information.

B. 1980 Convention: Being hosted by Sokolice Renata Tyrsova in Cedar Rapids. Bro. Pavoucek stated that they will get the full cooperation from the Western District and will start working on same as soon as this year's District Slet is over.

C. - XV. Slet - 1981: Recommendation as to site.

Bro. Prevratil moved that the District Presidents go back and get opinions of the membership in their Districts; seconded by Sis. Prener. For - 9; opposed - 0. Abstentions - 2. A deadline of September 1st was imposed and we would notify everyone by October 1st as to the decision.

Remark was made that in 1982 a Slet will be held in Vienna to commemorate the first Slet in Czechoslovakia held in 1882. To be discussed further at the Convention.

D. Deficit Spending: Remarks were covered in the Treasurer's report and consensus is that we must obtain more members in order to get more dues coming into the A.S.O. Bro. Zitny reminded all that our budget was predicated by the income of interest and when an organization goes into deficit spending, the principal is used and therefore the amount of interest gained gets lower and lower. This will cause an effect on either services rendered because the money is not there and we should probably raise the dues to compensate.

Associate Membership: A very lengthy discussion was held on the merits of such membership and Bro. Zraly reminded us that nothing was agreed upon at the last convention and there is no official word in our by-laws; but in checking, find that Article 72, II., shows who is eligible for Associate membership. It was generally agreed that the final decision is up to each unit. These people do not pay dues to the A.S.O., and should be screened by the membership committees. Bro. Otenasek suggested that only a percentage of the membership be allowed to be Associate Members. Bro. Prevratil suggested that we should add to our Article 72, II., "social acceptability" which has been approved by the Supreme Court of the U.S.A. All suggested ideas are to be forwarded to Bro. Zraly in written form for study by the by-laws committee.

Tax Exempt Status - Insurance Coverage: Very lengthy discussions were held on these subjects with everyone discussing individual units' and districts' problems. Inasmuch as each individual situation is entirely or only slightly different from another, each must be handled on an individual basis; no blanket coverage would be available without exorbitant fees. We must continue to stress our cultural and educational features and take heed from where donations come.

It was suggested that we try to work more closely with the Sokols Abroad for their 1982 Slet. We will cooperate to the fullest extent possible, as this will be an historic occasion.

Bro. Pavoucek moved that we revert to notification of this type of conference only to the District Presidents with the stipulation that Unit Presidents can also attend at their own costs; seconded by Bro. Prevratil. For - 9; against - 0; abstentions - 2. Motion passed.

Sis. Nekuda reported that the Pacific District would be holding a Slet in 1979 on the Memorial Day weekend. Sokol Los Angeles would be celebrating its 70th anniversary at the time. We strongly urge our Districts to support the Pacific District.

Bro. Prevratil hoped that our units still maintained the Sokol Tyrs' system of gymnastics so that we do not turn into "gym clubs."

Bro. Zitny thanked all present for the fine reports and commentaries on various subjects, adding that all have been enlightened and have renewed spirit in our Sokol organization.

With the members singing "Spějme Dál", the meeting was adjourned at 7:15 p.m.

Respectfully submitted,

E.J. Schnabl, Secretary

ASO FINANCIAL REPORT

May, 1978

RECEIPTS:

Dues	\$ 1,842.00
Special Assessment	160.00
Dividends and Interest	86.28
Resale of Jewelry	4.00
Sale of Songbooks	11.50
Membership Kits and Educational Pamphlets	106.25
Postage and UPS Charges	3.95
Donations	198.00
Miscellaneous Income	48.99
	<u>\$ 2,460.97</u>

A.S.O. Uniform Division - Payment toward Advances	581.01
Total Receipts	<u>\$ 3,041.98</u>

DISBURSEMENTS:

Administrative	
Salaries	\$589.14
F.I.C.A. & F.W.T., April	117.54
Rental, Janitor Service, Phone, Electric	362.33
Publicity	13.50
Rental of Mailing Machine	69.49
Service to Mailing Machine	30.00
Office Supplies	56.99
UPS Charges	8.31
Miscellaneous	10.00
District Presidents' Conference	281.13
	<u>\$ 1,538.43</u>

Board of Instructors

Salaries	\$348.52
F.I.C.A. & F.W.T. - April	59.86
Editor "Sokol Gymnast"	30.00
Add'l copies "Sokol Gymnast"	29.00
UPS Charges, Tapes, Postage	10.60
Dues - A.A.U.	100.00
	<u>\$ 577.98</u>

Educational Department

Salaries	\$ 27.57
Books	16.00
Postage, UPS Charges	13.23
	<u>56.80</u>

Sokol Publication

Printing "American Sokol"	\$815.47
Postage "American Sokol"	81.17
Editor "American Sokol"	100.00
	<u>996.64</u>

996.64

Miscellaneous

A.S.O. Uniform Division - Salaries, F.I.C.A., F.W.T., Phone, Office Supplies	\$473.36
Special Appropriations:	
Central District	430.00
Western District	3,744.70
	<u>4,648.06</u>
Total Disbursements	\$ 7,817.91
Balance brought forward:	
Western National Bank of Cicero - Checking Account	\$16,313.41
Receipts - May, 1978	3,041.98
	<u>19,355.39</u>
Disbursements - May, 1978	7,817.91
	<u>\$11,537.48</u>

FUTURE SOKOL LEADERS FUND

In memory of Charles Kratochvil - Blanche Kos (daughter)	\$ 5.00
In memory of Joseph Pokorny - Charles H. Mareš	\$ 5.00
American Czech Woman's Club of Los Angeles, California	10.00
	<u>\$15.00</u>
In memory of Henry Zelenka - Robert and Marlene Vondrasek, Jon Cilik and Frank Vorel	50.00
B.O.I. and Ways & Means Committee of Sokol Milwaukee	15.00
Mr. and Mrs. John C. Eckert	10.00
	<u>75.00</u>
	<u>\$95.00</u>

Donations are tax exempt

June, 1978

RECEIPTS:

Dues	\$ 1,216.25
Sokol Thomas G. Masaryk Dues	20.00
Dividends and Interest	1,385.21
Resale of Jewelry	89.35
Sale of Songbooks	7.50
Postage and UPS Charges	1.12
Sale of Slet Souvenirs	156.43
Donation to General Fund	10.00
Miscellaneous	2.00
	<u>\$ 2,887.86</u>

A.S.O. Uniform Division - Payment toward Advances	573.36
Total Receipts	<u>\$ 3,461.22</u>

DISBURSEMENTS:

Administrative

Salaries	\$603.44
F.I.C.A. & F.W.T., May, 1978	134.80
Rental, Janitor Service, Phone	315.92
Publicity (UPS Charges)	57.29
Rental of Mailing Machine	69.49
Office Supplies	153.37

Postage and UPS Charges	6.11
Travel Expense	511.50
	<u>\$ 1,851.92</u>

Board of Instructors

Salaries	\$311.66
F.I.C.A., F.W.T., May, 1978	63.40
Editor "Sokol Gymnast"	30.00
Addit'l copies "Sokol Gymnast" ...	29.00
UPS Charges	7.32
	<u>441.38</u>

Educational Department

Salaries	\$ 21.22
F.I.C.A. for May, 1978	3.62
Books	4.50
UPS Charges	1.34
	<u>30.68</u>

Sokol Publication

Printing "American Sokol"	\$847.00
Postage "American Sokol"	113.71
Editor "American Sokol"	100.00
	<u>1,060.71</u>

Miscellaneous

A.S.O. Uniform Division - Salaries, F.I.C.A., F.W.T., Phone	\$527.27
Special Appropriations -	
Central District	113.00
Northeastern District	227.00
	<u>867.27</u>
Total Disbursements	<u>\$ 4,251.96</u>



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To the faults of those about me,
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Just a little bit more cheery -
Let me serve a little better
Those that I am striving for.
Let me be a little braver
When temptation bids me waver,
Let me strive a little harder
To be all that I should be;
Let me be a little meeker
With the brother who is weaker -
Let me think more of my neighbor,
And a little less of me.

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Western National Bank of Cicero -		George and Mary Soltis	15.00
Checking Account	\$11,537.48	Ian and Jerry Stemson	20.00
Receipts, June, 1978	3,461.22	Donald and Kathy Bond	20.00
	<u>14,998.70</u>	Stella Vlcek	15.00
Disbursements - June, 1978	4,251.96	Ruth and Ray Lederer	10.00
	<u>\$10,746.74</u>	Kate Danko	10.00
		Frank Vorel	15.00
		Jeri and Bill Krizenecky	10.00
		Mary Zdenek and Family	25.00
		Mr. and Mrs. Oscar P. Glaser,	
		Chevy Chase, MD	25.00
		George and Anna Basta	10.00
		In memory of Camille Polacek -	
		Agnes Hejny	10.00
		Blanche and Otto Polacek	20.00
		Emily and William Polacek	20.00
			<u>336.00</u>
		Dividends Earned	487.58
			<u>\$823.58</u>

FUTURE SOKOL LEADERS FUND

June, 1978

In honor of Sis. Marie Krob -			
Sokol Slavsky	\$ 5.00		
In memory of Sis. Ann Fisher			
(Sokol Town of Lake) -			
Joseph and Vlasta Kazda	10.00		
In memory of Sis. Anna Barcal -			
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