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"Blízko do nebe" from the book *Má Vlast* - Vilém Heckel.



# AMERICAN SOKOL

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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. 7 - SOKOL STICKNEY  
50th Anniversary Dinner-Dance

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. 9 - SOKOL SLAVSKY at Sokol Berwyn  
"St. Nick Dance"

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

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# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CXIX

September - 1978 - Září

No. 9

## Brother Oldrich J. Kudrnovsky



### 1900 - 1978

Born in Czechoslovakia, to a Sokol family, his parents, 3 sisters, 3 brothers were active members; father was a flag-bearer; brothers served in many Sokol tasks and offices. This was probably what influenced his active part in the Sokol movement from the age of 7 and throughout his whole life. He received his primary and secondary education in Bohemia.

He was selected as a Sokol instructor for Sokol New York by the C.O.S. He served as a Sokol instructor at the Sokol Central District in Chicago; at Sokol Slavksy, Sokol Berwyn and for ten years held the office of the National Director of A.S.O. He conducted many instructor courses, directed four Sokol Slets of the American Sokol Organization and was still literarily active. He translated and rearranged the Sokol terminology and wrote many articles in the field of gymnastics and technical research.

He competed since his early age, won several honors and became the national champion of the A.S.O. for two Slet periods.

He earned the B.P.E. at DePaul University, postgraduate degrees at Northwestern University, North Central College and George Williams College in Health and Physical Education and Fitness.

He taught at the American College of Physical Education and at Morton High School and Morton Junior College. He coached track, gymnastics, cross country and tennis; his teams succeeded in several high honors in the state and league tournaments.

Bro. Kudrnovsky was married to Valerie Obalil. He has a son, Paul and daughter Lois Mix and four grandchildren. He leaves two brothers in Prague and a sister in Dresden, Germany.

His joining of Sokol for his self-improvement; health, fitness, maintenance and development was fun in his childhood but became a serious business in later years.

One of his disappointments was being barred from the Olympics because of his teaching position. He claimed membership in the following Sokols here and abroad: Sokol Jičín, Vinohrady, Hradčany, New York and Slávský. His teaching positions were numerous and equally brilliant was his career as a competitor.

He retired from teaching at Morton Jr. College in 1966 and retired to Florida in 1967. Bro. Kudrnovsky never retired from Sokol and this will be evident by all the learning instruments he is leaving behind after his death on August 3, 1978.

Sis. Valerie Kudrnovsky

## Úspěšný Sokolský Slet Župy Východní

Župa východní neměla v posledních několika letech možnost pořádat župní slety. Bylo k tomu mnoho vážných důvodů, hlavně ale to, že jsme neměli místo, kde bychom slet mohli pořádat. Před dvěma lety sídlo župy se změnilo z New Yorku do Baltimoru, a když bratr starosta župy Don Očenášek byl jmenován předsedou ethnických reprezentantů v Baltimorském okrese, napadlo ho a navrhl, abychom této jedinečné příležitosti využili a uspořádali tady na východě náš, tolik postrádaný slet. Když jsme se dozvěděli, že tyto menšinové oslavy se budou odbývat každým rokem v Towson State University, a že máme možnost použít jejich nový stadion a novou universitní budovu pro cvičení a sporty, tak jsme se dlouho nerozmýšleli a ihned jsme s jeho návrhem souhlasili. Náš slet byl sice pořádán v rámci okresních oslav ethnických skupin, ale ten, kdo se zúčastnil sletu dobře viděl, že to ve skutečnosti pořádala župa východní a že ethnické skupiny byly velice řídké zastoupeny. Pochodovaly v malém počtu jenom v průvodě a v programu vystoupili Bavorští tanečníci a Africké taneční divadlo; obě tato čísla byla velmi dobrá.

První sletový den začal s Gymnasticale v pátek, 23. června, v 8 hodin večer v Towson Center, jen pro pozvané nejlepší cvičící skupiny z Marylandu. Tělocvična v Towson Center je valstně stadion pod střechou, pohádkově vybavený veškerým nejmodernějším cvičícím nářadím a žíněnkami všeho druhu. Návštěva byla překvapující, asi dvanáct až třináct set diváků přihlíželo cvičící elitě mnoha sokolských a místních skupin, které předvedly velmi dobré výkony ve všech disciplínách. První místo vyhráli muži ze Sokola Baltimore za Ecstasy of Gold pod vedením bratra Joe Vrzalíka, náčelníka župy východní. Když docvičili, obecenstvo povstáním a dlouhotrvajícím potleskem odměnilo výjimečné výkony tohoto družstva. Druhou cenu obdrželi obdivuhodní místní cvičenci za bezvadné "tumbling", známí pod jménem Dulancy Gymnastic Club. Třetí místo obsadily zasloužené ženy ze Sokola Washington za cvičení s kuželmi v staromódních cvičících úborech, pod názvem Spirit of 1901.

Druhý sletový den, v sobotu, se konaly závody na nářadí všech cvičících složek. Zde je třeba poznamenat, že závody mužů a žen se konaly už v pátek odpoledne. Večer, v sobotu, v 9. hodin byla uspořádána taneční zábava vítězů v moderní společenské universitní budově. Pořadatelstvo této zábavy zasluhuje pochvalu, protože připravilo dva krásné sály, jeden s českou hudbou pro dospělé sokolské členy a druhý s moderní kapelou pro tu mladší generaci. Všichni účastníci, kterých bylo přes osm set byli spokojeni a v klidu si zatančili, zazpívali a pobesedovali se sestrami a bratry, s nimiž se už dávno neviděli. Doufám jenom, že toto zařízení dvou místností budeme tlumočit do ústředny ASO, abychom na příštím XV. sokolském sletě neměli ty potíže, které jsme měli posledně, že jsme se do přeplněné místnosti ani nevešli.

Neděle ovšem byla ten nejdůležitější sletový den. Bylo krásné počasí, plné slunce a příjemného větríku - opravdu jedinečný den pro náš sokolský slet '78. Slet se skvěle vydařil, cvičící ukázali pěkné výkony a krásně provedená společná prostná, zvláště dorostem a pak zvláště ženami a muži. Dostalo se jim uznání mohutným potleskem veškerého obcenstva.

Průvod se začal řadit před budovou staré Towson Teachers' College na York Rd. pod vedením bra. A. Kotráše, starosty Sokola Belcamp. A ve 12:45 odpoledne vyrazil tento pestrý průvod všech ethnických skupin v Baltimorském okrese. Vpředu vykračovala čestná stráž U.S. Army z Aberdeen Proving Grounds, za ní v autu jel Walter Orlinský, předseda Baltimorské městské rady, pak v dalším autě jela krásná královna krásy zvolena v Baltimorském okrese, slečna Tammy Marble, a hned za ní pochodovala chlouba Československé menšiny, asi čtyřista sokolů všech jednot župy východní, z Omahy a Texasu a mezi nimi vynikla malebná skupina sester a bratří v nádherných vyšíváných čl. národních krojích. Za tímto mohutným kvádrem sokolských šiků tančila celou cestu Africká taneční divadelní skupina, pak šli v malém počtu Němci, Koreánci, Rekové, Filipínci, Poláci, Ukrajinci a průvod uzavírala větší skupina místních mladých Amerických Hi-Steppes Baton and Drum Corp.

Průvod měl tři hudby, nejlepší byla Bavorská dechová kapela, která hrála všechny známé evropské pochody pro naše sokolské jednoty v průvodu. Když všichni nastoupili na stadion podle skupin v čelo obcenstva, byla to krásná podívaná na ten pestrý obraz v mohutných barvách. Zahrály se hymny a po slibu Americké valjee ujal se slova br. A. Pokorný z Baltimorského Sokola a představil šéfa Baltimorského okresu, pana Teda Venetoulisa, který vyzvedl důležitost a nutnost etnických oslav a zvyků v jeho okrese. Pochválil a gratuloval bratru Očenáškovi a sokolům, že jsou dnes první - kteří dokázali, že ethnické skupiny mají tradice, které jsou hodny, aby se ukázaly Americké širší veřejnosti každý rok! Pak promluvil starosta Americké Sokolské Organizace, bratr Roy Žitný, který stručně a výstižně vysvětlil, na jakých pevných základech byl Sokol založený, že sokolská výchova vyjadřuje ve vývoji člověka naprostou rovnováhu fyzickou - intelektuální a duchovní a že každý sokol dobrovolně dodržuje demokratické zásady svobody, rovnosti - bratrství a lásku k vlasti těch našich Spojených států amerických. Po něm byl představen bratr Don Očenášek, starosta župy východní, který se svým výborem se o tento krásný slet nejvíce zasloužil a patří mu řádně vzdát upřímný dík za tu obrovskou, obětavou práci.

Ve svém proslovu neopomenul vzpomenout památky zasloužilých sokolských pracovníků bratra Matěje Neumanna a bratra Václava Hesouna, kteří pečlivě spolupracovali na přípravách tohoto sletu, ale nedočkali se jeho uskutečnění. Pak uvítal všechny vzácné hosty a obecenstvo a mimo jiné připomenul, že je tomu právě 30 roků, kdy se naposled konal vše-sokolský slet v Praze. Po těchto projevech se předaly opatř do rukou

župního náčelníka bratra Joe Vrazlika a sestry Leilani Sain.

První nastoupili k společným prostným žáci a žákyně. Naše žatstvo předvedlo dobrá a celkem vyrovnaná prostoná, a sklidili velký potlesk obecnstva. Po nich následovala ukázka vysokých přeskoků koně na šif (vaulting). Dvě družstva dorostenců, mladých mužů a žen dokázala rychlost, zdatnost a dovednost všelijakých obrátů a přemetů. Toto číslo mělo rychlý spád a velice se divákům líbilo.

Pak nastoupila skupina českých tanečníků, kteří dobře zatančili Horehronský čardáš. Zdálky bylo slyšet bubny, když vtancovala na cvičišť malá skupina Afrických divadelních tanečníků s bubeníkem. Zatančili a zároveň zazpívali dvě čísla Fung a Samba. Byl to malebný pohled na jejich úbory a neúnavné rytmické pohyby celého těla. Byli odměněni zasloužilým potleskem.

A již je slyšet Sukův pochod V nový život a cvičební prostor se plní řadami dorostenek a dorostenců, nastupujících k společným prostným. Tato prostoná se cvičila za doprovodu moderní hudby s rychlým měněním pozice, a byla holdem mládí, Tyršovi a jeho tělovýchovné soustavě. Náš dorost zacvičil tato nová rytmická prostoná velmi dobře a sklidil nadšený potlesk obecnstva.

Těsně před tribunou, Bavorští tanečníci předvedli jejich světoznámý Schuchplatter tanec, jak bavorský tak rakouský. Toto bylo jedno z nejlepších čísel etnických tanečníků.

Vyvrcholením a závěrem sletového dne byla společná prostoná mužů a žen. Byla to radost se dívat na ty rovné řady a na ty vážné tváře, když předvádějí tělocvičný výkon pro zdar našeho sokolského sletu. Muži a ženy zacvičili vzorně tato krásná prostoná, za což obdrželi nadšený a dlouhotrvající potlesk obecnstva.

Všichni jsme odcházeli do svých domovů povzbuzeni a nadšení pro naši sokolskou a národní práci.

SOKOLU ZDAR!

Br. F. Novák

## SOKOL EDUCATOR

### Antonín Dvořák

Composers like Dvořák and Smetana didn't become music masters through sheer good luck or favoritism of a crowned ruler. It wasn't as easy as that. They became great composers of the world because they had music in their souls. It dominated their lives. They suffered disappointments, rejections, but continued to fight for their goals.

The nobility had orchestras in their homes to entertain guests. They trained their household servants how to play a viola, violin or flute. The men who rebelled against holding two jobs and getting paid for only one, quit their jobs and became hudebníky (musicians). They formed their own bands and played on streets and in inns.

Antonín Dvořák was born September 8, 1841, in a village called Nelahozeves, on the river Vltava. There was a castle in the town that belonged to Prince Lobkowitz, for who Dvořák's mother, Anna Zdeněk had worked before she married Frank. Antonín's father, Frank had a butcher business, and an inn. He was musically inclined and played a violin in the village band. His talent which never had a chance to be developed was passed on to Antonín, first born. There were fourteen children in the family. It was expected of Antonín that he would learn how to run an inn. He had to learn better German, and at the age of fourteen he was sent to his uncle's home in Zlonice. At school, he had a German teacher, Herr Liebman, a full-fledged musician. He found out that Antonín was not a good student of German but that he had musical talent. He gave him lessons in harmony and taught him to play the piano, organ and viola. His father, Frank who had moved his family to Zlonice, again opened up an inn. Still wanting his son to help him at the inn, he sent him to Bohmisch-Kamnitz to study German. He also wanted to separate him from Herr Liebmann and his many admirers. It didn't help any for he found new admirers at Bohmisch-Kamnitz, and another teacher, Herr Hancke, determined to make a musician out of him. Soon Antonín was conducting the village choir. After one year, he went home to Zlonice and helped his father in the butcher shop and inn. An opportunity to go back to his music presented itself. His Uncle Zdeněk offered him money for music lessons at the Organ School in Prague. At the Organ School, he was introduced to the music of Schuman and Wagner. This helped him greatly in the advancement of his musical career. There were drawbacks. Uncle Zdeněk's money ran out and he could no longer pay for the lessons. Young Dvořák had to give music lessons and look to other relatives for help. His Uncle Dušek offered him lodging. He struggled on and in two years he finished his studies at the Organ School. He received an allowance from the Austrian government which helped greatly at the time when he had to give music lessons to buy food. He learned his trade by studying Beethoven, Haydn, Mozart, Schubert, Wagner and Mendelssohn. He confessed a great love for Wagner, and Beethoven was his ideal musician. Dvořák's compositions came from his inner source of great love for his homeland, his deep belief in his own power to create. Smetana gave his people operas, the famous "Bartered Bride" and "Má Vlast" (My Country) and Dvořák gave them songs, orchestral works, rhapsodies, dances, symphonies, chamber music and his "New World".

November 17, 1873, Antonín married Anna Šermáková, daughter of a goldsmith. She had a good contralto voice. They lived with her parents in Prague for a few months, and then moved into their own apartment. Dvořák settled down to the kind of life he liked. He took daily walks to the railway depot to look at the locomotives and to Karlsplatz Park to listen to the wind rustling through the tree branches. He was very sensitive to sounds.

The Moravian Duets, composed by Dvořák, received wide acclaim. He finished his set of Slovanic Dances and Slovanic Rhapsodies. In March of 1884, he went to London to give a concert at St. James Hall. The

Philharmonic Society had booked him for the concert. The program included the Hussite Overture, Symphony in D Major, the Second Slavonic Rhapsody and gypsy songs. Dvořák did not conduct the orchestra. He played the piano. After the music stopped, he received tremendous applause from the audience of 12,000 music lovers. English people love music.

His oratorio, *St. Ludmila*, was performed in London. There were 120 musicians in the orchestra and the choir consisted of 350 singers. Again his music received great acclaim. He not only received honors but financial success. He could realize his dream of living in his own house. He had bought a one-story building, and had it remodeled into a comfortable summer home, in the town of Wysoka. The largest room on the ground floor was made into his bedroom, and also served as dining room. His work room on the first floor was furnished with a desk and piano. It had a window which opened out on his garden, and he could stop while composing, listen to the singing of the birds while looking at his flowers and trees. He loved pigeons and began breeding them again. This was the Dvořák home where they stayed until winter came and then moved back to Prague.

Dvořák was a family man, unhappy away from his wife and children. When the invitation came to visit the United States, his wife and two children, Ottilie and Anton went with him. They sailed on the S.S. Saale, and the voyage lasted over nine days. A delegation of Czech Americans awaited his ship in New York. He received a warm welcome to the New World. The Metropolitan Opera existed and the Philharmonic Society. The New York and the Boston Symphony were performing, but Dvořák soon learned that organized music was not known as it was in Europe.

However, its composers were warmly welcomed, and their music received with great enthusiasm. Dvořák's other three children followed after him from Bohemia. They were accompanied by Paní (Mrs.) Koutecká, his widowed sister, Mr. Kovařík and a housemaid. Mr. Kovařík had talked Dvořák into accepting an invitation to visit Spillville, Iowa, where everyone conversed in Czech. Mr. Kovařík found him a house to live in, and Dvořák thought it was like living in Wysoka. It was a small quiet village surrounded by lovely roads, farms and forests. He went daily for walks and to spend a little time on Main Street to converse with the townspeople. A group of Indians from the Iroquis tribe came to town to sell medicinal herbs. It was the first time that Dvořák saw a real live Indian. He watched the Indians when they performed their dances. He read Henry Wadsworth Longfellow's poem "The Song of Hiawatha". He went to Minnesota to visit Minnehaha Falls. Their beauty inspired him to write down on his starched cuff the slow movement of the Sonatino for piano and violin.

On his way home to Europe he stopped off at Buffalo to see Niagara Falls. He listened to the water cascading over the rocks and composed a symphony in B minor. Of the themes he wrote down only one was used, the scherzo theme of the eighth Humoresque for piano.

He was interested in Negro spirituals, American folk songs, and the Indian music he heard. All of this

probably had some influence on his symphony, *New World*. He claimed that all his work was Bohemian. It came out of his inner self, and his capacity to compose music. The close friendship of Brahms was important to him.

The first performance of the *New World Symphony* took place at Carnegie Hall in New York. Dvořák was seated in a box in the theatre and was given great applause. He had won success in the *New World* but wanted to return to Europe. On his return to his summer home in Vysoká, he was welcomed home with a parade of lanterns and marching bands. Dvořák was happy to be back home with his pigeons, garden and to be able to play the church organ at six o'clock mass. In the evenings he would go to the inn to tell the peasants about life in America.

During Dvořák's second visit to America in 1894, he composed his famous cello concerto in B Minor. He had heard Victor Herbert as a solo cellist of the New York Philharmonic Orchestra play a cello concerto. This might have influenced him to do one of his best works, his cello concerto. The New York Philharmonic Society made him an honorary member. He composed so many songs, among them gypsy songs, Moravian National songs, and biblical music. Two of his best loved are "Songs My Mother Taught Me" and "Forest Peace". His opera, "Rusalka" had immediate success and was judged second in rank to Smetana's "Bartered Bride". Dvořák was known for his chamber music, symphonies, rhapsodies, orchestral works. His "Humoresque" was composed August 16, 1894, after his return from Spillville, Iowa. *St. Ludmila* was performed in America and Germany and at the Czech National Theatre in Prague in 1901. The oratorio was sung by 350 people dressed in native costumes, adding great glamour to the performance.

From the beginning of his career, Dvořák insisted that his music be printed in Czech as well as German. His first name had to be spelled out Antonin or "Ant", indicating that he was a Czech. He performed in Vienna and Moscow. The University of Prague gave him an honorary degree of Doctor of Music, and Cambridge University also made him a Doctor of Music.

He died in 1904. He was mourned not only in Bohemia, but in England, America, Austria, Germany and Russia. He has a place of honor in the arcades of the Vyšehrad Cemetery in Prague. Great honors never changed him. He remained till the end a simple man, a hudebník (musician) as he liked to call himself.

Stella Tichy  
Chicago, Sokol Cechie

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## Copy for Publication

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OF THE PREVIOUS MONTH

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AMERICAN SOKOL

# SOKOL GYMNAST

SEPTEMBER, 1978

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

1900



1978

The American Sokol Board of Instructors

expresses its deepest sympathy in the passing

of

**BROTHER OLDRICH J. KUDRNOVSKY**

on August 3, 1978

HONORARY DIRECTOR OF MEN  
AMERICAN SOKOL ORGANIZATION

## American Sokol Organization Merit Award for 1978-79

Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicants, the following Merit Awards have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should re-apply next year.

### Merit Award Committee:

Paul Lebloch, Marie Ptacek, Richard Ptacek, EllenJean Schnabl and  
Lorraine Zdenek (Chairman)



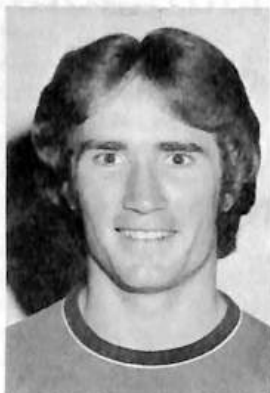
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**WAYNE SIJANSKY**  
Sokol Corpus Christi  
Southern District



**DENISE J. MOORE**  
Sokol South Omaha  
Western District



**MITCH JOHNSON**  
Sokol South Omaha  
Western District



**DENISE M. MICEK**  
Sokol South Omaha  
Western District



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Sokol Greater Cleveland  
Northeast District

**HANNA L. WERNER**  
Sokol Ft. Worth  
Southern District

**JILL PENDER**  
Sokol Detroit  
Northeast District

## Painful Injuries - Shoulder Dislocation

An athlete wrote to a doctor about a severe shoulder dislocation - "Since the accident, it has come out of place four times, and each time it dislocates more easily. Do you have any suggestions, short of surgery, to prevent it from happening again?"

Answer: - Surgery is the only answer. Your shoulder is pretty much held in place by a joint capsule made of fibrous tissue. If the tissue is torn (and yours undoubtedly was) and heals in a stretched-out position, then what we doctors call the integrity of the joint capsule is destroyed. In short, the shoulder is loose and jumps out of the capsule easily. (Indeed, shoulders are much easier to dislocate than knees, hips, or ankles once the capsule is torn because the bony architecture - the way the joint is constructed - is less stable to begin with.) Once the capsule is torn and loose, there is nothing you can do on your own to remedy it. Strengthening shoulder muscles won't help because your shoulder muscles don't hold the shoulder in place. If yours has jumped out of place four times in a year, you need to see a surgeon about an operation to stabilize it. There are several ways to do this, and they all work pretty well. After successful surgery and proper rehabilitation, you'll be able to resume normal sports action.

## World Championships Notes

Report to the USGF Board of Directors  
Frank L. Bare, Executive Director, USGF

The final trials for men and women, to select the teams to participate in the 1978 WORLD CHAMPIONSHIPS in France, will be held in Oklahoma City,

on September 21-22-23, in the Myriad Arena (16,000 seats) in downtown Oklahoma City. Headquarters hotel is the Sheraton-Century Center Hotel, where just one week later the USGF CONGRESS will be held, on Sept. 29-30, October 1. Then, two days later the USGF Board conducts its annual meeting.

There is a political question hanging over the 1978 World Championships; South Africa is a bona-fide member of the FIG and therefore entitled to participate in the 1978 World Championships in Strasbourg, France in October. However, the Socialist nations have indicated, informally but officially, that if South Africa participates, they will not. Although no one likes that form of blackmail, particularly as it relates to sports, the host nation is somewhat frantic in that they fear (after spending vast sums of monies to prepare for the WC's) that if the USSR and friends boycott, will TV film and pay, and will the public none-the-less attend? The French might face more than a sporting event that is reduced in effective image, but a financial disaster. We must give this serious consideration, in light of the 1979 event being in the U.S.A.

The 1979 WORLD CHAMPIONSHIPS are ours. The time period we have selected is the first week of December 1979. It will be a major undertaking, and one involving some 400-500,000 dollars of activity. I am meeting with Ft. Worth officials regarding the Tarrant County Convention Center use for that time period, and will have a more detailed report on possibilities when I report to you next. If it appears feasible, we will form a Games Committee, with civic and business leaders and USGF officials and get on with the massive tasks at hand.

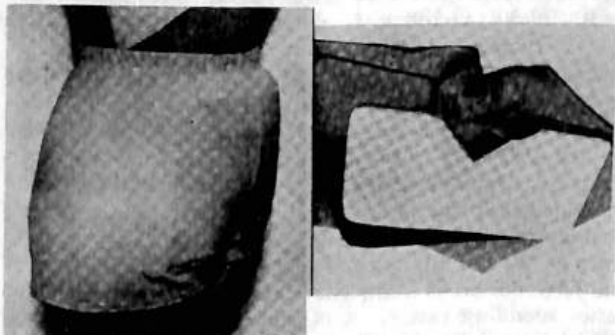
\*\*\*\*\*

Get in the Action . . .

\*\*\*\*\*

## Women's Safety Practice Shorts

A new teaching aid is available for female gymnasts that gives protection against injury to the hip, thigh, and pelvic area. The U.P.B. SAFETY PRACTICE SHORTS - enable the gymnast to work longer at practicing skills such as hip circles, cast wraps, eagles, suicides and hecht dismounts, without suffering the pain and soreness which often results from the continuous practice necessary to master new skills. The U.P.B. SAFETY PRACTICE SHORTS are made of 100 pct. stretch nylon. They have a specially designed pouch sewn inside the front of the shorts which is capable of holding two thicknesses of foam. The pieces of foam are of two different densities to withstand a varied degree of impact. Together they provide maximum protection. Separately the gymnast uses the pads as increased ability to perform the skill is learned. This process will help the gymnast acquire the confidence needed to ultimately perform the skill without the need for U.P.B. SAFETY PRACTICE SHORTS. Available in children and adult sizes. Available from GYM-KIN, 749 Commerce Street, Sinking Spring, Pa. 19608.



## An Important Aid to Every Board of Instructors

by **Morma B. Zabka,**  
American Sokol USGF Rep.

The Armour-Dial Company has committed itself to making a significant contribution to the U.S. Gymnastics Federation, which is intended to aid gymnastics development in the United States.

A packet has been prepared explaining how all of our Sokol Units can benefit from their sponsorship. The packet includes:

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  3. A large gymnastic poster.
  4. A letter to parents, which each Unit can duplicate. This letter encourages everyone to buy Dial Soap and save wrappers in order to take advantage of their wrapper redemption offer making it possible to receive a variety of gymnastic apparatus and sports equipment.
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## New Classes SAFETY AT SOKOL New Members

THE UNITED STATES GYMNASTICS SAFETY ASSOCIATION recommends that warning labels be attached to all Gymnastic Equipment and rules charts be posted in your gymnasium.

A Trampoline Rules Chart and a Gymnastics Rules Chart should be posted immediately adjacent to your equipment. Equipment warning labels and additional charts are available from the Association for your use.

This assistance is being provided free in the interest of gymnastics by the USGA and the following equipment firms:

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Washington, D.C. 20002

## Brother Jerry Michalek



1920 - 1978

A long time Sokol, Bro. Jerry Michalek, an excellent instructor and a warm friend to all who knew him, passed away on August 10, 1978, after a long illness.

A warm patient man, admired by so many, worked hard and diligently for Sokol.

When told of his passing, one of his former students remarked that whenever something difficult had to be learned Bro. Michalek would encourage you and softly say, "You can do it."

Bro. Jerry believed strongly in those words. Through his long illness he believed that something would be done and that he would join us again in the gym.

Bro. Michalek started at Sokol Chicago in 1932 at the age of 12 and became a member of Sokol Chicago in 1939. He was an excellent gymnast and played on their championship volleyball team for many years. He was an active member of the B.O.I. and many committees while there.

In 1966 Bro. Jerry transferred to Sokol Brookfield where he became an instructor of the 2nd class boys, Jr. Boys, Men, Jr. Girls and Women. He was a member of the B.O.I. and Director of Men the three years preceding his illness. Bro. Jerry was a willing worker who always helped on any project or committee.

Even though he was ill, Bro. Michalek found time to judge at our "Slet '77".

Up to the time he entered the hospital, for the last time, for a kidney transplant, Bro. Jerry helped at Bingo every week. He commented on more than one occasion that he wished his health would permit him to work in the gym again.

His children, Millie Ann, Jerry, Jr., Wendy and Denise were all reared in Sokol and are all very active workers at Sokol Brookfield.

To his wife and children we thank them for sharing Bro. Jerry with us.

To all, who, when problems seem unsurmountable or when doubt shrouds us, let us remember his words, "You can do it."

And now Sokol Brookfield will have to see if they can follow this slogan! Not only did we lose Bro. Michalek, but two other hard working members within three days. These were all people in the prime of their life and had many more years to offer to Sokol.

Bro. Frank Konvalinka, Sr., nicknamed "Cubby" was Sokol Brookfield's flag-bearer at every occasion for many, many years. The pride he had in his country and family was quite unique. He will be missed by his wife, Evelyn, children, Rita, Frank, Jr., and Helenca. We'll all miss seeing Evelyn and "Cubby" on the dance floor, it was a pleasure to watch them at any Sokol function. Bro. Konvalinka was a member of Sokol Havlicek-Tyrs before transferring to Sokol Brookfield.

Sis. Mary Marik was a Sokol member for 40 years, starting at Sokol Slavsky and then transferring to Sokol Brookfield. Sis. Marek has a son, Rudy, who with his wife and two daughters live in California. Sis. Mary comes from a large Sokol family of brothers and sisters, nieces and nephews, most of them members of Sokol Brookfield. Sis. Mary was very active and her artistic talents with china painting were just beautiful.

The last week was a very sad one for our Sokol. How can we replace these three vital people? We're going to see if "We can do it".

Bro. Roy Zitny

## Eastern District

On September 23 and 24, 1978, the Eastern District Annual Meeting will be held at the Sheraton LaGuardia, Queens, New York City. Sokol Fuegner, L.I., will host this year's meeting.

Saturday's activities will include the Presidents' Conference, Board of Instructors' meeting and Nomination Committee meeting. A Dinner-Dance will be held at Dante's Caterers on Saturday evening. On Sunday, the election of officers and Annual District Meeting will be held.

Information has already been mailed to Units and Delegates. For information on the District meeting, activities, lodging, etc., contact:

Bro. Ed Babor,  
33-25 92nd Street  
Jackson Heights, N.Y. 11372

For Dinner-Dance information contact:

Sis. Ann Keil  
152 - 36 12th Avenue  
Whitestone, N.Y. 11357

## The Czech History Quiz

With the beginning of another Sokol year, what better time to educate the students in Czech history and give them a better understanding of Sokol?

**1. Q. Give two reasons why everyone should study history.**

A. The study of history enlarges our experience and enables us to envision the future of situations through our knowledge of similar situations in the past. To study history is to live over again the story of the past and to learn about notable men and women and of humankind.

**2. Q. Why is the reading of Czech history important for Sokol members?**

A. It gives us knowledge of pre-existing facts and conditions to the founding of Sokol; the cause and the effect of the Sokol program.

**3. Q. What is known about the birth of the Czech nation?**

A. The birth of the Czech nation may be traced back to the fifth century when the Czechs conquered Celtic tribes, who occupied the territory of the "Home of Boii" called in Latin, Bojohenum and Bohemia.

**4. Q. When, and under what rulers, did the "Golden Age" take place in Bohemia?**

A. The "Golden Age" or the political greatness of the kingdom of Bohemia resulted from the economic and cultural development under the rule of Premysl Otakar II, when the Bohemian kingdom became a powerful state covering the territory from the River Oder to the Adriatic, in the thirteenth century. In the following century, King Charles IV founded the University of Prague in 1348, the first university in Central Europe; he enlarged and beautified Prague, the capitol city of the kingdom, and thus Prague, during his rule, became the intellectual and cultural center of Europe.

**5. Q. What were the Hussite Wars and the principal cause and effect?**

A. The Hussite Wars were struggles between Hussite followers on the one side, and Catholics and Germans on the other side. The Catholics and Germans were trying to place Sigismund on the Bohemian throne, in succession of his departed brother, Wenceslaus (Václav). The Hussites refused to accept Sigismund as their king - mainly for his part in the condemnation and burning at the stake of Jan Hus and his friend and follower, Jerome of Prague.

The Hussites were led by Jan Zizka, the military genius, who with armored wagons and subterranean fortification of Tabor Mount, routed five great armies of "Crusaders" mustered by Catholics against him. However, near the end of this conflict, the Hussites broke up into warring factions, the Utraquists (moderate Hussites) and the more radical Taborites. After the defeat of the Taborites, Sigismund was accepted as their king. However, after the death of Sigismund and his successor Albert of Austria, Bohemia became again an independent church.

**6. Q. Indicate the historical influence of the teachings of Jan Hus.**

A. The teachings of Jan Hus and his undying hope and belief that in the end, "truth will triumph over falsehood . . . good over evil . . . and love over hate" echoed, re-echoed and continued to inspire the national spirit throughout Czech history.

**8. Q. What was the leading cause of the Battle of the White Mountain and its result?**

A. The Czechs de-throned their king, Ferdinand who wanted to purge Bohemia of Protestantism, and return Bohemia to the Roman Catholic Church. In a reprisal Ferdinand, through his ally, Maxmilian of Bavaria, who sent his army which defeated the Czech Protestants. As a result, Bohemia with all its regions, was ushered into the Hapsburg Empire, where it remained for 300 years.

**8. Q. Describe the conditions in the Czech lands after the Thirty Years Wars.**

A. After this war, which was connected with the religious struggles in the Bohemian kingdom, the lands of Bohemia and Moravia were laid waste and depopulated - the Czech patriots, the intellectual and moral flower of the nation, were exiled or emigrated voluntarily. The peasant class represented the nation, and the Czech language fell to be only a peasant tongue - the "Robotpatent", a state of serfdom, was forced on the peasants.

**9. Q. Enumerate important events and attributes to the Czech national revival. Describe at least three such events.**

A. Such grave and deplorable conditions resulting from the Thirty Years War remained until events outside the Czech lands, especially the ones in France in the 18th century, brought encouragement and rebirth of the national feeling. It began with the Czech linguists, who brought back to life the almost extinct Czech language. This event was followed by numerous events stirring up national sentiment. Thus, the intellectuals of Prague organized the Congress and revolutionary demonstrations to voice the demand for the independence of the Czech state. However, the demonstration was suppressed and the demand rejected - in 1862 Miroslav Tyrš and Jindrich Fuegner, with other Czech patriots founded the Sokol and Pan-Slav Slets became the testing ground of the national preparedness and a great manifestation of the national strength . . . solidarity . . . and self-assertion - the numerous achievements in the field of fine arts, literature and other cultural pursuits . . . industry and business - the Czechoslovakian underground worked the formation of the Czech and Slovak National Council Abroad, for the purpose of securing from the First World War Allies a recognition of the Czech and Slovak claims for their independence and self-rule.

All these and many other accomplishments greatly substantiate the political movement rendering the strongest impulse to the nineteenth century surge of the national spirit, what looked towards the day when the liberty, lost at the White Mountain might be regained.

**10. Q. Outline the early history of Moravia**

A. Moravians settled on the land of the present Moravia and Silesia in about the sixth century. In the ninth century Moravia was united by dukes into a mighty empire including Bohemia, Slovakia, South Poland and North Hungary - this empire was destroyed by Hungary at the end of the ninth century. In the tenth century, Moravia became the crownland of Bohemia, and since then it has shared its history with Bohemia, except for the period of the Hussite Wars.

**11. Q. Outline the early history of Slovakia.**

A. The Slovak nation's birth dates back to the sixth century, when Slavic tribes occupied the land of Slovakia. In the ninth century Slovakia became a part of the Moravian Empire. After its destruction by the Magyars, Slovakia was incorporated into Hungary. Since then the Czech and Slovaks traveled on separate historical routes to their final destination to be again united in one state.

**12. Q. Summarize the history of the First Czechoslovak Republic.**

A. The First Czechoslovak Republic came into existence in 1918 at the close of the First World War, under the leadership of T. G. Masaryk and Eduard Benes. Masaryk became its first president. It developed into a liberal democracy, with financial stability, far-reaching social legislation and economic prosperity. It became a great manufacturing center of Europe, with valuable export abilities. Nevertheless, the promise of its bright future was brought to an abrupt halt by Hitler's rise in Germany in 1938.

**13. Q. Summarize the history of the Second Czechoslovak Republic.**

A. It was established shortly after the "Munich Pact", by which England and France gave Hitler a free hand to occupy Sudetanland (the northern part) of Czechoslovakia. Hitler at once invaded Czechoslovakia, gained control of its government; President Benes resigned, Emil Hacha succeeded him. In 1939 Hitler gave independence to Slovakia - Hacha was bullied into signing away the independence of Czechoslovakia by a threat that Prague would be destroyed from the air in a matter of hours, unless he surrendered. Henceforth the Czech state was dismembered and proclaimed as a "protectorate of the Reich". The sadistic attacks on the Czech population began . . . many national leaders and patriots were executed and others sent to concentration camps in Germany. Reinhard Heydrich, known as the "Hangman of Europe" succeeded Neurath as the protector of the Czech state. In 1942 he was assassinated by Czech patriots; in reprisal the entire Czech village of Lidice was razed to the ground, all males killed, women and children dragged to concentration and labor camps in Germany.

This protectorate - the years of savage brutality and dehumanized treatment of the Czech people lasted until the American and Russian troops, and the Czechoslovak Coalition Cabinet entered Czechoslovakia in 1946.

**14. Q. Summarize the early history of the Third, the present, Czechoslovak Republic.**

A. The Hitler and German defeat terminated the second Czechoslovak Republic and soon after, the third and present republic was inaugurated.

After many dramatic political upheavals and reverses of the political party system a new government, patterned after the Soviet model was formed; a provision was made for the autonomy of Slovakia, but only a single legislative chamber for both regions was instituted. After the resignation of President Benes, Klement Gottwald succeeded him as the President of the Czechoslovak Republic. In 1968 the republic was renamed as the "Federation of Czech and Slovak Socialist Republics."

**15. Q. What is the most memorable deed of each of the following men, by which he distinguished himself in Czech history?**

A. **T. G. Masaryk:** was the chief founder and the first president of the Czechoslovak Republic.

B. **Eduard Benes:** was a notable statesman and the second president of the Czechoslovak Republic.

C. **Jan Hus:** was the Czech religious leader, foreshadowing Martin Luther in his reforms.

D. **Jan Zizka:** the Hussite military leader, victor of crusades against the Catholic Church and the Germans.

E. **Jan Amos Komensky (Comenius):** the educational reformer, great theologian known as the "teacher of nations".

F. **Josef Dobrovsky - Josef Jungman and Frantisek Palacky:** they were first among awakeners of the Czech language.

G. **Josef Manes, Karel Purkyne and Jaroslav Cermak:** Manes was the founder of the Czech school of painting; Purkyne and Cermak were his followers.

H. **Antonin Dvorak, Bedrich Smetana and Josef Suk:** were distinguished, world-known music composers.

**16. Name the ruling dynasties of the Kingdom of Bohemia.**

A. From the earliest history for more than three centuries the Premyslide dynasty ruled the Kingdom of Bohemia, was succeeded by the Luxembourg dynasty who ruled until 1526 and the Hapsburg ruled until 1918.

**17. Q. Who were: Utraquists, Taborites, Moravian Brethren?**

A. All three were branches of Hussites, followers of teachings of Jan Hus. The Utraquists or Calixtimes were moderate, they substantially agreed on most points with the Catholic Church; the Taborites were a radical branch who refused to accept agreement (Compacta) with the

**ASO FINANCIAL REPORT**

JULY, 1978

**RECEIPTS:**

Dues	\$2,640.00
Sokol Thomas G. Masaryk Dues	14.00
Dividends and Interest	86.28
Advertising in "American Sokol"	180.00
Resale of Jewelry	5.30
Sale of Songbooks	6.00
Sale of "Gymnastic Activities with Hand Apparatus for Girls and Boys"	27.00

UPS Charges and Postage .....	2.61
Miscellaneous Income .....	10.00
	<u>2,971.19</u>
A.S.O. Uniform Division -	
Payment toward Advances .....	627.27
Transfer of Funds from Future Sokol	
Leaders Fund for Merit Awards .....	2,200.00
<b>TOTAL RECEIPTS</b>	<b>\$5,798.46</b>

**DISBURSEMENTS:**

**Administrative**

Salaries .....	\$435.64
F.I.C.A. & F.W.T. for June .....	136.70
I.W.T. - 2nd quarter 1978 .....	50.97
Rental, Janitor Service, Phone,	
Electric .....	431.04
Rental of Mailing Machine	
and Postage Meter .....	109.99
Travel Expense .....	415.00
Office Supplies .....	99.17
UPS Charges .....	22.83
Miscellaneous .....	80.00
	<u>\$1,781.34</u>

**Board of Instructors**

Salaries .....	\$311.66
F.I.C.A. & F.W.T. for June .....	52.86
I.W.T. - 2nd quarter 1978 .....	21.47
Editor "Sokol Gymnast" .....	30.00
UPS Charges .....	7.27
	<u>423.26</u>

**Educational Department**

F.I.C.A. for June .....	\$ 2.82
I.W.T. - 2nd quarter 1978 .....	1.24
	<u>4.06</u>

**Sokol Publication**

Editor "American Sokol" .....	\$100.00
	<u>100.00</u>

**Miscellaneous**

A.S.O. Uniform Division - Salaries,	
F.I.C.A., F.W.T., I.W.T.,	
Phone .....	297.57
Merit Awards .....	2,200.00
	<u>2,497.57</u>

**TOTAL DISBURSEMENTS \$4,806.23**

Balance brought forward:	
Western National Bank of	
Cicero - Checking Account .....	\$10,746.74
Receipts - July, 1978 .....	5,798.46
	<u>16,545.20</u>
Disbursements - July, 1978 .....	4,806.23
	<u>\$11,738.97</u>

**FUTURE SOKOL LEADERS FUND**

**July, 1978**

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Fred and Antoinette Pelich .....	2.00
	<u>\$ 367.00</u>
Dividends Earned .....	7.97
	<u>\$ 374.97</u>
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I believe that each newborn child arrives on earth with a message to deliver to mankind. Clenched in his little fist is some partical of yet unrevealed truth, some missing clue, which may solve the enigma of man's destiny. He has a limited amount of time to fulfill his mission and he will never get a second chance - nor will we. He may be our last hope.

In a world where all things appear to have a meaning, what is his meaning? We who are older and presumably wiser must find the key to unlock the secret he carries within himself. The lock cannot be forced. Our mission is to exercise the kind of loving care which will prompt the child to open his fist and offer up the truth, his individuality, the irreducible atom of his self. We must provide the kind of environment in which the child will joyfully deliver his message through complete self-fulfillment.

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We are not really all created equal. We are created equally precious and equally different. The difference is sacred. We differ temperamentally, environmentally, physically, psychologically, intellectually, economically. Some of us are slow, some fast, some placid, some nervous, some energetic. We have the equal right to make of our individuality a thing of splendor.

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Catholic Church; and the Moravian Brethren were the outgrowth of the suppressed Taborite movement. They were exiled to Poland and Saxony and through the extension of their missionary work came to America and settled in Bethlehem, Nazareth and Lititz, Pa.

18. Q. Name the regions the Czechoslovak republic comprises.

A. Bohemia, Moravia, Slovakia and Silesia.

19. Q. What is the location of Czechoslovakia and its borders?

A. It is located in Central Europe, is bordered on the west and southwest by Germany, on the south by Hungary and Austria, on the east by Russia, on the north by Poland and on the northwest by East Germany.

20. Q. What is the size and population of Czechoslovakia?

A. It covers 54,241 square miles, approximately the size of the state of Illinois. It has a population of 19,458,000, approximately of the state of California.

Czechoslovakia is the eighth most populous state in Europe.

21. Q. What language is spoken in each region of Czechoslovakia?

A. Czech in Bohemia, Moravia and Silesia - Slovak in Slovakia.

22. Q. Is there any difference between Czech and the Bohemian language and Czech and Slovak?

A. There is no difference between Czech and Bohemian, and only a slight difference between Czech and Slovak, more or less, the Slovak language is a regional dialect of the Czech.

23. Q. What simplification in spelling of the Czech language was introduced by Jan Hus?

A. He introduced diacritical (phonetic) marks ' ' ' ' placed above letters: mark virgule (čárka); small circle (kroužek), both of these indicate a longer sound of vowels; small hook (háček) indicated a softer sound in pronunciation.

Bro. O. J. Kudrnovsky

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