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EDITORIAL STAFF

6426 West Cermak Rd. Berwyn, Illinois 60402

Copy for publication must be received by the
 10th of the previous month.

OFFICE OF THE EXECUTIVE BOARD ASO.

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 6426 W. Cermak Rd. Berwyn, Ill. 60402

Tel.: 795-6671

Meetings: 4th Tuesday, except July and August,
 at ASO Office.

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Calendar of Events

OCT. 7-9 - SOKOL SOUTH OMAHA
 Garage Sale

OCT. 7 - SOKOL STICKNEY
 50th Anniversary Dinner-Dance

Oct. 14 - SOKOL BELCAMP
 Harvest Festival "Vinobrani"

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

OCT. 22 - SOKOL STICKNEY
 Crusade of Mercy

OCT. 28-29 - SOUTH OMAHA HOLIDAY
 BOUTIQUE

OCT. 29 - SOKOL SOUTH OMAHA
 Pancake Breakfast

NOV. 1 - SOKOLICE SOUTH OMAHA
 Card Party

DEC. 9 - 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

JUNE 28, 29 and 30, JULY 1, 1979 - SOKOL U.S.A.

XVIII Slet and Competitions at Lehigh
 University, Bethlehem, Pennsylvania



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 10th
 OF THE PREVIOUS MONTH

AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CXIX

October - 1978 - Říjen

Číslo—No. 10

HOUBY

Letos jsme vám měli štěstí
u nás v malém lesíku,
hub jsme koše nasbírali,
bez námahy, bez křiku.

Byl to týden svátku práce,
s deštěm, sluncem, mrazíkem,
václavek jsem koše řezal,
kol pařezů nožíkem.

Široce se na mne smály,
otvíraly ústa svá,
kde jsem jeden košík našel,
do rána tam byly dva.

Většinu jsme usušili,
malé snědli s vajíčkem,
pěkně jsme se rozdělili
s tím ušatým zajíčkem.

To se jenom někdy stane,
by hub rostlo dost a dost,
s prázdným košem domů přijít,
to má člověk jenom zlost.

Letos si však pochutnáme,
žena houby neměří,
máme jich dost do polévky,
do omáček k večeři.



Br. Bohumil Marek

ASO Executive Board Meeting

Meeting of the American Sokol Organization Executive Board was called to order on Tuesday, August 29th, 1978 by the President, Bro. Roy Zitny, at 7:30 p.m.

Members were asked to rise for a moment of silence in memory of Bro. O. J. Kudrnovsky, Honorary Men's Director of the ASO and Bro. George Herink, past editor of the American Sokol publication and other brothers and sisters who had passed away recently.

Bro. Zitny introduced Mr. Selden who presented the audit report for the year 1977. A copy of the audit report is to be sent to each District President.

District minutes which had been received by the office were copied and distributed to all members as follows: Eastern, May 12, June 9 and July 14; Pacific, May 6; Northeastern, May 24 and June 28; Western, June 12; Central, May 24 and June 28; Southern, July 20.

Copies of program books received: Central District Slet, Southern District Slet, Eastern District Slet, Sokol Los Angeles Exhibition, C.S.A. Convention and Banquet, Corpus Christi building dedication. These will be placed on file in the ASO library.

CORRESPONDENCE: Western District sent a copy of its new by-laws with a request for review and approval. Bro. J. Jindra will review them with a report for the September meeting. Sis. Schnabl will also give him a copy of the previous by-laws for comparison. Approval of the Western District given to change the name of Sokol Fuegner-Tyrs to Sokol South Omaha. Bro. Barcal moved that we likewise approve this change; seconded, passed. They will be notified. Inquiry from the Library of Congress, National Serials Data Program. Information sent about our publication and number assigned to us. Copies of all this given to Sis. Sotka and Kourim and the Cicero-Berwyn Press. Memo from Congressman E. Derwinski and his Resolution 667 requesting the President and Congress to take steps to induce the Soviet Union to withdraw troops from Czechoslovakia. Letter from Bro. A. Venglarcik, Pres., Sokol U.S.A., that they will hold their XVIII Slet and competitions at Lehigh University, Bethlehem, Penna., on June 28, 29, 30 and July 1st, 1979. The B.O.I. was given a copy. Request from the Cermak Road Business Assoc. to participate in their promotions of the October Houby Festival. Sokol Stickney requests use of the Tyrs bust at their 50th anniversary celebration, approval granted; also requests Bro. Zitny to speak at this occasion; he will attend.

DIRECTOR OF MEN - Bro. P. Lebloch: Participated in the Central District Slet. Delivered a '77 Slet commemorative plate to the artist, Václav Kocourek. Represented the A.S.O. at the grand opening of Sokol Corpus Christi; attended all functions which were well attended and well represented by the Southern District Sokols. Received minutes from several B.O.I. Districts and a very good report from the

U.S.G.F. thru Sis. Zabka. Requests that the official invitation to the Slovak Slet be published in the Gymnast.

DIRECTOR OF WOMEN - Sis. M. Ptacek: Corresponding with the U.S.G.F. Technical chairwoman regarding the apparatus routines. The 1979 World Championships will be held in Fort Worth. Attended the Central District Sokol Day and Merit Award Committee meeting. Located the missing rails of Nissen Company and Sokol Berwyn's mini-tramp, which have been returned to their owners. In further discussions, Bro. Barcal moved that the District Directors' Conference be held in Omaha with a request that the subject of deficit spending be put into the agenda and that only 2-days' per diem be allowed; seconded; 11 - for, 2 abstentions. Bro. Lebloch asked for a written statement from Bro. Basta to this effect. This conference will be held October 20th and 21st.

MEMBERSHIP - Bro. R. Svoboda. No report.

EDUCATIONAL - Bro. S. Barcal: Sister E.J. Schnabl read the minutes of their June meeting. Bro. Barcal is to follow up on the awards for the essay contest so that winner's essays can be published. He is also to follow up on the Proclamation for the Sokol Organization for the 60th Anniversary of Czechoslovak Independence. Plans are being formulated for the First District Educational Directors' Conference to be held October 28th and 29th.

EDITORIAL - Sis. J. Kourim: Is hoping that everyone will remember the 10th of any given month as the deadline for articles to appear the following month. Wants to reprint significant articles next year commemorating the 100th anniversary of our publication. Requests current biographies of sisters and brothers in executive positions at all levels with current photos.

PUBLICITY, CZECH - Bro. B. Rabas: Sent articles about the Central District Slet and the Chicagoland Sokol Association's picnic.

PUBLICITY, ENGLISH - Sis. Pistorius: Has no report; however, gave report on her petty cash fund.

ORGANIZATION - Sis. A. Basta: Has no report. Attended the C.S.A. Convention Banquet with Bro. G. Basta.

FINANCIAL SECRETARY - Sis. A. Sotka: Prepared the May, June and July financial reports and copies were distributed to all board members. Ran off rosters of the dissolved units for filing. Due to the increases in postage, an additional \$50.00 had to be put on deposit at the Berwyn Post Office. Is having trouble with the membership pin order and in turn is holding up the mailing of membership kits. Prices have been increased on the pins and thus will have to be raised for the kits; approved. It was decided that any travel expenses incurred will be paid as per the lowest air coach fares possible at the time. Attended the C.S.A. Convention Banquet with Bro. J. Sotka. Donations to the general fund and the Future Sokol Leaders' Fund have been itemized and will appear in our publication.

TREASURER - Bro. G. Basta: Presented the second quarter financial chart, as of June 30th, 1978.

Much discussion was held regarding our deficit spending and where we could cut corners on expenses.

SECRETARY, Sis. E.J. Schnabl: Prepared May meeting minutes and all correspondence. Participated in the Bohemian National Cemetery's Memorial Day observance. Judged at various competitions for the Central District; ran the Junior girls' competitions and participated in their Slet Day. Mailed out Merit Award letters and checks and is waiting to send out the renewals. Prepared Citations of Merit.

PRESIDENT - Bro. Zitny: Attended C.S.A. and Slovak Jubilee Convention banquets. Attended the Southern District Slet at Houston as well as the Eastern District Slet in Baltimore. Had very favorable comments about all of them.

OLD BUSINESS: Letter sent to the six District Presidents regarding the poll of average ages, charters and 1981 Slet. Pacific District gave us average ages; no luck in getting charters yet; no mention of Slet. Western District is asking as is the Central District. Bro. Prevratil is seeking information on the former Sokol Praha. Its building is supposed to have been sold to the State of Oklahoma as an historical site.

There being no further business, Bro. Zitny thanked everyone for attending and meeting was adjourned at 10:00 p.m. Next meeting will be on Tuesday, September 26th.

Respectfully submitted,

E.J. Schnabl, Secretary

Central District ASO

June 28, 1978

Meeting was called to order by Sis. June Pros, 1st Vice-President; Pledge of Allegiance given. Motion made and seconded to dispense with the reading of the minutes of the last meeting. Minutes accepted as presented.

Correspondence: Bill for emblems, copies of letters to Norman Blei, B. Vydra, and copy of letter to Sokol St. Louis giving approval for them to pick up portable rings; letter to ASO advising bunting, etc. will be picked up; invitation from Sokol Stickney to their anniversary celebration; motion made and seconded that Bro. and Sis. Halik be authorized to represent district at same. Raffle tickets from Chicagoland Sokol Association; letter from Sokol Milwaukee stating that they will send delegates to Special Meeting on the budget in October. Motion made and seconded to send acknowledgement and request names of delegates attending. Letter from ASO to Financial Secretary enclosing payment for expenses to Sis. Schnabl for trip to St. Louis. Discussion followed on mileage as opposed to air fare and our by-laws thereon. Payment accepted and difference to be reimbursed from Central District funds. Letter from ASO enclosing payment for folk dance and vaulting instructors, hall rental for same, and expenses for St. Louis trip for Bro. Placek and Gilbert.

Reports: Slet Committee - Accounting almost complete. All ticket money not yet received but figures to date show profit, although some bills are still

outstanding. Report from Bro. Borvansky read. Discussion followed on points made for future use, such as, program books should not be mailed to subscribers, letter for ad requests and replies should be saved for next year, all material should be kept for Slet file. Noted that bill for Denni Hlasatel will be paid as previously decided. Question from Sis. Schnabl as to how many T-shirts were ordered and sold. Suggestion made that more T-shirts in small sizes be ordered next year. Postal cancellation of envelopes netted a profit. Bro. Janecka requested letters of thanks be sent to post office and Riverside officials. Thanks given to Bro. Janecka. Sis. Basta asked about remuneration to custodian at R-B High School. Bro. Svoboda to handle with Sis. Basta. Bro. Vachata requested that Bro. Svoboda call him for a Slet committee meeting when all the figures are ready. Written reports requested. Sis. Schnabl asked if mailing tickets was profitable. Sis. Basta stated that problems existed at the Slet gates with unpaid tickets. Discussion followed on this point of advance ticket sales. Bro. Vachata asked delegates to thank their units for support. Bro. Halik asked for vote of thanks for Bro. Vachata's work as Chairman of Slet Committee. Sis. Vachata thanked all who helped. Letters to be sent to Slet Committee Chairman with our thanks.

B.O.I. - Report by Sis. E.J. Schnabl on meeting of Women's BOI on June 20th. Sis. Sylvia Pistorius elected District Women's Director, Sis. Marie Jo Zeman elected Secretary. It will be requested that unit directors submit a written report at each monthly meeting either personally or by a representative. Meeting will be on the second Tuesday of the month at 7:30 p.m. at Sokol Brookfield. Units requested to have one member designated to take orders for district warm-up suits. Orders may be submitted at BOI meetings. - Sister Pistorius stated that she already has found a problem in her position in the matter of the telephone calls required. Discussion followed and suggestion made to contact telephone company and request costs involved in installing another line for district calls. Motion so made and seconded. Sis. Pistorius to keep a record and give a reasonable estimate of her costs until such time as this can be handled. Best wishes for the future from the Executive Board to Sis. Pistorius and the Board.

Bro. Placek reported on meeting of the Men's Board. On Slet, for future reference date should be confirmed as early as possible for second Sunday in June. Speakers should be known in advance for the program book. There was a problem in this year's Slet in the moving of apparatus. Thanks to Sis. Pistorius for the music at Slet. Victory Dance could be started later, but was better on Saturday than when held on Sundays. Folk dancers performing July 16. Vaulting practice resumes in July. Vote of thanks to all instructors. Bro. Placek has been reelected Director of Men. Question from Bro. Schnabl on calisthenics for next year. BOI will contact National Board for confirmation on what is to be done. Letter to Sokol USA requesting what they will be doing will be hand delivered to their convention by Bro. Zitny. BOI to look into our records and be prepared in the event that they do not come up with something. Bro. Zenisek asked about statistics on number of

participants in unit exhibitions as compared to numbers on Slet field. Discussion followed on small number of participants in Slet and on keeping members in class until Slet time. Duty to be in Slet as well as unit exhibitions should be explained and stressed in all classes. Instructors must show a better attitude and interest in calisthenics so that their classes enjoy it more. Sis. Jindra pointed out that the children are only repeating the same calisthenics that they performed at their exhibition. Suggested that something special for Slet only be taught to involve the children and bring them back to class after their exhibition. Sis. Basta stated that the length of the program at Slet, excluding assembly, speeches and retreat, was one and one-half hours.

Educational Committee: Theater trip to Prague Spring income not complete as yet but a profit appears possible.

Publicity - many articles were printed on Slet. Competition results not yet handed in.

Property Committee - reports being received and many items being found. Space will be needed for storage.

Bro. Halik reported that Milwaukee anniversary was well attended and very much enjoyed. Sis. Basta suggested that Bro. Kala contact instructors of Milwaukee dancers for some of their dances. Our costumes not up to par. Property committee should recall costumes and recondition them. Some items may belong to Sokol Brookfield. Property committee to handle, Eastern District Slet attended by several of our families and Bro. Zitny spoke. Many groups and clubs had been invited and performed.

Deferred business - CSA program book ad cost to be prorated with all units and Central District. Charter, no report.

Motion made and seconded that we meet next in September and authorize officers to conduct whatever business they find necessary or to call a special meeting if they deem it necessary. Next meeting September 27, 1978. Meeting adjourned 11:00 p.m.

Respectfully submitted,

Helen Onni, Secretary

Southern District Executive Committee

July 20, 1978

Meeting called to order by District president, Bro. George Prevratil, at Sokol Fort Worth. Pledge of allegiance to the Flag was given. Committee held a silent tribute in respect to Bro. Joe Dudzienski of Sokol Corpus Christi. Minutes of last meeting approved.

Correspondence: From American Sokol, informing that the deadline date for articles and minutes for publication in the American Sokol has been changed to the 10th of each month. Clinton Machann of Texas A and M University announcing a symposium of Texas Czechs is scheduled for October 27-29 and enclosed general information.

Reports of Units: **Corpus Christi** - Grand opening of SPJST Lodge and Sokol Corpus Christi, August 4-6. Friday evening dinner and dance; Saturday, dinner, afternoon activities and dance in the evening and Sunday, dinner and ribbon cutting and ceremonies.

Dallas - Appointed nominating committee, annual meeting scheduled in September, participated in District Slet, several attended District course, plan to participate with a special number at Folklife festival in San Antonio and opening of Sokol Corpus Christi, plans to participate in West-Fest, Labor Day weekend.

Ennis - Gym classes currently on vacation, 11 gymnasts attended District course, several gymnasts and instructors attended Eastern District Slet, boys team placed first, softball team organized, 116 gymnasts attended and participated in District Slet. **Fort Worth** - Regular gym classes on vacation, improvements made on grounds, mobile home acquired for instructor to live on premises, 5 gymnasts attended District course, 1 gymnast attended Eastern District Slet, placing in competition, Rome Milan, special summer classes with enrollment of 101 with a staff of 7 instructors. **Yukon** - June and July report, members attending 23, Unit will sponsor a queen candidate for Czech Day in October, plan to dispose of gym equipment.

Reports of Officers and Representatives: Czech Culture Society: Bro. Podhrasky, Czech Day at the Fair, Oct. 15, program committee organizing various activities of groups and individuals for the program, activities will take place at the band shell, women's building, big-Tex stage and Hall of State; Sokols are scheduled to perform on the stage and in front of the Hall of State.

Public Relations: Bro. Milan - had forwarded to Corpus Christi the District's greeting ad for the grand opening souvenir book, received information on housing, ground opening schedule and list of activities for the 3-day event. Comments on attending an ethnic presentation at Knights of Columbus in Houston, Sokol Houston gymnasts participated.

Educational Director, Bro. Parma - mailed letters to Unit directors requesting their reports for the Educational Directors meeting in Chicago in October, reports on the progress of songbook in Czech and English, indicates that a tape is also being prepared with piano accompaniment to correspond with each of the songs.

Director of Men, Bro. Laznovsky - District Slet successful, good gymnast participation and spectator attendance, expresses appreciation to all for their assistance and cooperation during competition and Slet program, reports that Sokol Houston had activities well organized, plan to attend grand opening in Corpus Christi, two gymnastic programs will be presented during Saturday afternoon, request for Sokol program at West-Fest, Labor Day weekend, a half hour program is being planned on each day of the 2-day event, indicates that registration for the advance course in Corpus Christi as of now is not quite sufficient in number and unless the number will increase, the course will possibly be cancelled. Attended course graduation exercises in Houston.

AMERICAN SOKOL

SOKOL GYMNAST

OCTOBER, 1978

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



SOKOL USA

276 Prospect St., Box 189 East Orange, N. J. 07019 (Area Code 201) 676-0280

An Invitation . . .

August 17, 1978

American Sokol Organization

Board of Instructors

6426 West Cermak Road

Berwyn, Ill. 60402

Dear Brother and Sister Sokols:

The XVIII National Slet and Gymnastic Competitions of Slovak Sokol USA will be held on June 29, 30, and July 1, 1979 at Lehigh University in Bethlehem, Pennsylvania.

The strong bonds of our Czechoslovak heritage compel us to work together in pursuit of our Sokol goals. We therefore, extend to your Units and Districts a sincere invitation to participate in this historic event, making it a true manifestation of Sokol unity and strength.

The friendly cooperation between our organizations in the past has demonstrated dramatic results and it is our wish to continue working together to further the Sokol movement in North America.

Thank you and . . .

Nazdar!

MILDRED CHILLA
Chief Physical Directress

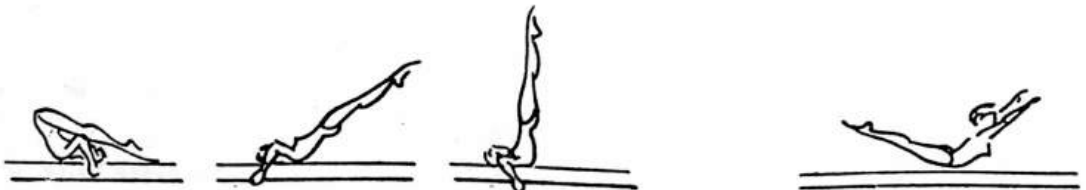
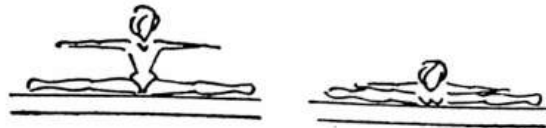
STEPHAN J. BANJAK
Chief Physical Director

Balance Beam - Individual Movements

Illustrated on the page are various positions of seats - lying on beam, kneeling, positions of balance - holds and supports. These may be adapted to all girls classes with varied approaches.



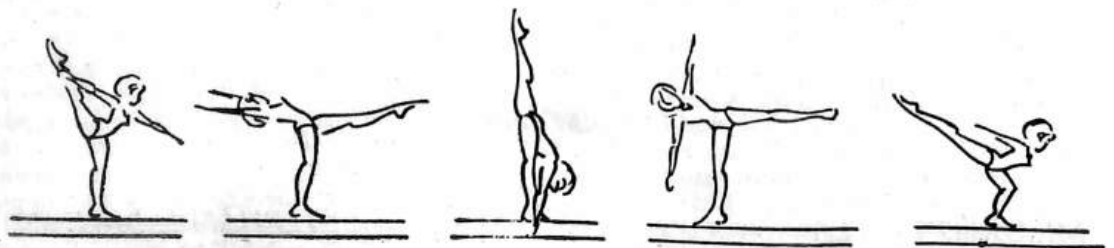
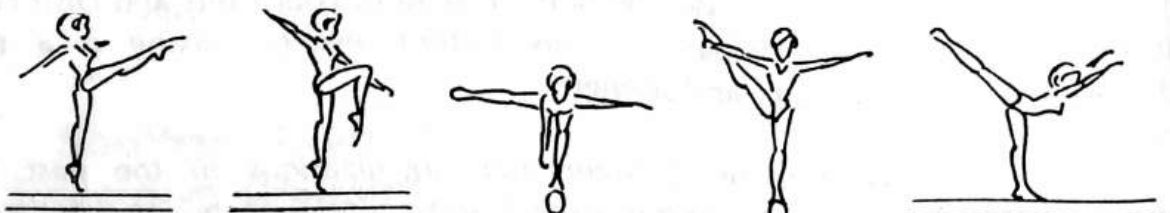
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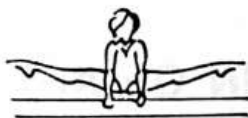
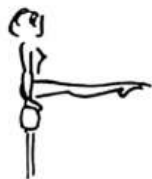
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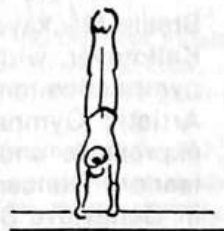
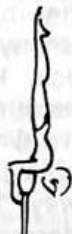
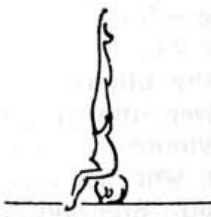
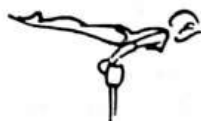
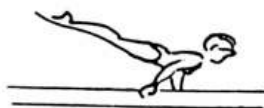
NO. 3 KNEELS



NO. 4 BALANCE STANDS - HOLDS



NO. 5 HAND SUPPORTS



World Group Championships

by Mildred Prechal

MODERN RHYTHMIC GYMNASTS AT SQUAW VALLEY, CALIFORNIA

From August 9th to the 29th, a group of 12 top modern rhythmic gymnasts participated in training for the 1979 WORLD'S GROUP CHAMPIONSHIPS that are to be conducted in England. This is the first time the United States Gymnastics Organization is sending a group number to participate in the World's Modern Rhythmic Gymnastics Championships competitions.

The place for training and selection of the six finalists for the group was the Olympic Training Center in Squaw Valley, California, a most beautiful camp situated near Lake Tahoe, surrounded by snow capped mountains.

Sis. Norma Zabka of Sokol New York and Chairman of the Modern Rhythmic Gymnastics Committee, supervised the project and Annelis Hoyman was her very able assistant. Maria Bakos was in charge of the choreography. She was aided by Nora Veyette of Chicago and Barbara Parcher of California. Sis. Mildred Prechal was consultant to the staff.

Each morning at 7:30 a.m. a bus transported the group with their instructors 12 miles to the gymnasium, located in an elementary school. At 12:30 they were again bussed back to the training camp dining room for lunch, followed by a few hours of training again.

All of the gymnasts were hard working, talented and dedicated individuals. The routine included most difficult elements with hoops, such as high throws, jumps and turns. The musical accompaniment was arranged by the official pianist, Sheila Simpson. It is truly American music with a western theme.

Selections were made two weeks after training began. SISTER ELLEN GARLICKI OF SOKOL LITTLE FERRY, NEW JERSEY was one of six gymnasts selected for the group. The others were Toby Turner, Lydia Bree, Wendy Hilliard, Shelley Ugucchiomi, and Valerie Von Holst; Suzanne Bowman was selected as alternate.

The gymnasta not selected will continue to train to be ready for any replacements that may be necessary during the months of preparations.

AMERICAN SOKOL DISTRICT DIRECTORS CONFERENCE

Friday, Saturday, Sunday, Oct. 20-21-22

Hosted by Western District

at the

ROADWAY INN

10909 M Street

Omaha, Nebraska

MILDRED PRCHAL:

THE ORIGIN OF ARTISTIC GYMNASTICS

Francois Delsarte's aesthetic gymnastics (1811-1870) and his students Steele Mackaye and Genevieve Stebbins who brought his system to America, Kallmeyer with her harmonious gymnastics, Dr. Mensendiek's functional gymnastics and many, many others all contributed toward the origin of Artistic Gymnastics. However, the strongest influence upon the spiritual, expressive and beautiful gymnastics is attributed to the American dancer, Isadora Duncan (1876-1927), who acquainted herself with Delsarte's System in Genevieve Stebbin's studio. She had no further studies in the dance and literally "broke away" from all conventional forms of the art originating her "free" form of interpretive dance which became so famous throughout the United States, Europe and Asia. Georges Demeny (1850-1917), Dalcroze (1865-1950) with his eurythmics, Laban and Bode and finally the many superb exponents of ballet and the modern dance of today, all have contributed to the origin of Artistic Gymnastics. This form of floor exercise is not merely a combination of dance, gymnastics and acrobatics. The most important element in this phase is the interpretation of the musical selection chosen by the gymnast. It is this free interpretation that categorizes the floor exercise as "free" and together with its use of dance movements to classical music it takes its place in the field of art.

The combining of movement and music, or RHYTHM, is the same in other phases of physical education but in Artistic Gymnastics the typical efforts are concentrated upon the EMOTIONAL contents of the music. In other gymnastic phases the movement predominates and music follows, but in Artistic Gymnastics the melody and dynamics dictate the form of movement; such as procedure, range, and quickness of movement, also the degree of muscular tension and relaxation. The above qualities give Artistic Gymnastics a dance character to which movements from the art of dance, (stylized elements of folk dance, ballet elements and interpretive dance) lend themselves admirably.

After thorough training in music and its phases, the gymnast should begin to create her own combinations in accordance with the character of the music so that she may experience the pleasure in creating her own interpretation. The individual of course, must also be familiar with the musical motifs and their passages and the principles for composing so that she can, with the help of her instructor, create her own composition.

The free floor exercise is a personal interpretation by the gymnast; a presentation of her ability and her understanding of music and aesthetics.

Director of Women - Sis. Laznovsky, attended Eastern District Slet and gave report, reported on the financial assistance to students by the District, ordered manuals, attended District course graduation exercises.

Treasurer, Sis. Hamilton - gave report for June and July, membership dues from Fort Worth and Houston, contribution by Sokol Houston to the Orchestra traveling fund.

Bro. Milan reported on the course in Houston, 38 students attended, average age 13. Students; 5 - Fort Worth; 12 - Dallas; 11 - Ennis and 9 - Houston. Instructors: Bro. Milan and Sis. Zabka.

Correspondence regarding the Czech Culture Symposium in Temple, Oct. 27-29. It was decided that the Southern District will participate. Director will be notified and request additional information.

Bro. Prevratil inquires if Units are compiling information regarding Unit charters and average age of membership, Slet 1981 as requested by American Sokol. Motion by Bro. Parma that Units make this report at the annual meeting in November. Approved.

Bro. Prevratil suggests a meeting of District and Unit presidents and Educational Directors as in past two years. Motion approved that such a meeting be held and scheduled for Sept. 23, in Ennis at 10:00 a.m.

Motion by Bro. Parma that District make a memorial donation to Karel Havlicek Borovsky, Ennis memorial fund in memory of Bro. Joe B. Hejny; approved.

Bro. Prevratil reports the Czech Concert Orchestra will participate at the SPJST Lodge 79 and Sokol Corpus Christi grand opening activities. Motion approved to give monetary support.

Next meeting scheduled for August 24 at Sokol Ennis, meeting adjourned.

Nazdar!

Vlasta Laznovsky, Secretary

In Memoriam

Anna Václavek Barcal

1890 - 1978

Sister Anna "Mom" Barcal, a 50-year member of Sokol Chicago, passed away June 12, 1978 at the age of 88, in Chevy Chase, Maryland after a lengthy illness.

Born in Třebíč, Czechoslovakia July 14, 1890, she came to the United States alone in 1904 and worked and lived in Chicago where she met and married Louis Barcal, a fervent Sokol member and instructor, in October, 1909. They subsequently moved to Zurich, Kansas to try their hand at farming. Three sons and two daughters were born there.

In 1927, Anna and Louis returned to Chicago with their family and all became active members of Sokol Chicago where Louis served as manager of the Sokol hall for seven years. It was during this time that Anna befriended and "adopted" many of the young men and women gymnasts - always willing to listen to their troubles and offering friendly maternal advice when

requested. When Anna and Louis moved to Maryland, she soon earned the title of "Sokolská maminka" from the members of Sokol Washington, D.C. and the Czech community there.

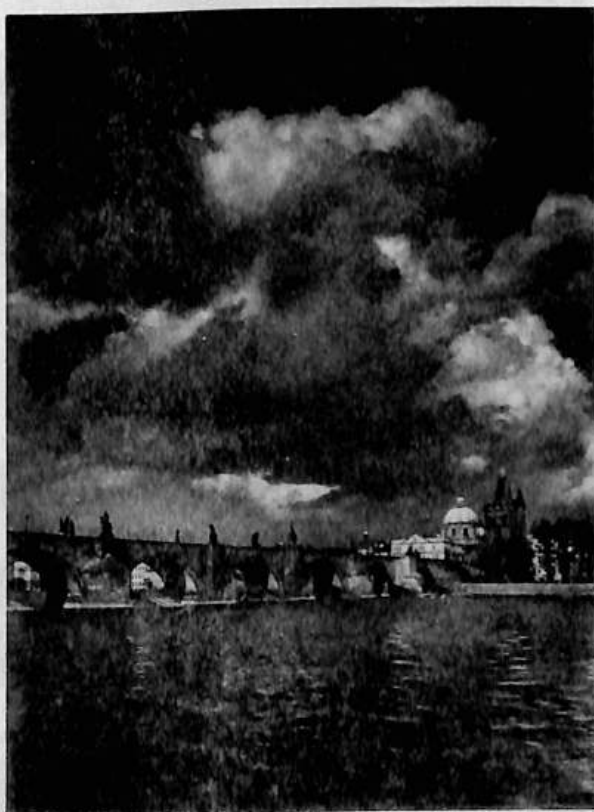
Anna is survived by her three sons and daughters-in-law: Emil and Pat of Los Angeles; Stanley (President, Chicago Sokol and immediate past-president of A.S.O.) and Rose, of Berwyn; Robert (Financial Secretary, Sokol Chicago) and Vera, of Cicero; and two daughters; Mildred of Chevy Chase, Md., of Sokol Chicago and later a charter member and náčelnice of Sokol Washington, D.C.; and Helen Vahldick, of Md. Also surviving are 8 grandchildren and 8 great-grandchildren.

Anna's husband preceded her in death in 1952.

"Mom", whose life-span covered the eras from horse and buggy days to man on the moon missions, made friends in every walk of life. Those who were privileged to know the golden heart of this rare lady will always revere her memory. She would have been proud to know that so many old friends contributed so generously to the ASO Future Leaders Fund in her honor.

Helen M. Vahldick

SOKOL EDUCATOR Prague - Praha



CHARLES BRIDGE
(14th Century)

Prague was the ancient seat of the Kingdom of Bohemia, and is now the capitol of Czechoslovakia. The grandeur of the city is partly due to its location on the River Vltava, public squares, fine boulevards, and partly due to its public buildings, and grand palaces with their domes, spires and towers. It is rightfully called, "The Golden City of Castles". It stands at the crossroads of Europe, on equal cultural levels with nations to the north, south, east and west. It is now an occupied city, but the Russian soldiers with their guns and tanks do not frighten tourists. They stay out of sight as tourism brings in needed revenue.

Charles Bridge, named after the medieval King Charles IV, has large Gothic gateways at either end and statues of saints stand on both sides of the bridge. People crossing the bridge stop to kneel and pray before the statue of their choice. Towering above the bridge are the royal palace and the Cathedral of St. Vitus. Kings and queens of olden times have lived in the palace, and also two 20th century democratic presidents, Masaryk and Beneš. The palace has two spacious halls, Spanish Hall with its beautiful ceiling and Vladislav Hall with vaulted ceiling.



STATUES ON CHARLES BRIDGE
(1705 - 1714)

The Cathedral was founded in the 10th century by Good King Wenceslaus, who ruled for nine years, beginning in 920 and he closely knitted the Czech tribes together. He brought them Christianity and for this achievement, he was canonized by the Church and

immortalized in the famous Christmas carol. His statue stands in Wenceslaus Square, which is a large public place at the center of the city.

The Cathedral of St. Vitus has great architectural beauty and its stained glass windows are the most exquisite to be found in the world. King Wenceslaus' tomb has a prominent place in this Gothic Cathedral where it has been visited by worshippers for over one thousand years.



ST. VITUS CATHEDRAL
(Window of the South Front)

Near to the Cathedral is the street of the Alchemists. The low, narrow buildings are one-story high and look like a row of miniature houses. In 1575, when Rudolph II was on the throne, he gave the buildings to the Alchemists to make gold for him. They never succeeded in making gold out of baser metals.

Old Town Square is a large center place which has some of the most impressive monuments. On one side of the square is the Old Town Hall and on the other side the famous Týn Church of 1370. The Hussites, followers of John Hus worshipped at this church. There is a large piece of sculpture of Hus and his men who fought against religious indulgences. On the pavement before the Old Town Hall is a marked spot to show where the twenty-seven noblemen who fought for Bohemia in the Battle of White Mountain were executed. The loss of this battle cost Bohemia its freedom. They were taken over by the Hapsburgs.

A great tourist attraction is the mechanical clock on the Hall Tower, built in 1490. When the clock strikes the hour, the windows open and a procession of Jesus Christ, the twelve apostles and a crowing cock appear. There is always a gathering of people waiting to see the moving figures and the crowing cock. An old legend states that Hanuš of Hradec Kralove who built the clock was blinded so that another timepiece like it could not be built. When Hanuš was old and about to die, he asked to be allowed to visit the tower and touch the clock with his hands. The request was granted for no one suspected that Hanuš wanted to be revenged for having been blinded. He had a hammer concealed in his coat and smashed the delicate mechanism of the clock. No one could be found to repair it. It was not until the year of 1550, that a master repairer got the clock to ticking again, the window to open and the procession to appear.

To be in Prague is like taking a refresher course in liberal arts. The academic history of European civilizations unfolds before one in the architecture of the buildings, the old books in the public library and in the archives of colleges and monasteries and the paintings, artifacts and items of historical interest in the museums. One can see the priceless gold, jeweled altar pieces at the Loretto Monastery and the Bohemian crown jewels at the Pražský Hrad. There is the Old-New Synagogue, the oldest surviving one in Europe with the beauty of its ancient interior. It is said that Jews came to Prague immediately after the destruction of Jerusalem.

There are shops where tourists can buy linens, crystal beads, imitation jewelry, garnet jewelry, porcelain, leather goods, shoes and good Pilsner beer. The people of Prague love to dine outdoors, and there are many open-air eating places on sidewalks and secluded in gardens. People can just sit, drink beer and read the newspapers provided for guests. There are cinemas, theatres, opera houses and concert halls. The Czech people have learned to live in adversity and love to listen to music, sing, dance and be gay. The restaurants encourage leisurely dining.

Vienna has its Schonbrunn Palace and Prague its Karlstein (Charles' Castle) where King Charles IV lived. It is about a fifteen mile drive into the valley of the Berounka, a tiny river which runs into the Vltava. You walk to the summit of the knoll of rock to reach the castle. It is an impregnable bastion. The building of this stronghold was begun in 1346, two years after King Charles became King of Bohemia. He wanted a retreat, a quiet place to get away from court intrigue and royal duties and a safe place to be in case of attack by enemies. The castle was designed by the French architect, Matthias of Arras. It has many rooms, halls and chapels, moderate in size.

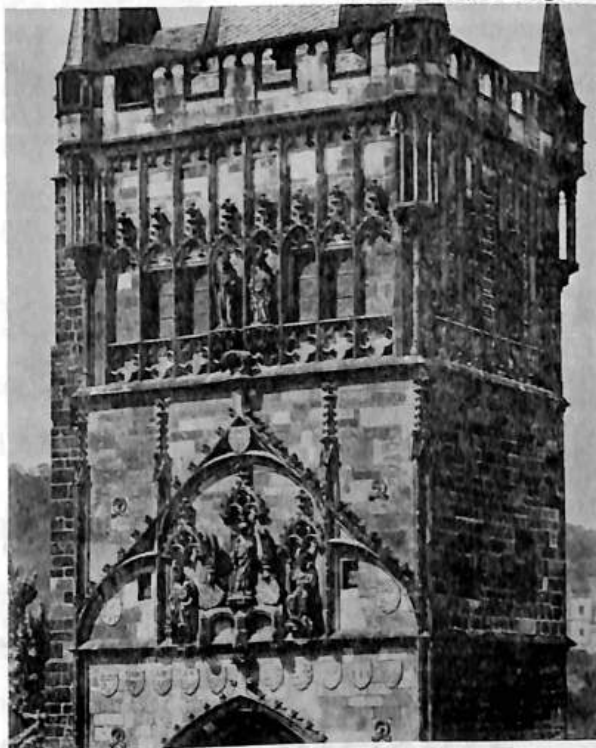
Charles IV was a devout Catholic. He would retire to a cage-like room and stay there for three days at a time to pray and meditate. His food was handed to him through a small opening in the wall.

The castle's water supply came from a deep well in the cellar. It is still in working condition. An immense wheel must be tread by several people to bring a bucket of water to the surface.

One of the most famous scenes in the world is a view of Prague Castle, St. Vitus Cathedral and the Vltava River as seen from the highlands surrounding the city.

On its outskirts are modern housing developments, apartment buildings and a new superhighway. It leads to the forests, mountain ranges, the high Tatras, spas, and many towns worth exploring. Prague, the golden city of castles is left behind.

Stella Tichy,
Sokol Čechie, Chicago.



ORNAMENTS, OLD TOWN BRIDGE TOWER
(14th and 15th Century)

Czech Festival in Wilber, Nebraska

Back in 1976, the Cleveland Sokol Czech Folk Dancers wondered about the possibilities of participating in the Czech Festival in Wilber, Nebraska. In keeping with the Czech heritage, this Festival is held the first weekend in August and it attracts thousands of visitors from all over the United States, Canada, and many other countries. The Festival is highlighted with large parades and breathtaking pageants of old world history. Other attractions include Czech foods, contests, music and dancing.

The vision, possessed by the C.S.C.F.D., through methodical planning over the past two years, became a reality during the first weekend of August in 1978. Under the direction of Sis. Dolly Baca, the C.S.C.F.D. made two separate appearances on Saturday, August 5th, before a large and enthusiastic audience. They entertained the audience with several different dances on

(Cont. on back page)

FINANCIAL REPORT

AMERICAN SOKOL ORGANIZATION

August, 1978

RECEIPTS:

Dues	\$1,692.75
Convention Fund	20.00
Special Assessment	18.00
Subscriptions to "American Sokol"	9.00
Sale of Songbooks	7.50
Donations to General Fund	120.00
Miscellaneous Income	4.00
	<u>\$1,871.25</u>

A.S.O. Uniform Division -	
Payment toward Advances	397.57
TOTAL RECEIPTS	<u>\$2,268.82</u>

DISBURSEMENTS:

Administrative

Salaries	\$679.22
F.I.C.A. & F.W.T. for July	97.26
Rental, Janitor Service, Phone ...	321.01
Rental of Mailing Machine	69.49
Office Supplies	53.82
Prepaid Postage	200.00
Travel Expense	276.00
Miscellaneous	51.00
	<u>\$1,747.80</u>

Board of Instructors

Salaries	\$367.36
F.I.C.A. & F.W.T. for July	52.86
Editor "Sokol Gymnast"	30.00
Addit'l copies "Sokol Gymnast" ...	29.00
Dues	100.00
	<u>\$ 579.22</u>

Educational Department

Salaries	\$ 56.74
	<u>\$ 56.74</u>

Sokol Publication

Printing "American Sokol"	\$852.84
Postage "American Sokol"	176.51
Editor "American Sokol"	100.00
	<u>\$1,129.35</u>

Miscellaneous

A.S.O. Uniform Division -	
Salaries, F.I.C.A., F.W.T.,	
Phone	\$329.20
	<u>\$ 329.20</u>
TOTAL DISBURSEMENTS	<u>\$3,842.31</u>

Balance brought forward:

Western National Bank of Cicero -	
Checking Account	\$11,738.97
Less discount on Canadian check87
	<u>\$11,738.10</u>
Receipts, August, 1978	2,268.82
	<u>14,006.92</u>
Disbursements - August, 1978	3,842.31
	<u>\$10,164.61</u>

FUTURE SOKOL LEADERS FUND

In memory of Bro. George Herink -	
Betty and Helen Prener	\$ 10.00
In memory of Sis. Anna Barcal -	
The Kronenberg-Colvin Families,	
Chevy Chase, Md.	5.00
In memory of Bro. Oldrich Kudrnovsky -	
Emil and Marie Kott	10.00
In memory of John Proksa -	
Irwin J. Proksa Family	25.00
Bozena Springer, Woodside, N.Y.	6.00
	<u>\$ 56.00</u>
Dividends Earned	220.00
	<u>\$ 276.00</u>

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GRINS FOR THE GANG

Joe: "What's the difference
between an orange and a yo-yo?"

Moe: "I don't know."

Joe: "You'd be a fine one to send
after a dozen oranges!"

* * *

Bill: "I suppose you've heard the
joke about the roof?"

Jill: "No, can't say I have."

Bill: "That's just as well. It's over
your head."

* * *

Ben: "Did you hear about one of
the enemy aliens the FBI rounded
up?"

Len: "No. What about him?"

Ben: "He had arms up his
sleeves."

* * *

Marty: "He was kicked out of
school for cheating!"

Wade: "How come?"

Marty: "He was caught counting
his ribs in biology exam."

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the street in front of and on the steps of the Court House. Their colorful Czech costumes and the gay and happy mood of the dancers was certainly appreciated by the huge audience that was present.

Prior to the Court House activities on Saturday, August 5th, the C.S.C.F.D., along with members of Sokol Greater Cleveland, participated in a two-hour long parade. The participants in this parade, viewed by approximately 20,000 people are judged and prizes are awarded to the outstanding units. On Saturday, the C.S.C.F.D. received the 1st place award and the S.G.C. members received the 2nd place award for marching units.

On Sunday, August 6th, the same units participated in a parade that lasted over three hours before an audience estimated at over 30,000 people. The C.S.C.F.D. repeated as winners and were recipients of the 1st place award.

On Sunday, a polka dance contest was held in front of the Court House and in the category of over 21 years and under 50 years, Bro. Bohumil Samec and his daughter, Linda received the 1st place award. At the

koláčky eating contest, held at the Band Stand for different age and sex groups, Sis. Charlotte (Darovec) Beckerman was judged a 1st place winner.

Prior to the Festival in Wilber, Nebraska, the members of South Omaha Sokol sponsored a dinner and dance in their new hall, honoring the Sokol Greater Cleveland members and their guests. The C.S.C.F.D. put on a variety of several dances before a large and appreciative audience.

The two chartered buses left for Wilber, Nebraska on August 2nd and returned on August 9th. All of the participants on this trip had the satisfaction of knowing that the people in the Midwest are now more aware that the Czech heritage and culture is well and alive in the Cleveland area. The performance of the C.S.C.F.D., along with the marching unit from Sokol Greater Cleveland were outstanding. Their participation in this Czech Festival before so many people from the Midwest was a fantastic public relations venture and should immensely contribute to the elevation of the image of Cleveland, Ohio.

Robert E. Jirousek

Váš cestovní program Vám spolehlivě a přesně vyřídí

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