

AMERICAN SOKOL

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DECEMBER 1978

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Educational and Physical Culture Organization

VESELÉ VÁNOCE

Veselé vánoční hody,
zpívejte, dítky, koledy,
o tom, co se vskutku stalo,
že se lidem narodilo dět'átko,
o tom, co se vskutku stalo,
že se lidem narodilo dět'átko!



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OFFICE OF THE
EXECUTIVE BOARD ASO.

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

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Calendar of Events

- DEC. 15 - SOKOL GREATER CLEVELAND
Sokol Fish Fry - Bohemian Nat. Hall
- DEC. 17 - SOKOL CLEVELAND- CECH-HAVLICEK
Exhibition
- DEC. 31 - SOKOL GREATER CLEVELAND
John Dusek at Sokol Bohemian Nat. Hall
- DEC. 31 - SOKOL DETROIT - Sokol Cultural Center
New Year's Eve Dance
- DEC. 31 - SOKOL BROOKFIELD
New Year's Eve Dinner-Dance

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

DEC. 31 - SOKOL BERWYN
Annual New Year's Eve Celebration

JAN. 19 - SOKOL GREATER CLEVELAND
Sokol Fish Fry - Bohemian Nat. Hall

FEB. ? - SOKOL GREATER CLEVELAND
Exhibition at Cleveland State University

FEB. 10 - SOKOL BROOKFIELD
Spaghetti Dinner

FEB. 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry - Bohemian Nat. Hall

MAR. 10 - SOKOL BROOKFIELD
Gymnastic Exhibition

MAR. 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry - Bohemian Nat. Hall

MAY 5 - CLEVELAND SOKOL DANCERS
at International Ball - University of Pittsburgh

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

XVIII Slet and Competitions at Lehigh
University, Bethlehem, Pennsylvania



**HAVE YOU
SENT IN YOUR
NEW ADDRESS?**

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6426 W. Cermak Road
Berwyn, IL 60402

Sokol

Name

Old Address

..... Zip

New Address

..... Zip

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CXIX

December - 1978 - Prosinec

Číslo - No. 12

"THE LEGEND OF THE CHRISTMAS TREE"

*Today, the Christmas tree is a center of our festivities.
Topped with a star, and glittering with lights and ornaments,
it is a part of the beauty and meaning of the Christmas season.
How did the Christmas tree come to play
such an important part in the observance of Christmas?*

*There is a legend that comes down to us
from the early days of Christianity in England.
One of those helping to spread Christianity among the Druids
was a monk named Wilfred [later Saint Wilfred].
One day, surrounded by a group of his converts,
he struck down a huge oak tree,
which, in the Druid religion, was an object of worship.
As the oak tree fell to the earth, it split into four pieces,
and from its center there grew a young fir tree,
pointing a green spire toward the sky.*

The crowd gazed in amazement.

Wilfred let his axe drop and turned to speak.

"This little tree shall be your Holy Tree tonight.

It is the wood of peace, for your homes are built of the Fir.

It is the sign of an endless life, for its leaves are evergreen.

See how it points toward the heavens.

Let this be called the tree of the Christ Child.

Gather about it, not in the wilderness, but in your homes.

There it will be surrounded with loving gifts and rites of kindness."

*And to this day, that is why the Fir Tree is one of
our loveliest symbols of Christmas.*

ASO Executive Board Meeting

The regular meeting of the American Sokol Organization Executive board was called to order on Tuesday, October 24th, 1978, at 7:30 p.m. by the President, Bro. R. Zitny. Minutes from the following districts were reviewed: Western District's Annual meeting of September 17th, Northeastern District of September 27th and Central District of September 27th.

Correspondence: Request for copies of by-laws and two sets of job descriptions sent to Bro. J. Kaspar-Paty of Sokol Washington, DC; Request for 100 applications for membership cards sent to Sokol New York; Request for ad from the Denni Hlasatel for the October 28th commemorative issue, Bro. Lebloch moved that we take a one-third page, seconded, passed; Publicity releases, as written by Bro. C. Prchal and approved by the Educational Committee and the Executive Board, were given to Bro. J. Rabas and Sis. S. Pistorius for distribution in various newspapers; Thank you to Bro. Zitny from Bro. and Sis. Zraly, for speaking at their testimonial dinner in New York, also thank you for keeping any news of their dinner out of the publication; Notice from Sokol Crete of a change in the Director of Men to Bro. Perry Frahm, copies given to the B.O.I. and Sis. Sotka.

Director of Women - Sis. M. Ptacek: Received BOI minutes from the Northeastern and Western Districts; notification of a change of Directors of the Pacific Dist. Bro. Jerry Hardy has been named Master of Sport, by the U.S.G.F. Sis. Prchal judged at the tryouts for World Championships of Modern Rhythmic Gymnastics. Final Report Forms: Southern District for instructors; course held July 9-15 at Sokol Houston. Cost for 37 students, instructors, etc. - \$1,293.00. Substantiating papers submitted and Sis. Pistorius moved that this be paid from the Special Assessment; seconded, passed. Central District for Cardiopulmonary Resuscitation Course held 3 Wednesdays in September with 20 students. Salary and rental of manikins - \$76.00. Sis. Schnabl moved that this bill be paid; seconded, passed. Plans are underway for the 1981 A.S.O. Slet. Northeastern District has submitted modifications of the U.S.G.F. exercises for girls and women which have been reviewed and will be used this year by the Central District. Complete details of the District Director's Conference will be presented at the November meeting, but special recognition awards were presented to Sis. Bo Drodza, Sis. S. Laznovsky and Bro. L. Laznovsky for their years of service as District Directors.

Director of Men - Bro. P. Lebloch: Sis. Zabka attended the U.S.G.F. Congress in Oklahoma City and was sent to represent the U.S.A. at the F.I.G. Modern Rhythmic Gymnastics Conference. Gave Bro. Vavra a copy of the XI - 1948 C.O.S. Calisthenics. Read Bro. J. Milan's report of a meeting of the National Sokol School Board committee which showed their progress. Sis. Basta moved that Bro. Milan's air fare plus 2 days' per diem be paid to Bro. Milan, Dusek and Sis. M. Provaznik, N. Zabka; seconded, passed. Presented the Educational Committee's Essay Contest first place

award to Bro. Vrzalik and second place to Sis. L. Sain. District Director's Conference report will be given next month, but added that they visited dances at Sokol South Omaha and Sokol Omaha and travelled to Crete and Wilber, the Czech Capitol of Nebraska.

Membership: Bro. R. Svoboda: No report. The A.S.O. mailing regarding average ages, Unit charters and the hosting of the 1981 Slet was discussed. Sis. Schnabl is keeping a chart and reports average Unit ages as follows: Central District; Sokol Berwyn - 44, Sokol Brookfield - 55, Sokol Milwaukee - 66.82, Sokolice Milwaukee - 65, Sokol St. Louis - 54, Sokol West Suburban - 52. Pacific District: Sokol Fresno - 55.95, Sokol Los Angeles - 53, Sokol San Francisco - 60, Sokol Seattle - 52. Western District: Sokol Cedar Rapids - 53.5, Sokolice Renata Tyrsova - 52.2, Sokolice Libuse of Crete - 66.5, Sokol South Omaha - 47.0, Sokolice South Omaha - 48.5, Sokol Wilber - 60.3, Sokol Karel Jonas, Kansas - 64.00. No other Units have been heard from and we are awaiting replies.

Educational Committee, Bro. S. Barcal: Read the minutes of the October 13th meeting and are getting ready for the District Educational Director's Conference to be held at the Hyatt House in Oak Brook. The members of the Executive Board were invited to attend. Requested for the approval for the purchase of "Czech and Slovak Press Outside Czechoslovakia - Its status in 1978" and "Manuscript of the Queen's Court", a collection of old Bohemian lyric-epic songs. Bro. Lebloch moved that these be purchased; seconded, passed. New member to the committee, Sis. B. Prener, was approved. An article is in preparation regarding the sculpture "The Mother" at the Bohemian National Cemetery by Albin Polasek.

Editorial, Sis. J. Kourim: November issue in final proofreading. Has been hunting thru the first issues of "Sokol Americký" for ideas for a seal and commemorative issues of the 100 years of publication. It had been approved that an old Sokol emblem which was shown to the members would be used with suitable script around it. Sis. Kourim is to go ahead with procuring same. Her ideas for "old" covers to be used on page 3 were accepted. Prices regarding the use of colors and/or embossing of the January, 1979, issue will be presented at the November meeting. Cost of extra souvenir copies will also be presented. Is still requesting articles.

Publicity, English - Sis. S. Pistorius: Wrote articles regarding the Educational District Directors' Conference. Released the English version of our proclamation.

Financial Secretary - Sis. A. Sotka: Prepared the September, 1978, financial report and distributed copies to the Executive Board members. Prepared and filed the federal and state payroll tax reports; prepared vouchers for the District Physical Directors' Conference and will do the same for the District Educational Directors' Conference. Paid the bill for the C.P.A. Audit. Received payment for souvenirs sold at the Southern District Slet. Letter will be sent to a Unit in the Northeastern District regarding non-payment of dues, with copy to the District.

Treasurer, Bro. G. Basta: Presented the chart of the 3rd quarter assets and liabilities of the A.S.O.

Uniform Division - Sis. B. Prener: Prepared a report for the District Physical Directors' Conference and submitted samples of the new "Sokol Stick Pin" which was favorably received. Accounts receivable and payable are current.

Vice-President - Sis. B. Prener: Met with Mr. Keith Kaul of the Pitney-Bowes Company and a long discussion was held regarding the use and merits of the postage-mailing machine. It was decided that we would not renew the lease when it expired on May 30th, 1979.

Secretary - Sis. E.J. Schnabl: Wrote up September minutes and distributed same; handled all correspondence. Arranged for tickets for those going to the Physical Directors' Conference in Omaha. Acknowledged Future Sokol Leaders' Fund donations. Attended Sokol Stickney's 50th anniversary with Bro. Schnabl. Took care of the subscription problem with the U.S.G.F. Newsletter. Attended an Educational Committee meeting and welcomed Sis. Betty Hosticka and her husband, from Sokol Greater Cleveland who came to see our silver commemorative wreath.

President - Bro. R. Zitny: Has kept in touch with the office and spoke at Sokol Stickney's 50th anniversary celebration which was a very fine affair.

Old Business: Sokol South Omaha by-laws: Bro. Jindra phoned to let us know that he found nothing contradictory to the A.S.O. by-laws. Sis. Basta moved that approval be granted; seconded, passed. Regarding the full page ad for the Western Fraternal Assoc., the Educational Committee will have a prepared text for the November meeting.

Bro. Zitny mentioned that the by-laws committee and convention committee will be started immediately after the new year for the 1980 convention.

There being no further business, meeting was adjourned at 10:30 p.m.

Respectfully submitted,

E.J. Schnabl, Secretary

Central District

Meeting was called to order at 8:15 p.m. and pledge to the flag was given. Minutes of the meeting of September 27, 1978 were accepted with the following correction: Quarterly reports have been received from all units with the exception of Sokol Cechie, Sokol Rozvoj and Sokol Americky.

Correspondence: Letter from ASO enclosing check for payment of vaulting and folk dance instructions for April, May and June. Bill from ASO for stencil copies. Letter from Sokol Town of Lake enclosing copy of their charter. From Sokol St. Louis enclosing copy of their charter and advising average age is 54 years. Weber Travel enclosing check to Central District for \$250 as donation and advising on final report of trip to Yugoslavia.

Ways and Means: No report.

BOI: Women's Board - Sis. Pistorius reported that she attended the District Directors' Conference in Omaha. Regular monthly meeting was held on Oct. 10

with all units represented. Volleyball Clinic for Jr. girls and women was held on Oct. 9 with 68 attending, and Jr. girls tournament will begin the week of Dec. 16. St. Louis volleyball tournament for Jrs. and Srs. Bro. Placek arranging housing, each unit must make their own travel arrangements. Jrs. must have chaperones and teams may be combined. Special number competition will be held on May 19 at Sokol Tabor at 7:30 p.m. with a social after. Second class girls competition will be held at Sokol Tabor also on the same date, May 19. Request was also made to hold Jr. girls and women's competition at Sokol Tabor on June 7th and 9th. Suggest that District consider a banner with district name and ASO on it, to be used in parades to identify us. Charles Klapp and Donna Gilbert won medals at the Eastern District Slet in June. Additional participation award certificates needed.

Bro. Halik signed the contract with Sokol Tabor for the use of the gym for May 19, and handed same to Bro. Linhart for direct return to Sokol Tabor. Motion was made and seconded to order 1,000 participation award certificates, passed.

BOI - Men's Board: Bro. Placek reported on meeting of October 16. Jr. and Sr. volleyball game tournament now under way. All-Star volleyball game to be played on Dec. 1st at Sokol Tabor, 7:30 p.m. Jrs.; 9:00 p.m. Sr. B followed by Sr. A. Apparatus competition to be held at Sokol Stickney on Dec. 9th, 2nd class boys at 9:00 a.m., 2nd class boys high, Jrs. and Srs. at 11:00 a.m. Senior men may enter individual events or all, as they choose. Vaulting team is working and may have an appearance at a Chicago Bulls game and at Roosevelt University. Bill submitted for vaulting and folk dance instructors, for volleyballs, for engraving Slet relay race trophy and entry fees for volleyball tournament turned in. Attended District Directors' Conference in Omaha. Received Certificate of Participation from Eastern District Slet of 1978. District Men's volleyball team now playing the West Suburban League.

Budget Committee - No report.

Educational Committee - Sis. Halik read report from Bro. Kala. Total profit from Prague Spring given. Copy of "Genealogical Research for Czech and Slovak Americans" ordered. Prepared Slet cancellations to be presented at ASO Educational Committee Oct. 28 and those given at ASO-BOI Conference on Oct. 21. Also Slet patches for both of above. Preparing Slet Cancellations for ASO office. Will attend ASO Educational Conference on Oct. 28. Encourage all Sokol and Sokolice units to elect Educational Directors for 1979.

Organizational Committee - no report. **Membership Committee -** No report. **Publicity -** No report.

Property Committee - No report. Question asked if dance costumes have been collected for refurbishing. Not as yet because of lack of space. Asked when property committee will begin to function, Bro. Halik advised that this could not happen until they had a place to store property. Motion made and seconded to accept the contract submitted by Sokol Brookfield for

the use of the designated space for the period of one year from January 1, 1979 to December 31, 1979. Advised that anyone wishing to use the room, call ahead to ensure that there will be someone to admit them to the building.

Tours - No report.

Deferred Business - A final report was given on the Slet finances for 1978. Bro. Svoboda suggested that copies of the final report be issued to all delegates and units. Motion made, seconded, carried. Sis. Halik reported that stamp cancellations and Slet patches were presented to all District Educational Directors and some sold in addition. Motion made, seconded, carried, to have one complete set of the stamps with cancellation preserved for the Central District archives.

New Business - Annual meeting. Third quarter membership figures will determine the number of delegates for each unit. Delegates should advise their units to be sure and submit third quarter reports promptly. Annual meeting will be held at Masaryk School on January 21, 1979 and will be hosted by Sokol Slavsky. The date of the November Central District meeting changed to the 5th Wednesday, November 29, for this meeting only.

Central District has been advised that there is interest in a new unit being formed in the LaCrosse, Wisconsin area and also in Cary, Illinois.

Receipts and disbursements given. Meeting adjourned at 10:25 p.m.

Respectfully submitted,
Helen Onni, Recording Secretary

Czech Chamber Music Festival

Several concerts will take place, all of them on Sunday afternoons at 3 o'clock in the CSPS Hall, featuring Czechoslovak composers exclusively. Truly the best of Twin Cities musical talent will be performing in this exciting introduction to the great contribution to classical Western music made by one country, Czechoslovakia.

What is Sokol Minnesota and why the CSPS Hall for such an elegant series?

Sokol Minnesota is celebrating its ninety-sixth year in St. Paul as a gymnastics and Czechoslovak cultural society, perhaps better known by its earlier name, St. Paul Gymnastics Society. Through almost a century, Sokol (Czech for falcon) has followed the principles of Miroslav Tyrš, creating "physically fit, mentally alert and culturally well developed citizens" in St. Paul. Sokol encourages mass participation, teamwork, individual effort to the best of ability, cooperation, service to community, good citizenship and pride in the new and old homelands. Our 1978-1979 activities emphasize gym classes for tots (including their parents), children, teenagers, young adults and senior citizens, Czech folk songs, folkdancing, the annual Sibirinky (Mardi Gras dance), dinners and participation in the Festival of Nations and other ethnic celebrations are among our traditions.

Our "concert hall" is the red brick 1887 (remodeled in 1917) three-story commercial building at 383 Michigan, on the corner of Western and West Seventh, one block north of St. Clair. The CSPS Hall was built by Lodge Cech 21 of the Czechoslovak Benevolent Society (ČSPS in Czech initials) as a center for Czech life in St. Paul. Dvořák's visit in September 1893 brought a throng of three thousand to the informal reception in the Hall.

Although simply decorated and spartan in architectural details, most of the elements of a typical end of the century Sokol hall are present. The elevated stage (used for Czech-language theatricals until the late 1930's), gym equipment and hardwood floors for exercises and dancing were provided by the early ČSPS Lodge and Sokol membership, at great financial sacrifice. Due to its importance in the ethnic settlement on West Seventh and its continuous use as a cultural center for the Czech community of the Twin Cities, the ČSPS Hall was placed on the National Register of Historic Sites in 1977.

After a national search, Sokol Minnesota has located a young Czech family from Cleveland, interested in opening a moderately-priced restaurant serving authentic Czech food in the rustic style of small town Czechoslovakia. The Old Bohemia Restaurant is scheduled to open in March 1979, if all plans proceed orderly. Also under way are plans to restore the Hall to its 1917 character and to develop it as a regional center for Czech activities.

We of Sokol Minnesota are members of an old West Seventh organization, proud of our American, Czech-American and Czechoslovak heritages. We are young (sometimes only in heart) and growing, and enthusiastic about our physical education and cultural programs. Share our enthusiasm and enjoy with us the beauty of Czech chamber music in the heart of St. Paul's historic Czechoslovak settlement, the site of Dvořák's reception.

Vítáme vás - Welcome - to the Czech Chamber Music Festival!

Marlin Heise, Secretary
Sokol Minnesota



AMERICAN SOKOL

SOKOL GYMNAST

DECEMBER, 1978

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

SEASON'S GREETINGS
from
AMERICAN SOKOL B.O.I.

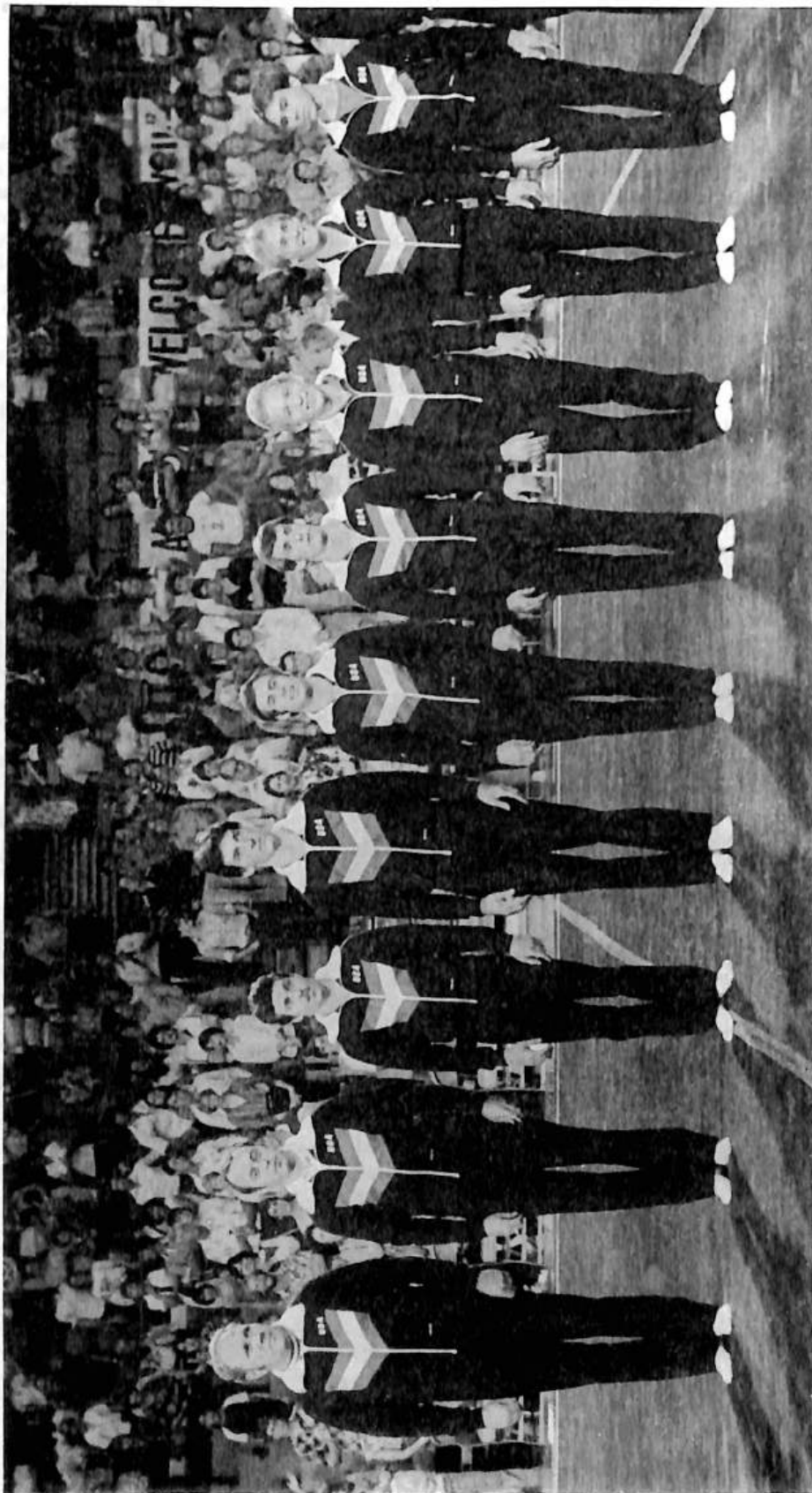


with best wishes for a
HEALTHY NEW YEAR

U.S. Men's Gymnastic Team to World Championships

STRASBOURG, FRANCE

OCTOBER 22 - 29, 1978



Roger Counsell
Men's Coach

Paul Zwert
Men's Mgr.

Tim
LaFluer

Phil
Cahoy
SOKOL
OMAHA

Peter
Kormann

Mike
Wilson

Jim
Hartung
SOKOL
OMAHA

Bart
Conner

Kurt
Thomas

Japan Wins Gym Title, U.S. Fourth

Strasbourg, France - Japan won the men's team gold medal in the world gymnastic championships, narrowly defeating the Soviet Union for its fifth consecutive world victory since 1960.

East Germany finished third, the United States fourth. The top American was Bart Conner, who had 115.00 points for 11th place. Kurt Thomas was 12th with 114.5 points.

Japan won with 579.85 points. The Soviets scored 578.95, East Germany 571.75, and the U.S. 568.70. West Germany was fifth with 566.90.

The Japanese, who entered the final day's competition with a sizeable 2.95 margin over the Soviets, showed uncharacteristic faults in the floor and vault events. World champion Shigeru Kasamatsu held first place.

Our Sokol Leaders: Brother Peter Dusek

Peter DUSEK, Jr., was born and raised in Cleveland, Ohio. He received his early Sokol training and became a member of Sokol Tyrs, a unit that always enjoyed the reputation of being one of the finest in the American Sokol Organization.

He received a B.S. degree in June 1960, and M.Ed. degree in August 1966, both in health and physical education, from Kent State University. At present he is Assistant Professor of physical education at Cuyahoga Community College - Metro Campus, Cleveland, Ohio, where he coached the men's varsity gymnastic team from 1970 to 1975.

Pete is a qualified judge of gymnastics on the approved list of judges in the Big Ten conference and has officiated at different conference meets around the country.

He attended three Northeastern District Sokol instructors schools in 1948, 1949 and 1950, and was an instructor at Sokol instructors schools on the local, district and national levels. In addition, he taught numerous gymnastic clinics, workshops for various organizations within the State of Ohio.

As a Sokol, he held the following positions: member of the Sokol Tyrs Board of Instructors, Little Boys class teacher for five years, Senior Men's class teacher from 1970 to 1977, Chief Physical Director of Men at Sokol Tyrs for three years, and Chief Physical Director of Men, Northeastern District Board of Instructors from 1971 to 1976.

Much of his gymnastic training for competition was received from Joe Kotys of the Cleveland Swiss Turners who was an international competitor and member of several United States gymnastic teams. As a competitor, Pete participated on all levels of Sokol competition as well as local and national A.A.U. competition and invitational meets.

When time permits, he enjoys music, hunting,



archery, racquetball, folk dancing and horseback riding.

Pete is a seasoned traveler and future plans include traveling as much as possible, here and abroad, in an effort to broaden his background in physical education and gymnastics.

While on an European trip, he witnessed the SPARTAKIADA in Prague, Czechoslovakia and the GYMNASTRADA in Vienna, Austria. At one point in his travels (April to August 1968) he resided at Nippon Physical Education College in Tokyo, Japan. While there, he completed an independent study of gymnastics, concentrating on the areas of training, organization, methods and techniques of coaching and spotting. This experience proved to be most informative and served to broaden his knowledge and coaching skill in physical education - especially in the field of gymnastics. In 1972 he attended the Olympic gymnastic competition at Munich, Germany. He traveled to Prague and Brno in July 1974 to observe the national gymnastic competitions of Czechoslovakia. In July 1976 he attended the IV Slet (gymnastic festival) of the Czechoslovak Sokols Aboard at Zurich, Switzerland and afterward visited Czechoslovakia. He again visited Czechoslovakia in December 1977 and had the opportunity to witness training sessions in artistic gymnastics, modern rhythmic gymnastics and jazz gymnastics.

Pete was married to his wife, Jean, in 1971.

Currently, he is a Doctoral candidate at the University of Utah in the College of Health, Physical Education and Recreation.

E.C.L.

MILDRED PRCHAL:

Polka

There have been different versions of the origin of the Czech Polka dance step now so popular throughout the world.

From the research I have made, this 2/4 meas. step was created by a Czech servant girl, Anna Slezák in Labská Týnice, Bohemia in 1834. It was composed to the folk song "Strýček Nimra koupil šimla" (Uncle Nimra bought a white horse). Anne called the step "maděra" because of its quickness and liveliness. The original music was arranged by teacher Josef Neruda. When the step appeared in Prague in 1835, the name was changed to "půlka" (halfstep) because of the musical rhythm but later it was rechristened "polka". The first printing of the polka music was by Fr. Hilmar, teacher in Kopidlně. The sheet music was difficult to find but was finally located in the old archives of the Czech Singing Society Lyra and arranged by Prof. F. Kubina. The original music had 8 measures; later it was lengthened to two 8-measure parts or 16 measures, and a trio was added. As a piano composition the polka is popular in both salon (ballroom) and concert presentations. Bedřich Smetana, famous Czech composer not only wrote exquisite compositions which idealize the transcription of the polka but he used it in dramatic creations as a Czech specialty. Among his characteristic productions are the famous polka in the "Bartered Bride" opera and dramatically in his opera "Hubička" (Kiss). The "trásák" is also a very fast polka and is called "polka tremblante".

The polka was included in salon or ballroom dances but the hop was modified. The two-step in the ballroom version is a derivative of the polka (hop is eliminated.) Technically, the step itself is a pas chassé (step, close, step) with a hop before the first step.

Karel Pospíšil, famous for his Sokol Slet and exhibition compositions included whole polka parts in his routines. He also is known for his many beautiful polkas.

Below are the lyrics to the music of "Strýček Nimra koupil šimla":

Strýček Nimra koupil šimla
za půl páta tolarů,
přišel domů, popad ženu,
tancoval s ní maděru.

Náš pan Matěj vyšel na frej,
šel je skrze kuchyni,
a vony ho celičkýho děvečky tam polily.

When teaching the polka step in our Sokol institutions, the instructor should emphasize the fact that the step originated in **Czechoslovakia**.

Men's Proposed Apparatus Exercises - 1981

Based on a decision passed at the last District Directors' Conference held in Omaha, Nebraska, October 20-22, 1978 - the Men's National B.O.I. will not use the present U.S.G.F. apparatus exercises for the 1981 Sokol Slet. Instead, they will wait for the new exercises to be published in 1980 for use as proposed apparatus exercises. Therefore, this publication will not publish further articles using the 1976 program.

Attention All Gymnasts - Instructors - Unit Directors

We have to report an increase in the price of our GYM SLIPPERS. These are received from Switzerland. Because of the instability of the dollar and inflation, the price of our WHITE and BLACK GYM SLIPPERS WILL BE \$5.50, effective November 15, 1978. We are continuing a search for a source of supply here in the United States which would meet our quality standards.

AMERICAN SOKOL ORGANIZATION
Uniform Division

Pulse Rate

A reader writes:

I am 22, and have been jogging for several years. My pulse rate, checked immediately after jogging usually stays in the 180-range.

A friend of mine was surprised that my pulse goes so high. He felt I was running harder than I really need to. Is that true? Is there any danger in my pulse being so fast?

Answer:

The formula generally used to find the pulse rate you should achieve during exercise, whether in jogging, swimming or any other aerobic exercise, is this: **220 minus your age, times .751.**

So, at 22, your pulse rate should be around 150. At 180 you are achieving a pulse rate somewhat higher than you really need.

Feeling that you really get no additional benefit from the higher pulse rate, and that you might suffer some sort of injury, I would suggest - without knowing any other details - that you could lower your exercise effort. This is based on the presumption that you are in good health otherwise and that there are no other reasons to explain your higher pulse rate.

There's no reason to push yourself beyond that heart rate unless you're competing in athletic events and trying to achieve a level of fitness beyond what you'd get through simple cardiovascular exercises.

- Secure a New Member -

SOKOL EDUCATOR

Albin Polášek - The Sculptor

Albin Polášek was born in 1879, the seventh son of Josef and Petronile Polášek. He grew up a strong boy in the Carpathian Mountains, but with a slight deformity noticed only when he walked. A woman taking care of him as an infant had let him fall and had not told his mother of the accident. The family lived in a three-story stone house in Frenstat, Moravia, Czechoslovakia. The house faced the public square and there were statues of saints on columns and at the water fountain, one of Neptune.

Albin Polášek had artistic talent and when taken to school at age six, astonished his teacher with his drawings of saints and carvings in wood. There was always music to be heard in the Polášek home for all the brothers, including Albin, played musical instruments. Their big house had been turned into an inn and there were guests to entertain. After his father's death, Albin shared the responsibility of keeping the inn going. At the age of fourteen his mother rented the inn and he no longer felt needed. He joined his brother, Rudolph who lived in Vienna and became an apprenticed wood carver.

Albin was impressed by the beautiful sculptural art in Vienna. He couldn't comprehend how the huge Maria Teresa monument was made or the gigantic figure of Hercules on the stairway of the museum. He wanted to become a sculptor, but first he had to finish his apprenticeship as a wood carver. Albin accepted the hard jobs such as carving figures of animals shunned by the other apprentices. At the age of sixteen he was not only a full-fledged wood carver, but he was one of the foremost Sokols in Vienna. He was a great believer in physical training and his gym work kept him from going to beer gardens with his fellow workers.

He had the nature of a Slav mountaineer and could not be happy confined to a shop. He wanted to sail to America where he already had two brothers who were priests. In 1902, he left Europe with his brother, Father Robert, who had come home to visit his mother. Father Robert had a second class ticket on the ship while Albin's ticket was third class. He endured the storms at sea, the crowded steerage conditions and seasick immigrants and dreamed of the good life awaiting him in the New World.

Albin could not find a job in New York and he went on with his brother to his parish in Veseli, Minnesota. He should have been happy there in the pleasant house where he was welcomed by Robert's housekeeper, Lenka and the parishioners, but there was no work for him to do and his brother was very critical of him. He was glad when their brother, the Reverend Father Polášek came from Lambert, Minnesota to welcome him to America and help decide what should be done.

The Reverend Emil took him to an altar factory at Dubuque, Iowa, where he got a job carving a six-foot

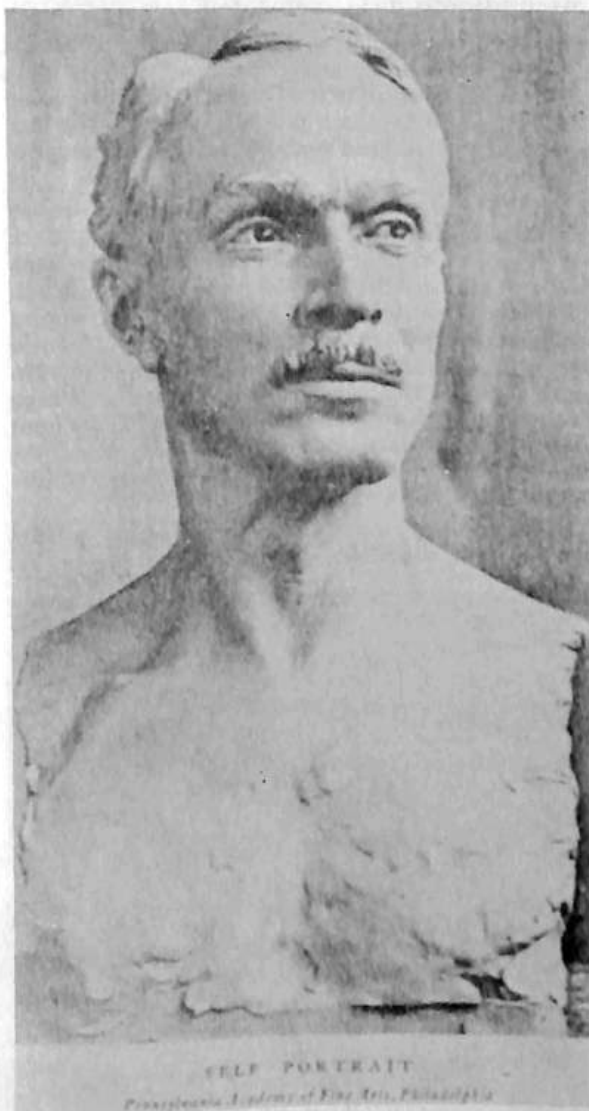


figure of St. Joseph. The problem of making a figure that size disturbed him a little, but he started out slowly and carefully and the result was satisfactory. The next figure was done much faster and he now had a steady job, but not for long. An owner of a much larger factory of religious works saw the figure of St. Joseph and came to Dubuque to hire Albin.

He offered Albin a job carving cherubs and angels at more money than he was receiving. This was more to Albin's liking and he quit and went to LaCrosse, Wisconsin, to work. He stayed there several summers, but felt that if he was to become a good sculptor, he needed more education. He enrolled in the Pennsylvania Academy of Fine Arts. In 1905, he had his first opportunity to model from nude life under the direction of Charles Gaffey, head of the Sculpture Department. He had great talent and progressed rapidly. While a student at the Penn. Academy, he created ETERNAL MOMENT. It is a life-size statue of lovers in the nude. The woman's head bent backward, being kissed on the forehead by the man. They are conscious only of each other, their love spiritual and pure.

He made a bust of his teacher, Charles Gruffy, which earned him a reputation as a skilled carver of heads. In 1906, he won the Stewardson prize and the following three years in succession the Cresson Foreign Traveling Scholarship. This made it possible for him to continue his education and spend summer vacations in European art galleries.

In 1913 he received honorable mention at an exhibition in the Paris Salon. The Widener gold prize was given to him in 1914 at an exhibition in the Penn Academy of Fine Arts. In 1915 he won a silver medal at the Panama Academy of Fine Arts. He studied sculpture in New York and at the American Academy in Rome. He opened up a studio in Chicago and in 1916 became head of The School of Sculpture at the Chicago Art Institute. The creation of a man carving himself out of a slab of white marble won him two prizes, the Logan Medal in 1917 and the silver medal of the Chicago Society of Artists.

He won many medals, but never really became famous until the Chicago Art Institute placed his



AT WORK ON MADONNA OF GRACE

Chicago

Now in St. Cecilia Cathedral, Omaha, Nebraska



STATUE OF WOODROW WILSON

Unveiling—Fragor, Destroyed by Germans

bronze SOWER at the top of the stairway near the entrance. It created a sensation. Some people thought it was the work of a genius and compared it with Rodin's THE THINKER. Others said that it was a shameful exhibition of nudity and the SOWER should either be clothed or removed.

The Art Institute trustees refused to listen to protest. The statue was an exquisite work of art and it was being displayed on private property. It remained there. Polášek had been inspired to carve the figure of the SOWER by the parable of Jesus, "A sower goes forth to sow." He felt incapable of making a Christ head and changed his man figure to that of a farmer going forth to sow seed. The statue remained in the Art Institute's permanent collection.

Not only was Polášek a noted sculptor, but he was a popular singer. He loved to sing národní písně (native songs). He had parties in his studio for his many friends and students. The studio was a showplace, displaying some of his bronze busts, works of sculpture and beautiful things which he had purchased on trips to Greece, Rome and Praha. Singer Boza Oumiroff and

his pianist wife, known as Ella Spravka were his friends. Oumiroff trained Poláček to accompany him in Duets. They sang at many Czech social affairs, various organizations and Chicago Artist's dinners. Poláček was a member of the Cliff Dwellers' Club for professional men and the Czech Umělecký Klub (Art Club). Dr. Pšenka, editor of the Svornost and Dr. Vojan were among his many friends.

Poláček's statues of MADONNA OF CORN, MADONNA OF GRACE, and ST. PETER are at St. Cecilia Cathedral in Omaha. The four figures, St. Gregory, St. Jerome, St. Ambrose and St. Augustine, are mounted on pedestals and separated by wood panels, also seen at St. Cecilia's. St. Cyril and Methodius, two Christian missionaries, made into one piece of sculpture, is displayed at St. Paul Cathedral in Minnesota and also on top of Mt. Radhost, Czechoslovakia. This gift and that of RADIGAST, the ancient Slovan god, on top of Mt. Radhost, earned for Albin the diploma of the National Council of Czechoslovakia. The Thomas Memorial, MUSIC, a bronze figure of a woman with a halo, draped and holding a harp, might have been judged Poláček's greatest accomplishment, but there were others. His statue of President Woodrow Wilson was erected across the street from the Wilson RR depot. The Nazis toppled the monument in 1938. His MOTHER, created as a symbol of life is a statue of a woman holding an infant in one arm while the other arm shields her son grown as high as her draped shoulder. PILGRIM is a sad figure of a heavily draped woman, holding a staff. These two and other of Poláček's monuments can be seen at the Bohemian National Cemetery, Chicago.

Poláček's monumental statue of the BLANIK KNIGHT, at the Midway, University of Chicago, on horseback, was created in Blackstone Hall while Poláček was still professor at the Art Institute. It was his original idea of portraying President Masaryk's achievements as liberator of Czechoslovakia and great believer in truth, liberty and democracy. Poláček worked hard to preserve this concept of him in the re-awakened Blanik Knight. There is an old legend about knights sleeping at Mount Blanik, until such a time arises when the country is in great danger and the mountain will open up and King Václav, known as King Wenceslaus, the patron Saint of Old Bohemia, will ride forth out of the mountain with his army of knights to drive out the enemy.

Poláček's wife, Ruth Sherwood, had been his pupil at the Art Institute. She wrote the book, CARVING HIS OWN DESTINY. When she died, Poláček left Chicago and went to Lake Osceola, Florida, to continue with his work. He had such great courage and imagination. He built a house, art gallery and studio, which became the Albin Poláček Foundation. In 1961, he married his second wife, Emily.

Over the entrance to his studio is the carved figure of a man riding a horse. The horse symbolizes the new day and the man on horseback riding fast dispels the darkness of night. He made many versions of Pam, the Mythical God of Forests. In front of the Poláček home is a most remarkable and beautiful piece of sculpture. It is a carving of his wife, Emily, sitting at her harp and



MASARYK MEMORIAL
Midway, Chicago

playing. Music brought them together and the statue symbolizes the joy they shared by it.

Poláček suffered a stroke at the age of seventy-three and at eighty began working again. The work he created in the last years of his life, paralyzed, sitting in a wheelchair is a testimonial to his determination not to give up, but keep on working despite his handicap. Mrs. Poláček helped greatly, handling his sculpture tools and working under his supervision. Much of the work was beyond her strength and this work was done by the gardener who kept up the beautiful appearance of the grounds. In this period, before his death in 1965, he created sixteen sculptures which are at Poláček Foundation, Winter Park, Florida.

Sis. Stella Tichy,
Sokol Čechie, Chicago

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ASO FINANCIAL REPORT

OCTOBER, 1978

RECEIPTS:

Dues	\$4,068.25
Sokol Thomas G. Masaryk Dues	10.00
Convention Fund	28.00
Special Assessment	28.00
Dividends and Interest	419.83
Resale of Jewelry	53.45
Sale of Songbooks and Educational Pamphlets	25.25
Sale of "Gymnastic Activities with Hand Apparatus for Boys and Girls	6.00
Tapes	2.93
Postage and UPS Charges	21.14
Donations to General Fund	10.00
Miscellaneous	333.00
	<u>\$5,005.85</u>
A.S.O. Uniform Division - Payment toward Advances	357.17
Transfer of funds from Savings to Checking	3,500.00
TOTAL RECEIPTS	\$8,863.02

DISBURSEMENTS:**Administrative**

Salaries	\$548.52
FICA & FWT for September	120.46
IWT - 3rd quarter 1978	49.59
Rental, Janitor Service, Phone ...	376.73
Insurance	287.00
Rental of Mailing Machine and Postage Meter	109.99
Postage	4.21
CPA Audit	400.00
Miscellaneous	1.57
	<u>\$1,898.07</u>

Board of Instructors

Salaries	\$356.73
FICA & FWT for September	63.48
IWT - 3rd quarter 1978	22.59
Editor "Sokol Gymnast"	30.00
Addit'l copies "Sokol Gymnast" ...	29.00
Office Supplies	24.65
Postage and Phone	11.46
A.S.O. - B.O.I. District Directors Conference	537.91 <u>3,542.00</u>
	4,079.91

Educational Department

Salaries	\$ 65.77
FICA FOR September	5.80
IWT - 3rd quarter 1978	2.78
Office Supplies and Postage	29.04
	103.39
District Educational Directors Conference	917.08
	1,020.47

Sokol Publication

Printing "American Sokol"	\$847.10
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Postage "American Sokol"	22.16
Editor "American Sokol"	<u>100.00</u>

969.26

Miscellaneous

A.S.O. Uniform Division - Salaries, FICA, FWT, IWT, Phone	\$419.72
Special Appropriations - Central District A.S.O.	76.00
Special Appropriations - Southern District A.S.O.	1,293.00
National School Board Conference	<u>478.00</u>
	\$2,266.72

TOTAL DISBURSEMENTS

\$10,234.43

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$3,382.00
Receipts - October 1978	<u>8,863.02</u>
	12,245.02
Disbursements - October 1978	<u>10,234.43</u>
	\$2,010.59

Future Sokol Leaders Fund

In memory of Bro. Oldrich J. Kudrnovsky - Sokol and Sokolice Racine	\$ 50.00
In memory of Bro. Jerry Michalek - George and Ann Basta	10.00
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In memory of George Gabriel - Jerry, Otto and William Polacek Families	15.00
In memory of Elsie Kucera - Blanche and Otto Polacek	10.00
In memory of Sis. Mary Zelenka - Robert and Marlene Vondrasek, John Cilik and Frank Vorel	50.00
Charles and Jarca Richter	15.00
Sokolice Sewing Circle, Milwaukee, Wis.	10.00
Board of Instructors and Ways and Means Committee of Sokol and Sokolice Milwaukee	20.00
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In memory of Sis. Sophie Shabart - Allen J. Shabart (husband)	10.00
Czechoslovak Society of America - 31st Quadrennial Convention	250.00
	505.00
Dividends Earned	<u>226.65</u>
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Than a truckload when I'm dead . . .

Author unknown - SPJST



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