

AMERICAN SOKOL

VOL. C - NO. 5

MAY 1979

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

ROČNIK XXXVII. CHICAGO, ILL., 15. ČERVNA, 1925 ČÍSLO 4



PHYSICAL FITNESS
S
THROUGH GYMNASTICS

Second Class Postage Paid at Berwyn, Illinois

Office: 6426 W. Cermak Rd., Berwyn, Ill. 60402

AMERICAN SOKOL

ISSN: 0003-1259



Published Monthly
(Except Bi-Monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION

6426 West Cermak Road, Berwyn, Illinois 60402

Subscription: \$3.00 per year

EDITOR - JACKIE KOURIM

388 Shenstone Road Riverside, Ill. 60546

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

OFFICE OF THE
EXECUTIVE BOARD ASO.

EllenJeanne Schnabl, Secretary

6426 W. Cermak Rd. Berwyn, Ill. 60402

Tel.: 795-6671

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

EXECUTIVE BOARD:

President - ROY ZITNY

I Vice President - BETTY PRENER

II Vice President - RUDOLPH SVOBODA

Secretary - ELLENJEANNE SCHNABL

Financial Secretary - AGNES SOTKA

Treasurer - GEORGE BASTA

Director of Men - PAUL LEBLOCH

Director of Women - MARIE PTACEK

Educational Director - STANLEY BARCAL

Editor - JACKIE KOURIM

Public Relations -

Czech - JERRY RABAS

American - SYLVIA PISTORIUS

Organizational Director - ANN BASTA

Executive Board - EDWARD SCHNABL,

JAMES JINDRA, LORRAINE ZDENEK

Alternates - GEORGE SIMONEK,

WILLIAM MEYER, RICHARD VACHATA

Calendar of Events

MAY 1 - SOKOL SOUTH OMAHA

Mini-Slet Week

MAY 3 - SOKOL DETROIT

Teen Club Spaghetti Dinner
Sokol Cultural Center

MAY 4 - SOKOL SOUTH OMAHA

Mini-Slet Award Night Dance

MAY 5 - CLEVELAND SOKOL DANCERS

at International Ball - University of Pittsburgh

MAY 5 - SOKOL WEST SUBURBAN

Sokol Exhibition

MAY 13 - SOKOL MINNESOTA - CZECH

CHAMBER MUSIC FESTIVAL - ORCHESTRA

MAY 15 thru 17 - SOKOL DETROIT

Annual Rummage Sale
at Sokol Cultural Center

MAY 18 - SOKOL CLEVELAND CECH-HAVLICEK

Sokol Fish fry at Bohemian Natl. Hall

MAY 18 - SOKOL MILWAUKEE

Graduation Program

MAY 18 - SOKOL MILWAUKEE

Sokol Exhibition

MAY 19 - CENTRAL DISTRICT AT SOKOL TABOR

Morning - 2nd Class Girls' Competitions
Evening - Special Number Competitions

MAY 20 - SOKOL ST. LOUIS

Sokol Exhibition

MAY 20 - SOKOLICE MILWAUKEE

80th Anniversary Banquet

MAY 26 - CENTRAL DISTRICT AT

SOKOL WEST SUBURBAN

1st Class Girls' Competitions

MAY 26 - PACIFIC DISTRICT AND

SOKOL LOS ANGELES

70th Anniversary Banquet

Sokol Los Angeles Hall

MAY 27 - PACIFIC DISTRICT AND

SOKOL LOS ANGELES

Exhibition at Sokol Los Angeles Hall

JUNE 1 - SOKOL SOUTH OMAHA

Czech Queen Contest

JUNE 2 - CENTRAL DISTRICT AT

SOKOL TABOR

Modern Rhythmic Gymnastics

Competitions for Jr. Girls and Women

JUNE 3 - NORTHEASTERN District Slet

AMLA - Cleveland

JUNE 7 and 9 - CENTRAL DISTRICT AT

SOKOL TABOR

Junior Girls' and Womens' Competitions

JUNE 9 - CENTRAL DISTRICT AT

SOKOL BROOKFIELD

Junior Boys' and Men's Competitions - Morning
Evening - Awards Nite

JUNE 10 - CENTRAL DISTRICT SLET

Riverside-Brookfield Stadium

JUNE 15 - SOKOL BERWYN

Junior Boys' and Men's Invitational
Tag Team Apparatus Competitions

JUNE 16 - SOKOL CECHIE

100th Anniversary Dinner
Cafe Europe, Cicero

JUNE 24 - SOKOL DETROIT

Summer Exhibition - Sokol Camp

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. C

May - 1979 - Květen

Číslo - No. 5

Mother's Day

MÁMO MOJE MÁMO

Na světě jediné jen v srdci Máminé pravou lásku znám,
I kdyby jiný snad říkal že má mě rád může být to klam,
Máma tě nezradí, láskou ti nahradí bolest každou však,
Hlavu ti pohladí, nejlépe ti poradí když ti smutno tak;

Mámo moje Mámo: nikde ve světě tolik čisté lásky,
Pro mě nekvěte; Kolik ji v srdci svém máte,
A pro mě jen schováváte, Mámo moje Maminko
Předrahá, vy jen lásku znáte.

ASO Executive Board Meeting

Regular meeting of the ASO Executive Board was called to order by the president, Bro. R. Zitny, on Tuesday, March 27th, 1979 at 7:30 p.m. Following district minutes were received and distributed by Board members: Pacific, Annual, Feb. 4; Southern, Feb. 22; Northeastern, Feb. 28th; Central, Annual, March 4th, 1979.

Correspondence: Letter from Sokol West Suburban that Bro. J. Jindra and Sis. L. Jindra have been made Honorary members of that unit. A letter of congratulations will be sent. Received copy of "Nase Ceske Dedicvi" newsletter from the Czech Heritage and Fine Arts Foundation of Cedar Rapids. Sent each member of the Executive Board copy of a notice of a Berwyn Zoning Board meeting. Sis. Sotka, Bro. Zitny and Simonek of the Board were able to attend. It dealt with zoning variations and rules set up for the Cermak Road area. Invitation to Sokolice Milwaukee's 80-year anniversary to be held on May 20, 1979. Sis. Prener will be the speaker. Any members interested in attending are to contact Sis. Schnabl who will make reservations. Approval was given to Sis. Prener to represent the American Sokol Organization. Letter sent to Bro. Zitny from the Department of State, Washington, D.C., requesting representation at the informal discussion and dialogue about contemporary Czechoslovakia and United States-Czechoslovak relations on Wednesday, April 18th, 1979. After a very lengthy discussion, Bro. Barcal agreed to attend.

Director of Women - Sis. M. Ptacek: Copies of the Gymnast will be cut down. A number of tentative plans were reported. Final report forms: Central District for instruction of Folk dancers and vaulters for September, October, November and December, 1978. Total, \$340.00; Central District for Beginners' Instructors school held Jan. 7 and Feb. 4, 1979, with 49 students and 10 instructors, total \$218.61; Bro. Schnabl moved that these be paid; seconded, passed. They would like to see a storybook-type pamphlet available for youngsters at the time of registration. Sokol Fort Worth requested 60 patches for their members who finished the Gymnastic Skills. Calisthenic tapes have been sent to the Southern and Western District.

Uniform, Office, I. Vice-Pres., - Sis. B. Prener: Many orders coming in due to local exhibitions and District Slety. Orders are being placed now for the Fall gymnastic season. Accounts payable are current. Will contact the management regarding the repair and redecorating of the ceiling and then arrange to have the floor cleaned and furniture put back into place.

Director of Men, Bro. P. Lebloch: Received a report from Bro. Milan regarding the School Committee meeting and the following additional bills: Bro. Milan's air fare and phone bills - \$239.22. Sis. Jean Dusek for typing materials - \$88.01. Sis. Provaznik has been asked for copy of her air fare. Sis. Basta moved that these be paid; seconded, passed. Sis. Prchal is translating "Gymnastic Outline" for the National School Board and is also illustrating the new Modern

Rhythmic Gymnastic compulsories for the USGF. Both Directors have been attending and participating in local exhibitions.

Educational, Sis. L. Zdenek: Displayed a gift from the Southern District of four colored Xerox copies of four lovely Czech post cards.

Publicity, Czech, Bro. J. Rabas: Articles were put into the Hlasatel regarding local exhibitions and the Central District's annual meeting. The Hlasatel will be moving its quarters from Chicago into the Cicero area.

Publicity, English: Mention was made of the article in the Chicago Tribune Venture which was headlined by the German Turners.

Organizational - Sis. A. Basta: Received the tentative report from the BOI wherein the Southern District is planning a trip to Sokol Karel Havlicek in Yukon, Okla., in an effort to revitalize that unit. It is in order. Also sent the Southern District "Sokol and the Sokol Idea" pamphlets and the 3-fold pamphlets as well as mimeo sheets we have available.

Financial Secretary - Sis. A. Sotka: Prepared the February Financial report and distributed copies to the Executive Board members. Purchased a new zip code book. Reinvested a certificate and increased it to a \$10,000.00 6-month certificate.

Treasurer - Bro. G. Basta: The CPA audit has been completed and he will ask Mr. Sheldon to attend next month's meeting. He will also have a first quarter report for 1979 at that time.

Secretary - Sis. E. J. Schnabl: Prepared the minutes of last month's meeting and distributed same. Handled all correspondence; prepared agenda; acknowledged Future Sokol Leaders' Fund donations. Assisted the uniform division in selling to many early morning shoppers. Will have a run-down on the attendance of Board Members from their election in 1975 through March, 1979.

President - Bro. R. Zitny: Attended the zoning board meeting in Berwyn. Received a quote from Sis. Kourim on the proposed seal and will notify various board members. Has the booking flights for himself, Bro. Basta and Lebloch to go to Dallas to discuss the possibility of their hosting the 1981 Slet, hoping that this 3rd try will be successful.

Educational - Bro. S. Barcal: "History of Czechoslovakia is being finalized. The 3-fold pamphlet is being worked on. Format of activity reporting of units being worked on as is the form of biographical sketches of officials at various levels of the American Sokol Organization.

New Business: The Bohemian National Cemetery in Chicago will hold its Memorial Day Services on Monday, May 28th.

There being no further business, meeting was adjourned at 10:05 p.m.

E. J. Schnabl, Secretary

Help Our Sokol Grow

Central District Executive Board

March 28, 1979

Meeting opened by Pres. Bro. Halik at 8:00 p.m. Pledge to flag given. Roll call. Annual meeting minutes corrections presented. Motion made and passed that minutes of annual meeting be accepted after corrections are made.

Correspondence: Fourth quarterly report, 1978 from Sokol Brookfield - 2 bills from Rizzo Bros., for basketball, trophies and engraving, these will be given to Br. Placek. Sokolice Milwaukee, celebrating their 80th anniversary, May 20, 1979. Br. Halik received request to be guest speaker at the banquet. Motion made and carried to have Br. Halik represent the District. Sokol Racine and Sokolice Milwaukee quarterly reports received with checks. Sokol Stickney dues to the ASO received, will forward to ASO. Received checks for the CSA Program Book from Sokol West Suburban, Slavsky, Stickney, Town of Lake and Brookfield. Invitation from Sokol Brookfield to attend a testimonial dinner for Br. and Sis. Rudy Svoboda April 21, 1979. Interested members contact Sis. Vlasta Zitny; from Sokol Cechie to their 100th anniversary, June 16, 1979; Bro. and Sis. Halik to be their guests. Minutes of the ASO Executive Board for the month of February. Letter from Sis. Jindra with copies of letters sent to the units as directed at the annual meeting. She will forward all books and letters to Sokol Brookfield. Sent a letter to Sokol St. Louis asking if they are still interested in hosting the 1980 Slet in their area. A thank you letter sent to Sokol Stickney for the use of their hall for the annual meeting. Letter to ASO requesting that the National Slet to be held in the Chicago area. From Bohemian National Cemetery regarding Memorial Day Parade, Monday, May 28, 1979, inviting all Sokol units to participate. Parade starts at 9:30 a.m. Buses, as in the past, will be made available on request. A copy of assessment forms were passed out to the delegates present to be given to their Financial Secretary.

Board of Instructors - No Men's BOI Minutes. Women's BOI - Sis. Pistorius reported on the activities and dates and places of events for the remainder of the year. Asked for approval (which was granted) that participants and instructors be admitted free to the Special Number competitions. Final report forms for the month of January and February 1979 Folk Dancers and Vaulters be controlled by both directors. Report given that these 2 groups meet twice a month at Sokol Berwyn for 3 hour sessions at a cost of \$50.00 per month. Since vaulters are not utilizing their time, they have been cancelled and both BOI's are to take into consideration using this time for clinics, workshops, etc. A request was made to Sokol Berwyn for a written agreement for the use of their facilities.

Sis. Pistorius further reported that the hoops which were purchased for the Junior Girls were not adaptable for the calisthenics, therefore they are for sale (as we cannot return them) - possibly could be used in Tot's

classes or given as Xmas gifts to youngsters in classes or even as raffle prizes. Units please help! Also 22 more District patches were sold.

Educational Committee - No report. Bro. Kala was asked to report on the Folk Dancers attendance, average 6 to 8 and only one day missed in December.

Publicity: Br. Rabas reported that the unit exhibitions were written up in the Denni Hlasatel. He put an article concerning the Chicagoland Dinner dance, April 29, 1979. Sis. Pistorius reported a 4 column spread in the Venture Section of the Chicago Daily Tribune (March 28) with pictures of gymnasts performing on apparatus. Also the local newspaper (Life) carried unit exhibition information and Sokol activities.

Properties: Bro. Halik reported that he attended Sokol Brookfield's Board of Directors meeting, regarding rental of upstairs hall for Central District. Due to inclement weather, hall was not ready and meetings were not held and no rental fees paid. Discussion held as to how to meet our obligations. Motion made and carried that we pay half of rental for the months of January, February and March plus the full amount for the month of April. Motion made and carried that all committees and both BOI's to conduct their regular and special meetings at Central District Headquarters. Rules to be strictly adhered to. The property committee to meet and look into furnishings for the Central District Headquarters.

Auditing Committee Report: Met before the regular meeting of District and found the books in order. Balance given to end of March, Slet account with small balance (to keep account open). Central District rubber stamps, check book which were in Br. Svoboda's care were given to Bro. Zenisek. Br. Zenisek's signature needed at the First National Bank of Cicero (Slet account). Central District finances were given.

Auditing committee requests auditing books on a quarterly basis to check reports of assessments coming in and keeping roster of membership up to date. Bro. Zenisek requested permission to make out financial reports before meeting. Granted. The budget committee will now be a part of the Auditing committee. Auditing committee further recommends that quarterly reports of the Special Assessment to Central District to be handled by the Financial Secretary - these to be audited quarterly to check for delinquent units. Roster of all units was turned in, this to be kept up to date and given to the membership committee.

Bro. Halik commended Sis. Jindra on compiling all these reports, and noted that the terrific job she did would normally be done by two or three people. Central District appreciates all the efforts and regret that the Jindras have moved out of state. They will be missed.

Bro. Zenisek is authorized access to Central District Headquarters to pick up mail and/or to work there.

Deferred Business: Bro. Halik states that a Secretary, Recording Secretary, Slet Chairman are still to be elected. He further states that many committees need to be filled. Delegates are to bring this need to the attention of their units and see if there are people within their units who would come forth to help the Central District.

Organizational Committee: Chairman needed - was brought to our attention that perhaps two units could be formed, one in Cary, Illinois and the other in La Crosse, Wisconsin area. Bro. Bill Vrba, Jr., who lives in Cary, Ill. has said that there is a great interest in that area for a Sokol program. Sis. Pistorius will write to Bro. Vrba for more details. Bro. Kala thinks we should investigate the possibility of reactivating inactive units and to try to get them going again. Bro. Ryan is interested in this project if someone will help him. Bro. Kala will advise him.

Special Number Competition: BOI will handle the program. Ticket committee will have tickets printed after details of hall rental and orchestra are worked out. Suggested the price for adult and student tickets, motion made and carried. Two colors to be printed and numbered, 300 adult and 200 student. Fifty tickets will be given to each unit through the BOI. Also bulletins will be sent to units via BOI. Publicity chairman to get these bulletins into Czech and English papers and to the Sunday Czech radio hour. Sokol Tabor will start the kitchen and bar and other units to furnish additional personnel. Units could work hourly shifts with their women in kitchen and men at bar, chips, etc.

Request from Los Angeles for contributions for their 70th Anniversary. A letter of congratulations will be sent.

Announcements: Sis. Prener, Sokol Slavsky seeking dates for their 90th Anniversary Banquet (May 5, 17, or 24 of 1980); Bro. Glasser, Sokol Cechie 100th Anniversary Banquet, June 16, 1979; The Milan Stefanik Celebration Banquet, May 6, 1979; Bethlehem Slet (Sokol USA) units are to handle housing and bussing arrangements. Discussion held on a presentation to Bro. Svoboda for his years of service to Central District. Motion made and carried that a plaque be purchased from ASO with proper inscriptions engraved and this to be presented at the Recognition Dinner.

Receipts and disbursements given. Meeting was adjourned at 10:05 p.m. - April 25, 1979 at 7:30 p.m. next meeting. Minutes compiled thru joint efforts of Sis. Bruno, Kmen, Prener, Halik and Bro. Halik.

75 Years of Sokol Activities On the West Coast

Many of our members and other Los Angeles and San Francisco residents do not realize what a long tradition and experience in physical fitness education we Sokols have here in this beautiful country. Sokol San Francisco was founded in 1904 and Los Angeles and the Pacific District in 1909.

Yes, for 75 years, the Sokol Organization has been shaping the youth and adults as well to be strong, healthy, aware of democracy; to be prepared to defend the freedom of this country and the Czechoslovak nation as well.

The Sokol instructors, during those long 75 years, have shaped thousands of gymnasts in Los Angeles, San Francisco, Fresno, Seattle, Portland and other cities. The Sokol units formed the so called Pacific District, founded also 70 years ago. It exists still, and will

celebrate its anniversary together with the Sokol Los Angeles unit on May 26 and 27 (Memorial Day) 1979, in Los Angeles. This celebration will include competitions, banquet, dance and public exhibition.

The Sokol movement was founded in 1862 in Prague (at that time it was part of the Austrian Empire), and its goal was simple as this: prepare the nation to be ready for the fight for freedom. The means was and still is the regular exercising of mind and body, with a voluntary discipline, for the immediate action in emergency and for daily work in the period of peace.

The first Sokol unit in the United States was founded only three years after the birth of the first unit in Prague (Czechoslovakia). It happened in 1865 in St. Louis. Thirty-three years later, after the American West was dominated by the new settlers and the Czechs came here in larger crowds, they brought with them the Sokol movement which became part of our heritage.

In the meantime, Sokol St. Louis has built a beautiful new Sokol Hall, and so did more than half of other units. So, we are proud to share with you the joy and satisfaction of realizing that the Sokol idea is as strong as it was before. In addition, the Sokols in the United States have a good, intelligent, dedicated and young leadership. These leaders are able to expand the Sokol movement so that these ideas become part of the modern American life.

Our anniversary celebration in Los Angeles on May 26-27, 1979 will show not only how strong we are, but also, and this is important, what a potential is in the Sokol system, undiscovered till now by the American public.

We will have a big opportunity to show this tremendous potential and we invite you to join us soon and give us a hand. In case you are too far or even in other parts of the United States, we invite you cordially to come and join us in May.

Nazdar!

Br. Jiri Liska

Pacific District - Sokol Los Angeles

SOKOL CLEVELAND-CECH-HAVLICEK
20110 Harvard Road
Warrenville Heights, Ohio 44122

**HAS PUBLISHED A CZECHOSLOVAK-
AMERICAN COOK BOOK**
Price \$3.75 plus 50c Postage

ORDER FROM THE ABOVE ADDRESS!

Copy for Publication

MUST BE RECEIVED BY THE
10th
OF THE PREVIOUS MONTH

AMERICAN SOKOL

SOKOL GYMNAST

MAY 1979

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

A.S.O. Directors Conference, Omaha, Neb.



Top row: Joe Placek, Karel Vavra, Bertha Cerny, Richard Ptacek, Bozena Drozda, Phil Cahoy, Libby Pelc, Joe Vrzalik, Larry Laznovsky. - Middle row: Frank Michalek, Mary Ann Satek, Mae Simonek, Sylvia Pistorius. - Bottom row: Jiri Liska, Jerry Milan, Marie Ptacek, Paul Lebloch, Leilani Sain, Sylvia Laznovsky.

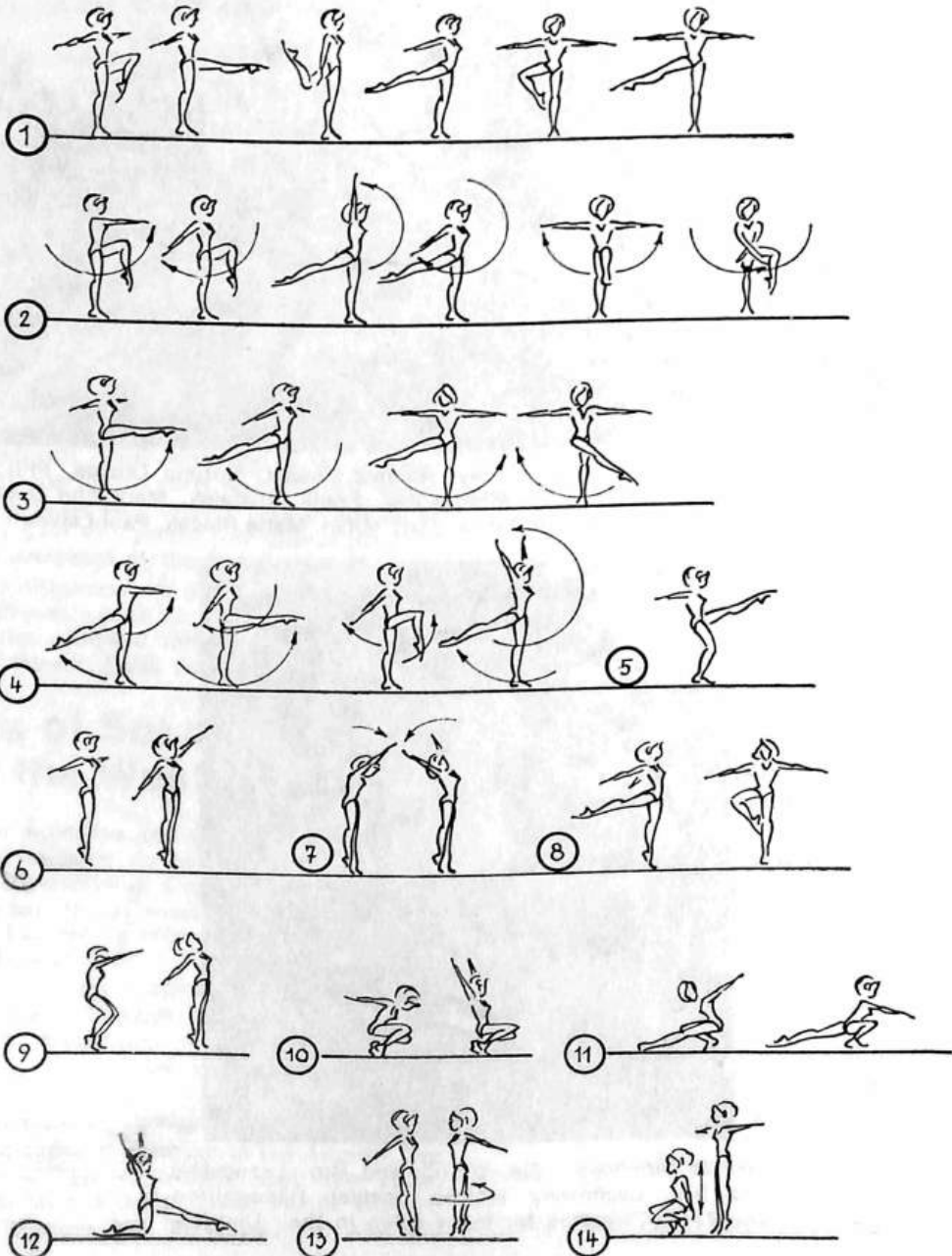


District Directors - Sis. Drozda and Bro. Laznovsky and Sis. Laznovsky receive Special Recognition awards as Directors for many years in their District.

Beginners Balance Beam

A series of preparatory Exercises for Children and Beginners:

1. Stand on one leg (balance) - bend frontleg, extend high frontleg, bend rearleg, high rearleg, bend sideleg, extend high side leg - sidearm.
2. Same exercise as No. 1 (hold leg position) only add swinging of arms - frontarm, reararm, uparm, sidearm, front arm down across.
3. Arms in sidearm - swing legs, front, rear, side, across.
4. Arms and legs combine in movement.
5. Half squat on standing leg.
6. Rise to toe stand.
7. Toe stand with front bow, rear bow, side bow.
8. Toe stand - high rearleg - bent side leg.
9. From half squat rise to toe stand.
10. From squat slight front bow, reararm, upright, and uparm outward.
11. Squat right, left foretouch; squat right left reartouch.
12. Kneel right, foretouch left.
13. Turns 180 degrees left or right.
14. From squat - uprise, up hop closeleg to stand.



All American Woman



Patty Joan Hines, a 23 year old from Sokol Zizka in Dallas, was among the 45 finalists in the National All American Woman Competition held at Ceasar's Palace, Las Vegas, Nevada.

The contest began over a year ago with 1,500 applicants from throughout the country. The forty-five semi finalists, all between 18 and 23 years of age, met in Las Vegas, Nevada March 17-26. The contest emphasized sports, and the young women were rated on personality, disco dancing, and fashion modeling as well.

Patty was voted the personality award by the 45 regional finalists in the Las Vegas finals. Her prize was a new Datsun car.

Patty says **Sokol** is where it all began. The gymnastic training she received here enabled her to compete with women in other fields of sports, and took her very close to the top. She joined Sokol as a young teenager, and became a member on her own at age 18. She has competed regularly in Southern District Slets, and participated in the National Slet in 1977. She has been a bright spot in our weekly workouts, and we are certainly proud of her accomplishments.

O. Parma,
Sokol Zizka

"Gymnastics"

From Parents' Magazine: "The Lively Art" of Gymnastics is man's purest expression of controlled energy in action. Though a routine may take no longer than a minute, it consists of an infinite flow of acrobatic

positions. The precision, coordination, and balance needed to maintain good form are self-evident. What is less apparent is the mental agility that goes into the making of a gymnast.

The creativity of the gymnast is expressed in his choreography of routines and in the style with which they are executed. As in all arts, technical proficiency - strength, flexibility, balance, and coordination is the groundwork for personal expression. Particularly beneficial for young people are its psychological values of self-esteem, assurance, and enjoyment through participation. Tumbling comes naturally to most children. Whether in a playground, or school gym, it is the activity that takes over when energy and spirits run high. Gymnastics is a joyous celebration of body and mind.

Tabor Talk - Blanche Kos

Announcements

On May 3rd, 1979, at the Plaza Hotel in Cleveland, **BROTHER PAUL FINA**, member of Sokol Chicago, was inducted into the **GREATER CLEVELAND SPORTS HALL OF FAME**. Congratulations.

* * *

TOM HINTNAUS of Sokol Los Angeles, son of Lubo Hintnaus, former President and Director of the Pacific District, has achieved a niche in his athletic career wherein at the International Sunkist Invitational Track Meet he scored an outstanding 17'8" height in the pole vault.

Minutes of the Directors' Conference

Held October 20 and 21, 1978

Gymnastic Skills: Sis. Pistorius reported that on February, 1978, Sokol Fort Worth submitted their report and requested 70 Gymnastic Skills patches. In April, 1978, Sokol Milwaukee requested 21 patches. Sis. Pistorius said it is a good idea to use the Skills right at the beginning of the year because basic skills is what the program consists of.

Br. Laznovksy will prepare an article for the Gymnast regarding a skills manual and patches being offered by Dancskin Gymnastra. Certificates for participation are also being awarded.

Br. Michalek reported that the only request in the boys' department came from Sokol Milwaukee for 15 patches. He stated that the routines are stunts that are used in our competitions.

The Gymnastic Skills will be retained, with Modern Rhythmic Gymnastic routines added. The reporting forms will be revised, leaving space for the name and age of the participant.

Attendance Report: All District Directors turned in their Annual Attendance Reports to Sis. Satek who made a comparison chart for the years 1975-76 and 1976-77. Copies were given to each Director. Some Districts hold only one class of little girls and did not separate when

giving their figures. Should be separated according to the age brackets as shown in our Tournament Rules Booklet. Ratio seems to be about 3 to 1 - girls over boys.

Br. Vavra says we have many statistics on many events, but he would like to know how many teachers we have. A record of how many teachers and assistants for each class should be kept.

National School Board: Br. Milan gave a report on the National School Board. He stated that the greatest need arises with the lack of qualified teachers.

We are lacking a history of Sokol in the United States - this should be a part of all schools. We need more information on the leaders in the United States.

The School Board has agreed on 5 different types of schools. They are now working on the curriculum for Beginners' Schools. When everything is finished, copies will be sent to the ASO.

There are several Sokol publications which need to be translated - Br. Halik, Br. Linhart and Br. Gormann were mentioned as people who might be able to do translating. Also Sis. Prchal, Br. Jenisek, and Br. Ed. Jirousek.

Br. Banjak and Br. Skapik of Sokol USA have full authority from Br. Bednar to work with our people on the revision of the Sokol Manual. Anyone who is using the Manual, please send any suggestions, changes, etc. either to the National School Board or to the ASO.

Br. Milan will submit an article for the Gymnast announcing that the revision of the Manual is to be started, and that suggestions will be welcomed. A due date will be designated.

Sis. Provaznikova's basic skills are in Czech. This is another item that must be translated by a technically qualified person.

The booklet by Sis. Provaznik and Sis. Zabka "Hand Apparatus" will be used for the Beginners Instructors School.

We also need an illustrator who is familiar with technical work. Booklets should be made available for sale to other organizations in the field.

Some of Sis. Provaznikova's lectures have been transcribed. These will be edited and condensed and used at the schools. CPR certification is considered necessary and will be taught.

The National School Board has been allotted, at the Presidents' Conference, \$2,000.00 per year until 1980. Br. Lebloch informed Br. Milan that it may be spent in any way as is deemed necessary by the National School Board.

Br. Milan concluded his report by saying that all curriculum for the Beginners Instructor School should be finished by the 1st of the year. Sis. Sain requested a copy as soon as it is available; they are planning a school next spring.

Br. Milan informed us that the World Gymnastics Championships will be held in Fort Worth, Texas, the first time in the United States, Dec. 2-9, 1979. The top twelve teams for the Olympics in Moscow will be at these trials.

Uniform Division Report: A "Sokol" stick pin is available thru the Uniform Division at \$4.00 each.

Sokol USA Slet: Br. Lebloch read invitation received from Sokol USA to join them in their Slet June 29 to July 1, 1979 at Bethlehem, Pa. Their new Directors are Br. Steven Banjak and Sis. Mildred Chilla. We are committed to support their Slet and hopes everyone will do so.

All activity will again be held right on a campus.

Br. Cahoy suggested that we contact them and investigate in regard to the quality of the apparatus, as well as the number of awards they are planning to present . . . was very disappointed in the small number of awards given at their last Slet.

A.S.O. XV Slet 1981: At the Presidents' Conference, Br. Zitny inquired if any Districts would like to host our XV Slet in 1981. Four Districts have replied no; Central District thinking about it; Southern District will give their reply after their meeting in November. No volunteers came forward to write any calisthenics, so assignments have been made. The calisthenics will be distributed at this time next year. Apparatus routines should be ready in the spring of 1980.

Men and Women: Br. Kudrnovsky's 1953 cal. (Sis. Schnabl and Bro. Halik will translate).

Jr. Girls: Sis. Mary Jean Stoeppelman.

Jr. Boys: Br. Jerry Milan.

I Girls: Sis. Kralova (attended our XIV ASO Slet and donated the calisthenics)

II Girls: Sis. Pistorius.

I and II Boys: Br. Linhart

Sis. Prchal will write some sort of Special Number for the more advanced Jr. Girls and Women.

Tots: Br. Halik.

Sis. Laznovsky thinks it would be a good idea to have a Památník with articles and pictures of each author and something about the calisthenics and special numbers.

Modern Rhythmic Gymnastics: Modern Rhythmic Gymnastics will be included in our 1981 Slet.

Apparatus: Much discussion on warm-ups - should definitely be worked out some way to enable everyone to warm-up before starting into the competitions.

Unit Special Number Competition: Sis. Pistorius reported that only 2 Districts entered numbers. Would like to see all Districts represented.

Volleyball: Br. Michalek said suggestions were made to have two divisions of volleyball. After much discussion, it was decided to leave it up to the Volleyball committee.

Other activities: Suggested that Track and Field should be included. This might necessitate an extra day.

1982 Slet in Vienna: Czech Sokols Abroad will host a Slet in Vienna in 1982. Br. Lebloch informed us that if we go to another country to participate with other Sokols, we must abide by our American Sokol rules and regulations.

Code of Conduct Rules: Motion made to add a rule stating that improper conduct or improper dress will not be tolerated at any Sokol function "While in Sokol uniform". Passed.

(Cont. next month)

SOKOL EDUCATOR

Look Up Above!

Czech Poetry

(Cosmic Songs)

Nineteenth century poets expressed the soul and thoughts of their people. Their works are full of romance, humor, pathos and love of nature. They polished the language, purified it and kept it alive through the nineteenth century of Hapsburg dominance. They portrayed deep love for their country and traditions. The following four poets selected from R. A. Ginsburg's anthology of poems, (THE SOUL OF A CENTURY) and poems were translated by R. A. Ginsburg.

JAN NERUDA (born 1834 and died 1891) is one of the greatest of Czech poets. He created for himself an individual style, and wrote poetry and prose with deep expression of feeling. He wrote reflective lyrics, poetry, travel sketches, essays and short stories. His best known works are COSMIC SONGS, GRAVEYARD BLOSSOMS, and FRIDAY SONGS.

JAN KOLLAR (born 1793, died 1852) is an outstanding poet of the Bohemian revival period. He studied theology at the University of Jena, Germany, and there he met and became impressed by German patriots whose love of nationality he followed in writing about his own people. He became famous through his huge collection of sonnets, SLAVY DCERA (Daughter of Slava). While he was studying in Jena he met a German girl, Wilhemina, daughter of a Protestant minister. He fell in love with Mina, as she was called, but her mother refused to let her daughter marry the poet and go live in a savage country like Hungary. He

My people, raise your head on high
Toward the heavens direct your glance;
Behold that there are little stars
Around which, the large ones dance.

Here's the reason why: The little ones
Are made of solid knotty stuff,
While those great, big obedient stars
Are made of flimsy gaseous fluff.

I trust that as you grasp this thought
Your heart will leap and yearn.
Yes . . . let us be the little star
Around which, the big ones turn.

It can be done, if each of us,
Sees to his own sound stock;
If each of us be hard as flint,
Our nation will be hard as a rock.

did marry Mina years later, and actually believed that she had Slav blood, for the region where she lived had once been known as a Slav colony. This was not possible as continuous warfare had killed off these people. Regardless, Kollar's SLAVY DCERA was his dream girl, his wife Wilhemina.

Prologue to Slava's Daughter

(Excerpt)

Here lies this ancestral land before my saddened tear-dimmed eyes,
My nation's cradle once, today it's burial casket,
Withhold your steps! For hallowed is the ground you tread upon.
To the heaven's raise your eyes, Tatra's bewildered son;
Or better, cling with all might to yonder aged oak
That weathered the ravage of time unto this very day.
More cruel than time is a man who raises a punishing hand
To strike you, fair Slavia, within your own domain.
Yea, worse than destructive wars, more destructive than tempest or flame
Is one who blinded with hate, plots evil against own kin.
Oh aged epochs of yore, spread all around like the night,
Oh suffering aged lands, scenes of both glory and shame!
From Labe's treacherous shores to where the Vistula flows,
From the Danube's verdant banks to where the Baltic foams,
Where echoed the mellow words of courageous, peaceful Slavs
How lifeless and mute this voice, a victim of envy and hate.
Who is to blame for these crimes that cry to the heavens above?
Who in assaulting one, insulted all nations and men?
Blush envious Teuton whose lands bordered the homes of the Slavs,
Your hands are stained with the guilt of these most callous crimes.

KAREL JAROMIR ERBEN (born 1811, died 1870) poet, writer, is best known as a folklorist of Czech literature. His work reflects the soul of the Czech people and their love for their country, traditions and language. He edited manuscripts of ancient writers making them easily understandable to readers. Erben was a lawyer, also a journalist who took part in the political dissension that brought on war in 1848. He wrote THE DOVE, THE WATER SPRITE, and his best known collection of ballads, KYTICE (Flower).

* * *

SVATOPLUK ČECH (born 1846, died 1908) was best known for his poetry, prose and short stories. He had great descriptive power and a sense of humor which endeared him to his countrymen. He worked for a law firm, but gave it up when he started an illustrated monthly together with his brother. He liked to travel and took frequent trips to the Balkans, England, Denmark and Italy, broadening his vision as a writer. His best known poems are OUR LANGUAGE, NEW SONGS and SONGS OF A SLAVE.

A Seeress

(Fragments)

Whenever your eye fills with a bitter tear,
Whenever hardships fall upon your days
'tis then I bring my branch of hope and cheer
'tis then I raise a prophetic voice that says:

"Do not weigh lightly the meaning of my words,
In the heavens above my prophecy finds its birth
Unflinching laws embrace all men and worlds,
And all must pay their debts upon this earth.

A river seeks its end in the distant rolling sea,
The flames leap high, the heavens to embrace,
Whatever the earth creates by earth destroyed shall be,
But naught shall go to waste or lose its finite place.

Firm and assured is destiny's each tread
And what shall be, shall come as time moves on,
And what one day may bury, in its stead
Another day will bring to life anon.

Songs of a Slave

(First two stanzas)

On a crag at dusk I am standing, while below me fumes and roars
Crashing, screeching, foaming tempest of the crater's endless stores.
Like a bird who vainly flutters, seeking rocks on which to pause,
Thus my eyes are sadly peering through the wat'ry hazy gauze.
In that maze that darkly stretches, in the boundless distant blue,
While the whirlpools and cyclones fume and boil like a witches brew.

Here I stand and look beyond me. Slavery there holds my land
I look forward and before me maddened tempest holds command.
Angered hurricane approaches . . . Rising winds play through my hair
E'en the clanging of my shackles weakens in the tempest glare.
But I gladly raise the shackles, while the rising tempest shrieks,
And like to a maiden's kisses, to the winds I turn my cheeks.

Welcome tempest. Your appearance promises deliverance.
In your rumbling I can fathom liberty's first resonance.

My Ethnic Heritage

by Vera M. Hibler
Sokol Greater Cleveland

My ethnic heritage is very important to me. I am of Czechoslovakian descent and I am proud of it. Because I was brought up to value my heritage, I have learned through participation in Sokol and other cultural activities the customs and characteristics of our people.

One of my main enjoyments is being an active member in the American Sokol Organization. I have attended all levels of gymnastic classes from kindergarten through women's classes at the present

time. Attending these classes has added a new dimension to my life. Over the years, these classes have developed my physical strength, coordination, poise, personality and self-confidence, along with my ability to get along with others. By attending these classes I was a participant of both gymnastic competitions and Sokol exhibitions in Cleveland and in other Sokol organizations across the United States.

Also because of my continuing attendance, I was able to take part in an Instructor's Course in Fort Worth, Texas. I learned how to teach gymnastics and instruct an entire class using the fundamentals and principles promoted by Tyrs and Fuegner.

Through my activity in these classes, I expanded my involvement in the organization. I joined the Sokol Czech Folk Dancers Group and traveled to the various Czechoslovakian events. I also took part in the rededication of the Bohemian National Hall, where I had the pleasure of wearing my Kyjovsky Kroj, an authentic Czechoslovakian costume obtained in the home country when President Gerald R. Ford appeared in Cleveland. I have since proudly worn it on many occasions.

I have greatly increased my knowledge of my ethnic heritage by traveling to Czechoslovakia. There I learned the history of Sokol, acquired a better command of the language, and was able to learn more from the Czech people.

I firmly believe that by learning about my heritage, I can be a better American - a better citizen of this country - and certainly as the years pass, I will share my heritage with my children and grandchildren so that whatever may become of the country of Czechoslovakia, it will always live as it was in the hearts of its descendants.

(*) Czech and Slovak Ball Committee Scholarship Award - this is one of the winning essays.



We Mourn Our Loss

On March 14, 1979, we at Sokol Little Ferry lost one of our oldest members, when Br. Paul P. Svec entered into eternal rest, at the age of 85.

He had been one of us for nearly 67 years, having become a member on March 12, 1912. Until recent years, he had been a very active member of our unit.

During his younger years he served as one of our gym instructors, and was active on a variety of committees over the years. During the era of silent movies, shows were held at our hall every Sunday evening. These shows were conducted under his supervision for many years.

By profession, he was a silversmith. After his retirement, he assisted in the maintenance of our hall. The Svec's have for many years, been a very dedicated Sokol family. Bro. Paul Svec's father, the late Bro. Joseph Svec, Sr., served as President of our men's division for 8 years. Paul's widow Augusta, has been a member of our Ladies' Division for 63 years and served as its President for 13 years.

Over the years, Bro. Svec contributed his full measure of efforts to our organization. Those of us who had the pleasure of knowing him and working with him, will always remember him for his whole hearted efforts and his easy going mannerism.

We at Sokol Little Ferry lost a dedicated member and the community lost a fine, respectable gentleman!

Bro. Jerry W. Komarek, Fin. Sec.
Sokol Little Ferry

Music

By Dr. Antoin Mueller

Music what a magic word, it brings relief to us in sorrow, rejoices with us in happiness; how it inspires and spurs us in on so many occasions in the battle of life. Music, we find it everywhere, it is as old as the world. In cool summer breezes there is the frog, creaking in the pond, while the cricket plays accompaniment, and the birds, the messengers of spring, sitting on the twigs, their throats quivering with song, declaring their love to their mates; one tries to outdo the other. How the skylark with its sweet song tries to tell us of his gay and sad experiences while absent in the distant lands when the winter frost and snows were with us.

Primitive tribes had very simple musical instruments, that is, if we can call any instrument which gives off some kind of sound, perhaps only discords - a musical instrument? Each nation has its own conception of music as well as beauty. There are the dreamy strains of the Slavic race and the fiery music originating in the southern nations as Spain, Portuguese, Italian, etc. We need not even look into a program to tell to what nation the composer belongs, as the tempo and harmony tell us.

Music has developed with civilization, discarding everything that interfered with the expression of harmony, illustrated in an orchestra where even though various instruments are being played at the same time; nevertheless complete harmony is attained. Music like all sciences is governed by strict rules, especially the physical laws of sound waves, thus is the higher the tone, the faster the vibration, while on the other hand the lower tones are produced by slower sound waves. But it is necessary that both the rapid and slow vibration blend together, otherwise discord is produced, to which the well trained ear sounds as commonly termed "false." Some composers delight in including those discords in those passages which they wish to emphasize in their compositions; however, this is an exception and never should be regarded as a rule.

What is music? It is a physical outburst of the mental feelings and influences which inspire the composer. Then the musician must place his whole-hearted interest into the composition and play the selection according to his own interpretation. Very seldom do any two musicians interpret a composition alike. Likewise the vocalists.

The original musical instruments were very simple and crude. With the growth of humanity, the tendency was to combine more tones into one harmonical chord and then followed the more complicated instruments. One of these later instruments is the piano. From the old fashioned Spinet, we now have the beautiful harmonious piano, which has probably reached the pinnacle of clearness of tones. However, I have in mind a high classed piano and not the cheap instruments of questionable qualities.

We find self-player pianos in many homes which do away with the tedious years of training and practice, but how many of these "players" are perfect?

Music always uplifted, uplifts and will uplift the human race to higher ideals.

(*) This article first printed in
Sokol Americký, February, 1927.

ASO FINANCIAL REPORT

MARCH 1979

RECEIPTS:

Dues	\$ 674.25
Sokol Thomas G. Masaryk Dues	20.00
Convention Fund	312.00
Special Assessment	497.00
Dividends and Interest	937.58
Resale of Jewelry	42.40
"Gymnastic Activities with Hand Apparatus" and Songbooks	422.50
Educational Pamphlets and Membership Kits	36.25
Postage	.86
Sales of Ceramic Mugs	7.00
	<hr/>
	\$2,949.84

ASO Uniform Division -

Payment toward Advances	529.79
Redemption of Savings Certificate	5,000.00
	<hr/>

TOTAL RECEIPTS**\$8,479.63****DISBURSEMENTS:****Administrative**

Salaries	\$532.79
FICA & FWT for Feb. 1979	171.72
Rental, Janitor Service, Phone, Electric	379.26
Rental of Mailing Machine	69.49
Office Supplies	37.49
Printing Membership Cards	273.92
Postage and UPS Charges	20.93
Travel Expense	342.00
Miscellaneous	12.50
	<hr/>
	\$1,840.10

Board of Instructors

Salaries	\$361.58
FICA & FWT for Feb. 1979	52.92
Editor "Sokol Gymnast"	30.00
Addit'l copies "Sokol Gymnast"	29.00
Office Supplies, Tape, Postage	5.05
	<hr/>

\$ 478.55**Educational Department**

Postage	\$.15
	<hr/>

.15**Sokol Publication**

Printing "American Sokol"	\$1,196.54
Postage "American Sokol"	163.31
Editor "American Sokol"	100.00
	<hr/>

\$1,459.83**Miscellaneous**

ASO Uniform Division - Salaries, FICA & FWT, Phone	\$493.25
Special Appropriations - Central Dist. ASO	558.61
ASO National School Board	626.65
Investment in New Certificate	5,000.00
	<hr/>

\$6,678.51**TOTAL DISBURSEMENTS****\$10,457.16**

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$4,848.22
Discount on Canadian Checks	3.26
	<hr/>
	4,844.96
Receipts - March 1979	8,479.63
	<hr/>

13,324.59

Disbursements - March 1979

10,457.16

\$2,867.43**Future Sokol Leaders Fund**

MARCH 1979

In memory of John Novak - George and Ann Basta	\$ 20.00
In memory of wife, Sophie's birthday, May 15th - Allen J. Shabart	10.00
In memory of Milo Trenk - Anton and Anna Smunt	20.00
	<hr/>
	50.00
Dividends Earned	491.37
	<hr/>
	\$541.37

Donations are tax exempt

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

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6426 West Cermak Road
Berwyn, IL 60402

Sokol

Name

Old address

..... Zip

New Address

..... Zip



WHEN YOU PURCHASE LIFE, RETIREMENT OR MORTGAGE INSURANCE FROM CSA, YOU RECEIVE VALUABLE INSURANCE PROTECTION. YOU ALSO ENJOY MEMBERSHIP IN A FRATERNAL BENEFIT SOCIETY. CSA FRATERNAL PROGRAMS BENEFIT THE MEMBERS AND THEIR FAMILIES.

For Further Information Contact

CZECHOSLOVAK SOCIETY of AMERICA

"Pioneer of Fraternal Life Insurance"

CSA PLAZA

2701 S. HARLEM AVENUE

BERWYN, IL 60402

Phones: (312) 795-5800 - (312) 242-2224

At' Jedete
kamkoliv

vlakem, lodí nebo
letadlem,

po celém světě nebo jen
po Americe,
vždy pojedete nejlépe od

HEGER
TRAVEL BUREAU

6118 W. Cermak Road
Cicero, Illinois 60650

863-3681

TWO MINUTES OF HUMOR

The difference between failure and success is the difference between a bathrobe and a dressing gown.

* * *

Any man who thinks he's the boss of the house is probably married to a woman who knows how to keep a secret.

* * *

By the time the average college boy of today succeeds in accumulating the horsehide, the pigskin, the coonskin, and finally the sheepskin, poor father hasn't much hide left either.

* * *

At 20, he'd like to save the world, go down on history's pages. At 30, he'd just be satisfied to save part of his wages.

* * *

Perhaps the best thing for gray hair is having bald-headed friends.

* * *

The most foolhardy way to disagree with your wife is aloud.

* * *

THE

BOHEMIAN NATIONAL CEMETERY

OF CHICAGO

FEATURES THE BEAUTIFUL
MASARYK MEMORIAL
MAUSOLEUM

WITH NEWLY ADDED WINGS

It offers a complete cemetery
service consisting of

Cremation - Columbarium
Ground Interments

BRONZE GRAVE MARKERS
and GRANITE MEMORIALS are
on display at the Cemetery
Office.

5255 North Pulaski Road
Chicago, Illinois 60630

Telephones: 539-8442 - 3
Suburban 788-8442

Listen to our radio hour every
Sunday at 9:00 A.M. on WTAQ

Sokol Havlicek Tyrs - Chicago

REMEMBER US?? You may have not heard about us lately, but we are still active, even though we don't have a building anymore to call our own. We are active socially and a few members are active gymnastically by attending a Sokol unit closer to their homes.

We put out a newsletter to keep our members informed as to what we are doing (and have for 22 years) and we do meet every month at Sokol Berwyn for our membership meetings, except July and August.

During the summer months of July and August we have had our picnics every Thursday for the last 19 years, this year we are planning only four due to the shortage of steady workers during vacation time. About 20 of our sisters baked faithfully every week and donated pastry and helped where needed. We had residents from the Bohemian Home attend our picnics twice during the summer and we treated them to coffee and home-made pastry which they enjoyed.

We also have our Annual Bunco and Card Party at Mid-America in the spring and our Annual Dinner Dance at Sokol Brookfield in the fall where we also award membership pins. Some of our members are on committees during Slet days and also for the Chicagoland picnics. We have a few tours in between going to places of interest, or a lucheon-theater party, the Milwaukee Folk Fair in November. We try to keep our membership together by having these events.

SO-o-o-o, we aren't exactly sitting home twiddling our thumbs, wouldn't you agree? We are like a running brook, never stopping. We have a wonderful group of women and men who never refuse to help when help is needed. As of January, 1979, we joined forces with the men, so now we are one unit. Nazdar for now,

Ann Marsalek

CORRECTION - 1979 DIRECTORY

Sokol Little Ferry, New Jersey; Dir. of Men, Edward Nepil, 57 Redneck Ave., Little Ferry, NJ 07643.

Sokolice Little Ferry, New Jersey; Dir. of Women, Lynn Hrbek, 41 Grove St., Little Ferry, NJ 07643.

Váš cestovní program Vám spolehlivě a přesně vyřídí

WEBER TRAVEL AGENCY, Inc.

- Foreign and Domestic Tours -

PI 9-1333

6805 W. Cermak Rd., Berwyn, Ill. 60402

BI 2-1512

JERRY A. RABAS, Pres.

(New Location)

TUZEX Service

81st

SUCCESSFUL
YEAR

of

Fraternal
Life Insurance
PROTECTION

Western Fraternal Life Association

Západní Česko-Bratrská Jednota

LARGEST
CZECH-AMERICAN
ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 insured members in 8 states. - Now licensed in 18 states, over 60,000 certificates, has over \$143,000,000 of insurance in force. - Total assets over \$38,000,000. - Offers Legal Reserve Fraternal Life Insurance for Juveniles and Adults to age 65.

Home office

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402