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ROČNÍK XXXII.

CHICAGO, 15. BŘEZNA, 1910

ČÍSLO 3.



DE stádo tvojí péči svěruji,
tak junákovi vetchý řekl děd —
A junák svědomitě činil se,
že rájem zdál se jemu celý svět . . .

Až jednou jak se kolem rozhlížel,
on ráje svého ztratil zlatý klíč
a obzor celý se mu zakalil,
neb jedna ovečka hle! byla pryč.

A ztrácely se mu den ode dne,
že hoch náš nad tím stále více žas'
a hrdou lebkou kmitla myšlenka:
"O, na lupiče přijde někdy čas!"

Na stráži stál — však lupič přicházel,
co beran jeden se druhým se střet,
mizely ovce jedna po druhé
a k junákovi přistoupil zas' děd:

"Je třeba pevnou rukou zasáhnout,
by bezmocným byl černých draveců spár,
Ty proto k mužné ráně připrav se
a beranů svých ukrot' zhoubný svár!"

Na stráži stál a zrakem pozorným
na stádo zřel i ve daleký kraj,
tu zatemnil se obzor, zavzněl skřek
a nad hlavou mu divých orlů láj.

A sletl orel křídel největších
jak noc byl černý každý jeho brk,
na juna vrhl se — však bylo zle:
ten chyt mu spár a sevřel moeně krk . . .

PHYSICAL FITNESS
S
HIGH GYMNASTICS

AMERICAN SOKOL

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388 Shenstone Road Riverside, Ill. 60546
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Calendar of Events

- 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 2 - SOKOL CLEVELAND CECH-HAVLICEK**
N.E. District Women's Competitions
- JUNE 3 - SOKOL SLAVSKY - Picnic**
National Grove No. 4
- 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 10 - SOKOL GREATER CLEVELAND**
Český Den at DTJ Farm
- JUNE 15 - SOKOL CLEVELAND CECH-HAVLICEK**
Fish Fry at Bohemian National Hall
- 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
- JUNE 28, 29 and 30, JULY 1, 1979 - SOKOL U.S.A.**
XVIII Slet and Competitions at Lehigh
University, Bethlehem, Pennsylvania
- JULY 13, 14, 15 - SOKOL DETROIT**
2nd Annual Ethnic Festival Yack Arena
in Wyandotte, Michigan
- AUG. 12 - SOKOL DETROIT**
Accordion Jamboree
- AUG. 26 - SOKOL CHICAGOLAND BLDG. ASSN.**
Picnic - National Grove no. 4
- SEPT. 8 - SOKOL GREATER CLEVELAND**
A.S.I. Beer Festival
- SEPT. 9 - SOKOL DETROIT**
Grape Festival - Sokol Camp
- SEPT. 23 - SOKOL SOUTH OMAHA Czech Festival**
Czech Dinner - Polka Music - Entertainment
- OCT. 13 - 14 - SOKOL SOUTH OMAHA**
Garage Sale
- OCT. 27 - SOKOL SOUTH OMAHA**
Halloween Masquerade Dance
- OCT. 27 - SOKOL WASHINGTON, D.C.**
"Sokol Opera" Ant. Dvořák's - "Jakobin"
- NOV. 16, 17 and 18 - SOKOL MILWAUKEE**
Holiday Folk Fair

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. C

June - 1979 - Červen

Číslo - No. 6

Lidice - Czechoslovakia

What were you yesterday?
Measured in time and space,
In the number of your living souls
Or in the wealth of your sparkling coal,
You were unknown, merely another name,
A village nestling round its aged church,
Few white-walled homes with lean-to garden walls
And dwarfish, barren fields. No more?
A village square where children romped and played,
And elders met to judge the deeds of men.
The changing weather and the doubtful crops.
Though centuries had rolled in thunderous might
Across your changing skies
There was naught to mark you off, or to portend
The martyr's role that you were yet to play.

Unknown, secure, unwary you awoke
To face the unleashed fury of a conqueror's insane hate,
To witness horrors that rocked the nearby trees,
To see your men hounded, corralled and slain,
Your women, young and old, herded like galley slaves
To face an unknown danger, worse than death.
To see the children who used to romp and play
About your village square, carted away,
Each victim orphaned twice within one day
And seared for life by memories' livid scars.
And what of you? Your walls, your homes and all?
All that was you, now smolders 'neath the skies,
A formless ruin, a charred and twisted mass,
A desolate victim of spiteful, brutal hands.

The aged bass tree nods its weary head
A rustling refrain to comfort the silent dead.

Today and for all time!
You are no longer just another name,
You are a symbol, a question mark
That rises like a pointed avenging spear
Out of the ruins of your yesterday,
To ask in terms all men must understand,
"You who have not kept faith with fine resolves,
You who once spoke of the brotherhood of men,
What have I done to deserve this cruel fate?"

How have I sinned? Where have I gone astray?"
 And the sun that sheds its pitying radiance
 upon your smoldering, blood-stained crumbling stones
 Whispers its words of solace as it says,
 "You have not wronged, you did not deviate
 You were the victim of a frothing venomous hate.

In a world of hate, twixt complacent indolent men,
 A world of greed, distrust and hollow words.
 You have not wronged, nor have you died in vain."
 And the howling wind that stirs the aged trees
 Looks down with scorn upon the leering men
 Who wreaked this havoc, who plunged their greedy hands
 Into the crimson pool of your entrails,
 And the wind howls madly as it shouts its threat,
 "You soul-less beasts, you who have killed and maimed,
 Who have burned and raped and bled this tortured land,
 Your day will come. I can see its crimson dawn
 Rising beyond where your lust filled vision cannot see,
 I hear the growing resolve of indignant, determined men,
 Saying, "Your days are numbered. Mene! Tekel! Beware!"

The aged bass tree nods its weary head
 A rustling refrain to comfort the silent dead.

R. A. Ginsburg
 Published by Czech Literary Press

Staré Lidice Lidice v Československu



Deset mil západně od Prahy v Československu, nedaleko hlavní silnice, byla vesnice Lidice, ve které žilo 500 obyvatelů. Vesnice nebyla u hlavní silnice, nebyla na obyčejné mapě, nebyla na seznamu míst zeměpisných.

Dnes jsou Lidice nesmrtelné. Obyvatelé jejich byli obviněni, že přechovávali osoby, jež usmrtily ukrutníka Reinharda Heidricha, a proto dne 10. června 1942, nacisté celou vesnici zničili. 200 mužů v ní žijících usmrtili, 120 žen poslali do koncentračních táborů a děti poslali do "vzdělávacích ústavů."

Vesnice byla spálena, srovnána se zemí, všechny zápisky - narození, sňatků a úmrtí, zničeny. Tak platili lidičtí za svou vytrvalost v hájení svého práva, své vlasti a své obrany proti tyranům.

Nové Lidice Lidice ve Spojených Státech



Lidice nejsou vyhlazeny, nezahynuly a nejsou zničeny, jak se Němci vychloukali po dni 10. června. Dne 12 července 1942 byly obnoveny, dle jména i v duchu v srdci Ameriky. Stalo se tak zřízením Lidic ve státě Illinois, v nové osadě, ve které žije 100 dělníků zaměstnaných v pracích ozbrojovacích a jejich rodiny. Tak je dána zřízením Lidic ve Spojených Státech, rázná vydatná odpověď nacistům na jejich snahu zničit lásku ke svobodě v srdcích civilisovaného lidu.

Památka Lidic není však udržována pouze pojmenováním osady k počtu zničeného místa v Československu. Je v nových Lidicích na americké svobodné půdě, založeno "Světlo Svobody", jež bude vždy dojemně připomínati památku mučedníků lidických v Československu, neohrožených obhájeu svobody.

Edna St. Vincent Millay

ASO Executive Board Meeting

TUESDAY, APRIL 24, 1979

Meeting was brought to order at 7:35 p.m. by the President, Bro. R. Zitny. We were privileged to have as guests Sis. Mary Vanslow and Ella Rendla of Sokolice South Omaha and Bro. Charles Rendla of Sokol South Omaha, who were warmly greeted by the members present.

Also present was Mr. Robert Selden, CPA, who presented the audit report as of December 31, 1978, from Selden, Fox and Associates, Ltd. The reports were passed out and Mr. Selden discussed them fully. It was requested of Mr. Selden to have a report as of March 31, 1980, ready for presentation to the XIII ASO Convention. It will be suggested to have our fiscal year from April 1st through March 31st. Bro. Zitny thanked Mr. Selden for a very thorough report and Mr. Selden in turn thanked Sis. Sotka and Bro. Basta for keeping a very good set of books, thereby making his job easier.

The regular meeting then proceeded and minutes from the following Districts had been distributed and discussed: Eastern, March 11, 1979; Northeastern, March 28, 1979; Central, March 28, 1979.

Correspondence: Sent information to a Mrs. Ormbrek about local units - she found out about our organization through the article in the Chicago Tribune; inquiry from the SPJST as to whether we wish to continue receiving their Vestnik. We replied that we do. Invitation to the presentation of a painting by Sis. Henrietta Milan in memory of Bro. George Zabka at Sokol New York on April 29th; received a copy of "First Monday" - their cover composite shows Thomas G. Masaryk with a child which happens to be the same photo which appeared on our March, 1978, cover of the American Sokol publication; received information from Sokol USA regarding a survey with housing and meal reservations; also from Sokol USA a request for an ad in their souvenir program book. Sis. Basta moved that we take a full page ad; Bro. Lebloch added that we should continue with the educational format; seconded, passed. Sis. Schnabl cautioned that the deadline is May 20th; letter received from Sis. Emilie Ruzicka, Sokol Miami, regarding some materials she is willing to donate to our library. They will be gratefully accepted; from Central District, requesting a Sokol emblem cut so that they could make a rubber stamp from it, approval given.

Director of Women - Sis. M. Ptacek: Bro. Halik and Sis. Schnabl have finished translating the men's and women's portions of Bro. Kudrnovsky's prostata. They will compare notes shortly and have a finished copy ready for reproduction. Sis. Schnabl has also taken over the composing of the 2nd class girl's calisthenics and suggested a few revisions for the 1st class girls. She and Bro. Linhart will also compare notes. Final report: from Eastern District for 2 gymnastic sessions Feb. 11 and 12 at Sokol New York and Sokol Little Ferry. Travel, food, 1 head instructor, 3 assistants for a total of \$293.96. Sis. Basta moved this be paid; seconded, passed. Interest shown for

reactivation of gym classes in Caldwell, Kansas, as a couple of members attended the Yukon Sokol exhibition put on by the Southern District.

Director of Men - Bro. P. Lebloch: Bro. P. Fina is being initiated into the Greater Cleveland Hall of Fame and the BOI will send congratulations. The Northeastern District is being advised. Attended the meeting in the Southern District with Bros. Basta and Zitny. Visited several possible sites for the Slet and competitions in Ft. Worth. They were given information as to costs of such an event and expectations of the ASO and are still very much interested in hosting the 1981 Slet. Also visited the Sokol Karel Havlicek Hall in Yukon. All were very impressed with the program and the enthusiasm. It is hoped that the Sokol in Yukon will reactivate. Sis. Zabka attended the emergency meeting of the USGF and a report will be forthcoming. She advised that the next International Gymstrada will be in Zurich, stating that the Czechoslovak Sokols Abroad are also holding a Slet that year. She suggested the American Sokols be involved. Bros. Basta and Zitny further reported on their trip to the Southern District. They left with the suggestion that the Southern District meet again and discuss the facts presented by the ASO. Bro. Zitny received a phone call from Bro. Ben Maca, President of the Southern District stating they are definitely still interested. A formal letter is to follow. After further discussions, it was decided that a final decision by the ASO will be made either in the May meeting or at a specially-called meeting for that purpose. Bro. Lebloch added that he received a letter from Bro. Ed. Pavoucek, President of the Western District thanking him for information received regarding the interest of Sokol Caldwell to reactivate.

Educational Committee - Bro. Stan Barcal: The pictures are ready for the Czechoslovak History; printing is to be done by the Cicero-Berwyn Press. Pictures will be obtained for our publicity folder. Discussions held regarding 100 years of Sokol and another possible publication on Sokols in America.

Editorial - Sis. J. Kourim: Her report read by Sis. Schnabl. The May issue is in the final proof-reading. She has received several "fan letters" concerning the publication. Quotations were received on the seals, 30 to a page; 5,000 sheets - \$700.00 and 7,500 sheets - \$825.00. Bro. Barcal moved that we order the 7,500 sheets; seconded, passed. Sis. Kourim will be advised. Mailing is scheduled for early fall.

Public Relations - English - Sis. S. Pistorius: Two articles appeared in the Venture section of the Chicago Tribune. Has been in contact with Mr. Dick Chase of radio station WKDC located in Elmhurst, Illinois. Suggestion made to contact the Central District - approved. Is still trying to get an article about our publication's 100th anniversary into various news media.

Organization - Sis. A. Basta: Is waiting for the final report from the Southern District regarding their trip to Sokol Karel Havlicek, Yukon, Oklahoma.

Financial Secretary - Sis. A. D. Sotka: Prepared the March financial report and distributed copies to the Executive Board members. Filed the payroll tax reports for the first quarter of 1979. An audit was made of the

ASO books for the 4th quarter 1978 and were found to be in order. One unit each in Eastern, Western and Southern District have not as yet filed their fourth quarter 1978 reports. Prepared individual figures on the expenses of the Education Committee, BOI, and National School Board conferences.

Treasurer - Bro. G. Basta: In addition to the report discussed when Mr. Selden was present, Bro. Basta presented the first quarter chart for 1979 showing our expenses and income. The Convention fund jumped as most units paid at the end of 1978, which showed up on the 1979 books.

Uniform Division - I. Vice-President - Office - Sis. B. Prener: Getting orders from Sokol USA and also Sokols in Montreal. Rental for April and salaries for March paid. Books will be audited in the near future. Redecorating promised for early May. Attended all unit exhibitions and educational meeting.

Secretary - Sis. E.J. Schnabl: Prepared the minutes of the March meeting and distributed same to the Executive Board members and then to the six District Presidents; took care of correspondence; prepared today's agenda; acknowledged donations to the Future Sokol Leader's Fund; ran off needed stencils; arranged for air flight tickets to Dallas for Bros. Basta, Zitny and Lebloch; attended Sokol Stickney's exhibition and the ASO Educational Committee meeting. Prepared a full attendance record of the Executive Board up to March 27th, 1979, copy given to each member. It shows for each member the total possible attendance, number of times present and number of times excused as well as number of times unexcused.

President - Bro. R. Zitny: Previous month was concerned mainly with the trip to the Southern District which was discussed in the reports of the Directors.

Other Business: Bro. Barcal attended the Czechoslovakia and United States-Czechoslovak relations meeting at the Department of State in Washington, D.C. and gave us a very extensive and interesting report. He was asked to write up this material for publication in the American Sokol. Committee meetings for the 1980 Convention will be meeting shortly and plans formalized by our September 25th meeting. Sis. Schnabl will contact the Bohemian National Cemetery of Chicago for procurement of wreaths for their Memorial Day Services to be held Monday, May 28th.

There being no further business, Bro. R. Zitny thanked all for their reports. Meeting was adjourned at 10:05 p.m.

Respectfully submitted,

E.J. Schnabl, Secretary

Sokol Caldwell Observes Fiftieth Anniversary

Sunday evening, March 11, 1979 Sokol had a full house of guests to help Sokol Caldwell observe its charter anniversary and to see six charter members and one transferred fifty year member receive their fifty year pins. All were present. Those receiving fifty year pins

were Brothers Frank Anton, Joe Vavra, Sr., and Joe Netahla; Sisters Mildred Maruska, Mary Anton, Wilma Jelinek and Carrie Anton. Ordinary membership pins were presented to two other faithful members Sisters Louise Sheen and Rose Netahla.



Reading left to right, both rows: Carrie Anton, Frank Anton, Mary Anton, Wilma Jelinek, John Maruska, Mildred Maruska, Louise Sheen, Joe Vavra, Sr., Rose Netahla and Joe Netahla.

The party started off with Bro. Joe Netahla asking Mrs. Lela Wilson, President of the local ZCBJ to give the grace preceding a bountiful covered dish supper which began at 6:30 p.m. Meeting was called to order by President Joe Netahla. Mrs. Mary Bobek, a former member, gave the welcome. Everyone was asked to stand for a moment of silent prayer in memory of deceased brothers and sisters. Wonderful duet accordion music was furnished by a father and son team. President Netahla proposed a toast to the members and especially to Bro. John Maruska who was asked to present a pin and a carnation corsage to the sister candidates and a pin and a carnation boutonniere to the brother candidates. Bro. Maruska received his pin four years ago. Before making the presentation, Bro. Maruska told about some of his wonderful experiences during his 54 years as a Sokol.

Bro. Netahla asked for comments from the "old timers" relating to interesting stories about early day activities about Sokol Caldwell and the Sokol organization. Some of the stories were so touching that tears were shed. Much interest was aroused, especially in the younger folks when Bro. and Sis. Frank and Mary Anton led the group in singing the song "Borovicka". In closing, Bro. Netahla expressed thanks on behalf of Sokol Caldwell to the members and all the others for making the evening such a successful event. A big thank you to Sis. Rose Netahla and our daughter, Janet Curtis for baking the four-tiered anniversary cake and serving it to those present. Frank Skrdla furnished delicious home-made wine for the toast, the LeRoy Hovorka orchestra played the rest of the evening for dancing.

Nazdar!

Bro. Joe Netahla

Sokol Caldwell

AMERICAN SOKOL

SOKOL GYMNAST

JUNE 1979

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

1979

DISTRICT SLETS - AMERICAN SOKOL

Eastern District
Northeastern District
Central District
Western District
Southern District
Pacific District



Baltimore, Maryland
Cleveland, Ohio
Brookfield, Illinois
Omaha, Nebraska
Dallas, Texas
Los Angeles, California

With the coming summer months, most of our units conclude their regular activities with DISTRICT SLETS, Schools, Camps, Tours, and related endeavors. The most energetic of our units will continue working through the summer months in special classes to better their quality of gymnasts.

Other than the SOKOL U.S.A Slet to be held at Lehigh University, in Bethlehem, Pennsylvania, on June 29, 30, and July 1st; there has been no national activity planned for the American Sokol Organization. Therefore, we urge all of our Sokol members to participate and encourage activity within their District SLET and events. In some instances, our Districts will reach out and combine their activities with other gymnastic organizations, creating enthusiasm and good will.

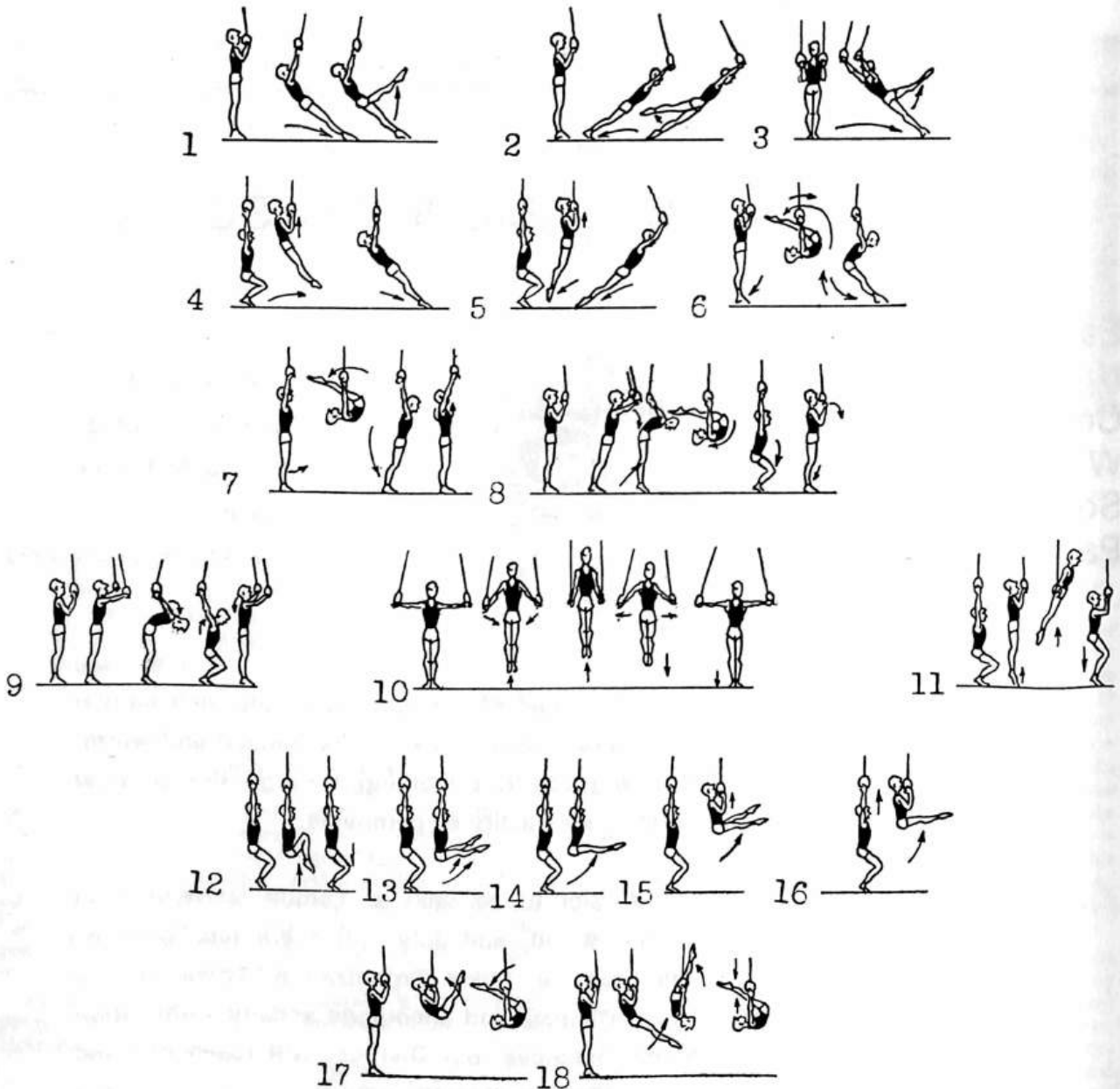
WORLD'S GYMNASTIC CHAMPIONSHIPS

Ft. Worth, Texas

Dec. 3-9, 1979

Boys Preparatory Training for Rings

(Shoulder Height)



All exercises (1 to 9) start from lift hang standing position. 1. From lift hang standing - slide to hang lying, feet in front, raise left - right high frontleg. 2. Slide to hang lying, feet in rear. - raise left - right high rearleg. 3. Slide to hang lying, sideways L-R - raise left-right high sideleg. 4. With uphop to bent arm hang - extend legs to front to hang lying. 5. With uphop to bent arm hang - extend legs to rear to hang lying. 6. With joint rebound, bent hip hang - lower to rear hang lying. 7. With joint rebound, bent hip hang - lower to rear hang standing - dislocate to stand. 8. With front bow, through sidearm and reararm - dislocate forward to hang standing. 9. Dislocate

forward - dislocate rearward to hang standing. 10. With joint rebound thru sidearm - to support - lower thru sidearm to stand. 11. From hang squatting, joint rebound - to support - lower thru bent closearm to stand. 12. From hang squatting - raise legs to bentleg hang - lower to stand. 13. From hang squatting - raise legs to stradleg bent hip lever. 14. From hang squatting - raise legs to closeleg bent hip lever. 15. From lifthang raise legs to stradleg bent hip lever. - 16. From lifthang raise legs to closeleg bent hip lever. 17. From lifthang - thru lifthang (no rebound) pull to benthip hang. 18. From lifthang - thru lifthang (no rebound) pull to inverted hang - benthip hang.

Olympic Training Given \$2 Million

A \$2 million pledge from Burger King Corp. to underwrite two training centers for American athletes through the 1980 Olympics was announced by the U.S. Olympic Committee. The fast-food chain will donate \$1 million a year for two years.

Termed the largest single contribution in the committee's history, the money will be used to feed and house athletes at training facilities set up 18 months ago in Squaw Valley, Cal., and Colorado Springs.

In 1976, when the surprisingly strong showing by the East Germany Olympic team, together with reports on advanced training techniques in Eastern Europe caused the committee to re-examine its position in training procedures.

The USOC this year approved a quadrennial budget of \$26 million to be raised from corporate gifts such as Toyota's \$1.2 million grant and three donations from Coca-Cola totaling \$1.2 million. The committee also voted to set up training centers, but the financing was vague.

The committee has signed a 13-year lease with an option to purchase for the former Olympic Village in Squaw Valley and also has negotiated a 10-year lease at \$1 a year for the former North American Air Defense Command headquarters in Colorado Springs.

According to F. Don Miller, a retired Army colonel who is the USOC executive director, the committee plans two more training centers - one in Lake Placid, N.Y., site of the 1980 winter games, and another in Baton Rouge, La. - both to be opened before the 1984 Olympics.

The committee says it costs \$8.14 to feed and house an athlete per day. At that rate, Burger King's \$1 million per year gift should provide one day's training for 123,000 athletes.

Miller has justified the training centers by pointing out the average age of American athletes in the last Olympic games was 25, which puts them beyond school training programs - the same programs that often are being cut back to save money.

Notes

DIAL WRAPPER SAVINGS PROGRAM - Those of you who are engaged in the Dial Wrapper Program for gymnastic apparatus can now redeem labels from Dial Anti-Perspirant and Dial Shampoo in addition to Dial Soap Wrappers. Each anti-perspirant or shampoo label will count the same as three soap wrappers.

1979 DIAL AMERICAN CUP - Fifteen nations entered in two-day International Meet. Two U.S.A. men, Kurt Thomas and Phil Cahoj (Sokol Omaha) were entered in the finals. Results - Kurt Thomas 1st All Around, and Phil Cahoj 6th All Around.

APRIL INTERNATIONAL GYMNAST - Centerfold photo of James Hartung - University of Nebraska (Sokol Omaha) as Pommel Horse and Vaulting Champion. ('78 Championship of U.S.A.).

A.S.O. Directors Conference

Omaha, Nebraska

Outside Affiliations: Motion made to remain members of the USGF. Passed.

Motion made to retain Sis. Norma Zabka our representative to the USGF. Passed.

All Districts would like to receive copies of the USGF minutes which Sis. Zabka will be sending to the office shortly.

Motion made to retain our membership in the AAU. Passed.

Motion made to retain Br. Hardy as our representative. Passed, Br. Jerry Hardy is the National Gymnastics Chairman and represents the ASO at his own expense. We have requested a picture and article for the Gymnast.

Future Directors' Conferences: We will not hold a Directors' Conference in 1979. The BOI will meet a couple of days prior to the Convention in June 1980. In order to continue to hold these yearly Directors' Conferences, and to hold them in different areas, we will need a larger budget for the BOI. Our 5-year budget allotted in 1975 was \$10,000. Our 1976 Conference cost over \$2,000.00; our 1977 Conference cost over \$4,000.00; and this one will probably run over \$4,000.00. Possibly the Districts would be willing to help financially.

Everyone is to read the By-Laws pertaining to the National BOI. Submit any changes, suggestions, etc. to the By-Laws Committee by next fall.

At the Convention, each District has one vote, the National Directors each have one vote. Officers of the BOI have no vote on the Convention floor unless they are delegates of their own unit.

Old Business: Br. Liska submitted in writing his suggestions to the ASO to raise the level of Sokol gymnastics classes.

1. The "Sokol Gymnast" to include articles teaching instructors how to organize and lead a good Sokol gymnastics class.

2. The BOI to encourage the units to include basic teaching of sports to the regular classes, like track and field, volleyball, basketball, swimming, as well as winter sports, especially ice skating and skiing.

3. The ASO to have members responsible for instruction, organization of sports mentioned under 3.

4. Units (especially the small ones), to be encouraged to add classes of Czech language to the gym classes, in case the children in classes are of Czech families who appreciate it.

The future National School Board recommends a mandatory rule that every District holds an Instructors Course sometimes during the year. We will need students who are qualified to attend the National School.

Br. Lebloch and Sis. Ptacek thanked everyone for their attendance and cooperation, with a special thanks given to the Western District for their Hospitality.

Meeting was turned over to Br. Michalek who led us in several songs. - Meeting adjourned at 5:00 P.M. with a hearty NAZDAR!

Respectfully submitted,

Mae Simonek, BOI Secretary

Science, Innovation and Gymnastics in the USSR

by Eric Malmberg

Gymnastics Coach, SUNY, at Cortland, N.Y.

As with all sports, science plays a very important part in the total gymnastics program in the USSR. Scientists work hand in hand with the coaches and like coaches are trained at special institutions of higher learning. The most notable of these is the Central Institute of Sport and Physical Culture in Moscow. The gymnastics department there boasts 150 gymnastics "majors," 45 coaches, 1 Professor-Doctor, 14 Masters of Sport, and 20 post-graduate students involved in gymnastics research. Most worthy of mention is their esteemed technical expert, Y. K. Gavardovsky, who has been appointed to carry out the research for the national gymnastics program.

Soviet scientists consider the technical aspects of gymnastics as most important and innovation or the development of new stunts is now of the essence. The Soviets have turned their scientists loose in the area of innovation. Nationally, their goal is to predict trends and at all times to stay one Olympiad ahead in research and innovation. To insure this, their scientists came up with no less than 1,000 stunts that have never been done before and are presently researching them.

An example of this was a movement first seen in 1977. Mr. Gavardovsky was quite pleased to announce that, for the first time, science went ahead of the gymnast and came up with the "reverse hecht" (as performed by Tkatchev and Andrianov). The movement was proven theoretically possible and learning progressions were developed by coaches. Scientists not only consider singular movements but also consider technique and style possibilities as well.

Within the last few years the Soviet gymnastics and wrestling programs have been sold on the idea of Electro-Myo Stimulation (E.M.S.) for the development of strength in their national teams. In short, a specific muscle or combination of muscles can undergo maximal innervation by use of electrodes and a special current frequency. Gymnasts undergo 18 sessions which can extend from 21 to 36 days, depending on the gymnast's training program. An incredible 40 percent increase in strength occurs which stays with the gymnast for three months before the strength begins to decline. There is no pain involved, no motivation required, no negative effect on a gymnast's timing, and no soreness the next day. The Soviets like to end a program about four days prior to competition. Stimulation of children less than 18 years old has not been done because of lack of research. Fact: **An Iron Cross** in two weeks!

Trips to various sport schools around Moscow show how government support and innovation through science yield an ideal training environment. Not only are there seen "twisting machines" and "giant machines" but in one gym a scientist was monitoring a ten year old's heart rate through an entire 3 and one-half hour workout as part of a long term study on optimal intensity for the training of young gymnasts.

Training sessions in these sport schools are quite interesting. Gymnasts work in groups of 4-6 with one

coach per group. All boys take ballet lessons and also practice and compete their Floor Exercise to music as pianists are present in all gyms. At the beginning level coaches hand manipulate, and correct positions quite a bit. Young boys were strapped onto a High Bar and Rings by use of canvas glove and wrist loop while the instructor corrected positions and guided them through giants.

The importance of crushed foam pits as a learning tool cannot be emphasized enough. The Soviets are capable of teaching faster, safer, more difficult stunts to young gymnasts. Because of these facilities, the Soviets can automatically have more progressions and therefore teach gymnastics differently. It is a common sight to see a whole gym of 12 to 14 year olds doing doubles off High Bar, Rings, and on special tumbling floor into these pits. This includes girls, too!

Young gymnasts are guided by their coach and learn early how to work out. They often carry a notebook during practice to note mistakes, record the number of repetitions, and regulate the intensity of their workout.

Communication nationally is great as all schools were teaching key movements with identical progressions. Most notable was the number of gymnasts at different gyms performing the same drills for the flyaway with one-half twist to straddle catch. (Which is not a flyaway but a blind turn hop and duck under.)

A good while ago, the Soviets were trying to catch up to the Japanese men. As one Soviet coach related, they actually "burned out" one generation of good gymnasts due to injuries because thick foam pads were not used as they were in Japan. To say the least, the situation is much different today as innovation through science in the USSR has played a major role in developing gymnasts for the present, the future and set standards for the rest of the world.

- Int. Gymnast

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Sokol Houston

Sokol Houston is very proud to share this photo of Bro. Joseph Ehrenberger, Director of Men, 1978, presenting a plaque to Sis. Carrie Vodehnal, Director of Women, 1978. The inscription on the plaque reads as follows: (Náčelnice Sis. Carrie Vodehnal, in appreciation of your dedication to Sokol ideals, Sokol Houston BOI, 1978).

Sister Carrie Vodehnal joined Sokol Houston in January, 1927 at age 26 as a gymnast. She moved to Chicago, Illinois in September, 1928 and became a member of Sokol Slavsky. There she was coached by Bro. O. Kudrnovsky and competed in Sokol in Northwest District and AAV.

In 1932 she was one of ten women selected by the AOS and sent to the Slet in Prague, Czechoslovakia to compete as a přebornice. In 1938 she returned to Houston, Texas and has since been active in gymnastics at Sokol Houston as a coach and náčelnice.

Carrie has three children, Gary, who assists her in their business, American Machine and Welding Company; Andrea, a prima ballerina presently with the Houston Ballet Company; and Jaroslav, who is a film producer.

Sis. Margaret Kosowski
1979 Director of Women, Sokol Houston



Sokol Detroit - Czechoslovak-American Festival

A year ago, this writer expressed the notion that ethnic awareness appeared to have gained recognition and acceptance by the American public.

Today, this ethnicity is enjoying a growing popularity and is being received with a kind of enthusiasm when not too many years ago it would have been looked upon as alien and enjoyed little or no recognition.

Sokol Detroit's participation as representing Czechoslovakia in an ethnic festival in 1978 was a success that far exceeded our fondest expectations.

This year, 1979, we have high hopes of a repeat performance. The press gave a glowing account of the genealogical (ROOTS) map of Czechoslovakia which we displayed. On this very large map, a person located his or her ancestral home and placed thereon a marker with their name. Other interested festival goers marked their ancestral homeland and soon the map was dotted with these markers. Many were amazed to learn through these plottings that friends and mere acquaintances were from the same villages and regions and in some cases possible blood relatives. We are of the opinion that surnames collected represents the majority of Czechs and Slovaks in the Detroit area.

My purpose in relating this information is to encourage other Sokol units to pursue similar ideas as a public relations endeavor to encourage the fostering of our Sokol ideology. Inactive, non-active and active members alike all took part and pride in the festival.

We invite you to spend three exciting days with us, July 13-15, 1979 at the Yack Arena in Wyandotte, Michigan and see for yourself the expression of Czechoslovak and Sokol heritage and culture. Six live Czech and Slovak bands, native costumes, gymnastics, national food and drink.

For further information, write to Sokol Detroit; we will arrange overnite accommodations.

Nazdar!

George Eisenstein, Publicity
Sokol Detroit - Ethnic Festival Committee

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IN MEMORIAM



SISTER FRANCES SUCHY VITEK was born on January 26, 1897 and died April 5, 1979 at the age of 82. She was born in Nepomuk u Plzně and came to this country in October of 1912. She joined Sokol Slávoj in June of 1915. Sokol Slávoj in time joined with Sokol Tabor and Sis. Vitek remained as a member for a number of years. She transferred to Sokol Chicago. Upon moving with her family to the village of Stickney, she transferred for the last time, to Sokol Stickney where she was active on committees and held Sokol offices. Her enthusiasm for getting things done was a boon to us all. She was most active on all money-making projects so that Sokol Stickney would have its own home. Sokol was her whole life! Sewing "kroje" and Sokol uniforms for children for the exhibitions; she was a member of the "Výkonný Výbor Americké Obce Sokolské"; she also had time for the Czech school; her energy was untiring. At the 50th Anniversary of Sokol Stickney in October, 1978, Sis. Frances and her husband, Joe were honored as the two oldest members of our Sokol and received 45 year pins. Sis. Vitek belonged to the Sokol family for 63 years. She was honored and loved by all who knew her. She had been ill for a year which limited her activity. SHE IS GONE. HER WORK IS FINISHED. She leaves behind her husband Joe, son Joe, Jr., daughter Millie, a son-in-law, two grandsons and all the members of Sokol Stickney to carry on where she left off. NAZDAR, Sis. Vitek, for a job well done.

Sis. Helen M. Sindelar,
Ed. Dir. - Sokol Stickney

SOKOL DETROIT

SIS. GENEVIEVE SCHAEFER was born on June 6, 1904, in Štětín, near Prostějov, Czechoslovakia. Her parents brought her to the U.S. when she was six years old. She received all her schooling here which included two years of business college. As a young girl, Genevieve attended Sokol gym classes and in 1914, when our old Czech Nat'l. Hall was built, ten year old Jennie recited a speech and handed His Honor the Mayor of Detroit a bouquet of flowers. Genevieve Mily attended the many social functions at the old hall and there met and was courted by her future husband, Joseph Wimmer. On the 30th of April, 1922, they were married and as time passed she became the loving mother of the late Doris Elaine and Joseph, Jr. A contented and happy marriage lasted 28 years, in 1950 her husband passed away. After several years of widowhood, Sis. Wimmer married John Schaefer who has since passed away. Surviving Sis. Schaefer, along with her relatives, are her sister Agnes Pazdernik, her son Joseph, Jr., his wife Lorraine, four grandchildren and two great-grandchildren. Her dear daughter Doris passed away on December 21, 1974, the

shock and grief was almost too much to bear; since that time, her health had been on the decline. Sis. Schaefer became a member of Sokol Detroit Ladies Auxiliary in 1936. She helped on many committees and functions, very often working on the kitchen committee. During World War II she was helpful in the Czech branch of the Red Cross and the Czechoslovak National Alliance. Sis. Schaefer was also a member of Lodge Přibyslava Denice No. 8 for almost 50 years and Financial Secretary for 16 years. She leaves with us many pleasant memories. Her life was the life of love for her family, doing good, always hopeful and cheerful, independent and courageous to the very end. Our Sokol Unit has lost a worthy member when Sis. Genevieve Schaefer passed away suddenly on February 3, 1979. She was laid to rest next to her loving husband, Joseph Wimmer, Sr., on February 6, 1979.

* * *

Our oldest and honorary member of Sokol Detroit Ladies Auxiliary, **SIS. ANNA NEWBERG**, died on February 20, 1979. She attended her last Sokol meeting on February 1st and proudly witnessed her great-granddaughter with her husband, being initiated into our respective units which made it four generations of her family simultaneously members of Sokol. Sis. Anna Newberg was born in Příkasice, Czechoslovakia on April 27, 1885. She would have been 94 years old. She came to the U.S. in 1905 for a better way of life in a new democratic land. On July 29, 1905, Anna Moulis was married to Emil Newberg. They had four children, Phyllis, Marie, Emily and Emil, Jr. Surviving Sis. Newberg are her daughter Emily Foster, 3 grandchildren and 11 great-grandchildren, her dear sister, Bessie Skramksy, 7 nephews and one niece. After a happy marriage of 49 years, Bro. Emil Newberg passed away in 1954 leaving Sis. Newberg a widow for 25 years. Sis. Newberg was an honorary and charter member of our unit, Sokol Detroit Ladies Auxiliary. She was one of a group of women inspired by the Sokol ideals, who had the stamina and fortitude to form a Sokol unit of her own, independent of the men's unit in 1920. She was an ardent member who sincerely loved her Sokol work. She was helpful on committees and will be mostly remembered for her many countless hours spent in the kitchen of our old Czech National Hall on Tillman and Butternut and at our Sokol camp where in 1937, Bro. and Sis. Newberg built one of the first cottages. During World War II, she was active on the Czechoslovak Branch of the American Red Cross. She knitted many sweaters, socks and mittens for our servicemen overseas. She also sponsored several Czechoslovak families who were displayed persons of W.W. II. Many new immigrants remember her hospitality, her encouragement and moral support to their new life in our country. Sis. Newberg leaves with us many pleasant memories of her generous nature and yet when it came to decisions for the welfare of our Unit, her remarks were sharp, direct and to the point. On behalf of our Unit, we express our heartfelt sympathy to the family of our dear Sister Anna Newberg. On February 23rd, she was laid to rest beside her beloved husband.

Sis. Jarmila Zboril, President
Sokol Detroit Ladies Auxiliary

Southern District Executive Board

April 26, 1979

Meeting called to order at 8:05 p.m. by Bro. Ben Maca, President. Pledge of allegiance to the flag given. A standing observance held in respect to Bro. Austin Wilke of Ennis. Bro. Maca recognized and welcomed Bro. Petrzela, first vice-president to the meeting. Requested for Bro. Steinman to preside over portion of the meeting. Minutes of last meeting were approved as read.

Correspondence: From Karel Havlicek Borovsky souvenir book chairman, information and request for greeting; Sis. Nykl, president of Sokol Karel Havlicek, Yukon expressing appreciation for the exhibition; Sis. Betty Garrett of Yukon returning check that was necessary for deposit for loan of gym equipment from the public school and expressing appreciation for the exhibition; Sokol Canada, announcement and invitation to VI Slet, June 21-22, 1980 in Toronto, Ontario. Motion by Bro. Parma that the district purchase a full page greeting in the District Slet souvenir book.

Report of Units - Dallas: two dances - family social - dinner after membership meeting sponsored by girls team - 12 gymnasts participated in Yukon exhibition - Paula Stansbury will enter in USGF meet in San Diego - hosted volleyball tournament, Mar. 31, won 3 trophies - on agenda; Fourth of July picnic and dance, July 3 sponsored by Sokol, Lodge WFLA, SPJST Lodge 130 and Circle of Czech Women - gymnasts enrolled, 86, 9 classes, 12 instructing. **Ennis:** Catered two banquets - purchased 250 District song books - Easter egg hunt - 20 gymnasts and members attended Yukon exhibition - participated in volleyball tournament in Dallas - on agenda: Polka festival, float will be sponsored, two gymnastic exhibitions scheduled, strudel and kolacky bake session - Unit competition, May 12 - District Slet, June 8-10. **Fort Worth:** attended exhibition in Yukon, 12 gymnasts, 3 instructors - presented exhibition at TCU and at two malls - attended state high school championship meet, 4 judges - annual Easter picnic - participated in volleyball tournament in Dallas - on agenda: trampoline exhibition at Redmar mall - will participate in Mayfest, May 6 - Unit meet and exhibition, May 12-13. Gymnasts enrolled 182, 70 classes, average 80 percent, 14 instructing. **Houston:** Rodel dance, Mar. 10, Liver sausage sale - sponsored dinner and dance to benefit University of Houston Czech Club to perpetuate Czech classes - girls entered several meets and qualified for Class III state meet - boys entered Class III, IV and V meet, Mar. 10-11. Gymnasts enrolled, 43; 15 classes, 75 percent average attendance, 5 instructing.

Reports of Officers: Educational Director, Bro. Parma: called educational directors of Sokol Houston and Corpus Christi regarding song books and for their monthly reports - song books that have been requested by Units: Ennis, 250; Fort Worth, 50 and Dallas, 220 and 18 individuals - song books had been used in gym classes at Sokol Zizka and are popular. Unit reports: Dallas, practice songs from books and marching; Fort

Worth, narration on Sokol during exhibition at TCU and at two shopping malls - essays on "What Sokol means to me" collected - practice Sokol Slet song; Houston, continues to practice Czech songs every Friday night; Ennis, previous District Slet film shown to boys class. Bro. Parma suggests that the song selected for the Slet "Spějme dál" be sung by the gymnasts during the grand assembly at attention rather than while marching.

Director of Men - Bro. Laznovsky - reported on the exhibition in Yukon, April 8, 40 gymnasts and instructors participated, program an hour and 40 minutes in length consisted of singing, marching, special number, prostna, apparatus and tumbling, program well received. Assisted in Houston, April 13, awards for the District Slet are being ordered - made final plans with Bro. Milan for the beginner course in Ennis, June 11 - 16 - folk dance clinic either weekend of 14th or 21st of July, location yet to be determined; clinic will be open to other organizations.

Director of Women - Sis. Laznovsky - Attended exhibition in Yukon - assisted in Houston in apparatus and prostna, April 13, then flew to Corpus Christi next day, several hours were spent in reviewing apparatus and prostna - mailed out entry fee forms to unit directors - requests for judges - Slet competition schedule mailed. Comments favorable on the enthusiasm of gymnasts of Sokol Houston singing Czech songs while marching.

Public Relations - Bro. Milan: Report by Bro. Steinman, mailed the district greeting for Pacific District souvenir book - narrated program during the exhibition in Yukon.

Czech Cultural Society - Bro. Podhrasky - Society held meeting March 26, election of officers, Czech Day at the fair scheduled for Oct. 14 - society will sponsor a Czech school, a committee appointed for that purpose, is serving on the committee, also Bro. McClure. Discussion on the folkdance clinic: a motion by Bro. Prevatil that the District inquire if the Czech Cultural Society would like to co-host the clinic; approved.

Historian - Bro. Jurcik - reported on acquiring a book on Prague in Czech, Sis. S. Laznovsky indicates that the book is available in English. Motion by Bro. Parma that the district purchase the book for the library; approved.

Organizational Director - Bro. McClure - keeps in touch with group interest, suggests that the group (5 or 6 families) be invited to the District Slet as guests of the District. Motion by Bro. Podhrasky that Bro. McClure be authorized 20 tickets for this purpose; approved.

Treasurer - Sis. Hamilton - Gave receipts and expenses. A van and station wagon were used in addition to the bus to Yukon. Motion by Bro. Laznovsky that the traveling expense be assisted by the district; approved.

Report of the President - Bro. Baca - met with Bros. Zitny, Basta and Lebloch and viewed the sites that may be available for the Slet - attended the exhibition in Yukon and spoke briefly.

Old, New Business and Discussions: District Course - Ennis hosts indicate the fee will be \$70.00 for the week.

(Cont. on page 80)

ASO Financial Report

APRIL 1979

RECEIPTS:

Dues	\$4,025.25
Sokol Thomas G. Masaryk Dues	30.00
Convention Fund	428.00
Special Assessment	428.00
Dividends and Interest	467.89
Resale of Plaques	29.00
Educational Pamphlets	10.00
Advertising in "American Sokol"	492.00
Donation to General Fund	10.00
	5,920.14
ASO Uniform Division -Payment toward Advances	593.25
Transfer of funds for expenses of ASO National School Board	778.23
TOTAL RECEIPTS	\$7,291.62

DISBURSEMENTS:

Administrative

Salaries	\$515.71
FICA & FWT for March	134.44
IWT - 1st quarter 1979	50.47
Rental, Janitor Service, Phone, Electric	405.53
Rental of Mailing Machine	69.49
Office Supplies	133.99
UPS Charges	.84
Travel Expense	870.00
	\$2,180.47

Board of Instructors

Salaries	\$334.88
FICA & FWT for March	65.28
IWT - 1st quarter 1979	21.97
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	28.00
Office Supplies	104.35
Tape, Postage, Phone	3.86
	\$ 588.34

Educational Department

IWT - 1st quarter 1979	\$.62
UPS Charges	.84
	\$ 1.46

Sokol Publication

Printing "American Sokol"	\$796.66
Postage "American Sokol"	126.16
Editor "American Sokol"	100.00
	\$1,022.82

Miscellaneous

ASO Uniform Division - Salaries, FICA, FWT, IWT, Phone	\$434.40
Special Appropriations - Eastern Dist. ASO	293.96
ASO National School Board	38.58
	\$ 766.94
TOTAL DISBURSEMENTS	\$4,560.03

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$2,867.43
Receipts - April 1979	7,291.62
	10,159.05
Disbursements - April 1979	4,560.03
	\$5,599.02

Future Sokol Leaders Fund

APRIL 1979

In memory of Frances Vitek - Jerry and Eva Faltus	\$10.00
Transfer of funds to checking account for the expenses of the ASO National School Board	\$778.23
	<i>Donations are tax exempt</i>

CORRECTION:

In the May issue of "American Sokol" March 1979 Financial Report there is an error in the total for the Sokol Publication. Total should read \$1,459.85.



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Anybody who thinks dirt is cheap
doesn't have small boys.

* * *

Any man can stand up to his
opponents; give me a man who can
stand up to his friends.

* * *

It has reached the point where
taxes are a form of capital
punishment.

* * *

What do you get when you cross a
baby chick with an alley cat? - A
peeping Tom.

Two fathers and two sons are
served three barbecued chickens, yet
each has a whole chicken. How is
that? - The men are grandfather,
father and son.

* * *

Why is the letter D like a sailor? -
Because it follows the C.

What are the smartest letters in
the alphabet? - The Y's (wise).

What is the difference between
here and there? - The letter T.

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SOUTHERN DISTRICT -

(Cont. from page 77)

Motion by Bro. Prevratil that the District assist students as in past years, \$15.00 per student of local units and \$20.00 per student from distant units; approved. Advance course - Corpus Christi to host, Aug. 13-18. Bro. Laznovsky stated requirements are 16 years of age, two previous courses and recommended by unit Board of Instructors. Assistance was tabled until further details. Bro. Maca suggests an auditing Slet committee, composed from members of the Executive Board. After discussion motion by Bro. Parma that a committee be appointed; approved.

Bro. Maca reported on the meeting with the officers of the Executive Board regarding the National Slet in 1981. The obligations and expectations as presented were discussed. After a thorough discussion and review, Bro. Prevratil motions that a letter of confirmation be sent to the Executive Board, American Sokol Organization that the Southern District is willing and

interested in hosting the National Slet in 1981; motion approved. Bro. Maca and Laznovsky indicate they will attend Sokol Fort Worth membership meeting, May 8th. Bro. Maca expressed appreciation for reports, attendance and Bro. and Sis. Parma for hosting meeting. Next meeting scheduled for May 24 at Sokol Ennis. Meeting adjourned at 11:15 p.m. with singing of "Spějme dál."

Nazdar!

V. Laznovsky, Secretary

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