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JULY-AUGUST 1979

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Educational and Physical Culture Organization

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SOKOL AMERICKÝ,

VĚSTNÍK
AMERICKÉ OBCE SOKOLSKÉ.

OBSAH:

Eliska Krásnohorská: Českým ženám. — Dr. L. Štolfa: Co jest štěstí? — Dr. Bohuslav Horák: Zábavy sokolské. — Vlasta Valtová: Cíl Sokolstva. — Veřejné cvičení Sokola Slávského. — Karel Vaníček: O lásce bratrské. — Koutek dopisovatelů. — Zápisy a zprávy činovníků. — Tělocvičná hlička: Meziškolové závody. — Slet a závody župy Západní v Omaze. — Slavné dny župy Střední v Cedar Rapids, Ia. — Frant. Přihoda: Slet a závody župy Východní v Baltimore, Md. — Slet a závody župy Severovýchodní v Clevelandu, Ohio.

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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.

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Calendar of Events

JULY 13, 14, 15 - SOKOL DETROIT

2nd Annual Ethnic Festival Yack Arena
in Wyandotte, Michigan

JULY 20 - SOKOL CLEVELAND CECH-HAVLICEK

Fish Fry at Bohemian National Hall

JULY 29 - SOKOL GREATER CLEVELAND

Sokol Picnic at Oddfellows Farm

AUG. 12 - SOKOL DETROIT

Accordion Jamboree

AUG. 17 - SOKOL CLEVELAND CECH-HAVLICEK
Fish Fry at Bohemian National Hall

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. 21 - SOKOL CLEVELAND CECH-HAVLICEK
Fish Fry at Bohemian National Hall

SEPT. 23 - SOKOL SOUTH OMAHA Czech Festival
Czech Dinner - Polka Music - Entertainment

SEPT. 29 - SOKOL CLEVELAND CECH-HAVLICEK
Steak Roast - Dance at Bohemian National Hall

OCT. 13 - 14 - SOKOL SOUTH OMAHA
Garage Sale

OCT. 20 - SOKOL CLEVELAND CECH-HAVLICEK
Square Dance at Bohemian National Hall

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

DEC. 31 - SOKOL DETROIT
New Year's Eve Party - Cultural Center

American Sokol
6426 West Cermak Road
Berwyn, Illinois 60402

Attention: Mrs. E.J. Schnabl, Secretary

Dear Friends:

We wish to acknowledge receipt of your letter of June 7 and express our deepest appreciation for your traditional and faithful participation on our memorial services every year. As in past years, also this year we all were very much pleased with the display of the Sokols and Sokolice who always add color to the parade, and whose presence is a reminder to our Czechoslovak community that the Sokol spirit is still very much alive with the hope that freedom our soldiers fought and died for, shall be maintained and returned to all who lost it, in the first place, "naši staré vlasti".

We hope we can depend on your support also in the future. Many thanks.

Sincerely "NAZDAR",

Bohemian National Cemetery

Bohumil Vydra
President

Karel Halaska
Secretary

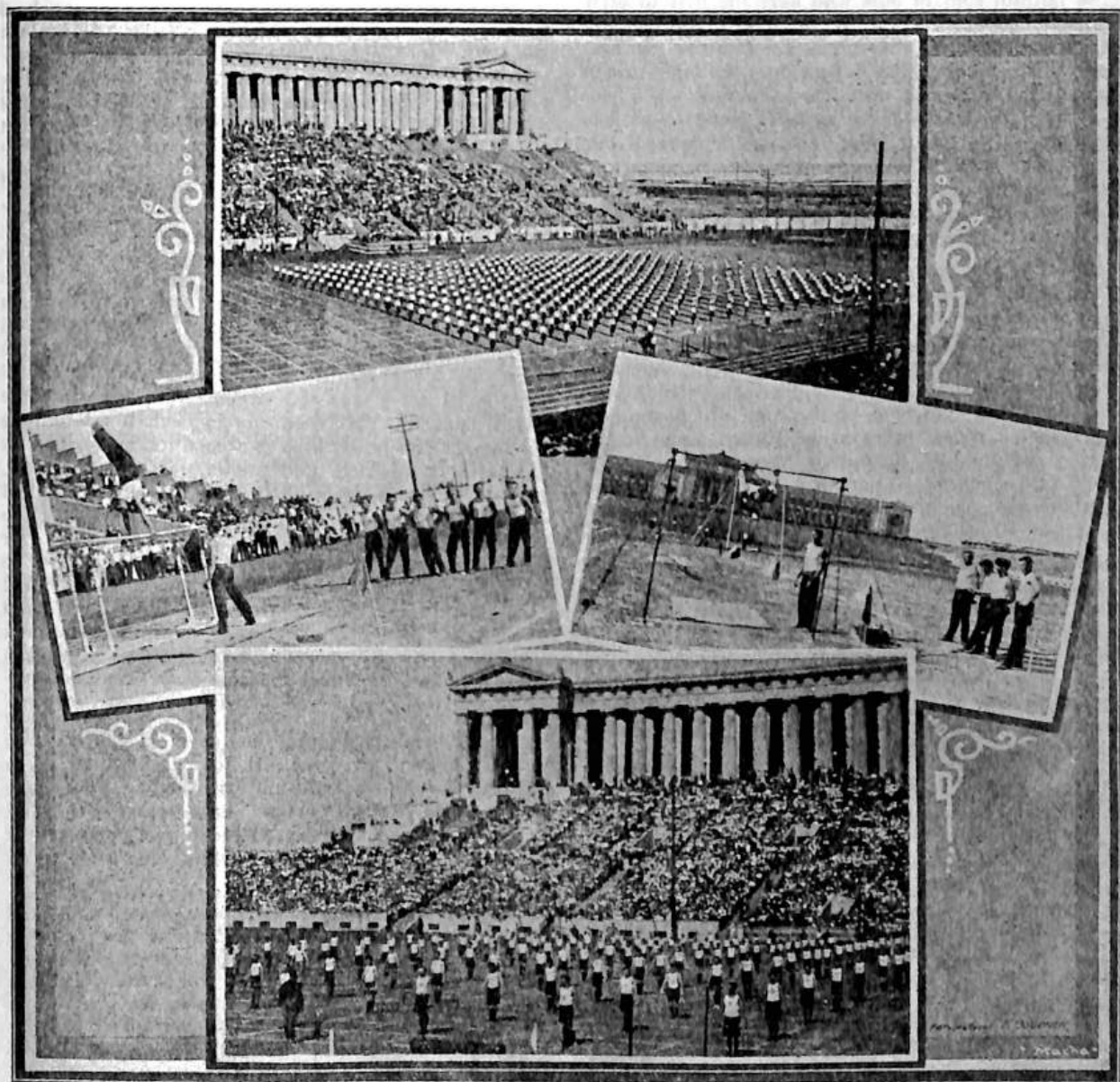
AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. C

July-August - 1979 - Červenec-Srpen

Číslo - No. 7-8



Vzorná družstva na hrazdě.

Závodní prostá žen.

Vzorná družstva na bradlech.

Cvičení dorostu s pálkou.

1925

The Sokols and Their Achievements

"Tell us something practical - tell us of something that actually works," that is the modern cry everywhere. So I am going to tell of something today that has worked. Do you remember the days immediately after America, in self-defense, entered the World War on the side of the Allies? Do you remember the first call for volunteers? Do you remember how we all gloried in those faithful sons of ours who were the first to offer themselves as defenders of the Old Glory? Do you still feel the thrill that ran through us when we saw the loyal men rallying to Old Glory? And does not your breath heave with pride and gratitude even now when you think of it all? Of course it does! None of us has forgotten, all of us are blest with the memory of our heroes, who willingly, out of pure love of freedom and Democracy offered their all. We feel secure while we have men like that, we know that "the government for the people" will not perish from the face of the earth.

I speak of this because the Sokols of whom I am now to speak to you had a lion's share in the noble work done during the trying days of the world's war. They were among the first to rally around the Flag. They did not wait until they were conscripted. Sixty thousand strong they marched to be enrolled as defenders of Freedom. Sixty thousand of the total of one million Czechoslovak people living in the United States, men, women and children - a full six percent. At this rate Uncle Sam should have had six million volunteers - at least twice as much as were drafted under the conscription law during the whole period of the war.

But the Sokols were not active in America only. On the Russian and Serbian battlefields they deserted the colors of the tyrants and joined the ranks of those who wanted to make the world safe for Democracy. In Russia, after long expostulations and endless difficulties placed in their way by czarist bureaucrats, they were at last allowed to organize their own army, under their own colors. And when czarism collapsed and the Soviets usurped the power, they fought this new menace to democracy just as effectively, with a manly determination which makes a glorious page in the history of the world. Many were able to cross over Russia to France and there performed feats of heroism; thousands strengthened the allies' lines and helped them to snatch victory from defeat. They shortened the war - shortened suffering, bloodshed and helped to preserve the government of the people wherever it had a chance. They helped to establish it in the country of their birth. What they did during the days of the Revolution forms an interesting chapter by itself.

Due largely to their great moral influence, the Czechoslovak revolution (October 28, 1918) became the famous bloodless revolution. It ended the ancient Austro-Hungarian Empire, destroyed all its instruments of oppression and tyranny and yet did not sacrifice one single life! During the trying first days of the Czechoslovak Republic, the Sokols - the "National Defense", as they are often called, though they are not a military organization - were a steadying, stabilizing

influence. The Nation knew they could be relied upon in any crisis and the destructive influences such as the extreme reds and radicals - were afraid to show their heads.

In Czechoslovakia there are over half a million active members - a formidable army of well trained, high minded, devoted men and women, able to cope with almost any situation. Since the beginning of the Bohemian Renaissance the Sokol organizations have been the torch bearers of the national progress. They trained, they enlightened the masses, they carried the national idea into the furthestmost corners of the land until the Sokol idea was identified with the highest aspirations of the nation. The winged motto, "Every Czech a Sokol" like the "sokol" - (the falcon) - flew from housetop to housetop. It would be hard to find a Czechoslovak settlement where the Sokols are not known.

Moreover, the Sokols were the greatest promoters of true democracy. Among them all titles were dropped - everyone was just plain "brother", equal to the richest, most educated or titled. Every good Czech - be he an apprentice, a mechanic, or a high official, could become a member upon taking an oath to lead an honorable life, and to support the Sokol teachings and discipline. If anything promoted brotherly feeling, the sense of inner worth, self-respect, and sense of equality; if there was any organization in which the truly human qualities were emphasized, it was among the Sokols. The Sokol Idea is a cure for many modern ills; laziness, physical and mental; disease, physical, mental and moral, including ennui, the root of most of the evils in an age of prosperity. I know of no constructive agency that is more effective and far reaching in its results than the Sokols. I have yet to find the man or woman who entered the Sokol organization and failed to become a useful and efficient member of his community, and who has not benefited physically, morally and mentally by being an active member of this admirable organization.

The Sokol idea has its roots in the self-evident truth that a nation without strong men and women - strong both morally and physically - is doomed to perish, even as old Greece and Rome perished, and hence patriotism to a Sokol means development of sound bodies with sound minds in them in every member of the nation - man, woman and child, and that is his program.

His is clearly a stupendous undertaking, worthy of notice. An aim which commands respect. An endeavor which enlists the sympathy of every well meaning man and woman. At the very top of the Sokol banner is written the motto of the founder, Miroslav Tyrš: "Neither profit nor glory!" Sokol Idea realized means a regenerated nation, full of vitality and indomitable energy. It harks back to the ideals of old Greece, in her palmy days. It opposes luxuriousness, idleness and moral torpidity, self-control, self-discipline, love of everything noble and pure, self-denial for the good of the whole, for the welfare of the nation.

A Sokol, when among his own, is in an atmosphere of a tremendous aspiration, but not in a dreamland.

His aspirations are wonderfully real, his goals attainable, his endeavor to reach them never ceasing.

The very fact that there are thirty thousand men and women in the United States subscribing to this idea should thrill every true American heart.

Sokols are not just an athletic organization. To think that would be doing an injustice to this noble organization. They do not meet just for social purposes or for entertainment. They are consciously the nation's support, the soldiers of progress, the promoters of the highest type of humanity.

The means used to attain the goal are: (1) systematic training of the body which Locke would perhaps call the "hardening process" and (2) systematic education of the membership on questions of public policy, hygiene, art, philosophy, literature and all matters pertaining to human happiness and human progress. Every active member is obliged to attend the weekly drills and go faithfully through the rigors of the training which is claimed to be of the best. The founders of Sokols, Tyrš and Fuegner, were close students of physical culture and their system is the result of their painstaking labors and attended by their deep insight into the matter.

The Sokol discipline is Spartan. The Sokol must bear hardship without complaint; must be ready to assist others; must not look for mean advantage or comfort at the expense of those around him (or her); must not scorn weakness and prize honor above all earthly possessions. "Leap over, break (the barrier), do not crawl," is one of his (her) mottoes. The very name "Sokol" was chosen to symbolize these ideas. "Sokol" is a Bohemian word for falcon - a bird which glories in the power of its wings and the sharpness of his eyesight, and chooses the blue heights of the firmament for his abode. "Onward and Upward," is the constant urge in the Sokol ranks.

It is onward and upward in the spiritual as well as his physical development. The work of enlightenment is done on an extensive scale. Libraries, lecture courses, gatherings for the purpose of discussing questions of importance are offered to the membership. To be progressive, to be enlightened is a sacred duty. A special committee is in charge of this educational work.

It was strict adherence to these principles, faithful carrying out of this program, never flagging zeal in living the Sokol Gospel which achieved the successes I have briefly mentioned in my talk tonight.

The physical training is done in real earnest and hence the Sokol's contribution to the health of the nation is incalculable. Erect backbone, sound heart, muscles supple and strong - such are the results of Sokol physical training. And on top of it all endurance, fortitude and the iron will to forge ahead. No wonder that the motto "Every Czech a Sokol" is ringing from mountain top to mountain top, from city to city, and that there is hardly a village so humble as not to be represented in the Sokol movement.

If there be those who are in despair over the future of the white race; if there be those who are looking for encouragement and for assurances that after all, there

is hope and that we are not all going to the dogs; indeed, if there be those who are gladdened by the sight of humanity engaged in self-improvement - if there be, in brief, any who wish to be inspired and filled with new hope for the human race; let them get acquainted with the Sokols and the Sokol Idea. I dare say they will come from their sojourn refreshed and greatly encouraged. A wonderful opportunity to see the American Sokols at their best is offered all Chicagoans by the Slet or Festival which will be held in the Grant Park Stadium on June 28, when Sokols from the whole U.S. will demonstrate the efficacy of their methods. Hoping firmly to see you there, I end with the Sokol greeting, Nazdar!

J. J. Zmrhal

July - Sokol Americký - 1925

Western District Semi-Annual Meeting

April 22, 1979

Meeting was called to order by Bro. Ed Pavoucek with the Pledge to the Flag. All present stood in silence for departed brothers and sisters. Each member stood and gave their name, unit and office if one was held. Bro. Pavoucek indicated that only the delegates will have voting power but all those present may join in the discussion. Bro. Pavoucek asked the treasurer to indicate which units had not paid their dues. These units will not be able to vote. Bro. Pavoucek indicated that since the minutes were sent to each unit prior to the meeting, the minutes would not be read at this time. Being no corrections to the minutes as sent to the units, they were approved as written and received. Bill for bakery; motion made and seconded and carried that the bill be paid.

Sis. Jolene Kamann gave her report of the Board of Instructors meeting held Saturday, April 21, 1979. Are at the present working on dress code for Saturday night dance at Bethlehem, Pennsylvania and went over attendance reports.

Director of Education Bro. Bob Vanyo gave a report of unit directors conference held in Chicago, October 29, 1978. Special excerpts regarded the teaching of Sokol in gym classes, history, language, songs, etc., to have units keep a library of their mementos. Discussion was then held regarding the keeping of all records, photos, souvenir booklets, where money goes from rent of your hall for inspection by IRS to maintain a non-profit status. Bro. Vanyo indicated that material sent to the National Director of District will be sent to the units and it will be up to the units to duplicate material. Sis. Kamann made a motion that Bro. Vanyo be reimbursed for reasonable expenses that he may incur; seconded, carried. Bro. Pavoucek asked Bro. Vanyo to submit his expenses from the trip to Chicago to Western District.

Bro. Phil Cahoy indicated that young Phil was in a meet against Japan in Oregon and came in 4th all around. He was also in Mardi Gras invitational in Baton Rouge and mixed doubles in Atlanta which will

be televised. Jim Hartung was in Germany. Phil was to go to Hungary, but plans were cancelled because he would have missed too much school. Jim Hartung came in 3rd in Oregon, 2nd in Mardi Gras and 2nd all around in NCAA and came in 3rd in National Championships. Phil competes again in the National High School. This is the third year for him.

Historian's Report: Cedar Rapids material from the Slet is in the Book.

Director of Organization: Sis. Bea Pavoucek had pamphlets regarding job descriptions if any one wanted any and also a pamphlet from Sokol Brookfield regarding membership.

Membership: Discussion was held to have a contest or some type of program to gain interest in the units to obtain new members. Bro. Masek will look into this.

Auditing Committee: Bro. Cahoy indicated that the auditing committee found the books to be in order. The Committee at this time reviewed books from the Cedar Rapids 1978 Slet and found them to be in order except for bill for janitorial services. Bro. Pazour indicated that the janitors were from the school and are paid union scale, time and a half on Saturday and double time on Sunday. Bro. Pazour then gave the final report of the 1978 Cedar Rapids Slet and turned in the last payment of Western District's share of the proceeds.

Video Tapes: The machine in Omaha is still in the shop. It was asked that Cedar Rapids take the machine there to shop for preventive maintenance and submit bills to Western District.

1980 ASO Convention: Dates will be June 8 when by-laws committee would meet. Convention dates will be held June 16, 17 and 18. Cedar Rapids are waiting for written guidelines for the convention from Chicago. BOI will be on Friday night before the convention.

Slovak Slet: Bro. Pavoucek asked the units present how many would be sending juniors to Bethlehem, Pennsylvania - Crete, 7; Cedar Rapids, none; Wilbur, unknown at this time if going; Sokol South Omaha and Sokol Omaha will be sending juniors.

New Business: President Forman, Sokol South Omaha indicated that they will host the 1980 Slet and are at this time extending an invitation to all units to attend. The Slet will be June 20, 21 and 22, 1980. Bro. Benak indicated that information will be available at the annual meeting in September. By that time should have packets ready for the units. Bro. Cahoy indicated that if Sokol South Omaha needed any apparatus or mats that Sokol Omaha would be glad to make these available.

Dates were now chosen for the annual Western District meeting. Bro. Masek moved that the meeting dates be September 15th and 16th, 1979; seconded, carried. Board of Instructors meeting will be on Saturday, September 15th at 2:00 p.m.

Bro. Pavoucek asked that the units submit changes to the ASO by-laws. Sokolice South Omaha sent in their recommendation regarding membership. Discussion was held. Motion was made that Western District support the recommendations submitted by Sokolice South Omaha to the ASO by-laws to be clarified to include hisband and /or wife; seconded, carried.

Sokol Crete - Sbor Libuse Sokalik had a question about Article 14 of the ASO by-laws with regard to where the courses for educational director would be held. Discussion was held, motion was made, seconded that the units bring their educational directors to the annual meeting in September and that Bro. Bob Vanyo conduct a session before the BOI meeting; carried. Will have the session at either Sokol Omaha or Sokol South Omaha on Saturday, Sept. 15, 1979 from noon to 2 p.m. with BOI meeting to begin at 3 p.m.

Educational materials, song books, dances available from ASO.

Western District by-laws: Many recommendations, all passed on, most changes accepted, some to remain the same. Very thorough job done. Motion made and seconded to update terminology, carried. Sokol Slet outline: Must include advertising outline and dress code.

Bro. Gary Masek thought that possibly at the Annual meeting we could talk about having the seat of the District in Omaha and have the annual meeting in Omaha, but that we could have the semi-annual meeting in some other unit's city. This would enable Omaha units to travel.

Bro. Bob Vanyo indicated the restoration of the hall in St. Paul with upgrading of the restaurant starting in June with probable opening in September. They do have at the present time a Bohemian Bakery.

Unit Reports: Each of the units present gave their reports.

Discussion was held that many of the women do not want to compete with younger girls. Sis. Bev Kilbourn indicated that by the National Slet there will be competition for women over 35.

Treasurer's report was then given by Sis. Blanche Masek. Bro. Pavoucek thanked each of the units for attending the meetings. Motion to adjourn was made by Bro. Mickey Dalton and seconded by Sis. Jolene Hamann. Meeting was adjourned.

Respectfully submitted,
Barbara Seefus, Secretary

ASO Executive Board Meeting

May 22, 1979

The regular meeting of the American Sokol Organization was brought to order on Tuesday, May 22nd, 1979, at 7:30 p.m. by the I. Vice-President, Sis. B. Prener. Bro. Zitny arrived later. Pledge of Allegiance was given to the Flag of the United States of America. District minutes which were reviewed by the members were: Central, April 25; Pacific, April 22; Eastern, April 12; Southern, March 22 and April 26; and Northeastern, April 25, 1979.

CORRESPONDENCE: Letter from the Chairman, Coordinating Committee, Captive Nations Folk Fair, Washington, D.C., stating that July 21st will start

AMERICAN SOKOL

SOKOL GYMNAST

JULY-AUGUST 1979

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



XV AMERICAN SOKOL

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19 SLET 81
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FT. WORTH, TEXAS

Breaking a long standing tradition, The American Sokol Organization will conduct the 15th AMERICAN SOKOL SLET in the SOUTHERN DISTRICT, in the city of Fort Worth, Texas, in June 1981. The Executive Board of the American Sokol Organization, and the Southern District Executive Board, who will be hosting the Slet, have agreed on tentative plans to launch this new undertaking. All previous American Sokol Slets have been held in the Chicago area.

A District President's Message . . .

There are those who would turn our Sokol into a gymnastic development type of organization (of which there are a number of successful and prospering clubs about the country). These seem to have one goal - find the talented youngsters, bring them up fast, and get national and international recognition. If we are headed that way, then we are in conflict of interest with the ethnic, cultural and historical background of Sokol and must make some important organizational decisions.

Originally, Sokol was founded to help revive the growing nationalism of the Czech, Moravian and Slovak people after centuries of Austro-Hungarian subjugation, forced Germanization and the extermination of the languages, cultures and traditions of all Slavs under their domination.

In America, Sokol was organized to provide financial, educational, moral, social and other assistance to their fellow countrymen in their newly adopted land.

These movements were based on the teachings of our Sokol founders, Dr. Miroslav Tyrš, Jindrich Fuegner and others. "A Sound Mind In A Sound Body", and the complete all-around development of all our people, physically, mentally and culturally, bound together in our common interest, "SOKOL", with a deep personal regard for one another and a mutual respect for one's efforts, one's ideas and one's feelings.

When we joined Sokol, we took an oath to support these ideals and goals. Surely, with the self-discipline

we learned in Sokol, we can dedicate our efforts to making the Sokol program work if it is properly prepared and properly taught by knowledgeable Sokol people, proving that it is a good program and worth retaining.

NAZDAR!

Edwin J. Halik, President C.D.

Olympic Notes

COMPUTER IN U.S. FUTURE

A computer will help train America's athletes for future Olympic Games.

Full impact of the program is expected to be felt by the 1984 Olympics at Los Angeles, according to Col. Don Miller, executive director of the U.S. Olympic Committee.

The system, developed by Dr. Gideon Ariel of Newton, Mass., analyzes films of athletes in competition. Motions, speed, and stress of various parts of the body are projected on a screen. Computer readouts enable Ariel to suggest ways an athlete may improve his performance.

The system, using instruments donated by Data General of Westboro, Mass., will be installed at the Olympic Training Center in Colorado Springs.

Uniform Division - A.S.O.

New supply of WHITE NYLON GYM SLIPPERS received in U.S.A. - Sizes: 6, 7, 8, and 9 \$7.50.

XVIII National Slet Sokol USA - Bethlehem, Pa.

June 28, 29, 30 - July 1, 1979

LOW B DIVISION - JUNIOR GIRLS TEAMS

1. DA Sokol	606.5
USA Hodza	606.5
2. USA L. Stur	601.2
3. USA M.C.T.	594.5
4. ASO Baltimore	577.7
5. DA Sokol	562.2
6. USA Bethlehem	560.1
7. USA Byram	558.3
8. Ceska Sin	491.0
9. ASO Slavsky	485.5
10. USA Monessen	464.5
11. USA Nitra	429.9
99 competitors.	

INDIVIDUALS

1. Roseanne Loftus	USA L. Stur	131.5
2. Erika Vapenik	DA Sokol	129.8
3. Vickie Velluzzi	DA Sokol	126.5
Elizabeth Woletta	USA Hodza	126.5
4. Donna Gilbert	ASO Berwyn	125.0
5. Beth Lenhart	USA Farrell	123.9
Ellen O'Donnell	USA Hodza	123.9

LOW A DIVISION - JUNIOR GIRLS TEAMS

1. USA M.C.T.	608.4
2. DA Sokol	607.9
3. USA L. Stur	602.8
4. USA Hodza	592.9
5. DA Sokol	588.1
6. ASO So. Omaha	580.4
7. ASO Omaha	574.1
8. ASO Baltimore	552.5
9. ASO Berwyn	548.6
10. ASO Slavsky	544.4
11. USA Farrell	538.8
12. Ceska Sin	532.7
13. USA Byram	532.5
14. ASO So. Omaha	525.2
15. ASO Omaha	524.7
16. ASO Detroit	513.6
117 competitors.	

INDIVIDUALS

1. Debra Becker	DA Sokol	127.9
2. Margie Svoboda	ASO So. Omaha	126.4
3. Michelle Rassals	USA M.C.T.	125.9
4. Anna DiRico	DA Sokol	125.8
5. Anne Giordano	USA M.C.T.	125.7

INTERMEDIATE DIVISION - JUNIOR GIRLS

TEAMS

1. USA L. Stur	347.1
2. ASO So. Omaha	342.9
3. ASO So. Omaha	335.1

19. competitors.

INDIVIDUALS

1. Cathy Bachar	USA L. Stur	126.1
2. Lia Donna Eastman	ASO So. Omaha	118.6
3. Beth Tomes	ASO Detroit	116.1
4. Karen Svendsen	ASO Omaha	114.7
5. Barbara Brush	DA Sokol	114.6

HIGH DIVISION - JUNIOR GIRLS

INDIVIDUALS

1. Cathy Cahoy	ASO Omaha	128.2
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Declared Championship's Division:

1. Bobbie Flock	USA Monessen	132.0
2. Julie Guinane	ASO So. Omaha	127.3
3. Jeanice Nieto	ASO So. Omaha	119.3
4. Diane Sanford	USA Hodza	109.6

CHAMPIONSHIP DIVISION - JUNIOR GIRLS

1. Babbie Flock	USA Monessen	228.2
2. Julie Guinane	ASO So. Omaha	211.9
3. Jeanice Nieto	ASO So. Omaha	200.9
4. Diane Sanford	USA Hodza	184.5

LOW B DIVISION - WOMEN

TEAMS

1. DA Sokol	576.4
2. Ceska Sin	558.0

22 competitors.

INDIVIDUALS

1. Kathy Schrader	Ceska Sin	131.3
2. Virginia Rendine	USA Hodza	122.1
3. Mary Kay Giangarra	DA Sokol	121.9
4. Linda Matusch	DA Sokol	120.0
5. Heather Moloney	USA Byram	119.6

LOW A DIVISION - WOMEN - 22 Competitors

INDIVIDUALS

1. Sue Bercau	DA Sokol	126.8
2. Elizabeth Scollon	DA Sokol	126.2
3. Ursula Prinz	DA Sokol	125.1
4. Theresa Maggio	DA Sokol	119.5
5. Peggy Gilbert	ASO Berwyn	119.1

INTERMEDIATE DIVISION - WOMEN - 19 Competitors

INDIVIDUALS

1. Debbie Kammer	Ceska Sin	133.6
2. V. Fernandez	USA Hodza	126.0
3. Barbara Ruda	Ceska Sin	123.7
4. Susan Anne Bohn	ASO Baltimore	121.7
5. Gladys Jimenez	USA Bethlehem	121.6

HIGH DIVISION - WOMEN

TEAMS

1. ASO South Omaha	358.0
2. ASO Omaha	346.2

INDIVIDUALS

1. Carol Chmelka	ASO Omaha	123.7
2. Audrey Smahay	ASO Detroit	121.8
3. MaryBeth Redwine	ASO Omaha	116.3
4. Dawn Parker	USA Lodge 306	115.5
5. Sandy Klusaw	ASO Omaha	106.2
6. Jolene Hamann	ASO So. Omaha	103.5
7. Vicki Jirka	ASO So. Omaha	103.2

Declared Championship Division

1. Ellen Kovac	USA Hodza	132.2
2. Gail Chilla	Lodge 306	122.1
3. Denise Moore	ASO So. Omaha	121.9
4. Phyllis Swoboda	ASO So. Omaha	121.3
5. Norah Kaplan	USA Hodza	117.6
6. Denise Micek	ASO So. Omaha	114.8

CHAMPIONSHIP DIVISION - WOMEN

1. Ellen Kovac	USA Hodza	218.0
2. Denise Moore	ASO So. Omaha	215.9
3. Denise Micek	ASO So. Omaha	194.8
4. Phyllis Swoboda	ASO So. Omaha	194.3
5. Norah Kaplan	USA Hodza	187.0
6. Gail Chilla	USA Lodge 306	183.7

Revised by: Sylvia Pistorius,
C.D. Womens Dir. - July 1979**Congratulations . . .****THE AMERICAN SOKOL BOARD OF INSTRUCTORS**

wishes to congratulate the Sokol U.S.A. Technical Staff and its participants on the successful conclusion of the XVII National Slet of Sokol U.S.A., June 28 - July 1, 1979.

MARIE PTACEK**PAUL LEBLOCH****Directors A.S.O.**



SLOVAK GYMNASTIC UNION

SOKOL

of the United States of America

276 PROSPECT ST., BOX 189, EAST ORANGE, N. J. 07019 TEL. (201) 676-0280

July 23, 1979

Mr. Roy S. Zitny, President
American Sokol Organization
574 Revere Avenue
Westmont, Ill. 60559

Dear Brother Zitny:

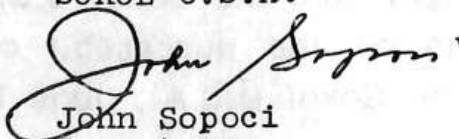
On behalf of the entire membership of the Slovak Gymnastic Union Sokol, please accept our sisterly - brotherly thanks for the participation by the American Sokol Organization gymnasts at our XVIII National Slet in Bethlehem, Pa.

The presence of the American Sokol Organization at our National Slet strengthened the unity of the Sokol in the free world, and made the demonstration of the Physical Educational fitness a great success.

With best regards to you and to the entire American Sokol Organization, I remain

Nazdar!

SOKOL U.S.A.


John Sopoci
Secretary

JS:mo

Captive Nations Week. A program is to be held in Washington, D.C. Invitation received to attend Sokol Cechie's 100th Anniversary celebration which will be held on Saturday, June 16th. Invitation received from Sokol Canada to attend their VI. Slet, June 21st and 22nd, 1980 at Toronto, Ontario. An acknowledgement will be sent with a notation that this will follow our XIII General Convention. Thank you received from Bro. R. Svoboda and notice of resignation as II. Vice-President and Chairman of the Membership Committee. Bro. Lebloch moved that it be accepted; seconded, passed. Sis. Schnabl will acknowledge with the Board's regrets. Letter from Sokol Omaha regarding a dinner to be held honoring Phil Cahoy, Chuck Chmelka and James Hartung on Sunday, June 3rd. Bro. Lebloch received a phone call asking him to attend. Bro. Barcal moved that he do so; seconded, passed. Sis. Pistorius moved that Bro. Zitny go as well; seconded, passed.

DIRECTOR OF WOMEN - Sis. M. Ptacek: Sis. Zabka attended a Board of Directors' meeting of the USGF in Ft. Worth and is on a committee who will work on the revision of the USGF Constitution and by-laws. Final Report Forms: Northeastern District - one-day course "How to Use Rhythmic Movements" held April 6, 1979, 4 students - \$40.00. Western District - Slet workshop held March 25 and April 14 in Crete, Nebr., 16 students - \$97.38. Central District - Calisthenics and apparatus workshop held March 30 and 31 in St. Louis (women) - \$234.00. USGF Judging clinic held Sept. 27th thru 29th at Maine East High School, 3 students - \$106.50. Bro. Lebloch moved that they be paid inasmuch as all supporting papers were attached; seconded, passed. The ASO, BOI recommends that the 1981 Slet be held in the Southern District.

DIRECTOR OF MEN - Bro. P. Lebloch: Received information on the AAU Board of Directors' meeting held May 5th in Denver, Colorado. Information received that the Northeastern District will conduct a Beginners' Instructors' course in August. Requested the Southern District and the Central District to forward any information and helpful advice to them, Northeastern District Slet is to be on Sunday, June 3rd. Forwarded request from the Northeastern District regarding the September Moravian Day Festival. Attended the Educational Committee meeting and the Central District Special Number competitions.

EDUCATIONAL COMMITTEE - Bro. S. Barcal: Sent information to Bro. E. J. Pavoucek regarding the outline of our library procedure. Pictures presented which will be used in the Sokol History booklet. Sis. Kate Danko is moving to California and has given memorabilia to Sis. Prener who will bring it to the office. It was decided that since her Slovak Unit was having a private dinner for her, the ASO should present her with a Citation of Merit and letter. Mention was made of the Educational activity being carried on in the Southern, Eastern and Pacific Districts.

EDITORIAL - Sis. J. Kourim: The new seals have been printed, but a problem arose with the perforating. They will be delivered to the office when completed. The June issue of the American Sokol publication is

already at the printer. Has received many compliments regarding the use of old artwork.

PUBLICITY - CZECH - Bro. J. Rabas: Has placed articles in the Denni Hlasatel.

ORGANIZATIONAL - Sis. A. Basta: Sis. Schnabl sent the Northeastern District Final Report Forms regarding the promotion or reactivation of Sokol Rip, but have received no answer thus far.

FINANCIAL SECRETARY - Sis. A. Sotka: Prepared and distributed the April Financial Report. Two outstanding units have settled their accounts and only one is delinquent in payment of dues for the 4th quarter of 1978. We will renew the contract for service on the A. B. Dick mimeo machine. Attended Sokolice Milwaukee's 80th anniversary banquet.

TREASURER - Bro. G. Basta: Agrees with Sis. Sotka's report and spent many hours working up the 990 U.S. Government not-for-profit tax form which Sis. Sotka typed and mailed on time.

UNIFORM - I. VICE-PRESIDENT - Sis. B. Prener: Increase in number of men's uniforms. UPS rates have been increased. Paid the office rent for May and April salaries. Was guest speaker at Sokolice Milwaukee's 80th Anniversary, extending greetings from the Executive Board. Stated that the program was very nice, including some excellent folk dancers. Judged for the Central District Special Number competition and attended the Educational Committee meeting.

SECRETARY - Sis. E.J. Schnabl: Prepared last month's minutes and distributed them; prepared today's agenda; handled correspondence; acknowledged Future Sokol Leaders' Fund donations. Attended the Educational Committee meeting; judged for the Central District at their first and second class girls' competitions and at the Special Number competition.

OLD BUSINESS: 1981 Slet: Discussion held regarding the site. Bro. Barcal moved that the 1981 American Sokol Slet be held in the Southern District; seconded. Sis. Schnabl again read the Southern District's letter of May 4th and Bro. Ben Maca's letter of May 14th. The BOI stated its stand and desire to hold the Sunday Slet out-of-doors. Motion was passed and a letter will be sent to the Southern District of our action. Bro. Barcal will turn in a report of his meeting April 18th with the U.S. State Dept.

NEW BUSINESS: Reminder that all members should try to attend the Bohemian National Cemetery of Chicago's Memorial Day services on Monday, May 28th, 1979. Sis. Zdenek stated that Dr. Hruban of the University of Chicago still is interested in obtaining back copies of our American Sokol publication and she will be able to go through issues received lately. Approval was given. There being no further business, meeting was adjourned at 9:50 p.m.

Respectfully submitted,
E.J. Schnabl, Secretary

Copy for Publication

MUST BE RECEIVED BY THE 10th
OF THE PREVIOUS MONTH

SOKOL EDUCATOR

Karel Havlíček-Borovský



The neighborhood around Chicago's Douglas Park where Karel Havlíček's monument stands has changed. The Czechs who used to live there have moved to the western suburbs, warmer climes, and many have grown old in the New World and passed away. Czechs no longer visit the monument, but the black people who now live in the area stop in passing and look up into the kind face of the stone man and call him, "the respecter of the little man."

The monument of Havlíček was made in Kutná Hora, Czechoslovakia, and it was brought here and unveiled in 1911. Bro. Charles Prchal, President of Svobodná Obec, says that a crew of men from their Obec cleans the monument at least three times yearly. As in past years they still observe a Havlíček Day, go to the monument to honor the memory of the Czech hero who believed in the equality of races, justice and truth, and place a wreath at its base.

Before the First World War we would take Sunday auto trips through the parks. We lived near Humboldt Park, and that is where we would start out. A circle through Humboldt Park, then south through Garfield Park to Douglas Park. There we would stop at Karel Havlíček's monument. It was our very own monument, the first one in Chicago that belonged to the Czech people. It was our Statue of Liberty! It represented to us what all America stands for: "Liberty and justice for all. Come to my shores all you who are weary laden."

Karel Havlíček was born October 31, 1821, in Borova, Bohemia. He went to secondary school in Německý Brod and upon graduating, he enrolled in the University of Prague. He studied philosophy and theology, but was dropped from theology class because of his opposing views. He then devoted himself to writing and studying Slav languages. He spent two years in Russia, studying Russian literature and history. He

was deeply affected by the novels of Nikolaj Gogol, and translated his *DEAD SOULS* into Czech. He admired Russian literature but not life as it existed under the rule of the czars. He thought that liberty could not come from autocratic, backward Russia. After returning to Prague he declared, "The Russian frosts and other Russian things have extinguished the last spark of Pan-Slav enthusiasm in me. The Slavs are not a nation but four nations as independent and unconnected as any other nations in Europe."

He started a journalistic career by being editor of two newspapers which he changed from spiritless into organs more animated and democratic in form. He gave up the editorship of two newspapers to become editor and publisher of the *National News*. He was considered the founder of Czech journalism.

He believed that newspapers should serve all groups of people. They were not published only for the aristocrats and the rich people. They were published to be read by the poor, by the *sedláks* (farmers) and townspeople. It was their organ of expression and their voice. He was against the moneyed aristocracy which had uncontrolled authority over people. His newspaper was awakening the Czechs to the realization that they must fight for their severance from Austrian rule.

Havlíček was a firm believer in higher education. As the old saying goes, "The more languages you know, you are that much more of a man." He believed that the young people already speaking German and Czech must also learn the French and English languages. He believed in a brotherly humanistic program and was against radicalism as well as reactionary methods. Governments cannot be changed quickly without sufficient thought being put into the change. He wanted the same rights for the Czechs that the Germans were receiving from the Austrian government.

When the Austrian government began to persecute him for arousing discontent among their docile subjects, his friends urged him to leave Prague and go to America. He refused to leave and went on fearlessly fighting for what he believed was right. His defiance of the government brought about his exile. One night, gendarmes came and took him away to Brixen, an unhealthy spot in the Tyrols, where he was kept for four years. In exile he wrote a long poem, expressing satire, humor and hidden grief. The poem, *TYROLEAN ELIGIES*, was translated to English by Roderick Ginsburg. It is an excellent translation for Havlíček's parting with his mother, sister, wife and baby comes to life for us. The poem tells of Havlíček who is from a land of music and plays the horn. The carriage rolls up in the night with well-armed gendarmes to take him away. They wait as he parts with his wife, Juliánka, and daughter Zdenka, the little tot, softly weeping over his bitter lot. Last three stanzas of the fifth part:

Though I am a seasoned cossack,
Tried in many frays,
Something gripped my chest that moment,
Something dimmed my gaze.

So I pulled my fur cap downward
Simulating cheer
Lest the gendarmes should discover
In my eyes a tear.

For the gendarmes, near the doorway,
 Stood as guard, erect,
 That the parting scene might have
 An imperial effect.

The poem ends with his arrival in Brixen where the double-headed eagle holds him in its claws. After four years, he returns home to learn that his wife, Julianka is dead, and that he is ill with tuberculosis. He died July 29, 1856 in Prague. Austria frowned on public demonstrations which was disregarded the day of his funeral. It was a public declaration of love and great esteem for Havlíček, the journalist who dared to publish the truth.

Thomas G. Masaryk did not look upon Havlíček as the martyr of Brixen, a symbol of death, but as life everlasting. He wrote about Havlíček's short but energetic life whose motto was justice and truth. Havlíček was the teacher, the torch bearer, and he picked up the torch for Havlíček which culminated in the trio - Štefánik - Beneš - Masaryk, creating the Czechoslovak Republic.

Sis. Stella Tichy,
 Sokol Čechie, Chicago

Hall of Fame

First Hall of Fame, instituted by Greater Omaha Gems - Thursday, May 3, 1979. Our late Bro. Vojmir Benak was one of the first inductees into the Nebraska Gymnastics Hall of Fame. Bro. Benak was a very devoted Sokol. He



excelled in teaching the Sokol program of physical fitness, not only to the boys but also to the girls. He was a deeply respected leader because of his capabilities and personal character. Many of our present day members were his gymnasts and have beautiful memories of him.

The late Bro. Benak followed his father's footsteps in being a teacher in our Sokol gym classes and Bro. Benak's son, Bro. Bud, is our present instructor for girls and Director of Men.

Our congratulations to Sis. Emma Benak and her family on this great recognition and beautiful tribute.

The now deceased Bro. Vojmir Benak of Sokol South Omaha and Jim Hartung, a member of Sokol Omaha



and gymnast at the University of Nebraska at Lincoln, were the first to be entered into the Hall of Fame, instituted by the Greater Omaha Gymnastic Gems.

The same evening, presentation of Don Romeo Agency Scholarship Awards were given to the following honorees: Phil Cahoy, Jr., Patty Carmichael, Chuck Chmelka, Terry Furman, Larry Gerard, Kim Grabowski, Jim Hartung, Renee Reisdorff and Amy Wheeler. Congratulations to all!

Invite Tyrš and Fuegner Into Your Sokol Units

At this time two years ago, our Sokol Halls were busy with preparations for the American Sokol Slet in Berwyn, Illinois. At this time one year ago, we were very much occupied with plans and gymnastic activities for our Eastern District Slet. Today, we still meet once or twice a week for our gym classes, but we can definitely feel the lukewarm atmosphere, missing the enthusiasm and Sokol spirit. The reason for this change is obviously clear. No Slet, no calisthenics, no Sokol, because a group of floor exercises has one of the top priorities in the Sokol program.

The aim in the Sokol movement is to develop through gymnastics, men, women and children into citizens with healthy bodies and healthy minds. For this, Miroslav Tyrš composed a program from which many of the elements are being used throughout the world by gymnastic organizations. It is sad, that we Sokols, who should be thankful and proud of this man are deviating rapidly from his ideas!

The statement made that "Sokol ideology of Tyrš and Fuegner is no longer appropriate for the young gymnast of today since they are not of Czech descent and do not understand the Czech language" can not

ASO FINANCIAL REPORT

May 1979

RECEIPTS:

Dues	\$1,965.00
Convention Fund	250.00
Special Assessment	249.00
Subscriptions to "American Sokol"	3.00
Resale of Jewelry	59.80
Sale of Songbooks	2.50
Postage	1.39
Miscellaneous Income	2.50
	<u>\$2,533.19</u>
ASO Uniform Division - Payment toward Advances	534.40
TOTAL RECEIPTS	<u>\$3,067.59</u>

DISBURSEMENTS:

Administrative	
Salaries	\$489.36
FICA & FWT for April	125.36
Rental, Janitor Service, Phone, Electric	360.58
Office Supplies	37.33
Rental of Mailing Machine	69.49
Service Contract	122.00
Travel Expense	35.05
Advertising	75.00
Membership Dues	35.00
	<u>\$1,349.17</u>
Board of Instructors	
Salaries	\$324.88
FICA & FWT for April	61.68
Editor "Sokol Gymnast"	30.00
Addit'l copies "Sokol Gymnast"	28.00
Travel Expense	75.00
	<u>\$ 519.56</u>
Educational Department	
Salaries	\$ 17.93
Trophy Plates and Postage	23.64
	<u>\$ 41.57</u>
Sokol Publication	
Printing "American Sokol"	\$1,005.60
Editor "American Sokol"	100.00
	<u>\$1,105.60</u>
Miscellaneous	
ASO Uniform Division - Salaries, FICA, FWT, Phone	\$377.93
Special Appropriations - Northeastern Dist. ASO	40.00
Western District ASO	97.38
Central District ASO	780.50
	<u>\$1,295.81</u>
TOTAL DISBURSEMENTS	<u>\$4,311.71</u>

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$5,599.02
Receipts - May 1979	3,067.59
	<u>\$8,666.61</u>
Disbursements - May 1979	4,311.71
	<u>\$4,354.90</u>

Future Sokol Leaders Fund

May 1979

In memory of Milo Trenk - Sokol Town of Lake	\$ 15.00
Otto A. and Joan A. Henzl	25.00
James G. Sweet	25.00
In memory of Louis and Anna Barcal and Frank and Mary Placek - Bob and Vera Barcal and family	10.00
In memory of James Kliner - Zdenka Tintera	10.00
Sokol Club - Rose Capek, Vera Barcal, Anna Marsalek, Mil Lindner, Emily Zook, Vlasta Tibitanzl, Zdenka Tintera	15.00
	<u>\$100.00</u>
Dividends Earned	219.20
	<u>\$319.20</u>

DONATION TO GENERAL FUND

In memory of John Zitny - Roy S. and Vlasta Zitny	\$ 10.00
---------------------------------------------------	----------

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KINDERGARTEN COOKBOOK

Soup . . . by Ian

Get noodles . . . the long kind. Don't get the real long kind, they're for spaghetti. Get a couple of pieces of chicken at the supermarket. Get a big round pot. Put in the noodles and chicken. Put in just a little bit of water and a little pepper and salt. Turn on the stove and be careful. Cook for four minutes. Stir it with a spoon. Look at the clock to see if it's done . . . or call up the time. Eat it with a peanut butter sandwich or with some corn bread. Make sure you clean up when you are done?

Pancakes . . . by Mike

First you get the mix. Put one cup in a big bowl with one cup of milk. Crack eggs over the bowl. Mix it for two minutes. You can cook it whenever you want. Get a flat pan. Put in butter so they can slip off. Pour as much as the pan can hold. When they go "poh, poh" and start bubbling, turn them over. Put your head on the side and look under them to see if they're done. Put on syrup. Drink orange juice with them.

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and must not be supported by a true Sokol. We understand that the language has been for a long time an obstacle in our activities, but we must never let the ideas of the two men and brothers be sacrificed despite the differences and please some of the members who are not interested in the Czechoslovak heritage. Sokol ideas are not for Czechoslovaks only, but can be applied to any nationality and country willing to be free, because they are aiming towards a freedom of all men. The Tyrš and Fuegner ideas led to a freedom for Czechoslovak people and the same ideas will help to guard our freedom that we are enjoying here in the U.S.A.

For more than a century, we have been masters in mass calisthenics demonstrated by Slets in Prague by the Czechoslovak Sokols, just as Slets here in the U.S.A. by American Sokols with achievements and gymnastic displays not accomplished by any other independent sport or gymnastic organization.

Today our program is oriented more and more towards a development of an individual athlete with outstanding performance for which we have limited

talent and no instructors with ability to meet today's high requirements in National and World competition.

In our ranks, we have a number of great and devoted gymnasts which could serve very effectively our organization if introduced properly to the Sokol program and follow the road designed by Tyrš which led thousands of Sokols not only to a personal success, but also contributed tremendously in the development and progress of our countries. Perhaps one day we will have a training program for our leaders under the supervision and guidance of brothers and sisters such as Lago, Slavik, Zenisek, Stovicek, Stetka, Fialova, Rusickova and others of the same caliber.

We cannot have Tyrš and Fuegner as a member in our units, but we must have and follow their ideas and goals to have a Sokol, because without that, our organizations are just another gymnastic club called - SOKOL!

Nazdar!

Vladimir Zikan,
Sokol Belcamp, Md. - Eastern Dist.

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