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Educational and Physical Culture Organization

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Calendar of Events

- NOV. 3 and 4 - SOKOL GREATER CLEVELAND
Czech Holiday Fair
- NOV. 4 - SOKOL CLEVELAND CECH-HAVLICEK
Beef Dinner
- NOV. 10 - SOKOL BROOKFIELD
Sokol Fest
- NOV. 16 - SOKOL GREATER CLEVELAND
Fish Fry - Bohemian National Hall
- NOV. 16, 17 and 18 - SOKOL MILWAUKEE
Holiday Folk Fair

- DEC. 1 - SOKOL STICKNEY
Spaghetti Dinner
- DEC. 2 - SOKOL CLEVELAND CECH-HAVLICEK
Christmas Mart and Cookie Sale
- DEC. 2 - SOKOL DETROIT - Czechoslovak Afternoon
Dinner Party - Sokol Cultural Center
- DEC. 8 - SOKOL SLAVSKY
St. Nick's Dance at Sokol Berwyn
- DEC. 8 - SOKOL GREATER CLEVELAND
St. Nick's Dance (Mikulášská)
- DEC. 16 - SOKOL CLEVELAND CECH-HAVLICEK
Gym Exhibition
- DEC. 31 - SOKOL STICKNEY
New Year's Eve Dance
- DEC. 31 - SOKOL BROOKFIELD
New Year's Eve Dinner-Dance
- DEC. 31 - SOKOL DETROIT
New Year's Eve Party - Cultural Center
- DEC. 31 - SOKOL BERWYN
New Year's Eve Celebration

- JAN. 19, 1980 - SOKOL MIAMI
10th Anniversary Celebration
- JAN. 19, 1980 - SOKOL STICKNEY
Installation of Officers

(Cont. on back page)



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

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6426 West Cermak Road
Berwyn, IL 60402

Sokol

Name

Old address

..... Zip

New Address

..... Zip

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. C

November - 1979 - Listopad

Číslo - No. 11



SOKOL AMERICKÝ.

VĚSTNÍK
AMERICKÉ OBCE SOKOLSKÉ.

OBSAH:

Jaroslav Vrchlický: Hudba (báseň). — J. Čermák: Šťastný Nový Rok! — Štíbr Chyňavský: Nesouhlasím . . . ! — Frant. Chmelík: Vzpomínka. — K. Kt.: O rýms a co z ní pochází. — O nás pro nás. — Vzdělávací hlídka. — English Section. — Koutek dopisovatelský. — Zápisy a zprávy činovníků. — Stanovy A. O. Sokolské. — Tělocvičná hlídka: Jos. Kos: Do Nového Roku! — Slet a závody A.O.S. v roce 1929. — Cvičení pro společné vystoupení mládeže župy Střední o sletu A.O.S. — Závody dorostenců. — Oprava. — Ojedinelý podnik.

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Zemřela první náčelnice Československé
obce sokolské

sestra MILADA MALÁ

12.VII.1887 - 1.VIII.1979

V ní odchází poslední z malé skupiny žen, jejichž odvaze, průbojnosti a vytrvalé, neúnavné práci, vděčíme za účast žen v Sokole.

Narozena v národně i sokolsky uvědomělé rodině (otec dr. J. Malý byl cvičitelem u Malýpetra, matka překladatelka), cvičila čtrnáctiletá na IV. sletu r. 1901, prvním sletu s účastí žen a žákyň. Ve dvaceti letech byla už členkou ženské komise V. sletu, první to skupiny žen připuštěné k organizační práci. Od té doby čteme její jméno ve všech výčtech pracovnic obce sokolské, tenkrát ještě České. Při utvoření první ženské technické komise ČOS r. 1911 byla zvolena místopředsedkyní, při ilegální obnově činnosti rozpuštěné ČOS ještě před skončením války (29.VI.1918), která věcně projednala rozmanité i protichůdné názory a dala jednotný směr a cíl tělesné výchově sokolských žen a dívčí mládeže, Miladě byla svěřena výchova cvičitelék.

Ve všech funkcích, které zastávala, se projevovaly její mnohostranné schopnosti. Jako cvičenka se závodem zařadila do prvního družstva sokolských žen vyslaného za hranice, do Záhřebu r. 1911. Skladatelský talent projevila skladbou prostných a nástupu žákyň pro VI. slet. Z posluchačky cvičitelských škol ČOS pro ženy vyrostla v pomocnici vyučujících bratří, učitelku a posléze vedoucí. Učitelství bylo jejím největším zájmem. Četné články ve Cvičitelce zasahovaly do všech jednot, pohostinské vyučování ve školách jihoslovenských a Příručka pro cvičitelky žákyň vedly po desítky let tělesnou výchovu dívčí mládeže a to i nesokolské.

Houževnatá píle, osobní nenáročnost a bezmezná oddanost sokolské myšlence jí bezpečně vedly na první místo mezi sokolskými ženami. Není proto divu, že když sokolské bratrstvo v uznání činnosti sokolských žen za I. světové války přijalo je za plnoprávné členky sokolské organizace, byla Milada Malá zvolena první náčelníci sokolských žen.

Na tomto místě vedla první kroky prvního náčelnictva žen ČOS. Vděčně uznávala otcovskou pomoc bratří nám mladším a nezkušebným, ale současně nás vedla k soběstačnosti a k hledání vlastních cest, abyochom nezůstaly trvale závislémi a abyochom trvale nenapodobily mužský tělocvik. Vedla úspěšně VII. slet - poslední na Letné - a VIII. - první na Strahově. Ale na IX. již nestačily její fyzické síly, po léta vyčerpávané prací přesahující jejich meze. Přes naléhání náčelnictva odmítla další kandidaturu.

Sokolstvo jí projevilo svou vděčnost přiznáním čestného členství výboru i cvičitelského sboru žen a udělením literární ceny Karla Vaníčka. V dějinách Sokola je trvale zapsána jako průkopnice ženské tělesné výchovy a první volená vůdkyně sokolských žen.

Marie Provazníková

A Few Words of Appreciation

How blessed we are to live in America. With all our trials and tribulations, we still are living better, with less effort, than mankind has ever lived in recorded history. For this we should be justly humble, and thankful, for surely we are not so conceited as to believe that this is due because of our own efforts or genius.

As Sokols, we have always been taught to be critical, but even more, to be honest with ourselves, as well as with our fellowman. How often we forget though, in the full lives we live, to show our appreciation to those who so richly deserve it. We seem to take for granted that certain individuals should take all the responsibility, do all the planning and wind up by doing all the work. We seem to think that it is natural for a handful to assume this load year after year, to take all the abuse and rarely receive thanks.

No, it is not right, but it is happening all the time. The officers of every unit, of the District and the Obec are human, too. They perhaps would like nothing better than to live a carefree life. Circumstances, their own natural abilities, and their love for the Sokol ideals keep

them working even though they may be dead tired. They and the small group that form the hard core of every organization keep going, knowing that their efforts are not in vain.

All of us can lighten their burden, or make their plans more successful by volunteering to help wherever it is needed. We can accomplish a great deal by withholding our petty criticisms and instead thanking them for what they have done.

The Sokols can do much for America. They can at least repay in part the magnificent genius of the men who created this country, and worked and fought for it, by assuming willingly their share of the work in the future.

The years that lie before us are no more critical than many others thru which this nation has passed. All we need is the unfailing courage of our forefathers and their capacity to work hard no matter what may happen. With this goal sincerely accepted and a firm belief in the justice and equity of our way of life we must win a still finer future for the generations that are to come.

Be generous with your honestly expressed appreciation to all of those who you know so richly deserve it. It costs so little but does so much good.

Bro. James L. Cihak - 1953

Central District Executive Board Meeting

September 26, 1979

President Bro. E. Halik called the meeting to order at 7:50 p.m. All joined in the Pledge to the Flag. Everyone given a copy of Central District's June 27, 1979 minutes. Motion made and carried that minutes be approved; passed. Moment of silence for Bro. John Reiner of Sokol St. Louis. Bro. Halik gave a short talk on Bro. Reiner's life and history in Sokol. Bro. Halik represented Central District and the ASO at his funeral service.

Correspondence: Quarterly reports received and reported from units. Letter from Sokol St. Louis stating they would like to hire a full-time or part-time gymnastic instructor. Anyone interested to send resume to Sokol St. Louis Board of Instructors. Salary negotiable. Copy of letter sent by ASO stating a check enclosed for judging clinic and workshops that were held January, February and March. Letter from ASO reminding us of XIII Convention of the ASO to be held in Cedar Rapids, Iowa, June 16, 17 and 18, 1980. Each unit's obligation is to form a by-laws committee to review the by-laws and seek any changes or amendments to the Constitution and by-laws. These changes to be submitted in writing and sent to Bro. Halik who is Central District By-Laws Chairman and member of the National By-Laws Committee. The article written by Bro. Halik for the Slet program book was published in the American Sokol which in turn brought a letter from Sis. Bertha Cerny stating that the feelings were shared with many and she hoped that all the brothers and sisters who feel this way can somehow

turn around this trend and bring back Sokol as it was intended to be. Bill submitted from Weber Travel for Bro. Halik's flight to St. Louis and hotel bill. Check received from Chicagoland for chips. Sis. Basta presented the bill for the Riverside-Brookfield Stadium for Slet. Insurance premium for this day was gratis.

President's Report: The six outstanding bills for the Slet program book have been collected. While Bro. Zenisek was out of town, banked all moneys and paid several bills. Attended the combined BOI meeting. Tried to contact people for the Czech ballet but not enough time to get a bus and sell 100 tickets as other organizations were already working on this. All checks received from the BOI were banked. When in St. Louis, call received from Sis. Cerny of Sokol USA requesting Central District Folk Dancers to perform at a social function. On returning from St. Louis, matter turned over to Bro. Kala. Brother Glasser leaving for Europe September 27, therefore is giving his books to Sis. B. Prener (auditing) until his return. Bro. Zenisek gave a tentative financial report of the Slet. Additional checks received to be added to income and rental of stadium to be listed as expense. A more complete report will be made shortly. Motion made and carried that \$100.00 be kept in the Slet checking account to keep it open. Also suggestion made that the Slet account be in another bank. Report given on pre-sale and gate receipts for tickets. Bro. Borvansky volunteered to handle program book for 1980 Slet. Favorable comments on cover of this year's book from cultural organizations. Suggestion made that Educational Committee help edit program book. Also a committee to follow up on letters sent.

Women's Director Report - Sis. Pistorius: Lengthy report given on the many activities planned for the women of Sokol. Competition dates and sites were discussed. Special committees formed to carry out the necessary duties for all the events planned. Bills presented for approval and paid. Participation in special events listed.

Men's Director Report - There being no Men's Director, Bro. Satek submitted a report of the Men's BOI. Bro. Satek reported that the Men's BOI secretary is Bro. May. Bro. Satek stated he will be official BOI representative and requested voting privilege. Request approved.

Motion made that requests and approval for funds must be made prior to needs. We must adhere to rules of Special Assessment Fund; motion carried. Requests for workshops for assistants and helpers that will be held Oct. 27, Nov. 3 and Nov. 10, from 9 a.m. to 1 p.m. as reported in Sis. Pistorius' report be sent in for approval. Motion made and passed that a petty cash fund be given to Sis. Pistorius for BOI needs. Motion made and carried that per diem be paid to Sis. Pistorius and Halik for workshop held in St. Louis, March, 1979. Also that an extra form be made of Special Assessment Fund for Central District records for payment.

Educational Committee: Bro. Kala reported that materials to units will be given in October. Reported on folk dancers that performed in Spillville, Ohio and at St. Mary's Church in Downers Grove. Also announced date of Czech ballet to be held in Chicago. Announced

that a unit educational meeting is scheduled in October. Sis. Halik reported a showing of a Czech film, September 27, at the Chicago Public Library, she further stated that films can be borrowed for programs from local libraries and from Audio Brands in Brookfield.

Membership Committee: Sis. B. Prener thanked Sis. Dolezal for helping type roster of members of units.

Properties Committee: Sis. H. Prener reported that one of our local companies may have some file cabinets for us. All flags are back in our office. Bro. Jezek will make additional covers for 2 flags. Bro. Jezek also took measurements of windows in the office for possible new covering. A poster of the first American Sokol Slet in 1921 received from Sokol Racine now in District office.

Publicity Committee will meet October 11, 1979, 1 p.m. at Central District office. Motion made to poll units regarding annual meeting - fiscal or calendar year. Sis. Basta making arrangements for hall rental for annual meeting first week in November. She will also send out letters for the annual meeting. To be considered: A definite need of separating the financial secretary and Slet treasurer. Should be two separate functions. Sis. Pistorius reported that the warmup suits have been discontinued. Each unit must obtain their own. Colors will remain the same: red for girls and women, blue for boys and men. Bro. Halik appointed the nominating committee for 1980. Bro. Linhart, Jezek, Sis. Bruno, Kmen, H. Prener and Dolezal. Bro. Glasser will not be present at the next meeting, Sis. B. Prener will handle books. Receipts and disbursements were read. Announcements of all the coming events and exhibitions was presented. Most are listed in the Calendar of Events of the American Sokol magazine. Meeting adjourned 10:10 p.m. Next meeting October 23, 1979 at 7:30 p.m.

Respectfully submitted,

Sis. B. Prener, L. Kmen
and A. Halik.

ASO Executive Board Meeting

Regular meeting of the American Sokol Organization Executive Board on Tuesday, September 25th, 1979, was brought to order at 7:30 p.m. by the president, Bro. R. Zitny. Items from numerous newsletters were reviewed. District minutes which had been received since our last meeting were reviewed: Southern, May 24 and August 23; Western, June 10; Eastern, June 8 and September 13; Southern, July 26; and Central, June 27.

Correspondence: Final report form from the Northeastern District regarding the reactivation of Sokol Rip was received with no charges shown. Prepared two Citations of Merit for Sokolice Milwaukee - Sis. Leona Fuksa and Sis. Emily Renaud - each for 50 years' of Sokol service. Acknowledged receipt of a vase and medals from Sis. Rose Jebavy, Sokol Cechie; a request from the Denni Hlasatel for an ad for the 28th of October. Sis. Basta moved we take an eighth-page ad, seconded, passed. Bro. Rabas will handle it. Western District Slet to be held after our 1980 Convention.

Received a request from Sokol South Omaha, hosts, for the President to be the guest speaker on June 22nd. Bro. Zitny will formulate a letter, requesting them to change their date, as it coincided with the Canadian Slet which we had acknowledged back in June. Prepared the U.S. Post Office "Statement of Ownership" with figures from Sis. Sotka and turned them over to Sis. Kourim for signing and returning to the Berwyn Post Office to be printed in the next issue of the American Sokol publication. Notice from the Pacific District of their annual meeting, November 18th. Their 25th Anniversary banquet will be held on Saturday, November 17th.

DIRECTOR OF WOMEN - Sis. M. Ptacek: Work went on during the summer, receiving and dispensing information. Final report forms: Southern District: Beginner's Course held June 11-16 at Ennis; 31 students. Total reimbursement requested was \$1,002.00. Central District for a special number competition judging clinic held May 2nd; 12 students. Total requested was \$15.00. Central District for folk dance instruction for April, May and June; 10 students - \$210.00. Sis. Basta moved that payments be made; seconded, passed. Congratulatory letters were sent to the Directors of Sokol USA. Merit Award Committee met and the following awards were made: Southern District - 1; Eastern District - 2; Central District, 2; Western District - 2 and Northeastern District - 1. Six renewals were approved. Names not available at this time. Calisthenics for 1981 Slet: Translations of the men's and women's has been completed and a meeting held to iron out a few difficulties. Junior drills in process of being composed. Children's exercises almost finished.

DIRECTOR OF MEN - Bro. P. Lebloch: Attended the Sokol USA Slet, met with officers of this organization, the DA Sokols and the Canadian Sokols who are very enthusiastic about their own Slet coming next June. Turned over competition results to Bro. Linhart for publication. Bro. Fina donated a copy of the Greater Cleveland Sports Hall of Fame booklet. He was inducted last spring. Attended the Merit Awards meeting. Attended and participated in the Moravian Day festivities. Many Sokols were in attendance from other parts of the country.

EDUCATIONAL - Bro. S. Barcal: First meeting of the season held and the following were asked to be members: Sis. Kos, Zdenek, Schnabl and Prener; Bros. Prchal, Kala, Rabas and Lebloch. Sis. Basta moved that they be ratified; seconded, passed. Bro. Kala is vice-chairman and Sis. Zdenek, secretary. The Czech history by Bro. Prchal will be delivered to the office within a few days. The brochure is almost in its final stages. Bro. Kala will renovate old Slet posters. Two books will be requested for examination before possible purchase.

EDITORIAL - Sis. J. Kourim: Waiting to do the second proof-reading of the October issue. Is returning all photos used. Has two postage bills, which will automatically be paid. Dr. Vera Laska requested past copies of our publication - is using them for research of another book in which she will incorporate much about the Sokols. It was moved, seconded and passed that she

SOKOL GYMNAST

NOVEMBER 1979

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



World's Gymnastic Championships

 DECEMBER 3-9, 1979
 FORT WORTH, TEXAS

Eastern District School Report

Eastern District Beginners School. The 1979 E.D.B. School, which was held at Millstad Sports Camp in Joppa, Maryland, started at 2 P.M. on Saturday, August 25. The 22 students, ranging in age from 12 to 19 years old, included 8 boys and 14 girls. There were 2 Seniors and 20 Juniors in the class. The participating units were Sokol Fuegner with 6 students, Sokol New York with 2 students, Sokol Littel Ferry with 2 students, Sokol Washington with 1 student and Sokol Baltimore with 11 students.

At the very first class session, the staff was shocked to learn that most of the students could not perform a simple left or right face. By the end of the week, the students were performing with ease and were calling out commands for the required marching tactics as if they had been doing them for years. We found the students to be attentive and interested in all of the lectures and in the required activities. They were taught calisthenics and apparatus terminology, teaching techniques, guarding, Sokol history and organization, games, first aid, and folk dances to teach to the children's classes. They had time to improve their own skills in tumbling and on apparatus as well as in guarding for the skills they had learned.

In addition, they learned to sing a variety of Sokol songs, many of them in Czech. We found it best to listen to their frequent outbursts of enthusiastic singing with kindness rather than criticism - it was usually off key. The class was divided into three committees and learned to work and plan together. The committees presented a Parents' Night, Halloween Party and ran a Class Competition. They also learned to create pyramids and special numbers as well as comedy routines. (Unit leaders: Be aware of the hidden talents your students possess!)

The staff was impressed with the spirit and improvement shown by the students. Everyone worked well together; there were no special problems. Even the

guests and guest instructors learned at the school. Many stated that there would be changes made in their own routines and schedules for their Sokol classes.

The Millstad Sports Camp is a remarkable facility for our type of Instructors School. Since it can hold up to 250 campers, it was more than adequate for our needs. The barracks had been cleaned for our use and were more comfortable than some facilities we had used in the past. There was a "lower gym" covered with floor exercise mats and a "main gym" filled with apparatus. The dining room was attached to the main gym. The food was provided by a catering service and was delicious and plentiful. There were absolutely no complaints about the food; there was always enough for seconds, or thirds - or more, including leftovers for snacks. The boys were fortunate to have their washroom facilities in their own dormitory. Since there were more girls and they needed larger quarters, they had to run outdoors to their washroom.

The school staff consisted of Norma Zabka (Sokol New York), Rome Milan (Sokol Fort Worth), Joe Vrzalik (Sokol Baltimore), Dorothy Henigman (Sokol Fuegner) as secretary and assistant and Sharon James (Sokol Baltimore) as assistant. The staff followed the Beginners School plan which has been set up by the ASO School Board with very few problems. There were some questions and comments which will be referred to the School Board.

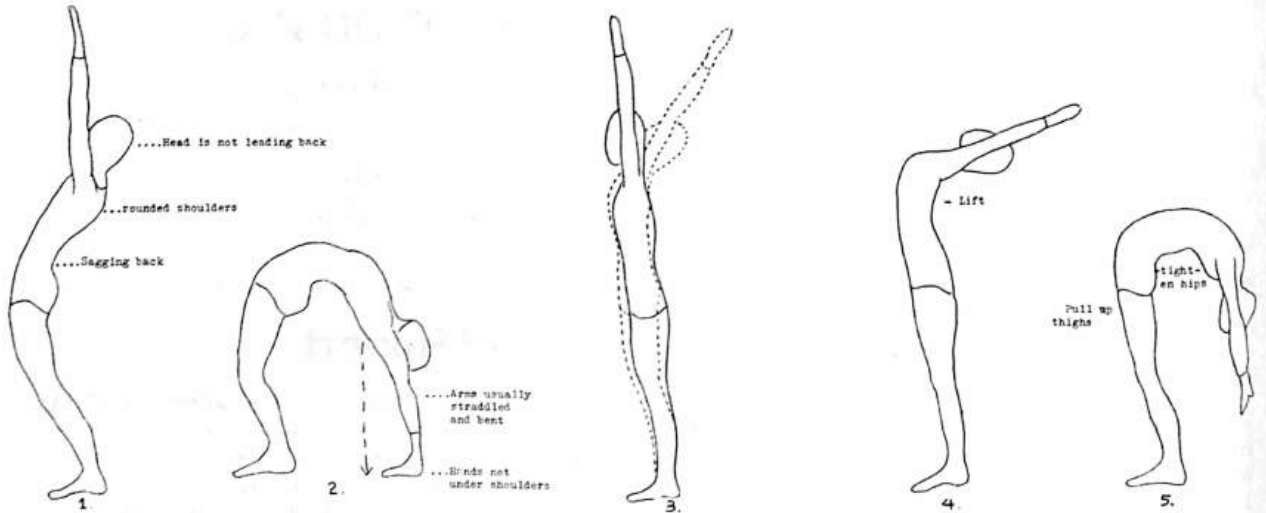
From flag raising to "lights out", the students - and staff - were kept busy. The students departed with a wealth of Sokol knowledge, manuals and pamphlets and enough Sokol spirit to carry them all to the 1981 Slet and beyond. The staff departed with satisfaction in the improvement shown in the students and plans for next year's school.

Nazdar!
 Audrey Benda (Sokol Little Ferry)
 School Director

Upper Back Flexibility . . . How It Can BE Developed

by Renee P. Hendershott

Upper back and shoulder flexibility is a real problem to many gymnasts. Flexibility in this area is not present in many persons, but can be developed with daily stretching. Persons who do not possess this quality over bend in their lower back (which is naturally flexible in most persons) to compensate for the lack of flexibility in the upper back. This puts an unnecessary and injurious strain on the lower back and should be corrected in the very beginning of the gymnast's training. The gymnast who does not possess this flexibility will have to work on it daily. It is hard to attain and is one of the first places to stiffen up when not being worked on.



This is how a person who lacks upper flexibility starts into a backbend.

This is what a backbend looks like. Note that the shoulders are not directly over the wrists.

To begin with, the posture must be good. Back straight - shoulders down . . .

The head must lead back. Upper back should be first to bend.

To avoid a fall, keep the hips pulled tightly together, abdomen pulled in and thigh pulled up and tight.

Fig. 7 shows how the gymnast can work by self to stretch the upper back and shoulder region. The gymnast does a push up backbend and then pushes the legs straight so that the shoulders are forced back over the wrists. The arms must be KEPT STRAIGHT and not allowed to straddle. (They should be under the shoulders . . . not out to the side).

There are a number of exercises which can be done with partners. The most effective one is pictured below in Fig. 8. The partner gets on knees over the gymnast's back. The knees should be placed next to the lower border of the Scapula. This position is marked in Fig. 9.

Place the hands **between elbow and shoulder** and exert a steady strong pull upward on the arms. Do not allow the whole back to bend. When you feel the back coming up as you stretch, press in with your knees to prevent this. Hold 6 counts, then lower arms to floor and rest 4 counts. Repeat 5 times before acrobatic warmups. Do not cause great pain in shoulders. You will feel the gymnast tighten up and pull against you slightly when you are stretching up enough. Do not go past this point. You will find that the stopping point becomes higher with each stretch. **DO NOT FORCE.**



This is the position the gymnast is working to attain. Notice that the helper's knees are in position to prevent the lower back from arching during the stretch of the upper back and shoulders.

Place knees at X.

The gymnast who can only be stretched to position A has a flexibility problem. The gymnast who can only be stretched to B upon the 1st attempt will have no problem if he or she stretches every day.

Help Your Aching Back

Millions of Americans suffer from low back pain, and their numbers are growing larger. The primary reason: **flabby abdominal and back muscles**, the result of our increasingly sedentary lives.

The best things you can do for your back are to exercise regularly, keep your weight down, and eliminate strain through good posture. The key factor in poor posture is your lumbar curve, the curve in your lower back. Here's how to check for this curve and correct it.

1. Stand with your back against a wall, If you can slip your hand into the space between your low back and the wall, your lumbar curve is too great.

2. Move your feet about twelve inches forward, keeping your back against the wall.

3. Squeeze your buttocks together and tuck them under; this will tilt the front of your pelvis forward.

4. At the same time, pull in your abdomen. This should eliminate the space between your back and the wall.

5. Keeping your lower back flat against the wall, gradually move your feet closer to the wall.

Try to maintain this position while walking around the room. Then come back to the wall and check to see if your back is still flat.

You probably won't be able to maintain this position for very long at first, but with practice and exercise it will become as natural as your poor posture is now!

Many back problems are a result of one form or another of arthritis, a family of diseases now treated by a new medical subspecialty: rheumatology. At Michael Reese, Drs. Michael Ellman and Dennis Levinson, two of only a handful of Illinois rheumatologists, direct a multidisciplinary clinic which provides comprehensive care for patients with arthritis. They also conduct both basic and clinical research into arthritis and related diseases, including pseudogout, Raynaud's disease, and systemic lupus erythematosus.

Health Habits

We would save billions of dollars in insurance costs if a significant number of Americans could be persuaded - or educated - to follow simple basic health habits:

Three meals a day at regular times instead of snacking.

Breakfast every day.

Moderate exercise two or three times a week - long walks, bike riding, swimming, calisthenics, gardening.

Seven or eight hours of sleep a night.

No smoking.

Moderate weight.

No alcohol, or alcohol in moderation.

California scientists studied 7,000 adults for 5 and one-half years. They found that a man of 45 who practices three or fewer of these rules can expect to live to 67. A man with six or seven of these habits can expect to live to 78.

Common Injuries and Treatment . . .

I. RIPS:

1. A rip is a tear in the skin of the hand due to friction produced by gripping the apparatus. Rips are rather painful but seldom fatal (or even serious). They can, however, become infected if not properly cared for.

After workouts, while at home, the following steps should be observed when caring for "rips":

A. Cut away all dead or torn skin, making sure that the edge of the wound is smooth and flush with the surface of the good skin.

B. Clean the blister or rip of all foreign material, especially chalk dust or dirt.

C. After the wound is clean it should be kept moist with either a first-aid cream or vaseline, or even chapstick (which lasts longer). This will prevent the callous that develops from drying out and cracking, a very painful malady.

II. CALLOUSES:

Within a few weeks, your hands will have grown callouses. They are not a strange tropical disease and in fact are **desirable** protection if properly cared for. The callouses should not be allowed to build up or thicken too much. A very nasty rip could be the result of a thick callous catching the high bar in the middle of a trick. They must be kept at a desirable thickness by sanding the hand with sandpaper, (using a razor blade is like participating in a self-sacrifice!) The callouses should be kept moist to avoid cracking or chapstick at night and occasionally in the morning should be sufficient.

III. MINOR INJURIES: PULLED MUSCLES:

Shin Splints (sore legs), and minor twists can be cared for in the home by following a simple set of rules. If your son - or daughter - complains of pain in the wrist, or ankle or calf especially - If swelling develops; **Ice** should be applied to the injured area. **Never**, under any circumstances, should heat be applied to any athletic injury. Heat may aggravate an injury by increasing the swelling. Ice, on the other hand, will never aggravate an injury. Ice, in fact, has definite therapeutic values. It will stop arm swelling due to damaged tissue. Ice therapy will help the healing process by increasing the deep flow of blood to the injured area. Ice therapy will also, after 20 minutes of application, effectively kill any localized pain. Although this method of ice therapy is a relatively new technique, it is practiced and recommended by competent orthopedic surgeons and physical therapists, not only because the ice eliminates pain, but also speeds the healing process.

Copy for Publication

MUST BE RECEIVED BY THE 10th
OF THE PREVIOUS MONTH

SOUTHERN DISTRICT - AMERICAN SOKOL SLET

June, 1979

The Southern District Sokol Slet was held in Ennis, Texas, home of Sokol Karel Havlicek Borovsky. Slet activities began on Friday, with Volleyball Championships held at the St. John's High School gym. Winners of the Junior-Mixed Championships were Sokol Karel Havlicek Borovsky and winners of the Senior-Mixed Championships were Sokol Fort Worth.

Apparatus Competitions were held on Saturday. The Men's Division Competitions were held at the Sokol Gymnastic Center. The Women's Division Competitions were held at the St. John's High School. Competitions were held in all divisions and age groups of children, Juniors, and Seniors. Junior and Senior awards were presented at the Victory Dance on Saturday evening at the Sokol.

Approximately 400 gymnasts of all ages from the units of Dallas, Fort Worth, Houston, Corpus Christi, and Ennis performed to a large Slet crowd on Sunday. Master of Ceremonies for the program was Bro. Don York, President of Sokol Karel Havlicek Borovsky. The program opened with the Grand Assembly of gymnasts. The Invocation was given by Rev. Lawrence Haberman, Pastor of St. John's Catholic Church. The Star Spangled Banner was led by Sis. Helen Petty and the Czech National Anthem was led by Sis. Jeannette Zajic.

Gymnasts then sang the Slet song "Spějme Dál". Guests at the Slet were introduced by Bro. York. An address was given by Bro. Ben Maca, Southern District President. Special guest speaker was Bro. Roy Zitny, President of the American Sokol Organization, Berwyn, Ill. Also introduced was Bro. George Prevratil, Honorary President of the District.

The Slet was dedicated to the Past Presidents of Sokol Karel Havlicek Borovsky. The three living Past Presidents were recognized and presented plaques. First was Bro. Stanley Houdek, Jr., who served as President in 1964. Bro. Charlie A. Jurcik, who served from 1965-1968 and Bro. Edwin Laznovsky, 1969 to 1975.

The impressive gymnastic program of apparatus, modern gymnastic numbers and calisthenics was presented to the appreciative crowd. Children's individual and team competition awards were presented. Winners of the modern gymnastic special number awards were, first, Sokol Houston; second, Sokol Karel Havlicek Borovsky, Ennis; third, Sokol Fort Worth.

The closing number was "God Bless America" which was led by Sis. Ellen Petty. Program accompaniment was provided by the Dallas Czech Concert Orchestra led by Bro. Cyril (Sid) Pokladnik.

SLET ALL-AROUND AND TEAM WINNERS:

CLASS I BOYS

1. Danny Kuehn, Houston
2. David Belew, Ennis
3. Cliff Mullican, Ennis
4. Chris Coley, Ennis
5. Brandon Grebe, Dallas

- Team 1.** Ennis No. 1
2. Dallas
3. Houston
4. Ennis No. 2
5. Ennis No. 3

CLASS II BOYS

1. Kenneth Scott, Corp. Chr.
2. Jimmy David, Houston
3. Bobby Steele, Dallas
4. Johnny Snider, Houston
5. Jamey Voorhies, Ennis

- Team 1.** Houston
2. Dallas
3. Ennis

JR. BOYS LOW B DIV.

1. Kevin Prachyl

JR. BOYS LOW A DIV.

1. Donny Spencer, Ennis
2. Richard Steele, Dallas
3. Jeff Kasowski, Houston

- Team 1.** Ennis
2. Houston

JR. BOYS INTERMED. DIV.

1. Lee Hamilton, Ennis
2. Paul Davis, Houston
3. Robert Toth, Ennis

- Team 1.** Ennis

MEN LOW DIVISION

1. Ben Cvrcek, Dallas

MEN INTERMED. DIV.

1. Gary Martin, Ft. Wth.
2. Rickey Bourquin, Ft. Wth.
3. Don Allison, Ft. Wth.
4. Dennis Gray, Ft. Wth.

- Team 1.** Fort Worth

MEN HIGH DIV.

1. Rome Milan, Ft. Wth.
2. Frank Gray, Houston
3. Gary Johnson, Dallas

CL. I GIRLS HIGH DIV.

1. Amy Murrah, Ennis
2. Natalie Webb, Ft. Wth.
3. Julie Voorhies, Ennis
4. Amy Gaynor, Ft. Wth.
5. Karen Vrana, Ennis

- Team 1.** Fort Worth No. 1
2. Ennis No. 1
3. Ennis No. 2
4. Ft. Worth No. 2
5. Ennis No. 4

CL. I GIRLS HIGH DIV.

1. Misty Kuehn, Houston
2. Jill Brown, Dallas
3. Karen Lueke, Dallas
4. Jo Beth Hyatt, Dallas
5. Kathi Keyes, Houston
6. Kristine Hassebrock, Houst.

- Team 1.** Dallas
2. Houston

CLASS II LOW DIV.

1. Leann Henry, Ennis
2. Dale Ann Adcock, Ennis
3. Jessica Murphy, Ennis
4. Jennifer Harrison, Ennis
5. Tricia Zmolik, Ennis

- Team 1.** Ennis No. 1
2. Ennis No. 3
3. Ennis No. 2
4. Ennis No. 4
5. Ft. Worth No. 2

CLASS II HIGH DIV.

1. Julie Dolan, Dallas
2. Gina Brown, Dallas
3. Judy Foulks, Ft. Wth.
4. Kelly French, Ft. Wth.
5. Leslie Poindexter, Ft. Wth.

- Team 1.** Fort Worth No. 1
2. Dallas
3. Houston

GIRLS OPEN HIGH DIV.

1. Kristi Vance, Dallas
2. Nicole Williams, Dallas
3. Karla Murillo, Dallas

- Team 1.** Dallas
2. Houston

JR. GIRLS LOW B DIV.

1. Lori Steinman, Ft. Worth
2. Johna Stacks, Ennis
3. Lisa Wilhoite, Ennis
4. Debbie Svehlak, Ennis
5. Shelly Landsfeld, Ennis

- Team 1.** Ennis No. 1
2. Fort Worth
3. Ennis No. 2

- Team 1.** Ennis No. 1
2. Fort Worth
3. Ennis No. 2

JR. GIRLS LOW A DIV.

1. Barbie Kozel, Ft. Wth.
2. Cheryl Beck, Ft. Wth.
3. Donna Davis, Houston
4. Teresa McClure, Dallas
5. Rosemary Kozlovsky, Ennis

- Team 1.** Fort Worth
2. Houston
3. Ennis

JR. GIRLS INTERMED. DIV.

1. Alice Hyatt, Dallas
2. Angie Kurokata, Houston
3. Laura Stemac, Dallas

- Team 1.** Dallas
2. Houston

JR. GIRLS HIGH DIV.

1. Sharon Snider, Houston
2. Theresa Snider, Houston
3. Susie Snider, Houston

- Team 1.** Dallas
2. Houston

JR. GIRLS CHAMPIONSHIPS

1. Paula Stansbury, Dallas
2. Kris Wallace, Dallas
3. Diane Bourgeois, Dallas

WOMEN'S FUNDAMENTALS DIVISION

1. Sylvia Laznovsky, Ennis
2. Nancy Brown, Dallas
3. Wynn Baxter, Dallas

- Team 1.** Dallas

WOMEN'S LOW B DIV.

1. Mary Steinman, Ft. Wth.
2. Jana Tunnell, Ft. Wth.

WOMEN'S LOW A DIV.

1. Martye Bradley, Dallas
2. Jennifer Rituper, Ennis
3. Gay Steele, Dallas

- Team 1.** Dallas
2. Ennis

WOMEN'S CHAMPIONSHIPS

1. Chamise Yarbrough, Ft. Wth.

be put on our publication mailing list to keep her up-to-date. Filled out a number of research forms which will keep the Sokol name on file in many places. Helped in the seals mailing.

PUBLICITY - CZECH - Bro. J. Rabas: Put articles into the Denni Hlasatel about the start of the Sokol gymnastic season and will have other materials forthcoming.

PUBLICITY - ENGLISH - Sis. A. Pistorius: Sent an article to the Life Newspapers regarding the 100th Anniversary of our own publication. Stated that our seals are available at the office by contributions.

FINANCIAL SECRETARY - Sis. A. Sotka: Prepared the financial reports for June, July and August and distributed same to the members of the Executive Board. Filed the second quarter 1979 payroll tax reports. Had the 1st and 2nd quarters of 1979 books audited - were found to be in order. Reinvested two certificates. Noted that an additional deposit had to be placed in our account at the Berwyn Post Office. Gave Bro. Laznovsky 25 District course diplomas when he visited the office. Had a breakdown of expenses regarding the seals and donations. Sis. Schnabl read excerpts from a number of letters accompanying these donations - all favorable and praising the design and congratulating us, expressing success for the future. Some of these letters will be acknowledged because donations have been made "In memory of".

TREASURER - Bro. G. Basta: Presented the chart ending June 30th, second quarter, showing our assets and liabilities which indicate that to date, pro-rated, we are approximately \$3,400.00 in the red. Also distributed copies of the budget comparison from July 1, 1975 through June 30, 1979, for all departments. In the past 48 months, some are under budget and some are over budget. Loss of membership, cost-of-living increases, dues structure will necessarily have to be reviewed in making the budget at the 1980 convention.

UNIFORM DIVISION - VICE-PRESIDENT - Sis. B. Prener: Orders from the Districts and units coming in for the start of the new season. Still awaiting word from the Pacific District. Discussions held regarding supplier of T-shirts. Hope to have some blouses on hand shortly. Slipper supply adequate. Records for the 4th quarter, 1978 and 1st and 2nd quarters of 1979 were audited and found to be in good order.

Appreciates efforts of all who helped in office clean-up after the ceiling repair. Memorabilia from Sis. Kate Danko turned over to the Educational Committee, as was the history of Sokol Cechie. Attended the educational committee meeting and those of the by-laws committee.

SECRETARY - Sis. E.J.Schnabl: Prepared the June minutes, distributed them to Executive Board members and to District Presidents. Handles all correspondence, as noted in the Agenda and acknowledged Future Sokol Leaders' Fund donations. Arranged for pick up of Pitney-Bowes mailing machine. Reported on materials required and ordered for the seals' mailing. Thanks go to all the dedicated Sokols who helped so tremendously with the seals mailing! Bro. Schnabl cleaned the air conditioner filter and reset the louvers. Bro. Schnabl

and I attended the 2nd Czechoslovak American Festival at the Yack Arena, which was run by Sokol Detroit who are to be commended. Judged for the parade of costumes. Are presenting a program book. Mailed out letters to the six District By-laws Chairmen and to the units asking them to elect by-laws committees.

PRESIDENT - Bro. R. Zitny: Attended the Sokol USA Slet, the Sokol Detroit Ethnic Festival in Wyandotte, Michigan and the convention of the WFLA. Had glowing reports of each of them. Stated that the WFLA will contribute \$12,000.00 over a four-year period to the American Sokol's Future Sokol Leaders' Fund and that \$500.00 went to Sokol Karel Havlicek, Yukon, Okla., who were the host Sokol unit at the time of their convention in Oklahoma City. Attended the Moravian Day festivities. All members were asked to check by-laws of the various departments or committees on which they serve. It has been confirmed that our convention will be held at the Five-Seasons Motel, owned and operated by the Stouffer chain at rates of \$36.00 for singles and \$42.00 for doubles. More information from Cedar Rapids will be forthcoming. There being no further business, members were thanked for their reports and meeting was adjourned at 10:30 p.m.

Respectfully submitted,
E.J. Schnabl, Secretary

SOKOL EDUCATOR

Art in Prague

As in Italy and France, ancient paintings in Prague are religious ones. The Master of Trebon is not as well known as Michelangelo or Leonardo Da Vinci, but he was a genius. His pictures, APOSTLES JAMES, BARTHOLOME AND PHILIP, CHRIST IN THE GARDEN OF OLIVES, and THE RESURRECTION OF CHRIST show the same lineal style of the Italian painters.

In Prague galleries and churches there are panels and triptychs of intense beauty, dating back to the XIVth and XVth centuries. The double painting ARCH-BISHOP OČKO OF VALSIM was done by Master Theodorich in the year 1370. The top part shows a picture of the Virgin Mary in a blue gown, seated on a golden throne, with the infant Jesus on her lap, offering him an apple. King Charles IVth of Bohemia and his son, Wenceslaus on the right side, and Saint Sigismund and Saint Wenceslaus on the other side.

King Charles IV supported religious art and contributed greatly to the artistic development of his country. He was educated in France, and traveled back and forth to Paris, and often to Italy, making him aware of the work of the religious painters. He encouraged painters of various countries to unite and form a club, and the leading artists were Professor Theodorich and a Rhemish professor. In the second half of the XIVth century, Bohemia had a strong influence on art in central Europe as France did on the north of Europe. Art development started to die out by the beginning of the XVIth century. The Hussite Wars, bringing on the Battle

of White Mountain were devastating, taking away the freedom of the Czechs and Slovaks and drained out their creative potentials. It was not until the end of the XVIIth Century that Bohemia renewed its interest in art.

There are many masterpieces of Europe's greatest painters to be seen in Prague done by the Dutch Rembrandt, Flemish Rubens, Van Dyck, A. Durer, German Holbein, Lucas Cranack, El Greco, the Greek, Italian Tintoretto, Spanish Picasso and the French Impressionists. There are more paintings than there is wall space to hang them, so they are not all to be seen at the same time. They must keep some in storage while others hang.

The collection of French Impressionists in the Národní (National) Gallery is coveted even by France. In the book, **Prague, a Town of Art**, published in 1930 in Paris, it states, "In 1923 at a time when in Paris the impressionist artists were still banished to a little hall of the Luxemburg Museum and the heroes of live painting were looked down upon, Prague had the advantage of being able to offer a viewing of our impressionists vastly more rich than any French museum."

One of the best paintings in this collection is **THE TALK** done by Renoir. It is a picture of a young woman in a flowing gown, sitting on the ground and looking up with admiration at her young man. This picture and Derain's **NU LA CHENISE** go on loan to Paris art exhibits. Also to be seen are paintings of Delacroix, Van Goch, Cezanne, Pissario, Manet, Monet, Corot Courbet and Toulouse Lautrec. Prague, the abstract painter who started the cubist movement with Picasso in 1910, is represented by a cubist still-life picture.

Josef Manes ranks first among Czech artists of the nineteenth century. One of his paintings, **LIBANKY ON HANE**, which means kisses in the village of Hane, near Olomouc, shows a pair of lovers on a wagon being drawn by one horse going down a country road. Manes was an aristocrat in spirit but a peasant at heart. He loved best painting pictures of the Moravian and Slovakian Sedlaks (peasants), and also of gypsies. He captured the beautiful colors of the Sedlak's dress with their laces and embroidery work. He favored the peasants, knowing that they took great pride in their costumes, and led gentle, dignified lives. They used and kept alive their language while the rich people became Germanized.

Jaroslav Čermák became known all over Europe, especially in Belgium, France and Holland. In 1850, he worked with artist L. Gallaita in Belgium. He admired the artist's wife and painted a portrait of her. His landscapes, scenes of the rape of the Montenegrin girls and paintings of children brought him recognition in Prague. He moved permanently to Paris where he died in 1878. He remained a Czech patriot and kept in close touch with friends in Prague. The Czech Art Club members attended his funeral, and immediately after, plans were made to bring his remains home. The second funeral in Prague was really a protest against Austrian rule with floral pieces and wreaths tied with ribbons of Czech colors, red and white. Miroslav Tyrs, founder of **SOKOL** was to give the eulogy, but became ill and unable to speak.

The Czechs place Nicholas Aleš side by side with Josef Manes. There are group pictures done by him in the

National Theatre, and the painting **SKIRMISH OF HORSEMEN** is at the National Gallery. Aleš was a prolific worker, and when he gave up painting in 1884,

Nicholas Aleš



he turned to graphic art and newspaper illustrating. For the newspapers he made lovely drawings with verses on them like "When May Arrives, We'll Have Paradise." The drawing with this verse herald the coming of spring.

Josef Navrátil was a painter with a style of his own. He had a good sense of the decorative and a talent for coloring. His picture **LOTTERY**, with lovely tints of pink and blues, his **Italians**, and portrait of his sister are among his best work. The artist Chittussi lived in Paris when impressionism was popular, but he followed his own style as revealed in his Bohemian landscapes. Antonine Slavíček, also a landscape painter, shows impressionism influence in paintings, **THE BRIDGE OF PRAGUE**, **VIEW OF PRAGUE**, and **THE BELVIDERE**. Purkyně, friend of Manes, who painted still lifes was another painter who died young and was a foremost colorist. V. Filla following post impressionists he painted show aesthetic sense of the beautiful along abstract lines. Max Švabinský used symbolism in his first works of art but he dropped that style when he began painting portraits and decorative pictures.

Václav Brožík was a painter of romantic art. He painted a portrait of his wife, a girl with a white cap, and

the bust picture on wood of a boy. He was also known for his historic paintings, THE DEFENESTRATION, THE FOUNDATION OF THE UNIVERSITY and THE CONTROVERSY OF KOMENSKY. He became rich and famous and was knighted by Emperor Franz Josef of Austria. He contributed to the knowledge that Bohemia played an important part in the history of Europe and its artistic development.

Three Hands - by V. Brozik



The XIXth century ends and Picasso, Brague and Leger attempted a new form of art based on the cylinder, cone and sphere. Then came the Dada movement registering visual values and drew upon memories and dreams. Marc Chagall put into his paintings memories of his childhood, and Salvadore Dali drew upon fantasy and imagination. Cubism, surrealism and structurism all affected Czech painters in the XXth century. We are too close to it to be able to judge if it will last.

Stella Tichy,
Sokol Cechie, Chicago.

ASO FINANCIAL REPORT

September 1979

RECEIPTS:

Dues	\$1,039.75
Dividends and Interest	865.28
Subscriptions to "American Sokol"	8.00
Resale of Jewelry	15.90
Sale of Songbooks	45.00
Sale of Educational Pamphlets	13.75
Office Supplies	9.75
UPS Charges and Postage	5.10
Seal Donations	1,667.50
	<hr/>
	3,670.03

ASO Uniform Division -	
Payment toward Advances	604.52
TOTAL RECEIPTS	<hr/>
	\$4,274.55

Help Our Sokol Grow

DISBURSEMENTS:

Administrative	
Salaries	\$509.94
FICA & FWT for August	196.50
Rental, Janitor Service,	
Phone, Electric	422.59
Maintenance of Office Equipment	32.50
Office Supplies	59.54
UPS Charges and Postage	10.68
Advertising	25.00
Miscellaneous	3.15
	<hr/>
	\$1,259.90

Board of Instructors

Salaries	\$325.59
FICA & FWT for August	56.42
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	28.00
UPS Charges and Postage	13.70
	<hr/>
	\$ 453.71

Educational Department

FICA for August	\$ 4.54
Book for Library	25.00
	<hr/>
	\$ 29.54

Sokol Publication

Printing "American Sokol"	\$901.45
Editor "American Sokol"	100.00
Postage "American Sokol" - July,	.
August, September	330.45
Prepaid Postage	50.00
	<hr/>
	\$1,381.90

Miscellaneous

ASO Uniform Division - Salaries,	
FICA, FWT, Phone	\$385.02
Special Appropriations -	
Central District ASO	225.00
Postage - Seal Drive	900.00
	<hr/>
	\$1,510.02

TOTAL DISBURSEMENTS

TOTAL DISBURSEMENTS	<hr/>
	\$4,635.07
Balance brought forward:	
Western National Bank of Cicero -	
Checking Account	\$1,912.59
Receipts - September 1979	4,274.55
	<hr/>
	6,187.14
Disbursements - September 1979	4,635.07
	<hr/>
	\$1,552.07

FUTURE SOKOL LEADERS FUND
September 1979

In memory of Irene Krsek -	
Sokolice Milwaukee	\$ 20.00
Sokolice Milwaukee Sewing Circle	10.00
Dividends Earned	552.93
	<hr/>
	\$582.93

Donations are tax exempt.

100th Anniversary American Sokol (Sokol Americký) Seals

"100 YEARS - PUBLICATION
SOKOL AMERICKY"



Charles Drozd - \$2.00 - Can't afford more because we are on a fixed income. Thank you!

Robert C. Pechous, Berwyn - \$10.00 - Congratulations on the 100th Anniversary - Good Luck!

William Komarek - Good wishes for the 100th year - \$5.00 check.

Jsem 88 let stará, v Sokolu Nová Vlast v Clevelandu, jsem 70 let, NAZDAR! - \$5.00 cash.

Florence Kounovsky for husband Frank - Belonged to Sokol St. Louis since 1912, 91 years old. \$5.00 seems like a small amount . . . hoping your drive for funds meets with success.

Marie Kucera, Lake Geneva - May the Sokols carry on for another hundred years!

Lado Bevc, Napa, Calif., \$2.00 - Congratulations - for the printing of the beautiful Sokol seal.

"100 YEARS - PUBLICATION
SOKOL AMERICKY"



Ann F. Wonesh, Little Ferry - Enjoy reading your magazine - \$3.00 - In memory of my husband, wishing you success!

M. Whiteman, Florida - \$10.00 - Congratulations to all editors - past and present on a great Sokol magazine.

Marie Zeman, Beechwood, Ohio - Thank you for sending me those beautiful stamps - keep up the good work.

L. Pribil, Sokol New York - Wishing you success in the sale of these seals.

Mrs. M. Z. Drab, Cleveland, Ohio - \$1.00 - Would like to give more, but can't!

Bro. and Sis. Caba - Sokolice and Sokol Chicago - Zasíláme pro dobro a št'astnou budoucnost našeho Sokola - malý příspěvek a mnoho zdaru!

Mrs. Elsie Mastny, Garfield Hts., Ohio - Congratulations for a job well done!

Georgia Jencik, Cleveland - Beautiful sheet of Sokol seals - nice work!

Ella Smidl - Sokol Chicago - \$20.00 - Enjoy reading the American Sokol magazine which keeps me in touch with the Sokols.

Marie A. Fejfarova - Owego, N.Y. - Sincere congratulations and warm wishes for happiness today, tomorrow and always!

Zdenka a Jaroslav Skotak, Dallas - Congratulations on your 100th year publication of American Sokol! As you say, this could only be accomplished by dedication of our Sokol members. Enclosed please find a small donation for the seals and we shall use them with pride on our correspondence!

Frank Riha, Omaha - Thanks for the Stamps!

"100 YEARS - PUBLICATION
SOKOL AMERICKY"



F. R. Vitak - Baltimore - For Sokol stamps - Thanks!

Mrs. Jerry Drahovzal - Cedar Rapids - Best wishes for the continued success of the Sokol organization!

Ann Lissy - Tady vám posílám \$5.00 za ty krásné stampy. Odpusťte, že tak špatně píši, nevidím na jedno oko a na druhé chodím pro medicínu. Bude mě 90 roků - Členem Sokol Chicago. Přejí aby ještě jednou 100 roků bylo vaše!

Joseph M. Michalek, Livonia, Michigan - "To whom it may concern: received seals - thank you!"

Bertha J. Divisek - Am enclosing a donation of \$10.00 for your 100th celebration. I hope that it will help!

HAVE YOU RECEIVED YOUR ANNIVERSARY SEALS? HAVE WE RECEIVED YOUR DONATION? ADDITIONAL SEALS FROM: THE OFFICE OF THE EXECUTIVE BOARD ASO,

EllenJeanne Schnabl, Secretary

6426 West Cermak Road

Berwyn, Illinois 60402

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For Further Information Contact

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THE OLD:

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THE NEW:

1. The modern home is expected to smell like an eighteenth-century boudoir, an effect achieved by spraying compressed seduction out of a can.

Sam Levinson

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Calendar of Events

(Continued)

- FEB. 10, 1980 - SOKOL DETROIT
Winter Gymnasticale
- FEB. 16, 1980 - SOKOL GREATER CLEVELAND
Masquerade Ball (Šibřinky)
- FEB. 17, 1980 - SOKOL STICKNEY
Pancake Breakfast
- FEB. 23, 1980 - SOKOL BERWYN
Las Vegas Night
- MAR. 1, 1980 - SOKOL BROOKFIELD
Gymnastic Exhibition
- MAR. 8, 1980 - SOKOL TABOR
Gymnastic Exhibition
- MAR. 16, 1980 - SOKOL SLAVSKY
Annual Exhibition - Morton East High School
- MAR. 22, 1980 - SOKOL BERWYN
Annual Exhibition
- MAR. 23, 1980 - SOKOL BERWYN
Gymnastic Exhibition
- MAR. 29, 1980 - CHICAGOLAND SOKOL
BLDG. ASSOCIATION
Dinner-Dance at Sokol Brookfield
- APRIL 26, 1980 - SOKOL STICKNEY
Gymnastic Exhibition
- MAY 3, 1980 - SOKOL WEST SUBURBAN
Gymnastic Exhibition
- MAY 10, 1980 - SOKOL SLAVSKY
90th Anniversary Banquet
P.B.A. Manor, Berwyn
- MAY 17 and 18, 1980 - SOKOL ST. LOUIS
115th Anniversary Week-end Celebration

**MATERIAL FOR OUR JANUARY COPY
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