

AMERICAN SOKOL

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PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

VESELÉ VÁNOCE



SHRINE OF ST. NICHOLAS: "WE ARE ALL GOOD CHILDREN."

From Nast's Christmas Drawings, by permission Harper & Brothers.

Pro Sto Let!

AMERICAN SOKOL

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at ASO Office.

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Calendar of Events

- 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. 6, 1980 - SOKOL CLEVELAND
CECH-HAVLICEK
Jaternice Dinner
- JAN. 19, 1980 - SOKOL MIAMI
10th Anniversary Celebration
- JAN. 19, 1980 - SOKOL STICKNEY
Installation of Officers
- FEB. 3, 1980 - SOKOL DETROIT
Winter Gymnastical
- FEB. 10, 1980 - SOKOL GREATER CLEVELAND
Winter Gym Exhibition at
Cleveland State University
- 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
- 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)

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. C

December - 1979 - Prosinec

Číslo - No. 12

CHRISTMAS . . .

A time when family and friends, bound together in love and friendship, display that which they feel for one another thru the exchanging of gifts.

For one hundred years the Sokol Americký [American Sokol] has tried to bring you the warmth and comradeship that Sokols feel for one another through the gift of words and pictures. In this day and age, we should be most grateful and proud that we have a history of over one hundred years.

Sokols are a giving people, and in so doing, have created the spirit of Christmas throughout these many years.

Your Executive Board wishes each of you who are giving of yourselves to our Sokol cause, a warm and beautiful Merry Christmas. Our hope is that this spirit remains with you throughout the coming year.

To you and your families, the joys of this holiday season and may they continue all year long.

ROY ZITNY,
President



Tammy Rowel, Fred Stankovsky and Mary Zelenka are all members of the Czech group that was honored at the 36th annual Holiday Folk Fair in Milwaukee, Wis., on November 16, 17 and 18. Mary was selected Miss Holiday Folk Fair 1979, the official hostess for the nation's largest and oldest annual international festival.

Photo credit - International Institute of Milwaukee County

In Milwaukee It Was The "Year of The Czechs"

Some 75,000 people came from all over the Midwest to attend the 36th annual Holiday Folk Fair in Milwaukee on November 16, 17 and 18. They were there to share in honoring members of the Czech nationality group who have been participants in this spectacular event since it began in 1944.

The honor included a large slice of culture, including dramatization of Bohemian traditional festivals in the Folk Spectacle, a folk dance performance and show presented five times throughout the weekend. The Folk Spectacle was titled "Jozef Vzpomíná." Interspersed with folk dances by 28 ethnic groups were scenes from the life of Jozef, a Bohemian immigrant who recalls his journey to America and then remembers some of the beautiful customs and festive occasions of his homeland, such as St. Nicholas Day, the Pre-Lenten Masquerade parade, Easter Monday and the Harvest Festival.

A one-time performance of the Young People's Matinee was at 1:30 p.m. Saturday. The 1979 presentation was "Čarovné Vejce", and it featured scenes from an old Czech folk tale, along with the dances, music and gymnastic demonstrations by 28 children's groups.

Year after year, visitors have been coming to the Holiday Folk Fair not only to enjoy colorful ethnic dancing - but also to steep themselves in the cultures of many lands, to delight in an unbelievable array of foods served in the International Sidewalk Café by more than 30 different nationality groups and to shop among thousands of imported and handcrafted items in the World Mart. They also danced throughout the weekend to the music of five folk orchestras in Old Pabst Park, a replica of an Old World beer garden.

Members of Milwaukee Czech organizations who are chairmen of various areas of Czech participation in the Folk Fair were Mrs. Emily Falarsh, overall chairman of the Czech group; Mrs. Vlasta Vojta, program coordinator, one of the founders and first general chairman of the Folk Fair; Fred C. Stankovsky, director of the children's gymnastic group which performed in the Young People's Matinee and a long-time floor manager for the show; Mrs. Emily P. Stankovsky, (wife of Fred), chairman of the Czech sales booth in the International Sidewalk Café; Mrs. Melody Erd, chairman of the Czech cultural exhibit booth; and Mrs. Kathy Schamber, director of the Czech Moravian Dancers who performed in the Folk Spectacle and also in Old Pabst Park.

Annual Western District Meeting

SEPTEMBER 16, 1979

Meeting was called to order by President Bro. Ed Pavoucek with the pledge to the flag. All members stood in memory for departed brothers and sisters. Minutes of April 1979, semi-annual meeting were read, corrections,

additions made; approved as read. Minutes of the June 10, 1979 Western District monthly meeting were read. After minor correction, approved as read.

Bro. Pavoucek welcomed all delegates to the meeting. Lunch reservations were made by Sis. Phyllis Kool for the Bohemian Cafe for 1:30 p.m. Each member stood and introduced themselves. Two proxies were read from Sis. Bev Kilborn to Sis. Bo Drozda as proxy and from unit Sokol Karel Jonas, Wilson, Kansas proxy to Sokol Omaha. Bro. Pavoucek indicated that only actual delegates have voting power, but all others could join in discussions.

CORRESPONDENCE: Letter from ASO regarding 1980 Convention in Cedar Rapids. Quarterly reports read from: Sokolice South Omaha, 2nd quarter, 1979; Sokolice Renata Tyrsova 2nd quarter, 1979; Sbor Libuse Crete, 2nd quarter, 1979; Sokol South Omaha, 2nd quarter, 1979; Sokol Gymnastic Association Cedar Rapids, 2nd quarter, 1979 and Sokol Karel Jonas, Wilson, Kansas, 2nd quarter, 1979.

BILLS: Bro. Bob Vanyo for trip to Chicago. Video tape in Cedar Rapids for maintenance and repair. Masek Bakery for refreshments; Sis. Blanche Herron for supplies for scrap book; Sis. Jolene Hamann made a motion to pay bills. Bro. Karel Foreman seconded the motion. All were in favor.

BOI REPORT: Dress code was talked about, discussion was held at this time and the following motion was written as a guideline. Proper attire befitting a Sokol for the occasion. Motion seconded, carried. Felt that an instructors school was needed. A recommendation was made that 10 percent of special assessment fund be used for USGF congress from designated units. Motion made, seconded; all in favor. Recommendation of officers for 1979-1980. Motion was made to accept recommendation of officers, seconded; all in favor.

DIRECTOR OF WOMEN: Sis. B. Drozda gave her report and said that there are 673 female participants representing five units. There is also a need for continued instructor courses for beginners and advanced. Also need instructors for the future. A Sokol judges clinic is also needed. Sis. Jolene Hamann said that she would extend her services to the district in judging.

DIRECTOR OF MEN: Bro. Phil Cahoy reported that the video tape in Omaha should be in working condition shortly. Parts had to be sent from Japan. The Slet in South Omaha is June 20, 21 and 22 of 1980. The USGF apparatus exercises for men will be used without changes for the Slet. Also for men to do cal, they will be able to purchase trousers from a regular department store. This will then enable them to wear these pants after the Slet. This is to try to get more men to come out for cal. Bro. Pavoucek indicated that they could count on him to be in cal number and challenges all Presidents of units and the men in the units to come out for cal. Bro. Cahoy said that there is need for judges, especially compulsory judges. Vaulting: In low division juniors may have two vaults, but if they do not take first score must take second score. Other boys get only one vault. At the Slet the scores will be flashed for each

competitor, boys and girls. After discussion with Director of Women from each unit, there will be no protests for either boys or girls. An inquiry will be all that will be allowed.

Bro. Benak indicated that rules should be reviewed and put into ASO by-laws. Bro. Pavoucek said that this should be done before the 1st of January, submitted to the Western District and then to ASO. Bro. Pavoucek asked that the Directors of Omaha and South Omaha get together, gather information, send to units for comments, etc. and approval and get back to Western District. He also asked that units expedite as fast as possible. Bro. Benak indicated that May 20, 1980 is official deadline for entries. Junior boys and men are doing essentially the same routine. Discussion was held regarding improper classification. Bro. Cahoy said that a rule should be written. Sis. Hamann said this should be brought up at the next BOI meeting.

Bro. Bob Vanyo thanked all that attended the Educational Director's Conference on Saturday, September 15, 1979. Bro. Pavoucek said that those units who were present should respond in writing, their comments and any questions so that Bro. Vanyo can send his report to ASO. Bro. Vanyo went over the outline that he used for the Conference which included libraries, continuation of ASO library with an assessment of \$1.00 per member per year, units urged to write to ASO for educational materials, also units should teach Czech and Slovak anthems in gyms. Bro. Vanyo indicated interest from units regarding folk dancing and that he will send information from Sokol Minnesota. Bro. Pavoucek urged units that do not have libraries to get one started. Also Educational Directors must attend BOI meetings. Slet committee should have something interesting in program for those who are no longer gymnastically active. Newsletters should be inclusive of a report from the Educational Director.

Bro. Foreman stated that education of Sokol ideas should not only be taught to the gymnasts but also to new members in the unit. Sis. Hamann said that ASO uses 90 percent of education time devoted to the kids and only 10 percent to the adults.

DIRECTOR OF ORGANIZATION: Report by Sis. Bea Pavoucek, re: convention delegates.

HISTORIAN: Sis. Alice Kalkwarf reported for Sis. Blanche Heeren who was at another convention. Sister Heeren will bring the finished scrap book to the next meeting and at this time the new book will be passed around. It was asked that all units please send clippings, pictures, etc.

MEMBERSHIP REPORT: None at this time.

AUDITING COMMITTEE: Bro. Cahoy said that the committee found books to be in order.

ASO NATIONAL SLET is in Fort Worth, Texas, in 1981.

SOKOL SOUTH OMAHA SLET REPORT: Bro. Benak passed out information to unit Directors regarding schedule, judging forms, entry forms, survey sheets, cal for small children is also provided in packet. Another packet containing information regarding housing, churches, places to eat that would be close to

Slet sites. There is also a copy of the beseda to be performed at the Sunday afternoon program. A cassette tape is included that contains cal exercises for all classes and on reverse side of tape is an orchestration of the beseda along with the instructions.

Competition will start in the afternoon on Friday. Friday evening a social gathering is planned for both youngsters and adults. A large committee has been at work since their first meeting August 20.

It was asked if there will be competition in volleyball. Sis. Jolene Hamann indicated that South Omaha gym is not equipped for volleyball. Also there is a time factor involved. Bro. Cahoy said that if there is enough interest in volleyball, that possibly the Slet could be extended one day and the competition for volleyball could be on Thursday and that Sokol Omaha would offer its gym. Bro. Ed Pavoucek said that those interested contact Sis. Phyllis Kool.

Bro. Mickey Dalton handed out letters to Unit Presidents regarding the program book. The book will be different in that they want the book to contain history, educational items, etc. - Letters will go out later for ads.

1980 ASO CONVENTION SOKOLICE CEDAR RAPIDS: The Convention Center will be at the New Stouffers Hotel, dates are 16, 17 and 18 of June. The by-laws committee will meet one week earlier beginning June 7. BOI will meet Friday and Saturday before convention. Discussion was held regarding the banquet. This will be brought up before the Executive Board at the next meeting with suggestions for nights.

Bro. Pavoucek thanked all the officers and committees for work done in the past year. The secretary read the list of nominations for 1979-80. Sis. Hamann moved that the Secretary cast a unanimous ballot for the slate of officers. Bro. Vic Hubal of Sokol Minnesota installed the new officers. Pictures were then taken for 1980 South Omaha Slet book. Seat of District: Sis. Hamann moved to continue to have seat at Sokol Omaha, seconded, all in favor. **ASO BY-LAWS:** Bro. Pavoucek asked that the secretary send a copy of recommendations to Bro. Dick Catrell. Western District by-laws were read in the minutes. No other recommendations or suggestions at this time.

Date for semi-annual meeting, April: Motion that the meeting be April 12 and 13, 1980. Seconded, all in favor. Motion made to have the meeting in Omaha: seconded, all in favor. Date of next regular meeting will be October 8, 1979. Sis. Blanche Masek gave the treasurer's report. Bro. Cahoy asked that the units send in the number of gymnasts in their classes. Bro. Pavoucek thanked all for coming. Sis. Hamann made a motion to adjourn. Sis. Phyllis Kool seconded the motion. Meeting was adjourned.

Respectfully submitted,

Barbara Seefus, Secretary

**MATERIAL FOR OUR FEBRUARY COPY
SHOULD BE IN BY
JANUARY 10th -**

AMERICAN SOKOL

SOKOL GYMNAST

DECEMBER 1979

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

HAPPY HOLIDAYS



With Good Times -

Good Cheer -

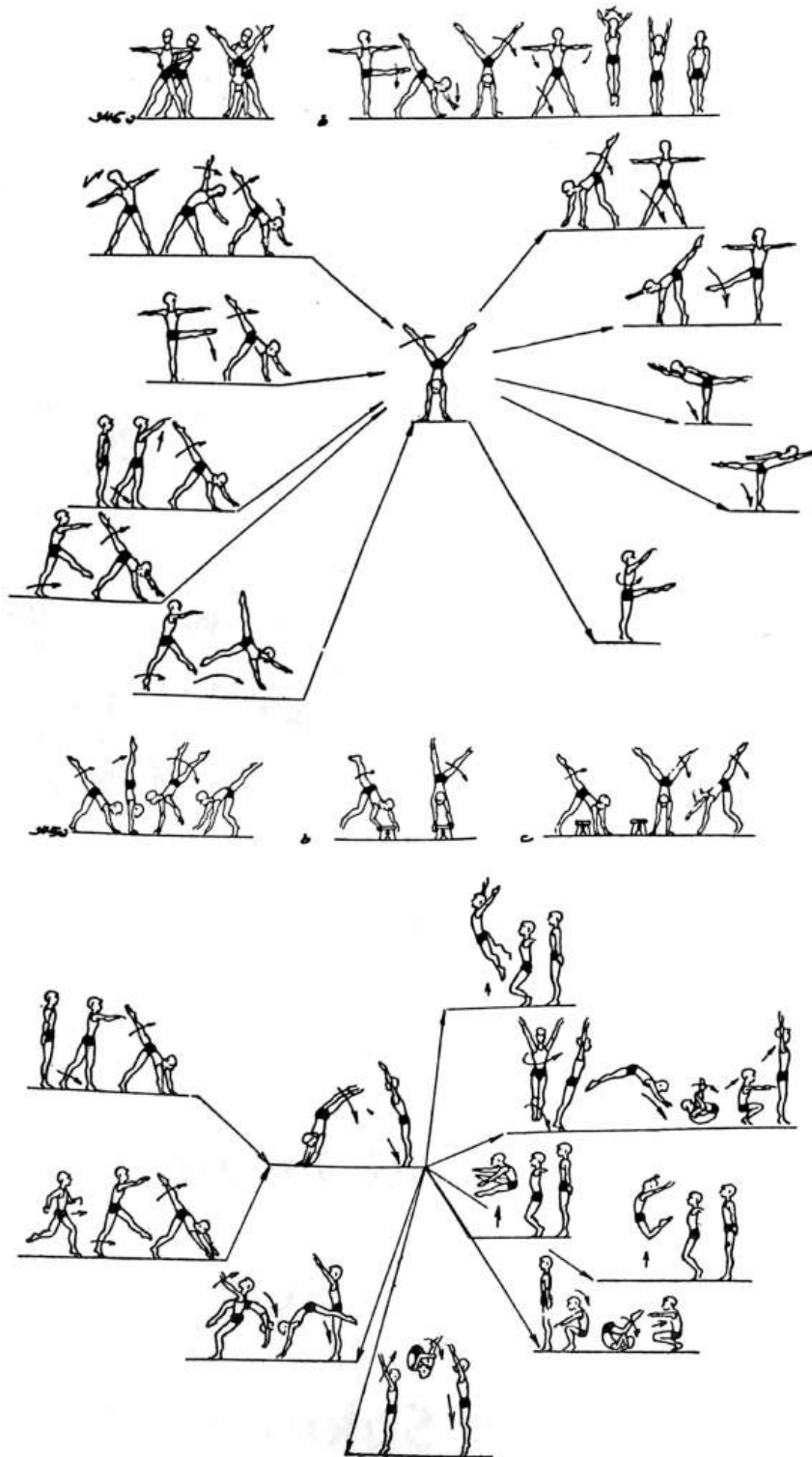
Good Friends -

Good Health -

American Sokol B.O.I.

Archtumble Sideward (Cartwheel and Roundoff)

Illustrated at the top of the page are series of preparatory moves going into an archtumble sideward (cartwheel), and moving out. Lower illustrations show movements from archtumble sideward with 180-degree turn L or R (Round off) to possible continuing exercises.



How Athletes Should Take Salt

Recently in the news there was a column concerning the use of salt written by Jane E. Brody, science writer for the New York Times. I think most of the article was excellent.

However, a statement was made that "athletes and others who indulge in vigorous exercises" should not use salt as replacement because such would cause "loss of potassium." This is wrong. If sodium is not given, potassium is drawn from the cells where it normally resides to provide necessary material for cell function and is then brought into the liquid part of the blood and lost to the body. If suitable sodium is given for replacement of sodium lost in sweat, this potassium loss does not happen because a normal sodium level in the blood keeps the potassium where it belongs, in the cells. The body cannot "learn to conserve salt" as there

is no way that this can be accomplished in the face of exercise, particularly in hot, muggy weather.

Salt when administered should be given in a high salt content food or liquid. Salt tablets are harmful in that they cause irritation of the lining of the stomach. Various "electrolyte solutions" that are given to athletes and are on the market are useful as replacement of salt, but they are really not necessary. Only a salt solution taken judiciously is needed.

I think it is very important to correct this particular bit of information. Too many people are convinced that the use of salt is harmful. In certain situations it is indeed necessary and can be life-saving. It has been documented that we have lost well-trained athletes through lack of salt replacement at the time of severe sweating, despite ample fluid administration.

A. E. Livingston, M.D.

Children's Recreation

Presenting games to children's classes takes some thinking and planning. These games should meet the needs of your class in some phase or another, be it the climax or quiet period of your hour or the rollicking time of your gym class. There are many games which can be taught in each category to the youngsters. Along with the planning of these games comes another task - that of playing the game. Games for children are not just to take up time, but are necessary to develop youngsters' thinking and social acceptance into the group. These games should be taught in language the children understand. Strategy, sportsmanship, spirit, and how to follow directions, should all be included in the teaching of the game. Skill games can be used in teaching skills that will be needed in the actual game in the form of relays or individual competition.

Quiet games which can be used in your gym classes are as follows:

FIND THE RING

Seat all of the children except one in a compact circle. Give one player the end of a ball of string and run the string entirely around the circle, each player grasping it with both hands. Slip a ring on the string and tie the ends of the string. The extra player is "IT" and stands in the center of the circle. The players pass the ring from one to another along the string keeping their hands moving constantly along the string. Whenever "IT" thinks he knows who has the ring he orders "HALT" and all hands stop. If "IT" has not chosen the right hand containing the ring, he continues, but if "IT" chooses the right hand, that player is the new "IT".

DUCK, DUCK, GOOSE

All children are seated in a circle with one "IT". "IT" walks around the outside of the circle clockwise tapping each player softly on the head and saying with each tap "DUCK", with one exception when he says "GOOSE". At this time the "Goose" must get up and chase "IT" around the circle trying to tag him. If the "GOOSE", however, tags "IT" then "IT" becomes a rotten egg and must sit in the center of the circle until

the next "IT" is caught. The chase extends to the time it takes "IT" to get seated in the "Goose's" place in the circle once around the circle. If "IT" is not tagged in that time then the "GOOSE" becomes the new "IT" and the game is repeated.

Some games that can be used for the livelier part of the gym class are as follows:

BLACK AND WHITE

Two equal teams are chosen and lined up on each end of the playing area. The leader has a cardboard circle painted black on one side and white on the other. At a given signal all players walk to center line where the leader is standing with the circle. The leader throws the circle into the air - when circle lands on the floor, players are alert as to which color lands up. If black is up then the blacks must chase the Whites back to their goal line. All those caught must join the team who caught them. When play ends the team with the most players remaining, is the winner.

STEAL THE BACON

Two equal teams are chosen and lined up on either end of the playing area. Each team counts off beginning with "One". A dumbbell is put on the center line between the two teams. The leader calls off a number. That number from each team must run into the center to try to get the dumbbell back to their goal line. If the player carrying the dumbbell is tagged before he reaches his goal line there is no point, but if he does reach his goal line without being tagged, he scores a point for his team. At the end of the playing time, the team with the most points is the winner.

LAST COUPLE OUT

Two equal lines are chosen and players lined up one behind the other at one end of the playing area with one "IT". "IT" stands 5 yards in front of both lines facing away from them. "IT" calls out "LAST COUPLE OUT" at which time the last person in each line must run along the outside of their lines past "IT" and try to join hands in front of "IT". - If "It" tags one before they can do this, the one tagged is the new "IT" and the

Southern District Instructors Course



The Southern District Advanced Instructor's Course was held in Corpus Christi, Texas at the SPJST Lodge No. 79 - Sokol Hall from August 13 to 19, 1979. There were 24 students representing 3 Sokol districts. The head instructor was Bro. Jerry Milan of Fort Worth, Texas, assisted by Sister Norma Zabka of West New York, N.J., and Bro. Joe Vrzalik of Baltimore, Md. - On the picture:

First row (seated) L. to R.: Rodney Houdek, Ennis, Tx.; Lynne Youngling, Little Ferry, N.J.; Helen Rhode, Little Ferry, N.J.; Nancy Sijansky, Corpus Christi, Tx.; Chamese Yarbrough, Fort Worth, Tx.; Rosemary Henigman, New York, N.Y.; Kim Parizek, Baltimore, Md.; Jeff Howard, Corpus Christi, Tx.

Second Row: Jerry Milan, Fort Worth, Tx.; Henrietta Milan, Fort Worth, Tx.; Joe Balogh, New York, N.Y.; Annette Mikeska, Houston, Tx.; Donna Weirich, Corpus Christi, Tx.; Pam Ritchie, Cedar Rapids, Ia.; Melanie Waite, Fort Worth, Tx.; Nola Blake, Dallas, Tx.; Lynne Skinner, Houston, Tx.; Norma Zabka, West New York, N.J.

Third Row: Joe Vrzalik, Baltimore, Md.; Brad Durham, Fort Worth, Tx.; Ed Nepil, Little Ferry, N.J.; Tony DiDomenico, New York, N.Y.; Steve Frolo, New York, N.Y.; Tom Gallagher, New York, N.Y.; Louis Valis, Houston, Tx.; John Vrzalik, Baltimore, Md.; Doug Brewer, Cedar Rapids, Ia.; Tom Henigman, New York, N.Y.; Rome Milan, Fort Worth, Tx. - NAZDAR!

Photo by Jerry Sijansky, Corpus Christi

Helen Pavelka, Sec., Sokol Corpus Christi

old "IT" takes his place each standing in front of the line. If "IT" cannot tag anyone he remains "IT" until he can do so and the others take their places in front of each line. The game continues to the end of playing time.

TAG GAMES

SORE SPOT TAG

This game is played as ordinary tag, excepting that "IT" must hold one hand on the spot where he has been tagged. Any player running outside the playing zone automatically becomes "IT". This game can be varied

by compelling all runners to place a hand in similar position as "IT" when being chased.

SQUAT TAG

This game is played like ordinary tag with the exception that the players may free themselves from being tagged by assuming a squat position. While the same player is "IT"; however, a runner may make himself safe in this way only three times; after that he can only run.

* * *

When teaching these games, keep in mind not only the rules of the game, but also, what will benefit your youngsters when playing this game.

Eastern District

The meeting was called to order by President Bro. F. Capek at 8:30 p.m.

Sis. Fiala will be asked to check the mailing list to make sure all members are receiving the District newsletter. Bro. Capek has written to Bro. Zitny if it is possible to receive money from the assessment fund to aid in financing the newsletter. There was no financial report as the secretary was unable to attend.

SIS. BENDA - Asst. Women's Director - No longer will any gymnast be able to compete in any Eastern District competition unless they are covered by their own unit's insurance. Each unit must have their own insurance. Special number competition will be hosted by Sokol Baltimore, as Sokol Washington is unable to host this year. There will be a clinic in Baltimore, November 23 and 24. Beginners course will be held in the same gym camp in Maryland, August 16-23, 1980. Sis. Benda has stated she will set-up the course in advance and have an instructors list ahead of time. The booklets for the units will be ordered - also a request to order a few different booklets which should be of interest to the unit directors, motion was approved.

Bro. Capek went to the Boonton camp, which is now called Rockaway, to ask for the facilities for the Slet. They are mainly a caterer now, they do charge per entry and they keep all door profits. He is still looking for a site. The date for the Slet will be June 8th. The Toronto Slet committee will be forwarding material to Bro. Capek as soon as possible.

There was no correspondence. Next year's annual meeting will be held in Sokol New York, Saturday will be the BOI meeting. There was a discussion as to what to do for Saturday evening; Sis. Benda suggested that the BOI could plan some kind of an exhibition, also possibility of the nominating committee meeting. Sunday will be the regular meeting.

Bro. Slavik stated he will be sending Sis. Fiala the dates of the American holidays - that they also could be published in the newsletter. He will also provide the information of which Czech holiday is similar to the American one. October 28, Sokol New York celebrated Czech Independence Day.

The next District meeting may possibly be held in Maryland the morning of the special number meet. This meeting will be for the delegates who will be attending the ASO convention.

The newly-elected officers of the Eastern District are as follows:

President - Bro. Frank Capek, 39 Barnes Dr., Ridgefield Park, N.J. 07660. Vice-President - North, Bro. Jan Babinec, 98-40 64th Ave., Forest Hills, N.Y. 11374. Vice-President - South, Bro. Henry Vrzalik, 201 Lyndale Ave., Baltimore, Md. 21236. Treasurer - Bro. Frank Donovan, 279 Liberty St., Little Ferry, N.J. 07643. Financial Secretary - Bro. Jaroslav Hanus, 412 E. 73rd St., N.Y., N.Y. 10021. Secretary - Sis. Helen Rhode, 34 Grove St., Little Ferry, N.J. 07643.

Nazdar!

Helen Rhode, Secretary

ASO Executive Board Meeting

Regular meeting of the American Sokol Organization Executive Board was called to order on Tuesday, October 23rd, 1979 at 7:40 p.m. by the President, Bro. R. Zitny. District minutes which were received were: Central, September 26, 1979 and Southern, September 27, 1979. Mention was made that there is a possibility of a new unit being formed in West, Texas. Much success was wished to the Southern District.

CORRESPONDENCE: Received material from Sis. Betty Petrzalek, convention co-chairperson, regarding housing and meeting rooms at the Stouffer's Five Seasons Hotel in Cedar Rapids. Discussion held that notices will soon have to be sent to units to elect their delegates and alternates to the convention. Notice from the Central District of their annual meeting to be held on Sunday, November 4th, 1979, at Sokol Tabor with sessions starting at 9:00 a.m. Sent 25 copies of ASO by-laws to Sokol St. Louis. Request from Sokol St. Louis that Bro. Zitny appear and speak at their 115th anniversary on Saturday, May 17, 1980. Copy of notice given to Sis. Kourim for the publication. Sent Citation of Merit to Sis. L. Jansen with congratulatory letter for Bro. Joseph Pavlicek of Sokol Minnesota on his 57 years as a Sokol member. Congratulations sent to Sokol San Francisco on their 75th anniversary. Celebration will be held November 17th. Letter sent to Bro. Capek congratulating him on his election to the Presidency of the Eastern District. Letter received from Sokol Miami regarding their 10th anniversary celebration to be held January 19, 1980. Request for Bro. Zitny, Bro. Barcal and Sis. Prener to attend. Due to rising costs and budget, it was moved by Bro. Basta that only one person attend; seconded, passed. Sis. Prener moved that Bro. Zitny attend; seconded, passed. A number of Citations of Merit for their charter members will be prepared.

DIRECTOR OF WOMEN - Sis. B. Ptacek: Received a summary of the Eastern District Beginner's School. Received two old booklets which are being reviewed - "Dances for Busy Teachers" and the DTJS drill from 1923 - both submitted by Sis. M. Liska. Sis. Zabka sent material regarding the USGF Constitution and by-laws meeting. Final Report Forms: Northeastern District for folk dance instruction classes - \$90.00. Southern District for travel and salaries of instructors and some reimbursement to Southern District students to the Advance Instructors' School - \$680.42. Central District for a student attending the Southern District Beginners' School - \$232.00. Sis. Basta moved that these be paid since they have all substantiating papers; seconded, passed. Meeting held on the senior calisthenics and sources are being checked regarding the music. A meeting will be held regarding the children's calisthenics. Copies of junior and senior calisthenics and apparatus exercises for the 1980 Canadian Slet have been sent to the Districts. Phone call received from Sis. Zabka regarding two USGF meetings. Bro. Lebloch moved that when bills are received, they should be paid; seconded, passed.

DIRECTOR OF MEN - Bro. P. Lebloch: Report essentially the same as Sis. Ptacek's. Called Bro. Vrzalik to check on the status of their Directors. They will remain in Baltimore with assistant directors from New York and Washington, D.C. By-laws pertaining to the BOI were reviewed and suggestions for changes were made. These were sent to the District Directors for further suggestions. A bill from the USGF was received for annual dues. The amount will be checked. Bro. Basta moved that the bill be paid upon verification; seconded, passed.

EDUCATIONAL COMMITTEE - Bro. S. Barcal: Ethnic Heritage Center of Cedar Rapids will get information on Czech communities in this country. Request for purchase of two books: "Twentieth-Century Czechoslovakia" by Joseph Korbel for \$18.80, plus "Dr. Benes" by Compton MacKenzie for \$13.45. Sis. Basta moved that they be purchased; seconded, passed. "100 Years of Sokol" will be published and Sis. Provaznikova has been asked for the loan of pictures covering the period. Information being requested for booklets of the comic-book type depicting Sokols. "Our Tasks, Aim and Goal" is depleted. Booklet will be revised slightly and reprinted. "Czech History" - minor printing errors will be corrected. Copies of the September 12 edition of the "SPJST" Věstník will be distributed to District Educational Directors as they have published an excellent article on Sokol, written by J. J. Zmrhal in 1925, which still holds true today. (This article also appears in the American Sokol - July-August, 1979). Our article in the American Sokol about Albin Polasek, sculptor has been presented to the museum in Franstadt pod Radhostem, where he was born. Prices for 10,000 copies of our 3-fold brochure will be available at the next meeting. The re-vamped flyer has been up-dated. The by-laws section pertaining to the Educational committee was reviewed with some suggestions offered.

EDITORIAL - Sis. J. Kourim: November copy at the printers and awaiting the second proofs. Has a page with comments on the Sokol seal. Reviewed the by-laws pertaining to the Editor and questions whether the Educational material must clear thru that department. Sis. Kourim will use her judgment.

FINANCIAL SECRETARY - Sis. A. D. Sotka: Prepared the September financial report and distributed copies to the Executive Board members. Received a claim adjustment from UPS for a plaque sent which arrived damaged. Sent some educational material to the Southern District. Transferred funds from the Future Sokol Leaders' Fund for 13 Merit Awards and issued those checks which were mailed by the BOI secretary. Donations for seals are being recorded and we are now showing a profit.

TREASURER - Bro. G. Basta: Agrees with Sis. Sotka's financial report. Will have an up-to-date third quarter report at the next meeting.

UNIFORM - Sis. B. Prener: Sales are doing quite well. Charted sales by Districts with the Eastern showing the most sales and none from the Pacific. Paid the September salaries and October rent to the ASO.

SECRETARY - Sis. E.J. Schnabl: Wrote minutes of the September meeting; distributed same to board members and to District Presidents; handled correspondence and prepared a Citation of Merit; acknowledged Future Sokol Leaders' Fund donations. Attended the BOI meeting and the Educational Committee meeting. Ran off voucher forms for Sis. Sotka and have been opening donations letters with her every day. Have acknowledged some.

OLD BUSINESS: The By-Laws Committee had met several times and copies for members' review will be available before the next meeting. After further review, they will be sent to the ASO Standing By-Laws Committee Chairman, Bro. C. Zraly.

NEW BUSINESS: Sis. Schnabl requested names and addresses from various committees so that she could obtain the necessary amount of Christmas cards. These are to be submitted by November 15th. Recommendation made that we acknowledge the Sokol articles which have appeared in the SPJST Věstník. - There being no further business, meeting was adjourned at 9:45 p.m.

Respectfully submitted,

E. J. Schnabl, Secretary

Our "Youngest" Sokol Unit In Miami, Florida

CELEBRATING ITS 10th ANNIVERSARY

Officers and members of Sokol Miami extend a cordial invitation to all Sokol members and friends to attend the 10th anniversary banquet to be held on Saturday, January 19, 1980 in the Knights of Columbus Hall on Memorial Highway near 135th Street, in North Miami. Information and reservations at \$7.50 per person to Corr. Sec. Sis. Emilie Ruzicka, 1315 N.E. 128th Street N. Miami, FL 33161 - Tel.: (305) 893-4637.

Sokol Miami is the only unit in our organization which meets once per week, Mondays, throughout the year at American Czechoslovak Social Club in North Miami, at 12 noon, beginning with lunch, then games, exercises, social activities, supper at 5 p.m., instruction in special numbers for adults, etc. Every Thursday members meet in Haulover Beach Park for a dip in the ocean and lunch of grilled franks.

Reservations are already made for one bus leaving Berwyn, Ill. Tour is conducted by Bro. Rabas, (Weber Travel) making several stops in Florida and will be in Miami five days. Applications for tours are being accepted.

Sokol Miami is a member of the Chamber of Commerce in North Miami and participates annually at the University of Miami's Woman's Cancer Bazaar with a prize-winning Christmas tree trimmed in authentic Czechoslovak tradition and also conducts sale of bakery and items netting about a \$1,000 donation to the University from the Czechoslovak group of four clubs. The unit has 245 members.

SOKOL EDUCATOR

Jan Kubelik - The Violin Wizard

Jan Kubelik was known in Praha as "Čaroděj Houslí" (The Violin Wizard). In Europe and the United States, he magnetized large assemblies of music lovers with his brilliant technique. He was born in a village called Michle, near Prague, on July 5, 1880. His father, a gardener, realized when Jan was only five years old that he had great talent for playing the violin. He bought him a good instrument and encouraged him to play. Jan was twelve years old when he was accepted as a student by Sevcik at the Prague Conservatory. He studied the violin and music composition under J. Foerster, K. Knittle and K. Stecker. He took part in the concerts given by the Conservatory. When he reached the peak of first rank violinist, he left the Conservatory and went to Vienna for further study.

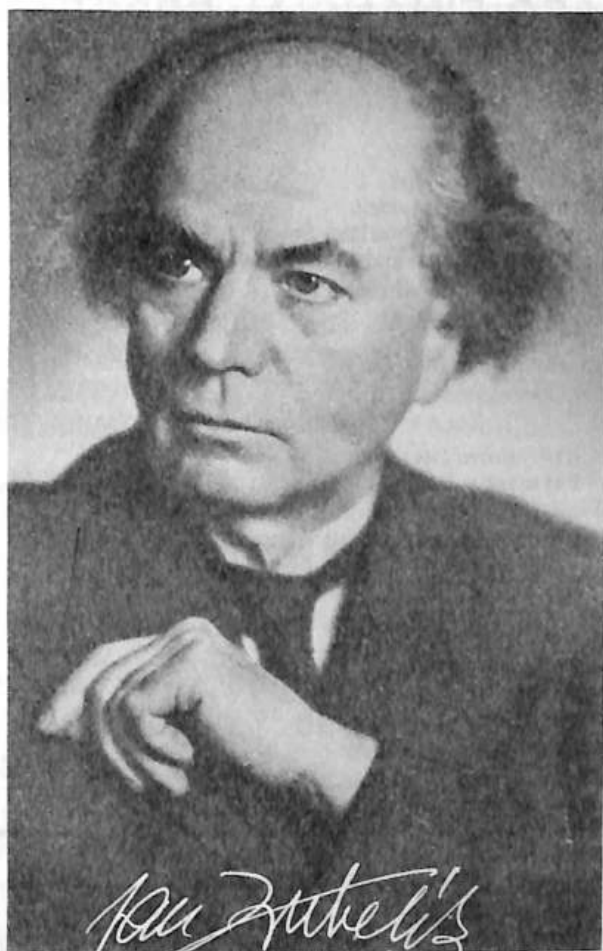
On November 26, 1898, he made his first appearance as a professional violinist in Vienna. Critics stated that he had the passion for music and the ability to sway audiences. They predicted he would become a second Paganini. He gave concerts in many Czech and Moravian towns, and in 1899, he went on tour to Budapest and Zagreb. In 1900, he went on tour to many cities in Western Europe and Italy where he was honored with the papal order of St. Gregory. In June of the same year he went to Paris and London and drew large audiences wherever he performed. In 1901, he was made an honorary member of the Philharmonic Society of London.

Jan Kubelik crossed the ocean about ten times on voyages to the United States and gave concerts, receiving large sums of money for his performances that he became wealthy. He felt very much at home in the Chicago Czech communities where his mother tongue was spoken in shops and restaurants. He also liked to visit the Svornost, Czech daily newspaper.

He had disciplined himself to achieve technical mastery and to give a clear understanding of what the composer whose music he was playing tried to create. He made brilliant choices in selecting compositions. His favorites were works by Dvorak, Tchaikovsky, Paganini, Mozart and Beethoven. He won the Beethoven medal in 1902, the Paganini medal in 1905 and was made an honorary member of the Česká Philharmonic in 1939.

Kubelik was twenty-three years old when he fell in love and married Marianna, the divorced wife of Count Csaky-Szell. She was a pretty Hungarian woman and produced a large family. Kubelik was proud of his eight children, consisting of five girls and three boys. He used to say that for each one of the strings on his violin he was blessed with two children - four violin strings, eight children. Two of them followed in his footsteps, the first born, Anna, became a violinist and Rafael, born ten years later, acquired fame as a conductor and composer.

By 1938, he had played his valued Stradivari violin in every country in Europe, toured North and South America, Canada, Japan, Australia, Asia, Africa and



the Phillipine Islands. He had acquired his first Stradivari violin in 1901, and the last one, called the Emperor, was dated 1715.

During the years of the First World War, Kubelik stayed at home and composed six violin concertos, a symphony and some chamber music. He also produced many shorter pieces for the violin, and worked out cadenzas for concertos of his favorite composers. He was a skilled composer and his work showed excellent taste and sound quality.

Kubelik was also honored with the Ordre L'Instruction Publique in France and made Chevalier of the French Legion of Honor. Romania presented him with their Star of the Republic, and Wurttemberg with the Order of Art and Science. He was made Commander of the Sava Order in Serbia and Commander of St. Anne in Russia.

The fortune that Kubelik earned was lost on land dealings and extravagant living. He bought the estate of Bychory near Kolin, in 1904, the estate of Bytčica in Slovakia in 1918, the villa at Abbazia, Italy, later part of Yugoslavia, in 1922, and land with a castle on it in Rothenturm (Bergenland, Austria) in 1930. The last purchase was an unfortunte and costly one. He died in Prague, December 5, 1940. He had lived long enough to see his son become a famous conductor and composer, and an ardent supporter of Czech music.

ASO FINANCIAL REPORT

OCTOBER 1979

RECEIPTS:

Dues	\$4,571.65
Convention Fund	164.00
Special Assessment	164.00
Dividends and Interest	925.07
Advertising in "American Sokol"	100.00
Resale of Jewelry and Plaques	139.30
Sale of Educational Pamphlets	12.00
Membership Kits	18.00
UPS Charges	2.49
Miscellaneous Income	2.00
Seal Donations	1,920.00
	<u>\$8,018.51</u>

ASO Uniform Division -

Payment toward advances	485.02
Transfer of funds from Future Sokol Leaders Fund for Merit Awards	2,600.00
TOTAL RECEIPTS	<u>\$11,103.53</u>

DISBURSEMENTS:**Administrative**

Salaries	\$534.44
FICA & FWT for Sept.	121.16
IWT - 3rd quarter 1979	51.08
Rental, Janitor Service, Phone, Electric	387.34
Office Supplies	16.50
Postage	22.55
Insurance	423.00
Service Contracts	160.00
Miscellaneous	25.00
	<u>\$1,741.07</u>

Board of Instructors

Salaries	\$339.10
FICA & FWT for Sept.	\$ 54.76
IWT - 3rd quarter 1979	21.03
Editor "Sokol Gymnast"	30.00
Addit'l copies "Sokol Gymnast"	29.00
Postage	19.45
Travel Expense	353.50
	<u>\$ 846.84</u>

Educational Department

IWT - 3rd quarter 1979	\$ 1.30
Postage	.75
	<u>2.05</u>

Sokol Publication

Printing "American Sokol"	\$1,018.35
Editor "American Sokol"	100.00
Postage - "American Sokol"	172.45
	<u>1,290.80</u>

Miscellaneous

ASO Uniform Division - Salaries, FICA, IWT, Phone	\$434.49
Special Appropriations - Southern Dist. ASO	1,682.42
Northeast. Dist. ASO	90.00
Central Dist. ASO	232.00

Miscellaneous	22.29
Merit Awards	2,600.00
	<u>5,061.20</u>

TOTAL DISBURSEMENTS

Balance brought forward	\$8,941.96
Western National Bank of Cicero - Checking Account	\$1,552.07
Receipts - October 1979	11,103.53
	<u>\$12,655.60</u>
Disbursements - October 1979	8,941.96
	<u>\$3,713.64</u>

Future Sokol Leaders' Fund

OCTOBER 1979

In memory of Milada Mala, Nacelnice COS - Kate Danko	\$ 10.00
A. W. Kartous, Dallas, Texas	25.00
In memory of Sylvia Placek Hruza - Charles Placek Family	25.00
In memory of Rose Placek Zib - Charles Placek Family	25.00
In memory of wife, Sophie Shabart - Allan J. Shabart	10.00
	<u>95.00</u>
Dividends Earned	231.93
	<u>\$ 326.93</u>

Transfer of funds to Checking Account
for Merit Awards - \$2,600.00*Donations are tax exempt*

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in perfect harmony.

Let peace begin with me,
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To take each moment and live
each moment in peace eternally.
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Rafael Kubelik, Son of a Maestro

Seldom does the son of a famous father also become famous, but Rafael Kubelik achieved greatness. He has given more performances, composed more music and is a leading star conductor the world over. On September 13, 1979, he led the New York Philharmonic Orchestra in Avery Fisher Hall. The program was one his father would have approved of. The first half was a three movement symphony by Bohuslav Martinu, Czech composer who died in 1959, and the second half Beethoven's Eroica. Martinu's Double Concerto is a musical protest against the Nazi invasion of Sudetenland.

The concert was written up in the New York Times and said that Mr. Kubelik gave a strong performance of the Martinu symphony and the Eroica symphony was well organized with singing melodies and leisurely tempos. The critic also wrote, "Mr. Kubelik is a sincere musician of the Central European school, which means he is not interested in flashy effects and does his best to penetrate into the heart of the music."

Rafael Kubelik was born in Bychary, Bohemia, now

Czechoslovakia, June 29, 1914. His father trained him until 1928, when he entered the Prague Conservatory. Five years later he graduated as violinist, conductor and composer. On January 24, 1934, he made his debut as a conductor leading the Czech Philharmonic Orchestra. In the years of 1935-36, he traveled with his father on musical tours, and accompanied him on the piano. From 1936 to 1939, he continued to conduct the Czech Philharmonic which he took on tour to England in the fall of 1938. From 1939 to 1941, he was conductor of the National Theatre in Brno, and from 1942 to 1948, musical director of the Czech Philharmonic Orchestra. Between 1948 and 1950, he conducted in England, Scotland, Amsterdam, South America and Mexico.

In 1950, he was appointed Conductor of the Chicago Symphony Orchestra. Because of the music he insisted on featuring and the assiduous work he put into detail at rehearsals, a controversy developed. After three years he resigned, but never regretted having directed the Chicago Symphony. During the three years, he performed sixty new pieces and had Negro soloists on his programs, unheard of in the early years of the fifties.

(To be continued)

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