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

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Calendar of Events

- FEB. 2 - SOKOL NEW YORK
Sibřinky - Costume Ball
- FEB. 3 - SOKOL DETROIT
Winter Gymnastical
- FEB. 9 - SOKOL BROOKFIELD
Spaghetti Dinner
- FEB. 10 - SOKOL GREATER CLEVELAND
Winter Gym Exhibition at
Cleveland State University

- FEB. 16 - SOKOL GREATER CLEVELAND
Masquerade Ball (Sibřinky)
- FEB. 17 - SOKOL STICKNEY
Pancake Breakfast
- FEB. 17 - SOKOL AND SOKOLICE MILWAUKEE
Jaternice and Pork Dinner
- FEB. 23 - SOKOL BERWYN
Las Vegas Night
- FEB. 24 - SOKOL NEW YORK
Children's Award Dinner
- MAR. 1 - SOKOL BROOKFIELD
Gymnastic Exhibition
- MAR. 8 - SOKOL TABOR
Gymnastic Exhibition
- MAR. 16 - SOKOL SLAVSKY
Annual Exhibition - Morton East High School
- MAR. 22 - SOKOL BERWYN
Gymnastic Exhibition
- MAR. 29 - CHICAGOLAND SOKOL
BLDG. ASSOCIATION
Dinner-Dance at Sokol Brookfield
- APR. 19 - SOKOL NEW YORK
Gymnastic Exhibition - Social follows
- APRIL 26 - SOKOL STICKNEY
Gymnastic Exhibition
- MAY 3 - SOKOL WEST SUBURBAN
Gymnastic Exhibition
- MAY 10 - SOKOL SLAVSKY
90th Anniversary Banquet
P.B.A. Manor, Berwyn
- MAY 16 - SOKOL AND SOKOLICE MILWAUKEE
Graduation and Award Night
Pilgrim Park Jr. High School
- MAY 17 and 18 - SOKOL ST. LOUIS
115th Anniversary Week-end Celebration
- JUNE 16 - 18 - ASO CONVENTION AT
CEDAR RAPIDS, IOWA
- JUNE 21 - 22 - CANADIAN SOKOL SLET
AT SOKOL TORONTO

NOTICE

Updated prices on your organization flag. The new price is \$202.40 each net for 3X5 ft. double embroidered flag reading correctly both sides. The 8'x1" 2-pc. oak finished pole is priced at \$14.02 each and the gold spear is priced at \$8.05 each. All prices are net FOB Huntsville, Alabama. Delivery can be made in 5-6 weeks from date order is received at our factory.

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AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CI

February - 1980 - Únor

Číslo - No. 2

Abraham Lincoln

Born: February 12, 1809

Died: April 15, 1865

Years in office: March 4, 1861 - April 15, 1865

My father moved from Kentucky to Indiana in my tenth year. It was a wild region, with many bears and other wild animals still in the woods. There I grew up. There were some schools, so-called, but no qualification was ever required of a teacher beyond 'readin', writin', and cipherin'.' Of course, when I came of age, I did not know much . . . I could read, write, and cipher - but that was all.

In telling this story of his early life, Abraham Lincoln left out one important detail: his fierce desire to learn. Others have told how he practiced writing by scratching letters on a wooden shovel with bits of charred wood, how he walked miles to borrow a book, and how he would read at night by the flickering firelight.

Lincoln's cousin, Dennis Hanks, once said, "I never seen Abe after he was 12 that he didn't have a book somewheres around." When he was older, Abe borrowed lawbooks and soon taught himself enough to be a lawyer.

In the growing town of Springfield, Illinois, his neighbors thought a lot of Abe Lincoln. They elected him to Congress. But they didn't re-elect him because he was against the Mexican War when most people were for it.

Lincoln quit politics. Soon he was making quite a lot of money as a lawyer. He could have been satisfied. But something kept gnawing at his conscience: slavery.

Lincoln had always hated slavery, but he did little about it until 1854. Then Congress passed the Kansas-Nebraska Act. It said people in the Western territories could have slavery there if they voted to do so. Up and down the state of Illinois, Lincoln made speeches against this law.

The man who had written the Kansas-Nebraska Act was also from Springfield, Illinois. He was Senator Stephen A. Douglas. Once he and Lincoln had wanted to marry the same girl, Mary Todd from Kentucky. She married Lincoln.

Now the men were rivals again - political rivals. In 1858 Lincoln ran against Douglas for Senator. They held debates in public all around the state of Illinois. Lincoln lost the election, but his debates with the famous Senator Douglas made Lincoln famous, too. In 1860 the Republican Party, which opposed slavery,



Abraham Lincoln (Alexander Gardner photo)

chose Lincoln to run for President. Stephen A. Douglas was the Democratic candidate that year.

This time Lincoln won. But victory brought him little joy. Between Election Day in November and Inauguration Day in March, seven Southern states separated from the Union. They feared Lincoln would end slavery as soon as he became President. Within six weeks after Lincoln took office, Southern soldiers fired on a U.S. fort in South Carolina. The Civil War had begun.

Sad, but determined, Abraham Lincoln led the fight to save the Union - and to end slavery. In 1863 he signed the Emancipation Proclamation, which said that slaves in the Confederate states would be "forever free." (Three years later the 13th Amendment to the Constitution ended slavery throughout the United States.)

Meanwhile many thousands of boys and men were dying in that terrible war. One of the last to fall was President Lincoln himself.

In the last days of the Civil War, just after his second term began, President Lincoln and his wife went to a play at Ford's Theater in Washington. While everyone was watching the stage, a man named John Wilkes Booth crept up behind the President and shot him in the head. Lincoln died the next day. Speaking for our sorrowing nation, a member of his Cabinet said, "Now he belongs to the ages."

George Washington

Born: February 22, 1732

Died: December 14, 1799

Years in office: April 30, 1789 - March 3, 1797

He might have been King George instead of President Washington. Some people wanted George Washington to make himself king of America. But he had fought through the long Revolutionary War to free America from the rule of England's king and he wanted no kings in America.

It seemed natural for people to want Washington as their chief. From his youth, he had been a leader of men - as a boy of the frontier, fearless and at home in the woods; then as a soldier in the French and Indian War. He looked like a leader, too - six feet, two inches tall, and handsome.

In 1775 the American colonies made the great decision: they must fight against England's rule. When our war for independence began, George Washington was asked to lead the American troops. In the eight years of the Revolutionary War, Washington lost more battles than he won and he retreated more often than he advanced. But he held his poorly trained army together through days of hunger and defeat, and he led them to victory.

After the war, Washington returned to Mount Vernon, his beautiful home beside the Potomac River. But he could not retire - not yet! The 13 states, united



in war, were quarrelling about the kind of government that they needed as a nation. In 1787 a meeting was held to work out these problems. George Washington, as a leader respected by all, was asked to preside at this meeting. Out of this convention came the Constitution, which set up our form of government and created the office of President.

Who should be the first President? Nearly everyone agreed: George Washington. President Washington then chose the best men he knew to help him. Thomas Jefferson was his Secretary of State, and Alexander Hamilton his Secretary of the Treasury.

President Washington served one four-year term and then another. During his Presidency the young United States grew to 16 states. The new government had a good start. Washington did not want to serve a third term. He was 64 years old, and he was tired.

Washington's last years at Mount Vernon were happy ones. He had always loved dancing and horse races and fox hunting and big parties. Now he could relax and do what he wanted. Each day he was up and off on horseback to see what was going on around the farm. Guests often gathered at his table in the evenings. His wife, Martha, saw to it that they left by nine o'clock, for that was General Washington's bedtime!

While he was President, Washington helped choose the very place - not far from Mount Vernon - where the nation's new capital city was to stand. It was named for him: Washington, D.C. The state of Washington was named in his honor, too - and all over our land there are cities and lakes and mountains and islands that also bear his name.

Central District Executive Board Meeting

November 28, 1979

Bro. Halik called the meeting to order at 7:45 p.m. All joined in the Pledge to the Flag which was spoken slowly and with deliberation. Bro. Halik reminded delegates it is disrespectful to rush through the words.

Bro. Glasser moved minutes of regular meeting of October 25, be accepted as presented. Seconded and carried. Minutes of the annual meeting of November 4th were read and amended. Motion to approve the minutes as amended was seconded and carried.

Correspondence: Third quarterly report from Sokol St. Louis; 4th quarterly report from Sokol Cechie and a duplicate check for 3rd quarter replacing original which seems to be lost; ASO letter regarding by-laws deadline and convention; thank you from St. Mary's Council of Catholic Women for district dancers' performance last September and a check; secretary to send letter thanking them for the contribution; request for contribution from Bohemian Home for Aged; copy of letter from WCEV, a new radio station based in Cicero. Bro. Kala suggested they be contacted and asked if they will cater to Czechs. Letter given to publicity chairman Sis. Bruno; letter from gymnastic association Sokol in St. Louis inviting Bro. Halik to attend their 115th anniversary banquet on May 17, 1980. Sis. Schnabl moved that Bro. and Sis. Halik attend at our expense, seconded and carried; copy of letter sent by Sis. H. Prener to Bro. R. Vrba regarding volleyball team uniforms; copy of letter from Central District Women's BOI to ASO-BOI which was explained by Sis. Pistorius. Bill from Saxon for the office window roll-ups was approved for payment.

Sis. Halik reported that after she paid for the meat, there was a net profit of \$68.60 from the 2 raffles that were held during lunch at the annual meeting. Her report and the cash were given to Bro. Glasser.

Reports: It was reported to Bro. Halik that Bro. Vachata declines the Slet Chairmanship. Nominations are open for 1980 Central District Slet Chairman.

Sis. Pistorius reported on Women's BOI. Jr. and Sr. Women and tots calisthenics and tape for modern rhythmic competition II Girls were distributed. The Women's BOI once again discussed their decision not to use the Toronto calisthenics. The All Star Volleyball Tournament (both men and women) will be held November 30th. Spectators' fee will be 50c and a social will follow. Final report from assistants' workshop was presented. A special number competition is planned for May 3rd. \$84.00 profit from 1st Class Girls Track and Field Meet was turned over to Central District. Requests payment of Assistants' Workshop Instructors, supplies and rental, \$246.25 and Sis. Owen's expenses to Southern District course \$232.00 (District has received the payment from ASO for these expenses). Also a bill for \$78.30 for reproducing calisthenics. A discussion was held at the Women's BOI; the directive from the annual meeting to consider an indoor facility for the Slet. Cicero Stadium was the only other possibility but the facilities do not seem adequate. 106

people from the Chicago area attended the Invitational Volleyball Tournament in St. Louis during the Thanksgiving weekend. Winners in the Woman's Division were: 1st place, Sokol Berwyn; 2nd place, Sokol St. Louis; 3rd place, Sokol Stickney. Sis. Pistorius also requested approval of her representing the Women's BOI at the ASO Convention. Bro. Kala moved to accept the report and pay the bills. Seconded and carried.

Bro. Satek gave a short report on Men's BOI. Turned over \$180.00 proceeds from volleyball tournament. He is making plans to accept the directorship as soon as a few details are worked out. At the present time he volunteers to represent the Men's BOI at the ASO-BOI. Requests advance \$210.00 for referee fees. Winners in the Men's Division of the Invitational Tournament in St. Louis were 1st place - No. St. Louis Turners, 2nd place - Sokol Stickney. Sis. Pistorius made a motion we accept Bro. Satek as Men's BOI representative. Seconded and carried. Report was accepted and Bro. Satek was thanked for his efforts to keep the men's department working. Bro. Kala moved the district send letters to the units reminding them that it is their duty to send 2 or 3 representatives to the Men's BOI meetings on the 3rd Monday of each month at the District Office. Letter should also request nominations for Slet Chairman, Recording Secretary and Corresponding Secretary. Seconded and carried.

Bro. Kala encouraged the units to attend the Czech Christmas program at the Museum of Science and Industry on December 1st and plan to spend a few hours at Česká Glass Exhibit.

Sis. Helen Prener will follow thru on gathering uniforms. Bro. Michalek will check if the closets in the hall are not being used. They will be available for the District to store some properties. Sokol Brookfield made their handcrank mimeo available for our use in our office as long as they can also use it once in a while. Sis. Halik reported that typewriters and other office equipment may be available thru another source in a few months.

Bro. Halik reminded the units that soon they should get in touch with him with regards to their suggested changes in the by-laws. The District should think about hosting the 1985 ASO Convention since that year is also Slet year.

Membership Drive: The general feeling of the delegates was that the ASO should start the drive and the district could coincide with its rules. Bro. Kala was asked to come up with something in the January meeting.

Tours Committee: There were no volunteers for this committee although a tour to St. Louis for the anniversary was suggested. The BOI has volunteered to handle the tour to Toronto.

Bro. Halik reminded delegates that units must elect representatives to annual meeting in their June meeting and a date for the next annual meeting must be set soon.

The delegates are to take the following back to their units: for discussion: 1. at the annual meeting of the Central District all unit officers (pres., vice-pres., treas., secys., ed. dir.) and BOI directors be given full

voting rights. 2. would the unit want to sponsor the social after the Special Number Competition on May 3rd. Bro. Kala moved the BOI's ask the units if they would like to host this social. Seconded and carried.

The Financial Secretary was authorized to transfer the funds from the 1979 District Slet profit to the general fund, less \$500.00 which would be the working fund for 1980 Slet.

Bro. Kala moved the district place a full page ad listing the Central District units in the CSA 125th Anniversary Souvenir Book. Seconded and carried. A motion was made, seconded and carried that the district send Bro. and Sis. Halik to the banquet.

There are 2 Sokol anniversaries in the district being celebrated in 1980: May 10th, Sokol Slavsky's 90th; May 17th, Sokol St. Louis' 115th.

The election of the acting Men's Director and the Women's Director have been ratified.

Bro. Zitny proceeded to install the officers in his very inspiring manner. Bro. Halik thanked Bro. Zitny and then proceeded to address the group and closed by reminding us that this is to be his last year as president. He would like to retire.

Bro. Kala's motion that there be no December meeting and the officers be given the power to transact any business that may be necessary during the interim was seconded and carried.

Sis. Dolezal announced the balance on hand. With a greeting of Merry Christmas and a Happy New Year, meeting was adjourned at 10:25 p.m.

Respectfully submitted,

Mili Zeman, Secretary pro tem

Eastern District ASO Meeting

At Sokol Little Ferry - December 3, 1979

The meeting was called to order by Pres. F. Capek at 8:40 p.m. There was no attendance from Sokol Fuegner. Bro. Hanus resigned as Financial Secretary. His resignation was accepted. Bro. Donovan will also take the office of Financial Secretary.

Sis. Fiala reports she is still having money problems. Also if possible, would the units please send her an up-to-date list of their members, so she can bring her list up-to-date.

Sokol Miami is having their 10th anniversary journal. The Eastern District made a motion, passed, to buy a page ad. The District will also be sending them a donation for their newsletter. This is the only way the district would be of any aid to this unit.

Sis. Benda reported that the special number will be hosted by Sokol Washington not Sokol Baltimore, as reported in the last meeting. It will be held in the French International School in Bethesda. Sokol Baltimore will try to have a floor ex. mat there to perform on.

The beginners instructors course plans are in the making. The dates are being secured with the camp and a deposit will be sent.

The clinic, held at Sokol Baltimore, was a success. There were 44 instructors and students in attendance. Provisions were made for the overnight guests to sleep at the Sokol Baltimore gym.

Correspondence: letter and check from ASO Chicago, reimbursement for the expenses of the Eastern District Beginners Instructors course held at Belair, Md., Aug. 18-25, 1979.

Sokol New York: reports classes are going along as usual. They will hold a Christmas party for their gymnasts. Also a New Year's Eve party. There are also plans for a Šibřinky on Feb. 2, 1980. Their annual exhibition will be some time in April. No date has been set as yet.

Sokol Little Ferry: all classes are progressing. Held their physical fitness tests, then had an Awards Night, along with a Parents Night.

Sokolice Little Ferry: monthly meetings are being held each month. Will be attending a Christmas party with the Men's Division. Had a very successful and profitable Chinese auction in October. Plans are in progress for a gymnasts' Christmas party. There were no other unit reports.

Financial secretary's report was given as of Dec. 3, 1979. Slet Committee: still trying to find a site. If any unit wishes to have their events listed in the dates to remember, please send them to me and they will be in the next minutes.

Next meeting: plans are being made to have the next meeting at a half-way destination on the N.J. Turnpike for February 24, 1980. That way the Northern and Southern Circuit delegates may attend. Also there may be a BOI meeting set for Feb. 23, 1980 at the same location. As soon as plans are finalized - each unit will be notified. Meeting adjourned at 10:05 p.m.

Nazdar,

Helen Rhode, Secretary



SOKOL GYMNAST

FEBRUARY 1980

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

MERIT AWARD - 1980

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates at the XII American Sokol Convention, held in Detroit in June 1975, approved Merit Awards to be paid from the Sokol Future Leaders Fund.

The Merit Award Committee is accepting applications of students who are planning a course or program in an accredited two-year or four-year college. Although physical education will not be a criteria, more consideration will be given to those who are training in the physical education field.

The amount to be awarded is to be \$200.00 per year to one student per district which has under 1,500 members and an additional student per district which has over 1,500 members. This award is renewable for a second year. In order to qualify for the second year, applicant must maintain a "C" average or better. Second year allocation is NOT automatic; applicant must file letter of intent to reapply for a second year. This letter is to be signed by the Unit and District Directors, designating approval or disapproval. The letter of intent, the original application and the transcripts of grades will be reviewed. The final selection is to be made by the Merit Award Committee, approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. When a renewal is granted, a transcript of grades after the second year must be submitted to the American Sokol Merit Award Committee. A "C" average or better must have been maintained during the second year. Failure to submit such a transcript will result in a request for repayment of the award.

Merit Awards will be reviewed in September of each year. If the quota for the District is not filled, a review of all Merit Award applications, not previously approved, will be made and any restrictions imposed may be removed for that year.

The following points will be considered by the Merit Award Committee in selecting the candidates:

- | | |
|---|--|
| 1. Should have attended Sokol classes regularly for at least three years prior to this application. Juniors may be included but must become adult members - girls at age 17 and boys at age 18. | 4. Recommendation of High School Physical Education teacher. |
| 2. Must have attended and successfully completed one Sokol District or American Sokol Organization Instructors' School. | 5. Recommendation of Physical Director of Sokol Unit. |
| 3. Must have taught or assisted in Sokol gym classes. | 6. Recommendation of District Physical Directors. |
| | 7. Approval of District President. |

COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN MAY 30, 1980

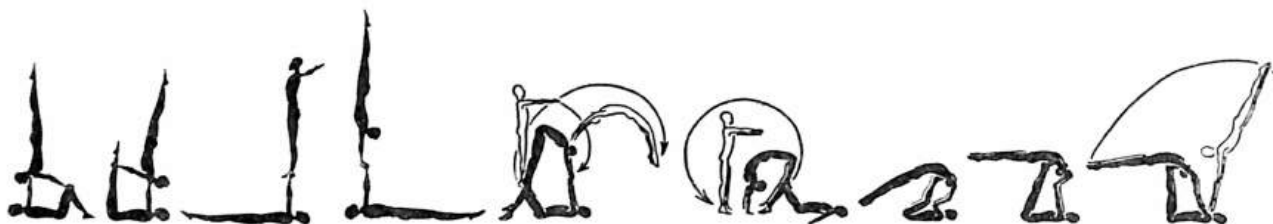
MERIT AWARD COMMITTEE:

Paul Lebloch, Marie Ptacek, Richard Ptacek, JoMarie Zeman, Charles Klapp and Lorraine Zdenek (Chairman)

**UNIT DIRECTORS - PLEASE POST ON BULLETIN BOARD
(APPLICATION ON OTHER PAGE)**

Hand Balancing

The following group of sketches of double balance stunts are good for exhibition work, and may contribute to extra interest in the Sokol program. Most of these are simple and basic moves to provide the gymnast with training in balanced rhythm, timing, and using correct muscles to do the lifting and supporting of body weight.



BALANCES FROM LOW POSITION - LYING ON BACK:



BALANCES FROM THIGH:



BALANCES FROM SHOULDERS:



HIGH ARM - STANDING:



TUMBLES

Sokol Contribution to the International Development of Women's Gymnastics

PART I

by: Marie Provazníková

(Former Director of Women - Czechoslovak Sokols - Č.O.S.)

In latter years, women's gymnastic meets at the Olympic games had a fixed program: balance beam, uneven parallel bars, horse vaults, and floor exercise. Generally, these three apparatus are considered the most appropriate for women. Just a few veterans remember that the **balance beam** and **high-low bars** (unevens) were introduced into the program of competitions by the Czechoslovak Sokol women.

In the gymnasiums, the balance beam was used since the beginning of women's gymnastics; low at the very beginning, later raised following the Swedish example. The Czechoslovak women competed on balance beam, improved its form, and succeeded in introducing it into the program of the first international meet of women. This was organized by the Federation International de Gymnastics (FIG) in Budapest in 1934, as well as of the following Olympic Games in Berlin in 1936. A small episode, preceding the latter, illustrates how little was known at that time about that treacherous apparatus.

The German Gymnastic Organization (which then replaced the German Turnverband, dissolved by Hitler) asked for permission to send two women gymnasts and an instructor to Prague to look at our apparatus. As soon as they entered the gymnasium in Tyršův Dům, one of them pulled out a tape measure from her pocket and all of them ran to the beam, to measure its width. To be sure, it was 8 cm. wide in accordance with the rules; later the width was increased to 10 cm., which equals 4 inches. Their astonishment was evident. After a while, they asked for some demonstration of what could be done on such a narrow area, and their amazement increased. Anyhow, this experience did not prevent the German gymnasts from proclaiming the balance beam "German National Apparatus" after the Olympics.

At the meet there was also trouble caused by the perfect beam by the Czech producer, Adam. The International regulations permit every competing nation to bring its own apparatus - under the obligation to let other competitors make use of it, if they wished to. And they wished - all of them, at the cost of time.

The story of uneven bars was yet more interesting. We used them, lower than now - before World War I: later Franta Erban raised the bars. At the very beginning, movements were different from those used nowadays: mostly knee overhangs, overpasses in combination of hang and support and balance exercises. Slowly movements changed and used the apparatus like two horizontal bars. The Czechoslovak team used the uneven bars for the first time in the first International meet of women of F.I.G. in Budapest in 1934. To the non-Sokol participants and audience, it

was a revelation. Everybody liked the performance, but it took time before they were accepted for international competitions. All the Slav Sokols were acquainted with them, but the other nations refused to accept them for fear that they would not be able to catch up with the Sokol teams. They did accept them for competitions, only when they also had more experience and training on them. Since that time, the uneven parallel bars conquered the whole gymnastic world.

1980 WINTER OLYMPICS

LAKE PLACID, N.Y., FEB. 13-24, 1980

In February, Lake Placid will erupt from a community of 2,977 people to a bustling city of tens of thousands to provide sports and Olympic fans with a thrilling picture of winter sports events. In 1932, Lake Placid hosted the III Winter Olympics. That was when the Olympics were not any bigger than a high school track meet: There were 364 athletes from 17 nations. This year the Olympics hope to draw 1700 athletes from 40 nations. Housing at Lake Placid will present some problems. Tour operators are offering package deals for a wide variety of events for the Games. - Hotels are as far away as a two-hour drive from the Olympic site and are among those included in the Olympic package; Bus transportation is available. Major parking lots are set up 10 miles from the main arenas, and the transportation to and from your car is via shuttle bus. - There are only 3 major roads going into and out of Lake Placid. After the Olympics, the Olympic Village will become a Federal Prison.

National A.A.U. Junior Olympics

Congratulations to the Sokol Omaha Junior Boys of Omaha, Nebr., who participated in the national A.A.U. Junior Olympics competitions held at the University of Nebraska the past year. Justy Reed and Mike Bowers were pictured in the December issue of the International Gymnast wearing their Sokol uniforms. Competing in the 15-18 year old bracket, Justy Reed won the gold medal award as all around gymnast, as well as in floor exercise, still rings, parallel bars and horizontal bar. Mike Bowers took a gold award in the pommel horse.

Bro. Phil Cahoy, Dir. of Men of the Western District American Sokol, and Instructor of Men and Junior Boys at Sokol Omaha, predicts a bright future for the boys. Two of his other pupils - Phil Cahoy, Jr. and James Hartung have won International recognition in World Gymnastics.

Vth JUBILEE SLET

CZECHOSLOVAK SOKOLS ABROAD

July 4th and 5th, 1982

VIENNA

United States Gymnastics Federation

Report by Frank L. Bare

Although a more detailed report will follow, I wish to report to you that the XXth World Gymnastics Championships have been concluded and have been the most successful ever held in the history of the International Gymnastics Federation (FIG). That is significant in light of the nearly 100 year history of the FIG and based not on our observations but rather on comments from almost everyone of the thirty-three participating nations. It was the largest, best organized, best run, warmest and most graciously hosted event ever held. Some two thousand volunteers from Fort Worth helped make it happen. They worked day and night and smiled all the time. From the high school students who moved equipment all evening, every evening, to the ladies who greeted visitors at hotels, typed, translated, smiled and helped, it was a magnificent effort. It all worked as Jay Ashmore and the coordinators all hoped it would. Everyone did their bit. They did it well and efficiently and tirelessly. It was a long, difficult three weeks.

I am hopeful you are all aware of the success for the men's team and the fact that the U.S.A. won eight (8) medals in all, three of them gold medals. ABC-TV showed some one and one-half hours. Sixteen nations televised the event around the world.

In February at the annual Spring meeting of the Board of Directors, a detailed report will be given to you. For now let me say that we took in some 1.6 million dollars in all and the net will be as we had hoped in the vicinity of \$400,000, enough to offset Dial's dropping of our sponsorship as we had hoped. Our Accountant and bookkeeper came to Fort Worth some days before the event ended and began the lengthy task of wrapping up and verifying expenses and income. They counted every ticket left unsold. They went to every hotel and verified charges and settled accounts and met with the arena management and verified every bill possible before leaving Fort Worth. The report should be ready to present to the Executive Committee and then after their consideration, sent to each of you for consideration prior to the February meeting in Tucson.

Applications for the position of Executive Director are arriving now and they too will be reviewed and sent to each Board member thereafter. I assume the Board will decide on some action in February or at least make plans for screening finalists for the position later on.

Following are excerpts of minutes from the USGF Executive Committee meeting held in Fort Worth during the World Championships . . . please note that in keeping with directions at the last annual meeting of the Board, the proposed allocation of votes is included in these minutes. This is to be considered for action in February and is sent you the prescribed 60 days in advance of that meeting. - The Executive Committee makes the following recommendations to the Board of Directors concerning the allocations of votes to that body:

NCAA - 4 votes; AIAW - 3 votes; AAU - 2 votes; NFSHSA - 3 votes; NJCAA - 2 votes; USAIGC - 3 votes; Turners - 1 vote; Sokols - 1 vote; YMCA - 1 vote; NAIA - 1 vote; NAGWS - 2 votes.

President Roetzheim expressed several complaints concerning the Women's Gymnastics team and the Women's program:

Italy and West Germany have offered to have the U.S. Olympic Gymnastics Teams train in their countries (for a minimum of 5 days) prior to the games in Moscow.

Jackie Fie discussed the Pan American Federation. The Pan American Committee is seeking leadership in judges training courses, judges symposiums and the need for a technical person on the men's side of the sport. She urged that the U.S. accept a leadership role in this organization.

The committee expressed their thanks to President Roetzheim for his efforts the past two years as President of the Board and chairman of this committee.

The Executive Committee plans to evaluate the men's and women's program directors and those programs at the next Executive Committee meeting.

NORMA ZABKA - American Sokol
Representative to U.S.G.F.

AMERICAN SOKOL ORGANIZATION
Merit Award Committee
6426 West Cermak Road
Berwyn, Illinois 60402

1980

I desire to make application for the American Sokol Organization Merit Award. Please mail application forms and all other instructions to:

Signature of Sokol member:
Street Address:
City: State: Zip Code:
My age is: years. I am a member of Sokol
of the District.

SOKOL EDUCATOR

Božena Němcová's "Grandmother"

The book entitled "Babička" (Grandmother) was published in Prague, Bohemia in 1854. It became the greatest Czech legacy of the 19th century. It is still in circulation, a copy can be obtained at the Chicago Public Library and probably other city libraries.

Božena Němcová was born in Ratibořicích, Bohemia, February 4, 1820, to a fifteen-year-old girl. While Božena was an infant, her father married her mother, but this did not soften her mother's heart towards her. The home was managed by Božena's mother and her father, a German businessman, worked in Vienna in winter. He did not know that Božena was unloved by her mother and that as more children were born they were mistreated. He was a good father and often played games with his children.

The gloomier conditions became, the more Božena stayed outdoors, and noticed the mountains and the lovely scenery around the house. It was a modest dwelling with two rooms, city furniture and a piano. In the large room slept the father, mother and small children, and the older children slept in the other room. There was an orchard, vegetable garden, flower beds and the river. Božena loved to sprinkle the flowers, visit the gamekeeper's lodge, run to the "zámek" (manor house) through the meadows, but never to the black forest where the sun did not penetrate.

She learned why when grandmother came to live with them. Grandmother warned that the "Jezeminy" (evil spirits) were in the forest and robbed foolish strollers of their eyes. Grandmother was an ideal woman, no kinder person could be found. If anyone in the community needed help, grandmother would help. She told Božena children's stories and folk tales and took her on religious pilgrimages.

Two men teachers taught Božena how to read and write. For further training her parents sent her to Chvalkovice. She had to leave her beloved grandmother, who soon after went to Vienna to live with another daughter. Away from home, Božena began to read books in the German language. They were novels, arousing her sentimental nature. At the time she did not consider the German books too foreign for her. When after three years she returned to Ratibořic, she went to the "zámek" (manor house) to borrow books. They were also German books and much more romantic than the books she had borrowed from the Chvalkovská library. She was very fond of her brothers, Jan and Josef and her sisters, Marie, Adélka and Konstancia. They lost Konstancia in 1836 and Božena grieved for her beloved sister.

Božena Němcová did not leave Ratibořic until 1837, when she married Josef Němce. He was fifteen years older than she was. She didn't even like him, but wanted to leave home and so she took the advice of her parents to marry Josef. However, Josef did not take her to Prague, but to another small town and it was

even smaller and poorer than Ratibořic. Her husband's work moved them from place to place, and life worsened for her. Then in Polné where she went to live, a new world opened up for her. The town priest gave her the Czech translation of Washington Irving's "Alhambra". She was surprised that she could read such good literature in the Czech language. From then on she read only Czech books. They brought to her mind all the things that grandmother had told them about the Czech nation and began to understand grandmother's great love for all that was Czech. She burnt all the papers she had written in German and devoted herself to writing her thoughts only in Czech.

Němcová longed to go to Prague, but it was not until 1841 that she visited the famed city on the River Vltava. In 1844, she returned to Ratibořic, and found that many changes had taken place. The "Paní Kněžna" (mistress of the manor house) had died and the miller had sold the mill and moved to Chvalkovice. The only one left was the demented Victoria, still going through the forest and singing her sad songs, as though to say that the everlasting in the world is pain and suffering. Božena Němcová found her Ratibořic the way she wanted it to be, the way it remained in her mind. Her first attempt at writing was poetry, as follows:

When my eye catches sight of
Mountains dear, mountains divine,
Lovely fragrant forest above,
And the dark, rustling pines.

Glens and valleys over which
As a child I loved to run,
Varied flowers in abundance,
To braid into wreaths was fun.



Poetry came first, followed by the writing of three stories taken from the Ratibořic location. Her best writing is not in these stories, the fantasy, the ability to describe came later. In 1845, Němcová's husband was transferred to Domažlice. She wrote lovely letters of her life there that were published in "České Včele". She could walk to Chodsko from Domažlice and observing life around her, she continually compared it with life in Ratibořice. It did not arouse in her any uncertainty or made any change in writing. It strengthened her Ratibořic dream of an ideal life centered around grandmother.

In 1847, in Domažlicích, the people suffered from hunger and an outbreak of cholera followed. The times were bad and an enactment of the constitution was put into effect to relieve the critical situation. Němcová thought it was just politics and would not help the people. She wrote an article entitled "Selka Politika" in which she stated that the people were celebrating the constitution marching in parades, bands were playing and the people singing. They were told by the authorities that everyone had to light up with at least four candles in their windows. One worker asked, "Why don't the rich buy the candles for the poor? Why should we celebrate illumination? What do we get from that? We want freedom, jobs and bread." Second worker replied, "It does stand for something. The poor will be taken care of and they can complain if wrong is done to them." First worker adds: "Lords are not concerned about the poor, and say let them die of hunger."

Němcová ends her article, "Misery like this is hard to put into words. The two laborers talked and yet the one did not buy the candles, and Pan Policeman broke his window. The people walked by the other laborer's window, and saw the candles, but did not know about the hungry family who sat in the room behind the lighted candles."

Němcová was especially interested in national and socialistic matters, more so than the average journalist. She went along her own literary road, strong in her beliefs and what she wrote came from her heart. She remained the same, faithful to that within her which year after year was blossoming out. She continued to build up within her the idealistic picture of her childhood in Ratibořicích. She was very inquisitive. It was noted in her correspondence to relatives who urged her to devote her time to a literary career and not write letters.

She showed her independence at the time Karel Havlíček came home after his exile in Brixen. Former friends avoided him, but Němcová greeted him with affection when they met on Main Street. When Havlíček asked if she wasn't afraid to show friendliness to him, she replied, "I'm not afraid of the law." When he died, she placed a wreath on his casket even though it had been forbidden by the city officials. After that people were afraid to be seen talking to her or going to her home.

There was a scarcity of food and necessities became harder to acquire while incomes dropped continually lower. In 1853, the situation at Němcová's home looked hopeless. Then her son, Hynek, sixteen years of

age died of consumption and she grieved until she became ill. She could not work, but the pictures of her childhood became ever more vivid. She found a manuscript she had written of her childhood and came close again in her memories to grandmother. She recalled her wise words, the songs she sang and the stories she told. She was a child again, running happily over the meadows and the world and its tribulations were forgotten.

She recovered from her illness and began working on the greatest achievement of her life. She believed that she was capable of writing an outstanding book and the time to do so had arrived. There was so much she put into it, but all was not exactly as it had really been. She created a happy grandmother who stayed with them in Ratibořic and did not go to live in Vienna. Living in Vienna would have spoiled the poetic dream, made it coarse and hurt the beautiful harmony of the story. She told about the old customs, the old beliefs, like the one of looking for what the future holds by putting small lighted candles in walnut shells in a basin of water and watching them float. Her brother's candle floated far and tipped over, predicting that he would go away from home and die young. He went to war in 1848, was lost in battle and never found. Němcová's candle tipped over before it had gone far, predicting an early death which proved true as Němcová died at the age of 42.

The reason why "Babička" (Grandmother) became a supreme classic, translated into many languages was because it was a cultivated dream that had remained in Němcová's mind and mulled over for many years. This portrayal of country life can be compared with Antonín Dvořák's "Prodaná Nevěsta" (Bartered Bride) and judged equal.

The publication of this book never brought Němcová great wealth. She struggled on, writing her Slovenské stories and thinking about the children's book she wanted to write. It was never written for she died in 1862.

Stella Tichy,

Sokol Čechie, Chicago

(Translated and condensed from Zdeněk Nejedlý's biography of Božena Němcová, published in Praha.)



MATERIAL FOR OUR APRIL COPY
SHOULD BE IN BY
MARCH 10th -

Southern District

An appreciation plaque was presented to Bro. George Prevratil, past president of the Southern District at the recent Slet. Bro. Ben Maca, president of the Southern District (on the right) made the presentation in behalf of the District. The plaque inscription reads: "In appreciation for 11 years of dedicated leadership as president of the Southern District of the American Sokol Organization, for constant efforts in advancement of the Southern District and for promotion of Sokol and the Sokol idea - Nazdar". Bro. Prevratil was made honorary president by the annual meeting delegation November 5, 1978.



PROCLAMATION of Sokol Federation In The Free World

On January 1, 1980 the SOKOL FEDERATION IN THE FREE WORLD commenced its activities. The Federation consists of the Yugoslav and Czechoslovak Sokol organizations abroad whose members are now the only free spokesmen for Sokol in their homelands where the Sokol idea was brutally silenced and the Sokol organization forcibly dissolved.

Yugoslav and Czechoslovak Sokols have a long history of sincere fraternal ties dating back to the times of Tyrš; the first Sokol unit in Yugoslavia was founded in Ljubljana in 1863 - one year after Sokol Prague came into being.

The mutual spirit of true brotherhood between Yugoslav and Czechoslovak Sokol was expressed through numerous reciprocal visits and participations at Slets, competitions and other Sokol or national events in time of peace but also especially at times of great tests of our nations - commencing with the Balkan War in 1912 and particularly during both world wars. This fraternal relationship was even further strengthened through activities within the Federation of Slav Sokol, established February 25, 1908 whose successful activities and proud traditions will also guide our new Federation. It is therefore obvious and natural that this time-honored fraternal co-operation of our two organizations should continue during this dark period of our nations in which Communists dissolved Sokol in our homelands -

similarly as the Nazis have done before them during World War II.

Since the end of World War II our homelands have been subjected to brutal Communist assaults resulting in violence and tyranny and our nations are experiencing moral misery and repression without parallel in the annals of civilized nations. The Communist governments in our homelands attained their power through terror and their rule is based on lies, deceit, class hatred and economic envy. Sokol, whose idea grew out of aspirations and needs of our nations and reflected their cultural heritage and traditions, was robbed by Communists of all results of voluntary and enthusiastic work performed with many sacrifices by hundreds of thousands of its members; the noble national Sokol ideals were replaced by a foreign soulless physculture.

Sokol from its beginning endeavored to further the moral values, health and physical fitness of our nations and was, at all times, in the forefront of struggle of democratic forces against injustice, slavery, oppression and exploitation of mankind. At present when Sokols are not able to express themselves freely in our homelands it is incumbent upon Sokols in the free world to become guardians of Sokol ideals and principles and to continue Sokol traditions in the spirit of its founders Tyrš and Fugner.

Therefore we, Sokols active in many countries in the free world - emphatically protest the destruction by Communists of freedom, democracy and justice in our homelands. We protest the continuous and increasing violence perpetrated by the Communists on defenseless peoples and we protest the systematic violations of their human rights. We also strongly protest the persecution of Sokol members, the dissolution of the Sokol organization, the theft of all Sokol assets and the falsification of the Sokol idea.

As a consequence of our commitment to the Sokol ideals it is our duty to strive with all means at our disposal for a renewal of freedom and democracy in our homelands. Through our new Federation we shall continue in these efforts and with a firm resolve and unwavering determination that our just cause shall prevail; we also appeal for support in these endeavors not only to all Sokol members but to all members of our nations. We are convinced that our Federation, at present comprised of Yugoslav and Czechoslovak Sokols abroad will soon be joined by all other central Sokol organizations in the free world; American Sokol Organization, Slovak Gymnastic Union Sokol of USA, Czech-American Workingmen's Sokol and the Polish and Russian Sokol Unions.

We are firmly resolved not to cease our efforts and activities until freedom and true democracy have been restored to our homelands, until citizens there will again be guaranteed basic human rights, freedoms and dignity with equal justice for all, and until free Sokol will again arise there to continue its activities in the service of our nations.

Zdravo!

YUGOSLAV SOKOL IN THE FREE WORLD
Ing. Ladislav L. Bevc, Pres. France Vadal, Sec'y.
Nazdar!

CZECHOSLOVAK SOKOL ABROAD
Jan Waldauf, Pres. Zdenek M. Dobrovolny, Sec'y.

ASO FINANCIAL REPORT

DECEMBER 1979

RECEIPTS:

Dues	\$1,441.50
Convention Fund	1,558.00
Special Assessment	1,438.00
Dividends and Interest	1,188.34
Resale of Jewelry and Plaques	35.15
Sale of Educational Pamphlets and Books	14.50
UPS Charges	3.44
Donations to General Fund	15.00
Seal Donations	327.00
Miscellaneous	305.75
	<hr/>
	\$6,326.68
ASO Uniform Division - Payment toward advances	553.25
TOTAL RECEIPTS	<hr/>
	\$6,879.93

DISBURSEMENTS:

Administrative

Salaries	\$513.67
FICA & FWT for Nov. 1979	148.82
Rental, Janitor Service & Supplies, Phone, Electric	413.15
Office Supplies	48.18
Postage and UPS Charges	46.58
Publicity	18.00
Repairs to Office Machines	77.40
Miscellaneous	387.61
	<hr/>
	\$1,653.41

Board of Instructors

Salaries	\$333.79
FICA & FWT for Nov. 1979	62.70
Editor "Sokol Gymnast"	30.00
Addit'l copies "Sokol Gymnast"	29.00
Postage	12.17
	<hr/>
	\$ 467.66

Educational Department

FICA for November 1979	\$ 5.24
UPS Charges	1.01
Printing "Highlights of Czech History"	682.83
	<hr/>
	\$ 689.08

Sokol Publication

Printing "American Sokol"	\$917.96
Editor "American Sokol"	100.00
Postage "American Sokol"	9.00
	<hr/>
	\$1,026.96

Miscellaneous

ASO Uniform Division - Salaries, FICA, FWT, Phone	\$422.89
Special Assessment - Refund	17.00
Future Sokol Leaders Fund - Postage	1.50
	<hr/>
	\$ 441.39
TOTAL DISBURSEMENTS	<hr/>
	\$4,278.50
Balance brought forward:	
Western National Bank of Cicero - Checking Account	\$ 211.99
Receipts - December 1979	6,879.93
	<hr/>
	7,091.92
Disbursements - December 1979	4,278.50
	<hr/>
	\$2,813.42

FUTURE SOKOL LEADERS FUND

December 1979

In memory of Bro. Erwin V. Novotny - Sokol Milwaukee	\$ 20.00
Dividends earned	403.13
	<hr/>
	\$ 423.13

DONATIONS TO GENERAL FUND

In memory of Sister Rose Novak - Sokol Town of Lake	\$ 15.00
<i>Donations are tax exempt.</i>	



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In Memoriam Anthony Cihlar

Bro. Anthony Cihlar was born on December 27, 1892 in Kolin, Bohemia (now Czechoslovakia) and passed away on December 13, 1979. As a youth he attended Sokol gym classes in Kolin and then became a member of that unit. He saw service in both the Austrian and Czechoslovak armies. He emigrated to this country in 1922 and immediately became a member of Sokolská Jednota Blesk (Sokol Baltimore) where he participated in the gym classes. He became active in the unit dramatic club and instantly was a favorite of the audience.

During the 1940's, he was financial secretary of the unit. He also served on various committees and was the unit Educational Director and served in this capacity with the Southern Circuit of the Eastern District.

Because of his vast knowledge of the Sokol ideals and principles, I always considered him as one of my mentors in this respect. He was editor of the Czech weekly newspaper TELEGRAF for many years and he and I collaborated in writing articles for the Sokol column. Following the demise of this newspaper, he wrote articles for HLASATEL, the Czech newspaper published in Chicago.

For many years he taught classes at the Czech school where he also organized classes for adults. He was also secretary for Lodge Blanik, CSA for over a decade.

Funeral services were held on December 17th and it was appropriate that he was carried to his final resting place in the Bohemian National Cemetery by a delegation of pallbearers from Sokol Baltimore. Sis. Emilie Martinek delivered a very touching eulogy.

We express our sincere sympathy to his family and we wish to assure them that we who knew and worked with him in the Sokol cause will always remember and have the highest respect for him.

Bro. Ed Stetka

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