

AMERICAN SOKOL

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PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



MEADOW IN THE GIANT MOUNTAINS IN THE SPRING.
From: *Má Vlast* - compiled by Vítězslav Hejkal

PHYSICAL FITNESS
S
GYMNASTICS

AMERICAN SOKOL

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OFFICE OF THE
EXECUTIVE BOARD ASO.

EllenJeanne Schnabl, Secretary
6426 W. Cermak Rd. Berwyn, Ill. 60402

Tel.: 795-6671

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

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Calendar of Events

JUNE 1 - SOKOL GREATER CLEVELAND
Gymnastic Exhibition at AMLA Farm

JUNE 7 AND 8 - SOKOL SOUTH OMAHA
1980 Ethnic Festival

JUNE 7 - CENTRAL DISTRICT - Victory Dance
at Sokol Brookfield

JUNE 8 - CENTRAL DISTRICT SLET
Riverside - Brookfield Stadium

JUNE 16 - 18 - ASO CONVENTION AT
CEDAR RAPIDS, IOWA

JUNE 20 - SOKOL GREATER CLEVELAND
Fish Fry - Bohemian National Hall

JUNE 20, 21 AND 22 - SOKOL SOUTH OMAHA
Hosts for Western District American Sokol
Gymnastic Competitions and Exhibitions

JUNE 21 - 22 - CANADIAN SOKOL SLET
AT SOKOL TORONTO

JUNE 29 - NORTHEASTERN DISTRICT SLET
Sokol Camp

JULY 11, 12, 13 - SOKOL DETROIT
3rd Annual Ethnic Festival
Yack Area, Wyandotte

JULY 18 - SOKOL GREATER CLEVELAND
Fish Fry - Bohemian National Hall

AUG. 15 - SOKOL GREATER CLEVELAND
Fish Fry - Bohemian National Hall

AUGUST 16 - 23 - SOKOL WASHINGTON, D.C.
Beginning Instructors Course for Eastern District

AUG. 17 - SOKOL GREATER CLEVELAND
Picnic at Oddfellows Farm

SEPT. 19 - SOKOL GREATER CLEVELAND
Fish Fry - Bohemian National Hall

SEPT. 21 - SOKOL SOUTH OMAHA
Czech Festival - Czech Dinner

SEPT. 27 - SOKOL GREATER CLEVELAND
Steakroast at Bohemian National Hall

OCT. 11 - SOKOL GREATER CLEVELAND
250 Club Dinner-Dance

OCT. 17 - SOKOL GREATER CLEVELAND
Fish Fry - Bohemian National Hall

DEC. 7 - SOKOL WASHINGTON, D.C.
St. Nicholas Party at Knights of Columbus

DEC. 17 - SOKOL WASHINGTON, D.C.
Annual Meeting



AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CI

June - 1980 - Červen

Číslo - No. 6

Tatinku, Tatinku

Na svě-tě Kaž-dý má to-ho rád kdo o něj peč-o-val když mlád Ko-mu už
dum-ře-la Ma-min-ka Pre-ne-se lás-ku ta-tin-ka At je jen děl-ní-kem
zto-vár-ny Kdo se zaň sty-dí je ne-zdár-ný ce-kej na ne-ho u-dve
Refrain
ři srd-ce mu-o-tev-ři Ta-tin-ku, Ta-tin-ku ehei se ptát Kdo mě má
na svě-te nej-víc rád Když tvo-mo-zo-ly za-bo-lí do-ve-dou
od-po-věd dát — Ta-tin-ku, Ta-tin-ku ehei tí říct na ne-bí svi-tí hvězd
na tí-síc Ta je-dna ma-lin-ka je na-se ma-min-ka pojd-ti-se pŕj-dem je vstřka

To the Six District Presidents:

Dear Sisters and Brothers:

Attached hereto you will find copy of the list of delegates and alternates to the XIII American Sokol Organization General Convention we have received thus far.

We feel that you each know the members in your District best and are therefore requesting that each of you return to us as soon as possible the same list with recommendations as to which committee these sisters and brothers would best be suited.

These recommended sisters and brothers will then be considered by the Chairman of each committee, but at this time are by no means final. Committees are as follows:

CREDENTIALS
CONVENTION RULES AND ORDER
PARLIAMENTARIAN
SERGEANT-AT-ARMS
BOARD OF APPEALS
REPORTS OF OFFICERS
RESOLUTIONS
FINANCIAL
ORGANIZATIONAL
AMERICAN SOKOL PUBLICATION
PUBLIC RELATIONS AND PUBLICITY
MEMBERSHIP
NOMINATING (then 3 more from the District in which the American Sokol Organization will be headquartered.)
STANDING BY-LAWS *
EDUCATIONAL *
BOARD OF INSTRUCTORS*

*District Directors are already automatically on these.

Hoping for speedy replies from you - - To a successful Convention!

NAZDAR!

AMERICAN SOKOL ORGANIZATION

To All Delegates to The XIII American Sokol Org. General Convention

Further in reference to our letter of April 2nd, we are sending you attached our Letter of Certification which you must bring **along with your current paid-up unit dues card** at the Registration of Delegates to be held on Sunday evening, June 15th, at Sokol Cedar Rapids from 6-9 p.m.

We trust that you have already made your hotel and transportation reservations and sent your checks to Sokolice Renata Tyrsova for the two lunches and Dinner-Dance.

In addition, we are enclosing a voucher form which should likewise be presented with the Letter of Certification and your dues card. Substantiating papers for transportation must be affixed to the voucher which is to be presented to Sis. A. D. Sotka, Financial Secretary. (Note: Regarding delegates who travel by car, only the Driver-Delegate will be reimbursed for travel expenses.)

There will be NO travel or per diem expenses paid at the Convention; checks will be mailed to delegates until after the officers have returned to the American Sokol Organization Headquarters.

Again, to a most successful XIII ASO Convention!

NAZDAR!

AMERICAN SOKOL ORGANIZATION

EllenJean Schnabl, Secretary

LETTER OF CERTIFICATION

This is to certify that Brother / Sister
as a delegate from Sokol / Sokolice
is authorized to be in Cedar Rapids, Iowa, at 9:00
a.m. Monday, June 16th, 1980 at the first session of
the XIII Convention and at all other sessions at the
Stouffer's Five Seasons Hotel.

In the event of the absence or inability of the above
named delegate to attend, alternate Brother / Sister
..... will represent
him / her with the full rights of a delegate.

IN WITNESS THEREOF, we affix our signatures
this First day of June, 1980.

NAZDAR!

AMERICAN SOKOL ORGANIZATION

(Signed)

President

(Signed)

Secretary

s e a l

A NEW PUBLICATION!

Highlights of Czech History

by Bro. Charles M. Prchal, a 24-page booklet, beautifully written, of interest and information. - \$2.25 per single copy, postpaid; for 20 or more copies, \$2.00 each, postpaid. - Available from the American Sokol Office.

DELEGATES TO THE XIII AMERICAN SOKOL ORGANIZATION CONVENTION

Updated as of: May 7, 1980

OFFICERS OF THE AMERICAN SOKOL ORGANIZATION:

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Board Member	Sis. Lorraine Zdenek
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Northeastern	Bro. Lad Voris
Pacific	Sis. Louise Nekuda
Southern	Bro. Ben Maca
Western	Bro. Edward J. Pavoucek

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Women's Director	Sis. Marie Ptacek
1st Assistant	Sis. Sylvia Pistorius
2nd Assistant	Sis. Mary Ann Satek
Men's Director	Bro. Paul Lebloch
1st Assistant	Bro. Richard Ptacek
2nd Assistant	Bro. Frank Michalek

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	Bro. Jiri Liska
	Sis. Sylvia Laznovsky
	Bro. Larry Laznovsky
	Sis. Bozena Drozda (or)
	Sis. Beverly Kilborn
	Bro. Phil Cahoy

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Eastern	Bro. Walter Slavik
Northeastern	Sis. Elsie Kohl
Pacific	Bro. George Spanek
Southern	Bro. Oldrich Parma
Western	Bro. Bob Vanyo

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CENTRAL		
Americky	None	
Berwyn	Bro. Fred G. Kala Sis. Mili Zeman	Bro. Edward W. Schnabl Sis. Jo-Marie Zeman
Brookfield	Sis. Diane Barda Bro. Jim Hantak	Sis. Vlasta Zitny
Cechie	Sis. Anne L. Glasser	Bro. Otto S. Glasser
Chicago	Sis. Lorraine Zdenek	Bro. Edward Hlinka
Fuegner	None	
Havlicek-Tyrs	Sis. Ann Basta Bro. George Basta	Bro. Jerry Rabas Bro. Vaclav Zenisek
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Racine	Bro. Ed Schnabl	
Rozvoj	None	
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West Suburban	Sis. Mildred M. Bruno	
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Belcamp	Bro. Ronnie Zoubek Bro. Thomas Dolina Bro. Frank Novak	Sis. Emilie Martinek Bro. Albert Kotias
Curtis Bay	Sis. Blanche Zraly	
Fuegner	Bro. Edward Babor	Sis. Blanche Zraly
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Newark	Bro. Stanley Mergl	
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AMERICAN SOKOL

SOKOL GYMNAST

June 1980

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

XIII AMERICAN SOKOL ORGANIZATION CONVENTION

Board of Instructors and District Directors

Stouffer's Five Seasons Hotel, Cedar Rapids, Iowa - JUNE 14 - 18, 1980

1980

DISTRICT SLETS - AMERICAN SOKOL

EASTERN DISTRICT
NORTHEASTERN DISTRICT
CENTRAL DISTRICT
WESTERN DISTRICT
SOUTHERN DISTRICT
PACIFIC DISTRICT



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

With the coming of June, most of our units conclude their regular activities with DISTRICT SLETS, Schools, Camps, Tours, and related endeavors. - The most energetic of our units will continue working through the summer months in special classes to better their quality of gymnasts. - June is also the month in which we hold the XIII CONVENTION OF THE AMERICAN SOKOL ORGANIZATION (held every 5 years) in Cedar Rapids, Iowa. - Also, later in the week, plan to attend the VII SLET of SOKOL CANADA in Toronto, Canada.



SOKOL CANADA VI SLET

June 20 - 22, 1980

Toronto, Ontario, Canada

Apparatus Activities for Tots

CENTRAL DISTRICT INSTRUCTOR'S CLINIC

To develop and improve: coordination, large motor balance, flexibility, agility, strength, self confidence.

To develop the skillful use of the body in wide range of movement.

To develop and improve: social and motor skills.

To develop, with a challenge an opportunity to develop rhythmic skills.

Balance Beam

Improves balance, control and coordination.

Teaching techniques: start simple to complex, start slowly, use mats, bend knees and ankles for balance, look straight ahead or at end of beam. If loss of balance, step off. Spot along side and to the front of gymnast.

Present as a challenge: i.e. Can you - - ? or Who can - - ??

1. step on-straddle leg, step off, arms to side (fence balance).
2. step on - jump off
3. step on - jump off backward
4. crawl under on stomach
5. crawl under on back
6. jump zig-zag over beam
7. step on - jump off - how far
8. step on - jump off - through hoop
9. running, jump over
10. walk across
11. walk across-backward
12. walk across - sideward
13. crawl forward
14. crawl backward
15. slide sideward on seat
16. slide stride leg on seat forward, or backward
17. walk, baby step forward, backward
18. slide, step right in front, forward, backward, left in front, same
19. walk to center, squat, half turn, walk backward.
20. tip toe

Trampoline

For coordination, balance, flexibility.

1. sit and bounce in sitting position
2. kneel and support hands and bounce
3. stand and bounce
4. bounce, kneel
5. bounce, sit
6. stand and turn one-half, then whole turn
7. bounce, kneel, sit, stand
8. do log rolls across
9. do forward roll
10. do backward roll
11. jumping jacks

Tumbling

Some very basic things to start with before going into other beginning skills:

Rolls: forward - squat, hands between legs and roll
airplane - squat, hands out to side and roll

stride-straddle, hands between legs and roll
human ball - sit Indian style, roll to side, to back,
other side and up.

back roll, how to teach: start rocking in seat
position.

grab knees rock to back and come up
grab knees rock to back and rise to feet
arms at shoulders rock back and up
all the way over

Bridges: little bridge-table not arched
bridge-back bend style
tunnel - stride leg front hand support
Tripod: then teach head stand.

Ladders

Horizontal on the ground

1. can you move across ladder on hands and feet?
2. Can you step over each rung onto the floor without touching the ladder?
3. Can you step over each rung sideways (finish as 2)?
4. Can you step over each rung backwards (finish as 2)?
5. Just feet, move along ladder
6. Can you find a new way?
7. How far can you walk just using one side rail?
8. Hands on rail and feet on rail move sideways.
9. Hop, and jump in each space forward, sideward, backward.
10. Step in every other rung.

Slanted position - inclined ladder

How can you climb up the ladder:

Hands and feet - rail and rung
Hands on rail - feet on rung
Feet on rail - hands on rung
Front and back side of ladder

Jumping boxes - Stacked mats ca.. be used,
or top of vaulting box.

Mounts

1. step up
2. jump up
3. sideward step up
4. backward step up
5. running jump

Dismounts

1. jump down
2. jump down with quarter turn
3. with one-half turn
4. with full turn
5. jump off land and roll
6. jump off to the side
7. jump and land back roll
8. jump and land into hoop or over rope

Can you do these while
balancing bean bags?

Rope

Climb is best with knots at different levels
Swing - play alligator pit

Crash pad and Reutor board, beat board or mini tramp

1. run and jump
2. run and turn back
3. run and full turn
4. run and jump land in seat
5. run and jump for height
6. run and jump for distance
7. run and jump land and front roll

P. Bars

1. swing side to side
2. swing side to side and travel
3. swing side to side on one bar and then travel
4. do all three the other way (backward)

Rings

- | | |
|--------------------------------|------------------|
| 1. hands on two rings - hang | 5. hang by knees |
| 2. hang and swing on two rings | 6. bird nest |
| 3. do "1 and "2 on one ring | 7. sit and swing |
| 4. skin the cat | 8. inverted hang |

Animals walks - These can be used as a part of tumbling or as an extra activity or as class warm ups.

1. elephant - stride leg, bend waist, clasp hands and walk
2. duck - squat, arms bent under shoulders, move legs out as walking
3. rabbit - squat, arms between legs - first move arms, then jump legs
4. frog - same as rabbit but move legs and arms together
5. kangaroo - legs slight bend, arms bent up, like paws, jump
6. inch worm - move hands out to support lying, move legs up to hands
7. puppy - crawl
8. swagger dog - through swing across right behind left, then move left behind right and travel forward
9. 3 legged - two arms one foot, other up in air
10. monkey - crawl up a tree
11. seal - crawl with arms clasped, legs extended
12. worm - lying in prone position, wiggle
13. seat - sit legs straight, arms crossed, move one leg at a time, travel
14. knee - kneel, arms crossed and crawl
15. row boat - pretend to row a boat
16. crab walk - hands in back, table, forward and backward.

University of Nebraska Takes 2nd Title in NCAA Gymnastic Meet - Sokols Form Backbone of Team

Representing the University of Nebraska Championship Gymnastic Team were Sokol Omaha members James Hartung, Phil Cahoy, Jr. and Charles Chmelka. The team outpointed the nation's best in a spectacular meet that set a National Association scoring record of 281.225 points in the preliminaries and bettered that mark with a 282.075 in the finals. The three team finale was held at the Bob Devaney Sport Center. Final team scores were:

U. OF NEBRASKA	563.30
IOWA STATE	557.65
OREGON	553.45

Nebraska had not claimed an individual championship in the first 37 NCAA Championships, but Jim Hartung added the still rings title to his ALL AROUND CHAMPIONSHIP. Also adding to his individual accomplishments were tying for 2nd on the parallel bars, fifth on the pommel horse, sixth on the floor exercise and seventh in vaulting. Phil Cahoy won

the individual parallel bars and settled for a 1st place tie on the high bar.

Bro. Phil Cahoy, Sr., Director of Western District of American Sokol, Men's Instructor at Sokol Omaha, father of Phil, Jr., was the proudest man at this National meet. Coaching and teaching the boys through their formulative years at Sokol Omaha thru their high school era, and now at the height of college and national competitions, has brought Bro. Cahoy, Sr. a well-earned coaching triumph. - The American Sokol, with Sokol Omaha, shares his proud moments. Congratulations to all!



PHIL CAHOY



JAMES HARTUNG

The Use of Trampolines In Physical Education

A statement of the American Alliance for Health, Physical Education and Recreation.

Over the years, trampoline accidents have resulted in a significant number of cases of quadriplegia. The annual frequency appears to be low yet persistent. Late in 1977, the American Academy of Pediatrics took a public position that the trampoline was posing an undue risk of serious injury and therefore warned that it should not be utilized as a competitive sport nor as an activity within physical education.

Subsequently, further examination of injury patterns and the benefits justifying selective inclusion of the trampoline within a physical education program, whether in educational institutions or recreational settings, has permitted the American Alliance for Health, Physical Education and Recreation to formulate the following statement:

Risk of injury, including serious injury, accompanies many physical activities enjoyed by young persons, even under the best of conditions. The vast majority of known cases of quadriplegia resulting from trampoline accidents have stemmed from improper execution of a somersault. While there is little encouragement for trampolining as an interscholastic or intercollegiate event, the use of the trampoline in physical education classes does not apparently constitute an unreasonable risk of serious injury providing that the following controls are ensured:

1. That the program is offered as an elective. No student should be required to engage in trampolining. It follows that all new participants should be helped to appreciate the risks of this activity and the measures being taken to control those risks.

2. That the program is supervised by an instructor with professional preparation in teaching trampolining. This implies that the selection of skills being taught are commensurate with the readiness of the student in a proper progressive manner, and that reminders of injury control measures are incorporated in the teaching process. By supervision is meant direct observation of the activity plus intervention capabilities when warranted.

3. That spotters be in position whenever the trampoline is being used and that all students (and teaching aides, if used) be trained by the instructor in the principles and techniques of spotting.

4. That the somersault not be permitted to be attempted in regular classes. If special opportunities exist in the physical education program for advanced students with demonstrated proficiency, the foot-to-foot somersault may be taught if the safety harness is used and if the objective clearly is not to wean the student away from the harness to execute skills involving the somersault. The safety harness must be controlled by persons trained by the instructor and capable for this task.

5. That policies for emergency care be preplanned and actively understood by all affected personnel. This includes first aid competence at hand, class supervision during the initial management of the injured student, communicative accessibility to appropriate medical assistance when needed, and transportation capability to appropriate medical facility when needed.

RE: THE TRAMPOLINE

We are in support of all efforts and programs instituted by the trampoline safety committee of the United States Gymnastic Safety Association. We feel the trampoline makes a significant contribution towards the physical attainment of balance, coordination, agility, endurance, symmetrical body development of musculature and postural alignment - feedback coordination, reflex training, neuromuscular control, kinesthetic awareness and cardiovascular efficiency. The trampoline assists as a teaching aid to produce intangible assets such as: confidence, body image, and involvement in a physical activity.

The trampoline has an essential and useful therapeutic value when used properly in an adaptive physical education program. Studies have shown it has successfully been used with the physically handicapped, retarded, and blind as a rehabilitative device.

The trampoline can safely provide a unique and motivational experience for almost all physical education students in a variety of skill levels.

We feel strongly about the attributes of trampoline as a highly successful, safe and essential training aid in gymnastics, diving, and other related activities.

We Express Our Sympathy

in passing of

Brother JOSEPH SKAPIK

former Chief Physical Director, Traveling Instructor, Teacher and former Director of District M. M. Hodza, and President of Eastern Area Gymnastic Advisory Board, Slovak Gymnastic Union Sokol.

MARCH 24, 1980.

AMERICAN SOKOL BOARD OF INSTRUCTORS

Detroit - Women	Sis. Frances Smahay Sis. Jennie Pazdernik Sis. Louise Kovar	Sis. Jacquelyn J. Eisenstein
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PACIFIC

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Seattle	None (Pacific District)	

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Wilber	Bro. David Jurena	Sis. Blanche Hronik
Minneapolis	Proxy to Sokol Minnesota	
Caldwell	Bro. Robert Vavra	Sis. Cindy Volavka
Karel Jonas		

ASO Executive Board Meeting

Regular meeting of the American Sokol Organization Executive Board was brought to order on Tuesday, April 22nd, 1980, by the President, Bro. R. Zitny. A moment of silence was held for our Slovak Bro. Joseph Skapek who suddenly passed away. Minutes from the following districts were distributed to the Executive Board members and discussed: Central - March 26; Eastern - February 24; Northeastern - March 26th.

CORRESPONDENCE: Sent a Citation of Merit to Sokolice Little Ferry for Sis. E. Machotka to be presented at their April meeting. Letter of condolences sent to Bro. G. Simonek on the death of his mother. An acknowledgement was received. Sent 4 Citations of Merit to Sis. L. Pribil, corresponding secretary of Sokol New York, for Sis. L. Pribil, R. Tuma, J. Vyborny and J. Spousta - a total of 250 years of Sokol activity. Sent Bro. Zitny's letters of greetings for the Southern and Western Districts' Slet program books. Letter received from Bro. J. Hanus, Librarian of Sokol New York, thanking us for information sent him. Also requested a program book from the X Slet, 1961. Copy of letter given to the Educational Committee. Sent a block of 3-fold brochures to the Southern District for promotions in the Rosenberg, Texas area (west of Houston). Also requested "Sokol and the Sokol Idea"; reply sent that we are out of stock. Sokol Caldwell, Kansas, sent us copy of their March 20th "Caldwell Messenger, Border Queen", with pictures and article of Sis. B. Pavoucek, Bro. Ed Pavoucek and Bro. J. Netahla. Received flyer from the Pan-Slavic National Convention. Received letter from Sis. Mildred Barcal. After some discussion it was decided that Sis. Barcal be our delegate as an observer and that Sis. Dagmar Fiala be asked to join her and that Bro. J. Kasper-Paty, President of Sokol Washington, D.C. be advised. Received additional information on the Canadian Slet; copies given to the ASO, BOI. Received minutes of the January, February and March meetings of the Southern District 1981 Slet Committees. It was decided that a Slet meeting be held by our board on July 9th, 7:30 p.m. Received letter from Sis. E. Ruzicka, Sokol Miami, correcting the name of the Educational Chairman and requesting 6 "Highlights of Czech History" which were sent to her.

DIRECTOR OF WOMEN - Sis. M. Ptacek: Western District Slet will be June 22nd and a beginners' course for the week thereafter. Central District Slet will be June 8th and a beginners' course August 3-9th. Report from Sis. Zabka and request to send a letter of recognition and appreciation to Mr. Frank Bare, outgoing Executive Director of the USGF. Four

tentative plans received. Convention BOI Agenda prepared. Have contacted Sokol USA regarding updating the Sokol manual. Bill for \$6.68 presented for folders for the BOI at the Convention. Sis. A. Basta moved that her report be accepted and bill paid; seconded, passed.

DIRECTOR OF MEN - Bro. P. Lebloch: Received information regarding the Canadian Slet. Suggestion received that for our 1981 Slet, qualifying meets be held for those divisions which have large amounts of competitors. Other items were covered in Sis. Ptacek's report.

EDUCATIONAL - Sis. L. Zdenek reporting: Meeting held in February and April. Condolences sent to Sis. Zizka on the death of her husband, Bro. Voltaire. Bro. E. Stetka sent cards and pictures from Sis. Marie Sochurek for our archives. Articles have been received for publication which are being studied. Quotations were received for the printing of "Sokol and the Sokol Idea" which was approved previously. Sis. Schnabl will order 5,000 copies from the Riha Printing Co. of Omaha, Nebraska. Bro. Lebloch moved that we sell this copy now at \$1.00 each; seconded, passed. Convention agenda and 5-year report are being prepared. Suggestion that our publication's front covers be explained, if possible. Sis. Kourim will be advised.

CZECH PUBLICITY - Bro. J. Rabas: Will be submitting articles on the Convention and Slet '81 to the Hlasatel. Requested the articles from the Sunday World-Herald of Omaha, Nebr., which Sis. Schnabl presented, so that possibly they could be likewise printed in the Hlasatel.

FINANCIAL SECRETARY - Sis. A. D. Sotka: Prepared the March, 1980, financial report and distributed copies to the Executive Board members. Filed Federal and State payroll tax reports for the 1st quarter of 1980. Has updated all address plates. Stated that a new shipment of Sokol pins arrived; cost to members is now \$2.75 each. Has been keeping track of maturing Certificates and either renewing them or transferring them to passbook accounts, after meeting with the Treasurer, Bro. G. Basta.

TREASURER - Bro. G. Basta: Presented the comparison chart for the first quarter of 1980, along with the whole chart of 1979. It was noted that our cash increased because of collections for the Special Assessment and the Convention Fund. Expenses were \$12,409.56 and income was \$13,248.69. The Uniform Division is showing a marginal profit. Sis. Prener moved that if Bro. Basta does not have the time to prepare our 990 Form, Mr. R. Seldon be asked to do it; seconded, passed.

UNIFORM - Sis. B. Prener: Received notification of price increases and subsequently has notified the units

of the necessary increases. Likewise, UPS rates have been increased. Had the first order for Sokol West, Texas.

I. VICE-PRESIDENT - Sis. B. Prener: Advised us that Bro. Charles Prchal was hospitalized at the Billings Albert Merritt Hospital; Sis. Mildred Prchal was likewise hospitalized at the Mac Neal Memorial Hospital. A fan has disappeared from the basement quarters; Sis. A. Basta moved that a new one be purchased; seconded, passed.

SECRETARY - Sister E.J. Schnabl: Prepared the minutes of the March meeting which was mailed to the members and to the 6 District Presidents; handled all correspondence; acknowledged Future Sokol Leaders Fund donations; mailed out "Highlights of Czech History" and set up the file for same. Sent mailings to delegates to the Convention; ad letters to organizations and to Units and Districts. Participated in a Convention preparations meeting and sent letters to the District Presidents for suggestions as to delegates' preferences for committee work. Prepared today's agenda and attended the Educational Committee meeting.

PRESIDENT - Bro. R. Zitny: Attended the Convention Preparations meeting.

OLD BUSINESS: XII Slet films which had been sent to Sokol New York have been returned with a very nice letter from Bro. A. DiDomenico, Educational Director. Refund will be sent.

NEW BUSINESS: The Bohemian National Cemetery, Chicago, Ill., will conduct its Memorial Day services on Monday, May 26th, and all Sokol members are urged to attend. Sis. Schnabl will again request four wreaths from them. Local units are to contact them directly for free buses.

CONVENTION: Discussion was held regarding automobile mileage. Bro. Schnabl moved that due to current economic conditions, the mileage rate be established at \$.25 per mile, effective for this Convention only; seconded; and with only one against, it was passed. It was further decided that when two or more delegates ride in a car, if the cost is less than the total plane fare, the mileage will be paid to the driver only. After further discussion, it was decided that all reimbursement of per diem and travel would be mailed to the delegates after the Convention, when the officers have returned to the main office. The voucher and proper substantiating papers must be presented at the time of the Convention for approval of funds. The By-Laws committee will be receiving 6 days' per diem, the BOI - 4 days' and all other delegates - 3 days' per diem. Bro. Lebloch was asked to be in charge of the 3 American Sokol Organization Flags. Sis. Schnabl reported on a phone conversation with Sis. Betty Petrzalek. Coffee, tea and Sanka ought to be available on Monday and Tuesday mornings; lists of delegates have been sent to her for the ordering of portfolios and an agenda will be sent shortly. All officers are to have completed 5-year reports for the May 27th meeting, to give the Secretary time for duplication of same.

SLET '81: Two more suggestions for Slet logo were received and after discussion, Sis. Basta moved that No.

1 be used with modifications. The secretary will so advise the Southern District. It was further decided that a special meeting be held by the current and new officers on Wednesday, July 9th specifically to discuss the Slet in 1981.

There being no further business, meeting was adjourned at 9:50 p.m.

Respectfully submitted,

E.J. Schnabl, Secretary

In Memoriam VOLTAIRE H. ŽIŽKA

It is with deep regret that I must inform you of the sudden death of my dear husband, Bro. Voltaire H. Žižka.

Although he was born in Cleveland, Voltaire H. Žižka took much interest in his Czech heritage. As a boy and teenager he attended gym classes at the old Sokol Čech (now merged with Sokol Cleveland Čech-Havlíček). Most of his adult life was devoted to Sokol work and its ideals. His love for Sokol showed in his writings, translations and editorship of the original Northeastern Věstník for 13 years. His last work was the translation of Sis. Provaznikova's Sokol manuscript.

At the age of 17 he became a member of the Cleveland Sokol Band, playing violin and clarinet and in later years its bandleader. He also taught these instruments in his earlier years.

Voltaire Žižka deemed it a great honor to have been invited to Hradčany garden to have tea with President Tomáš G. Masaryk, together with various delegates at the 1932 Sokol Slet. At the time he represented several Czech newspapers, local and out-of-state and was one of the speakers representing American visitors at the Sokol Slet banquet.

He retired in 1965 as a postal supervisor for the U.S. Post Office where he worked 37 years. He was graduated from Ohio State University and Cleveland College.

In 1977 he was awarded a Certificate of Appreciation by the City of Cleveland which was presented to him by our honorable mayor, Bro. Ralph J. Perk. "In recognition of his loyal and devoted services to the Czech community and especially to the Czech schools, Sokol, Bohemian National Hall and the Czech Theatrical Scene. Voltaire Žižka served for many years as a tireless secretary of the annual "Český Den". - Through his efforts the Czech schools educated a whole generation of young Czech-Americans".

Surviving are his wife, Mildred, sons Richard and John, three grandchildren and a sister. Voltaire Žižka was a true Sokol, always spoke for justice, truth, loyalty to the Sokol ideals and brotherhood among men. He shall be sorely missed by all who knew him.

Sis. Milada Žižka

ASO FINANCIAL REPORT

APRIL 1980

RECEIPTS:

Dues	\$3,460.60
Convention Fund	139.00
Special Assessment	139.00
Dividends and Interest	509.86
Subscriptions to "American Sokol"	3.00
Advertising in "American Sokol"	100.00
Resale of Jewelry and Plaques	139.35
Educational Pamphlets	6.25
Songbooks	2.50
"Highlights of Czech History"	86.75
UPS Charges and Postage	5.09
Skills Patches	25.00
Seal Donations	163.00
Refund of overpayment to Western District	53.00
	<hr/>
	\$4,832.40

ASO Uniform Division - Payment toward Advances	564.78
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TOTAL RECEIPTS	<hr/> \$5,397.18
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DISBURSEMENTS:

Administrative

Salaries	\$534.14
FICA & FWT for March 1980	132.62
IWT - 1st quarter 1980	50.22
Rental, Janitor Service, Phone, Electric	369.63
Office Supplies	35.00
UPS Charges and Postage	32.60
Jewelry	1,219.50
Travel Expense	164.00
	<hr/>
	\$2,537.71

Board of Instructors

Salaries	\$329.81
FICA & FWT for March 1980	55.32
IWT - 1st quarter 1980	21.59
Editor "Sokol Gymnast"	30.00
Addit'l copies "Sokol Gymnast"	29.00
UPS Charges, Postage and Phone	28.08
Office Supplies and Cassettes	8.62
	<hr/>
	\$ 502.42

Educational Department

Salaries	\$ 12.30
IWT - 1st quarter 1980	.99
Postage	.56
	<hr/>
	\$ 13.85

Sokol Publication

Printing "American Sokol"	\$1,025.78
Postage "American Sokol"	172.62
Editor "American Sokol"	100.00
	<hr/>
	1,298.40

Miscellaneous

ASO Uniform Division - Salaries, FICA, FWT, IWT, Phone	\$482.32
Miscellaneous - Convention and FSLF postage	50.99
Film Refund	11.68
	<hr/>
	\$ 544.99

TOTAL DISBURSEMENTS:	<hr/> \$4,897.37
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Balance brought forward:

Western National Bank of Cicero - Checking Account	\$2,302.21
Receipts - April 1980	5,397.18
	<hr/>
	7,699.39

Disbursements - April 1980	4,897.37
	<hr/>
	\$2,802.02

FUTURE SOKOL LEADERS FUND

April 1980

In memory of Frank Caba - Frank Vorel	\$ 10.00
In memory of James Kliner - Bob and Vera Barcal	5.00
Dividends Earned	248.62
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	\$ 263.62

Donations are tax exempt



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Sokol Women News

At their monthly meeting Sokol Women of Little Ferry celebrated their 71st birthday. (1909-1980).

Past presidents were honored at this very special meeting. Each past president received a corsage and a short history of each was read by President Eileen Heinrich.

Our past presidents of Sokol Women are: Sis. Anna Soukup, Anna Wonesh, Frances Svec, Anna Kuss, Augusta Svec, Mary Svec, Frieda Svec, Tessie Mastik, Frances Elsasser, Blanche Bidnik, Beatrice Novotny, Helen Schroeder, Claire Holmes, Georgianne Zabransky and Helen Rhode.

A Certificate of Merit was awarded to Elsie Machotka who has held her office as Financial Secretary for 40 years. No other member has held her post for so long. We are proud to have such a faithful and devoted member.

A large delicious birthday cake was enjoyed by all!
Sis. Rosalind Farquhar,
Corresponding Secretary

About the Front Cover!

Only the greatest and most sensitive among photographers can say that they really saw "their country" without it being a mere formal phrase. A country is not seen at the moment of a single happy snapshot; a country has to be earned with one's whole life.

In the case of Vilém Heckel, unfortunately, also through death. For if Vilém Heckel had not, bravely and passionately, wrestled with mountains, he would have not found his death under an avalanche off Mount Huascarán in Peru in the year 1970. Had he moved through this world simply as a clever, cold-blooded observer, he would have lost sight even of his own country. And he would not have left us its image in his archives.

He became famous as Czechoslovakia's most outstanding photographer of mountains and high peaks, for he was most at home in mountain scenery, and his favorite time of the year was winter. Snow, that element of the mountain peaks changing the land into a graphic black-and-white monument was to him a symbol of calm and simplicity.

CHARTERS TO CZECHOSLOVAKIA 1980
June 11th - 20 days - June 24th - 28 days
June 25th for 22 days

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