

# AMERICAN SOKOL

VOL. CI - NO. 9

SEPTEMBER 1980

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization



## A Message from Our President, Brother Roy Zitny

THE XIII CONVENTION OF THE AMERICAN SOKOL ORGANIZATION IS NOW HISTORY. THE AIMS, GOALS AND ACTIVITIES HAVE BEEN DETERMINED BY THE DELEGATES THERE ASSEMBLED AND THE NEW EXECUTIVE BOARD IS CHARGED WITH THE RESPONSIBILITY TO CARRY OUT YOUR MANDATES.

THE CONVENTION DID REVISE AND AMEND OUR CONSTITUTION AND BY-LAWS, THEREBY KEEPING THEM UP-TO-DATE AND CONSISTENT WITH OUR TIMES.

THE NEXT FIVE YEARS WILL SEE MUCH ACTIVITY FOR OUR ORGANIZATION. IN THAT SPAN OF TIME WE WILL CONDUCT A NATIONAL SLET IN OUR SOUTHERN DISTRICT IN JUNE OF 1981. THE CZECHOSLOVAK SOKOL ABROAD WILL HOST A SLET IN VIENNA, AUSTRIA IN JULY 1982. OUR BROTHER SLOVAK SOKOLS (SOKOL USA) WILL HOST THEIR SLET IN JUNE 1983 AND WE SHALL AGAIN HOST OUR NATIONAL SLET IN JUNE 1985 IN THE CENTRAL DISTRICT.

THESE FIVE YEARS WILL BE EXCITING AND REWARDING. THE ONLY QUESTION REMAINING IS - - WILL YOU BE A PART OF IT?

NAZDAR!

**BRO. ROY ZITNY,**  
**President**



# AMERICAN SOKOL

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## Calendar of Events

- SEPT. 14 - SOKOL DETROIT  
Annual Grape Festival - Sokol Camp
- SEPT. 19 - SOKOL GREATER CLEVELAND  
Fish Fry - Bohemian National Hall
- SEPT. 21 - SOKOL SOUTH OMAHA  
Czech Festival - Czech Dinner
- SEPT. 24 - SOKOL CLEVELAND CECH-HAVLICEK  
Luncheon Card Party
- SEPT. 27 - SOKOL GREATER CLEVELAND  
Steakroast at Bohemian National Hall
- SEPT. 27 - SOKOL STICKNEY  
Las Vegas Nite

- SEPT. 28 - SOKOL DETROIT  
Ladies Auxiliary 60th Anniversary Dinner
- OCT. 5 - SOKOL CLEVELAND CECH-HAVLICEK  
Pork and Sauerkraut Dinner
- OCT. 11 - SOKOL GREATER CLEVELAND  
250 Club Dinner-Dance
- OCT. 17 - SOKOL GREATER CLEVELAND  
Fish Fry - Bohemian National Hall
- OCT. 25 - SOKOL STICKNEY  
Halloween Masquerade Dance
- NOV. 2 - SOKOL CLEVELAND CECH-HAVLICEK  
Pot Luck Dinner
- DEC. 6 - SOKOL STICKNEY  
Spaghetti Dinner
- DEC. 7 - SOKOL CLEVELAND CECH-HAVLICEK  
Christmas Mart and Cookie Sale
- DEC. 7 - SOKOL WASHINGTON, D.C.  
St. Nicholas Party at Knights of Columbus
- DEC. 17 - SOKOL WASHINGTON, D.C.  
Annual Meeting
- DEC. 31 - SOKOL STICKNEY  
New Year's Eve Dinner Dance
- DEC. - SOKOL DETROIT  
Czech Dinner Party - Sokol Cultural Center
- JAN., 1981 - SOKOL DETROIT  
Northeastern District Meeting
- FEB. 14, 1981 - SOKOL DETROIT and LADIES  
AUXILIARY ANNUAL MEETING
- FEB. 15, 1981 - SOKOL STICKNEY  
Pancake Breakfast
- APRIL 4, 1981 - SOKOL STICKNEY  
Exhibition

## Help Our Sokol Grow

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.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CI

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Číslo - No. 9

## Emil J. Prudek, Clovis Hall of Fame Member

Recently, our much loved member, Bro. Emil Prudek, received the Clovis Hall of Fame award. A crowd of over 300 persons from the town of Clovis and 100 of his fellow Sokols were present at an Awards Dinner. He was also Grand Marshall in the yearly Clovis Day Parade.

Emil, a 62-year-old resident of Clovis is the owner of Emil's Barber and Styling Shop. He is a member of the American Legion and the Veterans of Foreign Wars. He also is a member of the Elks Lodge, the Clovis Chamber of Commerce, the Clovis Rodeo Association and the Historical Restoration Association and Sokol.

Our Fresno Sokol unit has been able to use the High School gymnasium in Clovis for our various functions because Bro. Emil knew the right people and made it possible. Fresno and Clovis are about ten miles apart, so Sokol Fresno is really Sokol Clovis-Fresno.

His interest in the Historical Restoration of Clovis has been, and still is, very close to his heart. Through his efforts they have restored an "Old West" flavor to the city. The banks, drug stores, and even all the newer buildings are going along with this new (old) image.

Bro. Emil has been a veritable "band of glue" that has held our Sokol unit together. Whenever there is talk of quitting, he is there to remind us of what Sokol stands for. Our older members have passed on, and we are not much more than a social club, but Emil's indomitable spirit will not let us forget that we are Sokols. He has us working out at home for a minimum of 30 mins. a day, and even though we do this on our own honor system, we are cooperating nicely. The apparatus we once used has fallen into disrepair, the gym nights are no longer, but the Spirit still lives in our hearts. And who knows, with a new generation coming up behind us, we may still become active once more. This is what Bro. Emil hopes for us. There are still many of us who are interested in our Czech heritage. Thanks to Emil for his help and encouragement.

The above article was sent to me by Sis. Mildred Raiskup, who along with other members of their unit were very proud of Bro. Emil Prudek, and wanted him to read this article in the "American Sokol". Bro. Prudek passed away on July 11, 1980 before we went to press. We still think his family will be pleased to see a remembrance for him in our magazine.

## Yukon - The Czech Capital of Oklahoma

Yukon was founded in 1891 by Czechoslovakians who were for many years the area's principal inhabitants. The first Annual Czech Festival was held in 1966 as a celebration of the community's seventy-fifth anniversary. The theme for this first Czech Day was "Vítáme Vás" (We welcome you) and "Sousedská" (Get together). This friendly greeting is still the theme of the festival.

Most of the first Czechs came to the area around Yukon in covered wagons by way of Nebraska. The majority were farmers, but some opened stores and businesses. Two flour mills, the backbone of early Yukon's economy, were owned and operated by Czech families. The mills are no longer in operation, but the school's outstanding athletes are still known state-wide as "The Millers".

Many years ago the Czech people built the Czech Hall. It served, and still serves, as a social center for the community. Many wedding dances, receptions, and family reunions are held there each year. Some of the Czech bands who perform at the Hall are carrying on traditions begun by their families many years ago.

Every Saturday night for more than half a century adults and children alike have danced to the music of the polka and waltz at the Czech Hall.

The Yukon Art League sponsors the Czech Festival Art Show which is held in conjunction with the Czech Festival. More than one hundred artists from all over the United States display their work. This outstanding collection of oils, watercolors, pastels, graphics, and sculpture may be seen all day.

The Czech Festival is a preservation of the Old World customs so dear to the Czech people. The festivities begin with a parade in the morning. Entertainment is provided throughout the afternoon by Czech bands playing for those who wish to dance and listen. Folk dancers in colorful array perform the Beseda, the Czech national dance. The day concludes with dancing at the Czech Queen Coronation Ball at the Yukon Czech Hall, 2.5 miles south of Yukon on Czech Hall Road. Traditional foods such as koláče and klobásy are prepared and served, handmade souvenirs are available, and everywhere the beautiful reds and blues of the traditional dress are seen.

We hope to see you at our Annual Czech Festival, first Saturday in October. - - Vítáme Vás!

## The Traces of Czechoslovak State Anthems

The anthem of the Czechoslovak CSSR consists of the Czech national anthem "Kde domov můj?" (Where is My Home?) and the Slovak national anthem "Nad Tatrou sa blýska" (Lightning Above the Tatras), joined into one whole. Both songs embody traditions that go back to the first half of the 19th century. In spite of not being composed as anthems, they are nonetheless honored this way, because long before they became official, they were so popular among the Czech and Slovak people that they became national property, expressing the feelings and longings of the people from the time of their origin.

"Kde domov můj?" (Where is My Home?). It was in 1834 that Josef Kajetán Tyl, an actor, dramatist, author and later on journalist and politician and František Škroup, bandleader and composer, joined forces for a common task. Tyl asked Škroup to write the music for this libretto for a genuine Czech opera with the charming name "Fidlovačka", or "No Rage and No Fighting". He wrote it for the Czech audience of the then "Estates' Theatre" in Prague.

Why "Fidlovačka"? The authors intended to offer their audience something domestic, outspokenly Prague in character, which would come from the very life of the people. In those days "Fidlovačka" was a typical folk feast of the cobblers of Prague, celebrated in the Nusle valley. In the procession of the shoemaker's guild, a tree with "fidlovačka" was carried around. Most people today do not even know what this word means because it became obsolete - and so we have to turn to the dictionary of the Czech language to learn that "fidlovačka" was a shoemaker's tool for polishing leather.

František Škroup finished composing the music for this opera December 14, 1834, and only a week later it had its opening performance in the Estates' Theatre in Prague. The audience liked it and especially a few of its main songs. One of them was the "Kde domov můj?", a song sung on the scene by the blind man Mareš, praising simply and frankly the beauties of Bohemia with its mountains, blossoming meadows and humming forests.

It would not be historically accurate to say that it was only this song, that immediately captivated people so much and that it began to spread from the very first. Reality was a bit different and the road leading towards the national anthem was winding. After the opening performance the play was presented only once more (which was also due to not exactly favorable reviews in the press) and it disappeared from the repertoire. How are we to explain its later success? - It is recorded that on June 9, 1917 the opening performance of a new production of "Fidlovačka" was given in the well-known theatre in Prague-Vinohrady, conducted by the outstanding conductor and composer Oscar Nedbal. The audience not only enthusiastically applauded the opera, but when the blind Mareš began to sing on stage "Kde

domov můj?" the whole auditorium rose and sang with him. The same thing happened again and again at the seventy subsequent performances in Prague and other Czech towns. The song "Kde domov můj?" became a demonstration against foreign rule. It was no more a mere song, it was truly a national anthem! However, its way to general popularity did not lead exclusively across the stage.

As early as 1835 it was published in various songbooks, which, by then, were spreading among people. The first interpreter of the song in the "Fidlovačka" opera on the stage of the Estates' Theatre was, by then, the well-known singer Karel Strakaty. Even he became so fond of it that he sang it often in his concert performances. Still another famous singer, Jan Křtitel Pišek, successfully introduced the song in his concerts at home and abroad.

And so the song could be heard from both the mouths of trained opera singers as well as folk singers. It spread and was sung by soloists and thousands of people as well at national manifestations; it was sung in families, schools and patriotic meetings, becoming a musical symbol of Czech nationality to such an extent, that since the mid-forties of the last century it had virtually become a national song. When, in 1884, the fiftieth anniversary of its origin was celebrated, it was already considered to be the Czech national anthem. "The nation has put more into that song than the composer himself" - says one of its many descriptions.

It is neither a marching nor a fighting song like many other anthems which originated in different conditions. It sings of the beauty of the land of Bohemia in a spirit, corresponding with the first third of the 19th century. How striking in comparison for example is the choral song "Our Hour Has Struck", resounding in Smetana's opera "The Brandenburgers in Bohemia". This song and many others were time and again proposed as the Czech national anthem; however, other opinions were voiced, objecting that it was not an easy matter to create artistically an anthem, which would be unanimously acceptable to the entire nation. The whole problem was after all expressed in the words of Zdeněk Nejedlý, a significant Czech music theoretician, who once wrote: "The nation-wide acclaim of this song demonstrates that it was in harmony with the feelings of Czech people of the day. In Smetana's days another song would most probably have been chosen, but that's just the gist of the matter; this song was composed thirty years before Smetana".

Josef Kajetán Tyl (1808-1856), was the son of a tailor and military musician from Kutná Hora. He dropped out of school because of his love for the theatre, which however did not reward him with worldly fortune. In order to make a living he temporarily worked in the army commissariat, but, in spite of that, devoted all his free time to writing, theatre and journalism, awakening the nation and standing up against the foreign rule which, however did not endear him to the authorities. In the revolutionary year of 1848 he became the dramaturgist of Czech performances in the Estates' Theatre and, politically, a deputy in the Imperial Diet. However, after the revolution had been stifled, he had again to vegetate with various itinerant theatre

companies and died in Plzeň at the age of 48. On his final journey the "Kde domov můj?" resounded, in whose words he had paid homage to his country.

František Škroup (1801-1862) was born in Osice near Hradec Králové. He came from a teacher's family, that is from an environment where there was no lack in music, and became conductor in the Estates' Theatre in Prague. He was the composer of Czech operas with themes from the Czech national history. Especially his opera "The Tinker" ought to be mentioned, since it was his first work and the first genuine Czech opera altogether. Škroup, too, was accompanied to his grave by the tune of the song in which he had celebrated the beauty of Bohemia; it was not, however, in his country but in Rotterdam, Holland, where he worked as conductor and where, in 1862, he died.

Should we set out in the footsteps of the national anthem, then we would have many places to visit. Tyl's birthplace in Kutná Hora and the house No. 507, where he was born, is in the present day Tyl Street. In Prague in Republic Square, in house No. 1078-75 we will find a bronze memorial tablet saying, that in the local military office in 1834, J. K. Tyl wrote the text to the anthem "Kde domov můj?". We would find many memorials in Plzeň; in the cemetery where he is buried, in the museum housing his manuscripts and especially, among others, the house where he died.

We would find the birth-house of František Škroup in Osice, a memorial tablet on the house where he composed the national anthem is in Prague, Myslíkova Street. And, finally, the score for his opera "The Tinker" is kept in the musical division of the National Museum in Prague, in Velkopřevorské Square.

#### "Nad Tatrou sa blýska"

The Slovak song "Nad Tatrou sa blýska" (Lightning Above the Tatras) tells a rather different story. While listening to its tune we may quite clearly hear the deep defiance and firm determination not to be broken under even most serious conditions. It, too, originated as a resounding reply to real events, which in those days enormously excited Slovak patriots, grouped round the most important Slovak national fighter in the first half of the 19th century, Ludovít Štúr.

It was in the beginning of 1844 when the official crusade against Štúr, who so gallantly opposed national and linguistic oppression, came to its end. On January 1st, 1844 the Hungarian authorities dismissed the popular professor. It was a deed which deeply irritated and shocked his nationality-conscious pupils. "And so they deprived the youth of the heart of this famous Slovak group, where the most conscious Slovak national characters had been brought up."

Twenty-two of the most devoted and determined of Štúr's adherents decided to leave the Bratislava school as well, either for home, or for Levoca "to continue there, their struggle for Slovak truth, rights and justice." The days of departure were coming, and during this time, they would gather together and sing, some humming, some singing. In such mood in a group of students the song "Nad Tatrou sa blýska" sprang up, spontaneously, at once, and as an expression of their

emotional commotion, voicing the collective feelings and determination.

Who, however, came up with the tune and who with the text? For a long time the latter was ascribed to the important Slovak revivalist Karol Kuzmány; after thorough research, however, the author of the text is today considered Janko Matuška, one of Štúr's students who, as a symbol of protest, decided to leave the school of Bratislava.

Hardly any Slovak author wrote as little and became so famous as Janko Matuška. Among his contemporaries he became popular for only two or three of his songs, chiefly, however, for the one which today is a part of the Czechoslovak State anthem, the "Nad Tatrou sa blýska". And so in the history of Slovak literature we learn about him as a not exactly prolific author. In his lifetime he wrote about thirty poems, one play for children and one belletristic work. And nonetheless he was made famous by a single song, a song which strengthened and encouraged the hope of Slovak people for a better and more beautiful life.

Until 1843 Janko Matuška still wrote his first works in Czech. However later on, as one of the first followers of Štúr, he began to compose his poems in his mother-language, central Slovakia. Here is the place to remark, that it was precisely in this period that Ludovít Štúr in his theoretical linguistic works, as well as practically, in the newspapers he was editing, fought for shifting away from written Czech, used hitherto by the Slovaks, in favor of written Slovak.

The rousing song "Nad Tatrou sa blýska" fell on fertile ground in the case of Slovak patriotism and took root. It was sung during the revolution in 1848 and it was sung by Slovak soldiers in the First World War, having spread among Slovak people as an expression of their feelings and firm belief in brighter future. When this came true in the common State of Czechs and Slovaks the song, anticipating those feelings, became a part of the Czechoslovak State anthem.

From preserved records we know that in the original the song had six verses, beginning with the words: "Ponad Tatrou blýska," which is attested to by the song-book "Piesne slovenské a slovanské" from 1884. Another record comes from Matuška's friend Viliam Pauliny Toth (naming clearly Matuška as author), who in addition published a memorial article about the events of 1834 and 1844 in "Pešťobudínské Vedomostia", and so did Samuel Štefanovič and others; one wonders why Janko Matuška didn't mention it in any manuscript of his summary works. (The works of Janko Matuška).

The song "Nad Tatrou sa blýska" is based on the tune of a folk song, and maybe even this was one of the reasons why later on it spread among the broad masses of people; after all, the mentioned group of patriotic students had no other possibility. There were among them budding poets and authors, but there was no composer in their ranks. They, after all, proceeded according to the widespread custom of their time to furnish words for well-known tunes.

As Dr. R. Brtán, CSc. has it, this melody stems from the folk song "Kopala studničku, pozierala do nej . . ."

mentioned by Janko Francisci Vratislav Rimavský in his "Prostonárodní Zábavník" from 1842. Another variant was registered in 1843 by Ludovít Gal - the song from Nitra "U studánky stála, napájela páva."

Janko Matuška (1821-1877), a Slovak author from Štúr's generation was born, worked and died in Dolný Kubín in the Orava region. His poetic activities were not extensive - he wrote chiefly fables and ballads in verse. In his youth he was an active adherent of Štúr's group and, as a Slovak patriot, he participated in the revolution of 1848. His first literary efforts appeared, from 1842 on, in the magazine "Tatránka" and were, after his death, published as his Collected Poetic Works.

And the monuments? In 1921 the Orava town of Dolný Kubín marked the house where Matuška was born with a memorial tablet, His manuscripts, the first-hand written notes as well as the prints of his song we'll find all in Martin, in the collections of Matica Slovenská.

Both songs - "Kde domov můj?" as well as "Nad Tatrou sa blýska" shared a similar fate. Because of their harmony and voiced national feelings they became anthems by popular request. They started officially their joined-way as the Czechoslovak State anthem December 13th, 1918.

Note: B. Hlinka (From Czechoslovak Tourist Review Ed.) SPJST.

## Czechoslovak-American Festival

The Czechoslovak-American Festival sponsored by Sokol Detroit and the Sokol Detroit Ladies Auxiliary was held at the air-conditioned Benjamin F. Yack Arena in Wyandotte, Michigan, on July 11, 12, 13, 1980. This gala affair presented to the general public the heritage and culture of Czechoslovakia. The Czechs, Moravians, Slovaks and the Carpato-Ruthenians will create an authentic ethnic atmosphere through the music, dance, food and folklore of a once free Czechoslovakia.

This Czechoslovak Festival is believed to be the largest and the most ambitious undertaking of its type in the United States. Costumed national dances were performed by dancers from Ohio and Canada in addition to some great local talent. Featured were such world-famous foods as kolace (pastry), knedlíky (dumplings), zelí (sauerkraut), vepřové maso (pork), parky (sausages) and more, prepared by the renowned Sokol cooks, then topped off with Pilsner beer and slivovice (plum brandy).

Continuous polka, (invented by the Czechoslovaks), waltz and czardas music by five live bands from Blissfield and Warren, Michigan; Swartz Creek, Michigan; Prague, Nebraska and Cleveland, Ohio played for the dancing pleasure of the general public.

Special entertainment highlights included hand-balancing and vaulting routine by men, women and

juniors of the Sokol Detroit gymnasium and a calisthenic routine by men and women gymnasts. Beautiful native costumes were worn representing the four regions of Czechoslovakia. Artifacts and delicate Bohemian crystal was on display for viewing and purchase among other rare imports. Authentically and skillfully dressed dolls were created for this festival and available for purchase. Beautifully decorated eggs, ethnic books and records were also for sale.

A unique feature of the Festival was the genealogical display of "ROOTS" a mural-map which showed where nearly 1,000 family names were connected to their point of origin and the various regions of Czechoslovakia. The researchers inform us that the vast majority of Detroiters of Czechoslovak descent (50,000) can find their ancestral origin. Other nationalities can be located also. Special games that delighted the children were also planned.

Sokol Detroit, an educational and physical culture organization was organized in Detroit over 100 years ago (1875). The principle of sound mind in a sound body through gymnastics has its roots in Prague, Czechoslovakia, founded in 1872. The organization known as Sokol, non-profit, non-political and truly democratic boasted over one million members until the organization was suppressed in Europe. It however, flourishes here in the United States.

All activities are voluntary and its officers and members serve without compensation. The organization fosters the physical and moral well-being of its members through disciplined gymnastic program and cultural activities.

The formal opening of the Festival was at 6:00 p.m. on Friday, July 11, 1980. The Festival was a three day gala affair. . . Sunday was "Kroj" day - free admission to all who came dressed in their authentic Czechoslovak national costume.

Bro. Bruce Janda  
Sokol Detroit

## The Olympic Games in Moscow Boycotted by U.S.A.

The decision of the USA to boycott the games is a vivid reminder to many Sokol members who had trained to attend the 1948 Sokol Slet in Praha. On February 21, 1948 the Communist Party overthrew the government of Czechoslovakia and the fate of the freedom loving people, recovering from Nazi occupation was sealed.

That was 32 years ago when Bro. Charles Prchal, President of the American Sokol called a special meeting of the Executive Board to take action on this move from Moscow. All Czech and Slovak organizations, churches, USA government and many other countries, the United Nations, etc., voiced their protests to no avail.

The Executive Board unanimously resolved not to attend the Slet, in spite of telephoned pleadings from

AMERICAN SOKOL

# SOKOL GYMNAST

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

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## Western District Instructors Course



Twenty-one gymnasts completed a Beginners Instructors Course, sponsored by the Western District Board of Instructors on June 22 - 29, 1980.

The course consisted of basic instruction in Marching Tactics, Apparatus and Calisthenic Terminology, The Sokol System of Dr. Tyrn, Spotting, Games and Pyramids.

During the week each student was given an opportunity to lead the class and were evaluated by the course instructors as to their capabilities needed to become responsible Sokol leaders in their units.

Students from Sokol Minnesota, Sokolice Cedar Rapids, Sokolice Omaha and Sokol and Sokolice South Omaha were represented at the camp and the instructors were Bro. Frank Michalek, Sis. Norma Zabka, Bro. Vojmir Benak, Sis. Phyllis Kool.

The school was held at South Omaha Sokol Camp, just a few miles south of Omaha and it proved to be a good site for the event and we hope it can be used for future Western District Instructor Schools.

Vojmir Benak · ·

# Practice Teaching Lessons

FOR CLASSES I AND II (Ages 5-11)

The Sokol Gymnast will print a series of lessons adaptable to all Sokol Children's Classes. These will be taught at our Schools, and will become a phase of our National program. We urge all Instructors of Small Children's Classes to examine these lessons.

## LESSON NO. 3

### Part 1: Weight Lifting and Carrying

Use whatever adequately heavy objects are available, such as medicine balls, dumbbells, a bag filled with sand or paper, or a box of beanbags.

A. Formation: Circle facing center. Pass the weight to side. After passing, each gymnast turns to face outside. The second time the weight is passed on the outside of the circle. Repeat with another object. If more children are involved, add other objects before the first is passed for the second time.

B. Formation: Circle with L hips inside, at arm's length, seat astride. The first gymnast takes the weight and twists his trunk to the left to pass it to the next person; the next one passes the weight on his right side and so on.

C. Divide the team into two (A and B); both teams form files, opposite one another, behind restraining lines, about 12 feet apart. FIRST "A" takes the object, brings it to the FIRST "B" and steps to the rear end of file "B". FIRST "B" brings the object to the SECOND "A" and steps to the rear end of file "A". This goes on until everybody is back again to his original place.

### Part 2: Long Rope

Run through after swinging rope.

Fix one end of a long rope to a solid obstacle, such as uprights of parallel bars or to stall bars. The instructor holds the other end. Team in a file perpendicular to the rope, facing it.

A. Swing the rope away from the first gymnast; toward him; once again away and toward, counting 1 to 4. At count 5, the first gymnast runs under the rope while the instructor circles the rope. Counting continues without interruption for the next gymnast.

To help beginners, we may count: one-two-three-four-NOW! one-two- and so on. The word "NOW!" commands the gymnast to run, at the same time instructing the next one to step forward and get ready to follow. Advise children to run far away from the rope in order not to get caught by the rope at the next swing. The instructor holds the rope loosely and drops it immediately if the gymnast gets caught.

B. As "A", in twos.

C. In twos, but run after swinging once only away and toward the gymnast (at count THREE).

D. As "C" in threes, fours, etc.

### Part 3: Storks and Frogs (pulling)

Draw a circle on the floor (a pond). Half of the children are inside the circle (frogs), the other half outside (storks). Both imitate the animals. The frogs

provoke the storks, jumping close to them as the storks try to get them. If some succeed standing outside and pull a frog out of the pond, this frog becomes a stork. If a stork steps into the pond, he becomes a frog.

## Western District Slet Results

### LOW "B" JUNIOR GIRLS

**Team**  
1. Sokol Omaha 93.80

**Individuals**  
1. Angie Jech Omaha 27.55  
2. Colleen Barrett Omaha 24.40  
3. Korynne Rodis Omaha 23.55  
4. Carol Seefus Omaha 21.30

### LOW "A" JUNIOR GIRLS

**Team**  
1. Sokol South Omaha I 132.00  
2. Sokol South Omaha II 121.95  
3. Sokol South Omaha III 116.25  
4. Sokol Omaha 114.20  
5. Sokol Cedar Rapids 104.80

**Individuals**  
1. Lisa Patera South Omaha 33.45  
2. Debbie Thompson South Omaha 33.05  
3. Debbie Nieto South Omaha 32.80  
4. Karen Elsasser South Omaha 32.70  
5. Laura Dickenson South Omaha 31.35

### INTERMEDIATE JUNIOR GIRLS

**Team**  
1. Sokol South Omaha I 101.40  
2. Sokol South Omaha 96.00  
3. Sokol Omaha 91.70

**Individuals**  
1. Margie Swoboda South Omaha 35.00  
2. Karen Svendsen Omaha 34.95  
3. Geri Finney South Omaha 33.30  
4. Leslie Peterson South Omaha 33.10  
5. Vicki Fuksa South Omaha 32.95

### HIGH JUNIOR GIRLS

**Individuals**  
1. LaDonna Eastman South Omaha 28.05

**Team**  
1. Sokol South Omaha 67.55

### CHAMPIONSHIP JUNIOR GIRLS

**Individuals**  
1. Jean Osterhaus South Omaha 61.45  
2. Jeanice Nieto South Omaha 61.40

### INTERMEDIATE DIVISION WOMEN

**Team**  
1. Sokol South Omaha 90.00  
2. Sokol Omaha 87.60

**Individuals**  
1. Anita Micek South Omaha 30.65  
2. Connie Pochop South Omaha 30.20  
3. Mary Parks Omaha 30.00  
4. Cindy Kilborn Omaha 29.15  
5. Lisa Micek South Omaha 29.15

## HIGH DIVISION WOMEN

<b>Team</b>		
1. Sokol South Omaha I	64.10	
2. Sokol South Omaha II	63.80	
<b>Individuals</b>		
1. Phyllis Kool	South Omaha	32.15
2. Denise Micek	South Omaha	31.95
3. Rhonda Frey	Cedar Rapids	30.40
4. Jolene Dalton	South Omaha	29.30
5. MaryBeth Nieto	South Omaha	29.25

## CHAMPIONSHIP WOMEN

<b>Individuals</b>		
1. Denise Moore	South Omaha	67.55

## LOW JUNIOR BOYS

<b>Team</b>		
1. Sokol Omaha	134.05	
<b>Individuals</b>		
1. Jim Hinz	Omaha	46.45
2. Scott Bagstad	Omaha	44.65
3. Jim Connally	Omaha	42.95
4. Jeff Jirka	South Omaha	42.70
5. Brian Quandt	Omaha	41.55

## INTERMEDIATE JUNIOR BOYS

<b>Team</b>		
1. Sokol South Omaha I	155.85	
2. Sokol Omaha	151.60	
3. Sokol South Omaha II	131.75	
<b>Individuals</b>		
1. John Stonys	South Omaha	53.65
2. Tony Swoboda	South Omaha	53.95
3. Brad Zahm	Omaha	52.10
T4. Craig Randleman	Omaha	49.75
T4. Doug Merek	Omaha	49.75

## HIGH JUNIOR BOYS

<b>Team</b>		
1. Sokol Omaha I	101.25	
2. Sokol Omaha II	101.20	
<b>Individuals</b>		
1. Jack Walsh	Omaha	53.40
2. John Lowry	Omaha	52.05
3. Larry Swoboda	South Omaha	49.40
4. Steve Cahoy	Omaha	49.20
5. Yoichi Li	Omaha	49.15

## CHAMPIONSHIP JUNIOR BOYS

<b>Team</b>		
1. Sokol Omaha I	205.55	
2. Sokol Omaha II	186.75	
3. Sokol Omaha III	174.35	
4. Sokol South Omaha	174.15	
<b>Individuals</b>		
1. Mark Bowers	Omaha	107.80
2. Kyle Shanton	Omaha	97.75
3. Jeff Hartung	Omaha	97.05
4. Joe Petricek	Omaha	91.60
5. John Chmelka	Omaha	89.70
6. Marc Johnson	South Omaha	88.00
7. Tom Satorie	South Omaha	86.15
8. Terry Houlton	Omaha	82.75

## LOW DIVISION MEN

<b>Individuals</b>		
1. Mickey Dalton	South Omaha	49.75
2. Larry Chmelicek	Cedar Rapids	48.35

## INTERMEDIATE MEN

<b>Individuals</b>		
1. Vojmir Benak	South Omaha	52.70
2. Mark Forman	South Omaha	49.70

## HIGH DIVISION MEN

<b>Individuals</b>		
1. Jim Reichart	South Omaha	39.90

## CHAMPIONSHIP MEN

<b>Individuals</b>		
1. Mitch Johnson	South Omaha	84.85

## Sokol Canada - VI Slet

Sokol Canada - a Unit of the Czechoslovak Sokol Abroad, held their VI Slet at Toronto, Canada, June 20-22, 1980. Combining the apparatus competition and Slet ceremonies at the Northview Heights Stadium, the following organizations took part: American Sokol Organization - 164, Slovak Gymnastic Union of USA - 145, D.A. Sokol - 63, Sokol Česká Sň, Cleveland - 41, Czechoslovak Sokol Abroad (Sokol Canada) - 16, a total of 429 competitors. Representing American Sokol were units of Little Ferry, New York, Baltimore, Washington, D.C., Greater Cleveland, Detroit, Berwyn, Brookfield, Slavsky, West Suburban, Houston, San Francisco. The S.G.U.S. was represented by Lodges M.Hodza, 93 Bethlehem, 7 Byram, 130 New Kensington, 255 Leechburg, 47 Monessen, 103 Farrell, and 306 Chicago. Also entered were Česká Sň - Cleveland, D. A. Sokol, Montreal - Canada, and Toronto - Canada.

President Bro. Jan Waldauf and Slet Chairman Bro. Alan Forest both express their appreciation for the help and enthusiasm received for their Slet. They wish to extend to all Brother and Sister Sokols, all Juniors, their most sincere thanks for the great support in making the Slet the success it was.

## Summary of competition participation

## JUNIOR BOYS LOW DIVISION

<b>Teams</b>		
1. M. M. Hodza - SGUS	301.14	
2. 306 Chicago - SGUS	291.27	
3. D. A. Sokol	285.21	
4. Berwyn - ASO	280.71	
5. Ceska Sin Cleveland	266.26	
6. Greater Cleveland - ASO	247.44	
7. 306 Chicago - SGUS	212.45	
8. M. M. Hodza - SGYS	210.83	
9. Detroit - ASO	209.84	
<b>Individuals</b>		
1. Chris Hrbek	M. M. Hodza - SGUS	63.12
2. Dale Vladic	Berwyn - ASO	62.29
3. Robert Dellapena	M. M. Hodza - SGUS	61.24
4. Hoe Bachna	Ceska Sin Cleve.	61.18
5. Mike Dellapena	M. M. Hodza - SGUS	60.74
69 Participants		

## JUNIOR BOYS INTERMEDIATE DIVISION

<b>Teams</b>		
1. D. A. Sokol	183.14	
2. 306 Chicago - SGUS	156.80	
<b>Individuals</b>		
1. Eric Shrovnok	M. M. Hodza - SGUS	61.78
2. Frank Bervacqua	M. M. Hodza - SGUS	61.71
3. Joseph Boncser	Greater Cleve. - ASO	61.49
4. Robert Fender	Detroit - ASO	61.22
5. George Amato	D. A. Sokol	61.11
19 Participants		

## JUNIOR BOYS HIGH DIVISION

<b>Team</b>		
1. D. A. Sokol	186.06	
<b>Individuals</b>		
1. Eugene Szatowski	D. A. Sokol	63.98
2. Steve Smith	D. A. Sokol	61.80
3. Jime Maline	D. A. Sokol	60.28
4. Joseph Mortellaro	D. A. Sokol	60.08
5. Andy Weiss	D. A. Sokol	59.55
6. Raymond Katz	Toronto - Canada	58.65
7. Mike Syptak	Toronto - Canada	57.48
7 Participants		

## MEN LOW DIVISION

## Teams

1. Ceska Sin Cleveland	226.98
2. Greater Cleveland - ASO	225.74
3. Ceska Sin Cleveland	193.35

## Individuals

1. Mirek Lojkasek	Toronto - Canada	60.68
2. Jerry Jana	Ceska Sin Cleveland	60.23
3. James Duda	D. A. Sokol	57.93
4. Robert Kunc	Greater Cleve. - ASO	57.45
5. George Kotlan	Greater Cleve. - ASO	56.81
25 Participants		

## MEN INTERMEDIATE DIVISION

## Individuals

1. Paul Rut	D. A. Sokol	61.70
2. Don Kotlan	Ceska Sin Cleveland	61.21
3. Alfred Teichman	Detroit - ASO	58.78
4. Dale Kotlan	Ceska Sin Cleveland	56.08
5. Charles Klapp	Brookfield - ASO	55.25
10 Participants		

## MEN HIGH DIVISION

## Team

1. D. A. Sokol	187.04
2. Baltimore - ASO	168.34

## Individuals

1. Jeff Albert	D. A. Sokol	64.00
2. Robert Szatkowski	D. A. Sokol	63.56
3. Alan Forest	Toronto - Canada	60.93
4. Rick Kalivoda	Detroit - ASO	60.13
5. Joe Vrzalik	Baltimore - ASO	59.56
11 Participants		

## JUNIOR GIRLS LOW DIVISION

## Teams

1. D. A. Sokol - I.	192.61
2. 130 New Kensington - SGUS	190.62
3. 47 Monessen - SGUS	188.76
4. 306 Chicago - SGUS	186.72
5. 7 Byram - SGUS	181.49
6. Berwyn - ASO	181.45
7. M. M. Hodza - SGUS - I.	180.63
8. D. A. Sokol - II.	174.95
9. Montreal - Canada	173.81
10. 255 Leechburg - SGUS - I.	171.60
11. M. M. Hodza - SGUS - I.	167.47
12. 255 Leechburg - SGUS - II.	159.88
13. 93 Bethlehem - SGUS	152.36
14. Greater Cleveland - ASO	147.89

## Individuals

1. Betty Remsik	306 Chicago - SGUS	42.06
2. Libby Harriger	130 New Kensington	39.72
3. Kris Popowich	D. A. Sokol	39.50
4. Doreen Kowall	47 Monessen - SGUS	39.36
5. Mary Ann Dobrovolny	Montreal - Canada	39.06
119 Participants		

## JUNIOR GIRLS INTERMEDIATE DIVISION

## Teams

1. D. A. Sokol - I.	124.28
2. New Kensington - SGUS	121.62
3. 306 Chicago - SGUS - I.	120.48
4. D. A. Sokol - II.	118.33
5. Baltimore - ASO - III.	117.67
6. 306 Chicago - SGUS - II.	115.50
7. Greater Cleveland - ASO - I.	115.47
8. D. A. Sokol - III.	115.03
9. Baltimore - ASO - II.	113.70
10. 103 Farrell - SGUS	113.54
11. Detroit - ASO	113.37
12. Baltimore - ASO - I.	113.36
13. Ceska Sin - Cleveland - I.	113.22
14. M. M. Hodza - SGUS - I.	112.85
15. Baltimore - ASO - IV.	109.36
16. M. M. Hodza - SGUS - II.	107.37
17. Little Ferry - ASO	101.60

18. 7 Byram - SGUS	101.26
19. Ceska Sin - Cleveland - II.	100.89
20. Greater Cleveland - ASO - II.	100.08
21. 93 Bethlehem - SGUS - I.	97.67
22. 93 Bethlehem - SGUS - II.	96.88
23. Ceska Sin - Cleveland - II.	85.56
24. Greater Cleveland - ASO - III.	84.10

## Individuals

1. Mila Waldauf	Toronto - Canada	42.66
2. Teresa Bruno	D. A. Sokol	42.34
3. Tina Chiropoulos	306 Chicago - SGUS	41.57
4. Vicky Velluzzi	D. A. Sokol	41.50
5. Michelle Rausau	130 New Kensington	41.33
101 Participants		

## JUNIOR GIRLS HIGH DIVISION

## Teams

1. D. A. Sokol	115.76
2. 306 Chicago - SGUS	101.63
3. Greater Cleveland - ASO	98.92
4. Little Ferry - ASO	89.93

## Individuals

1. Beth Tomes	Detroit - ASO	40.13
2. Anna Dirico	D. A. Sokol	40.03
3. Debbie Becker	D. A. Sokol	39.36
4. Loretta Maggio	D. A. Sokol	35.97
5. Christina Gilmore	Greater Cleve. - ASO	35.44
16 Participants		

## WOMEN LOW DIVISION

## Teams

1. M. M. Hodza - SGUS	153.65
2. Detroit - ASO	151.40
3. Ceska Sin - Cleveland	131.04

## Individuals

1. Ginger Bendine	M. M. Hodza - SGUS	40.87
2. Carol Bradford	Detroit - ASO	40.30
3. AnneMarie Brinley	M. M. Hodza - SGUS	39.11
4. Mary Panackia	Detroit - ASO	38.73
5. Melissa Kuntz	Little Ferry - ASO	38.41
26 Participants		

## WOMEN INTERMEDIATE DIVISION

## Teams

1. Baltimore - ASO	119.41
2. Ceska Sin - Cleveland	118.37
3. Detroit - ASO	116.12
4. Greater Cleveland - ASO	82.92

## Individuals

1. Debbie Kammer	Ceska Sin Cleveland	43.27
2. Sharon James	Baltimore - ASO	41.36
3. Julie Smith	Ceska Sin Cleveland	41.27
4. Ann-Marie Seidel	Detroit - ASO	40.63
5. Sue Bercaw	D. A. Sokol	40.20
22 Participants		

## WOMEN HIGH DIVISION

## Individuals

1. Audrey Gray	Detroit - ASO	40.41
2. Gail Chilla	306 Chicago - SGUS	39.43
3. Linda Samec	Gr. Cleveland - ASO	37.54
4. Karen Bartunek	Gr. Cleveland - ASO	31.26
4 Participants		

ARE YOU  
BACK IN  
SOKOL AFTER  
SUMMER VACATION?



Praha by our brother Sokol officials. The fate of the Sokol Organization in Czechoslovakia was predicted and it came true - disbanded, buildings nationalized, property confiscated under the guise of a new physical fitness plan for the whole population. This has not materialized except in the form of a show the "Spartakiada", put on every five years in the stadium Strahov, the largest stadium in the world, built by the Sokols after the First World War and which brings in needed funds for the regime.

In 1948 when all plans were cancelled, the late Bro. Oldrich Kudrnovsky and Sis. Emilie Welcl (Ruzicka) as chief physical directors cancelled the trials for gymnastic competitions and reservations on ships and housing. The special American uniforms for men and women had been already selected and material furnished to Districts. The Praha calisthenics, always a composition of rhythm and beauty and which take hundreds of hours of training - were presented at unit and District exhibitions and in the words of one member who had been preparing to perform in Praha, "I was in tears doing the prostna but my thoughts were across the sea to a small and beautiful land caught in world politics".

ewr

## SOKOL EDUCATOR

### Sokols in the Great Chicago Fire

On the fateful evening of Sunday, October 8, 1871, Chicago was a city barely 40 years old, had a population of about 300,000, and some 59,500 houses most of which were made of wood. The first Czech community in the city was located in the perimeter of Polk and 12th streets of the north and south, and Canal and Halsted on the east and west. It was called Chicagská Praha or Chicago Prague. The heart of this community was the cultural and social center - the large hall of the social and benevolent society, Slovanská Lípa, in which the first Sokol unit of Chicago, Tělocvičná Jednota Sokol, held its classes; a smaller hall of the second Sokol unit, Cesko-Americký Sokol; and the first Czech church in the city, Kostel Svatého Václava, with its parish house and school. The community had a sprinkling of German and Irish immigrants, one of the latter being Mrs. O'Leary and her family and her cow. Her house and barn were located on DeKoven Street not far from the Slovanská Lípa hall, the home of the Tělocvičná Jednota Sokol.

The summer had been hot with little rain, and six weeks before the Great Fire not a raindrop fell. The hot weather and prolonged drought dried to a crisp the wooden houses, wooden sidewalks, and wooden street pavements of the city. On Sunday, October 8, 1871, there was great activity in the Slovanská Lípa hall, because that evening there would be a new production of a play by a popular dramatic group. Evening came

and the play started on time. After the first act, the players were rewarded with enthusiastic applause. Midway in the second act, a commotion started because out of the high windows of the hall could be seen flames lashing toward the sky. "Fire!" someone shouted and everyone fled outside. But let us read one of the Sokol's eyewitness report.

"I had a marvelous voice - as a prompter for the cast, and my kingdom was the prompter's little cubicle at the base of the stage. At the shouting of "Fire!" I slithered out of my cubicle and hurriedly left with the others. When we ran out, we saw that on DeKoven a whole row of houses was aflame. Strong gusts of wind from the southwest whipped the fire, scattering flaming pieces of debris everywhere. Widening quickly in a northerly and northeasterly direction, the fire devoured house after house. We jumped into action to help families save whatever they could from threatened homes. The flames, still lashing at the sky, gave us light to do our work. On Canal and Taylor streets, outside of the path of the wind, one of our Sokols had a saloon and there we made our headquarters.

"Every moment some Sokol would dash in to alert us how the fire was progressing and where our help was needed. Across the street from the Slovanská Lípa hall was a lumberyard surrounded by a high freshly painted wooden fence, and it caught on fire. "Boys, our gym hall is burning!" So it seemed, but fortunately it was just a massive reflection of the inferno to the north. Together a bunch of us found a fire hose and engine, but no firemen. They had been cut off from their equipment by a sudden swirling, flaming gust of wind. We grabbed the hose, hooked it to a hydrant, and one of us handled the engine. Turning on the water, we poured it on the lumberyard's fence, and, as a protection, on the front and roof of the hall. We continued to pour water also on adjoining homes.

"At midnight the water suddenly stopped - the fire had reached the city waterworks on Michigan and Chicago avenues and disabled them, a final blow to the stricken city. The fiery wind reached gale proportions, but luckily was blowing away from where we were. At 3 o'clock in the morning the firemen returned to their abandoned equipment. They were almost unrecognizable, blackened by soot and heavy smoke, their clothes in tatters. Right away we gave them whiskey to drink, and then they collapsed upon a mound of straw and manure. Later we gave them food and drink, and when they revived a bit, they hurried to further work. Because there was no water in the hydrant, we helped them drag the fire hose to the river, and then pumped water to save whatever we could. All the homes south of DeKoven Street were safe, and only those north and east were lost."

There was unbelievable panic among the people. They ran screaming, crying, swearing, and praying, and some went crazy. Thousands ran, clutching what belongings they were able to save, and they ran to Michigan Avenue, some jumping into the lake. Behind them was a veritable ocean of flames, like an immense fiery lava flow, devouring everything in its path. Even the sturdy brick and stone buildings of the financial district on LaSalle Street did not escape destruction, the

stone literally melting and collapsing. The Federal building and \$2 million of coin and paper money in vault - the coin melted and the paper money turned to ashes.

The fire raged for two nights and a day, when finally a heavy rain put an end to its merciless rampage. However, because of the hot melted stone and heavily smoking ruins, no one could return to the center of the city for almost a week. Two thousand acres had been leveled, 13,000 homes completely destroyed, and the total loss of property was estimated at \$200 million, an enormous amount of money in those days. Remarkably, only 250 people lost their lives, but 100,000 were made homeless.

The cause of the fire was the O'Leary cow, but who attempted to milk her late that evening, enraging the animal because she already had been milked earlier in the day, was never determined. Mrs. O'Leary denied that it was she, but speculated that it probably was someone who wanted to get some free milk!

Sis. Anne Glasser,  
Sokol Cechie, Chicago

## Cooperation for Success

It is interesting to conjecture what the position of the fraternal organizations and the Sokols would have been today if the value of their interdependence had been fully grasped at least two generations ago. It may be said that in each locality there was a gymnasium and meeting halls. True, - but they were usually the center of all activities, surrounded by hundreds and thousands of our people serving as their meeting place for every conceivable purpose.

Those who actually joined the sokols or fraternal organizations were only a small percentage of those who could and should have done so. Those who realized the value of both and belonged to them numbered still less. It would hardly be fair to point a finger and say the fault lay entirely there. Considering the limited resources and opportunities our forefathers had, they still did a magnificent job. Far better in many respects than is being done at the present time by their successors who have advantages they never dreamed possible.

Clashes and animosities of individuals had a great bearing on the results we see now. Had these been diverted toward competitive efforts for the benefit of the whole instead of the self gratification of the individual the picture would have been a different one. In this respect we could use some of that old fire and determination. Many of us can remember the tirades and often senseless battles that froze groups into hard casts that never gave an inch.

The young generations took one look and fled in thousands on cases to be lost irrevocably. Those who stayed form the solid core of every organization today. The old prejudices are almost forgotten. A new appreciation for the value of the community efforts is being manifested on all sides. The selfishness and search for cheap, valueless entertainment, or shall we

call it by its true name, the drugging of the senses, is beginning to wear thin.

A sober reappraisal is being made by individuals and groups that can lead to a richer fulfillment of life. One of the most important of these is the realization of the value of closer cooperation between the fraternal organizations and the sokols. They are not competitors but complement each other in every phase of their activity. The stronger and healthier an individual becomes the better the risk from an insurance standpoint. The greater the cushion an individual has for the protection of his loved ones the freer he becomes to make the most of life.

Both bodies are alive, not cold business propositions. The potentials of each individually are enormous. Cooperating fully their possibilities cannot even be measured. At present in each there is a wide field of operation, a new realignment of activities could produce a resurgence of vitality that staggers the imagination.

The time is ripe for a forceful advance. No half-hearted measures will do. It is up to both to use all the ingenuity that they have in abundance to use each others facilities to the utmost. The gymnasiums can and should be filled with individuals planning and executing every conceivable type of project.

We can do it if we will. If we ever had a golden opportunity to put a firm foundation under organizations, it is facing us now. There is no limit to what we can accomplish except that which we place upon it ourselves.

Let's begin today! Nazdar! Isn't it ironic that this article was written over 20 years ago and we are still able to apply all the principles of the above to our problems today. Maybe after reading it, we will get that extra burst of energy that is needed to carry on our Sokol work.

(The Editor)

## There must be a Connection

The purpose of the Sokol Organization is known to most of you. It is to develop men and women physically strong, mentally alert, spiritually enlightened and morally incorruptible. This is to be achieved by an all around educational, physical and athletic program beginning at the age of 6 years, and continuing throughout the life of the individual.

It is based upon the history and record of the Golden Age of Greece about 500 to 400 years B.C. Dr. Tyrs, one of the cofounders of the sokols over a hundred years ago, wrote a Historical Preface to the Foundation of Physical Culture from which I quote the following:

"There never was, and is not now on earth a single nation, that reflected upon the necessity, importance and general operation of physical exercise to such a degree, and brought it to life with such successful influence, as the Hellenic nation, up to the time of its final disintegration.

"They apparently had four objectives in mind for the exercises, to which every free citizen of Greece was bound

by custom, and in many cases by law, from earliest childhood until he was thirty years old, dietetic, pedagogic, esthetic and military. The first consideration was for the health, strength, dexterity and perseverance of the Hellenic youth - and for its temperance, self control, and incorruptible morality. Very early attention was paid to the elegance and grace of all movements, to a beautiful and harmonious development of the human body, by which physical exercise became an inexhaustable source and unexcelled model, to the matchless art of Greek sculpture. Finally the practice field became the Greek's preparatory school for civilian life. Here they determined to accustom the boys and young men to their competitive efforts and warlike jealousy, so that, striving for victory without other reward than honor, they would find later, as men, the defense and glory of their country to be the most beautiful thanks for all their efforts. It seemed so then that their state was strong, only then, when all its citizens were strong and courageous. This principle in conjunction with the other, that the state superceded everything else in his mind, that everyone should seek his interest and glory in the interest and glory of his state, produced those herculean feats, by which the Hellenic nation became the object of wonder and commemoration for all time."

Not only did they colonize the then known world and conquer everything before them, but they were also fearless sailors and navigators. Their business acumen and ability had no rivals. The models of Greek sculpture and architecture are admired and marveled at even today. Greek poetry and drama are classics that have been surpassed by only one man in all of recorded history, William Shakespeare.

Their philosophers of whom I will mention only Socrates, Plato and Aristotle laid the foundations for serious thinking that are just as valid today, as they were 2,500 years ago. They laid the solid foundations for scientific procedures and thinking in mathematics, medicine, physics, astronomy, botany and zoology.

Their public speakers, writers and historians established records that served as models for dozens of centuries. No other nation or period in all history has contributed so much of value to civilization as the Golden Age of Greece.

And then they became rich, - prosperous in material things.

They were able to hire others to do their hard work, they hired mercenaries to fight for them, they paid professional athletes to do their exercises and entertain them, - and then they fell apart.

There must be a definite connection between their brilliant period of accomplishment and their devotion to physical, mental and moral training.

I am going to leave you with a question. Where do we, the United States of America stand as a nation and as individual citizens and what are we going to do about it?

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**INSTRUCTORS:**  
**DO YOUR CLASSES HAVE**  
**PROPER UNIFORMS?**

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**"SOKOL ROUND-UP"**  
**Fort Worth, Texas**  
**June, 1981**

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## ASO FINANCIAL REPORT

JUNE 1980

### RECEIPTS:

Dues	\$ 822.25
Sokol Thomas G. Masaryk	14.00
Dividends and Interest	794.18
Subscriptions to "American Sokol"	10.00
Resale of Jewelry	22.40
Sale of Songbooks	81.00
"Gymnastic Activities with Hand Apparatus for Girls and Boys"	120.00
"Highlights of Czech History"	171.75
Other Educational Pamphlets	32.50
Membership Kits	50.00
UPS Charges and Postage	16.50
Miscellaneous	109.01
	<b>\$2,243.59</b>
ASO Uniform Division - Payment toward Advances	617.85
Transfer of Funds from Savings to Checking	42,475.00
	<b>\$45,336.44</b>

### TOTAL RECEIPTS:

### DISBURSEMENTS:

<b>Administrative</b>	
Salaries	\$451.67
FICA & FWT for May 1980	168.44
Rental, Janitor Service, Phone, Electric	397.69
Office Supplies	37.00
Postage	11.16
Printing Membership Reports	21.00
Repairs to Office machines	18.00
100-year Plaques	124.10
Travel Expense	654.13
	<b>\$1,883.19</b>

### Board of Instructors

Salaries	\$342.62
FICA & FWT for May 1980	65.10
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
	<b>\$ 466.72</b>

### Educational Department

Salaries	\$ 17.23
FICA for May 1980	3.76
"Our Task, Aim and Goal" booklets	785.20
Postage	4.55
	<b>\$ 810.74</b>

**Sokol Publication**

Printing "American Sokol"	\$1,039.58
Editor "American Sokol"	100.00
	<u>\$1,139.58</u>

**Miscellaneous**

ASO Uniform Division - Salaries, FICA, FWT, Phone	\$399.94
Miscellaneous	42.15
XIII ASO Convention	39,045.15
	<u>39,487.24</u>

Balance brought forward:	43,787.47
Western National Bank of Cicero - Checking Account	\$ 766.70
Receipts - June 1980	45,336.44
	<u>46,103.14</u>
Disbursements - June 1980	43,787.47
	<u>\$ 2,315.67</u>

**FUTURE SOKOL LEADERS FUND**

June 1980

Frank and Antoinette Pelich	\$ 2.00
Dividends earned	732.71
	<u>\$ 734.71</u>

*Donations are tax exempt***ASO Financial Report**

JULY, 1980

**RECEIPTS:**

Dues	\$2,726.50
Dividends and Interest	522.16
Subscriptions to "American Sokol"	3.00
"Highlights of Czech History"	134.00
UPS Charges	1.42
Donation to General Fund	10.00
Centennial Seal Donation	10.00
Refund (M. Dalton) - Convention	52.14
Miscellaneous	28.00
	<u>\$3,487.22</u>

ASO Uniform Division - Payment toward Advances	499.94
Transfer of funds from Savings	25.00
	<u>\$4,012.16</u>

**DISBURSEMENTS:***Administrative*

Salaries	\$511.07
FICA & FWT for June 1980	106.88
IWT - 2nd quarter 1980	50.22
Rental, Janitor Service, Phone, Electric	400.73
Office Furniture	20.81
Office Supplies	53.50
UPS Charges and Postage	19.45
Repairs to Office Machines	59.26
Filing Fee - Sec'y of State	10.00
Miscellaneous	60.00
	<u>\$1,291.92</u>

*Board of Instructors*

Salaries	\$335.58
FICA & FWT for June 1980	62.70
IWT - 2nd quarter 1980	22.59
Editor "Sokol Gymnast"	30.00
UPS Charges, Postage Phone	28.13
	<u>\$479.00</u>

*Educational Department*

Salaries	\$ 13.71
FICA for June 1980	2.30
IWT - 2nd quarter 1980	1.61
UPS Charges	3.69
	<u>\$ 21.31</u>

*Sokol Publication*

Postage	\$168.20
Editor	100.00
	<u>\$ 268.20</u>

*Miscellaneous*

ASO Uniform Division - Salaries, FICA, FWT, IWT, Phone	\$303.78
XIII ASO Convention	226.86
	<u>530.64</u>
<b>TOTAL DISBURSEMENTS</b>	<u>\$2,591.07</u>

## Balance brought forward:

Western National Bank of Cicero - Checking Account	\$2,315.67
Less charge for imprinting checks	20.20
	<u>\$2,295.47</u>
Receipts - July 1980	4,012.16
	<u>6,307.63</u>
Disbursements - July 1980	2,591.07
	<u>\$3,716.56</u>

**FUTURE SOKOL LEADERS FUND**

July 1980

## For the betterment of the Sokol future

Frank Freiberg	\$ 5.00
Sylvia Freiberg	5.00
Frances Pilney	5.00
Elsie Suchy	5.00
Martha Mudra	5.00
Marie Krob	5.00
Anna Novy	5.00
Joseph Jelinek	5.00
John Baumruk, Jr.	5.00

## In memory of Bro. Charles M. Prchal

Sokol and Sokolice Milwaukee	\$25.00
Frank Vorel	20.00
Vera and Bob Barcal	5.00
John Maruska	20.00
Edward Stetka	10.00
	<u>125.00</u>

## Dividends Earned

	226.96
	<u>\$351.96</u>

*Donations are tax exempt*



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2. Be courteous. Have genuine consideration for other people's feelings, wishes and situations.

3. Never tamper with the truth. Never rationalize. What you might like to believe is not necessarily the truth.

4. Be concise in your writing and talking, especially when giving instructions to others.

5. Be generous. Remember that it is the productivity of others that makes possible your executive position.

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