

# AMERICAN SOKOL

VOL. CI - NO. 10

OCTOBER 1980

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## Dear Sister or Brother:

The directors of the SOKOL U.S.A. and the AMERICAN SOKOL ORGANIZATION met on September 13th to discuss the revision of the Sokol Gymnastic Manual.

It is our intent to not change the Sokol system, it will remain intact.

In order that we might not overlook any of our people we are soliciting your suggestions for updating the new copy of the manual.

Your input should be received by the national directors of these organizations by the 1st of February, 1981. All suggestions will be considered. Send either to:

or:

BRO. STEVE BANJAK  
R.D. No. 2  
Slippery Rock,  
Pennsylvania 16057

BRO. PAUL LEBLOCH or  
SIS. MARIE PTACEK  
6426 West Cermak Road  
Berwyn, Illinois 60402

Signed:

MICKIE CHILLA  
Director

STEVE BANJAK  
Director

PAUL LEBLOCH  
Director

MARIE PTACEK  
Director



# AMERICAN SOKOL

ISSN: 0003-1259



Published Monthly

(Except Bi-Monthly July and August)

by the

AMERICAN SOKOL ORGANIZATION

6426 West Cermak Road, Berwyn, Illinois 60402

Subscription: \$3.00 per year

EDITOR - JACKIE KOURIM

388 Shenstone Road Riverside, Ill. 60546

Copy for publication must be received by the 10th of the previous month

OFFICE OF THE EXECUTIVE BOARD ASO.

Jackie Kourim, Secretary

6426 W. Cermak Road Berwyn, Ill. 60402

Tel.: 795-6671

Meetings: 4th Monday - except July and August, at ASO Office

- President - ROY ZITNY
- 1st Vice-President - GEORGE BASTA
- 2nd Vice-President - BETTY PRENER
- Secretary - JACKIE KOURIM
- Financial Secretary - MILDRED PINC
- Treasurer - EDWARD HLINKA
- Director of Men - PAUL LEBLOCH
- Director of Women - MARIE PTACEK
- Educational Director - STANLEY BARCAL
- Editor - JACKIE KOURIM
- Public Relations - JERRY RABAS
- Membership Director - FRED KALA
- Executive Board - VLASTA ZITNY, JIM SPRTEL, JERRY RABAS
- Alternates - CHARLES BORVANSKY, NANCY BORVANSKY, LORRAINE ZDENEK

## Calendar of Events

- 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. 18 - SOKOL DETROIT  
Annual Hayride and Camp Closing
- OCT. 25 - SOKOL STICKNEY  
Halloween Masquerade Dance
- OCT. 26 - SOKOL BALTIMORE  
Czechoslovak Day

- NOV. 2 - SOKOL CLEVELAND CECH-HAVLICEK  
Pot Luck Dinner
- DEC. 6 - SOKOL STICKNEY  
Spaghetti Dinner
- DEC. 6 - SOKOL SLAVSKY  
St. Nicholas Dance
- DEC. 7 - SOKOL DETROIT  
Czech Dinner Party
- 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. (Unannounced) - SOKOL DETROIT  
Czech Dinner Party - Sokol Cultural Center

U.S. POSTAL SERVICE STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION (Required by 39 U.S.C. 3685)			
1. TITLE OF PUBLICATION AMERICAN SOKOL	2. PUBLICATION NO. 0199940	3. DATE OF FILING ANNUALLY	4. NUMBER OF ISSUES PUBLISHED 11
5. FREQUENCY OF ISSUE Monthly, except bi-monthly July/August issue	6. ANNUAL SUBSCRIPTION PRICE \$3.00	7. LOCATION OF HEADQUARTERS OR GENERAL BUSINESS OFFICES OF THE PUBLISHERS (Not printer) 6426 W. Cermak Rd., Berwyn, Ill., 60402 Cook County	
8. LOCATION OF THE HEADQUARTERS OR GENERAL BUSINESS OFFICES OF THE PUBLISHERS (Not printer) 6426 W. Cermak Road, Berwyn, Illinois 60402			
9. NAMES AND COMPLETE ADDRESSES OF PUBLISHER, EDITOR AND MANAGING EDITOR			
PUBLISHER (Name and address) American Sokol Educational & Physical Culture Organization - address above			
EDITOR (Name and address) Jackie Kourim, 388 Shenstone Road, Riverside, Illinois 60546			
MANAGING EDITOR (Name and address) Executive Board, American Sokol Organization, 6426 W. Cermak Rd., Berwyn, Ill. 60402			
10. OWNER (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given. If the publication is published by a nonprofit organization, its name and address must be stated.)			
11. KNOWN BONDHOLDERS, MORTGAGEES, AND OTHER SECURITY HOLDERS OWNING OR HOLDING 1 PERCENT OR MORE OF TOTAL AMOUNT OF BONDS, MORTGAGES OR OTHER SECURITIES (If there are none, so state)			
12. FOR COMPLETION BY NONPROFIT ORGANIZATIONS AUTHORIZED TO MAIL AT SPECIAL RATES (Section 1103, FM 701) The purpose, function, and nonprofit status of this organization and the exempt status for Federal income tax purposes: <i>Not for profit</i>			
13. HAVE NOT CHANGED DURING PRECEDING 12 MONTHS <input checked="" type="checkbox"/> HAVE CHANGED DURING PRECEDING 12 MONTHS <input type="checkbox"/> (If changed, publisher must submit explanation of change with this statement)			
14. EXTENT AND NATURE OF CIRCULATION		AVERAGE NO. COPIES EACH ISSUE DURING PRECEDING 12 MONTHS	ACTUAL NO. COPIES OF SINGLE ISSUE PUBLISHED NEAREST TO FILING DATE
A. TOTAL NO. COPIES PRINTED (Net Press Run)		5863	5903
B. PAID CIRCULATION 1. SALES THROUGH DEALERS AND CARRIERS, STREET VENDORS AND COUNTER SALES		none	none
2. MAIL SUBSCRIPTIONS		5263	5803
C. TOTAL PAID CIRCULATION (Sum of B1 and B2)		5263	5803
D. FREE DISTRIBUTION BY MAIL, CARRIER OR OTHER MEANS SAMPLES, COMPLIMENTARY, AND OTHER FREE COPIES		none	none
E. TOTAL DISTRIBUTION (Sum of C and D)		5263	5803
F. COPIES NOT DISTRIBUTED 1. OFFICE USE, LEFT OVER, UNACCOUNTED, SPOILED AFTER PRINTING		100	100
2. RETURNS FROM NEWS AGENTS		none	none
G. TOTAL (Sum of E, F1 and F2 - should equal net press run shown in A)		5863	5903
15. I certify that the statements made by me above are correct and complete.		SIGNATURE AND TITLE OF EDITOR, PUBLISHER, BUSINESS MANAGER, OR OWNER Jackie Kourim, Editor Jackie Kourim, Editor	
16. FOR COMPLETION BY PUBLISHERS MAILING AT THE REGULAR RATES (Section 1103, FM 701, Postal Service Manual) 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 432B of this title shall mail such matter at the rate provided under this subsection unless he has previously with the Postal Service a written request for permission to mail matter at such rate." In accordance with the provisions of this section, I hereby request permission to mail the publication named in item 1 at the phased postage rates presently authorized by 39 U.S.C. 3626.			
SIGNATURE AND TITLE OF EDITOR, PUBLISHER, BUSINESS MANAGER, OR OWNER		Jackie Kourim, Editor	

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Volume C1

October - 1980 - Říjen

Číslo - No. 10

## October 28th, 1918

October 28th, 1918 . . . just another sunny day that broke in all its splendor over the ancient city of Prague . . . just another fleeting moment carved out of the endless flight of time . . . just another day . . . yet in a sense, in the light of contemporary history this day marks one of the milestones in history. A great wrong was righted on this memorable day . . . and a reborn nation rose out of the smoldering ruins of World War I to take its rightful place among the peace-loving, democratic nations of the world.

In the hearts and minds and the historical pages of the people of Czechoslovakia the day of October 28th, 1918, assumes the integral significance of July 14th, 1789 . . . the fall of the Bastille in the bloody French Revolution . . . it takes, a parallel place with July 4th, 1776, the birth of American Independence or with April 9th, 1865 . . . the virtual conclusion of the Civil War . . . for each of these days in turn marks the advance of man, the growing assertion of the dignity of the individual, the crystalization of the concept of Free Man and Democratic Government.

October 28th . . . is more than a national holiday of interest to the Czechoslovak people . . . it is a historical day of interest and importance in the evolution of the history of European nations . . . October 28th marks the death and demise of the old feudal Austro-Hungarian monarchy, whose fall hastened the inevitable, slowly, approaching doom of Imperial Germany. Viewed in the historical perspective of the past years, we find in this day the culmination of events that changed the course of European history, and as such the day is lifted out of the realm of local narrow emotional interest to the lofty heights of world importance.

October 28th was by no means an accident or an improvisation. It was a day planned for and dreamed about, a day that merely brought to the foreground the patient planning and heroic struggles of the four years that preceded it. When the first shots of World War I rang across the pages of modern history, Czechoslovakia as such was unknown . . . at best a distant dream . . . and now with the war drawing to a close, the smoke and din of battle gathering for the final salvo a dream breaks through, a vision becomes reality, a reborn nation rises out of the clearing dust of battle.

To the student of Czechoslovak history, the day is symbolic of all that was tragic, heroic, noble and purposeful in the evolution of the nation. October 28th

was but a rebirth of the undying devotion of John Hus whose devotion to the truth has become a symbol for all the true believers of Czech History. October 28th was the re-echoing of the battle cries and battle songs of the heroic Hussite armies, whose daring deeds struck terror in the hearts of tyrants and dictators of the fifteenth century. October 28th was like the fulfillment of a prophetic vision of Jan Amos Komensky, the dauntless teacher of nations, the timeless refugee who gathered his faithful about him and left his native Bohemia. In leaving his country he knelt and said:

"Yea, I too, believe in God that with the passing of the tempests of anger, the rule of your lands will return to you again, O people of Bohemia."

And finally the day of October 28th stirred the People of Czechoslovakia with a firm resolve to undo in righteous living and organized existence the injustice of the Battle of White Mountain, and to correct for all time the crimes and iniquities with which the Hapsburgs visited the nation after its downfall November 8th, 1620.

As we look back over the years that span the present with that historical past, we are struck by one dominant factor, that indelibly marked the day and the revolution. For the first time in history a complete political, social and economic cataclysm was effected peacefully, quietly, and without bloodshed and looting. To a casual observer, this may seem strange, unbelievable, mild and devoid of the usual drama of revolution. But when we analyze the background, when we recall the leaders of the movement, the men who conceived, organized and carried through the entire revolutionary program we find logic and justification and even pride in the bloodless, smooth revolution.

October 28, 1918 found at the head of the people Thomas G. Masaryk, a college professor, a keen student of history, philosophy and sociology, truly a "Philosopher King," in the fullest interpretation of Plato's concept of a perfect ruler. Masaryk embodied in his life and work the noblest traditions of his great predecessors, the steadfast adherence of truth for which John Hus died at the stake . . . the tireless quest for knowledge, which made of Komensky a life-long wanderer on the educational highways of Europe and the fearless enunciation of principles and rights which brought Karel Havlíček in open conflict with the Hapsburg regime during the first half of the 19th century. With these precepts to guide him and with men like Edward Benes, the hard leader, cool diplomat, and Milan Rastislav Stefanik, the astro-

nomer, soldier son of Slovakia to assist him, Masaryk knew what he was about and what was needed to make a dream come true.

If there be any in America today who are still laboring under the delusion that perhaps the rebirth of Czechoslovakia was not justified on historical grounds, it may be well to recall to their minds some of the lofty sentiments that were voiced by the members of the National Committee on that historical day of October 28th, 1918 when these men took over the difficult task of peacefully converting an entire nation from the depressive atmosphere of Austro-Hungarian usurpation, to the promising sunlit halo of a free, independent Czechoslovak Republic. Throughout the day these men of the National Committee worked and conferred and carried on their difficult tasks, and we can recall with pride and emotion such noble sentiments as these:

"After three hundred years we are free again. We have not worked and fought in vain. We send our grateful greetings to Masaryk and Wilson and to our legions. On the ruins of Austrian tyranny we shall build a new future of national liberty and social justice." Or listen to the words of Senator Dr. Francis Soukup, one of the known victims of Hitler's brutality who said years ago:

"At this sacred hour, your National Committee asks you to do this: Maintain peace and order. Let no Czechoslovak hand be raised in acts of violence. Let us not soil the majesty of this moment by a single manifestation of passion, revenge or anger. Truth had won over deceit, liberty over tyranny, democracy over absolutism . . . and out of truth, liberty and democracy we shall build our new Czechoslovak Republic."

It is significant to note as we review the spirit of the events of the day, how thoroughly, how enthusiastically the people were trained and disciplined that they fell easily and with least disturbance into the new order of things. In this connection I should like to stress the important role which the Sokol organization played in this transitional period. In every corner of the nation, in towns and villages, members of the local Sokol groups rallied to the call and assumed voluntarily and seriously the task of maintaining order, of preventing bloodshed, looting and arson, so common in all other revolutions. The leaders of the Sokol organization issued a historically important proclamation, reading in part as follows:

"November 29th, 1915 our painfully built stronghold, the Czech Sokol, was shattered by the ill will of the then existing government. This step was taken to scatter our numbers and to bury our efforts. But to no avail. Today we stand on the threshold of new historical epochs. Brothers, we are raising our standard high, and rallying our dispersed ranks. We are henceforth pledging our efforts to the good and welfare of our new Czechoslovak republic."

And following this general summons, the word spread like wildfire, and the Sokol, a patriotic organization Austria thought extinguished in 1915, came to life, sound in body, sound in mind, sound in

its firm resolve to serve the nation in its hour of triumph as it served in the past and since in its hours of trial and suffering.

The National Committee met in its first assembly by six o'clock of the evening of October 28th and issued its timeless Manifesto of Independence beginning with the words:

"Czechoslovak people . . . your ancient dream has become a reality. Our Czechoslovak Republic has entered this day the ranks of the other independent cultural nations of the world." and closing with ever immortal words: "Our liberators, Masaryk and Wilson, shall not be disappointed in their conviction that they won liberty for a people who is capable of self government . . . Everyone among you must respect unreservedly all that others hold sacred. Personal liberty and private property shall not be tread upon."

For almost twenty years the Republic of Czechoslovakia lived and prospered and grew and observed the spirit to the letter of this historical manifesto.

While the other nations of Europe were convulsed by ever recurring political crises, Czechoslovakia enjoyed comparative peace and prosperity following World War I. She was able to maintain her democracy while other nations were losing theirs. No wonder she was called "the island of democracy" in Central Europe. She weathered even the world-wide depression of the early thirties and never complained about her lack of colonies and "Lebensraum" as did her big neighbor, Germany. All she wanted was continued peace so that she might be able to consolidate her gains and to continue her successful march forward which she had begun so auspiciously.

Czechoslovakia passed the test gloriously; she proved to the world her fitness for freedom and democracy, her ability to get along with her neighbors beyond a shadow of doubt. Her twenty years of independence shall be written in history with letters of gold for all posterity to see.

Why then, you will ask, her subsequent downfall, her excruciating suffering for the last years? The answer is simple - too obvious. You may have the most beautiful home, most ideal family conditions, the finest relations with your neighbor and be economically secure; if one of your neighbors is a thief and murdered on the pretext that he has not room enough in his own house and invades your home, burns it, or moves in and takes possession of everything you have, your upright life avails you nothing. Czechoslovakia was now, as well as in 1914, in the way of German expansion and therefore she had to be seized, removed, enslaved. As one noted German said: "First we had to take Austria because otherwise we could not have taken Czechoslovakia; without Czechoslovakia out of the way we could not begin our march to the East." Germany still clings to the old Bismarck concept that he who would be master of Europe must first be the master of Czechoslovakia. And there is the explanation of Munich and the occupation of Czechoslovakia. A few days before the Munich at a rally in Chicago, attended by 65,000 people, one of our men and chairman of the meeting warned the world that Hitler's

attack on Czechoslovakia endangered the peace of the whole Europe and America as well, and was called by the Chicago Tribune editorially a "war monger." The subsequent events proved him eminently right. Czechoslovakia was and ever will be the bastion of peace in Europe, and an attack on her will always mean a planned war for the world domination. This truth must be learned by all the nations before we can hope for a lasting peace. One thing we know for sure: that Czechoslovakia will never willingly become an instrument in the aggressor's hand and will forever fight on the side of freedom as she is doing so valiantly now.

"For a thousand years she stood against  
the Teuton's lust for plunder,  
For a thousand more she shall endure  
and make the whole world wonder at her  
eternal devotion to Liberty and Peace . . ."

For years now she is heroically struggling against a barbaric and ruthless enemy. Through untold suffering and bitter tears she hopes and sacrifices. She clings tenaciously to her motto: "Pravda vítězí." "The truth forever triumphs" - truth shall prevail in the end. This is the reason we see her sons in the ranks of all the nations fighting for freedom: America, Great Britain, Russia, in the guerillas in the Carpathian Mountains of Slovakia and Carpatho, Russia, in the frozen snowdrifts of winter Russia, in the jungles in the Pacific. And also in the war industries of Germany, in their own country and wherever the Nazi slave drivers have taken them. They blow up munition and troop trains, they slow the pace by effective sabotage, they listen surreptitiously to the broadcasts from London and Boston, and are awaiting a signal to break into open revolt, and pray fervently the signal may come soon. They would have died long ago had it not been for the life-giving hope of ultimate liberty, ultimate freedom, the sweetest fig of heaven. We may truly say with the poet:

"Break the head of every stubborn hostage,  
shoot him dead - Until the earth runs red:  
Others will stand in his stead.  
You sow the dragon's tooth.  
Burn a hundred Lidices to the ground.  
New Lidices will spring up; the desolate space  
Charred, soaked with ashes,  
And dead birds all around  
Will consecrate a holy place  
Drenched with the blood that flames and flashes  
Wherever Czechoslovaks and freedom's dream are  
found."

A nation like this shall not die. It proves its right to independence and freedom. For twenty years it has been an example to all. For years it has suffered on the cross to which the Nazi hordes had nailed it. It is buried now in a Nazi grave, but it is not dead, it is just waiting its glorious resurrection. For years crucifixion and death . . . then resurrection and life! Life that is happier, more productive, more satisfactory . . . A life that will be glorious - life free from the shadow of the bloody swastika.

To us in America the fate and glory of Czechoslovakia is of more than academic historical interest. In its rebirth

years ago, in its decades of peaceful democratic revolution, in the solution of its social and economic problems and finally in its heroic self-abnegation in its suicidal acceptance of the Munich dictate, Czechoslovakia stands out as a living proof of the need for a more resolute, more aggressive democracy. We find that we no longer can follow the Tolstoyal principle of "non-resistance to evil," but that in its place we must substitute an honest, determined effort to fight and suffer for that which we hold dear and priceless. In the fate of Czechoslovakia we must find new incentive, new encouragement to give all we possess, our time, our energy, our earthly possession, yes, even life itself, if we are to preserve for ourselves and posterity the blessings of liberty, brotherhood and justice. As we observe the anniversary of the birth of the Czechoslovak Republic, let us look hopefully and firmly toward another such day not far off when the world at large shall rise to a newborn conception of brotherhood and humanity, when the peoples of all nations shall join hands in the determination to preserve the peace which shall be won, and to prevent for all times the repetition of such brutality and atrocities that have darkened the pages of history during the past decade.

Longfellow once wrote an inspiring message, a prophetic vision for America to look up to:

"Humanity with all its fears, with all its hopes of future years, is hanging breathless on thy Fate."

These words could have well been applied to Czechoslovakia. Years ago humanity looked with amazement at a new-born Republic. The scoffers doubted its strength and ability to live and the well-wishers hoped it would live long enough to prove its own worth. Both were right and both were wrong. Surrounded by a sea of hate and intrigue, Czechoslovakia lived perilously for years and yielded at length to the forces of darkness and bigotry that ruled the political firmament years ago. Czechoslovakia yielded for a while, withdrew within its shell, and today awaits its moment of deliverance. Its down-trodden but undaunted millions are poised noiselessly awaiting the hour, the moment to strike. The world once again shall witness the spectacle of a nation reborn twice within a quarter century. It may well be expected that the rebirth to come shall be more bloody, more passionate than that of years ago. But then perhaps its fruits shall live longer, much longer, forever perhaps, so that once for all mankind the world over may settle down to the true fulfillment of man's mission on earth, so that at least Masaryk's famous words: "Jesus - not Caesar" shall find a final justification on the pages of history.

**Note:** This article was written in 1944 by Bro. Charles Prchal. Little did any of us know the struggle that Czechoslovakia was still to endure in the next 36 years. We must all work and hope for a democratic peace for our fellow man.

---

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

---

## Mildred Prchal Acclaimed For Work in Sokol Gymnastics

Partly because of Mildred Prchal, a 52-year resident of Berwyn, the U.S. Gymnastics team for the 1984 Olympics may have a jump on things. She has one of the first copies of the compulsory routines which is hot off the press.

Active in gymnastics and ballet since she was 5 years old, Mrs. Prchal illustrated the "Modern Rhythmic Gymnastics Compulsory Routines for 1980-84". It took her four months to complete the illustrations, she explained in the quiet of her home.

Working with the five U.S. Olympic coach-trainer authors, who used different terminology, she made the illustrations, interpreting as best as she could.

Next she sent the illustrations off to make sure they were exactly as intended. Then she made whatever corrections were necessary.

A history of achievements in the field of gymnastics began in Chicago when she was five years old. Between 10 and 12 years of age she went into ballet and modern dance. At 14 she became a member of Sokol and has studied with the best teachers in Paris and America.

In 1920 she went to Prague as a member of the Sokol women's team. In 1964 she illustrated a book which included 1,853 pictures showing floor exercises using heavy apparatus used in artistic gymnastics.

By 1967, however, she was concentrating on modern rhythmic gymnastics which employs hoops, balls, ribbons and Indian clubs and the beauty of ballet, she explained.

In 1969 Mrs. Prchal was sent to Bulgaria by the U.S. Gymnastics Federation to bring back modern rhythmic gymnastics.

Gymnastics run in her family. The late Charles Prchal was president of the American Sokol Organization for 32 years.

"He made the plans for the Western Electric Tower, designed the Bohemian National Cemetery Mausoleum and the Tivoli Theater in Downers Grove."

"When we moved to this Scoville address 52 years ago, everything east of us was built up. But to the west there were just open plains. Many of the bungalow-style homes you see in the area were built from his plans," she said of the man she was married to for 64 years and who died a few months ago.

Mrs. Prchal spoke of the late John Kriza, one of her students when she taught ballet on Scoville Avenue and Cermak Road. He went on to become a solo dancer for the American Ballet Theater Co. and retired at the age of 52.

But for most gymnasts, Mrs. Prchal said of their climb up the ladder of success, "Sokols don't make any money."



The continuous pursuit when there is no money to make is inspired by a genuine love and of dedication to the Sokol principles.

Still active, Mrs. Prchal just completed working at summer camp for 40 Sokol teachers "who show promise." They came from as far away as St. Louis and Omaha. Rigorous workouts during the week of eight-hour days was the agenda.

Locally, Mrs. Prchal believes, the girl to watch is Julie Barcal, a Berwynite and member of Sokol Slavsky. Miss Barcal served as demonstrator for Mrs. Prchal during the teacher's camp.

As to the gymnast's ability, the teacher-coach had just one word: outstanding.

"She's a pretty girl and does beautiful work," said the expert who has worked with the best.

A longtime active member and teacher at Sokol Tabor, Mrs. Prchal shares the responsibility for teaching the special parade numbers which are performed by selected personnel at Sokol exhibitions.

Asked if she had any outstanding memories of her 80 years of involvement, Mrs. Prchal said, "Too many." She taught all over the country, was the director of the entire Sokol women's organization for 12 years and now is an honorary director.

In 1974 at the Congress of Coaches in Chicago, Mrs. Prchal received the acclaim of her peers. They awarded her the title of Master of Sports, and she became the first woman in the history of the U.S. Gymnastics Federation to receive the honor.

Where does she get the drive?

"I love it and believe in it, especially the educational end of the Sokol organization," she said.

**Note:** From an article in the Berwyn-Cicero Life, Profiles by Pat Sharify.

AMERICAN SOKOL

# SOKOL GYMNAST

OCTOBER 1980

---

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

---

## Central District Instructors Course



## Central District President's Message To Future Instructors

Today you are receiving an important piece of paper, one of many you will be receiving in your learning years and believe me, you never stop learning. Call it what you may, Certificate or Diploma, it officially states that you have completed a one-week course in Sokol Leadership, conducted by the Central District ASO, and that you have been exposed to the theories and the practices of our Sokol organization. While we do not - nor cannot guarantee that you are now a full-fledged Sokol instructor - only time will tell that - we do feel that now you will understand a little better what Sokol is all about and that a well planned and well rounded out program is the key to our future. - Plan your general program well in advance - for the whole year is best, including preparations for exhibitions, competitions, slets and other programs or activities as may be needed. If you come up with a good interesting and active program, the kids will be banging on your gym doors asking to take part in your program.

Whatever you do - DO IT WELL! Come prepared to teach - know your lesson plan - have all your equipment for the day ready so you can have it when you need it.

Have a good attitude . . . like what you are doing and like the kids you are working with - it's contagious - and the kids will like it and like you, too!

Like the Sokol program - it's a good one - it's the best - and MOST important, don't be afraid to ask for help. There are many of us - older and experienced heads around who will be glad to help or advise you. It's the Sokol way.

GOOD LUCK!

NAZDAR!

Edwin J. Halik

## U.S.G.F. Newsletter (Women)

1. As of September 1, 1980 a gymnast may choose to start at whatever level she and her coach desire. For example, a Class I gymnast this past competitive season may drop down to Class II or Class III. However, once she chooses a level and registers with the USGF Athlete Registration, she will then be considered that level competitor.

2. As of September 1, 1980 we will be using the NEW F.I.G. Code of Points. At this time, there will no longer be a RISK SHEET. The new code uses A, B, and C levels of difficulty. There will also be different vault values to get used to for the coming year.

3. NEW COMPULSORY BEAM routines will be timed!

Class III 1 Min 10 seconds

Class II 1 Min 15 seconds

Class I 1 Min 20 seconds

4. NEW COMPULSORY VAULTS - the landing side of the horse must be marked and there are no specific deductions for distance in landing from the horse. On the landing side you will need to mark ONE METER, TWO METERS, AND THREE METERS from the horse. According to where the gymnast lands the following deductions will apply:

a. Between the horse and 1 meter mark - 0.5 deduction.

b. Between the 1 meter and 1.5 meters - 0.4 deduction.

c. Between 1.5 meters and 2.0 meters as follows:

Closer to the 1.5 .....0.3 deduction

Closer to the 2.0 .....0.2 deduction

d. Between the 2.0 and 2.5 meter mark .....0.1 deduction.

e. Anything OVER 2.5 meters will not receive a deduction.

## Practice Teaching Lessons

For Classes I and II (Ages 5-11)

### LESSON 4

#### Part 1: Walking and Crawling in a Limited Space

A. Team in open rank formation, hands on neighbors' shoulders (side-arm): The last gymnast releases hold with his neighbor and walks under the other gymnasts' arms alternately from the front and from the back of the rank. At the other end he joins the rank by putting one hand on the free shoulder of the last gymnast in side-arm. The next gymnast begins the same as soon as the first is through the first opening and the others follow one after the other, reforming the rank until the original order is restored.

B. Team in file, stand astride, hands on hips: Starting from the rear end, one after the other the gymnasts crawl under the others' legs and rejoin the file in front of the first in line. The next follows without delay as soon as each has enough room for starting.

C. Team in open rank, stand astride, hands on hips: In the same order as in "A", children crawl under the legs, alternately from the front and the back of the rank.

D. Repeat "B" in different positions, such as: crawling face down, legs first; crawling on the back, legs first; crawling on the back, head first.

E. Divide the team in two and repeat "B" as a relay.

#### Part 2: Bench or Low Balance Beam

Carrying different objects while crossing obstacles:

A. Gymnasts form a file at the beginning of the bench (beam), each carrying some object, walks to the end and returns to the rear of the file. For the next turn, each gives his or her object to the next gymnast, the last one gives his object to the first.

Examples of suitable objects to carry: a large ball, an empty box, two or three boxes on top of one another, a sack filled with paper, etc.

The next gymnast follows as soon as there is room on the bench for two steps.

**INSTRUCTORS DO NOT HOLD THE CHILDREN!** Advise them to drop their object in case of losing balance.

B. Walk on top of the bench or beam, holding a wand horizontally behind the shoulder blades.

C. Walk with a bean bag or a book on top of the head.

D. Place one or two empty boxes on the bench. Children have to step over them. **DO NOT HOLD THE CHILDREN!** Make them follow as fast as possible.

#### Part 3: Marching with Singing

Teach a Sokol marching song.

a) Have the text mimeographed and give a copy to each gymnast.

b) Read one verse aloud, slowly and distinctly and have the whole class repeat it aloud. Do the same with the other verses.

c) Sing two verses and have the class repeat them, until they have caught the melody. Go on this way until the end of the song.

d) The whole class sings and claps in the rhythm of the song.

e) The whole class sings and marches, first in place and then forward.

#### SAMPLE EXCLUSION CLAUSE FOR REGISTRANTS

The following clause has been developed and approved by USAIGC legal counsel for inclusion on registration materials of the Independent Clubs. - -

Gymnast, in attending the gym and using the facilities, does so at his or her own risk. Gym operator shall not be liable for any damage arising from personal injuries sustained by gymnast in or about the premises. Gymnast assumes full responsibility for all injuries and damages which may occur in or about the premises and he or she does hereby fully and forever release and discharge the gym operator, all associated gyms, their owners, employees and agents from any and all claims, demands, damages, rights of action, present or future, resulting from or arising out of the gymnast's use of the gym and-or its facilities.

**New Service in the INTERNATIONAL GYMNAST**

The **International Gymnast Magazine** has added a new service in its publication. Noting that there is no technical journal now existing in the English language, the publisher has sought a new medium for the dissemination of technical articles, on a level of those produced in Germany, Japan, France, Czechoslovakia, and other countries. As a result, the present plan is to append a periodic supplement to the International Gymnast magazine.

The first supplement was published in the October 1979 (No. 1) issue, and in the April issue of the International Gymnast, Supplement No. 2 was printed. Articles included in this issue consist of "The Nature and Function of Rotating Bodies" - "An Educational Gymnastic Curriculum for All Levels and Ages" - "Motivation" - "U.S. MRG Team", and a "Book Review" of Gymnastic Subject matter. Extra copies of the IG Technical Supplement are for: 1 to 5 copies, \$1.50 each from:

**I.G. Technical Supplement**  
**P.O. Box 110 Santa Monica, CA 90406**

**SOKOL NOTES**

The American Sokol notes that both Bro. Jim Hartung and Bro. Phil Cahoy, Jr., made the United States Olympic Gymnastic Team. Jim placed 2nd in the tryouts and Phil 4th. A former member of Sokol Zizka, Wilson, placed 10th on the team. Tom Hintnaus, son of Bro. Lubo Hintnaus, former Pacific Men's Director, won the pole vaulting event at 18'6" in the Olympic tryouts. Tom also won the Liberty Bell Track and Field Classic held in Philadelphia this summer. Sis. Carol Strejc, Sokol Tabor, was recently named "Coach of the Year" by the Illinois High School Girls Gymnastic Coaches Association.

**Central Dist. Slet Results**

**FIRST CLASS GIRLS COMPETITION  
 HIGH DIVISION**

<b>Teams</b>		
1. Tabor		374.8
2. Berwyn 2		358.8
3. Berwyn 1		330.6
<b>Individuals</b>		
1. Christine Deck	Slavsky	141.0
2. Natalie Laino	Slavsky	136.0
3. Julie Pellegrino	Tabor	126.8
4. Diana Mandarinio	Tabor	117.6
5. Maria Piegari	Berwyn 2	112.1
11 individuals		

**INTERMEDIATE DIVISION**

<b>Teams</b>		
1. West Suburban		510.2
2. Tabor 1		470.6
3. Slavsky		470.4
4. Tabor 3		463.2
5. Tabor 2		448.8
6. Berwyn 1		445.6
7. Berwyn 2		438.0
<b>Individuals</b>		
1. Amy Kuchar	West Suburban	127.3
2. Patricia Hundreisser	Slavsky	124.0
3. Darcy Buhrke	Stickney	123.3
4. Tricia Brower	West Suburban	122.9
5. Karen Schejbal	Brookfield	119.6
36 individuals		

<b>Teams</b>		
1. Stickney 1		584.3
2. Slavsky 2		568.2
3. Tabor 1		554.3
4. West Suburban		541.6
5. Brookfield 1		540.4
6. West Suburban 4		516.8
7. Brookfield 2		513.9
8. Berwyn 1		508.2
9. Tabor 3		507.8
10. Tabor 4		505.1
11. Berwyn 2		498.3
12. Stickney 2		493.2
13. West Suburban 3		490.0
14. Tabor 2		479.0
15. Stickney 3		448.0
16. Stickney 4		385.3
17. Berwyn 3		380.2

**LOW DIVISION**

<b>Individuals</b>		
1. Tami Volenec	Berwyn 1	122.2
2. Michelle Marks	Stickney 1	119.8
3. Charyn Deck	Slavsky 2	119.6
4. Debra Wolff	Tabor 1	117.6
5. Mary Helen Moore	Tabor 4	115.8

**SECOND CLASS GIRLS COMPETITION  
 HIGH DIVISION**

<b>Teams</b>		
1. Slavsky		434.0
2. Berwyn		381.8
<b>Individuals</b>		
1. Claudia Villeneuve	Slavsky	136.8
2. Elizabeth Karasek	Slavsky	135.9
3. Maria Mongello	Slavsky	134.2
4. LeAnn Speta	West Suburban	130.6
5. Julie O'Connell	Berwyn	129.3
10 individuals		

**INTERMEDIATE DIVISION**

<b>Teams</b>		
1. Slavsky 1		539.9
2. Tabor 2		537.5
3. Slavsky 2		508.8
4. Tabor 1		503.6
5. Berwyn 1		479.8
<b>Individuals</b>		
1. Maria Fontana	Slavsky 1	138.2
2. Paula Kubik	Slavsky 1	132.3
3. Gina Iglesias	Tabor 2	130.9
4. Julie Ritzenthaler	Tabor 2	130.2
5. Amy Vanooy	Slavsky 2	129.4
28 individuals		

**LOW DIVISION**

<b>Teams</b>		
1. Stickney 1		698.5
2. Tabor 2		692.8
3. Berwyn 1		679.1
4. Brookfield 1		676.3
5. Slavsky 1		657.2
6. Stickney 2		620.4
7. Slavsky 2		617.1
8. Tabor 1		603.0
9. Berwyn 2		599.9
10. Stickney 3		590.3

<b>Individuals</b>		
1. Christine Manikas	Tabor 2	138.5
2. Lisa Vavrek	Stickney 1	138.2
3. Sue Berger (tie)	Berwyn 1	138.0
3. Jackie Elsner (tie)	Brookfield	138.0
3. Vicki May (tie)	Slavsky 1	138.0
4. Debbie Kucera	Stickney 1	136.5
5. Dawn Vachata (tie)	Stickney 1	136.2
5. Denise Iglesias (tie)	Tabor 2	136.2
63 individuals		

**JUNIOR GIRLS HIGH DIVISION**

<b>Teams</b>		
1. Sokol Tabor		288.8
<b>Individuals</b>		
1. Deanne Schabowski	Tabor	119.9
2. Debbie Foltyn	Tabor	87.5
3. Mary Stech	Tabor	81.4
4. Christy Schabowski	Tabor	78.7
4 individuals		

## INTERMEDIATE DIVISION

## Teams

1. Sokol Slavsky 339.4

## Individuals

1. Kathy Kubik Slavsky 120.3  
 2. Laura Kubik Slavsky 119.9  
 3. Karyn Cepek Stickney 118.9  
 4. Connie Uthe Stickney 101.3  
 5. Gina Scannicchio Slavsky 99.2  
 6. Linda Klindera Berwyn 88.9  
 7. Nancy Klindera Berwyn 84.0

7 individuals

## LOW A DIVISION

## Teams

1. Berwyn 576.6  
 2. Slavsky 576.3  
 3. St. Louis 550.9  
 4. Brookfield 529.8

## Individuals

1. Jean Rericha St. Louis 128.5  
 2. Denise Michalek Brookfield 125.4  
 3. Betsy Forsythe Berwyn 122.9  
 4. Michelle Mrizek Berwyn 121.9  
 5. Sandy Uasquez Berwyn 121.4

32 individuals

## LOW B DIVISION

## Teams

1. Sokol Slavsky 586.1

## Individuals

1. Julie Dubanski Tabor 130.8  
 2. Jacki Ptacek Slavsky 122.7  
 3. Vesna Koledin Tabor 121.7  
 4. Cindy Magyarics Slavsky 121.6  
 5. Susan Simonds St. Louis 121.1

22 individuals

## WOMEN LOW C DIVISION

## Team

1. Sokol Tabor 656.9

## Individuals

1. Carol Rocush Slavsky 136.5  
 2. Jean Sivak Tabor 134.9  
 3. Vlasta Chloupek Tabor 132.8  
 4. Irene Polashek Tabor 131.1  
 5. Joyce Moore Tabor 129.2  
 6. Vicki Javurek Tabor 128.9  
 7. Val Husak Tabor 123.1

## LOW B DIVISION

## Team

1. Sokol Brookfield 602.0

## Individuals

1. Marianne Marchand Brookfield 130.0  
 2. Donna Gilbert Berwyn 129.8  
 3. Fran Klindera Berwyn 125.5  
 4. Millie Sullivan Brookfield 123.4  
 5. Wendy Sanders Brookfield 120.4  
 6. Diane Barda Brookfield 119.4  
 7. Marion Riley St. Louis 112.5  
 8. Nancy Michalek Brookfield 108.8

## LOW A DIVISION

## Individuals

1. Peggy Gilbert Berwyn 127.2  
 2. Susan Gilbert Berwyn 122.4  
 3. Barbara Basta Brookfield 120.9

## INTERMEDIATE DIVISION

## Teams

1. West Suburban 379.6  
 2. Tabor 346.1

## Individuals

Dana Ulmer St. Louis 131.6  
 1. Kim Pros Tabor 130.3  
 2. Janet Pistorius West Suburban 129.3  
 3. Kathy Babka Slavsky 127.5  
 4. Linda Schafer West Suburban 127.0  
 5. Julie Banaszek West Suburban 123.3  
 6. Valerie Vanek Brookfield 121.7  
 7. Laura Trachsler Tabor 110.2  
 8. Donna Brown Tabor 105.6

Anita Schnabl

## HIGH DIVISION

Berwyn

## FIRST CLASS BOYS COMPETITION

## Teams

1. Slavsky 1 590.0  
 2. Berwyn 1 502.0  
 3. Stickney 1 498.4  
 4. Slavsky 2 492.3  
 5. West Suburban 491.7  
 6. Tabor 452.7  
 7. Berwyn 2 399.9  
 8. Stickney 2 378.6

## Individuals

1. Tom Pajer Slavsky 1 127.3  
 2. Anthony Gutierrez Slavsky 1 123.1  
 3. Mark Sojka Slavsky 1 118.6  
 4. Brian Vitale Slavsky 1 118.1  
 5. Stanley Peceny 49 individuals

## SECOND CLASS BOYS COMPETITION

## Teams

1. West Suburban 574.85  
 2. Slavsky 565.7  
 3. Tabor 554.75  
 4. Berwyn 529.20

## Individuals

1. Paul Gilea Slavsky 130.2  
 2. David Sojka Slavsky 125.9  
 3. Neal Levang Brookfield 123.9  
 4. David Von De Bur Tabor 123.05  
 5. David Heltmach West Suburban 122.75

28 individuals

## HIGH DIVISION

## Individuals

1. Mike Mangello Slavsky 121.9

## JUNIOR BOYS LOW DIVISION

## Teams

1. St. Louis 454.2  
 2. West Suburban 428.0  
 3. Berwyn 1 391.2  
 4. Berwyn 2 379.3

## Individuals

1. C. Linek St. Louis 121.7  
 2. L. Matustik Stickney 119.5  
 3. J. Russell West Suburban 117.5  
 4. R. Welk Brookfield 117.3  
 5. R. Volanti Berwyn 114.1

21

individuals

## JUNIOR BOYS INTERMEDIATE DIVISION

## Individuals

1. R. Vachata Stickney 121.0  
 2. D. Vladic Berwyn 111.8  
 3. Newcomer St. Louis 111.7  
 4. B. Kuser Slavsky 104.1

## JUNIOR BOYS HIGH DIVISION

## Individuals

1. D. Pojman Brookfield 124.3  
 2. J. Satek Slavsky 114.3  
 3. J. Klindera Berwyn 93.9

## MEN LOW DIVISION

## Individuals

1. F. Michalek West Suburban 121.4  
 2. B. Orsula Brookfield 113.0

## MEN INTERMEDIATE DIVISION

## Individuals

1. C. Klapp Brookfield 122.5  
 2. D. Gilbert Berwyn 116.1  
 3. J. Palter Berwyn 109.6

## MEN HIGH DIVISION

## Individual

1. F. Bouda Brookfield 112.3

# SOKOL EDUCATOR

## Charter 77

At the National Convention of the ASO in Cedar Rapids, Iowa, June 15-18, 1980 some delegates asked for more information about the Charter 77. Following is an informational article to enlighten those sister and brother Sokols who did not read or did not hear about Charter 77 through the news media.

In 1976 most of the member-states of the United Nations, among them the United States and all its allies, Soviet Union and all her eastern allies, including Czechoslovakia, signed the so-called Helsinki agreement (the International Covenant on Civil and Political Rights, the International Covenant on Economic, Social and Cultural Rights, and the Final Act of the Helsinki Conference on Security and Cooperation in Europe). In brief, this document guarantees every citizen of each of the signatories of the Helsinki Agreement all basic freedoms as we know them and as we freely practice them in the United States, notably freedom of speech, religion, political views, right of assembly and petition.

On January 7th, 1977, three major European newspapers published a document, called Charter 77. It was originally issued in Prague on January 1st, 1977 but the Czechoslovak Government confiscated it and detained some of those who signed it. As the Charter 77 mentioned in its introduction and as the signatories always stressed ever since, Charter 77 is not a basis for political opposition; it has no intention of drafting its own program. It simply calls on the Czechoslovak Government to live up to its agreements, up to its own constitution. The original document was signed by 243 Czechoslovak citizens - workers, scholars, writers, priests, students, etc. Since then, over 800 other Czechoslovaks signed this petition even though they knew that they may lose their jobs, their homes - even their children might not be allowed to enter any college. In fact, in the last three years, 60 of them were exiled, 28 are in prison and all of them are subjected to all kinds of harrassment.

Although in its beginning a simple petition to the Czechoslovak Government, Charter 77 quickly became a rallying point of all Czechs and Slovaks desiring basic freedoms. It is possibly a desperate stand, but a stand nevertheless. As their leader, Professor of Philosophy, Patočka stated ". . . to speak the truth!"

To speak the truth, as Hus, Komensky, Tyrns and Masaryk taught us to speak. Charter 77 is therefore in line with our own heritage, with the traditions and aspirations of the Czechoslovak people. It violates no Czechoslovak law. It asks the authorities to adhere to the thousand-years-old Czech laws.

All over the world Charter 77 became a household word. Writers, scholars and people of fame have appealed to the Czechoslovak Government to release the chartists from their prison. But the government does not budge. Leaning on the Red Army in

Czechoslovakia, now firmly entrenched since 1968, it flouts all laws, holding in contempt the Helsinki Agreement.

The XIII National Convention of the American Sokol Organization in Cedar Rapids in June of this year passed a resolution calling on President Carter to address himself to this problem. Now it is up to our districts and units and indeed, up to each one of us, brother and sister Sokols, to air the Charter 77 wherever possible and to ask our elected officials, Congressmen and U.S. Senators to intervene on behalf of jailed chartists.

Bound by a bondage of tradition and heritage to the peoples of Czechoslovakia, the cradle of Sokolism, it is our duty to speak the truth in the name of those who are oppressed.

The time to speak is now!

Bro. Vladislav Slavik,  
Sokol New York

## In Memoriam

### Brother Vaclav Salak

President of Sokol Los Angeles

Sokol Los Angeles lost their president, who had passed away August 15, 1980. His untimely passing shocked and saddened our entire Sokol family. Bro. Salak emigrated from Czechoslovakia when the Communists took over. He settled in Canada, where he married Susan Vanda. He joined our Sokol ranks soon after he and his family moved to Los Angeles in the early 1960's. He became very active and served as president of the Pacific District, Sokol Los Angeles, and as chairman of American Czech Ass'n. (Directors of Sokol Hall).

Bro. Salak was a devoted family man, and his second devotion was to Sokol. An honest man of strong personality and firm convictions, his intentions were sometimes met with opposition and misunderstanding. Nevertheless he was admired for this persistence in his efforts for the welfare of our organization. He did what his conscience dictated was very concerned with the future of Sokol in Los Angeles. He supported the young gymnasts in every way, and hope that younger members would carry on. His wish was to send a large delegation to the Slet in 1981, and looked forward to attending also. Bro. Salak leaves a legacy of untiring interest in Sokol goals. Let us hope his work was not in vain. His memory will not be forgotten.

Bro. Salak leaves to mourn his passing his wife, our Sister Susan, his step-daughter, Irene (Vlasta) Seda, also a Sokol, his step-son, Thomas Vanda and two grand-daughters. He was laid to rest at Forest Lawn Cemetery in Hollywood Hills, August 23rd, 1980, with a large attendance of Sokols and friends.

We all wish him a peaceful rest.

Sis. Louise Nekuda

## Miroslav Vanek

"Milo," as he was known to his Sokol sisters and brothers and friends alike was a proud man. He was proud of his ethnic background and of his heritage. Milo was proud of his Czechoslovak ancestry and of his Sokol ideology.

Born in Chicago, Illinois, April 17, 1927, Milo was one of two sons, parents Břetislav and Božena Vaněk, named their sons Miroslav and Vladimír.

Milo and Laddie were raised in strict, but loving surroundings - it was an atmosphere that fostered a closeness between parents and son and brothers. It was an atmosphere that fostered pride in his Czech community.

His schooling was that which he received in the Chicago school system and upon graduation from Tilden High School continued his education at the University of Illinois, receiving a degree in Architectural Engineering in 1952.

That same year on May 17th, he married Camille Stepanek, a young woman whom he had met one day in her father's men's wear store on 26th Street in the old Czech neighborhood.

Milo was an active man. In addition to his family and job, in which he was a partner and President of Nichol, Chaney and Vanek, Inc., Architects - Engineers, he was active in many civic, vocational and fraternal organizations.

Some of his most notable accomplishments as an architect are:

- Arlington Heights Memorial Library
- Glenbard South High School
- Czechoslovak Society of America - Nat'l Hdqtrs.
- Komensky Elementary School, Berwyn
- Prospect Federal Savings and Loan - Lombard
- Kirk Center for Mentally Handicapped - Palatine
- Public Federal Savings and Loan - River Oaks
- La Grange Park Village Hall
- Timothy Christian Schools - Elmhurst

... also laid out plans as specified for and was instrumental in obtaining zoning for Chicagoland Sokol, for their property in Darien.

Besides the activities described, Milo always found time to devote to Sokol. Reared in a family where parents were involved in Sokol can only foster that same involvement in their children.

Milo started his Sokol career in 1936 at the age of 9 at Sokol Town-of-Lake, located on 47th Street and Honore in Chicago.

After graduation from high school Milo entered the Air Force in 1944 and upon discharge in 1946 became a member of Sokol Town-of-Lake. He was active in many of the fund raising affairs of the unit and was the financial secretary for the years 1954 thru 1956 and was treasurer in 1957.

He transferred his membership from Sokol Town-of-Lake to Sokol Brookfield on October 13, 1965. - Milo helped on many committees while at Sokol Brookfield and was a member of the Board of Directors in long

standing. He was this past year chairman of the Building Remodeling Committee and was instrumental in gaining a license for bingo games 5 years ago, a committee that he chaired for those 5 years.

The members of Sokol Brookfield, as well as Sokols everywhere will miss him and will feel the void that his untimely death has caused in our ranks.

He will be missed . . . as a Brother Sokol - as a friend.

The illness that had caused his untimely death reminds us all of the frailties of life and to enjoy that which we have to the fullest. Miroslav Vanek did.

On behalf of the entire membership of Sokol Brookfield we convey our deepest sympathy and condolences to his mother, Sis. Božena Vaněk, brother, Laddie, sister-in-law, Lorraine; nieces, Valerie, Vicki, LeeAnn, beloved sons and daughter-in-law, Paul, Gary and Marsha; to his friend and companion, his beloved wife, Camille.

Thank you, Brother Milo, for the time with us - until we meet again.

Nazdar!

Bro. Roy Zitny,  
ASO President

## ASO FINANCIAL REPORT

AUGUST 1980

### RECEIPTS:

Dues	\$1,363.25
Convention Fund	45.00
Subscription to "American Sokol"	3.00
Advertising in "American Sokol"	180.00
"Highlights of Czech History"	199.75
UPS Charges and Postage	1.60
Educational Pamphlets	43.00
Song Books	105.00
Miscellaneous	38.93
	<hr/>
ASO Uniform Division - Rent	\$1,979.53
ASO Uniform Division - Salaries, etc.	100.00
	303.78
	<hr/>
<b>TOTAL RECEIPTS</b>	<b>\$2,383.31</b>

### DISBURSEMENTS:

#### Administrative

Salaries	\$756.12
FICA & FWT for July, 1980	128.14
Rental, Janitor Service, Phone,	
Electric	407.66
Plate Glass Insurance	111.00
Advertising	45.00
Postage	2.37
Miscellaneous	63.70
	<hr/>
	\$1,513.99

#### Board of Instructors

Salaries	\$344.04
FICA & FWT for July, 1980	61.78
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
Postage and Phone	1.76
	<hr/>
	\$ 466.58

*Educational Department*

Salaries	\$ 21.42	
FICA for July, 1980	1.84	
Printing Stationery for Library and Archives Fund	51.70	
Postage	7.00	
		\$ 81.96

*Sokol Publication*

Printing "American Sokol" July - August	\$1,128.13	
Postage	1.12	
Editor	100.00	
		\$1,229.25

*Miscellaneous*

ASO Uniform Division - Salaries, FICA, Phone	\$514.72	
XIII ASO Convention	190.08	
XI ASO Slet - Texas	6.45	
Future Sokol Leaders Fund Postage	3.90	
		\$ 715.15

**TOTAL DISBURSEMENTS**

**\$4,006.93**

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$3,716.56	
Receipts - August 1980	2,383.31	
	6,099.87	
Disbursements - August 1980	4,006.93	
		\$2,092.94

**Library and Archives Fund**

**AUGUST 1980**

Roselyn Bergman and Stella Tichy	\$ 50.00
In honor of the 50th Anniversary of Roman and Victoria Hruska Charles and Irene Ruzicka	50.00
In memory of Bro. Charles M. Prchal	
Charles and Irene Ruzicka	25.00
Richard and Marie Ptacek	10.00
Sokol Cedar Rapids, Iowa	50.00
Ann Svoboda and Family	25.00
Sokol Zizka, Dallas, Texas	100.00
Anton and Camille Prochaska	25.00
Blanche J. Cihak	25.00
Fred and Julie Kussel	20.00
Emily B. and Walter Staniszewski	10.00
Camille Prochaska	10.00
Mildred Prchal	10.00
Wolf Family	5.00
Stella Tichy	5.00
Frank J. and Emily M. Ruzicka	50.00
Betty and Helen Prener	25.00
Southern District ASO	150.00
Emil and Louise Nekuda	15.00
Pacific District ASO	25.00
Northeastern District ASO	100.00
Zdenka Tintera	25.00
Kate Danko	10.00
	<b>\$ 820.00</b>

*Donations are tax exempt*

**GENERAL FUND**

In memory of Charles M. Prchal	
John and Mary Heinz	\$ 10.00

**Future Sokol Leaders Fund**

**AUGUST 1980**

In memory of Bro. Charles M. Prchal	
Ann and Joseph F. Falta	\$ 20.00
Paul C. Lebloch	25.00
Students and Staff of the 1980 Central District Beginners Instructors School	60.00
In memory of Sis. Carrie Vodehnal	
Bill and Norma Petrzela and Family	20.00
In memory of Mr. Anton Kloc	
Mildred and Jerry Gabriel and the Cunat Family	15.00
In memory of Sis. Anna Sommer	
Ann and Al Barzyk	5.00
Janes and Hagan Families	25.00
In memory of wife, Sis. Sophie Shabart	
Allen J. Shabart	10.00
In memory of Clara Weckerbauer	
Allen Shabart	10.00
Sokolice Milwaukee Sewing Circle	10.00
In honor of Charles Ruzicka's 75th Birthday	
Curt and Mildred Mentzer	10.00
	<b>\$ 210.00</b>

*Donations are tax exempt*

Honorable Jimmy Carter  
President  
United States of America  
White House  
Washington, D.C.

Dear Mr. President:

The officers and delegates of the XIII American Sokol Organization Convention assembled in Cedar Rapids, Iowa, from June 16 - 18, 1980, with delegates from New York, Maryland, New Jersey, Florida, Pennsylvania, Ohio, Michigan, Illinois, Iowa, Missouri, Wisconsin, Minnesota, Nebraska, Kansas, Texas - California, Washington and the District of Columbia, extend thanks to you for your interest and congratulatory message.

Be it resolved that the delegates are in support of the boycott of the Olympic Games in Russia in 1980, in parallel to the 1948 boycott of the Slet (gymnastic exhibition) in Prague, Czechoslovakia. Thousands of Americans of Czech and Slovak descent cancelled their reservations to participate when the American Sokol Organization announced a boycott and did not send gymnastic teams into competition and over one hundred men and women into calisthenic exhibition because of the Communist coup and the Czechoslovak Republic.

Be it further resolved, that we continue to support the movement of free expression and determination of human rights by all countries of the world as outlined by the Helsinki Conference and by the Charter 77, and that we oppose the lack and inconsistent adherence to the articles of said Charter 77 by some of its major signatories.

Be it also resolved that we manifest our support for your future actions and efforts in returning the American hostages presently being held by force in Iran, so that they may again become active members of our democratic society and be reunited with their families.

We hope to continue serving in this way, with your encouragement.

NAZDAR!

Resolution Committee  
XIII National Convention  
American Sokol Organization

The White House  
Washington  
July 24, 1980

Dear Members:

President Carter thanks you for sending him the resolutions drawn up by the Officers and Delegates of the XIIIth American Sokol Organization Convention in Cedar Rapids, Iowa. He was most pleased by your statements concerning his positions on the Olympic boycott, human rights and the situation in Iran.

The President deeply appreciates the support of your organization. Your understanding and encouragement are helpful to him as he carries out his many responsibilities to our citizens during these difficult times.

I am pleased to send, once again, President Carter's best wishes to each of you.

Sincerely,

Daniel M. Chew,  
Director of Presidential  
Correspondence

The Members of the American  
Sokol Organization  
6426 West Cermak Road  
Berwyn, Illinois 60402

## Restoration Begins

Phase I of the CSPS Hall restoration has begun. The \$74,141 project is being undertaken by Sokol Minnesota, the present owner of the building located at 381-383 Michigan St., in St. Paul and is scheduled for completion by November 1, 1980, although completion by October 1st is not out of the realm of possibility. Included in the project are stabilization of the basement and restoration of the store-front, the first floor exterior facing Western Ave., and the first floor interior. Financing for the project was provided by donations from the Czechoslovak-American community and by friends thereof, a grant from the Minnesota Historical Society, and Cherokee State Bank.

The original Hall was constructed in 1887 by the CSPS, predecessor of CSA Lodge No. 51 Cech. Remodeling and an extensive addition were completed in 1917. The Hall has served as the home of numerous local Czechoslovak-American organizations during the intervening 93 years. It was placed on the National Register of Historic Places in 1977 because of its historic importance in that regard. Sokol Minnesota, a non-profit Czechoslovak-American organization that has conducted its activities in the CSPS Hall ever since its construction, purchased the Hall from the CSA Lodge No. 51 Cech in 1978. The organization plans to restore the building in three phases at a total cost currently estimated at \$300,000. The restored building is intended to continue to serve as the home of Minnesota's Czechoslovak-American community as well as a museum of the community.

Consistent with these intentions and its efforts to restore the CSPS Hall, Sokol Minnesota has also assumed the responsibility of bringing the heritage of Czechoslovak-Americans to the public at large. The organization will be celebrating its 100th anniversary in two years. A Sokol unit was founded in St. Paul, June 13, 1882. Originally called Sokol Zizka and later St. Paul Sokol, the name was changed to Sokol Minnesota in 1978 because of the increase in the geographic area in which its members resided.

Sokol Minnesota wishes to express gratitude to the city of St. Paul, the Minnesota Historical Society, Ed Johnson and the West 7th Development Corporation, St. Stanislaus Church and all the West 7th residents who have assisted and encouraged Sokol Minnesota to make the restoration of the CSPS Hall a reality. Bro. Jansen, on behalf of the organization, expressed the desire that the West 7th community continue to consider Sokol Minnesota and the CSPS Hall as a valuable asset within its confines.

from Slovo  
Sokol Minnesota

**NOTE:** The American Sokol Office has a favor to ask: When sending checks for the Future Sokol Leaders Fund or the Library-Archives Fund, or the General Fund, we would appreciate it if the checks would be separate for each fund. You have been donating to all three funds at one time and sending one check, but it makes it difficult for the office to deposit it that way in the individual funds. - Thank you for your cooperation!

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.



WHEN YOU PURCHASE LIFE, RETIREMENT OR MORTGAGE INSURANCE FROM **CSA**, YOU RECEIVE VALUABLE INSURANCE PROTECTION. YOU ALSO ENJOY MEMBERSHIP IN A FRATERNAL BENEFIT SOCIETY. **CSA** FRATERNAL PROGRAMS BENEFIT THE MEMBERS AND THEIR FAMILIES.

For Further Information Contact

## CZECHOSLOVAK SOCIETY of AMERICA

Celebrating Its 125th Year

**CSA PLAZA**

2701 S. HARLEM AVENUE

BERWYN, IL 60402

Phones: (312) 795-5800 - (312) 242-2224

At' Jedete  
kamkoliv

vlakem, lodí nebo  
letadlem,

po celém světě nebo jen  
po Americe,  
vždy pojedete nejlépe od

**HEGER**  
**TRAVEL BUREAU**

6118 W. Cermak Road  
Cicero, Illinois 60650

TO 863-3681

### CAN'T WIN DEPARTMENT

Can't please all the people all the time. That includes our readers.

It is a rare issue, indeed, when there are no "suggestions" . . . or criticisms.

Sure, we make errors. We are human.

And yes, we sometimes print articles which may or may not be agreeable to **every** reader. After all, the aim of any publication is to print facts and food for thought items. Therefore, there must be differences of opinion.

But supposing - just supposing - we printed only the agreeable, only items that none could possibly criticize? Would you really want to read such literary pap?

And that brings to mind an old story of the poor editor who finally decided to feature something in his column nobody could criticize. He printed the Ten Commandments.

A few days later, he received the following note: "Cancel my subscription. You're getting too personal!"

THE

## BOHEMIAN NATIONAL CEMETERY

OF CHICAGO

FEATURES THE BEAUTIFUL  
**MASARYK MEMORIAL  
MAUSOLEUM**

WITH NEWLY ADDED WINGS

It offers a complete cemetery  
service consisting of

**Cremation - Columbarium  
Ground Interments**

**BRONZE GRAVE MARKERS  
and GRANITE MEMORIALS** are  
on display at the Cemetery  
Office.

5255 North Pulaski Road  
Chicago, Illinois 60630

Telephones: 539-8442 - 3  
Suburban 788-8442

Listen to our radio hour every  
Sunday at 9:00 A.M. on WTAQ

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

**Change of Address for American Sokol**

AMERICAN SOKOL ORGANIZATION  
6426 West Cermak Road  
Berwyn, IL 60402

Sokol.....

Name.....

Old address .....

.....Zip.....

New Address .....

.....Zip.....

**SOKOL GREATER CLEVELAND  
COOKBOOK**

Another of our SOKOLS has produced a COOKBOOK. For all you avid cooks, why not get in touch with:

**Mrs. Norma Eckhoff**  
Sokol Greater Cleveland  
4939 Broadway Avenue  
Cleveland, Ohio 44127

Price: \$4.50 for each, plus 50c postage and handling per copy.

Please make checks payable to SOKOL GREATER CLEVELAND.

**Copy for Publication**

**MUST BE RECEIVED BY THE 10th  
OF THE PREVIOUS MONTH**

**Spolehlivá cestovní služba do všech částí světa**

Vyřídíme rychle a přesně návštěvu Vašich  
příbuzných z ČSR.  
\* \* \*

**WEBER TRAVEL AGENCY**

6805 WEST CERMAK ROAD  
BERWYN, ILL. 60402

Dárková služba TUZEX Vašim drahým.

312-242-1512

312-749-1333

**83rd**  
SUCCESSFUL  
**YEAR**

of  
Fraternal  
Life Insurance  
**PROTECTION**

**Western Fraternal  
Life Association**  
Západní Česko-Bratrská Jednota

LARGEST  
CZECH-AMERICAN  
ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 insured members in 8 states. - Now licensed in 18 states, over 60,000 certificates, has over \$170,000,000 of insurance in force. - Total assets over \$40,000,000. - Offers Legal Reserve Fraternal Life Insurance for Juveniles and Adults to age 65.

**Home office**

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402