

AMERICAN SOKOL

VOL. CII - NO. 1

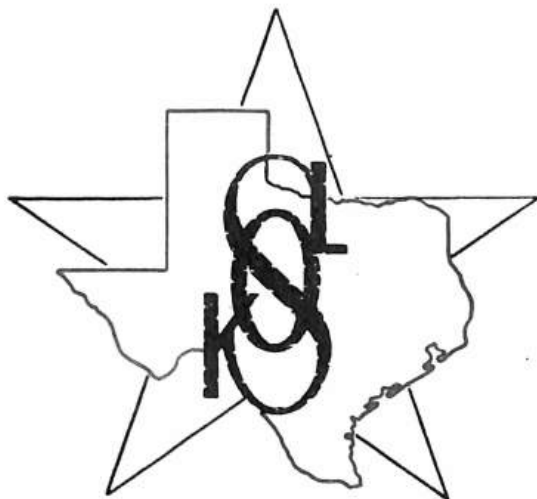
JANUARY, 1981

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

American SOKOL Organization

Attend

The
XV National Slet and
Gymnastic Championships



SOKOL ROUNDUP

June 24, 25, 26, 27, 28, 1981

Fort Worth cowtown Texas

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FITNESS
GYMNASICS



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EDITOR - JACKIE KOURIM
388 Shenstone Road Riversdale, Ill. 60546

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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

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JERRY RABAS
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BORVANSKY, LORRAINE ZDENEK
By-Laws Chairman - JOSEPH KOVAR

Calendar of Events

JAN. 11 - SOKOL SOUTH OMAHA
Gymnastic Competition vs. Lincoln Gym Club
JAN. 11 - SOKOL BALTIMORE
Hawaiian Luau
JAN. 17-18 - SOKOL SOUTH OMAHA
Garage Sale and Flea Market
JAN. 25 - SOKOL DETROIT
N.E. District Annual Meeting
JAN. 25 - SOKOL BALTIMORE
Gourmet Dinner
FEB. 1 - SOKOL GREATER CLEVELAND
Winter Gymnastic Exhibition

FEB. 7 - SOKOL BROOKFIELD
Spaghetti Dinner
FEB. 7 - SOKOL MINNESOTA
Šibřinky, CSPS Hall
FEB. 8 - SOKOL DETROIT
Winter Gymnastic
FEB. 14 - SOKOL DETROIT and LADIES
AUXILIARY ANNUAL MEETING
FEB. 15 - SOKOL STICKNEY
Pancake Breakfast
FEB. 15 - SOKOL MILWAUKEE
"Jaternice" Dinner
FEB. 21 - SOKOL MINNESOTA
5th Annual Bohemian World Invitational
Euchre Tournament
FEB. 21 - SOKOL BALTIMORE
Šibřinky
FEB. 21 - SOKOL BERWYN
Las Vegas Nite
MAR. 7 - SOKOL GREATER CLEVELAND
Masquerade Ball "Šibřinky"
MAR. 7 - SOKOL BROOKFIELD
Exhibition
MAR. 14 - SOKOL BALTIMORE
Las Vegas Night
MAR. 21 - SOKOL STICKNEY
Exhibition
MAR. 28 - SOKOL BERWYN
Exhibition - at Morton West
APR. 11 and 12 - SOKOL BALTIMORE
Spring Bazaar
MAY 15 - SOKOL MILWAUKEE
Graduation Gym Program
MAY 31 - SOKOL BALTIMORE
Bull Roast
JUNE 7 - N.E. DISTRICT SLET
AMLA Camp Cleveland, Ohio
JUNE 21 - SOKOL DETROIT
Veřejné - Sokol Camp
NOV. 14 - SOKOL BROOKFIELD
50th Anniversary Dinner

V. JUBILEE SLET

CZECHOSLOVAK SOKOLS ABROAD

**Pre-Slet Winter Games - February 14-15,
1981 at St. Ulrich am Pillersee, in
Austrian Tyrol**

Ski run and Giant Slalom
Men, Women, Junior Boys and Girls and Children
Preliminary entrees received from Sokols in Austria,
Germany, Switzerland, France and Canada. Vienna
Sokol District is in charge of organizing the games.

Slet Calisthenics are being duplicated and will be sent
to all units.

Slet Poster and Logo Contest - deadline date for
presentation: January 15, 1981.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CII

January - 1981 - Leden

Číslo - No. 1

SLET T-SHIRTS

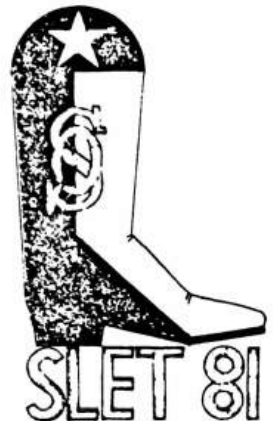


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\$2.00 ea.



BOOT: Represents Fort Worth, Texas and the western activities to be remembered.

TEXAS FLAG: Represents Texas Czechs and their participation in the American Sokol Organization, Southern District.

CZECHOSLOVAK FLAG: Honoring Czechs as the base of the great Sokol ideals.

LONE STAR: Marking the first time a national Slet is held in Texas and the South.

SOKOL EMBLEM: Placed between the two flags representing peace and brotherhood of all under the Sokol system.

COLORS: Red, white and blue colors that are in the Czech, Texas and United States flags. Gold representing the glorious wins of Sokol.

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6426 W. Cermak Road
Berwyn, II 60402

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S	M	S	M	L	XL

Total \$ _____

PINS: (Available after January 1, 1981)

Clutchback	Pinback	Total \$ _____
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ASO Executive Board Meeting

Regular meeting of the ASO Executive Board, Tuesday, November 25th, 1980, was brought to order at 7:35 p.m. by II Vice-President Sis. Betty Prener. Bro. Zitny took over the meeting at 8 p.m. Pledge of Allegiance to the Flag was given. District minutes reviewed from the following districts: Southern District - September 25th and October 16th; Northeastern District - October 22nd; Central District - October 22nd and annual meeting, November 2nd.

CORRESPONDENCE: From the Denni Hlasatel requesting an ad for Christmas or New Year's - motion passed to take a \$25.00 ad. Bro. Rabas will handle the content. Cermak Road Assn. - Donations passed on for sidewalk cleaning and Christmas decorations, \$25.00 for each item. Letter from the Western District with suggestions and/or recommendations for our next convention will be forwarded to the Central District as they will be the next hosts.

WOMEN'S DIRECTOR - Sis. Marie Ptacek: Sis. Jolene Dalton is the new Western District Women's Director, taking over after Sis. Bozena Drozda. Sokol Greater Cleveland requested music for the children's calisthenics - this was sent to the District Director. Received minor changes and clarifications for the 1st and 2nd class girls calisthenics, these were printed and

sent to the Districts. Had a call from Bro. Walduaf requesting Slet material, everything was sent to him to distribute. Sis. Laznovsky requested attendance reports and Tournament Rules. Received various BOI minutes, Southern District Slet Committee minutes and newsletters and Sokol publications. **FINAL REPORT FORMS:** Central District for Folk Dance Clinic held September 24, October 8, 15 and 22, 1980 at Sokol Berwyn; 12 students, Bro. Fred Kala, instructor, \$120.00. Central District for Progression Clinic held October 18 and 19, 1980 at Sokol Berwyn; 58 students, Bro. Joe Vrzalik, instructor, \$504.00. Both bills approved for payment. **SOKOL MANUAL:** No responses for input into the revision of the Manual had been received. **1981 XV SLET:** All calisthenics, apparatus routines, MRG routines, cardas, music, tournament rules booklets, rules governing special number competition have been sent. Jr. boys and men's calisthenics were sent to our men's District Directors. Women's are being processed now. Bro. Lebloch and I went to Texas the weekend of November 22 and 23 to check over all Slet facilities and attended Sokol West's First Anniversary celebration.

MEN'S DIRECTOR - Bro. Paul Lebloch: Bro. Dave Harlan of Sokol Stickney has joined the Board; Executive Board, approved. A committee of Bro. Michalek, Ptacek, Satek and myself will go over the exercises for Jr. boys and men which were received. They are ready for reproduction except for low division

floor exercises which will be simplified. Sokol USA will be advised that they are welcome to compete in our unit special number competition. The Sokol Times listed a statement that this was for ASO units only. It was decided to include cost of program book and victory dance in the entry fees. Program book should have blank pages for signatures. All volleyball teams (male and female) must wear some kind of uniform shirts and trousers, with numbers. A 440 relay race will be held at the Slet. Bro. Harlan will be in charge. District teams only - one team per District consisting of one junior girl, one junior boy, one man and one woman. Certificates for competitors and judges will be handled by the Southern District. Apparatus will be supplied by AMF and Niessen. Fort Worth gymnastic coaches and gymnastic teams will be in charge of setting up apparatus and moving equipment. First aid will be under Dr. Aubry Fisk and a staff of high school trainers. Two orthopedic surgeons will be on call. Entry forms will be handled by the ASO-BOI. Deadline date will be May 1, 1981. A double entry fee will be charged for late entries. Extra time is needed to program the computer. Entry fees are - all gymnastic competitions - \$5.00 per individual; \$10.00 per team; special number competition - \$15.00 per team; volleyball competition - \$15.00 per team. Judges slips, pencils and competitor numbers will be handled by the Southern District. Fast accurate typists or clerical help will be needed for the tabulating committee, about 5 people. The Southern District will handle trophies and their display. Letters for donations to the trophy fund to come from the ASO office. Donors to be listed in the program book. Bro. Kalat prepared a formula for number of trophies in relation to the number of competitors in a division. Championship compulsories to be same time as high division. Championship competition to be USGF competition number one - or team competition. Bro. Emil Milan and Dolores Vrla are directors of this meet. A survey to be made for names of Sokol members who are nationally certified judges. The ASO-BOI will be in charge of judging assignments for all division except championship. Three or four parts of the prostrná to be determined prior to the meet and announced. Part to be picked will be drawn from a hat at time of competition. Judges to report one-half hour prior to each division meet. The Southern District children in Sokol uniform will be runners. Volleyball competition: Men and junior boys directors are Bro. James Hantak (ASO-BOI) and Bro. David Nesuda (Southern District). Rules and instruction to be sent out by ASO-BOI. Special number competition - directors Sis. Sylvia Pistorius (ASO-BOI) and Sis. Sylvia Laznovsky (Southern District). Units to supply free cassettes. Floor-X mat will not be set up. Floor is concrete. If mats needed, request must be made in advance. Modern rhythmic directors are Sis. Jo Marie Zeman (ASO-BOI) and Sis. Norma Zabka (Eastern District). This will be an all around competition. Marking of the field will be handled by the Southern District.

Field leaders - General Assembly - Rome Milan

Children - Charles and Janet Kalat

Juniors - Audrey Benda and Brad Durham

Seniors - Sylvia Laznovsky and Richard Ptacek

Apparatus - Emil Milan, Phil Cahoy, Sr., Jolene Dolton and Phylis Kool
 Folk Dance - Fred Kala and Maggie Gremela (Bro. Kala to coordinate guest groups, Sokol units and district dancers)
 440 Relay Race - Dave Harlan (ASO-BOI) and Pat Honeycutt (Southern District)
 Field Expeditors - Larry Laznovsky and John Satek
 Slet Program - Speeches or greetings - American Sokol President and Slet Co-Chairman
 Sokol US Olympic Team members to be recognized during opening ceremonies
 Special numbers to be performed by the Central District and Sokol USA
 440 Relay Race - 8 lanes are available (All teams must be in special uniform or regulation Sokol uniform)
 Walter Hosek will narrate the Junior calisthenics
 Senior calisthenics narrator to be determined
 A patriotic finale will be held.
 Fireworks will be held if permission is given by the Farrington Field directors.
 The stadium will be decorated. The light poles will be also used as flag poles.
 All audio will be handled by David Podharsky. - Walkie-talkies will be used.
 Socials - Country western dance - Mark Lane Orchestra
 Victory Dance - Music by Czech Harvestors (play all types of music).
 Social after Slet - Outside Hyatt Regency on the mall with bars set up and music
 Farewell Barbeque - Various Western type entertainment and attractions being planned.
 Two advanced instructors schools will be held. They will be set up by age. Minimum age accepted is 16 years old. Must have had two beginners schools or equivalent. Students 18 years or older will be permitted without beginners school requirement with the recommendation of unit and district directors. Sokol USA and Czechoslovak Sokols Abroad will be invited to send students. - The seals are being printed. - The Slet committee requests that the ASO draw up the letter and have the envelopes and everything ready so that all that is left to do is put the seals in. This will help insure that the seals are received before Christmas. They ask: Who is responsible for historical and educational articles for program book and how many articles? Ad book committee will be responsible for the educational articles. There should be no more than in the last Slet book. They are to accept material from the educational department and the BOI. Bro. Kalat will be in Chicago for Christmas and is willing to take things back in his station wagon. Concerns of the Southern District: Not receiving Executive Board minutes; little Slet publicity in our publication; Slet not listed in Calendar of Events. Executive Board minutes are being mailed to the president of the Southern District, the co-chairmen of the Slet committee will be receiving their own copies from now on. The Slet publicity has been sparse because we had no copy to give to the editor of the publication. The December issue will be filled. A certificate of acceptance into the American Sokol Organization should be available for new units.

ADDITIONAL SLET INFORMATION: Plate committee to be chosen: Bro. Fred Kala, Paul Lebloch, Sis. Vlasta Zitny and Nancy Borvansky. Slet '81 could be membership drive kick-off. The membership report with the prize schedule should be considered. Bro. Kala has the posters being printed and will be picked up shortly. Sis. Zdenek will write an article on the essay contest that was proposed for the January issue.

MEMBERSHIP - Bro. Fred Kala: Present adult membership of ASO is approximately 8,000. There is a definite need to attain a dramatic increase in our adult membership. A goal of 50 percent in adult membership is attainable by our 1985 convention. This represents a 5-year program for units/districts to increase their present membership by 10 percent per year (not compounding figures). This could be set up as a District/Unit quota. That is, a unit having a membership of 100 in June '80 would have a quota of 50 additional members by June '85. A district having 800 members in June '80 would have a quota of 400 additional members by June 1985. Additional funds would be realized by units, districts and national offices if these, or a part of these quotas are met. A prize schedule is being worked on. Flyers, posters and annual growth/loss reports would be sent from the national level to Districts and units to promote this membership drive. Articles in the Sokol publication would be essential. A membership drive should be and must be backed with a totally co-ordinated support of the Executive body, BOI, Educational committee, Ways and Means, Public Relations of all bodies concerned. In addition to our Sokol gymnastic programs, magnetized activities must be made available for all levels of interest. Examples of some activities could be: Singing or choral groups, band orchestras, drama groups, Czech or English, Czech schools, ethnic dance groups, art guilds, philatelic clubs, thematic fund raisers, family oriented programs, ski clubs, swim clubs and cultural programs. There is a need that the membership committee be given current membership of all units. Any changes should be made available immediately. Perhaps this would be best accomplished by working closely with the Fin. Sec. as quarterly reports are received. Now then, 50 percent a gigantic increase? Not really. Just think! Every member gets a member, and we have a 100 percent growth.

EDUCATIONAL - Sister Lorraine Zdenek: Received from Vantage Press complimentary copy of the book *FROM THE SOUL AND MY HEART*, written by Henry G. Kotisa. This appears to be an interesting memoir, in which words have been written in English to some of our old Czech melodies (from the author's journeys). The following books were approved for our library. *CZECH POETRY* (Bilingual Anthology) compiled by Alfred French, *BAROQUE IN BOHEMIA* by Milada Souckova, *CZECH LITERATURE* by Arne Novak. Peter Ackroyd's *SKILLS AND TACTICS OF GYMNASTICS*, from Chamber of Commerce of the United States, *MANAGEMENT HANDBOOK FOR ASSOCIATIONS AND ASSOCIATION BY-LAWS*. *THE MIDNIGHT WAR*, book previously approved, payment approved to Sis. Prener. Sis. Prchal suggested that we write to the USGF requesting complimentary

copy of the Modern Rhythmics Compulsory Exercises for 1980-1984 for our library. The following is a list of historical items that have been approved to be used for the '81 Slet in Fort Worth.

Poster, hand painted, of 2nd Sokol Gymnastic Festival - 1929.

Masaryk, framed document with his signature

Framed Czech lion from Canada - 1957

Dr. M. Tyrš, posing with sword on knee, wood frame, gold trim

1910 Slavsky Honorary Membership, Robert Cermak (art value)

Photos for display boards. Sis. Schabowski to prepare. Example: 1947 Slet at Soldiers Field, 1965 Commemorative stamp, first issue photos, etc.

Large glass vase with etched falcons

Bust of Tyrš

Brass and marble, Jarka Jelínek

Česká Obec Sokolská, wooden plaque

Framed uniforms, old styles

Red marble statue, Tyrš

4 framed medals from Bro. Prchal

1 framed coins from Bro. Prchal

Three items are still being discussed for approval, 1893 ledger with Sokol emblem in garnets. Masaryk bust on marble and the silver wreath from ČOS.

PUBLICITY - Bro. Jerry Rabas: Will take care of the Czech articles. He can put one in every 14 days. These articles can also be used in our publication. Will handle the holiday greetings in the *Denní Hlasatel*.

FINANCIAL SECRETARY - Sis. Mildred Pinc: The financial report for October was prepared and copies distributed to Executive Board members. Our \$20,000 Citizens Savings and Loan Certificate which was maturing October 25, 1980 was reinvested in one \$10,000 6-month certificate at 12.534 percent and one \$10,000 regular savings account. \$9,000 of this savings account was transferred to our checking account to pay special assessment requests. We also transferred \$2,800.00 from Clyde Savings and Loan to our checking



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Cedar Rapids, Iowa
52401



AMERICAN SOKOL

SOKOL GYMNAST

JANUARY 1981

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

1865



1981

OUR TASK

OUR AIM

OUR GOAL

These words title an excellent poem in prose, written and edited in the Sokol periodical of 1871 by Dr. Miroslav Tyrš, still apply to our present time of 1981.

OUR TASK to make every Sokol Gymnast aware of the XV American Sokol Slet to be held in Fort Worth, Texas, June 24-28, 1981.

OUR AIM to make every possible effort to bring all of our brother and sister Sokol Organizations to this national festival.

OUR GOAL as each succeeding Slet surpasses the previous one . . . we have as our goal, the XV American Sokol Slet in Fort Worth, Texas will be the most prestigious of all.

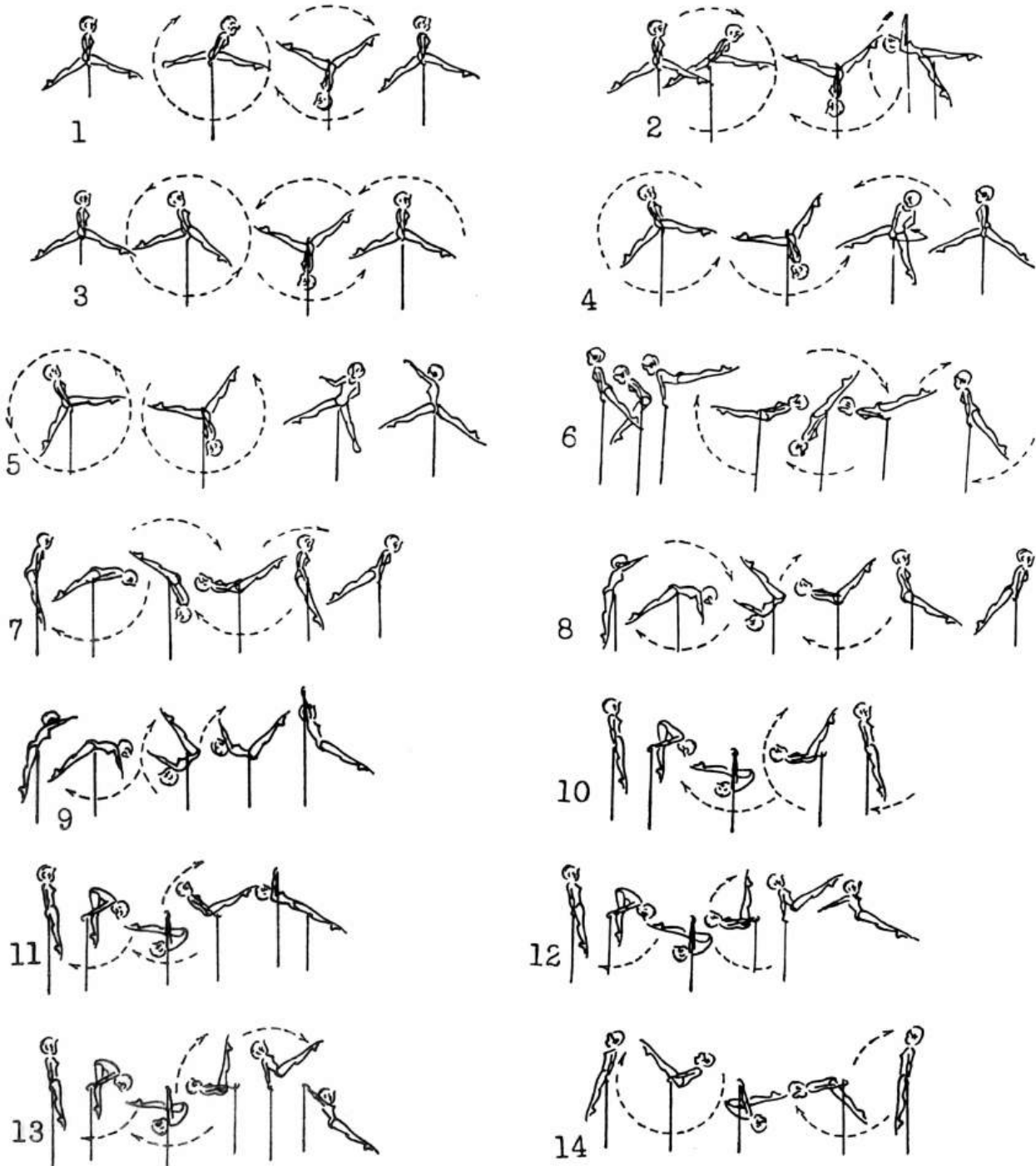
Fort Worth, Texas, selected as the site for the American Sokol Organization's XV National Slet in June of 1981, was chosen because of its fine facilities at the Tarrant County Convention Center, new hotel facilities supporting the center, and the enthusiasm of the members of the Sokol's Southern District including Fort Worth, Dallas, Ennis, Houston, Corpus Christi, and West Texas. International attention during the recent world Gymnastics Championships hosted by the United States Gymnastics Federation and the International Gymnastics Federation here in Fort Worth definitely aided in Fort Worth's consideration.

In addition to championship gymnastics competition, national volleyball championship will be held. Also all competitors will participate in a mass outdoor callisthenics exhibition, a Sokol tradition, on Saturday, June 27. An interesting note concerning the Sokol's mass exhibitions is noted in the Guinness Book of World Records under "Largest Stadlums" which states . . . "The world's largest stadlum is the Strahov Stadium in Praha (Prague), Czechoslovakia. It was completed in 1934 and can accommodate 240,000 spectators for mass displays of up to 40,000 Sokol gymnasts."

Uneven Bars - Rotates

The Sokol Gymnast defines a Rotate as a circling movement around the axis of the apparatus, from a support or seat rearway back to a starting position. Illustrated are several types of circling movements with supports on either low or upper bar:

1. From support astride, L or R in front, rotate forward (with undergrip).
2. From support astride, rotate forward, with regrasp to higher bar.
3. From support astride, rotate rearward (with overgrip).
4. From support astride, rotate forward with 180 degree turn.
5. From support astride, rotate rearward with 180 degree turn.
6. From support, rotate backward on high or low bar.
7. From support, rotate forward.
8. From support, rotate forward with release of hands.
9. From support, rotate forward with release of hands and regrasp to upper bar.
10. From rear support, rotate forward.
11. From rear support, rotate forward with regrasp to upper bar.
12. From rear support, rotate forward to dismount to stand.
13. From rear support, rotate forward to dislocate hang.
14. From rear support, rotate rearward.



Practice Teaching Lessons

Sokol - The Falcon

For Classes I and II (Ages 5-11)

LESSON 7

Part 1: Parallel Bars

Shoulder high: Knee overhang from stand across, inside

Two gymnasts at a time, each at one end of the bars, facing inward, outergrip:

A. Knee overhang astride; dismount by bent-arm hang. - Do not stretch the arms prematurely. Join legs in bent-hip hang before bending the arms.

B. L knee overhang, R rear-leg; R front swing and dismount by bent-arm hang.

Same reversed.

Do not stretch the arms prematurely. When dismounting, join legs in bent-hip and bend arms before lowering the legs.

C. As "B" add swinging in knee overhang: swing R high forward; swing R rear-leg and bend arms; repeat both movements; swing R high front-leg and dismount bending the arms. Same reversed.

Part 2: Moving Pyramids

Gymnasts in open rank. Count-off by twos. The ONES are carriers and TWOS, are passengers. Try to match gymnasts of same age and weight. Repeat every exercise with reversed roles (carriers becoming passengers and vice-versa).

Carriers in support kneeling. Passengers as follows:

A. Sit on the pelvis of the carrier, legs bent astride.

B. Support kneeling, knees on the carrier's pelvis, hands on his shoulder-blades.

C. Support squatting, feet on the carrier's pelvis, hands on his shoulder-blades.

D. Stand R fore-stride, L foot on the carrier's pelvis, R between his shoulder-blades.

Be careful that the passengers do **not** stand or sit on the carrier's waist. Do all the movements first in place, then repeat them with the carrier's moving slowly and carefully forward.

Part 3: Game: "Three Deep"

Double circle facing center. One pair steps out, one of which is the runner and the other the chaser. The chaser attempts to tag the runner as he runs around the circle in either direction. The runner saves himself by stepping in front of one of the pairs in the circle. The third one in that group then becomes the runner.

Rules: Nobody is allowed to run across or inside of the circle. Whenever he enters the circle, he must place himself in front of one of the nearest groups of two. If he fails to do so, the instructor stops the game (when he blows the whistle, everybody has to stop immediately and stay immobile). At another whistle, the game is resumed, but the runner has to return outside of the circle using the same way as he had entered. To prevent children from selecting their friends, leaving some idle, we may add another rule: Those who were running have to sit in their new places and only those standing can be challenged for running.

When the Bohemian Physical Culture Society was being established in Prague for the "Czech" people, there was much discussion of a symbol for this newly-created organization. The eagle was considered and finally not favored because it was the symbol of the Austro-Hungarian Empire, and, also, a symbol of several other European nations. These nations who have the "Eagle" (some were double-headed eagles), in their respective crests were intolerant and oppressive to many of their national subjects.

When the idea and programing of physical culture society for a Slovanic people was presented and discussed among the various Slovanic nations, the south Slavs suggested the "Falcon".

The South Slovanic nations (Croats, Serbs, Slovenes and Bulgars) compare their heroes - defenders of their respective nations - to the Falcon. Though a bird of prey, smaller than the hawk and the eagle, it is remarkable for its elegant form and powers of flight. It has courage, endurance and lightning speed, and is noted for its sharp eyesight, especially when flying high. Thus the Falcon symbolizes the ideas of STRENGTH, FITNESS AND HIGH AIMS.

Through the "SOKOL" idea, a physical culture society for the Czech people was established, its aims and purpose became rapidly known and extended to all Slovanic people. The symbol of the Falcon (SOKOL) united all Slovanic nations and encourages them to defend their rights and heritage in the world.

Western District Slet - 1980

Why You Should Exercise

To look your best, to feel your best, and to be able to do your best, you must exercise regularly. That is man's nature, and modern technology can't change it.

When the activity required of you by your job and other duties falls below the level necessary to support good health, you must supplement it with planned activity. Your sense of well-being, your ability to perform, and even your survival depend on it.

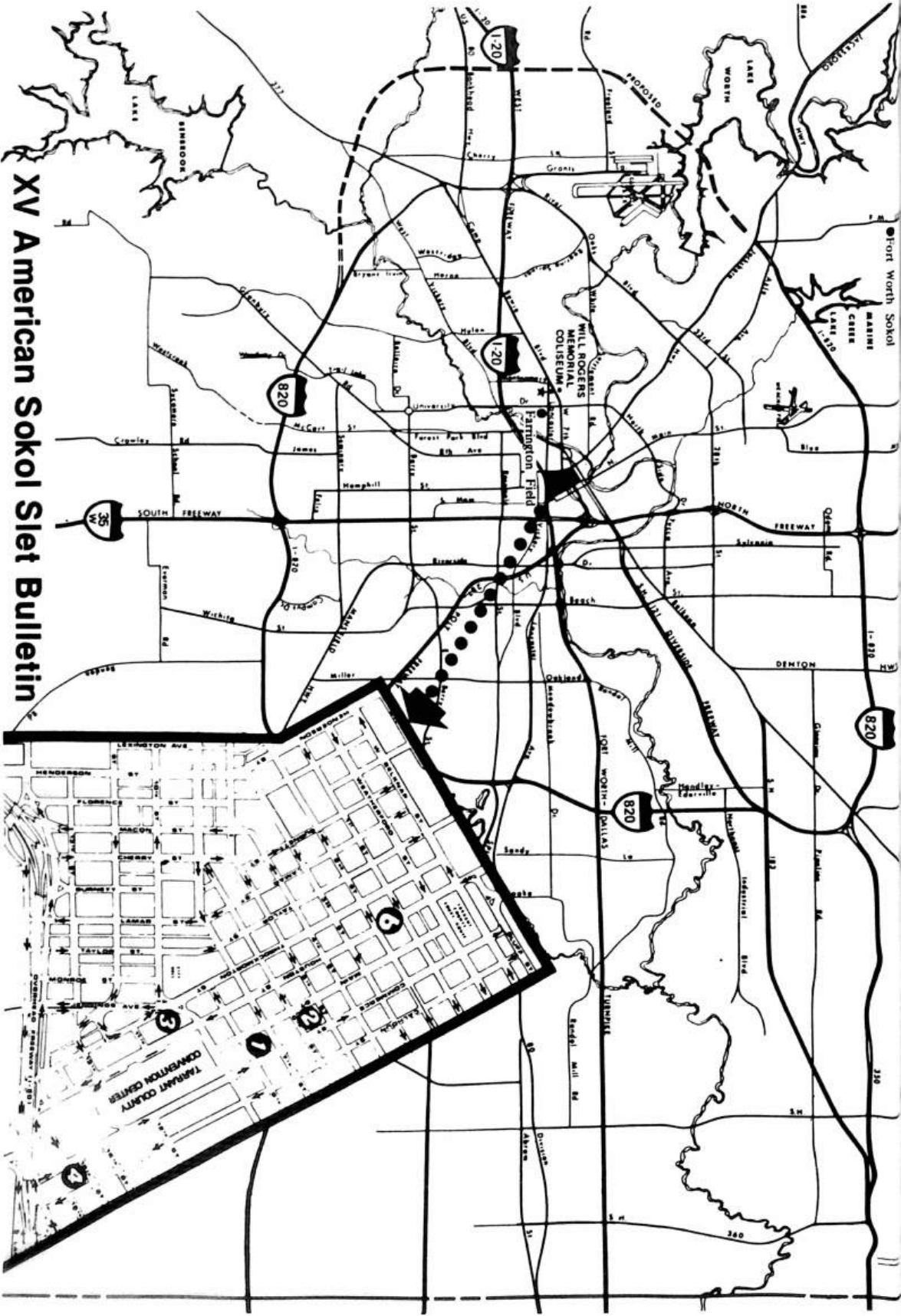
You already know that regular, vigorous exercise increases muscle strength and endurance. It also improves the functioning of the lungs, heart and blood vessels; promotes flexibility of the joints; releases mental and physical tensions; and aids in weight control or reduction.

Medical research demonstrates that active persons have fewer heart attacks than sedentary persons. If they do suffer attacks, they recover more readily.

More than half of all lower back pain is due to poor tone and flexibility of the back and abdominal muscles. In many cases, this problem could be prevented or corrected by proper exercise.

In short, exercise can make the difference. The options are mere existence and a full life. The choice is yours.

Captain James A. Lovell, USN (Ret.)



XV American Sokol Slet Bulletin

- 1. HYATT REGENCY
815 Main Street
- 2. CONVENTION CENTER HOTEL
600 Commerce Street
- 3. PARK CENTRAL INN
1010 Houston Street
- 4. HILTON INN
1701 Commerce Street
- 6. AMERICANA TANDY CENTER
200 Main Street

account for 14 merit awards. 3 units have not paid 1st quarter dues, 7 units for the 2nd quarter and 14 units for the 3rd quarter. A letter will be written concerning late dues payments and a penalty schedule will be worked out.

TREASURER - Bro. Edward Hlinka: Presented a full report for the 3rd quarter complete with charts.

UNIFORM - OFFICE - II VICE-PRESIDENT - Sis. Betty Prener: We have back-orders on hand, waiting for merchandise ordered in September. Shoes coming from Switzerland and the delay is explained that the shipment has just cleared customs. On leotards, the delay is occasioned by a machine breakdown. We are placing our orders (anticipating our needs) sooner and in larger quantities. Are constantly keeping an eye out for other sources of supply, the idea being to locate same and having something to fall back on. Prices, too, are on the upswing. The schedule is for our inventory to be taken during the week between Christmas and New Year's. Called Hoeksema Electric Service, Inc. to take care of our lights. Attended meetings of Cs. Organizations in Greater Chicagoland. We are trying to continue the cultural aspects of our heritage, but are in need of leaders. Attended meeting of our Educational Committee, also went to the Milwaukee Folk Fair.

EDITORIAL - SECRETARY: Sis. Jackie Kourim: Advertising for the T-shirt and pins for the 1981 Slet will be in the December issue. A small Slet logo will be on the front cover, in black and white for December. We will be using the informal invitation for the cover starting in January - we will use red and blue on the cover only in order to cut down expenses. The rest of the magazine will be printed in black. Informal invitations will be stapled in the center of the American Sokol publication - December issue. Typed up the letters of invitation to the '81 Slet and merit awards letter for 1980-81. Letters of invitation will include the list of hotels, a map of Fort Worth and the informal invitation from the Southern District. Made arrangements for the Christmas party and sent out the invitations. Handled all correspondence, sent out minutes and educational pamphlets and whatever else was necessary. Christmas cards were ordered and printed. Ordered new stationery, membership cards and mailing labels. Letters and information for the ad book are ready and waiting to go. We are still waiting for the seals to be delivered.

I VICE-PRESIDENT - Bro. George Basta: Instructing the new treasurer.

PRESIDENT - Bro. Roy Zitny: Pivonka matter was discussed at length. No settlement made. Must advertise that we have a supply of 5, 10, 15, 20, 25 etc. year pins that are still for sale.

Meeting was adjourned at 11:05 p.m.

Respectfully submitted,

Jackie Kourim, Secretary

IN MEMORIAM GUSTAVE BOSAK

Gustave Bosak was born Augustin František Bosák in Uherské Hradiště, Moravia, Czechoslovakia on February 21, 1898. He spent three years in Vienna, Austria, learning the fur trade, graduating in 1915. After the W.W. I. years, he pursued this profession in Belgium. In 1923, he arrived in the United States, City of New York to work for a large French fur establishment. At that time, he met Emily who was also from Uherské Hradiště and they enjoyed many happy times at the New York Sokol Hall.

In 1925, Gustave came to San Francisco to work for a Czech furrier, Mr. Buben. Emily arrived soon after and they were married on September 12, 1925. Upon the passing of Mr. Buben, Gustave joined I. Magnin Co. as head of the fur department for 32 years, retiring in 1965.

Gustave was very active at the San Francisco Sokol as Secretary for many years as well as partaking on various committees. He was admired and loved by all because of his happy disposition and eagerness to extend a helping hand. He loved Sokol, all the people, and what it stood for. Gustave will be missed by all who knew him but his memory remains in our hearts forever.

Surviving are his wife, Emily; his daughter, Jeanette; his grandchildren, Charles and Michelle and great-grandchildren, Billy and Corrin.

The Dibelka sisters, Blanche and Lillian, have started a Sokol children's gymnastic fund in honor of the memory of Gustave Bosak.

- from San Francisco Věstník

A Man for All Seasons Frank (František) Verner

All things have their season, and in their times all things pass under heaven. A time to be born and a time to die.

Death claimed Bro. Frank (František) Verner, 77, on Tuesday afternoon, November 4th. He was surrounded in death as he was in life by those who loved, honored, and admired him. Frank is survived by his wife, Verna, sons Miroslav and Jaroslav, daughter, Vera Hawkinson and eight grandchildren.

Frank Verner was born November 25, 1902 in the town of Milovice in what is now Czechoslovakia. He was brought up on a farm, and in his teens, apprenticed as a blacksmith. In his youth, he joined the Sokol Society and drilled as a junior in a Praha slet.

At the age of 19, Bro. Frank left his native land and came to the United States.

Frank Verner was a man of two cultures, but, in him, they came together in a harmonious whole. Frank had a deep love for his native land and desired to see it free from foreign control. As a boy, he would hide forbidden literature in his parents' corncrib much to their consternation. Not because they disagreed with his

A NEW PUBLICATION!

Highlights of Czech History

views, but because of the danger involved. It was this love that led Frank to the Sokol movement both in the old country and in his adopted home. It was this love, also, which inspired him to take an active role in raising money for the Czechoslovakian government in exile during World War II. It was this activity which gained Frank a meeting with the then exiled president of Czechoslovakia, Eduard Beneš, who came to the Twin Cities seeking support for his cause. Frank passed this love to his native land on to his children through the Czech language, songs and folk stories he taught them.

But, if his love for his native land was great, so, too, was his love for his adopted country. He willingly gave up his christened name "František" for the more American sounding "Frank" at the request of an Ellis Island official. He felt this was a small price to pay to become a citizen of the United States. He was a true believer in democracy and cherished the right, duty and privilege of the vote. On the morning of the day he died, sick as he was, Frank exercised that right for the final time.



Frank served the Czechoslovak-American community as few have done. For nearly all of his adult life, Frank served as a Sokol instructor - teaching both the young and the old. As a young man, he gave up the opportunity to advance in his chosen career of blacksmith because the night hours required would conflict with his volunteer Sokol instructor's duties. Frank continued to instruct senior citizens in calisthenics up until his stroke last May. At one time, Frank served as the District Physical Education Director. During the lean years of World War II, largely through Frank's efforts, the St. Paul Sokol unit managed to stay viable. In recent years, Frank had become a sort of Sokol "ambassador," greeting numerous visitors to the Hall and making them feel right at home. Frank also participated in the Sokol Camp Association from its initial founding until the present. Few who have visited the camp, can picture it

without seeing Frank, an avid fisherman, sitting on the floating dock, fishing rod in hand.

Frank was a man of many interests. He was a student of world politics, he loved classical and folk music, enjoyed and respected his natural surroundings, was a hiker, a whittler, a fisherman, a story teller, a photographer, a world traveler, a theater lover, a coin and stamp collector, a student of, and an instructor of people.

Frank Verner was the embodiment of the Sokol ideals: Patriotism, freedom, the search for truth and beauty and for physical and moral health. What then can we say as a final tribute to this man - loving and loyal to his family and friends, loved, honored, and respected by them in return? It is enough, perhaps, to say, "Here was a Sokol!" Nazdar, Brother Frank!

1,000 American Sokol Gymnasts to Compete in Fort Worth

Fort Worth, Texas has been chosen as the site for the American Sokol Organization's national championships in June of 1981, it was announced. The Tarrant County Convention Center will host some 1,000 gymnasts from all over the United States including two United States Olympians, Jim Hartung and Phil Cahoy. The American competition has traditionally been held every four years in Chicago, Illinois. This will be the first time since 1921 that the national competition will be held outside that city. Some 3,000 to 4,000 individuals will be in Fort Worth June 24-28, 1981 for the activities accompanying the competition.



Fort Worth was chosen because of its fine facilities at the Tarrant County Convention Center, new hotel facilities supporting the center, and the enthusiasm of the members of the Sokol's Southern District including Fort Worth, Dallas, Ennis, Houston, Corpus Christi, and West, Texas. International attention during the recent World Championships hosted by the United States Gymnastics Federation and the International

ASO FINANCIAL REPORT

NOVEMBER 1980

RECEIPTS:

Dues	\$2,848.37
Sokol T. G. Masaryk Dues	30.00
Convention Fund	95.00
Special Assessment	115.00
Resale of Jewelry	61.60
"Highlights of Czech History"	126.00
Miscellaneous	192.93
	<hr/>
	3,468.90

Transfer of funds from savings accounts to checking account for special assessment appropriations and merit awards	14,300.00
	<hr/>
	17,768.90

ASO Uniform Division - Rent, salaries, etc.	555.20
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TOTAL RECEIPTS	<hr/>
	\$18,324.10

*DISBURSEMENTS:**Administrative*

Salaries	\$759.58
FICA & FWT	159.94
Janitor Service and Supplies, Phone, Electric	118.00
Office Supplies	117.58
Postage	29.13
Stationary	290.00
Travel Expense	458.00
XV ASO Slet - Postage and Phone	14.35
	<hr/>
	\$1,946.58

Board of Instructors

Salaries	\$441.25
FICA & FWT for Oct. 1980	80.98
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast" - Oct. and Nov., 1980	58.00
Office Supplies	11.25
Postage and Phone	29.58
XV ASO Slet - Film and Postage	277.14
	<hr/>
	\$ 928.20

Educational Department

Salaries	\$ 49.55
FICA for Oct., 1980	4.94
Office Equipment	67.52
Books	17.23
Library and Archives Fund - Stationery and Postage	74.31
	<hr/>
	\$ 213.55

Sokol Publication

Printing "American Sokol"	\$2,228.58
Postage "American Sokol"	201.70
Editor "American Sokol"	100.00
	<hr/>
	\$2,530.28

Miscellaneous

ASO Uniform Division - Salaries, FICA and Phone	\$464.36
Merit Awards	2,800.00



Gymnastics Federation here in Fort Worth definitely aided in Fort Worth's consideration.

In addition to championship gymnastics competition, national volleyball championship competition will be held. Also all competitors will participate in a mass outdoor calisthenics exhibition, a Sokol tradition, on Saturday, June 27. (An interesting side note concerning the Sokol's mass exhibition is noted in the Guinness Book of World Records under "Largest Stadiums" which states . . . "The world's largest stadium is the Strahov Stadium in Praha (Prague), Czechoslovakia. It was completed in 1934 and can accommodate 240,000 spectators for mass displays of up to 40,000 Sokol gymnasts."

The American Sokol Organization was founded in St. Louis, Missouri in 1865 and its national headquarters are now located in Berwyn, Illinois, a Chicago suburb. The Sokol Organization was founded in Czechoslovakia in 1862. In addition to the United States and Czechoslovakia, units are located in England, France, Sweden, Switzerland, Brazil, Canada, Yugoslavia, Bulgaria, Austria, Poland, South Africa, Australia and Morocco. Worldwide members now number over one quarter of a million.

Its purpose is dedicated to the physical, mental and cultural advancement of its members. Its philosophy is based upon the theory that only physically fit, mentally alert and culturally well developed citizens can form a healthy, strong nation.

- Official Slet Press Release

Special Appropriations:	
Eastern Dist. ASO	2,807.60
Northeastern Dist. ASO	1,770.00
Western Dist. ASO	3,125.87
Southern Dist. ASO	1,794.58
Future Sokol Leaders Fund -	
Postage	8.08
	<hr/>
	\$12,770.49
TOTAL DISBURSEMENTS	\$18,389.10
Balance brought forward:	
Western National Bank of Cicero -	
Checking Account	\$ 1,075.95
Receipts - November 1980	18,324.10
	<hr/>
	\$19,400.05
Disbursements - November 1980	18,389.10
	<hr/>
	\$ 1,010.95

FUTURE SOKOL LEADERS FUND

November 1980

In memory of Bro. Jerry Veirauch Lloyd and Alice Larson	\$ 10.00
In memory of Bro. Charles M. Prchal Sokol Detroit Ladies Auxiliary	50.00
In memory of Bro. Charles M. Prchal and Bro. Frank Cermak Dr. Henry Poupa	50.00
	<hr/>
	\$110.00
Transfer of funds from savings to checking for 14 merit awards	\$2,800.00

Donations are tax exempt

DONATIONS TO GENERAL FUND

J.K.	\$ 20.00
Helen Prener	12.00
	<hr/>
	\$ 32.00

LIBRARY AND ARCHIVES FUND

November 1980

In memory of Bro. Charles M. Prchal C. S. Van Gunten	\$ 25.00
Jarmila and John Zboril	10.00
Jerry M. Kaspar	30.00
In memory of Bro. Charles M. Prchal and Bro. Frank Cermak Dr. Henry L. Poupa	50.00
In memory of all past Presidents of Sokol Rip	100.00
Sokol Rip	
Sokol Cechie	50.00
Fred Kala	10.00
	<hr/>
	\$ 275.00

Donations are tax exempt

Recipe for a Happy New Year

Take twelve fine, full-grown months, see that these are thoroughly free from all old memories of bitterness, rancor, hate and jealousy; cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past - have them as fresh and clean as when they first came from the great storehouse of Time.

Cut these months into thirty or thirty-one equal parts. This batch will keep for just one year. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot in this way), but prepare one day at a time, as follows: Into each day put twelve parts of faith, eleven of patience, ten of courage, nine of work (some people omit this ingredient and so spoil the flavor of the rest), eight of hope, seven of fidelity, six of liberality, five of kindness, four of rest (leaving this out is like leaving the oil out of the salad - don't do it), three of prayer, two of meditation and one well selected resolution. If you have no conscientious scruples, put in about a teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.

Pour into the whole love ad libitum and mix with a vim. Cook thoroughly in a fervent heat; garnish with a few smiles and a sprig of joy; then serve with quietness, unselfishness, and cheerfulness, and a Happy New Year is a certainty.

Sis. Blanche Kos



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AMERICAN SOKOL ORGANIZATION
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Sokol

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Wouldn't this old world be better
if the folks we meet would say,
I know something good about you
and then treat us just this way?

Wouldn't it be fine and dandy
if each handclasp warm and true
Carried with it this assurance,
I know something good about you!

Wouldn't life be lots more happy
if the good that's in us all
Were the only thing about us
that folks bothered to recall?

Wouldn't life be lots more happy
if we praised the good we see?
For there's such a lot of goodness
in the worst of you and me.

Wouldn't it be nice to practice
that fine way of thinking, too?
You know something good about me
I know something good about you!

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