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# AMERICAN SOKOL

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EXECUTIVE BOARD ASO.  
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6424 W. Cermak Road Berwyn, Ill. 60402  
Tel.: 795-6671  
Meetings: 4th Tuesday - except July and August,  
at ASO Office

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## Calendar of Events

- JAN 10 - SOKOL SOUTH OMAHA  
Gymnastic Meet
- JAN. 17 - NORTHEASTERN DISTRICT ANNUAL  
MEETING - Cleveland, Ohio
- JAN 24 - SOKOL SOUTH OMAHA  
Gym Meet - Fremont Gym Club
- JAN 30 - SOKOL MINNESOTA  
Sibrinky - CSPS Hall
- FEB. 5 - SOKOL SOUTH OMAHA  
Annual Vecirek

- FEB. 7 - SOKOL GREATER CLEVELAND  
Gymnastic Exhibition at Cleveland State Univ.
- FEB.13 - SOKOL BROOKFIELD  
Spaghetti Dinner
- FEB. 13 - SOKOL LOS ANGELES  
Valentine Dance
- FEB. 13 - SOKOL MINNESOTA  
World Bohemian Euchre Tournament
- FEB. 13-14 - SOKOL SOUTH OMAHA  
Garage Sale
- FEB. 21 - SOKOL STICKNEY  
Pancake Breakfast
- FEB. 28 - SOKOL SOUTH OMAHA  
Gymnastics-A-Thon
- MAR. 6 - SOKOL BROOKFIELD  
Gymnastic Exhibition
- MARCH 13 - SOKOL TABOR  
Gymnastic Exhibition
- MAR. 13-14 - WESTERN DISTRICT MEETING  
Cedar Rapids, Iowa
- MAR. 20 - SOKOL LOS ANGELES  
Josefovaska Dance
- MAR. 20 - SOKOL SOUTH OMAHA  
Gym Club Dance
- APR. 4 - SOKOL WEST SUBURBAN  
Gymnastic Exhibition at Hinsdale Township  
High School (South)
- APR. 3-4 - SOKOL SOUTH OMAHA  
Invitational
- APR. 17-18 - EASTERN DISTRICT  
Slet
- MAY 21 - SOKOL MILWAUKEE  
Graduation Program
- JUNE 13-14 - SOKOL ST. LOUIS  
Central District Slet
- JUNE 18, 19, 20 - WESTERN DISTRICT SLET  
St. Paul, Mn.
- JUNE 21-27- WESTERN DISTRICT  
Teacher's Course, Pine City, Mn.
- OCT. 1982 - SOKOL BALTIMORE  
110th Anniversary

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# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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Ročník - Vol. CIII

January - 1982 - Leden

Číslo - No. 1

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It has been discussed at numerous Executive Board meetings - the need for additional space to house the library and archives of our organization.

Other locations in the west suburban area had been investigated, only to find them not suitable or leased just prior to our inquiries.

When the store adjacent to our office, on the corner, became vacant October 1st, we investigated and found it to be larger and very accommodating for our use. The Executive Board was called to review the space and all agreed it was what we required.

We then negotiated with the realtor managing the property and after agreement to terms set a date of November 1st for occupancy. The next month was hectic. The new office was cleaned and painted, the floor stripped and waxed. Everything was moved the last week in October. November 1st we were in our new office.

Though there is much to be done to get the new office into shape we are happy in our new "home".

Most importantly the Educational Committee, after many years has a place that all our Sokol books and archives can be displayed. Now anyone wishing to donate precious Sokol memorabilia and artifacts can be assured that their gift will be displayed in dignity and in the proper surroundings.

It will take time, but the library with its shelves and display cabinets will be a place Sokols everywhere will be proud to visit.

**Bro. Roy S. Zitny, President**  
American Sokol Organization

## JIM HARTUNG

1981 USGF Gymnast of the Year hopes to compete in Los Angeles at the '84 Olympics. Jim Hartung plans to be competing in Los Angeles at the 1984 Olympics. Jim modestly admits he hopes just to be a part of that team and points towards the potential of gymnasts rising through the junior program. In that Olympic year he will be 24 years old, and more than likely will have added many more honors to a list which is already impressive.

Some of Hartung's credentials include - 1980 USA Olympian, 3 time member of the USA World Championship Team (9th AA in 1979 and vaulting finalist), '81 USGF AA Champion of the USA, defending 2 time NCCAA AA Champion, 4 time NCAA individual event Champion - on rings (twice), parallel bars and high bar and he has been named an NCAA All-American 17 times in three years of collegiate competition. As a senior this year at the University of Nebraska he will lead the 3 time NCAA Team Champion Cornhuskers in trying to win their fourth title in 4 years - an unprecedented accomplishment. In Ft. Collins, Colorado last September Jim won the USA World Championship Team Trials, and along with USA teammates Phil Cahoy, Bart Conner, Tim Daggett, Mitch Gaylord, Scott Johnson, Mario McCutcheon and Peter Vidmar will travel to Moscow, USSR in late November to defend the USA bronze medal showing at the last World Championships.

Jim began gymnastics at age 5 in his hometown of Omaha, Nebraska with basic acrobatics at the Dorothy Tokarski Dance Studio. At seven, he moved on to the Sokol Gymnastic Club in Omaha where he began receiving instruction from Phil Cahoy, Sr. and Dale Makin. Here Jim worked-out until age 18, receiving what he says was his "most beneficial training". He trained in those early days with Phil Cahoy, Jr., and years later they would continue their training together as teammates at the University of Nebraska - going on to lead Nebraska to a pair of NCAA Team Championships. "We were always pushing each other back and forth," explains Hartung. "We had many competitions together. I'd win one and Phil would win the next . . . it helped us improve at a little accelerated rate."

In high school, Jim competed for Omaha South and was coached there by former University of Nebraska gymnast Richard Baron. He credits his own ability to compete and to compete with consistency to these days . . . "We sometimes had 5 meets in 10 days, and this repetition helped me gain a lot of confidence and to compete much better." During this high school career Jim believes that one year they had perhaps "the best team in the nation . . . with Phil Cahoy, Chuck Chmelka and Rex Mulcheck". In total Jim won 18 Nebraska State gold medals, and was named Nebraska High School Athlete of the Year.

During those high school years Jim continued to train at Sokol Omaha where at age 15 he became involved in the USGF Junior Olympic Program. In 1975 at the USGF Junior Olympic Nationals in Iowa City, Iowa, Jim placed second in the AA "with no really outstanding events." At the Junior Olympic Training Camp following the competition Jim cited two



people who worked with him there - Mas Watanabe and Brent Simmons. In 1977 and '78 the USGF Junior Olympic National AA Champion was - Jim Hartung.

After high school Jim was the most sought after gymnast in America. With no reservations Jim chose the University of Nebraska, coached by Francis Allen and said his "three main reasons were: good facilities, good coaches and that Nebraska was close to home."

Taken in part from an interview with Ward Black which appeared in the November-December, 1981 USGF GYMNASTIC magazine.

## 1982 Study-Tour Courses Announced

The Institute of Comparative Physical Education has announced that it will offer five study-tour courses during the 1982 summer school period. The courses are open to P.E. teachers, coaches, recreation specialists, exercise scientists, grad students and other professionals. All five of the courses have an independent study unit which permits participants to pursue topics of greatest interest to them.

P.E. 520: and Sport in the USSR . An agreement has been reached to renew in 1982 the Soviet study program. In view of the unqualified success of the six previous courses 1974-1979, the same basic format will be followed. There will be the opportunity to specialize in a sport including the science of coaching track and field, wrestling and other sports in addition to the P.E. option. The course will be held at the Soviet Union's

world famous National Institute of Sport Science in Moscow (May 30th to June 15th).

P.E. 512: Theories and Practices of Physical Fitness and Health Care in Sweden study-tour will be offered for the 8th consecutive year May 29th-June 15th. The course has been acclaimed world-wide for its excellence. Under the health care theme, a unique study of Sweden's advanced system of Therapeutic Recreation and Adaptive P.E. will be offered for the first time.

P.E. 500 ZC: Comparative P.E. will provide two options: The Section ZC group will study in China June 25th-July 13th. Their schedule will involve over 5,000 miles of travel within the country. All three major centers in China: Peking, Shanghai and Canton, as well as Hong Kong, Nanking and Wuxi, will serve as study sites. The program is regarded as one of the most extensive and exciting studies ever undertaken in modern China. The P.E. ZD Section will study in England, France and Canada June 26th-July 12th. Highlighting the Canadian component of the course will be the sessions held at the 1976 Olympic Games facilities. Historical London, Nonington College of P.E., Canterbury, Dover and the Kent Coast Seaside will be the major study sites in England. Across the channel in France, Calais and Boulogne will host the P.E. 500 ZD study-group. The course will focus on two themes: An analysis of the system of P.E. and the Science of Coaching Soccer.

P.E. 510: The P.E. in Europe group will study and tour Austria, Germany and the Alps June 27th-July 11th. The Universities of Salzburg, Wurzburg and Munich are the host institutions. The majestic Bavarian and Austrian Alps are the setting for outdoor recreational activities, exercise science and fitness classes.

With school and universities in session until mid-July in China, England, France, Austria and Germany and until mid-June in Sweden and the Soviet Union, a unique opportunity is provided in all Institute courses for direct analysis of sports programs, P.E. classes, teaching methods and coaching techniques.

Institute study-tour courses are organized on a non-profit, educational basis with tuition, 6 graduate credits, complete meals, accommodation, air and land transportation, sightseeing and cultural events included. The all-inclusive costs are as follows:

P.E. 520	P.E. and Sport in the USSR	\$1,590 U.S.
P.E. 512	Theories and Practices of Physical Fitness and Health Care in Sweden	\$1,585 U.S.
P.E. 500 ZC	Comparative P.E. - China	\$2,685 U.S.
P.E. 500 ZD	Comparative P.E. - England, France and Canada	\$1,675 U.S.
P.E. 510	P.E. in Europe	\$1,590 U.S.

Registration is limited. Individuals interested in enrolling for the courses should write or call: The Institute of Comparative P.E., Room 201, Concordia Univ., 7200 Sherbrooke Street W., Montreal, P.Q. H4B 1R6. Telephone: (514) 482-0320, ext. 732.

The Institute of Comparative Physical Education

## Reports from Annual Meetings from the Districts

**Central District:** Meeting held Sunday, November 15, 1981. Reports from the committees were very concise and accurate and gave full details as to the year's work. Much has been accomplished, but as usual there is still many things to be done. The 1982 District Slet in St. Louis is being prepared, plans for the 1982 Vienna Slet are well on their way to being successful and believe it or not many plans for the convention and Slet in 1985 are already made and being finalized. Reports of the officers showed that theirs is an endless job. Unit presidents reported as follows: Sokol Berwyn has been active for 71 years. Sokol Brookfield celebrated its 50th Anniversary this past year. Sokol Cechie only has a membership of 24 but is still going strong. Sokol Chicago holds monthly meetings and is very active in the Chicagoland Sokol Building Assoc. Sokol Havlicek Tyrš celebrated its 70 anniversary this year and is a big supporter of the Chicagoland Sokol. Sokol Milwaukee busy every month of the year. Participate annually in the Holiday Folk Fair, Ethnic Village tour and Milwaukee Public Museum display. Sokolice Milwaukee works equally hard with their brothers in these projects. Sokol Rozvoj will not disband their unit, small as they are still wish to be Sokols. Sokol and Sokolice St. Louis have built their membership up to 370. Sokol Tabor putting all their effort into building up their junior boys classes. Also in charge of helping with the remodeling of the lower level of their hall. Sokolice Tabor have morning classes for some of their women. Projects for every month of the year. Sokol Slavsky is 92 years young. Working hard to meet building rental expenses. Sokol Stickney is in its 53rd year of activity. Have many dedicated and youthful officers and instructors. Sokol Town of Lake in its 93rd year, not active gymnastically but work on educational items on Czech history and cultural activities. Sokol West Suburban is only 23 years old, building up its gymnastic classes, teaching heritage and history to their classes also. Bro. Edwin Halik was given an Honorary Membership. He is retiring as president of the Central District, Bro. George Vytlačil will be the new president. Bro. Roy Zitny, National ASO President installed the new officers for Central District.

**Pacific District:** held their annual meeting on November 15, 1981 at Sokol Los Angeles. Delegates and guests were welcomed by Sis. Nekuda. Preliminary business was handled. Reports from the units was as follows: Sokol Seattle, 59 members strong is working very hard to build up its membership and keep gymnastically active. Sokol San Francisco has monthly activities planned and is working on building up its children's classes. Sokol Los Angeles has many activities in split shifts. Trying to build up more membership of men in their Sokol. Czechoslovak Day in Alpine Village is a huge success. Children's camp was very successful. Being a smaller district does not mean these Sokols are not making their marks. Their children's camp is really becoming something to brag about. And they will bring new life into all the units. We will be hearing many good things from the Pacific District.

**ASO FINANCIAL REPORT**

November, 1981

**RECEIPTS:**

Dues	\$2,233.85
Convention Fund	48.00
Special Assessment	24.00
Advertising in "American Sokol"	100.00
Resale of Jewelry	67.10
Educational Department - Bronze Bust	725.00
"Highlights of Czech History"	24.75
UPS Charges	6.14
Postage	.79
Song Books	5.00
Miscellaneous	334.00
	<u>\$3,568.63</u>
ASO Uniform Division - Rent, salaries, etc.	745.68
	<u>\$4,314.31</u>
Transfer of funds from savings to checking account	4,225.53
	<u>\$8,539.84</u>
ASO Instructors School - Fort Worth, Texas	75.00
<b>TOTAL RECEIPTS</b>	<u><b>\$8,614.84</b></u>

**DISBURSEMENTS:**

<b>Administrative</b>	
Salaries - Office Employees	\$ 761.36
FICA & FWT for October, 1981	220.44
Rent, janitor services and supplies, phone, electric	1,453.16
Office supplies	3.15
Postage	22.98
Printing merit certificates	49.74
Insurance	213.00
Moving Expense	555.05
Miscellaneous	112.15
	<u>\$3,391.03</u>

**Board of Instructors**

Salaries	\$ 414.66
FICA & FWT for October, 1981	72.26
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
Postage and phone	79.20
Travel Expense	404.00
Membership Fees	100.00
	<u>\$1,129.12</u>

**Educational Department**

Postage	\$ 1.26
FICA for October, 1981	6.86
Material for library shelves	73.46
Books, etc. for library	25.13
	<u>\$ 106.71</u>

**Sokol Publication**

Printing "American Sokol"	\$ 982.00
Postage	1.05
Mailing list changes, labels, etc.	177.81
Editor "American Sokol"	100.00
	<u>\$1,260.86</u>

**Miscellaneous**

ASO Uniform Division - Salaries, FICA, FWT, October, 1981 and phone	\$ 537.19
Future Sokol Leaders Fund - Postage	.54
Special appropriations - Western District	250.00
Eastern District	<u>1,900.00</u>
	<u>\$2,687.73</u>
<b>TOTAL DISBURSEMENTS</b>	<u><b>\$8,575.45</b></u>
Balance brought forward:	
Western National Bank of Cicero - Checking account	\$ 108.51
Receipts	<u>\$8,614.84</u>
	<u>\$8,723.35</u>
Disbursements - November 1981	<u>8,575.45</u>
	<u>\$ 147.90</u>

**FUTURE SOKOL LEADERS FUND**

November, 1981

In memory of Sis. Elverna Buran - Sokol and Sokolice Racine	\$ 10.00
In memory of Dr. Helen Pisarik - Bro. Jerry Polacek	15.00
	<u>\$ 25.00</u>
Transfer of funds from Clyde Federal Savings & Loan to Western National Bank of Cicero Checking account for - 9 Merit Awards	\$1,800.00
Expense connected with the revision of the Sokol Manual	425.53
	<u>\$2,225.53</u>

Donations are tax exempt

**Vth JUBILEE SLET**

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AMERICAN SOKOL

# SOKOL GYMNAST

JANUARY 1982

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

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1865



1982



This Slet will commemorate the 100th Anniversary of the first ever Sokol Slet held in Prague in 1882 as well as the 150th Anniversary of birth of the founder of Sokol Dr. Mir. Tyrš.

This year's Slet will be attended by Sokols from many countries of the Free World. In addition, members of several cultural, fraternal, sports and political organizations will also convene some of their meetings and other events in Vienna at that time. Thus the Slet in Vienna will bring together Sokols and Czechs and Slovaks from around the world.

Calisthenics for the Vienna Slet are available to all interested Sokol units and lodges from A.S.O. or Sokol U.S.A. head offices. - Compulsory exercises for gymnastic competitions in Vienna will be identical to those used at the XV. American Sokol Slet in Fort Worth.

Conducted tours sponsored by the American Sokol Organization have been arranged. All Districts have been notified of costs and given itineraries. Start your travel funds, and spend a summer vacation in Europe.

## Minutes of the Directors Conference held at the Lord Baltimore Hotel, Baltimore, Maryland on October 16, 17 and 18, 1981

FRIDAY, OCTOBER 16 session:

Meeting was called to order at 8:00 P.M.

PRESENT: Sis. Ptacek, Br. Lebloch, ASO Directors, Br. Satek, Sis. Pistorius, Central District Directors, Br. Martanovic, Sis. La Vere, Northeastern District Directors, Sis. Laznovsky, Br. Laznovsky, Southern District Directors, Sis. Pelc, Br. Liska, Pacific District Directors, Sis. Dalton, Br. Cahoy, Western District Directors, Sis. Benda, Eastern District Women's Director, Br. J. Vrzalik, 1st Asst. Men's Eastern District Director, Br. Ptacek, 1st Asst. ASO Director, Br. Michalek, 2nd Asst. ASO Director, Sis. Halik, 2nd Asst. ASO Women's Director, Br. J. Milan, National School Bd. Chairman and Sis. Simonek, Secretary.

Sis. Sain, 1st Asst. Eastern District Women's Director, Br. H. Vrzalik, 1st Vice President Eastern District, Sis. L. Vrzalik, Sokol Baltimore, Sis. Lil Laznovsky, Sokol Ennis, Sis. Kalat, ASO BOI, Br. Kalat, ASO BOI, Sis. Martanovic, Sokol Greater Cleveland, John Vrzalik, Sokol Baltimore and Br. Zoubek, Sokol Baltimore.

Br. Henry Vrzalik extended a very sincere Sokol welcome to all present, wished the Conference much success saying the Eastern District is proud to be the site of the Directors Conference for 1981.

Br. Lebloch and Sis. Ptacek welcomed everyone and called upon everyone to introduce themselves, after first introducing their 1st and 2nd assistants and the BOI secretary.

Special thanks was given to the Southern District for the terrific job and superb handling of our XV American Sokol Slet. A standing ovation was given and a round of applause to those present from the Southern District; Sylvia and Larry Laznovsky, Southern District Directors; Larry was also Slet Co-chairman; Chuck and Jan Kalat, tabulating and souvenirs; Lil Laznovsky for a variety of jobs and the entire Milan family for their hard work in many areas. (Bro. and Sis. Kalat have moved back to the Central District since the Slet).

Br. Lebloch announced that Br. Phil Cahoy, Sr. has recently been inducted into the Nebraska Hall of Fame for his outstanding work in the field of gymnastics.

At this time Br. Laznovsky asked for the floor and had Br. Cahoy step forward. Larry presented Phil with a beautiful trophy, fashioned after the 1981 Slet trophies, with the inscription "To Phil Cahoy, Sr. IN RECOGNITION OF OUTSTANDING COACHING - 1981 - AMERICAN SOKOL ORGANIZATION. Presentation was to have been made at the Slet, but time did not allow for it.

Two similar trophies were also presented to Sis. Ptacek and Br. Lebloch inscribed as follows: "IN RECOGNITION OF OUTSTANDING CONTRIBUTIONS TO THE SUCCESS OF THE 1981 AMERICAN SOKOL SLET - SOKOL ROUNDUP FORT WORTH, TEXAS.

**DISTRICT DIRECTOR'S REPORTS:** Reports were given as follows: Central District, Pacific, Northeastern, Western, Southern and Eastern. Many interesting items from each report were discussed. Br. Satek, Central District Men's Director, had prepared a copy of his report for everyone. This idea was very well accepted and from this came a motion made by Sis. Jolene Dalton that each Director make 12 or 13 copies of his or her report and give to each Director at our next Conference. Motion was seconded by Br. Satek. Passed. Rather than wait until next year, a committee of Br. Vrzalik, Sis. Halik and Simonek, made copies of all reports during lunch time and presented them to the Directors. Special thanks to Br. Vrzalik!

Report made that the USGF publication carried an excellent 4 page article on our XV Slet with a number of pictures. A new USGF magazine has been introduced and will be sent to every USGF registered gymnast in the country.

Eastern District reported that greetings were sent by Br. Walter Slavik, Eastern District Men's Director, with apologies for not being able to attend the Conference. Previous commitments were binding. Br. Joe Vrzalik was sent as the representative from the Eastern District.

**UNIFORM DIVISION REPORT:** Report prepared by Sis. Betty Prener. Uniform Division, was read. Leotards and slippers are being obtained from Leo's Advance Theatrical. Women's blouses are being handled by two women sewing at home. Uniform Department will no longer accept soiled or wrinkled items for exchange or return. Prices will go up with a new pricelist to be issued in January. Asked for opinion on the Women's Dress Parade Uniform. Final decision is up to the Executive Board; however, it is the recommendation of the Board of Instructors to go along with Sis. Prener's suggestion of a ready-made navy blue blazer and grey skirt (or simple pattern skirt). This was made into a motion by Sis. Pistorius, seconded by Sis. La Vere. Motion passed.

Several comments on the men's gymnastic Sokol pants: Can a solution be found to keep them up without the use of suspenders? Too wide at the sides. Could a one piece uniform be obtained (jumpsuit type)? Br. Cahoy said that pants wore by competitors in meets other than Sokol have "Sansabelts" and there are no problems. Perhaps a separate Sokol belt would be the answer.

Sis. Benda stated that the new red leotard sizes do not correspond to the measurements as listed in the pricelist. They seem to run smaller and many exchanges were necessary before the right sizes were obtained. Her solution was to order a size larger than as listed in the pricelist.

To avoid collection problems, Sis. Laznovsky suggested that perhaps the Uniform Department should not sell to individual members except on a COD basis

or prepayment. Authorized persons should be the only people ordering uniforms.

Br. Lebloch commented that at the Slet in Fort Worth whenever the women bowed their heads, the red bands were very impressive. Changed the color pattern of the field. Some feel that too many people just wear red ribbons and this is not meaningful - would rather go back to some type of uniform caplet or headpiece, rather than just a band. Everyone to discuss with their BOIs for input.

Welcome extended to Br. Ed Marquis, Jr., Sokol Baltimore.

**SOKOL GYMNAST REPORT:** Report prepared by Br. Ed Linhart was read by Sis. Pistorius. Br. Linhart made an appeal for articles of interest for the *Gymnast*. . . articles should be sent direct to Br. Linhart. Sis. Laznovsky said more educational items used to be presented in the old issues and would like to see this again. Br. Liska suggested that perhaps all Unit Newsletter should be gone over for items. Sis. Benda sees no need to send the extra copies of the *Gymnasts* to her - she collects entire copies and distributes them to the Jr. girls. The following changes are to be made in the gymnast mailing list:

Central District - 50 Women; 70 Men.

Southern District - 60 total.

Eastern District - 0 Women; ? Men (will check with Br. Slavik).

Western District - none.

Northeastern District - none now (will check and advise).

Pacific District - 15 Women (as is); 15 Men (as is).

In closing discussion on the *Gymnast*, everyone feels Br. Linhart is doing a great job. Note: Br. Linhart had resigned as Editor of the *Gymnast* early this fall. Verbal and written pleas were sent to him to continue. Have not heard officially from him, but from the text of his report, we have hopes he has reconsidered and will stay on.

**MERIT AWARD REPORT:** Prepared by Sis. Zdenek and read by Sis. Halik. Their meeting was held on September 30 - had a total of 8 applicants, with 5 winners chosen. Results must be approved by the Executive Board. Some applications are received incomplete. Directors are asked to check everything for any omissions. Example, no picture enclosed - prospective school name not listed.

Discussion on renewals with the recommendation of this Conference to the merit Award Chairman that the renewal forms should automatically be sent to the Units that have winners the previous year. In cases where there is a change in the Directors, the new person may not be aware that they had anyone eligible for renewal. Sending the form will be of considerable help.

**EDUCATIONAL COMMITTEE REPORT:** Report prepared by Sis. Zdenek, Secretary of the Educational Department, and read by Br. Michalek. Were very proud of the Exhibit at the Slet and grateful for sis. Henrietta Milan and her committee for the beautiful display.

Educational Committee is gathering material for a book on Sokols in America. Are also preparing a list

of available films for rental, as well as a listing of children's books.

Received from Sis. Prchal a translation of Sister Provaznik's "Outline for Basic Physical Training of Small Girls, Junior Girls and Women". This was supposed to have been turned over to the BOI, but Sis. Prchal gave it to the Education Department.

Sis. Benda inquired as to how the Units will benefit from the library? Can books be taken out? Her Unit may make a donation, but would first want to know of what benefit will be derived for the Unit?

As soon as the ASO headquarters have completed moving, the library will be upstairs and readily accessible to anyone wishing to come in and use the books there. No provision is made now for taking any books out.

Sis. Benda donated a silk scarf dating back to the 1938 Slet held in Czechoslovakia . . . given to her by Mr. and Mrs. Tom Zabransky III, Sokol Little Ferry.

Sis. Laznovsky said more publicity should be given to the fact that this Sokols in America book is being worked on. Suggested that more than one letter should go to each Unit to make sure everyone gets informed . . . possibly the President, Secretary or Director should also get notification, in addition to the Education Director. Also the extension of the Essay Contest should have been publicized more.

Entire filming of the Slet was done - now must be edited and music dubbed in because the quality of the music on the Slet was not too good. Will need tapes of music to put in where needed. Also being worked on is Czech Cultural Activities in Texas. It is being reviewed for a grant of money. Suggestion made by Br. Milan that perhaps the ASO might grant a sum of money to enable it to be completed.

General feelings are that movies or video tapes should be made of future Slets for our history and record keeping.

Br. Walter Hosek restored 2 busts of Tyrs. Publication should be used to notify everyone that replicas of the bust are available for \$725.00. Every Unit should consider having one to display - our history and heritage make us different from an ordinary gym club.

Discussion on having Sokol postcards available. Br. Satek reported that the Executive Board is working on this.

**OTHER BUSINESS:** Sis. Dalton suggested that the white shirt with the small Sokol emblem that was sold in Fort Worth during the Slet should be carried as a standard item by the Uniform Division.

Discussion on some ways to boost Unit membership. Southern District says they insist that at least one parent must become a member if the children attend regular gym classes. Br. Satek said Units in the Central District have own type of incentive. His Unit, Sokol Slavsky, offers reduced fees to children whose parents are members. Units in the Southern District do not pay dues to the ASO or to their District for their Associate members. Units in the Central District do pay dues to the District for any Associate members they may have. No other Districts commented on this subject.

**SATURDAY, OCTOBER 17 SESSION:**

Meeting was called to order at 8:35 A.M.

**PRESENT:** Sis. Ptacek, Br. Lebloch, Sis. Pistorius, Sis. Halik, Br. Ptacek, Br. Michalek, Sis. Benda, Sis. Sain, Br. Vrzalik, Br. Milan, Sis. Dalton, Br. Cahoy, Sis. Pelc, Br. Liska, Br. Laznovsky, Sis. Laznovsky, Sis. La Vere, Br. Martanovic, Br. Satek, Sis. Lil Laznovsky, Br. Kalat and Sis Kalat and Sis. Simonek.

**ATTENDANCE:** Sis. Pistorius distributed her Statistician's Report to all District Directors. Some Units of some Districts did not send in reports to Sis. Pistorius - some Directors turned some in here at the Conference. Sis. Pistorius showed a sample form which the women's Central District uses - would like to have all Districts use these. Unit Directors turn them in every month at their District BOI meetings. Out of town Units mail them in every month to their District Director. In this way the District Directors would be responsible for keeping attendance records which they would turn in at the Directors Conference, keeping copies for their own records. This will eliminate Units having to send them to the Statistician. Sylvia will send a supply of these forms to each District Director.

**XV AMERICAN SOKOL SLET.** Letters were read from Czech Sokol Abroad, Sokol USA, Eastern District BOI, Br. Ed Schnabl, Sokol Berwyn and Br. Jerry Hardy, Sokol New York - all expressing their congratulations on our very successful XV Slet. Also included in Br. Schnabl's letter were some criticisms on the quality of the judging at the Special Number Competition, along with some suggestions.

Sis. Dalton and Br. Benak, Directors of Sokol South Omaha, sent their comments on the Slet. Letter was read and discussed. All points were listed in the BOI minutes dated September 9, 1981.

Sis. Alice Kalkwarf wrote with a complaint on the rule regarding the Jr. age limitations for entering competitions . . . said it was unfair to change rule just prior to the slet. Several of her young Jrs. did not compete because of the rule.

Special thanks to Sis. Laznovsky and Sis. Pistorius for the very fine job in connection with the Special Number Competition. Five Districts had entries as compared to only two Districts in 1977.

Motion made by Br. Cahoy, seconded by Br. Michalek, that the Special Number rules should be included in the Tournament Rules.

Comments and ideas for the Special Number Competition: Perhaps we should use outside judges. Sis. Dalton says a big organization as we are should have plenty of our own capable people to judge properly.

Western District entry not aware of exactly what they were being judged on. Everything should be spelled out in the rules as to what the judges are looking for.

Sis. Benda is in favor of breaking the entries into groups according to the number of participants . . . we need different categories. Judges should meet prior to the competition and discuss rules more closely.

Br. Michalek thinks perhaps every entry should receive some type of award, rather than selecting 1st, 2nd, 3rd, etc. winners. Hometown advantage should

not be encouraged with equipment and apparatus. Admission charge could have been higher.

Possibly more information on this competition could appear in the Gymnast.

Suggestion made that we poll the judges to see what elements they were judging. Could prove to be helpful to us.

Instructors should know all the rules well in advance - before they start writing the number.

In conclusion, Br. Lebloch added that he thought this was the best Special Number Competition we ever had on a National level.

**Competitions:** Br. Michalek read a list of items that were suggested at the Advanced Instructors School in Ennis:

1. Add one extra day to better accommodate boys high, men's low and men's master.
2. Demonstration of routines was unnecessary!
3. Warm-up time was terrible, not enough warm-up equipment was available.
4. Division Directors were not forceful enough to make snap decision.
5. More preparations meetings of leaders prior to the Slet.
6. Firm guidelines established for all meet managers and directors of the different competitions.
7. Abide by the rules you establish.
8. Previous winners in Slet should be audited.

Individual awards, plus All-around, should be taken into consideration for the next Slet. Possibly cost could be subsidized from a source other than the ASO. Tabulating may cause problems unless we have a computer again. In 1967 when individual awards were presented, too many ties did not occur. This Directors Conference recommends that individual awards be presented, but final decision is up to the next Slet committee.

List of comments and ideas as they came from the floor:

Budget warm-up time - we need to have more time - someone in authority must monitor time each person spends on the apparatus during warm-up. Calisthenics should be broken down by point value just as the routines. Championship competitors did not like competing after the Awards night. Judges conferred too often and too long before scoring contestant. Some judges said they were not judging on marching to and from apparatus. All Division Directors and judges should be in Sokol uniforms (or as rules state) with NO jewelry. District Directors must impress this on their people - everyone must be dressed properly at competitions, as well as on the field.

We need Division Directors who are more properly educated. A committee consisting of Br. Michalek, Milan Vrzalik and sis. Dalton will meet and draw up guidelines for all Division Directors, as well as duties of Field Directors. These will be included in the Tournament Rules booklet. If time does not permit them to complete this assignment here, they will mail the information to the office.

Very good job at the Championship Competition, except competitors were not named or what Unit they represented.

Sis. Benda suggested that perhaps the competitors could practice somewhere the day before the competitions start. This might cause added expense.

Form for listing of judges must be improved. Possibly showing their age, their experience at Unit, District or National level judging. Were they ever head judges? Novice, experienced or moderately experienced? Also must know if the people listed for judging are competing in any competition (men's division had some problem with this). Western District not satisfied with only two judges in the women's department. Would prefer to have four. It is possible to use four on some apparatus and two on other apparatus.

**Volleyball:** Committee consisting of Br. Michalek, Harlan, Hantak, Sis. Harlan and Palkovic compile volleyball rules which will be included in the Tournament Rules booklet.

Rules for the 440 relay race should also appear in the booklet. Comments and ideas from the floor. Names of people must be known of the people accused of not drilling the calisthenics after being on a volleyball team.

Br. Laznovsky said the Slet lost money on the Volleyball tournament. Paid refs were used and the facility rent was extra. Br. Milan says if the games are to be timed, we should stick to the schedule or possibly use a smaller number of points for games. Once the tournament started, there were very few complaints about the concrete floor.

Double elimination was very well accepted.

Some people do not agree with the rule allowing for one person from another Unit to be on some other Unit's team.

3 Volleyballs left in Fort Worth should be sent to the ASO office.

**Slet Field:** Br. Slavik submitted a letter stating some problems which must be resolved, but at the same time stating the Slet as a whole was a great one and that he was happy to see so many dedicated people working late into the night and continuing early the next morning. His main concern was the organization of the Slet parade and lineup for calisthenics. He feels we must have a blueprint to follow! Also thinks that every Unit Director should report to a designated person or committee, the number of gymnasts he she has for competition, as well as the number of drillers. From this the committee can draw up blueprints for the field columns. Br. Slavik says the ASO National Directors should march in front of the flag?

Flag protocol will be checked! Br. Ptacek read a list of duties from the Sokol USA Tournament Rules. They include a breakdown of everything that must be done in preparation of a Slet, duties of various committees, rules on flags and samples of various forms. Br. Lebloch suggested that a committee from the ASO BOI check over their booklet and ours and come up with something similar to be included in our Tournament Rules. This will be very valuable for the next Directors taking over.

Br. Lebloch says that District lineup is up to the District Director. We march out by Districts and then peel off into classes.

Sis. La Vere says samples of filled out forms should also be included in the booklet.

Motion made by Br. Satek, seconded by Sis. Dalton, to reproduce this new Tournament Rules booklet in a large number and make it available to the Unit Directors at cost. Motion passed.

Motion made by Br. Michalek, seconded by Br. Satek, to recommend to the Executive Board the purchase of a Word Processing Machine. Motion carried.

Motion made by Br. Satek, seconded by Br. Cahoy, that if the Executive Board does not accept our recommendation, they should look into the purchasing of a Word Processing Service and or a Computer Service. Motion passed.

**Sound System:** Many comments were made on improving the sound system at the Slet field. Might be a good idea to test everything the day before. Sis. Pistorius says a coordinator who knows when the music should be put on should be standing right there with the person in control of the system. Music is a very important part of the whole program.

More Miscellaneous Slet Comments: Br. Martanovic said there was a hardship on the people who had to change outfits in such a short time. Can a solution be found?

Sis. Benda says field maps used to be mailed out to Units ahead of time showing them where they would stand.

Sis. Sain says a system of registering should be done right at the start of the Slet... number of competitors, number of drillers, flag bears, etc. would be registered.

Programs should be posted in strategic spots so participants know when they are drilling.

Br. Ptacek says many decisions can be made on paper, but then things change and the people cannot attend - we must be flexible! perhaps two practice sessions can be set up for the calisthenics. One for Jrs. and one for Srs.

Br. Liska would be interested in having clinics for Folk Dancing. Perhaps could be put on film.

All social events were very well planned. young people were kept inside at the Country Western Dance... was somewhat crowded because many adults attended.

Br. Laznovsky said they received some complaints on the prices of some of the events, but when people saw the facilities, they were very well pleased. Buses were free.

Food right at the competition site was great. Free milk was really appreciated.

Walkie-talkie equipment helped a great deal with communications between the hotel and Convention Center.

Cooperation between the ASO and the Southern District was absolutely great.

Tour Committee had a rough time - Br. Milan suggested that at the next Slet, just get commercial tours if desired, rather than trying to set up something ourselves.

Next Slet the hotel should be notified that breakfast should be available at an early hour to accommodate our competitors and judges.

**TOURNAMENT RULES:** Lengthy comments and discussions on changes and wording in our Tournament Rules booklet. All changes made will be attached as the last pages of these minutes for your convenience.

Sis. Sain: 3 people Appeals Board should be in some central location whenever a controversy needs to be settled.

**SPECIAL ASSESSMENTS:** Every District is to be notified as to the amount of money available to them in this fund as of September 1st of each year. This was passed at the 1980 Convention.

If for some reason, the yellow Tentative Forms have not been submitted and the Final Report Forms are being submitted, it is not necessary to send both in **the same time**. Tentative Forms are supposed to be sent in prior to the activity or purchase of aides.

**NATIONAL SCHOOL BOARD:** Br. Jerry Milan reported on the progress of the National School Board. Two advanced Courses were held in Texas immediately following the Slet. A two week Course was held in Ennis with 40 students attending. A one week Course was held in Forth Worth, with 16 in attendance.

Students are much more productive when they stay at a Course for a week or two, instead of weekend Courses.

Some of Sis. Provaznik's lectures are still being transcribed. Others are being retyped into proper wording. The next priority of the School board is to work on progressions. Sis. Prchal has completed some translating for the School Board. Br. Milan reported that some completed material was given to Br. Linhart at the 1980 Convention for publication in the *Gymnast*.

Several people commented that they have nothing in their hands to show us what exactly has been completed for the Beginners and Advanced Courses and what exactly is being taught to the students. The students learn new and improved techniques which we do not know.

Br. Milan reported that the School Board will not hand material out until it is all completed and well organized. They are continually working toward this end.

It is the recommendation of the School Board that the National Courses be held every 2 years instead of 4 and not necessarily immediately following a Slet. Could Sokol Cleveland house an Advanced Course in 1983? Br. Martanovic will check. Sokol USA (and possibly Eastern District working with them) will run a Beginners Course next summer.

School Board is interested in knowing how the students are being used by their Units.

Br. Satek thinks 16 as the minimum age is too old. Younger exceptions will be considered just as they were this year.

Br. Vrzalik said some kids felt they did not learn what they need to know to run a class.

Sister Sain says Course should emphasize progressions and how they should be taught and spotted. Safety must always be kept in mind. Br. Cahoy says proper technique should be taught.

Sis. Provaznik sent word through Br. Milan that video tapes should be produced stressing spotting, progressions and techniques. At their next meeting, deadlines will be set for completion of some of the material.

The new USGF publication will be issued every two months with articles on bio-mechanics, doctor's panels, etc. Br. Linhart may be able to use some of the articles. Br. Milan will send a copy to the office.

Perhaps a roster of qualified teachers should be available. (Central District at the last ASO BOI meeting requested a list of students who have attended Courses within the past few Slets.)

**SOKOL MANUAL REVISION:** Report submitted by Br. Milan was read by Sis. Pistorius. First meeting of the committee consisting of Br. Jerry Milan, Br. Ed Halik, Sis. Provaznik (ASO) and Br. Banjak, Sis. Chilla, Sis. Yatchysyn and Sis. Kovac (USA) met on July 19, 1981 at Sokol Woodlands, Barryville, N.Y. Agreement reached to: 1. Correct typographical errors and mistakes in figures; 2. Include more illustrations and examples; 3. All examples must be in correct terminology; 4. Tumbling should be expanded and put into the 1st department; 5. A vocabulary should be added; 6. Definitions corrected and some added; 7. Locomotor movements added; 8. Marching tactics should adhere as close to U.S. Military as possible and 9. Apparatus should be expanded with more examples and illustrations.

Next meeting will be held in the Chicago area, with suggestion that a fulltime typist, office equipment and supplies be available at all times. Br. Milan would like to have Br. Benak attend the next meeting since they will be working mainly on apparatus, pyramids, and combatives. Sokol USA would include Sis. Kovac. A good illustrator is needed!

Br. Lebloch showed the new diploma given to the students at the Courses this summer. Br. Benak had submitted the sample which was approved by the BOI.

**1982 VIENNA SLET:** Copies of all calisthenics, music was promised to be sent to us by Br. Waldauf in time for this Conference. Nothing more has been received. Br. Waldauf will be contacted again. Page 68 is missing from the men's calisthenics. Seems to be an impressive number of people interested in attending the Slet in Vienna. Br. Lebloch stated that the ASO will march as an Organization, not by Units or Districts. ASO Code of conduct rules will be in effect while in Europe.

**1985 XVI ASO SLET:** Students at the Instructors School were in favor to retain a Saturday Slet.

Recommendation of this Directors Conference to start the Slet activities on Tuesday. This will enable us to spread out the events.

After some comments, a motion was made by Sis. Pistorius, seconded by Br. Satek, to support the Sokol USA Beginners Course or have the District host their own Beginners Courses in 1983 and conduct our ASO National Course in 1984. Motion passed.

It is recommended by this Directors Conference to have the XVI ASO Slet first, with the Convention following it. Registration for the Convention could be done on Sunday evening as usual.

Motion made by Sis. Dalton, seconded by Br. Cahoy, that either a Saturday or Sunday Slet be held - whatever fits into the schedule. Motion passed.

#### Calisthenics:

Sis. Prchal and Br. Ptacek - Sr. calisthenics. Letter to be written to Sis. Mary Jean Stoepleman to ask if she is willing to write the Jr. girls and Jr. boys calisthenics. (Br. Milan reported that they still have the work they started for the 1981 Slet which was not completed.)

Sis. Benda: Girls

Br. Walter Slavik: Boys limited to 5 minutes.

Tots: Sis. and Br. Halik. Sis. Raydeen Naughton will be asked to help.

A due date for all calisthenics will be set up and all composers will be notified shortly.

**OUTSIDE AFFILIATIONS:** ASO will retain our membership in the USGF. Sis. Dalton made a motion, seconded by Br. Martanovic, to keep Sis. Norma Zabka as our representative to the USGF. Motion passed.

ASO will retain our membership in the AAU. Western District says we should not. Br. Jerry Hardy represents us with no expense to us other than the membership charge. He keeps us well informed.

**FUTURE DISTRICT DIRECTORS CONFERENCES:** Maybe we should change to meet in the spring instead of the fall meetings.

Br. Ptacek said in the interest of saving money, if the next Conference is held out of town, perhaps we should omit the 1st and 2nd assistants and just send the two National Directors and the Secretary.

Both Pacific District and Northeastern District at this time extended their invitations to host the next Conference in their Districts.

Sis. Laznovsky made a strong recommendation that all Districts attend the next USGF Congress of Coaches, as well as representatives from the ASO. The next one will be held in the Chicago area sometime next fall. Br. Laznovsky suggested that it may be possible to arrange to have the Conference around the same time as the Congress of Coaches, so both could be attended.

Conference site will be decided on when we have a date for the Congress of Coaches.

**GYMNASTIC SKILLS:** Sis. Pistorius presented a report listing the number of patches awarded since June, 1980. Sokol Little Ferry - 27; Sokol Fort Worth - 19 girls, Sokol Omaha - 46 girls and sokol Zizka - 14 girls.

Boys were also tested using last year's Skills.

Sis. Pistorius says perhaps some revisions should be made because the progressions are not in line with the Course progressions.

Br. Kalat says a few levels are not consistent in difficulty. A correction was made on the Beginner's level of the Balance Beam . . . No. 7 should read Squat down. Correction also on Beginner's level of Tumbling . . . 8. Cartwheel (one side). Add 9 . . . Cartwheel to the other side.

Br. Michalek passed out the new boy's Gymnastic Skills consisting of 5 levels. Please notify Frank of any

errors - he will make final corrections and devise a score sheet - everything to be ready within about a month. Motion made by Br. Cahoy, seconded by Br. Martanovic, that performing two stunts less than the number listed under each level is to be considered as passing and eligible for the Skills patch. Motion passed. This is on the boys Skills.

Bars showing level of Gymnastic Skills will be designed to conform with the basic Gymnastic Skills patch . . . girls have 4 levels . . . boys have 5.

**OTHER BUSINESS:** Sis. Sain and Br. Vrzalik distributed "Goodie Bags" to everyone. Many thanks to them, Sokol Baltimore and The Eastern District for hosting our 1981 Directors Conference.

Sis. Laznovsky reported that they ran out of T-shirts. Money was returned to people who did not receive a shirt. More boot pins were ordered - please tell your Units that these are available.

Thanks and appreciation were expressed to our National Directors, Sis. Ptacek and Br. Lebloch, for running such a very fine and informative meeting.

Br. Michalek led us in singing some Sokol songs at various times during our meetings.

Meeting adjourned at 6:15 P.M.

Nazdar,

Mae Simonek, Secretary

#### SUNDAY, OCTOBER 18 SESSION:

Group met again at 8:30 A.M. for a calisthenics workshop under the supervision of Sis. Dagmar Fiala, Sokol Washington, D.C. She was assisted by Sis. Alice.

Both the men and the women went through the entire calisthenics by count, as well as by music. A very productive morning. We worked at it until 10:30 A.M.

**TOURNAMENT RULES:** There were many comments on the age rule regarding underage Juniors. Finally Br. Satek made a motion, seconded by Sis. Pistorius, that we revise this rule to state that only competitors 13 years and older may compete at any National Slet and the rule regarding pre-Juniors should be eliminated. 13 for - 3 opposed. Motion carried.

Motion made by Sis. La Vere, seconded by Sis. Dalton that the competitor must be 13 by June 1st of the year of the Slet. Carried.

Any entry received with people not meeting this age requirement should be turned over to the District Director.

Sis. Benda would like to have a National competition for the advanced younger children. This will be left open with everyone to think about it. Everyone to get input from their Units.

The following changes in the Tournament Rules were all made in the form of motions, seconds and passed:

Page 2: Master Division - Women 35 to 49 and Women 50 and over;

Men 35 to 49 and Men 50 and over.

All groups will be guided by the rule that the age must be reached by the 1st of June.

Page 3: Remove **Pre-Junior** wherever it appears throughout the booklet.

Page 4: Under I: Men must wear the regulation Sokol uniform OR grey OR blue trousers, etc.

**STRESS** that all judges and Division Directors must be in uniform as prescribed under this rule.

Page 4: Under Dimensions A): Change Optional Calisthenics to **FLOOR EXERCISE**.

Page 4: Under NOTE: Add: It is the Head Judge's responsibility to see that the apparatus is set at the correct height before the Division starts. From then on, it is the gymnast's responsibility to make sure the apparatus is at the correct specifications for his her own needs.

Page 5 and Page 6: Add under both Men's and These are minimum heights and may be raised.

Page 6: Under Mats: Change to adequate coverage consisting of a single layer of basic mats is required.

Page 5 and age 6: Add under both Men's and Women's departments a note: Each Unit may bring their own board, but it must be available for everyone's use within that Division.

Page 6: The official contestant entries shall carry a specified **DUE DATE**.

Page 7: Under NUMBER OF CONTESTANTS ON TEAMS: Include Championship. Eliminate paragraph 5 under that heading.

Page 8: C) Judges: Eliminate last sentence starting with **However**, etc.

**WOMEN'S RULES** - Page 11: Second paragraph: Change to read - 3 steps and "At ease" facing the judge after completion to wait for judge's permission to leave.

**WOMEN'S RULES** - Page 14 and

**MEN'S RULES** - Page 13: Under Scoring of Slet Calisthenics. Note should be added that Slet calis-

thenics should have point value, same as apparatus routines, with approach and retreat included.

Page 8: Under Team Competition: Change 75 percent to read **70 percent**.

Br. Cahoy called attention to the fact that on page 14 of the Men's Rules, the values of the Long Horse Vault do not add to the 10 point value. This should be corrected.

Women Directors met and made some changes and additions to the Explanatory Notes and Form Infractions, Deduction pages. Dalton will send these to the office as soon as she gets them organized.

Rules mentioned on the other pages of these minutes will be added to the Tournament Rules booklet.

Nazdar,

Mae Simonek

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## Sokol Gymnasts!

- ATTEND YOUR CLASSES REGULARLY
  - PARTICIPATE IN YOUR UNIT EXHIBITION
  - ENGAGE IN YOUR UNIT'S COMPETITIONS
  - PREPARE FOR THE SLET
- 
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## Tyrš' Ideal of Fitness

The ancient Greek "A sound mind in a healthy body" was the foundation upon which the Sokol idea was built. Dr. Miroslav Tyrš, the founder of the Sokol movement, created one of the best and scientifically most perfect systems of gymnastics. It differs from other systems in many respects. The most significant difference lies in the fact that the Sokol system was not destined for a few gifted individuals, but its primary purpose is to enable large masses of individuals to participate and profit by physical exercise.

The training which is given to the youth and members of our Sokol gym classes is not intended to make champions or professionals out of a few, but is for the benefit of all so that they can become and remain physically fit.

However, while our objective is to meet the needs of the people as a whole, we also recognize the right of every individual and provide every opportunity for each individual to rise as high as their ability will take them.

Sokol strives to create in each member a continuing state of physical fitness. In fact, Sokol aims at total fitness. Sokol strives towards mental, physical and moral fitness through a comprehensive course of

physical education. Sokol believes that the strongest means for moral education is discipline. In the sokol gyms, the discipline is not in the strict militaristic sense, but to the degree which makes for an orderly conductance of the classes. Where there is no discipline, demoralization follows, changing later in wild chaos of mutual destruction.

The Sokol system does not train persons to have strong arms, but weak legs, but rather it concentrates upon exercises for all parts of the body; its purpose is to develop men and women with strong and beautiful bodies and alert clean minds. We should, however, understand strength, not as the coarse strength of the muscles, but the strength of the entire body together with moral strength. Strength facilitates a person in his struggles during life, offers him joy, eases his conscience and permits the ready development of his intellectual powers.

Physical training, when done under qualified supervision, is a magnificent tool that serves a dual purpose. While it develops a strong and healthy body, it unconsciously instills the characteristics of perseverance, thinking, patience and teamwork.

Western Dist. Slet '80

## Itineraries for Tour to Vienna - 1982

### TOUR NO. 1 - AUSTRIA, GERMANY, ITALY AND YUGOSLAVIA

6-30 - Depart O'Hare 6:00 p.m. arrive Vienna 12:30 p.m.

7-1 - Transfer to hotel in Vienna for 4 nights accommodations including breakfast daily, city sightseeing including Belvedere Palace, St. Stephen's Cathedral, Spanish Riding School, Schoenbrunn Castle (royalty's summer place) and many Sokol activities (transfers and admissions not included).

7-5 - Travel to Salzburg the city of Mozart, accommodations one night including continental breakfast-dinner, sightseeing Mozart's birthplace, Cathedral and the Glockenspiel.

7-6 - On to Munich en route stops at Berchtesgaden (Hitler's famous retreat), Eagle's Nest and Koenigsee arriving in Munich for 2 nights accommodations including continental breakfast-dinner.

7-7 - Sightseeing of Munich with afternoon free to enjoy this fabulous city.

7-8 - Now on to Innsbruck stopping at the resort town of Garmisch and Linderhof one of the fairy tale castles built by Mad King Ludwig II of Bavaria, arriving Innsbruck in the afternoon for 2 nights including continental breakfast-dinner.

7-9 - This morning we will have sightseeing of Innsbruck including Arch of Triumph, Golden Roof and Old Town in the afternoon we travel to Oetz to view the Tyrs Memorial, evening free.

7-10 - Leaving Austria we drive over the Brenner Pass into Italy and on to Venice for 2 nights including continental breakfast-dinner.

7-11 - Today we have a walking tour of St. Marks with the Basilica of St. Mark, decorated Clock Tower and the Bridge of Sighs. Afternoon free, view of this city of water, Venice is built over a sprawling archipelago comprising some 118 little islands separated by more than 150 canals.

7-12 - After breakfast we drive out of Italy and across the border into Yugoslavia, passing the seaport of Trieste, still partly sovereign to Yugoslavia, we stop in Postojna to visit the caves than continue to Ljubljana for overnight including continental breakfast-dinner, evening free.

7-13 - After breakfast we will see Ljubljana such as Opera House, Theater and National Museum one of the oldest in Europe, continue to Bled for overnight continental breakfast-dinner.

7-14 - Your morning is at leisure in Bled, a world known Alpine health resort where you may visit old Bled Castle and by boat one can reach the Islet in the middle of the lake to visit its museum, church than we leave for Vienna for overnight.

7-15 - We transfer to the airport for our flight home at 4:00 p.m. arriving at O'Hare at 9:15 p.m. the same day, with many fond memories!

All reservations must be accompanied by deposit of \$150.00 per person with balance due 45 days prior to departure. **Not included in itinerary:** Passport; visa (where necessary); additional meals; all items of a personal nature; beverages (except at breakfast); tips to Escort, Driver and Local Guides; use of motorcoach to various Sokol activities; admission to Sokol events.

**If anyone wishes to extend their stay in Europe**, on their own, no additional air fare will be added, but must be in-out Vienna. If so we must know departure date from Vienna well in advance as space may be limited. All ticketing must be done at least 21 days in advance and no changes are allowed after ticketing.

### TOUR NO. 2 - AUSTRIA, GERMANY AND CZECHOSLOVAKIA

6-30 - Depart O'Hare 6:00 p.m. arrive Vienna 12:30 p.m.

7-1 - Transfer to hotel in Vienna for 4 nights accommodations including breakfast daily, city sightseeing including Belvedere Palace, St. Stephen's Cathedral, Spanish Riding School, Schoenbrunn Castle (royalty summer palace) and many Sokol activities (transfers and admissions not included).

7-5 - Travel to Salzburg the city of Mozart, accommodations one night including continental breakfast-dinner, sightseeing Mozart's birthplace, Cathedral and the Glockenspiel.

7-6 - On to Innsbruck. En route you will stop at Berchtesgaden, location of Hitler's famous retreat, Eagle's Nest and Koenigsee, where you may wish to take an optional cruise on the lake. Continue on to Innsbruck for overnight continental breakfast-dinner.

7-7 - Today we begin with an orientation drive of Innsbruck showing some of the highlights such as Arch of Triumph, Golden Roof and Old Town. We continue on to the Bavarian city of Munich stopping along the way at the resort town of Garmisch and Linderhof, one of the fairy tale castles built by Mad King Ludwig II of Bavaria, then to our hotel for 2 nights including continental breakfast-dinner daily.

7-8 - This morning we have sightseeing including Koenigsplatz, Deutsch Museum, University, Odeonsplatz and Marienplatz with its neo-Gothic City Hall. In the afternoon a special excursion will take us to Oetz to view the Tyrs Memorial Plaque, returning to Munich.

7-9 - Depart Munich after breakfast, crossing the border into Czechoslovakia stopping at Plzen (Pilsen) home of the famous Pilsen-Urquell Brewery to enjoy that great brew. Continue on to Prague, the Capitol of Czechoslovakia for three nights, accommodations at the Hotel Park, dinner-breakfast daily.

7-10 - Today we tour Prague visiting Castle Hradcany, St. Vitus Cathedral, St. Georgi's Basilica, famous Golden Lane, Gothic Vladislav Hall, Strahov Monastery, Charles Bridge with its 30 statues, Old Town Square dominated by the tower of Old Town Hall and the famed astronomical clock called ORLOJ and much more. Balance of day at leisure.

7-11 - Today we travel from Prague to visit Karlstejn Castle, an entirely preserved Gothic founded by the Bohemian King and Roman Emperor Charles IV. After lunch we travel the scenic route, viewing the Slapy Dam a part of the Vltava Cascade system on to the Chateau Konopiste a re-constructed neo-Gothic luxurious residence for the successor to the former Austro-Hungarian throne, Ferdinand d'Este now home of priceless hunting, furniture and art work collection. Returning to Prague our evening will be a gala Prague party with traditional Czech meal, folklore and brass band entertainment.

7-12 - After breakfast depart for Brno, capitol of the Moravian region, sightseeing of city, overnight accommodations with dinner at a famous Wine Cellar.

7-13 - After breakfast we leave for Bratislava with a stop at Lednice Castle then on to our hotel for 2 nights including breakfast-dinner daily.

7-14 - Today we view the beautiful landmarks of this centre of the cultural and social life of Slovakia - Bratislava the capitol of Slovakia. Our farewell evening with dinner will be at Zachova Chateau near Modra, well known wine region.

7-15 - After breakfast we depart for Vienna and our flight home, at 4:00 p.m. arriving at O'Hare at 9:15 p.m. the same day, with many fond memories!

**INCLUDED IN COMPLETE TOURS:** Trans-Atlantic air transportation; surface by private deluxe motorcoach; hotel accommodations, twin-bedded rooms with bath-shower in Superior Tourist, without bath-shower in Economy Tourist; meals continental breakfast-table d'hote dinner throughout Vienna where breakfast ONLY will be provided; sightseeing as stated with English speaking guide-entrance fees; Tour Director beginning July 5 until departure July 15; airport-hotel transfers; handling one (1) piece luggage; tips-taxes except escort-driver. **The inquires for our Sokol Tour have been many,** therefore we urge you to make your reservation as soon as possible as we would not want to disappoint anyone.

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Roy S. Zitny, President

Jackie Kourim, Secretary

#### The fees for the districts are as follows:

**CENTRAL DISTRICT:** Tour No. 1 - \$1,386.00; \$157.00 single supplement; Superior Tourist - \$1,340.00; \$136.00 single supplement; Economy - Tourist - Tour No. 2 - \$1,405.00; \$148.00 single supplement; Superior Tourist, only.

**PACIFIC DISTRICT:** Will use the same schedule as Central District; only difference is the added travel expense to O'Hare airport. This travel can be arranged privately or by Weber Travel Agency.

**WESTERN DISTRICT:** Will use the same schedule as Central District; only difference is the added travel expense to O'Hare airport. This travel can be arranged privately or by Weber Travel Agency.

**EASTERN DISTRICT:** Tour No. 1 - \$1,298.00; \$157.00 single supplement; Superior Tourist - \$1,254.00; \$136.00 single supplement; Economy Tourist - Tour No. 2 - \$1,319.00; \$148.00 single supplement; Superior Tourist, only.

**NORTHEASTERN DISTRICT:** Will use the same schedule as Eastern District; only difference is the added travel expense to John F. Kennedy Airport. This travel can be arranged privately or by Weber Travel Agency.

**SOUTHERN DISTRICT:** Tour No. 1 - \$1,432.00; \$157.00 single supplement; Superior Tourist - \$1,387.00; \$136.00 single supplement; Economy Tourist - Tour No. 2 - \$1,452.00; \$148.00 single supplement; Superior Tourist, only.

Departure points: Central, Pacific and Western Districts will leave from O'Hare Airport. Eastern and Northeastern will depart from John F. Kennedy Airport. Southern District will depart from Houston International Airport. Departure dates are all June 30th and returning on July 15th, EXCEPT Southern District who will depart on July 1st and return July 16th. Once in Europe all districts will tour together.

## SOKOL EDUCATOR JAN AMOS KOMENSKY

Jan Amos Komensky or Comenius was born on March 28, 1592 in the town of Nivnice not far from Uhersky Brod, Moravia. His father was a miller. he came from a pious family. They were members of the Unity of Czech Brethren. Jan Amos received his elementary education at Uhersky Brod. After the death of his parents, he attended the school of Straznice. Young Komensky had a great interest in higher education; and to attain that he had to learn Latin and German. This he studied with other subjects at the Brethren Latin school in Prerov, Moravia.

Here the fatherly Bishop Lanecky took a special interest in his student Jan Amos. The Bishop saw in him a good preacher and a future leader of the Church. The kind Bishop spoke to a rich member of the Unity, Baron Karel of Zerotin Sr., who consented to support Jan financially at college. So they sent Jan Amos to Herborn Academy in Germany where he spent two years. This Academy was Protestant Reformed or Calvinist, which the Brethren favored. It was here that Komensky Latinized his name to Comenius. He also spent a year of study at the famous Heidelberg University. While there he wrote a book of Czechoslovak Proverbs (Moudrost starých předků za zrcadlo vystavena potomkům, about 2300 proverbs). He also began to write a Czech-Latin and Latin-Czech Dictionary. After 40 years of hard work this book perished in fire. In Heidelberg he spent all his spare money on Copernicus's work. De Revolutionibus orbium caelestium, and other books.

In 1614, Komensky returned to Moravia. He was ordained a minister of the Unity in 1616. However in 1618 the Brethren had a bi-lingual church at Fulnek, Moravia, that needed a pastor speaking both Czech and German. Komensky had the ability. Bishop Lanecky persuaded him to get married and go to Fulnek. Komensky married a fine young woman of his faith and nationality.

They lived happily four years. But, in 1618 the Thirty Years War broke out in Prague. In a battle on White Mountain near Prague in 1620, King Ferdinand II

defeated the army of Czech and German Protestants. He inaugurated a reign of persecution against the Protestants. First he imprisoned the leaders of revolution and confiscated their property. Thirty-six thousand Czech Protestant families left their fatherland and scattered as exiles into surrounding countries. The king banished the Protestant clergy from their country under penalty of death. Because Baron Zerotin did not join the rebellion against the king, he was allowed for a few years to shelter some ministers.

The events of war cast their shadow over the peaceful community of Fulnek, too. In 1622, a Spanish detachment attacked Fulnek and burned the town. Komensky's library was destroyed. Komensky himself managed to escape and sought refuge in Bohemia at Brandy's nad Orlici, which was the center of the Unity. There, a number of ministers were hiding. At this time he heard that his wife had died.

It was here that he wrote his classic allegory, *The Labyrinth of the World and the Paradise of the Heart - 1623 (Labyrint světa a ráj srdce)*. He dedicated this book to his patron, Baron Zerotin, wrote his biography, and drew him a Map of Moravia.

The refuge granted the Brethren, through the intercession of Zerotin, did not last long. Every year the persecution of all who were outside the Church of Rome became more severe. At the secret meeting of the Brethren in 1625, at which Komensky was present, it was decided that they should leave Bohemia. In 1628, Komensky met a Polish nobleman who allowed him on his land which was in the town of Lezno. There Brethren had property, trades, church, school and also a High School of which Komensky became a pastor and also a principal.

In Lezno, he married the daughter of Bishop Cyril. The period of his first residence at Lezno was one of incessant and fruitful work. It was also in Lezno that most of Komensky's educational works were written, especially one on the new and easy method of language study called *Janus Linguarum Reserata - 1631 (The Gateway of Language Opened)*. It became a bestseller, brought him world fame and was translated into about 50 languages including Turkish.

In the year 1647, Komensky left Lezno and went to England. His visit to England was a complete failure. He seemed to have realized this, and quickly acquired a considerable insight into the state of affairs in England. Komensky's plan of founding a Christian Academy of Pansophia was, at best, absurd; but it was doubly so at a moment when England was drifting toward civil war. Long convinced that his great plans found little favor in England, Komensky yet remained in London up to January, 1642. Soon after his arrival in London, Komensky had received an invitation from Louis de Geer, a wealthy Dutch businessman, to go to Sweden. The purpose was for reorganizing the schools, according to his new educational theories. In June of 1642, Komensky left England and went to Holland.

While there, he met Richard Ch. Winthrop, former governor of Massachusetts. He suggested that Komensky should go to America and become Rector of Harvard College, which had been founded only six years before. Komensky, who was bound by his agreement with the Swedish government, declined the offer.

In September of 1642, Komensky arrived in Stockholm, Sweden. Here, he met the Chancellor Oxenstiern. The great Chancellor warmly praised Komensky's educational works and suggested that he should write a series of Latin books for use in Swedish schools. Later, Komensky spent six years at Elbing, Prussia. He divided his time between the preparation of Swedish school books and writing his pansophic studies. In 1648, on the death of Bishop Justinus, the members of the Unity chose Komensky as one of their bishops. The same year he returned to Lezno with his wife who was in ill health. She died leaving five small children. Once more he was invited by a foreign ruler, George Rakoczy, Prince of Transylvania, to reform the Latin schools. He went there through Slovakia where many Brethren had settled. He preached to them on Easter Sunday of 1650 in the town of Skalice. Just across the river from this town he saw his native Moravia, the land to which he knew he could never return.

The year 1648 brought a great blow to the members of the Unity and to the Czech Protestants in general. The Treaty of Westphalia was signed that year and no stipulations in favor of the Czech exiles were included. The Austrian government at the risk of prolonging the war maintained its principles that any one not professing the Creed of Rome would not be allowed to reside in Bohemia and Moravia. All the hopes of the Czech Protestants ever returning to their beloved country were destroyed.

With no hope of worldly aid, Komensky relied more than ever on the intervention of God and on the visions and prophecies which announced that such an intervention would shortly take place. "If there is no aid from man," Komensky wrote to Oxenstiern, "then it will be from God."

In 1654, he returned to Lezno. A war between Sweden and Poland broke out in 1656. The Poles took Lezno and set fire to Komensky's home. His most precious manuscripts, *Concordance, Dictionary, Pansophia*, and forty years of his sermons were destroyed. Komensky was able to escape to Amsterdam, Holland. The son of former patron, Louis de Geer, took good care of him.

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The government published his pedagogical work *Didactica Magna* (The Great Didactica).

Jan Amos Komensky died November 15, 1670 and was buried at Narden, Holland.

#### LITERARY ACTIVITY OF JAN AMOS KOMENSKY

It would require a large book to give even the slightest account of the 142 works of Komensky. These works included prayer books, sermons, works of natural history, etc. While in Fulnek, Moravia, Komensky was already busy writing books of grammar as well as Czech translation of the Psalms. The melancholy events of 1621, when he lost his wife, as well as his home, and began many wanderings, inspired him to write several religious books. These all bear witness to the deep depression of the author. Such works are the *Pomoc duši* (Help to the soul); *Hlubina bezpečnosti* (The Center of Security); *Nedobytný hrad jméno Hospodinovo* (The Impregnable Castle the Name of the Lord), and others. All these writings are in Czech as well as his better known, *The Labyrinth of the World and the Paradise of the Heart*. In this great work Komensky viewed the world through the eyes of a young man just attaining the age of reason, that is, knowing the difference between good and evil. The young man seeks in vain his true calling, since all citizens are more or less misfits, and finds peace only upon responding to the call of following Christ. This work is undoubtedly his greatest achievement. He professes the same optimism, combined with a fervent belief in the revelations of the Christian faith, which is also found in his other works.

The great educational works of Komensky, on which his principal claim to posthumous fame is founded, were principally written during his first stay in Lezsko, Poland. Although the order in which Komensky's educational works were written cannot always be ascertained, there is little doubt but that one of the earliest was the *Informatorium školy mateřské* ("instruction for Mother-school"). It appeared in Czech in 1633. This little book deals with the earliest instruction which a child received from his mother. It soon obtained great popularity and was translated into German, Latin, and English. Anticipating, Rousseau, Komensky lays great stress on the duty of mothers to nurse their children. Some of the regulations contained in this book have been adopted for the modern Kindergarten.

Many other educational works of Komensky were written in quick succession during his stay in Lezsko. The most valuable of them is the *Didactica Magna* (The Great Didactica). True to his clerical vocation, Komensky conceived the purpose of education to be man's union with God. Therefore, knowledge must be genuine, all-inclusive, properly acquired, and directed toward its noble end. Pansophy, his particular scheme, consisted of encyclopedic knowledge organized on a realistic basis. The facts of the universe would help man to know himself, and by knowing himself he could perceive his relation to the Deity, and see clearly the way to his own ultimate destination. Without wholly abandoning the deductive method of the Middle Ages, he stressed sense perception of natural pheno-

mena. Toward this objective he formulated a code of classroom precepts like the following: "All things must be taught in due succession, and not more than one thing should be taught at one time." Other instruction had to do with simplicity, directness, practicality, totality.

One of the best known works is also of educational character. I am referring to the celebrated *Janua Linguarum Reserata* (The Gateway of Languages Opened). In this book he anticipated modern authors of texts intended for the self-study of languages. He starts with a vocabulary of simple Latin words for objects of everyday use. The combinations and sentences follow. The lessons became increasingly difficult and complex, but an equivalent in the vernacular was placed along the Latin version for instant reference. By such means he carried the student into the realm of all knowledge; concrete, abstract, universal, and spiritual. The first edition of this book was Latin in 1631 and Czech in 1633. Anglo-Latin versions are numerous. There are also French, Greek, Polish, Dutch, Swedish and Hungarian editions of the *Janua*, as well as some, besides the Latin version, that are printed in several modern languages.

At the age of sixty Komensky went to Hungary. There he wrote *Orbis Pictus* (The World in Pictures), known as the first picture-book for children; in which illustrations are so arranged that by numbers on their parts and by the order of their graduated placement they stimulate thought and learning and, incidentally, constitute a pioneer venture in visual education.

At Lezsko, he composed a general plan and a table of contents for his future pansophic works (pansophia - a general knowledge), to which he gave the name of *Synopsis operis consultatorii*. The first complete philosophical work of Komensky, the *Physica*, was published during his stay in Lezsko. Another of the early "Pansophia" or "Pansophic" works is the *Via Lucis* (The Way of Light), written during Komensky's stay in London. The pansophia plans, such as the foundation of a universal language and universal Academy, the mystical use of the work "light" or "enlightenment" occurs in this as in all his pansophic works.

Other late Pansophic works of Komensky were the *Lux in Tenebris* (A Light in Darkness) and the *Unum necessarium* (One what is necessary). The short work *Angelus Pacis* (The Angel of Peace), addressed to the English and Netherland delegates at the Peace Conference in Breda in 1667, is evidence of Komensky's efforts to establish world peace.

Unhappy and dissatisfied with the injustice against the Czech exulants in the Peace treaty of Westphalia (1648), Komensky wrote *Ksaft umírající matky Jednoty bratrské* (The Testament of the dying Mother of the Unity of Brethren) - 1659. In this book he finished with prophetic words of a better and a free future for his beloved nation: "I also believe before God, that after the passing of the storms of wrath, brought down upon their heads by our sins, the rule over Thine own possessions shall be restored to Thee, ó Czech people."

The accomplishments of this man are many. In the field of education he redefined knowledge. That is, he

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### Gymnastics

Patience is a man's greatest virtue  
Or so the saying goes  
A gymnast must have said it  
For a gymnast surely knows  
That in this funny sport of ours  
Discouragements run high  
And at times the very best will find  
This virtue passed her by.

When hands are ripped and throbbing  
With every muscle sore  
A gymnast must still have patience  
To limp back for more  
When you've lost old moves you used to do  
And progress seems so slow  
Can you still have faith in better days  
And not to feel so sad and low?

When some one else does something  
You've tried so long to do  
Can you really feel glad for her  
And not just pity you?

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The test - this is no jest  
For if you want it bad enough  
Believe me - there is no rest!!!

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grouped all facts round a few universal principles. He supplemented Bacon's phenomena of nature by information about the universe. To the classroom he brought new inductive methods. He recognized programs for infant schools, intermediary schools, the university and adult training. Lastly, he wrote The Great Didactica, already mentioned, which educators everywhere acclaim a monument in the world of education.

In its essentials, Comenia pedagogy has wide approval. A catholic educator, Patrick J. McCormick, writes: "He endeavored to formulate educational methods along scientific lines, while retaining a religious purpose and aim; and in large measures he succeeded." Professor Paul Monroe, of Columbia University, observes that "Comenius is one of the most important representatives of the realistic movement as well as one of the leading characters in the history of education."

Besides all this pedagogical work Komensky, of course, worked as a pastor and writer in the field of religion. A man of the world and a man of the

"cloth", he yet remained a faithful Czech to the day of his death in Amsterdam, Holland, November 15, 1670.

#### BIBLE OF KRALICE

From the time of Jan Hus, when the Czech people obtained free access to the Bible, parts of the Scriptures had been frequently translated into Czech. Toward the end of the sixteenth century, the authorities of the Unity of Czech Brethren decided on publishing the complete version of the Bible in Czech.

Several clergymen of the Unity took part in the labor necessary for this purpose, which began in 1577 and ended in 1593 when the complete translation of the Bible was finished.

In six volumes, this Bible was printed in the Unity's printing press hidden in the village of Kralice in Moravia during the persecution of the Unity.

Source: Teacher of Nations One of the Greatest Figures in the History of Czech Culture Bishop of the Unity of Czech Brethren, by Vladimír Kucera.

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