

# AMERICAN SOKOL

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MAY 1982

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization



KAREN BERG, left and DOLLY BACA  
Indian club gymnasts



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## Calendar of Events

MAY 14 - SOKOL SLAVSKY  
Bunco and Card Party at  
Mid-America Federal Savings and Loan  
MAY 18, 19, 20 - SOKOL DETROIT  
Rummage Sale  
MAY 21 - SOKOL GREATER CLEVELAND  
Sokol Fish Fry  
MAY 21 - SOKOL MILWAUKEE  
Graduation Program  
MAY 23 - SOKOL LOS ANGELES  
Gymnastic Exhibition

MAY 23 - SOKOL WASHINGTON, D.C.  
Wreath laying Tomb of Unknown Soldier  
Noon - Arlington Cemetery  
Picnic immediately after services

JUNE 2 - SOKOL CRETE  
Gym Program

JUNE 5 - SOKOL CLEVELAND  
Jr. girls and Jr. boys competition

JUNE 6 - SOKOL SLAVSKY  
Family picnic - National Grove No. 4

JUNE 6 - NORTHEAST DISTRICT SLET  
A.M.L.A.

JUNE 12 and 13 - SOKOL ST. LOUIS  
Central District Slet

JUNE 13 - SOKOL DETROIT  
Summer Exhibition - Sokol Camp

JUNE 18 - SOKOL GREATER CLEVELAND  
Sokol Fish Fry

JUNE 18, 19 and 20 - SOKOL MINNESOTA  
Celebrating 100th year anniversary

JUNE 18, 19, 20 - WESTERN DISTRICT SLET  
St. Paul, Mn.

JUNE 20 - SOKOL LOS ANGELES  
Czechoslovak Day in Alpine Village

JUNE 21-27- WESTERN DISTRICT  
Teacher's Course, Pine City, Mn.

JULY 16 - SOKOL GREATER CLEVELAND  
Sokol Fish Fry

AUG. 1 - SOKOL GREATER CLEVELAND  
Picnic at Oddfellows - Volleyball Tournament

AUG. 11 - SOKOL WASHINGTON, D.C.  
Sokol Folklore Festival

AUG. 13, 14, 15 - SOKOL DETROIT  
Czechoslovak-American Festival - Wyandotte

AUG. 14 - SOKOL DETROIT  
Ethnic Heritage Runs

AUG. 20 - SOKOL GREATER CLEVELAND  
Sokol Fish Fry

AUG. 29 - SOKOL LOS ANGELES  
Sokol Children's Camp in Dinky Creek

SEPT. 10 - SOKOL SLAVSKY  
Registration of classes

SEPT. 17 - SOKOL GREATER CLEVELAND  
Sokol Fish Fry

SEPT. 19 - SOKOL MINNESOTA  
Highland Park Booya

OCT. 3 - SOKOL DETROIT  
Czechoslovak Heritage Day

OCT. 15 - SOKOL GREATER CLEVELAND  
Sokol Fish Fry

(Continued on page 68)

# AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIII

May - 1982 - Květen

Číslo - No. 5

## Greater Cleveland Sokol Swings with Indian Club Program

At 8:45 a.m. on Sunday mornings, most Sokols are enjoying their first cup of coffee. For the past year, this has not been the case for eight kuželářky (Indian clubbers) who have met at the above mentioned time as well as on Wednesday evenings. Instead, their muscles respond to "Nazdar Sestry" spoken by instructor Bertha Cerny and an hour and fifteen minute work-out begins with marching and warm-ups. By this time, the clubbers are eager and willing to learn and review Indian club skills and drills required to present a special number at Sokol Greater Cleveland's Winter Exhibition on February 7, 1982 at Cleveland State University. The routine or drill is so vigorous that a new physical ailment has appeared among the kuželářky, namely "club thumb".

Why would anyone wish to devote their time to such a strange activity? The number itself has a unique historical background which entices anyone with the least inclination toward clubbing which is as follows:

The Czechoslovak Women's Gymnastic Team was represented in London at the 1948 Olympic Games by Božena Srncová and Olga Šilhanová (Vršovice), Zdeňka Honsová (Sokol Pražský), Miloslava and Eliška Mišáková, Marie Mollerová and Zdena Veřmiřovská (Vinohrady), and Věra Růžičková and Marie Kovářová (Brno I).

Two days after their arrival in London, Eliška Mišáková became ill. Her condition was diagnosed at a London hospital as infantile paralysis and she was replaced on the team by Věra Růžičková. This affected the Czechoslovak team's performance during the apparatus competitions. Upon completion of these events, the Czechoslovak team trailed the Hungarians by half a point. Their only hope to covet first place was the next event, the presentation of an optional rhythmic drill performed with Indian clubs written by Anička Runtová and drilled to the musical score composed by Alois Aust. The 1 1/2 years spent in preparation of this Indian club drill was very evident as the Czechoslovak women drilled with precision and resulted in first place honors in gymnastics at the 1948 Olympics.

Ten hours after the women's gymnastic competitions ended, Eliška Mišáková died. As the gold medals were awarded to the Czechoslovak women sokols upon the podium, the Czechoslovak flag was raised with black

bunting attached. A gold medal was bestowed posthumously to Eliška.

**BACK TO SUNDAY MORNINGS.** At 10:00 a.m. eight tired kuželářky march off the floor and a beginning group of eight more dutifully appear and are greeted in the same sokol manner. This group of women is preparing the Indian club number written in 1895 by Bro. Klinka, a member of Sokol Pražský, with accompaniment by V. Janda. At this time, women were taught by men. This drill was presented by 2,500 women at the V Sokol Slet in Praha in 1907. Interestingly enough, this slet was the first time Sis. Marie Provazníková gymed as an adult.

We as an entire group are grateful to Sis. Bertha Cerny for sharing her Indian club skills with us. She is, undoubtedly, one of the most knowledgeable persons in this rhythmic activity in the United States. Her first Indian club instructor was Bro. Frank Havranek followed by Bro. Horica both of whom were, at one time, men's director of Sokol Cech-Havlicek. Bertha's Indian club skills were further developed by her attendance in 1926 Sokol instructor's course (kurs) in Prague, Czechoslovakia. In 1976, Bertha taught the 1948 Sokol Slet Indian club number (this number differs from the 1948 Olympic number) to eleven Cleveland area women and five Detroit women and served as coordinator with Sis. Soukupová of Austria to join with 16 Austrian Sokol women to present this number at the Czechoslovak Sokols Abroad Slet in Zurich, Switzerland.

This number, which was performed the afternoon of July 4, 1976, gave 16 American women the opportunity to represent the American Sokol Organization and the United States at the Sokol Slet in Zurich. What a thrill it was to celebrate America's birthday representing one's homeland in a foreign country. The tears, chills, spirit and joy will never be forgotten by performer as well as spectator. Through the teaching and presentation of this particular Indian club number, Bertha inspired us to help persevere Sokol ideals and buoyed our Sokol Spirit. We were, and are extremely fortunate to share in Bertha's unique talents.

Therefore, we were proud to invite one and all to our Sokol Greater Cleveland Exhibition. The Sokol history of 1907 and 1948 came alive in 1982.

Note: The historical information concerning the V Sokol Slet in 1907 as well as the participation of the Czechoslovak Sokol in the 1948 Olympics was derived from the doctoral dissertation written by Peter Dusek, Jr., entitled, **MARIE PROVAZNIK: HER LIFE AND CONTRIBUTIONS TO PHYSICAL EDUCATION**, August, 1981. Since this article was written Sis. Bertha Cerny has been made the first honorary Women's Director of the Northeastern District.



## Traditional Act of Sokol Washington, D.C.

The Laying of a Wreath at the Tomb of the Unknown Soldier. Each year in May, on the Sunday preceding Memorial Day, Sokol Washington, D.C., on behalf of all Sokols in America, honors the memory of the fallen defenders of this our country, by laying a wreath at the Tomb of the Unknown Soldier in Arlington National Cemetery. By this solemn act of piety and gratitude to our heroes, American Sokols are also expressing their determination and readiness for any sacrifice that may be required in defending this country's liberty and democratic order.

The pictures show, (1) Brothers and Sisters of Sokol Washington and Sokol Eastern District descending the stairs of the Arlington National Memorial to the Tomb platform. (2) Bro. Dr. Novak of Sokol Belcamp and Bro. Toula with Sis. Vera Britton of Sokol Washington standing at attention while bugler plays taps.

## Show You Are Patriotic

Hello, remember me? Some people call me the Stars and Stripes; also I have been referred to as the Star-Spangled Banner. But whatever they call me, I am your flag or as I proudly state, the flag of the United States of America. There is something bothering me, so I thought that I might talk it over with you. Because it is about you and me.

I remember sometime ago - I think it was Memorial Day - people were lined up on both sides of the street to watch the parade. The town's high school band was behind me and naturally I was leading the parade. When your daddy saw me coming along waving in the breeze, he immediately removed his hat and placed it against his left shoulder so that his hand was directly over his heart. Remember?

And you - I remember you. Standing there as straight as a soldier, you did not have any hat, but you were giving the right hand salute. They taught you in school to place your hand over your heart. Remember little sister - not to be outdone - she was saluting the same as you. I was very proud as I came down your street. There were some soldiers home on leave and they were standing at attention giving the military salute. Ladies as well as men all paying me the reverence that I deserve.

Now I may sound as if I am a little conceited. Well I am. I have a right to be. Because I represent the finest country in the world - the United States of America. More than one aggressive nation has tried to haul me down, but they felt the fury of this freedom loving country. You know. You had to go overseas and defend me.

What happened? I'm still the same old Flag. Oh, I have a couple more stars added since you were a boy. A lot more blood has been shed since the Memorial Day so long ago. Dad is gone now. The old home town has a new look. The last time I came down your street I saw that some of the old landmarks were gone, but

in their place, shining majestically in the sun, were a number of new buildings and homes. Yes sir, the old town sure has changed.

But now I don't feel as proud as I used to. When I come down your street, you just stand there with your hands in your pockets and give me a small glance and then look away. When I think of all the places I have been - Anzio, Guadalcanal, Korea - and now Vietnam. Then I see the children running around and shouting. They don't seem to know who I am. I saw one man take off his hat and then look around. He didn't see anybody else with theirs off, so he quickly put his back on.

Is it a sin to be patriotic anymore? Have you forgotten what I stand for? Have you forgotten all the battlefields where men fought and died to keep this nation free? When you salute me, you are actually saluting them.

Take a look at the memorial honor rolls sometime. Look at the names of those that never came back. Some of them were friends or relatives of yours. Probably went to the same school with some of them. That's what you are saluting. Not me.

Well, it won't be long until I'll be coming down your street again. So when you see me, straight, place your hand on your heart and you will really see me waving back - my salute to you. And I'll know that you remembered.

Mr. Sharon Cover, a veteran of the 42nd Rainbow Division in World War I, wrote this patriotic piece.

Sent to us by -

Bro. Ed Stetka  
Sokol Baltimore

## Impossible?

In the year 1921, while studying in Denmark, I met a Swedish director of physical education who was eager to learn from me about the Sokol Slet in Prague held the year before. I tried to explain to him the Sokol idea of physical and moral education, but he refused even to discuss it. What have the summersaults to do with morale? He was more interested in the reports of Swedish papers.

He said they brought unbelievable stories about the Slet. Fairy tales he called them. I asked for examples and he said: "They reported that several hundred gymnasts were performing simultaneously on the field. That cannot be true." I agreed: "Of course it isn't true. They were 10,000 of them."

We were speaking German, and he was flabbergasted. "Zehn Tausend?" he asked. "Ja, zehn tausend." - "Madame, dix mille?" "Mais oui, dix mille!" - "Ten thousand?" - "Yes, ten thousand." "Ti tauzene?" (or something like that). I could just nod. And he retorted: "Unmoeglich!" (impossible). He took a pencil and drew 100. "That many?" - "More." - He pointed to the zeros. "There are two of them." - I asked for more. He added one, but still I was not satisfied. After some more bargaining there were four zeroes and he concluded with another "Unmoeglich!" Fortunately, I

had photos and he had a magnifying glass and started to count horizontally, vertically - it added to 10,000.

Since that moment I had him on my neck till the end of the school. "How do you do it?" How did you line them up? How do you give commands to so many? How did they learn it? Where did they come from?" - "from all over the country. From cities, towns, villages, and also from France, Germany, Switzerland, from the USA, Canada, South America." "Who paid for it?" - "Each for himself; trip, spartan accommodation, food. The gymnasts had even to pay for the badge admitting them to the stadium. And two years before, every member, regardless whether or not he intended to participate at the Slet, had to pay some amount for building of the stadium."

To that he could not find a word. And I softly reminded him: "Remember our discussion about physical, mental and moral education through gymnastics? These are the results of it."

However, I had to admit that he was right, too. The summersaults could never educate people by themselves. It is the method, the way we teach them, the way we use the summersaults to stimulate social feelings and moral qualities such as courage, perseverance, altruism. The way we create situations requiring self denying decisions.

Sis. Marie Provaznikova was in charge of the Sokol women during the 1938 and 1948 Slets in Prague, as the Director of Československá obec sokolská. Now, we have the honor and the pleasure to have her among us in Los Angeles.

The above article is part of the syllabus for the District Beginning Instructors Course that will be held at Dinky Creek from August 29 to September, 1982. Students of this course will be taught the basics of the Sokol physical education. The tremendous success of the Czechoslovak Sokols at their time was due to the thousands of Sokol instructors who had the thorough knowledge of the Tyr's method and knew how to use it, thanks to the high level of the COS instructors schools. In our time and age, we can succeed again if we learn the same and explore ways how to apply it in the modern society.

Taken from the Sokol Los Angeles  
Bulletin - February-March, 1982

## Sbor Libuse Sokolik of Crete . . .

is proud to announce that their Director of Women, Sister Alice Kalkwarf, received Crete's highest award to its citizens, the "Service to Mankind Award", this year!

(Taken in part from the 1980 Western Slet Program Book) Sis. Alice Kalkwarf rejoined the Women's Sokol unit in Crete in May of 1953. That fall she took over the duties of Director of Women, instructor of the girls classes. That class of thirteen junior girls was a class to be proud of. Their first year of competition was held in St. Louis, Missouri. These girls placed fourth. In 1957

they competed in the International meet in Chicago and won first in Low Division, thus making them World Champions. With Alice's encouragement and instruction, these girls moved up into the Women's Division, and in 1959 won another first place in Los Angeles, California.

In 1968, Sis. Alice Kalkwarf became president of Sbor Libuse Sokolik in Crete and is still serving in that capacity, as well as full-time instructor in the gym at the age of seventy-two. To Alice it is a good feeling to serve the gymnasts, enabling them to follow the Sokol motto: "A sound mind in a sound body".

We wish to express our thanks to Alice for all those days of devotion to the young girls in our community. She is at the Sokol Hall at least twelve hours a week and all the pre-class preparation is appreciated. Neither rain, ice, sleet, or snow will stop this member's fidelity to our organization.

Sis. Georgia Walter  
Sbor Libuse Sokolik, Crete

## Sokol South Omaha

For many years, Sokol South Omaha has paid tribute to its deceased brothers and sisters on Memorial Day by placing an American flag in a beautiful Sokol emblem grave flag holder, which is permanently placed at the grave site. Both the flag holder and flag are furnished by our unit.

We are offering this Sokol emblem flag holder to other units to pay tribute to their deceased brothers and sisters and to its membership on an individual basis to remember their loved ones.

The Sokol emblem flag holder is made of a very fine quality durable aluminum and is 5 7/8" x 8 3/4". The plated iron rod is approximately 25" high. The flag holder can be used the year round without a flag displayed in it.

The Sokol emblem flag holders may be purchased singly and in quantity. Individually, they sell for \$8.70, plus \$1.25 postage. Quantity prices are 25 at \$7.70 each, or 50 at \$7.20 each, for Omaha.

The Sokol emblem is readily adaptable for use in attaching to a recognition plaque, etc. A spray coating of perhaps gold or bronze would make it an even more attractive emblem for this purpose.

We would be happy to fill your order to remember a dedicated Sokol brother or sister. Please make your check payable to:

SOKOL SOUTH OMAHA  
Bro. E. J. Pavoucek  
2306 Jefferson Street  
Bellevue, Nebraska 68005

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# SOKOL GYMNAST

MAY 1982

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## JUBILEE SLET Czechoslovak Sokol Abroad

Vienna  
July 2-5, 1982



### NOTES FOR VIENNA COMPETITIONS

Jr. Girls entering the Low B Division in Vienna must learn the 1981 ASO WOMENS LOW B routines. THE JR. GIRLS LOW B DIVISION AS USED IN 1981 IN FORT WORTH HAS BEEN COMPLETELY ELIMINATED.

Jr. Girls entering **Low A Division** in Vienna, Jr. Girls entering **Intermediate** in Vienna and Jr. Girls entering **High** in Vienna will do the exact same routines as in our 1981 ASO Slet.

Women entering the Masters Division in Vienna will do the same routines as in our 1981 ASO slet, except the Indian Club routine has been eliminated.

Women entering the Low B Division in Vienna will perform the **1981 ASO WOMENS LOW B routines.**

Women entering the Low A Division in Vienna will perform the **1981 ASO JR. GIRLS LOW A routines.**

Women entering the Intermediate Division in Vienna will perform the **1982 JR. GIRLS INTERMEDIATE routines.**

Women entering the High Division in Vienna will perform the **1981 JR. GIRLS HIGH routines.**

Which means that the womens levels from 1981 are knocked down one level, examples:

Women who entered the Intermediate Division in Fort Worth will enter Low A Division in Vienna, but still perform the same routines, as 1981.

Women who entered the High Division in Fort Worth will enter Intermediate Division in Vienna, - same routines, as 1981.

Women who entered the Championship Division in Fort Worth will enter High Division in Vienna - same routines as in 1981.

Women who entered the Low A Division in Fort Worth will perform the **WOMENS LOW B 1981 routines.**

Women who entered the Low B Division in Fort Worth will perform the **WOMENS LOW B 1981 routines.**

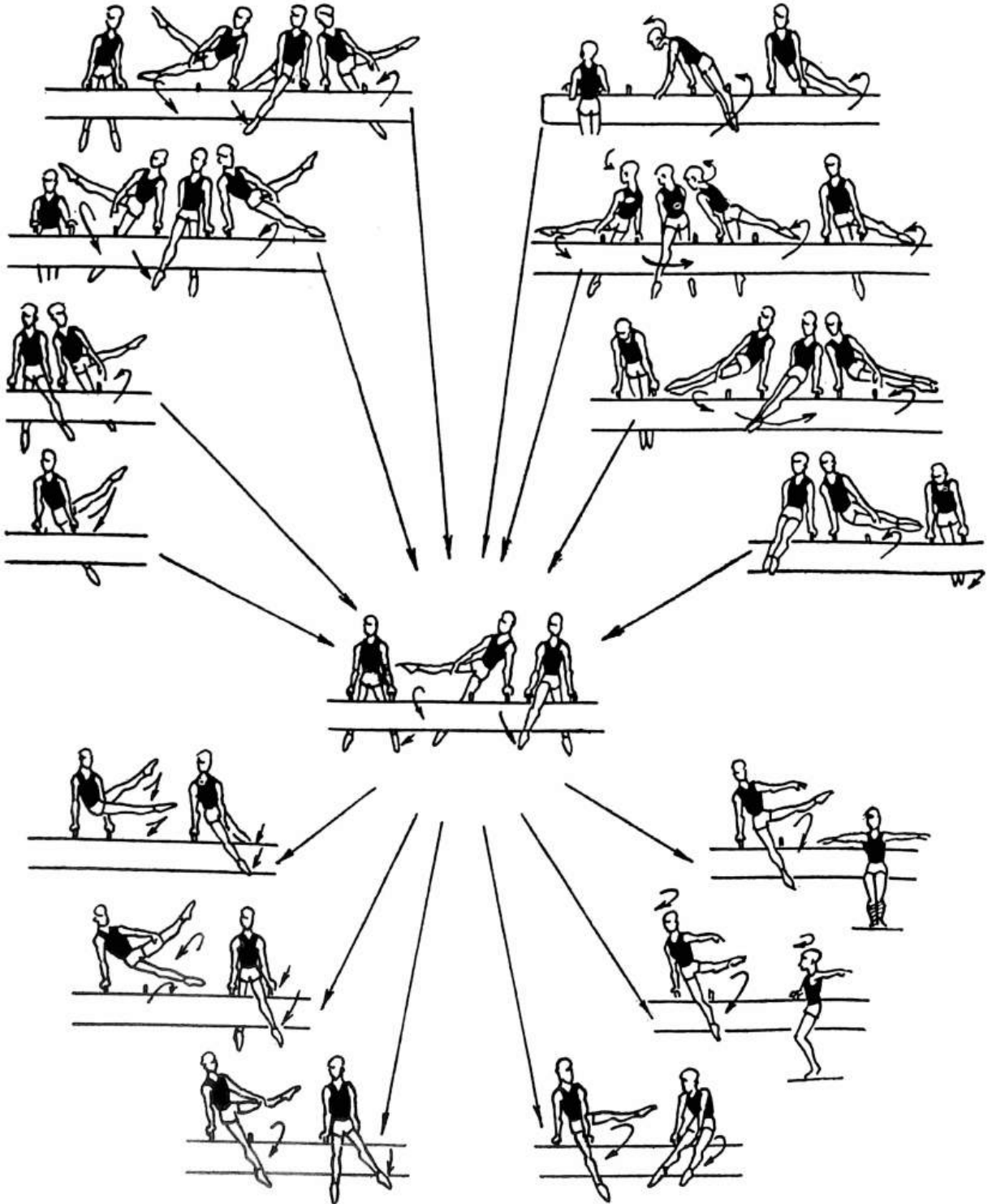
**JR. BOYS and MENS ROUTINES ARE EXACTLY AS 1981 ASO SLET.**

Calisthenics will be a part of the competition in the **Masters Divisions only** in both men's and women's departments.

**SOKOLS  
ATTEND YOUR DISTRICT FUNCTIONS  
THROUGHOUT THE SUMMER**

## Beginners Side Horse

Illustrated in the center of the page are movements of **OVERPASS RIGHT SIDELEG**. The Upper portion of page includes routine beginnings and movements of legs prior to the overpass of right sideleg which are then combined. The lower section of page illustrates movements of legs added to complete the routines. Exercise includes mounts - overpasses of side leg, front leg, and flankway - scissors.



## Physical Strength in Older Adults

Statistics on population trends for the United States indicate that we are rapidly becoming a nation of older people. The absolute number, as well as the proportion of our older population segments, is increasing rapidly.

In evaluating the effects of the aging process on human performance, several problems arise. First, it is difficult to separate the effects of aging per se from those of concomitant disease process (particularly cardiovascular problems) that become more numerous as age progresses.

Second, the sedentary nature of adult life in the United States makes it very difficult to find "old" populations for comparisons with "young" populations at equal activity levels.

Third, very little work has been done on longitudinal studies of the same population over a period of time. Conclusions drawn from cross-sectional studies in which various age groups are compared must be accepted with reservations because the weaker biological specimens are not likely to be represented in as great numbers in the older populations tested as in the younger (due to a higher mortality rate).

Just as various individuals age at different rates, various physiological functions seem to have their own rates of decline with increasing age. Indeed, some functions do not seem to degenerate with age; under resting conditions, there seem to be no changes in blood sugar, blood pH, or total blood volume. In general, the functions that involve the coordinated activity of more than one organ system decline most with age, and as might be expected, changes due to the aging process are most readily observed when the organism is stressed. Homeostatic readjustment is considerably slower with increasing age.

Strength decreases very slowly during maturity. After the fifth decade, strength decreases at a greater rate, but even at age 60 the loss does not usually exceed 10 to 20 percent of the maximum, with women's losses being somewhat greater than those of men. When maximal grip strength was investigated in 100 men who all did similar work in a machine shop, no change in either grip strength or endurance was found from age 22 to 62. These data suggest that in this age bracket the more typical finding of small losses with age may largely be due to disuse phenomena rather than a true age effect. However, in old age, there is little question that sizeable decrements in strength do occur.

Animal studies have shown that important age changes occur at the cellular level. First there is a loss of contractile elements which accounts for the decrement in strength. While this loss could be the result of losses in motor nerve fibers, this has been ruled out in studies on rats which have shown that while muscle fiber numbers may be down by about 25 percent in old rats no change occurs in nerve fibers. The second change at the cell level is a reduction in respiratory capacity and this accounts for losses in muscle endurance and capacity for recovery.

Recently it has also been shown that the loss in human muscle tissue with age can entirely account for the downward trend in basal metabolism which has been an accepted fact in metabolic studies for nearly a century.

## American Sokol Organization District Activities

### NORTHEASTERN DISTRICT:

- JUNE 5 - Junior Boys and Girls District competitions at Sokol Greater Cleveland.
- JUNE 6 - District Slet at ALMA Center in Leroy Township, Ohio
- JUNE 13 - Sokol Detroit Summer Exhibition at Sokol Camp Sandy Bottom Lake Michigan.
- AUGUST 2-7 - Beginners course at Sokol Greater Cleveland.
- OCTOBER 15-17 - District Directors Conference at Harley House in Independence, Ohio.
- OCTOBER 16 - Social at Bohemian National Hall hosted by Sokol Greater Cleveland for Directors Conference.
- OCTOBER - Annual District BOI meeting.

### CENTRAL DISTRICT:

- MAY 8 - Special Number Competition - Morton West High School, Social at Sokol Berwyn.
- MAY 15 - 1st Class Girls Competition at Sokol Berwyn.
- MAY 15 - 1st and 2nd Class Boys Competition at Sokol Tabor.
- MAY 22 - IIInd Class Girls Competition at Sokol West Suburban.
- MAY 23 - 1st and IIInd Class Awards Picnic - Grove No. 4, Desplaines and 31st.
- MAY 31 - Parade to Bohemian National Cemetery.
- JUNE 11-13 - Jr. and Sr. Competitions and Central District Slet in St. Louis, Mo.
- JUNE 30-JULY 15 - Vienna Tour to Sokol's Abroad Slet.
- AUG. - Springfield State Fair.
- AUGUST 15-21 - Beginners Instructors Course - North Central College, Naperville.

### PACIFIC DISTRICT:

- MAY 23 - Sokol Los Angeles - Gymnastic Exhibition.
- JUNE 30 - Czechoslovak Day - Alpine Village.
- AUG. 29 - Camp and Instructors Course - Dinkey Creek.
- SEPT. 6 - Creek.

# 1982 Eastern District Slet Competitions

SAT. APRIL 17 AT SOKOL NEW YORK

## PARTICIPATING UNITS:

Fg - Sokol Fuegner  
Bt - Sokol Baltimore  
NY - Sokol New York  
LF - Sokol Little Ferry

### Senior Women - High

	Unit	Score
1. Laurie Jackson	Bt	32.10
2. Janet Stein	LF	31.95

### Senior Women - Intermediate

1. Susan Wolff	Bt	35.25
2. Marianne Mollusky	LF	34.00
3. Kim Parizek	Bt	33.40
4. Debbie Maenner	Bt	24.65

### Senior Women - Low A

1. Lynn Hrbek	LF	34.90
2. Sharon James	Bt	33.45

### Senior Women - Low B

1. Melissa Kuntz	LF	32.25
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### Junior Girls - High

1. Kellie Wilson	Bt	36.10
2. Keri Bosak	Bt	35.20
3. Karen Cydlyo	Bt	33.55
4. Shella Rada	Bt	28.30

### Junior Girls - Intermediate

1. Holly Huber	Bt	33.80
2. Jody Huber	Bt	33.55
3. Kristen Cahlander	Bt	31.15
4. Donna Wittman	Bt	30.70

### Junior Girls - Low A

1. Lynn Weber	Bt	34.20
2. Anne Marie Foschini	LF	34.00
3. Lisa Benzing	Bt	33.80
3. Dee Klangos	Bt	33.80

### Junior Girls - Low B

1. Marilyn Mincone	Fg	36.15
2. Renee Gately	Bt	33.65
3. Dana Loy	Bt	33.00
4. Janice Fitzgibbons	Fg	32.80

### Girls - Low A

1. Shehla Jameel	Bt	33.10
3. Kathy Loy	Bt	31.10
4. Donna Heil	Bt	29.40

### Girls - Low B

1. Suzanne Mollusky	LF	33.86
2. Anne Gnecco	LF	32.84
3. Danielle DeCarlo	LF	32.77
4. Lorraine Baumann	LF	32.60
5. Theresa Gnecco	LF	32.30
6. Debbie Setzer	LF	32.17

## Teams

1. Little Ferry	132.07
2. Baltimore	120.83
3. New York	103.73

## Boys - Low

1. Mark Stafford	Bt	42.95
2. Richard Novotny	Bt	42.27
3. Matthew White	NY	41.16
4. Tom Carey	Bt	40.96
5. Scott Purelli	LF	40.92
6. Andrew Greaux	LF	40.56

## Teams

1. Baltimore	166.09
2. Little Ferry	160.66
3. New York	141.37
4. Fuegner	115.51

## Senior Men - Intermediate

1. Ed Marquis	Bt	56.20
2. Joe Vrzalik	Bt	54.55
3. Jeff Gurney	Bt	53.80

## Senior Men - Low

1. Anthony DiDomenico	NY	51.40
2. Arthur Dechecci	NY	51.20
3. Joe Balogh	NY	50.75
4. Wayne Guerreri	Fg	44.85

## Senior Men - Masters

1. Ron Zoubek	Bt	47.40
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## Junior Boys - Low

1. Joaquim Arimborgo	NY	51.85
2. John Gold	Fg	46.95
3. John Stafford	Bt	46.75
4. Ron Marscheck	Bt	35.45

## Special Number Competition

1. Sokol Little Ferry
2. Sokol Baltimore

## District Activities

### SOUTHERN DISTRICT:

JUNE 4, 5, 6 - Southern District Slet - West, Texas.

AUGUST 1-7 - Southern District Beginners Instructors School, Sokol Zizka - Dallas, Texas.

NOVEMBER 13 - Southern District Annual BOI Meeting - West, Texas.

NOVEMBER 14 - Southern District Annual Executive Board Meeting - West, Texas.

## Copy for Publication

MUST BE RECEIVED BY THE  
10th  
OF THE PREVIOUS MONTH

## Sokol Karel Havlicek Borovsky, Ennis, Texas

Sokol Karel Havlicek Borovsky's annual exhibition on February 14th this year was a celebration of many events. It was the 10th anniversary in the new building, the mortgage was burned, a bust of Dr. Miroslav Tyrs was unveiled in memory of the deceased members, 25 year membership pins were awarded and the SPJST Supreme Lodge presented the Southern District its annual contribution of \$1250.



Ceremonies began with the grand entry of gymnasts. Sis. Ellen Miller led the anthems. Bro. Larry Laznovsky, unit president welcomed those present. Past unit presidents were recognized as Bro. Stanley Houdek, Jr. (1946), Bro. Charles A. Jurcik, Sr. (1965-1968), Bro. Edwin Laznovsky (1969-1975), and Bro. Don York (1976-1979). Special guests were Southern District President, Bro. Ben Maca of Dallas and Bro. Sid and Sis. Justine Pokladnik of Dallas. Bro. Sid is SPJST (Slavonic Benevolent Order of the State of Texas) District III Director. He was present to represent the supreme Lodge in the mortgage burning ceremony. He complimented the local members on this accomplishment. The four past presidents, the current president, and Bro. Pokladnik joined in burning the mortgage papers. Bro. Larry Laznovsky acknowledged that as we end our indebtedness, plans are being made to continue improving the current facilities and property.

Bro. Pokladnik then presented Bro. Maca, Southern District President, with the SPJST Supreme Lodge's annual contribution.

Bro. Larry Laznovsky presented 25 year membership pins to Sis. Elizabeth Moucka, Sis. Evelyn Slovak, Bro. George Good, and Sis. Albie Nesuda. Sis. Nesuda was hospitalized and unable to be present.



A bronze bust of Dr. Miroslav Tyrs was unveiled in memory of the unit's deceased members.

A gymnastic program of calisthenics, games, apparatus, tumbling, and floor exercise was presented. The program closed with the singing of God Bless America by gymnast Shannon Schumacher.

Sokol Karel Havlicek Borovsky will celebrate its 75th anniversary next year.

NAZDAR!

Sylvia Laznovsky



## What I will, I can!

Because the classes of the Sokol Berwyn Gymnastic Association are performing at Morton East this year, it is only fitting that we take due, respectful note of the motto of the J. Sterling Morton High School:

"WHAT I WILL, I CAN!

We at Sokol Berwyn, **will** ourselves each year to the learning of a new set of calisthenic and apparatus exercises and special numbers so that we **can** give our parents, friends and other Sokol Sisters and Brothers a representative, enlightening and colorful demonstration of physical fitness through gymnastics.

The words, "What I will, I can" were written by Alfred Lord Tennyson in his *Idylls of the King*, "Lancelot and Elaine":

"Such service have ye done me that I make  
my will of yours, and Prince and Lord am I  
in mine own land, and what I will, I can."

Mr. J. L. Leckel, Division Head of the Language Arts Department, tells us that it was Mr. Harry Victor Church, Morton's first principal, who chose this prophetic phrase in the 1900's shortly after the school moved to the site at 25th Street and Austin Blvd. from Ogden Avenue and 31st Street.

Prophetic? Yes! The high school grew just as our Sokol Organization did. To illustrate: Morton High School was a modest structure in the middle of the block on Austin Blvd. It was later, twice, enlarged to reach 24th and 25th Streets. Then the gymnasium and field house were added along with the block-sized sports field. Finally, it expanded to 24th and Home Avenue where the Morton West complex is situated.

Accordingly, from the first American Sokol Unit in St. Louis, Missouri, founded in 1865, many Sokol Units formed between our coastlines and now our Senior Calisthenics, written by Sis. Dagmar Fiala, formerly of this area and now of Washington, D.C., conveys the struggles, successes and desires of Czech immigrants who came to this country in the early 19th century - put to the music of Antonin Dvorak in his "New World Symphony". Just as many local residents who have decided to stay in this area, the early Czechs, Slovaks, and Moravians who moved from their beloved Czechoslovakia to the East, Midwest and out to the Pacific Coast realized that the United States of America is still the best country on the face of the earth, in spite of all the hardships they had to endure.

In remembering the past, yet looking forward to the future, we of Sokol Berwyn, with most of our members throughout our 71 years in the Morton High School District, have **willed** to prove we **can!**

Sis. Ellen Jeanne Schnabl  
Educational Director - Sokol Berwyn

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## Help Our Sokol Grow

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## Corrections for the 1982 Directory

### CENTRAL DISTRICT:

Sokol Fuegner, Chicago, Illinois

Correct address:

Sec., Oscar G. Vickers,  
9725 Avenue "J"  
Chicago, Illinois 60617

Sokol and Sokolice Racine

Correct address:

Pres., Elsie Kaplan  
6453 Middle Road  
Racine, Wisconsin 53402

Add: Sokol Rozvoj

Pres., Rudolph Gurtler  
6416 West 28th Street  
Berwyn, Illinois 60402

Sec. Hedvika Vrba

2135 South Kenilworth Avenue  
Berwyn, Illinois 60402

Town of Lake

Correct address:

Educ. Dir., Anton Smunt  
5415 South Fairfield  
Chicago, Illinois 60632

### EASTERN DISTRICT

Sokol Washington, D.C.

Correct address:

Corr. Sec., Mary Soltis,  
4701 Quadrant Street, S.E.,  
Coral Hills, Maryland 20743

Educ. Dir., Mildred Barcal

8416 Donnybrook Lane  
Chevy Chase, Maryland 20815

### NORTHEASTERN DISTRICT

Under Northeastern District and

Sokolice Detroit - in both places

Correct address:

Dir. of Women, Maryann LaVere  
18605 Hillcrest  
Livonia, Michigan 48152

Sec., Anna Eisner

2750 Emily Avenue  
Melvindale, Michigan 48122

### PACIFIC DISTRICT

Under Pacific District and

Sokol Los Angeles - Dir. of Men  
and Educ. Dir., - in both places

Correct address:

Jiri Liska  
550 South Beverly Glen Blvd.  
Los Angeles, California 90024

# The New Women's Dress Parade Uniform



Sis. Mildred Pinc  
Financial Secretary



Sis. Betty Prener  
II. Vice-President



Sis. Jackie Kourim  
Secretary

**In order to make it easier for every lady to obtain a parade uniform the Board of Instructors has approved the following one:**

A navy blue blazer with the American Sokol crest on the left side.

A light grey skirt.

A white shirt type blouse.

Navy blue shoes.

The hat is the same one the men wear. This will make us all uniform. A rosette, feather and Sokol pin are on the left side of the hat.

All the items, except the hat can be purchased at any department store. The hat and of course the crest can be purchased from the AMERICAN SOKOL OFFICE, 6424 West Cermak Road, Berwyn, IL 60402.

Whether you are small, medium or large this is a uniform that anyone can wear comfortably and it is easily obtainable.

It would be nice if the sisters going to the Vienna Slet were able to wear these. We will be more matching to what the men's uniform consists of.



# ASO Financial Report

MARCH 1982

## RECEIPTS:

Dues	\$ 1,056.45
Sokol T. G. Masaryk Dues	19.00
Convention Fund	948.00
Special Assessments	467.00
Dividends and Interest	287.85
Subscription to "American Sokol"	3.00
Resale of Jewelry	149.15
UPS Charges	2.07
Postage	14.44
Educational Department - Busts	725.00
Song Book	5.50
Educational Booklets	3.00
Ties	161.25
Donation	10.00
Skills Patches	32.20
Miscellaneous	29.00
	<u>\$ 3,912.91</u>
ASO Uniform Division - Rents, salaries, etc.	767.36
<b>TOTAL RECEIPTS</b>	<u>\$ 4,680.27</u>

## DISBURSEMENTS:

## ADMINISTRATIVE

Salaries - Office Employees	\$ 543.53
FICA & FTW - February 1982	136.94
Rent, Janitor Services, Phone, Electric	760.35
Office Supplies	190.62
Postage and UPS Charges	47.36
Repairs to Office Machines	35.50
Service Contract (Bookkeeping machine)	150.00
Subscription to Hlasatel	66.00
Miscellaneous	54.00
	<u>\$ 1,984.30</u>

## BOARD OF INSTRUCTORS

Salaries	\$ 355.76
FICA & FTW for February 1982	79.26
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	58.00
Merit Award Applications	89.60
UPS Charges, Postage and Phone	59.30
	<u>\$ 671.92</u>

## EDUCATIONAL DEPARTMENT

Salaries	\$ 18.16
Material for library shelves	78.94
UPS Charges	5.47
	<u>\$ 102.57</u>

## SOKOL PUBLICATION

Printing "American Sokol" - February and March	\$2,470.76
Postage "American Sokol" - February and March	765.04
Mailing list changes, labels, etc. - February	84.73
Editor "American Sokol"	100.00
	<u>\$ 3,420.53</u>

## MISCELLANEOUS

ASO Uniform Division - Salaries, FICA and Phone	\$ 478.77
Special Appropriation - Central District	343.00
Future Sokol Leaders Fund - Postage	.60
	<u>\$ 822.37</u>
<b>TOTAL DISBURSEMENTS</b>	<u>\$ 7,001.69</u>
Balance brought forward: Western National Bank of Cicero - Checking Account	\$32,589.97
Receipts - March, 1982	4,680.27
	<u>\$37,270.24</u>
Disbursements - March 1982	<u>\$ 7,001.69</u>
	<u>\$30,268.55</u>

## FUTURE SOKOL LEADERS' FUND

March 1982

In memory of Sis. Olga Benesh - Anton Benesh, husband	\$ 10.00
In memory of Sis. Rose Jebavy - Sokol Cechie	10.00
	<u>\$ 20.00</u>
Interest Earned	83.82
	<u>\$ 103.82</u>

## LIBRARY AND ARCHIVES FUND

March 1982

In memory of Bro. Joseph Vitek - Helen and Betty Prener	\$ 25.00
Interest Earned	54.61

## GENERAL FUND

March 1982

In memory of Bro. Joseph Vitek - Jerry and Eva Faltus	\$ 10.00
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*Donations are tax exempt*


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**Change of Address for American Sokol**

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Sokol.....  
Name.....  
Old address.....  
.....Zip.....  
New Address.....  
.....Zip.....

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### ONE LINERS

A pessimist is a fellow who feels sad when he feels good for fear he'll feel worse.

The smallest good deed is better than the greatest good intention.

The greatest underdeveloped territory in the world lies under the hat.

A man becomes wise by watching what happens to him when he isn't.

The happiest miser in the world is the one who saves friends.

Too many people itch for more than they are willing to scratch for.

The only way to multiply happiness is to share it.

The woodpecker gets results because he used his head.

The man who is not afraid of failure seldom has to face it.

KATOLICKY SOKOL

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**Calendar of Events - Cont.**DEC. 31 - SOKOL LOS ANGELES  
Silvester DanceOCT. 15-17 - DISTRICT DIRECTORS CONFERENCE  
Cleveland, OhioOCT. 1982 - SOKOL BALTIMORE  
110th AnniversaryOCT. 17 - SOKOL LOS ANGELES  
Moravian FestivalNOV. 19 - SOKOL GREATER CLEVELAND  
Sokol Fish FryDEC. 4 - SOKOL LOS ANGELES  
Silvestrovská ZábavaDEC. 4 - St. Nicholas Dance  
at Sokol Berwyn HallDEC. 5 - SOKOL WASHINGTON, D.C.  
Christmas PartyDEC. 16 - SOKOL WASHINGTON, D.C.  
Annual meeting**Spolehlivá cestovní služba do všech částí světa**Vyřídíme rychle a přesně návštěvu Vašich  
příbuzných z ČSR.  
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