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**OFFICE OF THE
EXECUTIVE BOARD ASO.**

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

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Calendar of Events

MAY 1 - SOKOL CLEVELAND

Pork and Dumpling Dinner

MAY 6 - SOKOL SLAVSKY

Card and Bunco Party

MAY 7 - SOKOL SAN FRANCISCO

Spring dinner - dance

MAY 7 - SOKOL BROOKFIELD

Spaghetti Dinner 4 to 7 P.M.

MAY 15 - SOKOL ST. LOUIS

Exhibition

MAY 15 - SOKOL WASHINGTON, D.C.

4th Annual Sokol Open Tennis Tournament,
Oxon Hill Recreation Assoc.

MAY 17, 18, 19 - SOKOL DETROIT

Rummage Sale - Sokol Cultural Center

MAY 20 - SOKOL MILWAUKEE

Gym Graduation Program

MAY 22 - SOKOL LOS ANGELES

Gymnastic Exhibition

MAY 22 - CENTRAL DISTRICT

Awards Picnic

MAY 22 - SOKOL LOS ANGELES

Gymnastic Exhibition and Dance

MAY 29 - SOKOL WASHINGTON, D.C.

Wreath Laying at Tomb of Unknown Soldiers,
Arlington Cemetery

JUNE 1 - SOKOL CRETE

Gymnastic Program

JUNE 5 - SOKOL SLAVSKY

Annual Picnic

JUNE 5 - SOKOL GREATER CLEVELAND

Exhibition

JUNE 11 - SOKOL SAN FRANCISCO

Last Dinner - dance

JUNE 11 - CENTRAL DISTRICT

Junior and Senior Awards Night at Sokol Stickney

JUNE 12 - CENTRAL DISTRICT SLET

Riverside-Brookfield High School

JUNE 18 - NORTHEASTERN DISTRICT

Junior girls and boys competition

JUNE 18 - SOKOL MILWAUKEE

115th Anniversary Celebration

JUNE 18 - NORTHEASTERN DISTRICT SLET

Sokol Camp - Sandy Bottom Lake

JUNE 19 - NORTHEASTERN DISTRICT EXHIBITION

Sandy Bottom Lake, Michigan

JUNE 24-27 - SOKOL GREATER CLEVELAND

Dedication of Czech Chapel - Washington D.C.

JUNE 26 - SOKOL LOS ANGELES

Czechoslovak Day - Alpine Village

JUNE 26 - SOKOL LOS ANGELES

Czechoslovak Day in Alpine Village

JUNE 29-JULY 2 - SOKOL U.S.A. SLET

Pittsburgh, PA

JULY 9, 10, 11 - SOKOL DETROIT

Czechoslovak-American Festival

JULY 10 - SOKOL DETROIT

Ethnic Heritage Run

AUG. 14 - SOKOL SAN FRANCISCO

Picnic

AUG. 14 - SOKOL MINNESOTA

Sokol Camp Booya Picnic, Pine City, MN

SEPT. 25 - SOKOL SOUTH OMAHA

Czech Festival

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIV

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ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, Tuesday, February 22, 1983, was brought to order at 7:35 p.m. by President Roy Zitny; pledge to the flag was given. District minutes received; Western, annual meeting, January 23rd; Central, January 26th; Western, February 13th.

CORRESPONDENCE: Southern District invitation to the District Slet, June 3, 4, and 5th, for Bro. Zitny or his representative at attend the Slet festivities. Both Sis. and Bro. Zitny will go as our representatives, approved. Northeastern District, a letter pledging their continued support in the never ending task of promoting our Sokol ideology. Letter from Ceska Sin, from their new president, Ronald J. Cherek, also their newsletter. Letter from Bro. Joseph Kovar done at the request of Sokol Detroit. Two letters from Sokol Houston Bro. Emil Kurokata, plus their newsletter. Portfolio of correspondence from Sokol Belcamp, President Frank G. Novak, given to the committee. A letter from Bro. Walter Slavik, of Sokol New York. By-laws from the Western District to be approved by our Executive Board, given to Sis. B. Prener for review. Slovak Sokol, for their souvenir book for the XIX Sokol USA Slet, also a list of souvenirs that can be purchased before the Slet, approved \$100 ad, the educational committee will handle content.

DIRECTOR OF WOMEN - Sis. Marie Ptacek: Sokol USA will be holding judging clinics to prepare people to judge at their Slet in 1983. Guest organizations are invited to attend these clinics. Judging positions will first be filled from those attending the clinics, especially Head Judge positions. One clinic will be held at Sokol Community Center, Lodge 306, Chicago, on April 30th. Sis. Henrietta Milan notified us that Glen Sunby of the International Gymnast would like to have reports from us and a calendar of our National Slets and meets - possibly something every two months for him to put in the publication. He would also like some information on the 1982 Vienna Slet. USGF information was sent by Sis. Norma Zabka, regarding the Datsun arrangement and the McDonald's relationship. Datsun will present the USGF with an avenue through which local clubs will participate in mall shows and auto shows. Participating clubs will be presented with an equipment certificate for \$500.00 in AMF gymnastics equipment, along with warm-ups for those athletes who participated. The McDonald's "Head over Heels" program is to be launched in March. This program

will be instrumental in drawing new people into the sport of gymnastics and into the programs of clubs and organizations who avail themselves of the "Head over Heels" program through local McDonald's co-ops. Our Sokol Gymnast will carry an article on these two programs. Sis. Jolene Dalton phoned inquiring as to age requirements for Sokol competitions. We checked with Sokol USA and they do allow underage people to move up to Jr. level. Sokol USA has sent information packets to all Unit Directors, including hotel prices, schedules and tournament rules. **SCHOOL COURSE MATERIAL:** This committee will meet in the very near future to compile all available school material and have it ready for the courses this summer. Bro. Michalek suggested that perhaps we should commission someone to do all this work and pay that person if necessary, since many hours will be involved. This material will constantly be revised; all Course instructors will be asked for their input and all material will be updated whenever necessary. **SOKOL USA SLET:** The packets with information have been sent to our Unit Directors. The headquarters hotel is William Penn Hotel. They do not recommend the Marriott because it is 15 miles out from the site of the events and public transportation is poor. There are to be narrations for both Jr. and Sr. calisthenics. We have asked for copies of these, but have not received anything so far. **GYMNASTICS SKILLS:** Sis. Pistorius said she has had no word from Sokol Baltimore in answer to our request for their list of names of people who received the Gymnastic Patches and Bars. Sis. Georgia Drobny, Sokol Greater Cleveland, submitted a request for 22 patches and 19 intermediate bars for Jr. girls. Also 40 patches, 7 intermediate bars and 2 advanced bars for women. These will be released as soon as check is received from her. Also received a request for 8 patches from Sokol Slavsky for their 1st class boys. **1985 ASO SLET:** A committee will check LaGrange South, Hinsdale South and possibly Willowbrook as sites for the competitions. We are aiming for a school that has their own equipment and will permit us to use it. Floor plates are an important consideration. Bro. Michalek says that possibly a school will allow us to install the floor plates if they do not have them. Bro. Michalek made a suggestion that perhaps a souvenir mug could be presented to every competitor. Further discussion came up with the idea that we should write to some large corporations in the area for donations for a specific need. This should be mentioned at the Slet Committee meetings. Bro. and Sis. Kalat will head the Trophy Committee. A theme for the 1985 Slet should be thought about. Tentative Schedule: Wednesday, Judges meetings, opening cere-

monies, Special number competition; Thursday; All gymnastic competitions, except Championship, run right through evening hours - NO social on Thursday; Friday, Volleyball tournaments, banquet; Saturday; Possibly volleyball finals, Championship competitions, awards dance; Sunday; Slet. Badges similar to those given in Fort Worth should be investigated for all competitors and judges, tabulators, etc. **DIPLOMAS:** We have written to Sis. Laznovsky to send us the diplomas that were left over after the courses held in Fort Worth in 1981.

DIRECTOR OF MEN - Bro. Paul Lebloch: Received letter from Bro. Jerry Hardy along with reports of the AAU 95th Annual Convention held in San Diego, Nov. 10-14, 1982. He has relinquished his position as Gymnastics committee chairman of the AAU, but has been named Chairman Emeritus of the Gymnastics committee.

MEMBERSHIP COMMITTEE - Br. Fred Kala: Can not determine the rate of increase or decrease of the membership because of the missing units who did not report the last quarter of 1982. A list of units who did not file their reports will be made and they will be gotten in touch with.

EDUCATIONAL COMMITTEE - Br. Stanley Barcal: The following were approved by the Executive Board. The framing of 2 china plaques approx. cost together, \$46.50. Book "Final Hours" received from Czech Council depicting Czech immigrants who settled in USA 1948-81, (now deceased), cost \$36.00. History of Bohemian Literature available at \$7.95. Sokol South Omaha sent copy of handbook Sokol Knowledge Quiz, could be reproduced and used in various activities. We would like to send letters to all units/districts asking their newsletters to be sent directly to the Educational committee. Request listing of all Educational Directors unit/districts, this can be done. List all educational material assets, inventory all pamphlets that we have. Received pictures from Sis. Prchal, a cook book from Sokol USA, (letter of thanks will be sent). Bro. Lebloch will make contact for bids on art work for postcards and note paper, art work has been sent to Bro. Walter Hosek. Sis. Kos has listings of universities and colleges who offer the Czech language. Sis. Marshalek is moving and wishes to donate various articles from Sokol Havlicek-Tyrs. Bro. Rabas will arrange pick-up. Bro. Halik has cut tape "What is Sokol" by Bro. Kudrnovsky, can be used for courses, etc. History of the Pacific District from Sis. L. Nekuda. Copy of Voltaire Zizka's 100 Years of Sokol will be returned to Sis. Zizka. Received postcard from the Southern District which they are selling.

PUBLICITY - CZECH - Bro. Jerry Rabas: The annual exhibitions are being written up and will appear several times in the Denní Hlasatel.

PUBLICITY - ENGLISH - Sis. Vlasta Zitny: Nothing to report at this time.

FINANCIAL SECRETARY - Sis. Mildred Pinc: Financial report for January 1983 prepared and copies were distributed to Executive Board members. Certificates from two Savings and Loan are being renewed at the highest possible rate, one for \$15,000 the other for \$10,000. A census report which was filed with the U.S.

Dept. of Commerce, was prepared and typed. Membership dues cards were reordered and plain pins were also ordered. Sokol South Omaha has put their membership on computer and updated all information. We received their membership list and updated our records to coincide with theirs. Have compiled a listing of all our savings accounts, certificates, etc. This shows all current rates and maturing dates of the accounts. As each certificate matures, we renew at the highest rate possible at the time. Donations to the Future Sokol Leaders' Fund and the Library and Archives Fund were read.

TREASURER - Bro. Robert Barcal: Presented charts of budget comparison; long discussion followed. Bank statements reconciled. Everything in order. Discussion on the funding of the Directors' Conference.

UNIFORM - OFFICE - II. VICE-PRESIDENT: Sis. Betty Prener: Analysis of sales indicates that sales are down, i.e., January, 1982 - \$2,222.29, January 1983, - \$1,009.86. February sales, according to present figures, might equal February of 1982. Costs and expenses have increased, which result in increased prices. Collections are good. However, received another NSF check and are following this for payment. Received 14 copies of Památník of the V. Jubilee Slet of the Čs. Sokols Abroad; also 4 copies of their newsletter which covers their slet activity with color insert. The stairway leading to our addressograph room has been carpeted, stairs were painted, as were the smudges on the wall, iron railing removed and reinstalled, carpeting laid. Bro. Bob Drake of Sokol Chicago was our carpenter. Price was right, too. Attended the funeral service of Sis. Anna Vydra, member of Sokol Berwyn.

EDITORIAL - SECRETARY - Sis. Jackie M. Kourim: Have been working feverishly on the new directory for 1983. Still missing 9 units and 2 districts. First copy has gone to the printers. Working on some of the initial plans for the District Presidents' Conference. Letter sent out to notify of the pending date. Regular secretarial duties performed.

I. VICE-PRESIDENT - Bro. George Basta: Assisting the new treasurer with reports. Filled out census report. Will follow through on our federal exemption form.

PRESIDENT - Bro. Roy Zitny: Attended the 75th anniversary of Karel-Havlicek Borovsky. Attended the wake of Sis. Anna Vydra. Will be working on the agenda for the District Presidents' Conference. Will try and make the final arrangements for rooms at the Oak Brook Marriott.

NEW BUSINESS: Forms from the Radio Shack Computer Division will be worked on by Bro. John Satek and Bro. Chuck Kalat. Report to be given at next meeting. A 20-page report is necessary to tell them what we want in a computer. Bro. Frank Michalek will be asked to write the essay about the organization. Permission was given to buy the book that tells how to prepare this report.

Meeting adjourned at 10:15 p.m., coffee and refreshments served afterwards.

Respectfully submitted,
Sis. Jackie M. Kourim, Secretary

Sokol Educator (a)

Czech Dining Adventures

The inspiration for beginning this article comes, in part, from Mr. Raymond Sokolov, editor of the *Leisure and Arts* page of the *Wall Street Journal* and his article "The Mobile Guide: Chicago the Wright Way" of Friday, January 28, 1982. Read it and you can learn about life, architecture, food and much more in Chicago. One example is the Bohemian Crown Restaurant at 7249 Lake in near by River Forest and that some great Czech foods await you and Czech is spoken all around town.

Life is just full of such delightful and serendipitous (b) surprises as Mr. Sokolov's article. Now let me share some of mine with you and perhaps one day you will repay in kind (see end of article).

I had the opportunity to explore Chicagoland this past summer with my family. Approaching this great city from the south, I announced to my captive audience that we were entering Czechland and it has the second largest population of Czech descent and Czech speaking persons in the world, being only after Prague. My youngest son accepted this fact of life at face value after considering the source while an incredulous teen, who also considered the source, challenged with "How do you know that?" which in turn drew the appropriate response of privilege inherent in the parent "because I'm father . . . and besides the Sokol Detroit Educational Director". Confronted with such impeccable credentials, the challenge was withdrawn . . . end of discussion . . . All facts duly noted and relegated to the proper section of the brain that processes such vital and interesting information.

The entire matter was amazingly resurrected within minutes as the alert tollkeeper at the very last tollgate, noticed the 1982 Czechoslovak American Festival bumper stickers so proudly displayed on the side and rear windows. This resulted in a very friendly and hearty welcome . . . because, you see . . . he was a Slovak, and I might add, very proud of his heritage and large Slovak population in the Chicago area. He was also very much interested in the Sokol Detroit Festival. Needless to say, he emphasized the fact that many Czechs were afoot nearby and even helped direct us towards them! The driver reminded the passengers of the earlier reference to Czechland and that this was proof! All were put on notice that this promised to be an eventful day and that it was, indeed, in fact, it was one serendipitous delight after another!

Cermak Road and Cicero and Berwyn must be experienced rather than read about to be fully appreciated . . . so try it some time, or try it again . . . even if you just have a bit of Czech in you.

Driving west on Cermak Road (named after the Czech mayor of Chicago who was assassinated in an attempt on President Franklin Delano Roosevelt's life in the 30's) through Cicero and into Berwyn brought discoveries of real honest-to-goodness Czech neighborhoods and many different types of business and

professional activities with Czech names. These included bakeries, import stores, funeral homes, insurance agencies, travel agencies, shoe stores, general merchandise stores, doctors, dentists, attorneys and much more! JUST IMAGINE THE VITALITY OF THESE NEIGHBORHOODS IN PAST YEARS WHEN THEY MAKE SUCH A STRONG STATEMENT TODAY.

After some mid-to-late morning exploring on foot and shopping, we opted for lunch at the Old Prague. Our feast included strawberry filled dumplings . . . can you imagine such a treat? These are indescribably delicious and undoubtedly always served in heaven to special guests. Other remarkable dishes at this restaurant, just to name a few, are roast duck, tongue, meat loaf, etc. and always an ample supply of Pilsner beer at hand.

The east wall of the main dining room holds a multi-dimensional lighted replica of Prague with Hradčany (Prague Castle) featured prominently on the heights. On the north wall of the same room is a massive Czech lion in leather presented in several colors and outlined in brass edging. This is a setting that is not easy to leave or forget, but new horizons awaited.

By mid-afternoon, the authentic Czech bakeries tempted - guess who? Shiny display windows were filled with almost every imaginable treat and their seductive forms and colors are definitely worthy of a camera's eye. The strudels and kolackys and everything else tasted even better than they looked. The ladyfingers that smudged faces and hands quickly disappeared and won't be easily forgotten, either.

Turning from affairs of the heart, at least for the time being, thoughts of the mind that were cultural and intellectual in nature prevailed and led all to the Czechoslovak Society of America (now CSA Fraternal Life) Heritage Museum at the headquarters office on south Harlem. This is a must stop on any visit to town and a comeback again as well. The reward is a wealth of artifacts, historical items, memorabilia, documents, and cultural treasures all expertly interpreted and discussed by a guide. I noticed a unique model of a very powerful warrior on horseback and inquired if that might be John Zizka. It was not Zizka but rather a scale model of the Blanik Knight, standing at the ready to break free of his Blanik Mountain fortress and come to the rescue of the Czech nation. It was also learned the massive sculpture of the Blanik Knight was completed by the notable Czech-American sculptor, Albín Polášek (1879-1965) and that it is on the University of Chicago campus which is one of this nation's leading institutions of higher learning and interestingly, where such famous Czechoslovak leaders and statesmen as Masaryk and Benes came on different occasions to speak and more importantly to hold the torch of Czechoslovak freedom on high for all the world to see and remember.

Cultural pursuits such as these take time and of course, must be supported by ample nourishment and rest . . . so the magnificent Klas Restaurant featuring Bohemian-American foods was selected for dinner. The architectural exterior style is unique and beckons one

inside. The roast duck was superior in every respect as was all else and, the price very reasonable. The warm decor says linger and enjoy. Fascinating hand carved wooden figures of hunters, fisherman, farmers and so on are featured on a number of the chandeliers and demonstrate a very special craftsmanship that may no longer exist.

Well, I've shared a few delightful experiences with you from last summer and since then have considered that it just might be useful to compile a list of Czech restaurants. Fortunately, someone in the know recently provided names of some additional restaurants in the Chicago area and these are:

- The Cafe Europe of Cermak Road
- The Dumpling House on Harlem
- The Pelikan Restaurant
- The Pilsner on 22nd Street near Oak Park
- The Wishing Well on 26th Street
- Chateau Marie of Cicero
- The Plaza Restaurant on 22nd Street
- The Riverside Restaurant on Harlem

Oh, the inspiration of **completing** this article comes partly from my serendipitous experience on February 1, 1983, when seeking a well deserved lunch on the north side of Milwaukee. It was my very good fortune to discover The Friendly Inn Supper Club on Good Hope at about 41st Street. The Chlebana family is Czech and operates this fine restaurant that has a menu featuring a wide assortment of dishes. My roast duck meal enabled me to endure the rigors of another cold winter's day in the north country.

The balance of my inspiration to complete this article comes from the knowledge that another tasty duck served in the Czechoslovak Praha Restaurant (1st and 73rd) in a place faraway and known as New York City has a distant cousin who I'll be looking forward to meeting in March at Vlasta's European Restaurant at 2420 Lombard Street, San Francisco. After an encounter with this Bohemian style roast duck, I might just rendezvous with a couple of other cute dishes around town.

In closing, I'd like to refer you back to the definition of education and ask that you participate in expanding this list of fine restaurants by mail or phone so that none of us will ever be too far from proper nourishment and friendly hosts and hostesses.

- (a) The process of imparting or obtaining knowledge of skills.
- (b) The faculty of making desirable but unsought - for discoveries by accident.

Bro. Bruce Janda, Sokol Detroit
Educational Director

INSTRUCTOR To The Attention of Lodge and District Directors

Ran across this item of interest in a recent copy of the "Sokol U.S.A. Times". Take the time to read it, it also applies to the American Sokol Organization.

I am urging all directors to chose one gym night in the near future to schedule a "Dress rehearsal". By

"dress rehearsal" I am referring to dressing in complete SOKOL U.S.A. uniforms.

Please check to see that all member gymnasts have the correct Sokol U.S.A. emblem and the wide red and white elastic belting. The correct emblem has white stars; the emblem with gold stars is outdated and will not be accepted in competition.

If members are missing any part of their uniform, schedule a night to order new uniforms. Most all uniforms and accessories can be ordered from the American Sokol Organization Uniform Division. The address will follow this article. Also, if you are unsure about any level uniform, check on pages two and three of the new SOKOL U.S.A. RULES for the correct regulation uniforms.

It is important that we take pride in our appearance and that our members be dressed properly for our upcoming Slet. A few problems that I have noticed in the past and need some extra attention are as follows:

1. Junior boys socks are to be white, knee high - no shorter and no stripes. Try to set aside a good pair with tight elastic so they will stay at knee level.
2. Sokol belts should fit snugly around the waist proper snap or hook to fasten them.
3. Junior girls (and senior women competition uniforms) should be accompanied by proper underwear. A matching royal blue brief is strongly recommended.
4. All girls and women should have long hair pulled back neatly. Ribbons and bows are not part of the uniform.
5. Jewelry is not to be worn. The only exceptions are wedding bands and post earrings.
6. Slippers are strongly recommended for Slet Calisthenics rather than peds or sneaker socks. If peds or sneaker socks are worn in competition, they are to be plain white without trim or pom poms. Trim or pom poms will not be accepted in competition.

Remember one (1.0) point shall be deducted for incomplete or incorrect uniform. This will be checked at the calisthenic competition. Belts or slippers may be removed while the competitor is on the apparatus, but they must be put back on as soon as the routine has been completed.

Again, I urge all directors to take the time to check all uniforms. Order them now and be prepared not only for the National Slet, but for all lodge, district, and area events during the spring.

To order uniforms write to:

AMERICAN SOKOL ORGANIZATION
Uniform Division, 6424 West Cermak Road,
Berwyn, Illinois 60402 - Phone (312) 795-6671

Price list has some changes as of January 1, 1983. If you do not have these changes or the current price list request a copy. Orders are usually received in less than two weeks, but let's not wait to the last minute, order whatever you need as soon as possible.

I look forward to seeing all of you at our XIX National Slet - in correct regulation uniform!

NAZDAR!

Chris Yatchysyn, Chief Physical Directress

SOKOL GYMNAST

APRIL 1983

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

1865



1982



Los Angeles Olympics

1984 OLYMPIC TICKET PLAN ANNOUNCED

Los Angeles - More than 7 million tickets to the 1984 Olympics will go on sale next spring under a sophisticated ticketing plan designed to make the Games accessible to a wide diversity of people, it was announced today by John Fransen, director of public relations for the Los Angeles Olympic Organizing Committee (LAOOC).

Tickets will be sold directly to individuals in the United States through a system using direct mailings. IBM computers and nationwide outlets of a major retailer.

"More seats will be available for the 1984 Games than any in Olympic history," Fransen said. "We want to make sure that everyone who wants tickets is treated fairly, and we've worked hard and invested a lot of money to devise an innovative computerized mail order system that will help us do that."

The 1984 Olympic ticket plan is highlighted by the following features:

-- The average price of tickets to athletic events will be less than \$18, excluding Opening and Closing Ceremonies, and about 2.9 million tickets will be sold for \$10 or less for events in each of the 21 Olympic sports and two demonstration sports.

-- More than 100,000 Southern California youngsters will attend the Games free under a program in which official Olympic sponsors and other patrons purchase tickets to be given to youth and senior citizens. Proceeds from Olympic patrons who pay a minimum of \$25,000 will be used to support amateur athletics, as well as the Tickets for Youth Program; in return,

each Olympic patron will receive two premium seats at Olympic events.

-- Everyone ordering tickets within 60 days after they go on sale will have an equal chance to attend the events of their choice. The LAOOC will use a random selection method, employing state-of-the-art computer equipment, to determine seating for high-demand events; tickets for other events will be allotted by computer on a first-in-first-served basis.

Order forms, accompanied by a booklet of information, will be distributed through direct mailings and a major retailer to be announced. To purchase a ticket, a person must complete the form and mail it, along with a check, money order or credit card number, to the Los Angeles Olympic Organizing Committee.

The order forms will include second and third choices. If the first choice is unavailable, the LAOOC will try to fill the order in the next lower price classification for the same event before going to the second choice.

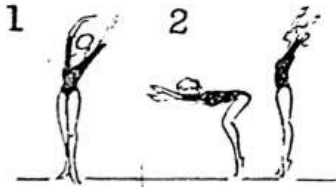
Sixty days after orders are accepted, a random drawing will be held to allot seats for high-demand events, such as Opening and Closing Ceremonies, track and field athletics, gymnastics, basketball, boxing and swimming; seats for other events will be assigned on a first-in-first-served basis.

Within 90 days after receiving an order form, the LAOOC will send an acknowledgement by mail, confirming which tickets the individual has purchased.

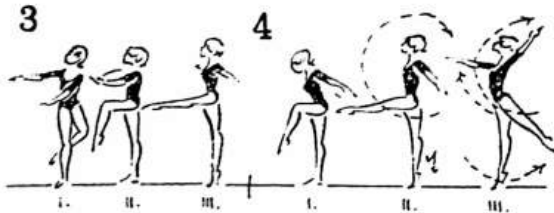
Purchasers will receive their tickets in June 1984. The 1984 Olympic Games begin July 28 and end August 12.

FLOOR EXERCISE - BALANCES - HOLDS

The illustrations pictured on this page consist of movement and holds in Exercise that can be utilized by all girls classes in our Sokol Program.

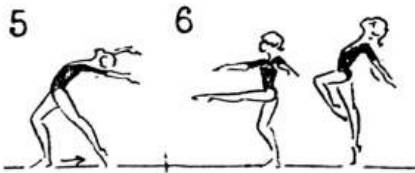


1.-2. From a close heel stand, uparm - drop half squat to front bow, uprise, upright to toe stand - utilize body wave motion: and circle arms.



3. From a bent Left rearleg inward, turn leg forward to bent frontleg and extend to high frontleg with toestand - arms optional.

4. From a Left bent frontleg, extend to high frontleg and toestand - swing leg to high rearleg body arched - arms circle from reararm to frontarm to position as shown.

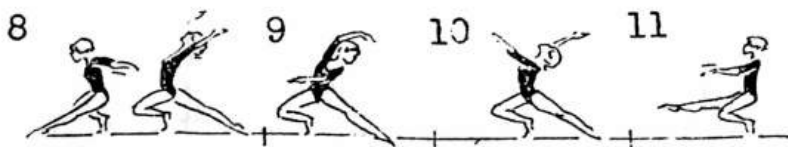


5. Lunge Right forward, arched body, arms in uparm.

6. From a half squat, left high frontleg, rise to toestand, bend left frontleg toes touch knee, arched body, reararm.



From a frontbow with high left rearleg, sidearm - drop to half squat Right and swing arms to frontarm - reverse arm movements on dips.



8. From a squat right, left foretouch - swing left leg sideward to rearleg, body arched - uparm outward.

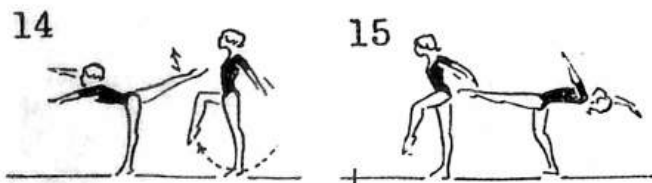
9.-10. From a squat right, left sidetouch; left frontarm inward, right uparm inward - turn trunk 90 degrees right, uparm outward.

11. From a squat left - right high frontleg, frontarm - uprise to forestep right and uparm outward.



12. From a kneel on right, sit on right heel, left rearleg (172 split) use optional arm movements.

13. From a kneel on right, left foretouch; drop to sit on right heel with frontbow - uprise 90 degrees turn right and move body forward to squat left, right sidetouch arms optional.



14.-15. Frontbow with high rearleg - rearbow with high frontleg.

DOC'S CORNER

By bro. FRANK MICHALEK

Quote of the Month

The results of good physical education are not limited to the body alone, but they extend even to the soul itself.

ARISTOTLE

Stunt of the Month - Floor Kip

The kip from the floor is a basic stunt which leads up to many of the kip uprisers performed on various apparatus for both men and women. Starting from a position of lying on the back with the legs overhead in a bent hip position. The arms are bent at the elbow so that the hands are placed on the floor behind the shoulders with the fingers pointing downward. Thrust the legs explosively forward and upward on a 45 degree angle. This thrust shall carry the body into the air so that the gymnast lands on the feet. Performers should exaggerate the arched body position during execution on of the uprise, so that the gymnast execute with a straight body and land standing upright.

Teaching Kip

When teaching the floor kip, a simple description would be to say it is the folding and unfolding of the body at the hips. Kipping action resulting in elevation of the center of gravity is probably the most common of typically identifiable gymnastic movements. When starting to teach the kip there are some basic progressions to master:

A. Rolling: Lie down, then tuck up by grasping your shins, and then roll backward and forward with control. Once your roll is controlled start to release your shins and place your hands by your shoulders as you roll back.

B. Piked rolling: This is the same rolling action described above in "A", only now the legs are fully extended and the body rolls piked. Instructors should observe to see that gymnasts keep legs very straight.

C. Nike, needle, candle: Though this particular stunt is called by many different names, as is illustrated, it basically is a static balance position that is derived by rolling back to the shoulders and head and locking the body in a straight body position perpendicular to the floor with the arms placed in the small of the back for support.

D. Balance point: Now roll back and hold the piked position momentarily. This is the preparatory position for the kip, and also an excellent orientation position for many similar exercises performed in other stunts.

Gymnastic Concept: "The Big Five"

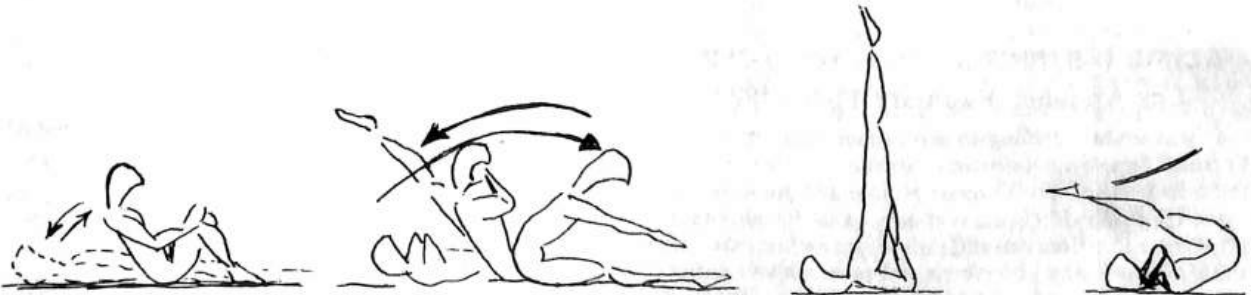
Gymnastic performance from the elementary to the advanced level is dependent upon acquisition of skill through development of the big five elements namely: 1 swing, 2 balance, 3 flexibility, 4 strength, and 5 agility. These ingredients are fundamental and conducive to all around work, and each aspect has a unique place in gymnastics.

A. Swing: To quote "Helmut Bantz", a former Olympian and respected German teacher, "who can swing can do gymnastics", the author Bruce Frederick states in its widest interpretation, swing refers to gymnastic movement in general and cuts through all the other four areas. The basis is found in the anatomy of man. Man moves by a system of levers, mostly levers of class three, which has the advantage of speed and range rather than force. When we extend the range of our bodies, we not only swing better we move efficiently as well. Swing leads to amplitude which results in desirable form. Quality and ideal performance is inevitably tied in with extreme ranges of swing. Putting your third class lever mechanism to work gymnastically requires that you become thoroughly familiar with swing in the forms of kipping, casting, circling, and kicking.

B. Balance: Though balance may be thought of as achieving non-movement this is not accurate physiologically. Balance may be either static (still) or dynamic (in motion). In all actions of the body there is dynamic as well as static balance. Balance has a central location amongst the big five, it is the heart of gymnastics. Balance practice begins on the floor.

C. Agility: The third element of the big five simply means traveling over something. This includes running, hopping, jumping and leaping. It includes the most fundamental of forms of gymnastic, tumbling. Basic movement, tumbling and traditional vaulting over the horse and other apparatus are massed together and called agility collectively for purposes of the big five. Since these activities are fundamental to all gymnastics, agility thus becomes the base. These type of activities and elements should be taught first and thoroughly before one proceeds to supportive work on apparatus. From this premis is postulated the philosophy of teaching on the floor and then transferring it to the apparatus.

D. Strength: Performance is the simultaneous participation of mind and body in any body movement. The performers for movement in man are the muscles. When they are properly conditioned and combined in



movement, progress in gymnastics in accelerated. You will find that Gymnastic goals are intimately bound with development of appropriate strength. You must have strength to pull yourself up on things, support your weight in balance, manipulate yourself in swing and develop a strong grip to hold on to apparatus. Since the arms and shoulders are often called on to lift and support the body in gymnastic, they are the primary muscle group that must be developed. The push-up and pull-up are the general standards of measurement for arm performance. To train toward learning a pull-up, start by having someone push you up to a bent arm hang, from this position come down as slowly as you can and fight the tendency to drop. While coming down you use the same muscles it takes to pull up. The coming down slowly principle and applies to the push-up. The traditional exercises for the abdominal muscles is the sit-up.

E. Flexibility: Flexibility is an ingredient all good gymnasts must develop. Just as a gymnast must have strength to execute an iron cross, he must also have the flexibility to execute splits. In gymnastics you will extend your range of movement by stretching your muscles. Muscles which are not stretched properly prevent extension of the arms and legs by constricting the action of the joints. The back bend for example is simply impossible when the spine and vertebral joints are constructed by inflexible joints and muscles. It must be remembered also that flexibility is necessary for prevention of muscle pull or strain, and the proper functioning of the joints of the body.

Health Tip: What is physical fitness?

Physical fitness is "the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and ample energy to enjoy leisure time pursuits and to meet unusual situations and unforeseen emergencies." According to the President's Council on physical fitness and sports, "the evidence is mounting that physically fit persons live longer, perform better and participate more fully in life than those who are not fit. Regular vigorous exercise is essential to vibrant good health, and it enhances the capacity for enjoying life."

Since physical fitness is a lifelong concern that should begin in infancy, it is important that children develop a positive attitude toward physical activity. Parents can help by setting an example of physical fitness themselves and by encouraging the whole family to participate together in Sokol, sports, and other activities.

**PACIFIC DISTRICT INSTRUCTORS CLINIC
Los Angeles, February 11-12, 1983**

It was a great feeling to see women instructors from Fresno, San Francisco and Seattle and to welcome them in front of our 33 men, women and juniors! They came on Friday, February 11 to join us in our regular physical education class. That very evening, they had the opportunity to observe sister Provaznik's teaching a team of boys and girls and then they joined our

masters in the class led by sis. Eva Holecek - stretching and aerobics for the Masters class.

On Saturday, the six guests were joined by other eight instructors and potential instructors from Los Angeles. They were taught spotting and safety by br. Otto Holecek, assisted by Brigit Prochazka and Rudy Mailing. The next two hour lesson was Practice Teaching, led by sister Marie Provaznik. The subject was: Overpass Bentleg from hang standing or hang squatting and lying, on parallel bars. We were amazed how fast, clear and efficient is sis. Provaznik's teaching. She stood close to the parallel bars and had all the 14 instructors under complete control for full two hours.

At the District BOI meeting that followed, the consensus was that other Clinics of this kind should be organized in various units of the District, and they should last at least two days, with participation of the students in the Friday's session. The best bet would be the long weekends.

It is a great satisfaction to the organizers of this Clinic that it found a good response so that they were assured that the future Clinics can be longer, more demanding and better organized. Also, more printed materials should be available, and every instructor should have his or her physical education library.

Sis. Libuse Pelc
Br. Jiri Liska
District Directors

WHAT IS A WORKOUT?

A workout is 25 percent PERSPIRATION and 75 percent DETERMINATION. Stated another way, it is one part physical exertion and three parts self-discipline. Doing is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a WINNER-the mark of an organized, goal-oriented person who has taken charge of his, or her, destiny.

A workout is a wise use of time and an INVESTMENT in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to OPPORTUNITY and SUCCESS. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form of REBIRTH. When you finish a good workout, you don't simply feel better. YOU FEEL BETTER ABOUT YOURSELF.

Developed by the President's Council
Physical Fitness and Sports

Help Our Sokol Grow

Minutes of the District Directors Conference A.S.O.

HELD AT HARLEY HOTEL-SOUTH, INDEPENDENCE, OHIO IN OCTOBER, 1982

FRIDAY, OCTOBER 15:

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

DIRECTORS and ASSISTANTS PRESENT: Marie Ptacek, Paul Lebloch, National Directors, Sylvia Laznovsky, Larry Laznovsky, Southern District, Audrey Benda, Vladislav Slavik, Eastern District, Jolene Dalton, Philip Cahoy, Western District, Roger Martanovic, Maryann La Vere, Northeastern District, Libby Pelc, Pacific District, Sylvia Pistorius, John Satek, Central Dist., Anne Halik, Dick Ptacek, Frank Michalek, Assistants and Mae Simonek, Secretary.

GUESTS: Robert Jirousek, Northeastern District President, John J. Dusek, President Sokol Greater Cleveland, George Kotlan, Sokol Greater Cleveland Director, Jan Kalat, ASO BOI, Chuck Kalat, ASO BOI, Mary Ann Satek, ASO BOI Frank Pliska, Bertha Cerny, Elsie Khol, Dolly Baca, Evelyn Pliska, Dennis Baca, Georgia Drobny, Karen Berg and Tony Berg.

On behalf of Marie and himself, Br. Lebloch welcomed all District Directors and the first and second assistants to the Directors Conference and thanked the Northeastern District for making all the necessary arrangements. He also expressed sincere thanks to Br. Bob Jirousek, Northeastern District President, for being the hosting District.

Br. Jirousek extended greetings and welcome to all. He was happy that we selected their city to hold the Directors Conference. After the completion of our meetings, he hoped there would be time to socialize with friends in the Cleveland area. He wished us a successful and productive Directors Conference.

Sis. Ptacek and Br. Lebloch introduced their 1st and 2nd assistants and secretary. District Directors and guests stood and introduced themselves.

A moment of silence was observed for Sis. Lorraine Zdenek and Br. Ed Hlinka who passed away during this past summer.

VOTING RIGHTS:

National Directors: 1 vote each	- 2
1st and 2nd Women's Assistants - 1 vote each	- 2
1st and 2nd Men's Assistants - 1 vote each	- 2
12 District Directors - 1 vote each	-12
	18

DISTRICT REPORTS:

PACIFIC DISTRICT: Activities included clinics, an Assistant Instructors Course, a childrens camp, exhibitions, Czech dancing volleyball. Sokol Los Angeles and Sokol San Francisco hold regular classes. Sokol Fresno has recently started boys and girls classes. Their District edited the English translation of Sis. Provaznik's book "One Hundred Years Of Sokol". It was used for instruction in the historical part of the Assistant's Course. Sokol Seattle rented a hall for volleyball and are organizing hikes and having social functions. 28 gymnasts joined the Slet calisthenics in Vienna.

Pacific District's goal for next year is to create a strong and active District BOI. In 1984, the Olympic

year, to show publicly the advantages of our Sokol physical education. They suggested that perhaps Sokol and the CSA might present something.

EASTERN DISTRICT: Active Units as listed in Women's Department: Baltimore Fuegner, Little Ferry and New York. Inactive as listed in Women's Dept.: Curtis Bay, Miami, Newark, Philadelphia, Schenectady, Washington (Belcamp).

Active Units as listed in Men's Department: Washington, Baltimore, Little Ferry, Fuegner, and New York. Inactive in Men's Department: Newark, Belcamp, Curtis Bay and Schenectady.

Activities include Unit Exhibitions, competitions held by the United Sokols of the East, USGF sanctioned meets, including Rhythmic Gymnastics, Clinic Beginners School, Track and Field Meet, Bowling, Volleyball, Slet, participation in Czechoslovak Day, Ethnic Festival, parades, Halloween and Christmas parties. Judging clinics were also held.

Br. Slavik suggested in his report that we turn our attention to two trends:

- 1) Aerobics
- 2) Program for older sisters and brothers - for those who seek activity and company, yet must go somewhere else to get it. Light physical fitness exercise with social activities and some handiwork should be embodied in such a program.

Br. Slavik also proposed that at future Director's Conferences and especially the next Convention, much more time should be spent on matters dealing with improving our Sokol program, attaining new membership, exchanging ideas to help each other. He further stated: "Briefly, face the fact that we do lose entire Units and members even in active Units. Our jobs should be to analyze this decline on a national level and deal with it."

Sis. Benda commented that the ASO should encourage each active Unit to hold a competition for each of its classes (or in combination with a nearby Unit) every year. Routines should be made available for Low B and C children. This would help to train their instructors to judge and give them sufficient practice in this skill; Unit Director and/or class leaders would learn to prepare and run a small competition efficiently; reluctant judges would gain self-confidence by judging "At home".

Sis. Benda would like to have District reports of clinics, refresher courses, etc. held by Units/Districts published in the American Sokol. Sometimes leaders feel overburdened by events which are planned, but might be spurred on to more activity when they learn what others are doing currently - not one year later. Such reporting activity could be assigned to a participant and not made the duty of the Unit/District Director. She would also like to see in the American Sokol reports of any type of guest appearances any of our Units or Districts make.

Sis. Benda further stated that all Sokol Events should be thoroughly enjoyable and open to participation by the willing, even if clumsy, gymnasts. "The severe degree of competition to which some leaders subject themselves is no longer fun, nor a sport. Is it even Sokol?"

CENTRAL DISTRICT: Active Units are Sokols Berwyn, Brookfield, Milwaukee, St. Louis, Slavsky, Stickney, Tabor and West Suburban. Inactive are Cechie, Chicago, Fuegner, Havlicek Tyrs, Racine and Town of Lake.

Activities include Unit Exhibitions, District competition and Slet, volleyball, basketball, Rhythmic Gymnastics, Track and Field, participation in Houby Day parade, Annual Ethnic Festival, and a Beginners Course. Over 200 gymnasts and spectators attended the Vienna Slet. Judging Clinics are also held throughout the year.

WESTERN DISTRICT: Active Units: Cedar Rapids, Crete, Minnesota, Omaha, South Omaha and Wilber. Inactive: Caldwell, Minneapolis and Wilson. They held their first District children's competition this year. Had k Divisions. They felt it was a positive step forward and plan to make it an annual event. Activities of the District include Unit exhibitions, Unit competitions, District Slet, Clinics, Halloween and Christmas parties, bowling party, last day party and a picnic/swimming party. Ten actively participated in the Vienna Slet and competitions. Cedar Rapids held volleyball classes throughout the year. The new men's District Director is: Joe Masek, 4048 So. 13th St., Omaha, Nebraska 68107.

Br. Lebloch thanked Phil for the years he served as the Western District Director and for all his fine contributions to the Directors' Conferences and National Slets.

SOUTHERN DISTRICT: Active Units: Corpus Christi, Dallas, Ennis, Fort Worth, Houston and West. Inactive: Yukon. Activities include Unit exhibitions, District competitions and Slet, tumbling clinic, Beginners Course, volleyball, including a beach volleyball activity, guest appearances at various shopping malls and for various organizations, at an area trades day October Fest, Halloween and Christmas parties, skating parties, Easter Egg Hunt and swimming party. Sokol Fort Worth acted as hosts to the USGF Rhythmic Competitions in May. Also served as coordinators, scorers, etc. for the USGF Invitational in June.

Some Units have representatives in the Czech Cultural Society and a Czech Heritage Society in Texas. Sokol Houston held the grand opening of its new Sokol in May.

Southern District has a new Unit organized: Sokol Cameron. They are now serving their probationary period. There is a possibility of two more Units being organized and Sokol Fort Worth and Sokol Dallas may expand their buildings.

NORTHEASTERN DISTRICT: Active Units: Sokols Cleveland, Detroit and Greater Cleveland. Inactive: Sokols Rip and Moravan. Activities include Unit exhibitions, District competitions and Slet, CPR clinic, folk dancers clinic, Beginners Course, volleyball, vaulting. Much interest in the essay contest. Sokol Greater Cleveland Jrs. took, 1st, 2nd, 4th, 5th and 7th places. Sokol Cleveland took 6th place.

The men of Northeastern District have challenged the women of the district to hold a Women's Marching and calisthenics competition in 1983.

* * *

A general discussion followed the presentations of the District reports. Br. Jack McClure is the organizational person in the Southern District. Officers should be organized first before the gymnastic classes get started. Br. Laznovsky reported that the District purchased equipment from their Special Assessment Fund. It is loaned to a new Unit when it starts until such time as that Unit is able to purchase its own equipment.

Got onto the subject of volleyball. Each Unit or District can use their own guidelines, but at a National ASO Slet, anyone playing in the volleyball tournament must drill the calisthenics at the Slet. Br. Satek stated that Central District requires all volleyball and basketball players to participate in the calisthenics at the District Slet or they forfeit their award. He said no trophies have been awarded for the past few years because the players do not abide by the rule.

Br. Slavik says we must keep an open mind on this subject requiring that the volleyball players drill. Might build up our ranks if we drop the requirement. Says Tyrs picked "Gymnastics" because it fit in at that time.

Br. Ptacek said many Districts are falling down in membership. Blames poor leadership. We need better teachers to keep the interest up in gymnastics, which he interprets to mean apparatus. He says aerobics is going very well in his own Unit, but as soon as the calisthenics is introduced, the ladies will probably quit. The calisthenics keep us together as a whole, but our numbers are getting smaller. Some Units in the Central District do not even have any Jr. boys enrolled.

Br. Cahoy says many Units are just pushing gymnastics. Some Districts have gone into specializing. He feels we are not all keeping up with the Sokol idea.

Br. Kotlan: Many people would like to play volleyball, but cannot compete with volleyball as it is being played at our tournaments now.

Br. Michalek: Sokol is for the masses - not to build a super gymnast. Problem with children of high school age - they drop away from Sokol because of their school activities and team sports.

Br. Satek: We must follow the Tyrs system. Maintain an all-around program. Very important on how it is presented to them.

Br. Lebloch: If we lose sight of the Tyrs method, we are no longer Sokol. If something else works in your Unit or District, you can try it, but at a National Slet we should adhere to our rules; If you play volleyball or basketball or compete, you must drill. We must bear

in mind that the population is also down. Many schools are closing because of the smaller number of children enrolling.

Br. Slavik: He feels that the old fashioned typical American image is that gymnastics is for girls. TV and the media are helping to change this concept.

Other comments: The teacher of the 1st class boys is very important because he is the one building up the men's class of the future. It takes strong leadership. Folk dancing groups need new material to keep the dancers interested more active faster dances. Using training equipment is a very good idea - is much more adaptable for the smaller children.

Br. Kalat: We need leadership. Do you take a good Sokol and teach him to be an instructor or do you take a good teacher and teach him to be a good Sokol? Possibly someone from college? Sis. Benda says work with the willing; they themselves had bad luck with outside instructors. They ridicule our calisthenics. Sis. Pistorius said Central District Units hired some who taught only apparatus. They had to find good Sokols to teach marching and calisthenics.

Br. Slavik: Yes, hire an outsider if you have no one else.

Br. Cahoy: The most successful coaches are those that want to learn. The person does not have to know gymnastics. Look for someone who is really enthusiastic. Phil himself learned much from books.

Br. Satek: The most enthusiastic students at the Central District Course were the ones that wanted to learn.

VIENNA SLET: Our organization had large participation at the Slet and Competitions.

A letter of thanks was received from Czechoslovak Sokol Abroad - they appreciated our participation, cooperation and support.

Sis. La Vere read a letter addressed to the American Sokol Organization written by Sokol Detroit and Sokol Detroit Ladies Auxiliary Board of Instructors. It listed some events which were poorly organized in Vienna; said competitions were disorganized and that some events were over-sold and people could not get in; there were not enough judges and no music for the floor ex was furnished. They also felt that a Special Number should have been presented by the American Sokol Organization. Sokol Detroit suggests that a letter should come from the ASO office citing some of the complaints.

Many opinions were voiced with the result being that the Directors Conference recommends that no letter be sent to the Czechoslovak Sokol Abroad stating any complaints. Those that attend were there as their guests. However, possibly before their next Slet perhaps something could be suggested to them to have some sort of guarantee on the tickets and admittance to the various events.

BR. SLAVIK: Said a most important fact is that through TV and other media, a message was sent to Czechoslovakia, to those people who have the same belief as we do.

Sis. Pistorius: Was very proud to be the women's American Sokol Organization representative. When the

time came, all pulled together to make it like an American Slet. the cooperation was wonderful, the camaraderie and sticking together was great.

Br. Lebloch said the music selections between the performances were very lengthy. Commented that the calisthenics were beautifully performed.

Our Board of Instructors sent a letter of thanks to the gymnast from Sweden who joined our volleyball team . . . women's department.

* * *

In closing the first session, Br. Frank Michalek led us in a Sokol song. We adjourned at 11:00 P.M.

Nazdar, Mae Simonek
BOI Secretary

SATURDAY, OCTOBER 16:

Meeting was called to order at 8:30 A.M.

DIRECTORS and ASSISTANTS PRESENT: Marie Ptacek, Paul Lebloch, National Directors; Sylvia Laznovsky, Larry Laznovsky, Southern District; Audrey Benda, Vladislav Slavik, Eastern District; Jolene Dalton, Philip Cahoy, Western District; Roger Martanovic, Maryann La Vere, Northeastern District; Libby Pelc, Jiri Liska, Pacific District; Sylvia Pistorius, John Satek, Central District; Anne Halik, Dick Ptacek, Frank Michalek, Assistants and Mae Simonek, Secretary.

GUESTS: Jan Kalat, Chuck Kalat, Karen Berg, Marjorie Juba, Georgia Drobny, Doly Baca and Pete Dusek. (All guests did not remain for the entire day.)

Welcome to Br. Liska who arrived very early this morning.

Br. Lebloch said the committee working on the Manual Revision was meeting this weekend in Berwyn at the ASO office. Sis. Provaznik, Brs. Halik, Milan and Benak representing our organization. Sis. Chilla, Kovac and Br. Banjak representing Sokol USA.

ATTENDANCE REPORT: Sis. Pistorius presented copies of the men's and women's annual attendance report to all Directors. Chart shows enrollments and averages for years 1979-80, 1980-81 and 1981-82.

A new method of reporting attendance was introduced last year by Sis. Pistorius. She is very satisfied with the results - had response from each and every District Director this year. Forms had been sent to all Unit Directors last year, who in turn brought them to their District meetings. Sis. Pistorius then compiled the National Annual Attendance Report from the information sent by the Directors. Same system will be used as far as reporting to her. Sis. Dalton will use her own system within her District.

Br. Michalek: Read an article from Sis. Provaznik's handbook. Attendance is like a thermometer to tell how well things are going or otherwise. Directors should study figures with last month as well as last year's at the same period of time. Do something if figures continually go down. If records are just filed in the drawer, they are of no value. Perhaps a form might be sent to the children that quit asking why they dropped out of Sokol A written follow-up might help us make adjustments.

Br. Cahoy: Possibly ask the Jrs. what they do not like. Also question the children while they are in class.

Br. Lebloch: At a National Slet, a form could be distributed asking why they are in Sokol, how they came to join, their likes and their dislikes.

Sis. Benda: A call to someone absent three or four times stating they are missed and hoping they are not ill, etc.

GYMNASTIC SKILLS: Br. Michalek reported that the new Skills were mailed to each Men's Unit Director. Has had responses from Central, Southern and Eastern Districts.

Br. Satek said the boys Beginners level is far too difficult in comparison to the other levels. Girls Begginers level is much simpler than the boys same level. Suggested that Sokol terminology should be used in the Gymnastic Skills and that sketches would help clarify some of the moves.

Br. Michalek would like specific changes needed be brought to his attention is to stimulate interest and get the students to learn the basics.

Br. Cahoy read some of the requirements from the USGF testing program for the 10-12 age group.

Br. Martanovic said we might try to get some feedback as to the percentage of the children that cannot do them.

Br. Slavik says we must be consistent. In Sis. Provaznik's handbook, certain things are listed that children cannot do, yet these things are included in the Skills program. Note: Sis. Provaznik's handbook has not been approved by the ASO.

The Skills testing is at the discretion of the teacher on a pass or fail basis.

Sis. Pistorius reported on the Girls Gymnastic Skills program. Patches have been sent to Sokols Little Ferry, Fort Worth, Tabor and Baltimore. An urgent phone call was received from Sokol Baltimore requesting a large number of patches and bars. These were sent as a special request. However, we have not received the names of the winners and who received which bar. A letter has been sent to Br. Ron Zoubek for this information.

M: Motion by Larry Laznovsky to select a committee and revise the women's Skills program and send a suggested Tots program. Awards for Tots to be on a local basis. Second made by Jolene Dalton. Motion passed.

Sis. Drobny has a list of Tots skills and will give a copy to Sis. Pistorius.

Sis. Pistorius hopes to have the new sheets out by the first of the year. Anyone using the present skills, just continue with them.

Recommendation made that a man sit in on the women's committee so that a similar degree of difficulty is in both the boys and girls skills.

In instances where a gymnast is above the beginners level, he/she can work on a higher level . . . just order the patch, plus whatever bar is in order.

M. Motion by Jolene Dalton that a list of all names must be received before patches will be sent out. Second by Audrey Benda. Carried.

Prices will remain at \$1.00 per patch and 50c per bar.

Br. Michalek has requested that all boys' results be kept on file at the ASO office.

SPECIAL ASSESSMENT FUND: Districts are using the fund wisely.

M. Motion made by Sylvia Pistorius that both men's and women's District Directors be notified in writing as to the amount of money in their Special Assessment Fund every September. Second by Jolene Dalton. Motion passed. We will also request that copies be given to the BOI. When an accounting is sent to the Districts, does this include the portion given by the ASO?

While discussing money, Sis. Laznovsky mentioned the problem of having to pay for air fare and per diem for these Conferences. Could something be worked out so the ASO could reimburse the Directors right away since all the tickets are purchased quite a bit ahead of time?

MERIT AWARD REPORT: The report was read. Two awards went to Western District; two to Central; one to Eastern and one to Northeastern. Southern and Pacific Districts had no applicants this year. Four renewals were also made. One girl wrote she cannot apply for the renewal. Sending the renewal applications without waiting for a request worked well.

Sis. Jo-Marie Mlsek will be our new Merit Award Chairman, pending approval by the Executive Board.

EDUCATIONAL COMMITTEE REPORT: Report was prepared by Br. Stanley Barcal, Educational Director. 7 bronze busts of Dr. Miroslav Tyrs have been delivered at a cost of \$725.00 each, FOB shipping point.

Essay Contest had 39 junior entries (8 place awards) and 8 senior entries (3 place awards). Patches were sent to all who took part.

Districts are working on Unit and District histories which will be put into booklet form as a history of our American Sokol Organization.

They are in the process of selecting 6 post cards depicting the American Sokol Organization. These will be available to Units and Districts.

We now have much more library space.

The untimely passing of Sis. Lorraine Zdenek has left a large void in the Educational Committee and will be very difficult to fill.

Comments: The results of the Essay Contest were very slow in coming. Southern District Unit Educational Directors hold meeting. They would like to see something come out of the National body for their use. District Educational Directors meet every three years.

Audrey Benda: Sokol Little Ferry uses a Sokol knowledge quiz. Sokol patches are awarded to those that pass the quiz. Audrey was asked to send the quiz to us - we will turn it over to the Educational Committee.

There are several booklets available from the ASO office that can be used at courses.

Walter Slavik: A special effort must be made by the Educational Committee to get more material to the Units. More material must be written so that people are better equipped to take over some of the jobs.

(To be concluded in next issue)

XIX SOKOL USA SLET Gymnasts to Have Full Slate of Activities

Traveling to a National Slet takes much time and preparation. Travel arrangements must be made, hotels must be booked and finances must be considered. Anticipation of the trip and preparing the gymnasts for competition and the performance in the Slet itself are tremendous undertakings. Many times the trip itself is a let-down because the gymnasts have little to do in the city other than participating in the competition and Slet. It is with this thought in mind that the XIX Sokol USA Slet Committee planned an event for each evening the gymnasts would be in Pittsburgh.

Wednesday Evening - The first evening in Pittsburgh will be the opening of the Slet and Championship Competition for Juniors and Seniors at the University of Pittsburgh, beginning at 7:00 p.m. The excitement of seeing the best Sokol gymnasts compete for the title of "National Sokol Champion" and cheering for the gymnasts one knows, will be the right kind of atmosphere to get everyone "up" for their own competition.

Thursday Evening - The city of Pittsburgh is one of the busiest port cities in the country. More tonnage per year is shipped on the Monongehela River than through the Panama Canal. The mighty Ohio begins at "the point" where the Allegheny and Monongehela meet. The Slet Committee has made arrangements to lease the "Gateway Clipper", a large "paddle-wheeler", complete with live orchestra for an evening each gymnast will long remember. Dancing and a three hour cruise on Pittsburgh's three rivers will be the main attraction on a beautiful summer evening.

Friday Evening - All gymnastic competition over, and a time for recognizing the Victors, the "Victory Dance", always one of the most exciting times of a Slet, will be no exception this time. After the winners have been announced and the congratulations have been made, music will be provided by Eddie Mack and his orchestra. The familiar Slovak and Czech melodies of the orchestra will be helped by the singing of all those in attendance.

Saturday Evening - Long hours of dedication and practices will be its own reward as gymnasts from the United States, Canada, and other countries will perform in the XIX Sokol USA Slet. This is poetry in motion - an experience no one will forget. Stirring Sokol marches, the excitement of performing with hundreds and hundreds of other Sokol gymnasts - blended with the colorful artistry of Slovak and Czech folk singing and dancing will be forever cherished.

The Slet entry fee of \$15.00 per individual will admit each gymnast to the above mentioned activities, including, of course, their own competition, a program book and a certificate of participation.

We are planning a Slovak-Czech sing-along and a disk-jockey type dance for the teenagers, both of which will be at the William Penn after the Slet. Everyone is

invited to attend. The Committee is doing everything possible to make each gymnast's stay in Pittsburgh interesting and enjoyable. We are looking forward to your coming.

NAZDAR!

Stephen J. Banjak, Chief Physical Director

Sokol's Cultural Responsibility

As Sokols we regret the loss of gymnastic classes in a Sokol unit. We immediately label that unit as "inactive". On the other hand, how many of us consciously regret the absence of regular Czech or Slovak cultural activities in a Sokol unit? Do we label that unit as "inactive"? Do we realize that once our cultural ties are broken we become just another athletic club?

Sadly, some units devote so many of their resources to gymnastics that cultural activities become the neglected pastimes of a few older non-gymnasts. Actually, the constitution and by-laws of the ASO compel us to strive for an equal balance between gymnastics and Czech culture. Three of the six formal objectives listed in our Purpose, Article 2, are clearly ethnic, cultural goals. Not once does the word "Gymnastics" even appear, only the broader phrase "physical and moral training" in section b. There are indeed five direct or indirect references to gymnastics in Article 3, Ways and Means of Attaining the Purpose, but none in the Purpose itself.

Why did our Sokol forefathers define our purpose in this manner? Why have so many Sokol conventions retained the cultural emphasis and omitted the term "gymnastics"? Can it be that they properly perceived gymnastics as but one tool for achieving our broader purpose? We must take care that we do not become so involved with the tool that we neglect our overall organizational objectives.

Few Sokols would accept a Sokol without physical culture, without any formal gymnastics program. Yet there is a difference between a gymnastics training class and the well rounded Sokol class session as perceived by Tyrs and his followers. Cultural activities can be incorporated into the regular class program in the form of songs, folk dances, holiday celebrations, demonstrations of old time apparatus exercises and calisthenics, and mini talks on Sokol and Czech history.

Regular cultural activities separate from the gym program are also mandated in our constitution and should be a part of every unit's offering to its members. A Sokol with no Czech language, song, drama, history, or literature is just as much in decline as a Sokol with sparsely attended classes. The beauty of the Sokol program developed by Tyrs is that it addressed the "total person". If we lose either part of this whole program we are no longer Sokol.

Bro. George Kotlan

Sokol Greater Cleveland Men's Director

ABOUT OUR COVER PICTURE:

Kathy Johnson is from Decatur, Georgia and trains with Tom and Bunny Cook at the Atlanta School of Gymnastics. Kathy is the senior member of the Women's USA National Team, having been on the team for the last seven years. Her gymnastics competitive career highlights include 1977 American Cup Champion, 1978 Champion of the USA, 1978 World Championships bronze medal in floor exercise and 1980 USA Olympian. Sis. Henrietta Milan, one of our talented Sokols from Sokol Fort Worth, Texas did the painting. I think it deserves to be shown on our cover. The painting is done in soft watercolors, but even in our black and white production it is very appealing.



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7. PATCH WITH SLET LOGO - RED, WHITE, BLUE - \$1.50 plus \$.50 SHIPPING

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SOKOL NEEDS YOU!

President's message as delivered at the St. Louis Sokol anniversary meeting on Sunday, February 13, 1983.

Brothers and sisters:

This is my message to you - Sokol Needs You - There is no hidden meaning, no pearls of wisdom. Simply - Sokol cannot exist without you - its members and your involvement and commitment to its ideals.

Too often we diffuse the responsibility of committee work oh! He'll do it! It's easier to say I can't, I don't have the time **than** I'll give it a try!

We are in the midst of the "ME" generation - we all cry for fulfillment, satisfaction of our ego, growth in our own individualism, nourishing our self image and spirit - but is this pursuit of "ME" compatible with the Sokol spirit of togetherness, responsibility, brotherhood and fraternalism. I dare say - it is not harmonious with the ideals of our Sokol founders. We must lay aside our own pleasures and bend to the call of our Sokol organization.

Our unit cannot remain at a standstill, it must take its rightful place among the progressive viable units in the ASO. Let us give something of value that other units can admire, cherish and imitate.

Will we give into apathy, selfishness, disinterest and complacency?

Brothers and sisters - take up the challenge while building the future for our younger generations - we are preserving the past which has witnessed the devotion and dedication of many tired hands - at Sokol functions - picnics, gym exhibitions, dances, Sokol classes. Let these tired hands rest. I am addressing you on whom the future calls, Sokol needs you.

Congratulations to all past and present Sokols who valiantly and tirelessly contribute month after month, year after year, and yes generation after generation of service. My appeal is to those who call themselves Sokols but do not really live the motto, who only pay lip service to our Sokol banner, who use but never repay.

Many privileges prevail, free camping facilities, a spacious ball park, a beautiful pool, the use of an

excellent hall and gym. Those privileges demand responsibility. Response to committees is lost, once it was thought to be a rare privilege and a real vote of confidence to be named to a committee, but unfortunately we've lost the pride, now we call it drudgery, one more meeting to attend, one more dance to give, one more job to get out of the way.

The decision to participate lies with you. Turn not your backs on that which our forefathers carved out for us. Take your place along side Fuegner, Tyrs, Erben, Prochaska. Attend meetings, join our committees, attend classes, grow as a real Sokol, in brotherhood, fraternalism, and cooperation.

Sokol Needs You and Wants You! You have an important place in it's future.

Kupředu! Kupředu! Zpátky ni krok!
 Nazdar!
 Bro. Stephen Jerabek, President
 Sokol St. Louis

ASO Financial Report

FEBRUARY, 1983

RECEIPTS:

Dues	\$ 2,823.95
Convention Fund	3,868.00
Special Assessments	2,138.00
Dividends and Interest	228.60
Jewelry	568.25
T. G. Masaryk Dues	29.00
Educational Booklets	1.00
Membership Kits	150.00
"Highlights of Czech History"	18.25
Christmas Seals	84.00
U.P.S.	8.55
Manual Revision	247.48
Donation (Western Fraternal Life Assn.)	3,125.00
Miscellaneous	87.12
	<hr/>
	\$13,377.20

A.S.O. Uniform Division - Rent, salaries, etc. 617.60

TOTAL RECEIPTS \$13,994.80

DISBURSEMENTS:

ADMINISTRATIVE:

Salaries - Office employees	\$ 665.74
FICA & FWT for January, 1983	164.16
Rent, Janitor Services, phone, electric	840.04
Office Supplies	18.49
Office Equipment	31.51
Subscription to Denni Hlasatel	66.00
Travel Expense	25.00
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	\$ 1,810.94

BOARD OF INSTRUCTORS

Salaries	\$ 327.47
FICA & FWT for January, 1983	67.54
Additional copies "Sokol Gymnast"	29.00
Editor "Sokol Gymnast"	30.00
	<hr/>
	\$ 454.01

SOKOL PUBLICATION

Printing "American Sokol"	\$1,012.70
Postage "American Sokol"	315.66
Editor "American Sokol"	100.00
	<hr/>
	\$ 1,428.36

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, January, 1983 & phone	\$ 383.40
In lieu of check for FSLF and LA Fund	60.00
	<hr/>
	\$ 443.40

TOTAL DISBURSEMENTS \$ 4,136.71

Balance brought forward:	
Western National Bank of Cicero - Checking account	\$18,589.12
Receipts - February 1983	13,994.80
	<hr/>
	\$32,583.92
Disbursements - February 1983	4,136.71
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	\$28,447.21
NSF Check	764.30
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	\$27,682.91

FUTURE SOKOL LEADERS' FUND

February 1983

In memory of the deceased members of Sokol Schenectady - Sokol Schenectady	\$ 50.00
In memory of Bro. Frank Vorel - Mildred Barcal	10.00
In memory of Bro. Edward Hlinka - Mildred F. Barcal	10.00
In memory of Bro. Louis Adamec - Mildred F. Barcal	10.00
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	\$ 80.00

LIBRARY AND ARCHIVES FUND

February 1983

In memory of John Moravcik - Mildred F. Barcal	\$ 20.00
In memory of Sis. Lorraine Zdenek - Mildred F. Barcal	10.00
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	\$ 30.00

Donations are Tax exempt

250 YEARS OF SOKOL

Several weeks ago I received an interesting note from Bro. Abe Hochner telling me about his family's history in Sokol. Upon checking our records I was amazed to find that these people have contributed 250 years to Sokol, the New York unit to be exact. I thought our readers would like to hear about them.

Sis. Henrietta Hochner, a 35 year member, served as treasurer, recording secretary and took her turn on entertainment committees, while active in the New York unit.

Sis. Rosalie "Hochner" Tuma, with 63 years of Sokol to her credit, was active in gym from childhood.

Was a keen competitor as a junior and senior. Represented our New York unit at exhibitions.

Bro. Abraham Hochner, was a member of long standing in this Sokol family. He was a 52 year member before he passed away. Abe was very active in gym, competing in many meets, was an instructor for over 10 years. Also helped serve on the financial committee. Served in the U.S. Army for over 3 years.

Bro. Adolf Hochner, with over 51 years of service in Sokol, proved himself by being very active in the gym, competed in many meets, was a camp counselor, was financial secretary and also served in the U.S. Army.

Bro. Edward Hochner, 55 years devoted to Sokol, now lives in Lancaster, California. Was also very active gymnastically, competed in many meets, was Vice-President of camp committee, served on auditing, entertainment and financial committees, also the Board of Directors.

Henrietta, Abe and Mrs. Tuma live in Boynton Beach. Adolf lives in Beverly Hills, Florida.

What a wonderful family record for our Sokol organization!



Abe Hochner, Edward Hochner, Adolf Hochner.



**Mr. Tuma, Henrietta Hochner,
Mrs. Rosalie Hochner Tuma.**

A Farewell to Brother Ed Stetka

This eulogy to Bro. Ed was developed while I had a lump in my throat and a deep feeling of sadness in my heart. Who was going to replace this man who has left such a legacy to not only Sokol Baltimore but also to Sokol Units everywhere?

Ed was my friend, but more importantly he was the type of Sokol Leader that only comes along a few times in the history of an organization. He was dedicated to the Sokol ideals as evidenced by his devoting many hours over many years to the many activities conducted by our organization. He was a devout man who was always trying to instill his ideas of morality, fair play, courage and clean living into the minds of the thousands of gymnasts that have passed through the gym classes he taught at Baltimore, Washington, Curtis Bay and Belcamp.

How did it all start? Ed was born in Baltimore on March 13, 1911 to Frank and Barbara Stetka, a total family. His father Frank, was a Sokol gym director for 35 years, who attended the first formal gymnastic instructors course in Chicago in 1899 and brought back to Baltimore many of the Sokol ideals we still follow. His mother was active in Sokol where she was President of Sokolky for 3 years. His sister Sylvia was very active in Sokol affairs and was President of Sokolky for over 25 years. His brothers were members and contributed in their own way. Ed became active in Sokol at the age of 5 which was the starting age for all the children of Sokol families. By the time Ed was in his early 20's he was already teaching the boys classes. At this age, Ed was a good track man, particularly in the short dash and the relay. By the late 1930's, Ed in addition to continuing to teach Sokol Baltimore also taught all classes at our Curtis Bay unit. During this period he attended courses. It was here he developed the ideas that were to become almost an obsession with him in his later years.

In 1941 Ed was instrumental in the organization of Sokol Belcamp, and then Sokol Washington in 1971. During World War II Ed was a member of the Air Force and served with honor in Alaska and Canada. After World War II Ed returned to Baltimore where he devoted many, many years to all types of Sokol activities. He was the unit secretary for 3 years and the unit treasurer for over 27 years, in addition to performing his many gym activities as instructor and director. Not only was he active in Baltimore but he was also the head instructor at many instructor courses held to teach potential instructors from the Eastern District and other District units.

In the course of his life Ed received many honors. Approximately 15 years ago Ed was given "His Day" by Sokol Baltimore where the gym group and the unit thanked Ed for his many contributions. He was also



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THE STATUE OF LIBERTY

The Statue of Liberty, originally known as, "Liberty Enlightening the World," derived from a suggestion for a monument proposed about 1870 by the French historian Edouard Laboulaye to commemorate France's alliance with the American colonies during the American Revolution. It was designed by Frederic Auguste Bartholki, a French sculptor, and the French raised \$400,000 to have it built.

Americans raised an additional \$270,000 to build a base for the Statue. On October 28, 1886, President Grover Cleveland dedicated the Statue at a gala celebration in New York Harbor.

The Statue, covered with hand-shaped copper sheets, stands 151 feet high on a 11-point star base. An elevator runs to the top of the base, which is made of concrete faced with granite. Steps within the Statue take visitors to the crown. Underpinnings for the Statue were designed by Gustave Eiffel, the engineer who later designed the Eiffel Tower.

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honored many times by other Sokol units and was asked by the Governor of Maryland to be a member of the Maryland Physical Fitness Committee. He had to refuse this honor because of his many responsibilities.

Beside his Sokol duties, Ed also served as President of the Grand Lodge of CSA and was President of the Bohemian National Cemetery. As a matter of fact, Ed was returning from a cemetery committee meeting when he left us.

Ed retired from the Post Office after 30 years of service and there after devoted his life to the betterment of activities at the many lodges and units to which he belonged.

In 1965 Ed was appointed Director of the exhibition in Washington at the Commemoration of the Sokol Stamp. It was here that Sokol Baltimore presented the gym drill titled "15". There were 10 men and 5 women who participated and it was in my opinion the finest drill ever taught by Bro. Ed. We subsequently performed the drill in Baltimore, New York, at the World's Fair and in Boonton, N.J. . . . It was a fitting tribute to a fine instructor.

I cannot close without acknowledging Bro. Ed's literary contributions. For many years he was the editor of the Sokol Baltimore publication the "Topics" which was recognized by Sokol National Headquarters as one of the finest unit publications in the United States. Additionally, Ed contributed many articles published by American Sokol and in his role as the current Educational Director of Baltimore he published the following item in our March issue of the Maryland Sokoletter. "The most significant difference between the Sokol system of gymnastics and the gymnastic clubs is that the Sokol system was not designed for a few gifted individuals, but its primary purpose is to enable large masses of individuals of all ages to participate and profit by exercise."

Finally let me say to Ed as a brother and a brother Mason, Ed we loved you and we will miss you. Rest in peace and may you always march in the long ranks of Sokols who have passed to the land of life everlasting.

This eulogy was presented by Brother Albert Pokorny at the funeral of Brother Ed Stetka on March 13, 1983.

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