

AMERICAN SOKOL

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MAY 1983

AMERICAN SOKOL
Organization

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Organization



District President's Conference

District President's and
ASO President



The ASO
Executive
Board

President's
Executive Board
and Guests



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Calendar of Events

MAY 15 - SOKOL ST. LOUIS
Exhibition

MAY 15 - SOKOL WASHINGTON, D.C.
4th Annual Sokol Open Tennis Tournament,
Oxon Hill Recreatin 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 DISTR. 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

CORRECTIONS:

Central District - Sokol Town of Lake
Educ. Dir., Anton Smunt
5415 S. Fairfield, Chicago, IL 60632

250 Years of Sokol Article - Bro. Abe Hochner, Jr. has
not passed away. Editor mixed up the information
on the Sr. and Jr. Abe Hochner. My apologies Bro.
Hochner, good health and a long life.

AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIV

May - 1983 - Květen

Číslo - No. 5

Sokol Educator

Why Mother's Day - Why Father's Day

It seemed to me that everybody knew the Why and Wherefore when it came to these two days set aside each year to pause a moment in our headlong rush and plunge to eternity and show a bit of affection . . . more respect, more appreciation to the parents who have helped us so much in making our own path through the jungle of life.

But I was wrong . . . Everybody did not know Why and When the observance of Mother's Day and Father's Day originated. Some of those I asked thought it was an old, old custom, a hangover from semi-antiquity . . . and others again were under the impression that the two holidays are of very recent origin . . . with no other purpose but to stimulate sales of flowers, jewelry and restaurant business and what have you for Mother and sales of ties and shirts and smoker's needs and sporting accessories for Fathers. In a sense that is about all that the commercialization of these two days has meant in the past few decades . . . Something like "Sweetheart Day" or "Be Kind to Dumb Animals Day" or "Drink More Milk Day" or any such artificially created sales stimulants. But let's face it - Mother's Day and Father's Day mean much more or at least should mean much more than the gratifying clanging and ringing of America's cash registers.

I will try to sketch quickly when and how the ideas were originated, nurtured along and became part of the American scene. Mother's Day is not our own American idea. Many years ago, perhaps during the 17th and 18th century, England used to observe so-called Mothering Sunday, usually during mid-Lent. This was strictly a devotional observance, spent in prayers for mothers who had departed and asking blessing for the mothers still living.

In America the thought germinated in 1872 when Mrs. Julia Ward Howe campaigned vigorously to have June 2nd set aside as a day dedicated to peace, and for several years thereafter Mother's Day merged somehow with this concept and meetings were held annually in Boston in observance of this special day.

In 1887 Mary Towels Sasscen, a Kentucky school teacher, tried to institute the observance of a special Mother's Day, but was not too successful in her efforts.

In 1904 another Mother's Day standard bearer arose in the person of Frank E. Henning of South Bend, Ind., but with only local results.

Three years later, in 1907, Anna Jarvis of Grafton, West Virginia, succeeded in getting some attention in her efforts to have the second Sunday in May each year set aside for Mother's Day observance. This was originally a sort of personal tribute to Mrs. Jarvis' deceased mother, but it did take hold and the following year, May 10, 1908, the first official Mother's Day celebration was held at the Andrews Methodist Episcopal Church in Grafton. This also was the beginning of the custom of wearing colored carnations honoring mothers still living and white carnations to remember mothers who had passed away.

At the General Conference of the Meth. Episcopal Church held in Minneapolis in 1912 delegates from the Andrews Church introduced a resolution recognizing Mrs. Anna Jarvis as the founder of Mother's Day and suggesting the 2nd Sunday in May to be so observed.

On May 9th, 1913, President Woodrow Wilson signed a Joint Resolution of Congress recommending that Congress and the Executive departments of our government observe Mother's Day on the Sunday suggested. The following year, 1914, Pres. Wilson was authorized to proclaim Mother's Day as an Annual Observance and it has been so observed since. In the resolution introduced in Congress and signed by Pres. Wilson the 2nd Sunday in May was designated as a National Holiday and as stated and I quote: "Dedicated to the Memory of the Best Mother in the World, Your Mother."

Pennsylvania was the first state to declare itself for Mother's Day as a National Holiday in 1913 and the other states followed without exception in rapid succession.

The official recognition of Father's Day the 3rd Sunday in June came considerably later, although suggested originally in 1910 by Mrs. John Bruce Dodd of Spokane, Wash. The wheels in favor of Father's Day were slow in moving as may be expected for fathers as a whole are not too important in the scheme of things.

In 1924 Pres. Calvin Coolidge recommended that Father's Day be observed in all states and is so being adhered to ever since.

As an interesting corollary to this brief historical essay a National Father's Day Committee was founded in 1937 in New York City and devotes its efforts in selecting an appropriate theme for each year's Father's Day and selecting the Father of the Year.

In the past some fathers so named were: Pres. Dwight D. Eisenhower, Pres. Harry S. Truman, Gen. Douglas MacArthur, U.S. Supreme Court Justice Wm. O. Douglas. There were also others chosen from the top echelons of our national life.

So much for the historical background, but what about the significance of these two days in our contemporary scene. I feel that the real meaning of these two days has been lost during the past fifty odd years from their inception . . . and it is to be regretted that today Mother's Day and Father's Day are just two convenient labels . . . a forced attempt to stop the million of sons and daughters in America to halt a moment and to think seriously and with affection and gratitude about the debt they owe their fathers and mothers. But such feelings cannot be stimulated artificially by the forces of publicity . . . they must emanate from the very hearts of those who visit their Moms and Dads, who write to them or telephone them, who shower them with the usual showy gifts. If it is not in the heart those little bunches of flowers or those artistically wrapped gift packages are not the true expression of the meaning of Mother's Day or Father's Day.

On deeper analysis I feel that during the past several decades when the ties of the old closeknit family began to weaken, Mom and Dad have lost their control over the children. Too much permissiveness as advocated by some modern psychologists has weakened the sense of togetherness, of belonging, of being an interlocked group living in harmony with its neighbors, its fellow citizens the world at large. The loss of discipline, cooperation, mutual respect and affection within the family is being manifested today in our every day national lives. Riots, marches, sit-ins, fires, destruction, pilferage, are but the large scale manifestations of the revolt within the family. Only rarely does a family sit down at an evening meal, everyone present, everyone discussing their problems, asking or giving advice . . . this is the picture of years gone by. Today everybody is an individual at home, within the family and this same individualism is being carried out into the street, the school, the shop, wherever men and women rub shoulders and clash over their common problems.

Watching the American scene . . . listening to the radio broadcasts, the TV programs, reading the newspaper accounts of the happenings in our institutions of higher learning . . . Columbia . . . Northwestern . . . you name them they are all in a turmoil . . . protesting, trying to take into their own hands that which perhaps the older more experienced brains had failed to resolve. But revolt and anger is not the solution. Disobedience is not the answer. Asserting one's individuality, one's protest against the status quo by odd hair styles, careless attire, these are but kiddish, infantile throw-backs to each individual's infancy, when screaming and soiling himself he could get the attention he was after . . . We cannot shout democracy and clamor for our democratic rights on one hand and on the other hand destroy that very democracy which has meant so much to each and everyone of us in its evolution. Democracy, true

workday democracy means discipline, respect for order, obedience to laws, and when we start to circumvent these bulwarks of a democratic nation we are undermining our foundations, we are actually digging our graves. This is a gruesome thought to introduce during what should be a jolly occasion, but I am a realist and believe in facing facts as they are.

Perhaps it is not too much out of place to express a wish here - a simple solution to our festering social problems. Why not declare 364 days of each year as being set aside for the mothers and fathers of America, and only one day each year to be set aside as Revolution Day . . . when everybody can go out into the street and shout his slogan, wave his banner, stage sit-ins and marches to let off steam and then return to normal peaceful happier days. And if this could be done I would recommend the coldest day each year some time in January for this observance of social unrest . . . hoping that the winds and snow and blizzards and frost would dampen the spirits and reduce the turbulence to a bare minimum.

Nothing in the world, no force under the sun can legalize this approach to our problems today . . . but only each one of us devoting our thoughts and pouring out our affections each day in the direction of our mothers and fathers, living or deceased, can bring about this peace and contentment so sorely needed today.

Roderick Gorman
1968 - May

"Why Calisthenics?"

"Do we have to do the drill AGAIN?" "Boy, do I hate Cal - it's so bo-o-r-r-ring!" How come we have to learn this dumb thing?"

How many instructors have heard these complaints hundreds of times, every year? How many have said, "BECAUSE!" - and stopped there? How many have gone on to say, "Because its' part of Sokol and you have to do it at the Slet if you want to compete!" (And stopped there?)

"Wow, this cal is a real workout!" "Hey, it fits the music - it practically tells you what to do!" "This cal flows and can be remembered easily." "I like this cal - it has some great new moves."

Usually when an instructor hears this, a relieved smile comes across his/her face, without saying, "I told you so".

Yes, there are good cals, great drills and poorly written exercises. However, when you think about it, the SOKOL PROSTNA or Mass Calisthenics usually works all muscles and joints of the body.

Also, this is where our democracy shows; whether a person is in the Championship or Low B Division whether he/she is 3 or 83 years of age, all become one division when they do the Cal. **Together**, they flow in unison in time with the music; **Together**, the minds are disciplined into remembering and memorizing; **Together**, their posture becomes better - they all stand taller because they, **Together**, are proud of being Sokols and all doing a precise set of beautiful moves - **Together!**

Sis. EllenJeanne Schnabl,
Educ. Dir., Sokol Berwyn

The Legend of Two Brothers

In recent years, the American press, has been fascinated with the achievements and accomplishments of Lech Walesa, the Polish Solidarity union leader. His efforts on behalf of the Polish working people have received world wide attention.

The name, Lech, seemed to me to be an unusual name, yet something about it was nebulously familiar. It kept passing through my mind, until one restless night a few weeks ago, suddenly a Czech sentence came to me. "Byli dva bratři, Čech a Lech." (There were two brothers, Czech and Lech.) There in my minds - eye I was back to the days when I was a child, and my mother would tell me the legends of Alois Jirásek, about the people of ancient Bohemia and how they came into the borders of their native land, and settled along the Labe (Elbe) and Vltava (Moldau), and other rivers of their country.

"There towns and villages were but few and small, and the remnants of the former inhabitants spoke a strange tongue. Vast primeval forests grew dense and black, followed by clear green and luxuriant meadowlands covered by tall, thick grass. Treacherous marshes quivered with the cries of water fowl."

"Human footsteps were rare here, but everywhere the woods teemed with wild boar, fox and wildcat. The stag ran freely through the woods with his flock, while great numbers of does grazed in the meadowlands. Hordes of wolves, too, roamed in pursuit of their prey through the forest and the open country."

"High in the sunny sky sailed the king of all birds, the golden eagle. Among the rocks and the woods nested countless birds of prey, the falcon, merlin and all the family of hawks."

"Brooks, rivers and lakes teemed with fish, otter and beaver. And, the depths of the earth were still untouched, as no one had yet broken into to tear out its treasures of ore and precious metals. Everywhere strength ran riot. The earth waited only for an industrious people who would make use of her rich gifts."

"And, they came, from out of the maternal regions of the Slav lands, these people, our ancestors, with their leader, Cech."

"Beyond the Tatras, in the plains along the river Fistula, extended from time immemorial the land of the Croats, a part of the original great fatherland of the Slavs. In this land lived a numerous race of people, similar in language, code and mode of life. So, because there arose among them quarrels and bloody wars about boundaries and villages (tribe against tribe - cousin killing cousin), two brothers of a powerful family, both chieftains, Czech and Lech, decided to abandon this land so ravaged by wars. They bid farewell to their native soil, and turned toward the setting sun for unknown regions. Tribe followed tribe, led by the scouts and bodies of armed men, and in their midst the chieftain, Czech, an old and grey-bearded man, but still strong and stalwart, and

his younger brother, Lech surrounded by tribe elders and rulers."

"After they had crossed the shallow Oder river, they still found some settlements where the people spoke as they did, and even beyond, there were still traces of their tongue in the country bordering the river Elbe."

"It was a harsh and treacherous journey through grasslands and swamps finally leading to a third river, the Vltava (Moldau), where it flowed through the wilderness. Again they crossed the river at a shallow place, but now the tribal members were becoming restless, tired and rebellious. Suddenly, there ahead of them loomed a mountain, which they named, Rip. Because the tribes were exhausted, the chieftain, Czech, asked them to rest there. Together with other chieftains he ascended Rip. When they had reached the top, there lay before them a vast open landscape extending as far as the eye could see clearly, right to the blue mountains, forests and open land of heather and herbage, and fields and meadows. And through all of this lush green, the rivers wound, gleaming like spilled silver."

"They had found their land, and they named it Čechy!"

"Years of hard and strenuous labor followed. They felled thick forests, clearing large areas. Grasslands and meadows were cultivated. Dwellings of wood, roofed with straw became the homes of these industrious people."

"Each tribe set up its own houses apart, on its own land. Gardens, fields and meadows composed a village, the communal property of all the families of one tribe. To these were added forest, pastures, rivers and lakes for all to share. To one village; one tribe."

"Year by year the fields around the settlement increased and the earth yielded a richer harvest. Cattle, sheep and pigs thrived and multiplied. The women tended the households, spinning and weaving cloth for dresses, tunics, trousers, cloaks and fur lined coats."

"These were good times. The villages were filled with music and song. Nature worship was the religion they followed. An elected headman rules the members of the clan and their property. In the name of the clan, he began and ended the prayers, offered sacrifices, welcomed guests, settled disputes, and allotted every man his share of work."

"The clans increased; the seed of Czech multiplied. More and more settlers came from their first fatherland, until the tract of country on which they had settled was no longer great enough to support all of them. So, the clans divided and moved away toward the west, north and south, founding new settlements along the rivers and mountains. They built castles and fortresses for their chieftains and defense at the frontiers for protection generally."

"The chieftain, Lech, also had a great and numerous tribe and he decided to move on farther toward the rising sun. Czech and his people were sad and reluctant to see him go. But Lech said to them: 'Oh, dear brothers and sons, and you men of the Czech lands, never will I forget that I am of your stock. Therefore, I will not go so far that I will not

receive tidings of you nor you of me. I will give you a sign so that you will know in what region we have settled. On the third day after my departure, go to the top of the mountain Rip. I will light a great fire in the forest, and where you see the blaze of the fire, and the smoke, you will know we have found our new home.' Lech did as he had promised and on the third day, the sky was filled with thick black smoke of the enormous fire chieftain, Lech, had kindled. Lech and his tribe began at once to build a castle there, and because of the smoke signal, they named it Kourim, that is, the Castle of Smoke."

"The legend of the great chieftain, Lech, does not end here. He sought still more land for his people, and he set out beyond the mountains, and beyond the river Oder where messengers had seen vast open country, fertile and uninhibited by man. When he arrived there, he saw all around him great numbers of eagle nests. Here he built his castle which he called Hnezdno, that is, the Place of Nests, and also the castle of Krakow which he named after his son. So, Lech settled forever in what is now the land of Poland."

"Time and distance altered the original Slavic language of the two brothers. The name Lech disappeared from the mother tongue of the Czechs, but remains to this day an ancient and honored name in the land of the Poles."

The word "Pole" is translated identically in all Slavic languages. It means "fields" or "lowlands". Thus Poland is the home of the lowlanders.

Upon further research, I find there was yet another brother. His name was Rus. He did not join Czech and Lech in their migration, but instead, headed eastward. Today his descendants live on the great plains known as Russia.

Sis. Libbie Krivanek
Ed. Dir., Sokol Slavsky

1933 SOKOL KURS

SOUTH HAVEN, MICHIGAN

REUNION

I was a Sokol gymnast since 1929. In 1933 I attended the Sokol Kurs in South Haven, Michigan. I met up with Jerry Krizan here in Florida after almost 50 years. We were talking about a reunion say next year. It would take some time to find all those that attended. Also to settle where it would be held. I have a photo of all that attended and the names but no addresses. Would it be possible to publish in the "American Sokol" publication and if any of these people would like to let me know of their whereabouts. Below is the list of people attending the Kurs:

Bro. George Hosek	Bro. Jerry Krizan
Bro. Joe Pavlik	Bro. Wm. Mizera
Bro. Wm. Pour	Sis. M. Otcovsky
Bro. Jerry Marik	Sis. H. Placek
Bro. Frank Basta	Sis. R. Bezkostny
Bro. T. Neubauer	Sis. H. Perk
Bro. W. Perk	Bro. J. Peroutka
Sis. F. Wotocek	Bro. J. Svoboda
Sis. H. Kortus	Bro. M. Perochejl
Sis. G. Smolik	Bro. F. Vymetal

Sis. A. Domansky

Sis. B. Krnoul

Bro. F. Stankovsky

Bro. S. Kruty

Instructors: Bro. J. Jelinek, F. Prihoda, J. Kos and Sis. K. Danko and H. Koubova.

If you have any information concerning these brothers and sisters please get in touch with Bro. Jerry Marik, 122 S.W. 59th Street, Cape Coral, Florida 33914.

The Sokolice - Mothers of a Healthy Nation

The Sokol training covers all units of the nation, regardless of age and sex. Its basis is uniform, in details and methods it differs depending on the needs of either sex and the various ages.

The importance of this training, striving for physical and moral improvement of the nation is more important in the womens' units than in the mens' units. This is due first of all to the fact that in the women and girls' classes we are raising future mothers. The training of the girls in matters of health becomes obvious in their ability for motherhood and in the health of their future children. A woman who has learned to consider health is the nation's greatest asset, will understand the need for training of her children in matter of health and knowhow and experience which she had acquired in the Sokol. A mother raised in the Sokol, will lead her children towards work. She will develop their respect for work in their efforts to utilize their abilities for the good of the nation. Likewise moral Sokol training will result in the Sokol women in the facts that as mothers they will raise their children in the same principles implanted in them by the Sokol.

The goal of the Sokol efforts is the development of an individual not for his own good but for the good of the nation. In other words the training of the citizens in the full sense of the word. A healthy citizen, morally strong, physically capable, willing to devote all his efforts and abilities to the service of the nation. The country's basic laws give the women the same civil rights as the men, but to this day the women have not proven themselves in a measure consistent with their numbers. This fact may be explained by several reasons. One of these is the lack of training for public life which men find partly in their military service, partly in their occupations and in social life in general. This insufficiency can be corrected for women only by the Sokol with its gymnastic and social activity. Work in the various units, especially in the gymnastic units teaches women from their youth the need for independent thinking, responsible decisions and democratic cooperation, the basic qualities needed in public life. If civil training is the culmination in the training of man, it is also the culmination of his readiness for defense. The Sokol training is a safe foundation for physical fitness and flexibility, for perserverance and moral strength combined with a sense of responsibility. Women who have passed their Sokol training will not be a burden to the Army but valuable co-workers who will assume responsibility for important roles in the defense of the nation.

Sis. Blanche Kos
Sokol Tabor

SOKOL GYMNAST

MAY 1983

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

1865



1982

THOUGHTS ABOUT SOKOLS FUTURE

by VACLAV ZENISEK

Year after year, there is always someone that brings up the idea about a membership drive. We really need new members, we need people of all ages. Our oldtimers are getting older and many of them retiring to eternity. But what is worse, is that we are losing too many young people. Partly because today's young people do not like to make sacrifices. They like to live a good and easy life and do not consider the fact that to join an organization will be good for them.

We certainly cannot make them all believe what we believe, but still there are a lot of people who are able and willing to help in our society, and we must make every effort to support them.

Somehow we do not realize, that the best membership drive can be realized thru our active gym classes. Our future lies in our young ones, and our young ones are in the hands of our instructors. Let us start with a bigger effort to let our instructors know, how responsible a job they are doing, and how much Sokols future depends on them. Their good work is needed to guarantee that every participant in their class will transfer to the nearest higher class, and that all Juniors will join and enlarge our Senior membership. If given proper support, indoctrination and education we will have the best membership drive and results for our future.

However, there is a big question. Do we have enough good instructors? Are we giving them the right kind of training and knowledge of **what** to teach and **how** to teach? First of all, one basic principle in leadership is personal example. Do not ask the others to do what you yourself aren't doing. When you stand in front of your class, stand straight, with your head up, shoulders back. Let them see that you are confident and sure of yourself, that you know what you are doing, and are consistent. Be a good example - this is a minimum to be expected.

We can promote some kind of a model Sokol gym hour, that must contain everything: health, strength, endurance, and fun. But our goal is not only physical, we have to inject them with Sokol morals and patriotic ideals also.

There is a need to explain the meaning of calisthenics, and what they mean for our health in general, individual body corrections and aesthetics. Discipline in Sokol doesn't mean rigid army type drill, but does mean proper correct, elastic and aesthetic execution of all our movements with control during participation in all our activities.

Regardless of how you fill the gym hour, make sure that you begin with "Line Up" (nastoupit) and end again with "Line Up" and dismiss the class with "Nazdar"! Let us not forget our beginners and "Old Boys" (stará garda). Every gym hour should devote a part in which everybody can participate (Calisthenics, games) and leave advance training (Apparatus, volleyball, basketball) after the hour where everybody could take part.

Continue periodical schooling for Board of Instructors. Every annual and semi-annual meeting of District Instructors should present new material, collected from modern and up to date literature and instructions of what is new in physical education and how to handle it.

Again - personal example is a must! It is self-educational. Every instructor while trying to be a good one, will find out how much he is gaining for himself. His personality and at the same time his respect will grow. The future depends on our instructors. According to their ability - Sokol will grow - or die.

Nazdar!

VACLAV ZENISEK, Sokol Berwyn

XIX SOKOL USA SLET and National Gymnastic Competitions Pittsburgh, Pa.

JUNE 29-JULY 2, 1983

Slet Headquarters.....William Penn Hotel
 Slet Site.....Civic Arena
 Gymnastic Comp.....Univ. of Pittsburgh
 Wed. June 29.....Championship Competitions
 Thurs. June 30.....Jrs. and Srs. Competitions
 Fri. July 1.....Modern Gymnastic - Masters
 Volley Ball Preliminaries
 Sat. July 2.....Slet Rehearsal
 Volley Ball Finals
 XIX Sokol USA Slet
 (See FEB. issue for details)

* * *

Wednesday.....Opening Ceremonies and Championship Competition
 Thursday.....Boat Cruise of Pittsburgh's three rivers
 Slet Banquet
 Friday.....Victory Dance - Wm. Penn Hotel
 Saturday.....Slet - Civic Arena

* * *

Clarifications and Corrections

If a gymnast in Junior Girls or Senior Women Championship Division chooses to perform a higher level set of compulsories, she must perform on all events at that level.

RIBBON COMPULSORY - The following levels of competition will be available in the ribbon competition:

Junior Girls
 Senior Women
 Masters

MASTERS DIVISION (age 29 and over) - Masters Division routines for women have been revised on vault, bars, and balance beam. The floor exercise routines remain the same as Low B Division - Senior Women.

VAULTING - for all **female** divisions may be done at designated height or 47-1/4".

VAULTING - for **LOW MEN** and **MASTER'S MEN** may be done at designated height or 48".

CALISTHENICS - Senior Men's and Senior Women's Calisthenics corrections have been sent out. Men replace pages with No. 3C, 7C, 8C, 9C, 10C, 11C and 13C. Women replace pages No. 8C, 9C, 10C, 11C, 12C, and 14C.

UNDERAGE GYMNAST - It is also noted that an underage gymnast wishing to compete in a higher level age group does not require permission from A.S.O. Board of Instructors or Sokol USA Technical Staff. It is simply up to unit of Lodge Director to make that decision.

NON-GYMNAST FEES - The admission fees for our scheduled events for non-gymnasts are as follows:

Opening Ceremonies/Championship Meet	3.00
Gateway Clipper Ride/Dance	10.00
Victory Dance	3.00
Volleyball Finals	1.00
Banquet	25.00

Please be advised that Gateway Clipper tickets will be sold to others only when we have determined the exact number of gymnasts and chaperones, since we do have a limit on the number of persons the boat can hold.

SURVEY Sokol USA urges all units to return their survey forms. Entry forms and the rest of the mailings will be sent only to those units who have replied.

REMINDER - Have your bus and bus driver available for shuttle to various sites and events.

Western District Children's Competition

HOSTED BY SOKOL SOUTH OMAHA

APRIL 10, 1983

GIRLS HIGH DIVISION - 8 competitors

1. Tina Cahalane, South Omaha	37.20
2. Amy Hoffman, South Omaha	36.65
3. Lori Fickenscher, South Omaha	33.90
3. Jennifer Griffith, Cedar Rapids	33.90
5. Teresa Slezak, South Omaha	31.65
6. Jill Hahn, South Omaha	31.55
7. Michelle Murdock, Cedar Rapids	30.40
8. Jenifer Conn, South Omaha	29.25

GIRLS INTERMEDIATE DIVISION - 20 competitors

1. Nicole Krewson, Cedar Rapids	35.50
2. Michelle Short, South Omaha	33.45
3. Angie Koehler, Cedar Rapids	32.70
4. Laura Frenzer, South Omaha	29.20
5. Robin Zdan, Omaha	27.65
6. Tiffany Teply, South Omaha	27.30
7. Carrie Hunter, Omaha	27.20
8. Jamie Gunia, Omaha	26.20

GIRLS LOW A DIVISION - 41 competitors

1. Jessica Mann, Cedar Rapids	35.75
2. Emi Dryland, Cedar Rapids	34.40
3. Julie Vlasek, Cedar Rapids	34.05
4. Larisa Petersen, Cedar Rapids	33.85
5. Kathy Riley, Cedar Rapids	33.60
6. Jamie McFadden, Cedar Rapids	33.15
7. Tina Dotson, Cedar Rapids	32.90
8. Jennifer Hessig, Omaha	31.05
8. Dawn Lobeck, Minnesota	31.05

GIRLS LOW B DIVISION - 47 competitors

1. Nicole Fiala, Cedar Rapids	34.85
2. Kim Wehrbein, South Omaha	33.25
3. Kelly Lorenz, Crete	33.15
4. Jennifer Gidding, Cedar Rapids	32.75
5. Angela Melsa, Cedar Rapids	32.55
5. Shanin Millard, Cedar Rapids	32.55
7. Danielle Kowalski, Cedar Rapids	32.40
8. Gina Flichler, Cedar Rapids	32.15
8. Kaylene Hixson, Omaha	32.15

BOYS DIVISION I - 5 competitors

1. Eric Otte, Omaha	54.00
2. Dennis Harrison, Omaha	50.95
3. Chris Swircek, Omaha	49.90
4. Casey Hunter, Omaha	49.60
5. Steve Anderson, Omaha	45.00

BOYS DIVISION II - 11 competitors

1. Danny Green, Omaha	51.80
2. Billy Rhoades, Omaha	51.30
3. Tom McLaughlin, South Omaha	49.95
4. Richard Nieto, South Omaha	49.75
5. Matt Thurber, Omaha	48.90
6. Jared Roberts, South Omaha	48.00
7. Brennan Durand, South Omaha	47.40
8. Tobin Stratman, Omaha	46.75

BOYS DIVISION III - 25 competitors

1. George Justice, Cedar Rapids	52.55
2. Joe Tremblay, South Omaha	47.35
3. D. J. Surdlikin, Omaha	45.70
4. Derek Fickenscher, South Omaha	45.10
5. Tom Micek, South Omaha	43.15
6. Donny Koubsky, South Omaha	43.05
7. Tony Vejraska, Crete	42.80
8. Scott Shaw, Cedar Rapids	42.70

SOKOL OMAHA - SOKOL INVITATIONAL

The 9th Annual So. Omaha Sokol Invitational Gymnastics Meet was held on March 26 and 27, 1983 in the midst of the worst snow storm of the year.

Because of the weather, only 3 girls' teams competed on Saturday: Iowa Gym-Nest (Iowa City, IA), Northfield Gymnastics Club (Northfield, MN), and Sokol So. Omaha. Optional routines were performed and the Sokol So. Omaha team won the 2nd place team trophy. Individual medal winners were:

Age 9-11:	5th AA Tina Cahalane - So. Omaha
	6th AA Lori Fickenscher - So. Omaha
Age 12-14:	3rd AA Nanette Gillott - So. Omaha
	6th AA Mary Chris Osterhaus - So. Omaha
Age 15 and Over:	2nd AA Jackie Slezak - So. Omaha
	3rd AA Geri Finney - So. Omaha
	4th AA Karen Elsasser - So. Omaha
	5th AA Sue Fuksa - So. Omaha
	6th AA Kris Gregurich - So. Omaha

The weather subsided a bit for the Sunday competition, so there was a little better team representation. Teams participating were: Capital City Gymnastics Club (Lincoln, NE), CRAG (Cedar Rapids, IA), Co. Bluffs Gym Club (Co. Bluffs, IA), Omaha Stars, Omega (Papillion, NE), Sokol Cedar Rapids, Sokol Omaha, and Sokol So. Omaha.

The morning session included boys' compulsory competition and the Sokol So. Omaha team came in 4th place. Individual medal winners were:

Class IV	1st AA Danny Green - Omaha
Age 9 and Under:	2nd AA Billy Rhoades - Omaha
	4th AA Tom Rose - Omaha
	5th AA Matt Thurber - Omaha
Class III	4th AA Dennis Harrison - Omaha
Age 10-12:	6th AA Chris Swircek - Omaha
Class III	3rd AA Buddy Benak - So. Omaha
Age 13-15:	4th AA Pete Rasche - Omaha
	5th AA Robert McLaughlin - So. Omaha
	6th AA Harry Godfrey - So. Omaha
Class IV	3rd AA Bob O'Keefe - So. Omaha
Age 13-15:	

Boys' optional competition was held in the afternoon. Individual medal winners in this session were:

Age 13-15:	Terry Carmichael - Omaha	4th AA
	Louie Ball - Omaha	5th AA
Age 16 and Over:	John Stonys - Omaha	1st AA
	Nick Lanphier - Omaha	2nd AA
	Steve Houlton - Omaha	3rd AA
	Steve Cahoy - Omaha	4th AA
	Scott Bagstad - Omaha	5th AA
	Toby Tortorilla - Omaha	6th AA

Sokol South Omaha - 4th Place Boys Compulsory Team



Front row, l to r: Matt Hoffman, Frank Felner.
 Middle row: Robert McLaughlin, Tom McLaughlin, Niel Nielsen, Jared Roberts, Scott Zymball, Richard Nieto, Bob O'Keefe.
 Back row: Harry Godfrey, Buddy Benak, Joe Micek, Michael Short, Mike Finney.

Sokol South Omaha - 2nd Place Girls' Optional Team



Front row, l to r: Jennifer Conn, Lori Fickenscher, Tina Cahalane, Nanette Gillott, Jill Hahn.
 Back row: Bonnie Ficek, Kris Gregurich, Mary Chris Osterhaus, Geri Finney, Debbie Priebe, Jackie Slezak, Sue Fuksa, Karen Elsasser, Stefanle Gregurich, Linda Kozeny, Amy Hoffman.

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

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

(CONTINUED FROM APRIL ISSUE)

Jiri Liska: "100 Years Of Sokol" has been translated by a few people. The Educational Committee chose one translation whereas Sis. Provaznik chose another translation. They are at an impasse. Pacific District did, however, edit one of the translations and has printed 100 copies of it.

Walter Slavik: Some people feel we are too far behind times. History education should address itself to the American historical events - not only European history. We must keep ourselves in the main stream of events. The Czechoslovak Sokol Abroad convention issued a resolution, or guidelines for Sokol behavior. Br. Slavik will forward a copy of it to us for Br. Barcel to study if he can use it in any way.

Audrey Benda: Possibly the Educational Department could also have contests for reporting Unit events - print them in the American Sokol. Possibly after 12 months, an award could be given.

Sylvia Pistorius: District Newsletters could cover events.

Application to enter the essay contest should be sent out earlier than just prior to the Slet. Why wait for a National Slet. How about a yearly contest? Something besides the Slet as the subject - strictly BOI functions, such as Unit exhibitions, reports of programs, special numbers, etc.

UNIFORM DIVISION REPORT: Report prepared by Sis. Betty Prener was read. A new parade dress uniform for women has been introduced, consisting of a navy blue blazer with an ASO crest, light grey skirt, white blouse with notched collar, navy blue hat (same as worn by the men) and blue shoes.

Uniform Division is experiencing problems getting seamstresses to sew the women's blouses for the gymnastic uniforms.

M. Motion made by Jolene Dalton to have the Uniform Department send a pattern of the women's blouses to all women District Directors. second by Audrey Benda. Motion passed. Most everyone thinks they will find someone in their District to sew the blouses for their own District. Women not in favor of changing the style of the blouse. Sis. Prener had sent a catalog showing a possible top for our consideration.

Comment on the new leotards running smaller than the old ones. Made of very clingy material that does not give enough. Sis. Drobny says they are skimpy in the waist and baggy in the crotch. Said Gymkinhas a very good quality leotard.

Men's pants still slide down. A Jr. boys outfit runs about \$32.00

Some problems with collection on orders. Suggestion made that orders be prepaid only. Others not in favor of this. Backorders and exchanges cause the cost of the items to go up. Only authorized people should handle the ordering of uniforms. A list of authorized people should be supplied to the Uniform Division by each Unit.

A sample of a leather handguard was passed for our inspection. After some discussion, a motion was made by Br. Cahoy that the ASO does not handle any handguards, but sends an approved supplier list of handguards along with their pricelist. Second made by Maryann La Vere. Passed. Br. Cahoy will sent them a list of approved suppliers.

Br. Slavik commented on the new Czech Sokol Abroad uniform which consists of a one piece leotard in two colors (white top and blue bottom) with a blue wrap-around skirt with a Sokol belt.

SOKOL GYMNAST REPORT: Br. Linhart's report was read. He is trying to present items of general interest and welcomes all articles that are sent to him. Br. Frank Michalek will submit articles on a monthly basis which will appear under the name of "Doc's Corner". Is also interested in receiving articles and photos of Sokol historical interest. Also hopes to get articles from the National School Board and the Manual Revision Committee. Will publish as much information as he can on the Sokol USA 1983 Slet to be held in Pittsburgh.

NATIONAL SCHOOL BOARD REPORT: Br. Jerry Milan working on the Manual Revision at this time so was unable to attend our Directors Conference. He sent a report which was read. The National School Board is progressing slowly but surely. Five District Instructors Courses were held this summer; number of adults attending the schools is a positive sign.

Letter written by the Central District Board of Instructors was read listing four items to be discussed here:

1. A list of qualified instructors complete with addresses and phone numbers to be made available to all District Directors.
2. District should release the dates and sites of Instructors' Courses planned for the summer months as early as March.
3. All course material must be made available to all Districts as soon as possible.
4. An outline showing the basic plan on conducting Beginners' courses.

They further stated that it is almost impossible to run a course without any material. A committee consisting of Br. Michalek, Halik and Sis. Mlsek will gather all School Board material that is available and put it into a booklet - this will be ready for all Districts before next summer.

Sis. Provaznik's handbook was mentioned. This booklet has not been approved by the ASO. Mentioned again that some of our Gymnastic Skills are in direct opposition to the statements in the booklet; ex. supports.

A directory of qualified instructors who can teach at Courses is to be provided by all Districts to our BOI. Names and addresses and phone numbers should be provided, as well as listing their specialties.

Western District has already made plans for their 1983 Beginners Course: July 10-July 17, 1983.

Sis. Dalton referred us to the minutes of our 1981 Directors Conference where a motion was made and passed to hold a National Course in 1984. Districts may either conduct their own Beginners' Courses in 1983 or support the Sokol USA Course.

MANUAL REVISION: The meeting being held this weekend at the American Sokol Organization office is their third meeting. Brs. Zitny, Lebloch and Sis. Ptacek greeted the committee Thursday evening and impressed on them the urgent necessity of going forward with the Manual. A looseleaf type of book is fine - would allow for changes and corrections to be made easily. The Manual is our top priority. Several artists are being checked for making the illustrations.

Br. Slavik told us that Br. Bednar, a member of Sokol New York, drew the original figures, some of which were removed when the Manual was issued in the looseleaf form. He personally feels that Br. Bednar was slighted when he was not invited to the first meeting. (He was invited to the second meeting.) Possibly a letter could be written to him by the ASO regarding his contribution to the Manual.

The deadline is past. Western District recommended that the book be kept in a looseleaf form all the time. Also that it must be as accurate as possible. The work is being done on a volunteer basis, so we cannot insist that the people spend all their time on it.

Br. Satek suggested that the Manual be put on a word processing machine. Entire pages do not have to be reprinted in cases of changes.

TOURNAMENT RULES: Br. Ptacek reported no suggested changes or questions were received by him.

Sis. Laznovsky said there was a lot of reaction in their District to the 13 year old age rule, and that perhaps it should be reconsidered. Many in agreement. Much discussion and many ideas brought forward on this subject.

Sis. Benda suggested having an Advanced Children's competition using the children's calisthenics and Jr. level routines.

Sis. Dalton said to define Pre-Junior as 11 and 12 year olds and put Pre-Junior back in the rules. Would have to be 11 by date of competition.

Br. Kalat does think that if an Advanced Children's competition is included, it should encompass Low, Intermediate and High divisions - not just one level.

Sis. Dalton said we should have a clarification on Sokol USA age rules. Br. Lebloch phoned Br. Banjak at the ASO office: reply from Br. Banjak was sketchy but he promised to send a copy of their rules.

All Districts will keep in mind all options mentioned today and continue discussion at our next Conference.

Sis. Laznovsky questioned why the changes made at our last Conference were not sent out. The changes did appear in the minutes; however, a copy will be sent to each District Director. The procedure portion of the book is not completed.

Br. Satek reported that the Word Processor may be purchased within the next year. The committee is favoring a TRS-80.

SOKOL USA 1983 SLET: Their calisthenics and competition routines have been sent to each Unit Director. Everyone cautioned to read the exercises very carefully. In some instances very minor changes have been made, so they are not exactly as we used in Fort Worth.

We have been invited to attend their Slet and should use their calisthenics and competition routines. We as a Sokol organization must support them.

Discussion on the children using American flags in their drill. Is it proper?

Sis. Pistorius announced that the Central District women's BOI voted against using the children's cal in their District. They feel it is a drill for Tots.

Their entry fees are set at \$15.00 per person, which includes some extras.

OUTSIDE AFFILIATIONS: We will retain our membership in the USGF. Sis. Dalton made a motion to keep Sis. Norma Zabka as our representative. Second made by Sis. La Vere. Passed. Sis. Zabka is doing a very fine job at these meetings and keeps us informed.

Motion made by Br. Slavik to retain our membership and re-elect Br. Jerry Hardy as our representative. Second made by Br. Martanovic. Motion carried. Br. Hardy also does a very good jog for us at the AAU and at no expense to our organization.

Br. Hardy was somewhat upset when he read that the Western District was not in favor of our being a member of the AAU. Western District explained that only because their District was not utilizing the AAU in any way, they were not in favor of it . . . no other reason.

1985 ASO SLET: The Slet will be held after the Convention, starting either Tuesday or Wednesday depending on whether the Slet is held on Saturday evening or Sunday afternoon. Convention can be started a day earlier if necessary. Slet will be last weekend in June.

Housing will be at the Marriott for the Convention as well as the Slet (same hotel as last Slet - was Sheraton).

Should we continue using USGF routines? Western District simplified the Intermediate division routines and then further re-simplified them for the lower divisions, using the same music. Perhaps Sis. Zabka can keep us informed as to when the new USGF routines will be available.

Sis. Benda and Br. Slavik are writing the children's calisthenics - will be 4 drills - same music. Will have it ready by the summer of 1983 so Districts can have it for two years. Feedback will be welcomed.

Sis. Laznovsky will get in touch with Mary Jean Stoeppelman to check on the progress of the Jr. girls and boys cal which she is composing. There will be a problem with terminology with her - would like assistance in that respect.

Sis. Prchal and Br. Ptacek will compose the Sr. calisthenics. They are looking for American music. If they cannot get together, Br. Ptacek mentioned there is a drill available submitted by Sis. Dagmar Fiala. Would only need some minor changes. Dick hopes

everyone will perform the call well; was very disappointed in some of the drillers in 1977 when he wrote the calisthenics.

Rumors that there may possibly be a Convention Center built in Oak Brook by 1985. Could use it for competitions if its built. Heard that Nissen is no longer putting equipment at any meets. We'll have to check other companies.

Hotel has been advised to keep Units together; possibly Districts too. No public transportation in that area. Possibly lease a school bus. Maybe have a grayline Tour booth available. Br. Satek will suggest this to the Slet Committee.

NEW BUSINESS: Sis. Emilie Ruzicka called the office with a message that some sort of directive should be issued to all Units to increase their activity for Sr. citizens. They must have a reason to belong and pay dues to our organization. She and Dr. Machacek, both of Sokol Miami, have offered to put out a booklet listing activities and a whole program which can be used.

M: Motion made by Sis. Dalton that she be advised to proceed. Second made by Sis. La Vere. Motion passed.

Br. Ed Stetka, Sokol Baltimore, wrote about a death and other serious accidents occurring during gym classes in Maryland schools resulting from use of the Swedish box and mini-tramp and parallel bars. He feels that Sokol should outlaw use of the mini-tramp in our Sokol classes. Discussion followed: Some Units do use the mini-tramp. Mini-tramps are out in Illinois schools, as well as some counties in Maryland. Br. Frank Michalek will look up a formal statement that has been issued on use of the mini-tramp.

Br. Stetka further stated that the parallel bars accident probably stemmed from poor or lack of spotting. He suggested that correct methods of spotting and aiding a gymnast must be stressed at all future Instructors schools.

FUTURE DIRECTOR'S CONFERENCES: Pacific District extended an invitation to host the next Conference in 1983. Sis. Ptacek asked the Directors if their Districts would be willing to absorb some of the expense of sending their Directors to the Conference? This subject was discussed at the Convention.

MISC: Br. Liska has some Czech material and wondered if it has any merit to be translated. Yes! He also questioned how other Districts or Units charge for children who are not Sokol members.

Examples:

Sokol Greater Cleveland: \$55.00. Parents are required to become Associate members at \$10.00.

Sokol Slavsky: \$50.00 for 1st child; \$40.00 for 2nd child; \$30.00 for 3rd, 4th, etc. for non-members. \$20.00, \$15.00, \$10.00 for members' children.

Sokol South Omaha: \$90.00-\$70.00.

Sokol Detroit: \$150.00 to try to discourage non-members. Free for children whose parents are members.

Southern District: Require at least one parent to become a member.

Western District: No discount until parents are members for two years.

Br. Laznovsky said perhaps we could recommend to the Executive Board that a committee be formed to consult with other organizations similar to ours to discuss and study avenues of improvements, to look for new ways to boost our membership and our Jr. membership. The committee could present their findings at the Convention. Larry suggested that our group should meet Sunday morning for further discussion along these lines. Time set for 10:30 A.M.

NEW STATISTICIAN: Sis. Jan Kalat has agreed to take over the responsibility of the ASO statistician.

IN CLOSING: Many thanks for the "Goodies" bags filled with gifts.

Also special thanks to Sis. Karen Berg for arranging this beautiful hotel for our stay and for all the drivers carting us back and forth between the airport, Sokol Greater Cleveland and the hotel.

INSTRUCTORS NEED HELP: Sis. Dalton said there is a need for instructions for their instructors. Do we have a special class to teach the instructor? Central District does run an Assistants Course. Some Units run their own.

Br. Ptacek said we could possibly have clinics similar to the USGF. Teachers can become stagnant and need new ideas to keep up with trends. Ideas could come out of this body. BOI should supply some of these ideas.

Br. Ptacek brought out our Sokol slogan: Physical Fitness Through Gymnastics. He cited that the true translation from Czech is: Physical Training Center. Wondered when the word Gymnastics came into being.

Br. Michalek was again called on to lead us in Sokol songs.

Meeting adjourned at 5:10 P.M.

Nazdar,

Mae Simonek, BOI Secretary

SUNDAY, OCTOBER 17:

Meeting was called to order at 10:30 A.M.

PRESENT: Marie Ptacek, Paul Lebloch, ASO Directors, Audrey Benda, Eastern District, Jolene Dalton, Phil Cahoy, Western District, Roger Martanovic, Maryann La Vere, Northeastern District, John Satek, Sylvia Pistorius, Central District, Libby Pelc, Jiri Liska, Pacific District, Anne Halik, Dick Ptacek, Frank Michalek, Assistants and Mae Simonek, Secretary.

GUESTS: Dolly Baca, Dennis Baca, Mary Kotlan, George Kotlan, Gorgia Drobny, Bertha Cerny, John Galik, Mary Ann Satek, Chuck Kalat, Jan Kalat, Sue Martanovic, Rich Rejna, Wendy Rejna. (All guests were not present at the start of the meeting.)

Meeting was called for the purpose of getting ideas to stimulate interest in keeping our young people involved and to keep our organization growing stronger and bigger. It was an open discussion meeting - no agenda - everyone welcome to speak.

Ethnic ties are very strong in the Northeastern District. The Czech language is used extensively.

Central District had a folk dancing group, but it collapsed; possibly because no new dances were being introduced.

Comments made that people who are not ethnic orientated make fun of our names, such as Sokol, Tyrs, Havlicek, etc. Is the word Sokol a deterrent? It means nothing to an outsider. Also, is it to our advantage - to keep interested people on as a trial basis because they are not of Slovak descent?

Br. Lebloch pointed out that our social aspect is very important. People caring for one another; this keeps us together. If we are just called a gym, we might as well close up and join a "Y" or gymnastic club.

Costumes for the folk dancers in the Central District caused problems. They were varied and did not present a pretty picture. Northeastern District has someone sewing costumes, so they are quite similar. However, the folk dancers are no longer a District function, but a part of Sokol Greater Cleveland.

Sis. Dalton: Where do we get a collection of folk dances? Sis. Baca is willing to document 5 Besedas - wonders if the ASO would sponsor such a booklet? Many of the dances used by her group are composed by people within the group.

Sis. Baca shortens some of the dances by not doing all the repeats. Br. Lebloch stated that the Moravian dance instructor choreographs their dances.

Sis. Baca goes to the women's classes and gives 15 minutes or so of dance instruction - this gets some new people to join the group. Leadership in groups such as this is most important. It takes an excellent leader to keep such groups together.

At one time a vaulting group was organized in the Central District. Has dissolved.

Br. Galik said it is fine to keep up tradition with folk dances, but how about incorporating our American Square Dances in some?

Discussion on the Northeastern District Course - ran from 1:30 to 10:00 P.M. and the students went home at night. They reached many students in that way that otherwise could not have attended. 30 adults were enrolled in the course, plus the children. Br. Michalek said it eliminated the supervision job in the sleeping quarters and the free mornings gave the instructors a chance to plan their work program for the day. Sis. Dalton missed the sleeping-in part of the course and the socializing in the evenings.

Br. Satek spoke of the Sokol Slavsky Jr. Board - seems to help keep them together. Two mothers act as their advisors. The Jr. Bd. does nothing without the approval of the Sr. Bd. They turn in about \$1,200.00 to the Travel Fund each year by holding Square Dances, paper and aluminium drives, candy sales, etc.

Northeastern District children are forced to compete which eventually forces some to quit because they are not capable.

Sokol Slavsky has set up a sort of points system for monetary assistance whenever they travel. Requirements say they must compete, drill, judge, tabulate or play volleyball. 60 percent attendance in class is required. Must work at least 5 fund raisers and participate in one of two parades Slavsky takes part in.

Jolene Dalton: Sometimes even the good students drop out if they are forced to compete.

Paul Lebloch: Instructors should know this kids well enough as to whether or not they should force them to complete.

Frank Michalek: Leadership! Teachers must meet the needs of each individual. Keeping at it **does** bring improvement. Do the best with the ability you have. Gymnastics and fitness are good for them. Mental and social development, emotional development, discipline and sharing are part of our Sokol ideals.

Comment made that many coaches in high school do not want their gymnasts in any other gym program.

Libby Pelc: It is a real challenge to work with the kids that are not good gymnasts. Keep encouraging them. A common complaint in Sokol is that the teacher spends too much time with the good kids.

Jiri Liska: Everything is fine if instructors have knowledge. The teachers in the Pacific District need more help with knowing what to do with the classes. We must educate the instructors. Teachers should prepare classes ahead of time. A schedule should be available of what to do at every class. In Europe, the schedule of all classes was posted on a wall. Classes were numbered and a whole class period was outlined. Every class had something different in it. He needs help with putting something like this together. Feels it should be done at this level. There are many lesson plans available in Czech.

Paul Lebloch: Impossible from this Board. Situations vary from one District to another.

Roger Martanovic: 90 percent of their Jr. boys come from very strong Sokol families. Gymnastic Skills program is an excellent training tool.

High school activities draw the young people away from Sokol.

Phil Cahoy: He learned much through books, clinics and seminars. Some do not want to be gymnasts - just do it for recreation. Teachers must work out a well rounded program for everyone. Jrs. and Srs. can work out together - levels can work out together. Better kids can come an extra day.

Maryann La Vere: Extra calisthenics for the older women is given in another room.

John Satek: Slavsky has a separate class for the good kids on Sunday mornings. Teacher/student ratio is about 5 to 1.

Sis. Baca: They have a wide range of ages in the women's class. Squads are divided according to age with a leader for each squad. They have two different pieces of apparatus each night.

Audrey Benda: District says she cannot try new things - must stick to the Tyrs system.

John Satek: District cannot compare problems. Within a one mile area, we have three of the biggest Units in the Central District. That means drawing a lot of teachers from a small area.

Roger Martanovic: Results from the Northeastern District course very good. Students are assisting or teaching.

(To be concluded in next issue)

ASO Financial Report

MARCH 1983

RECEIPTS:

Dues	\$ 2,442.20
Convention Fund	1,192.00
Special Assessment	596.00
Dividends and Interest	696.40
Advertising in "American Sokol"	600.00
Resale of Jewelry	323.25
Educational Booklets	102.00
"Highlights of Czech History"	19.00
Song Books	2.50
UPS Charges	5.83
Postage	1.25
Seals	30.00
Skills Patches	102.50
Miscellaneous	5.75
	<u>\$ 6,118.68</u>
ASO Uniform Division - Rent, salaries, etc.	558.40
TOTAL RECEIPTS	\$ 6,677.08

DISBURSEMENTS:

ADMINISTRATIVE:

Salaries - Office Employees	\$ 679.49
FICA & FWT for February 1983	158.40
Rent, Janitor services, phone, electric	757.80
Office Supplies - Paper	410.80
Advertising	100.00
Printing Dues Cards	329.03
Postage and UPS Charges	98.34
Office Machines (calculator)	82.60
General Office Repairs	42.19
Deposit - Presidents' Conference	50.00
Miscellaneous	115.65
	<u>\$ 2,824.30</u>

BOARD OF INSTRUCTORS

Salaries	\$ 325.84
FICA & FWT for February 1983	59.50
Additional copies "Sokol Gymnast"	29.00
Editor "Sokol Gymnast"	30.00
Postage & UPS Charges	25.33
Miscellaneous (Get-well cards)	1.06
	<u>\$ 470.73</u>

EDUCATIONAL DEPARTMENT

Framing	\$ 46.50
Library Books	10.20
Tapes	10.25
Filing Cabinets	312.12
UPS Charges	14.16
	<u>\$ 393.23</u>

SOKOL PUBLICATION

Printing "American Sokol"	\$ 1,532.96
Postage	15.85
Mailing List changes - February and March, 1983	286.36
Editor "American Sokol"	100.00
	<u>\$ 1,935.17</u>

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, February, 1983 and phone	\$ 421.66
Special Appropriations - Western District	23.40
Postage - FSLF and Library and Archives Fund	5.68
	<u>\$ 450.74</u>
Transfer of funds from Checking to Savings	\$15,000.00
	<u>\$15,000.00</u>
TOTAL DISBURSEMENTS	\$21,074.17
Balance brought forward: Western National Bank of Cicero - Checking Account	\$27,682.91
Receipts - March, 1983	6,677.08
	<u>\$34,359.99</u>
Disbursements - March, 1983	21,074.17
	<u>\$13,285.82</u>

FUTURE SOKOL LEADERS FUND

March 1983

In memory of Sis. Mildred Prchal - J. Foltyn's, R. Wostratzsky's and J. Andersen's	\$ 20.00
Joan Sedlacek	1.00
Evelyn Endriz	5.00
Charles and Irene Ruzicka	25.00
Blanche J. Cihak	25.00
Sokol Milwaukee	20.00
Sokol Town of Lake	25.00
Sokolice Milwaukee	20.00
Josephine Ceithaml	15.00
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March 1983

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IN MEMORIAM Bro. B. Edward Andrlé

Minneapolis Sokol president, B. Edward Andrlé, died on February 11, 1983 at the age of 78. Born September 26, 1904 in Desna, Czechoslovakia, Brother Andrlé immigrated to the United States at the age of two. His family first settled in the Hopkins area. He wed Millie Sramek fifty three years ago. At the time of his retirement, he was supervisor for the U.S. Post Office.

A Minneapolis Sokol member for 62 years, Brother Andrlé served as president of the unit for 47 consecutive years. He was an active gym class member as a child and an adult and participated in many Czech plays. He was also a Sokol Gym instructor at one time.

Brother Andrlé was also a member of ZCBJ and the Sokol Camp Association. He served as vice-president of the latter for many years and, at the time of his death, was a member of the Board of Directors.

Survivors include his wife, two sons, one daughter and seven grandchildren. A private memorial service in Brother Andrlé's honor was attended by the immediate family shortly after his death.

Sokol Minnesota mourns his passing and extends heartfelt sympathy to his family and friends.

From: Sokol Minnesota SLOVO
February, 1983

Changes That Affect Us

Are you different than you were 20 years ago, ten years ago, or even one year? Change is an inevitable aspect of everyone's life. Some changes are insignificant, while others require a major change in a life-style. Learning to accept and deal with changes can make the road a smooth one.

It is a necessity that changes must occur. Changes can create physical as well as mental growth. Without changes a person has a tendency to stagnate; resulting in a self-denial to learn and grow. Human beings are continually on conquests; therefore it is silly to let changes defeat our purpose in life, to conquer knowledge.

Changes will occur whether one is willing to accept them or not. Accepting a change may take time; hence, doing it with a positive attitude makes the transition easier. If you try to deal with a change in a negative state of mind the change will remain unappealing and harder to merge into your lifestyle.

Everyday a person is subject to change and how a person deals with change is an important facet to changes that occur. When dealing with change, a person should express his views whether verbally, or written. Expression of attitudes makes one think of what he believes and opens his mind to new dimensions. Keeping the hostilities bottled up causes more damage than the change itself would have.

A person does not need to be of a dynamic nature to deal with changes that occur, but one needs to be willing to accept and include the change.

Robert Burns wrote, "No man can tether time, or tide." So, if the change is for the better, or the worst make it work to your advantage. Remember, changes occur with and without us.

Sis. Beverly Rericha, Editor
Sokol St. Louis

IN MEMORIAM Telegrams Received Sis. Mildred Prchal

The U.S. Gymnastic Federation wishes to express deepest sorrow at the loss of a great leader in the U.S.A. gymnastic movement. As a Master of Sports in Gymnastics the Mildred Prchal legacy will be passed on to many future generations of American gymnasts. We take joy in knowing that Mildred affected the lives of many thousand youngsters per gymnastics and the American Sokol Organization.

Sincerely,
Roger L. Council, Executive Director
U.S. Gymnastics Federation, Fort Worth, Texas

Please accept my heartfelt sympathy on the passing of Mildred Prchal. Her contributions as a historical pioneer for RSG in the U.S.A. will be engraved in time. She will be especially remembered for her viable support of the USGF for over 20 years. The sport has sadly lost a true Master of Sport.

With Deepest Sympathy,
Jackie Fie, USGF

Sincerest condolences. Mildred's life greatly influenced mine and many others and always will.

Sister Norma Zabka
New York, New York

To the American Sokol Organization;

We will cherish forever our association with Sister Mildred Prchal, a devoted and dedicated Sokol. Our final Nazdar!
Sokol Fort Worth
Fort Worth, Texas

* * *

Několik slov v její mateřské řeči pro pozůstalou rodinu, sokolským bratrům a sestřím a přátelům, o naší zesnulé sestře Miladě Prchalové.

Byla vychována v Sokole Havlíček-Tyrš a úspěšně pracovala dlouhá léta pro Sokol Tábor. Zнала jsem Miladu osobně jako žačku, cvičitelku a spolupracovnici v mnoha úřadech. Byla skromnou - nikdy se nelíčila v šatu nebo chování. Nesobecky pracovala pro zmodernizování naší sokolské gymnastiky a obětavě spolupracovala při vedení našich káňat (Tabor Tot), výcviku žen a přebornic. Mile pracovala k vybudování tělesně slabých, jak by potvrdila její rodina zesnulého tanečnicka Jana Kříže. Dokázala vychovat tělesně handicapované děti a to dokonce na zkoušku přebornictví AOS, na družstvo olympijské. Hovořím z osobní zkušenosti v případě vlastní dcery Blanche Kos Lukes.

Tyto dva příklady jsou jen malým příkladem z mnoha set dívek, které prošly jejím vedením a které ona vedla k vrcholu dokonalosti. Také neúnavně povzbuzovala třídu po třídě cvičenek s jejich originály zvláštních čísel - na prostných, nářadí a tanci. Byla velice nadaná v pochopení estetiky v Tyršově sokolském tělocviku. Její slova vždy byla upřímná, účelná, a hlavně povzbuzující. Ještě ji slyším "Well, Blanche," a pustila se do toho. Ona věděla že "Bude cesta daleká, ale tutého Sokolíka neleká."

Za její lásku, příkladnou práci, zvláště jako naší učitelku a vzdělavatelku, řadíme ji mezi naše zasloužilé předky, na které jsme tak hrdí. Drahá Milado, spi sladce!

Eulogy by Sis. Blanche Kės
Sokol Tabor

"Pittsburgh-Sokol Holiday Special"

Sokols from California to New York and Florida to Montreal will gather in Pittsburgh, Pennsylvania to demonstrate the Tyrš system of Sokol Physical Fitness to the general public.

The XIX Sokol USA Slet will be an opportunity for all Sokols in the United States and Canada to participate in what will be the largest Physical Fitness demonstration in North America. Many are in the gyms preparing for this Sokol Manifestation of systematic physical education. In many cases, children, parents and grandparents from single families will participate.

But participation in the Slet is not the only way to get involved in this "Sokol Holiday." Many activities are being planned to attract all Sokols, including those who can not participate in the physical activities. A "tour package" for those who may be coming from out of town has been arranged which includes admission to: All Slet events; Pittsburgh Bus sight seeing tour; a Pittsburgh Afternoon River Boat cruise, the Slet Banquet and hotel accommodations in the William Penn Hotel.

The **PITTSBURGH-SOKOL HOLIDAY SPECIAL** begins with the colorful **OPENING CEREMONIES** on Wednesday evening at Trees Gymnasium, University of Pittsburgh. The highlight of this event will be the championship meet for juniors and seniors. These gymnasts, the best in the Sokol world, will perform optional routines and compete for the right to be called **NATIONAL SOKOL CHAMPION**. Gymnastic competition will continue on Thursday and Friday for all age groups and divisions with volley ball finals scheduled for Saturday at 1:00 p.m.

A half day tour of our "Host City," will give you an idea why it is being called "The Renaissance City of the 80's." The tour will include many fascinating sites, including the famous "Nationality Rooms" in the **CATHEDRAL OF LEARNING** at the **UNIVERSITY OF PITTSBURGH**.

The **SLET BANQUET** and **VICTORY DANCE**, both of which will be held in the old world atmosphere of the beautiful main ballroom at the William Penn, Slet Headquarters, will afford you the opportunity to renew old acquaintances. The presentation of awards to the winners of what will be the largest gymnastic competition in the United States will be the feature of the **victory dance**. Music and dancing will be to the lovely Slovak melodies as played by **EDDIE MACK AND HIS ORCHESTRA**.

An afternoon **RIVERBOAT CRUISE** on a "paddle wheeler" will take you on a breath-taking trip on Pittsburgh's Three Rivers. Your tour will include a view of Fort Pitt at the "point" where the Allegheny meets the Monongehela to form the mighty Ohio, as well as the modern skyline of the city.

Long hours of dedication and practice will be its own reward as gymnasts from the United States, Canada, and other countries will perform in the **XIX**



**JUNE 29 - JULY 2
1983**

PITTSBURGH, PA.

SOKOL USA SLET. This is poetry in motion - an experience you should not miss. Stirring Sokol marches, the beauty of hundreds and hundreds of Sokol gymnasts perform in unison, the excitement of seeing some of the best gymnasts in the country perform on apparatus - blended with the colorful artistry of Slovak folk singing and dancing will be forever cherished and remembered.

If you are coming to Pittsburgh and would like to take advantage of the "package tour", you can get a brochure; write to: Sister Louise Botsko, 223 Omar Street, Struthers, Ohio 44471.

If you would like to stay only three nights, indicate this and send the application. Of course if you are participating in the calisthenics at the Slet, we will subtract the admission cost of the Slet.

For those living in the Pittsburgh area, the following activities will afford you the opportunity to renew friendships with Sokols who are coming from out of town:

- Wednesday, June 29 - Trees Gymnasium at University of Pittsburgh - OPENING CEREMONIES and CHAMPIONSHIP COMPETITION - 7:00 p.m. Admission \$3.00 (tickets available at door)
- Thursday, June 30 - Ball Room of William Penn Hotel - XIX SOKOL USA SLET BANQUET - Cash bar 6:00 p.m. and Dinner at 7:00 p.m. - Music for dancing by Eddie Mack Orchestra - Special Program by Sokol USA Chicago Lodge No. 306 - Admission \$25.00 - Contact Sis. Ann Halama, 2409 Woodbine Road, Aliquippa, PA 15001.
- Friday, July 1 - Ball Room of William Penn Hotel - XIX SOKOL USA VICTORY DANCE - 8:00 p.m. - Admission \$3.00 (tickets available at door)
- Saturday, July 2 - Civic Arena - XIX SOKOL USA SLET - 8:00 p.m. - Admission \$4.00 (tickets available at door)

All plans have been made with the idea to make your stay in Pittsburgh enjoyable. Whether you are coming for only one day or four, please come and take advantage of this wonderful opportunity. If you have any requests or questions, let us know - but please come! We are looking forward to seeing you!

Nazdar!
The Slet Committee

The Benefits of Exercise Are Extensive

Fitness, of course, means different things to different people. The athletic coach measures fitness by strength, endurance, speed, and agility. The physical education instructor defines fitness in relation to exercise performance. The bodybuilder is concerned with well-developed muscles. Corporate management values fitness for its effect on the mental and physical productivity of its employees. And to the average person, fitness translates into the ability to work with less fatigue, enjoy leisure to the fullest, and respond to emergencies that require quick action.

An estimated 30 million adult Americans of all ages now exercise on a regular basis.

The main reason for this healthful trend is mounting evidence that exercise improves physical and mental health. There is also growing belief that exercise increases longevity.

Doctors now know that fit people have more strength, stamina and flexibility. They work with greater energy and pleasure, play with vigor and high spirits, are more relaxed, tend to eat sensibly, look better and feel good about themselves.

People get fit and stay that way by exercising on a regular basis. Exercise takes a variety of forms, but the primary exercise that really benefits the all-important cardiovascular system is sustained, vigorous (aerobic) exercise that forces the body to take in and use more oxygen than is required in normal activity. If this increase in energy expenditure is sustained through regular aerobic exercise, it improves cardiovascular fitness and endurance. This heart training effect can be achieved by brisk walking, jogging, running, swimming, bike riding, active sports and games and certain other activities performed on a sustained basis.

There are three general types of exercises that improve health - stretching exercises that increase flexibility, resistive exercises that increase muscle tone and strength, and endurance activities that increase cardiovascular capacity. A complete fitness program incorporates elements of all three. First, stretching limbers the muscles, ligaments and tendons and generally prepares the body and the mind for more exercise. Resistive exercises - for example, calisthenics and weight training - tone up the body's major muscles, but generally last for only a few minutes at a time. Endurance or aerobic exercises, like running and swimming, force the large muscles of the body to contract and relax over a longer period of time and require a large increase in energy expenditure.

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The Discipline Switch

The campaign to end corporal punishment in public schools makes me wonder if the campaigners have something else in mind - like maybe capital punishment.

I mean, if teachers in junior high schools aren't allowed to use the switch, maybe they could be allowed to throw it. A classroom with 32 seats wired with 600 volts would be an innovation in the field of discipline. It would bring a whole new meaning to the term current events.

"Well, Johnny," a mother would say to her son on his arrival home, "What happened at school today?" And the boy would answer, "Plenty. We had a current event. Freddie got 15 volts for sassing the teacher."

And any kind who tried to hit her could get the full 600 volts. What a way to teach 13-year-old boys to stand up when a lady principal enters the schoolroom . . .

Once order is restored in public schools, the challenge of real education can begin. Foreign languages can be taught - kinds will be saying "please" and "thank you" fluently.

And the voice of the teacher, bless her, will again be heard in the land.

Sent to us by:

Sis. Blanche Kos, Sokol Tabor

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The all-important aerobic exercises affect the entire body in the following ways:

(1) A vigorously exercised and well-toned cardiovascular system (the heart and all the blood vessels that radiate from it) helps the body reduce the risk of heart disease and meet the normal stress of daily life with less strain.

(2) A trained heart pumps blood more efficiently and as a result a person who exercises regularly has a lower pulse rate and frequently lower blood pressure when exercising and when at rest. This in turn tends to make for less wear and tear on the heart.

(3) Both fat and carbohydrate metabolism are improved. This may reduce the risk of heart attack and adult onset of diabetes.

(4) The cardiorespiratory system that has been exercised moves oxygen and carbon dioxide in and out of the body with greater efficiency.

(5) Muscle fibers increase in size and strength.

(6) The blood supply to tendons (which bind the

muscle to the surface of the bone), cartilage (the tough cushion material in the joint space), and ligaments (the support fibers between and around joints) increases and helps them retain their strength and flexibility.

(7) The blood vessels supplying muscles increase in number and density.

(8) Regular exercise increases the strength of the bones.

There are also a number of other positive physical and emotional changes that can result from regular exercise, including weight loss and an increase in muscle mass, lower blood pressure, a lower level of stress, increased physical energy, and a generally enhanced state of mental well-being.

Good overall health obviously involves a complex combination of many factors which include proper nutrition, adequate rest, productive work, support from family and friends, time for relaxation, and physical fitness. Exercise is of major importance in improving the quality of all the elements of a healthy life.

U.S. Life Corporation - Press Release

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