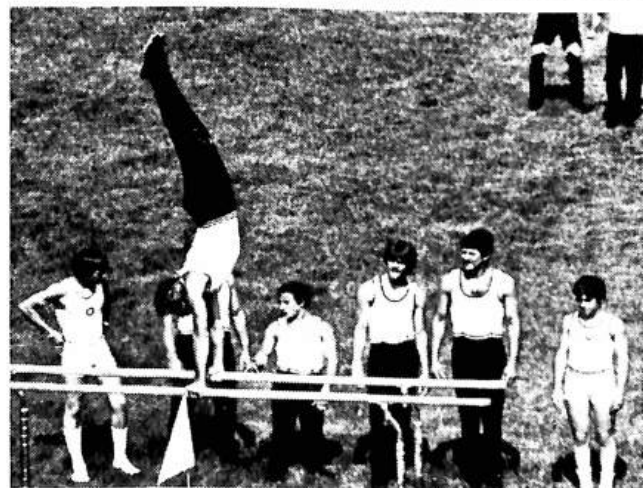
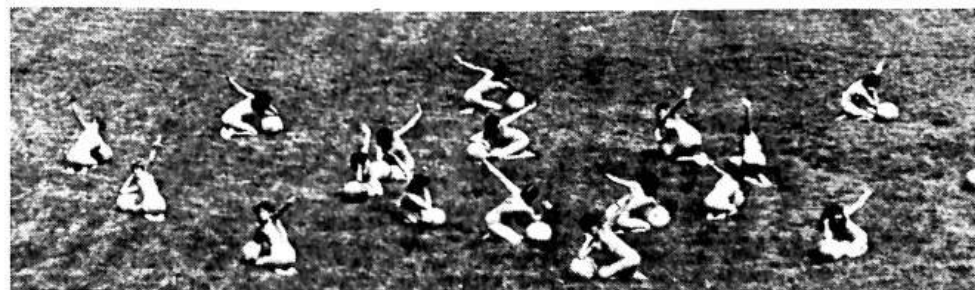


# AMERICAN SOKOL

VOL. CIV - NO. 7-8

JULY-AUGUST 1983

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Educational and Physical Culture Organization



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388 Shenstone Road Riverside, Ill. 60546

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OFFICE OF THE  
EXECUTIVE BOARD ASO.  
Jackie Kourim, Secretary  
6424 W. Cermak Road Berwyn, Ill. 60402  
Tel.: 795-6671

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at ASO Office

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\* \* \*

## Calendar of Events

AUG. 14 - SOKOL SAN FRANCISCO  
Picnic

AUG. 14 - SOKOL MINNESOTA  
Sokol Camp Booya Picnic, Pine City, MN

SEPT. 25 - SOKOL SOUTH OMAHA  
Czech Festival

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Baltimore, MD 21224

Fin. Sec., Mary Parizek, 8236 Northview Rd.,  
Baltimore, MD 21222

Rec. Sec., Mary Albrecht, 43 Dendron Ct.,  
Baltimore, MD 21234

Corr. Sec., Betty Joy Kilian, 3068 Mayfield Ave.,  
Baltimore, MD 21213

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address

Gary Masek, 13044 Skypark Drive,  
Omaha, NE 68137

SOUTHERN DISTRICT - Sokol West  
Change of address for Fin. Sec.:  
Rita McMorrough, 303 N. Marable  
West TX

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# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIV

July-August - 1983 - Červenec-Srpen

Číslo - No. 7-8

## *Sokol Educator*

### DVOŘÁK IN AMERICA

In the spring of 1891, Dvořák received a telegram from Vienna inviting him to be the Director of the New Conservatory of Music in New York. Mrs. Jeanette M. Thurber, the wife of a wealthy New York wholesale grocer had founded this Conservatory in 1885, a project which proved of more lasting value than the operatic ventures she had earlier sponsored, which had cost her and her husband over one and a half million dollars.

She now wanted an international figure in the musical world to add prestige to her institution, asking Adele Margolies, a Viennese pianist teaching in New York to recommend a suitable figure. She in turn consulted her former teacher in Vienna, Anton Door, who suggested either Dvořák or Sibelius.

As Dvořák had failed to reply to an earlier invitation she sent the following telegram from Paris on 6th June 1891: Would you accept position Director National Conservatory of Music, New York, October 1892 also lead six concerts of your works?

This proposition, which arrived while Dvořák was in Cambridge, threw the recipient into some confusion. Even after consulting several close friends for advice, he could not make up his mind. To Alois Gobl he wrote: The directorship of the Conservatoire and to conduct ten concerts of my own compositions for eight months and four months vacation, for a yearly salary of 15,000 dollars or over 30,000 gold francs. Should I take it? Or should I not?

After much deliberation, he replied, accepting the concert engagements but declining the directorship. To this Mrs. Thurber was not prepared to agree. The arrival of a draft contract caused the composer to think again. The salary for one year was more than he had received for all his works to date. Even by the standards of today, 15,000 dollars would be a comfortable amount. In 1891 it was a fortune.

With the increasing demands of a large family and doubtless with the promptings of his wife, Dvořák found he could not refuse such a handsome offer. After a few changes in the terms of the contract, and obtaining leave of absence from the Prague Conservatory, he accepted the post for two years.

Mrs. Thurber hoped he would reach the United States in time for the Columbus Fourth Centennial

Celebrations on 12 October, 1892. Through Alfred Littleton, who had succeeded his father, Henry, as Director of Novello, she sent Dvořák a copy of Joseph Rodman Drake's poem, **The American Flag**, requesting him to set it for the forthcoming celebrations. As the poem did not reach him until August, Dvořák had already begun to write the **TeDeum**, for soloist, chorus and orchestra for the occasion.

On September 10, he set out from Prague with his wife, his eldest daughter, Otilie, aged fourteen, and his son Antonín, aged nine. They were accompanied by Joseph Jan Kovařík, a violinist recently graduated from the Prague Conservatoire, whose father, Joseph Kovařík, Sr. had emigrated to the United States where he was choirmaster of St. Wenceslas Church, Spillville, Iowa.

The party sailed from Bremen on 17 September, 1892 in the S. S. Saale. At Southampton, Dvořák sent a telegram to the children who had remained in Prague: 'All is well'. Like Haydn, Dvořák proved a good sailor, remaining on deck during the storms when most of the passengers were languishing in their cabins.

As Kovařík recalled: The Master proved an excellent sailor; the whole day, it might be as stormy as you like, he walked up and down the deck. Several times it happened that he was the only one to put in an appearance in the dining-room, and when Capt. Rinck saw him alone, he invited him to his table. When they had breakfast or dined at their ease, they lit their cigars and chatted.

They arrived safely in New York on 26 September where they were met by the secretary of the National Conservatory, Mr. Sainton and a group of newsmen who were duly impressed when Dvořák spoke to them in English. One report gives a vivid portrait of the composer.

He is not an awesome personality at all. He is much taller than his pictures would imply, and possesses none of the bulldog ferocity to be encountered in some of them. A man about 5 ft. 10 or 11 inches, of great natural dignity, a man of character, Dvořák impresses me as an original, natural and - as Rossini would say - to be natural is greater than to be original.

He is not beautiful in the forms of face, but the lines of his brow are so finely modeled, and there is so much emotional life in the fiery and lined face, that when he lightens up in conversation, his face is not easily forgotten.

The family stayed first at the Clarendon Hotel on

East 18th Street, but as they did not care for hotel life, they soon moved to humbler lodgings at 327 East 17th Street, close to the Conservatory.

The National Conservatory of Music was remarkably progressive for the time. It was a non-profit making organization which offered no diplomas and charged fees only to those who could afford to pay. Dvořák was especially in favor of the policy of giving free tuition to Negro students.

His own timetable allowed for three hours of teaching per day and two rehearsals with the orchestra each week. He had a striking influence on his students, encouraging them to evolve a distinctly American music. He told them to search out folk-songs and plantation music for the simplicity of melody free from the heavy domination of European tradition that was stifling originality.

In Harper's Magazine of February 1895 he wrote: These beautiful and varied themes are the product of the soil. They are American. They are folk-songs of America, and your composers must turn to them. In the Negro melodies of America, I discovered all that is needed for a great and noble school of music.

Edward MacDowell, however, one of the first American composers to seek a national character for his music, partly by using American Indian melodies, rejected Dvořák's advice: We have here in America been offered a pattern for an 'American' national musical costume by the Bohemian, Dvořák - though what Negro melodies have to do with Americanism in art remains a mystery. Music that can be made by 'recipe' is not music, but 'tailoring'. Masquerading in the so-called nationalism of Negro clothes cut in Bohemia will not help us.

Dvořák developed a particularly close rapport with his Negro pupils. Henry Thacker Burleigh introduced him to Negro spirituals, and Will Marion Cook later contributed greatly to the early development of jazz.

Other notable students were Rubin Goldmark, later Director of the Juilliard School of Music and teacher of Gershwin and Copland, Harvey Worthington Loomis, an authority on the music of the Red Indians, Harry Rowe Shelley, a composer of much church music, and Edwin Franco Goldman, who developed the concert band repertoire.

James Gibbons Huneker, music critic and essayist, enjoyed many sessions with Dvořák, whom he nicknamed 'Old Borax', when they examined scores and discussed musical matters.

Dvořák's influence affected many composers who were not his pupils at any time. The Violin Sonata and Piano Quintet of Arthur Foote, symphonic works of George Chadwick and the first Symphony of Charles Ives, owe much to the Czech composer in both form and language. The extensive use of folk-songs in 20th Century American music and the 'wide-open-spaces' atmosphere of 'Western' film scores may have at least some of their origins in the orchestral works of Dvořák.

The first concert of Dvořák's music was given in Carnegie Hall on 21 October. The Boston Symphony Orchestra under the composer performed the three

Overtures, In Nature's Realm, Carnival and Othello, and premiered the Te Deum with an orchestra of eighty and a choir of three hundred.

Musical life in New York was steadily expanding. The Metropolitan Opera had opened in 1883, and the city boasted two orchestras: the Philharmonic conducted by Anton Seidl and the Symphony Orchestra directed by Walter Damrosch. The noted Kneisel String Quartet from Boston were additionally frequent visitors.

At the end of November, Dvořák travelled to Boston for two performances of the Requiem. The orchestra there was directed at this time by the great conductor Arthur Nikisch.

In a letter to Mr. and Mrs. Joseph Hlávka, his friends in Prague, Dvořák prophetically recognized the impact that the United States would have on the world in the years that followed.

The first and chief thing is that, thanks be to God, we are all well and liking it here very much. And why shouldn't we when it is so lovely and free here and one can live so much more peacefully - and that is what I need. I do not worry about anything and do my duty and it is all right. There are things here which one must admire and others which I would rather not see, but what can you do, everywhere there is something -, in general, however, it is altogether different here, and if America goes on like this, she will surpass all others.

Although musical education was in its infancy in the United States, Dvořák was optimistic about the potential of the musicians there.

From the same letter he said: There is more than enough material here and plenty of talent. I have pupils from as far away as San Francisco. They are mostly poor people, but at our Institute teaching is free of charge, anybody who is really talented pays no fees! I have only eight pupils, but some of them are very promising.

And not less so are the entries for the competition for prizes offered by Mrs. Thurber. 1,000 dollars for an opera, 1,000 dollars for an oratorio, 1,000 dollars for a libretto, 500 dollars for a symphony, and 300 dollars each for a cantata, and a concerto.

A great deal of music has come in from all over America and I must go through it all. It does not take much time. I look at the first page and can tell straight away whether it is the work of dilettante or an artist.

As regards operas, they are very poor and I don't know whether any will be awarded a prize. The other kinds of compositions, such as symphonies, concertos, suites, serenades etc. interest me very much. The composers are all much the same as at home, brought in the German School, but here and there another spirit, other thoughts, another flashes forth, in short, something Indian (something a la Bret Harte). I am very curious how things will develop.

The oratorio prize was awarded to The Dream King and His Love by Horatio Parker, a pupil of Rheinberger who was on the staff of the National Conservatory. Henry Schoenfeld won 500 dollars for his Rural Symphony.

While in New York, Dvořák was disappointed to find that he could not continue his hobby of visiting the station each day to inspect the locomotives. At Grand Central Station, only bona fide passengers were allowed on to the platforms. To overcome this obstacle, Dvořák would travel by overhead tram to 155th Street where he could watch the Chicago and Boston expresses go by.

Joseph Kovařík described the composer's new enthusiasm: The Master found a new hobby in steamships. For one thing the harbor was much nearer and, on the day of departure, the public was allowed on board, an opportunity which the Master made full use of.

There was soon no boat that we had not inspected from stem to stern. The Master always started a conversation with the ship's captain or with his assistants, and so, in a short time, we knew all the captains and mates by name. And when a ship was due to sail we went there and watched it from the shore until it was out of sight. If it happened that the Master remained a little longer than usual at the Conservatory or was engrossed in his work at home and so forgot about the departure of the boat and there was no longer time to go to the harbor, we went by overhead tram to Battery Park and from there following the ship in her outward journey for as long as she remained in sight.

In the evening then, after a game of Darda, we discussed with the Master how many knots the ship had probably made where she might be etc. In the morning, the Master's first work was to take the Harold and read the shipping news.

With his duties at the Conservatory taking up so much of his energies, Dvořák found less time for composition. In January 1893, he completed *The American Flag*, but its first performance was delayed until 4 May, 1895, shortly after he had finally left the United States. It was published later the same year.

Information from:

Dvořák, his life and times by Neil Butterworth

## ASO Executive Board Meeting

Regular meeting of the American Sokol Organization Executive Board, Monday, May 23, 1983, was brought to order at 7:40 p.m. by President Roy Zitny, pledge to the flag was given. District minutes received; Southern, March 31st; Northeastern, April 24th; Central, April 27th; continued District Presidents' Conference.

**CONFERENCE:** Thank you's from Bro. Ben Maca, for District Presidents' Conference; from Sis. Irene Ruzicka for belated gift from Executive Board for her winter surgery. Invitation for Bro. Roy Zitny, from Western Fraternal Life Assn., to attend their XX National Convention. Motion made and approved for Sis. and Bro. Zitny to attend. Bro. Robert E. Jirousek, questioning the legality of our voting at the District Presidents' Conference. **Bro. John Dusek**, President,

Sokol Greater Cleveland, questioning the constitutionality of our decision at the District Presidents' Conference, concerning the unit, Ceska Sin. Bro. Ben Maca, asking us for a letter of confirmation to the decision made at the District Presidents' Conference. Sokol Houston, Bro. Emil Kuropata, questioning voting privilege of unit representatives. Invitation to Czech School of Brookfield, May 28th, 1983, 50th anniversary. Press release with information on the XIX USA Slet, printed in the May issue of the "American Sokol" publication. Fund raising letter from Sokol Washington, D.C. for their new building project, also an invitation to their tennis tournament. Invitation to the re-dedication of the Karel-Havlicek statue, from the Czechoslovak American Congress.

Representatives from Seldon, Fox and Associates, Ltd., presented our CPA audit report.

**DIRECTOR OF WOMEN - Sis. Marie Ptacek:** Has been hospitalized for several weeks now. If you would like to drop her a note of cheer please send to: Sis. Marie Ptacek, 4330 South Clinton Avenue, Berwyn, Illinois 60402 (her home address).

**DIRECTOR OF MEN - Bro. Paul Lebloch:** Gave a combined report for both directors. Final Report Form: Central District, April 23, 1983, calisthenics workshop for all classes at St. Louis. 50 students attended, 5 instructors; air fare - \$670.00, salaries \$42.00; total \$712.00, approved. Committee of Br. Michalek, Halik and Sis. Mlsek and will have a rough first edition of a handbook ready in a month to be used in our Sokol schools. Notices will be sent stating that any changes, recommendations or additions to the handbook must be submitted by a certain date, or possibly at the Directors' Conference. Sokol Detroit and Sokol Greater Cleveland have ordered gymnastic skills patches and bars. New gymnastic skills in the women's department should be ready for distribution by September, 1983. Will write to Br. Banjak asking him to set up another manual revision meeting in the near future. Sis. Harlan and Schnabl and Br. Michalek, Halik and I checked on the facilities of LaGrange South and North for possible use for our 1985 Slet competitions. We will investigate other facilities before a decision is made. Attended the re-dedication of the Karel-Havlicek statue and the luncheon. The Central District Special numbers were very well received. Attended the Central District picnic. The USGF National Championships will be held at Chicago Circle Campus on June 3, 4, 5, 1983.

**MEMBERSHIP - Bro. Fred Kala:** Lacking quite a few quarterly reports. A letter will be sent to the unit with a copy to the district. On the whole it seems that there is a rise in membership.

**EDUCATIONAL CHAIRMAN - Bro. Stanley Barcal:** The Educational Directors' Conference was approved for October 29, 1983, agenda and questionnaire will be worked on and sent mid-July to District Educational Directors. Accommodations will be looked into. Received bid on printing of the Sokol pamphlet by Cicero-Berwyn Press, approved. Distribute the pamphlet for free as before. The administrative department will absorb the cost of printing. Shelving for display/storage of various materials in the basement; committee

feels this is necessary and will again request permission from the Executive Board. Discussion and approval for printing of memorial envelopes for the Future Sokol Leaders' Fund, Library and Archives Fund and the General Fund (all three funds on one donation envelope). Letter of thanks sent to Ms. Nan Wood of the Fort Bragg, CA library for the receipt of the three Czech books. Have not received any information from Bro. Hosek as to progress regarding postcards and note pads, another letter will be sent and Sis. Schabowski will call Texas. Tyrs bust; additional information will be added and suggest printing be done on diploma type paper which can be displayed along with bust. Sis. Stella Tichy received Czech-English dictionary from Bro. Gorman which she will donate to the Educational Department. Sis. Prener donated 10 Alfons Mucha posters which will be put on display. Sis. Kos stated availability of publication of Czech-Slovak authors available at \$17.50, she will look over value. Bro. Rabas received a record of 1968 Prague Spring, will check into translating into English and re-recording on tape, will bring record to next meeting.

**PUBLICITY - CZECH - Bro. Jerry Rabas:** Reported that two special issues will be put out in honor of the Karel-Havlicek statue dedication by the Denni Hlasatel. They will also carry a report on the Presidents' Conference next week.

**PUBLICITY - ENGLISH - Vlasta Zitny:** Will submit new article concerning the Presidents' Conference.

**FINANCIAL SECRETARY - Sis. Mildred Pinc:** The financial report for April, 1983, was prepared and copies were distributed to Executive Board members. Two certificates (\$10,000 and \$5,000) were re-invested at the best possible rates. A statement of dues has been sent to Sokol Rozvoj. They will send us a check. All the District Presidents' Conference bills have been paid. Sis. Louise Nekuda returned \$100.00 of the money sent to her. We have made up a membership roster for Sokol Cleveland. This will be mailed after their letter is read at our Executive Board meeting. Are also working on Sokol West's roster. Attended the unveiling of the Karel Havlicek-Borovsky statue and luncheon at McCormick Place on May 15th. Donations to the Future Sokol Leaders' Fund and the Library-Archives Fund were read.

**TREASURER - Bro. Bob Barcal:** Reconciled the bank statements and found everything to be in order. Worked on the 990 form. Also presented comparison charts for the last three quarters.

**UNIFORM - OFFICE - II. VICE-PRESIDENT - Sis. Betty Prener:** Busy filling and shipping orders, and ordering new merchandise. Have rapid turnover and collections generally are good. By-laws of Sokolice South Omaha reviewed and recommended for approval. Noted several good points in their by-laws. Attended Educational committee meeting, exhibit committee meeting. Was present at the re-dedication of the Karel-Havlicek statue and the luncheon which followed. When statue is finally cleaned will make a fine addition to our Chicago waterfront.

**EDITOR-SECRETARY - Sis. Jackie M. Kourim:** Will have some nice pictures from the Havlicek statue dedication and luncheon and program which will be submitted for the June issue of our publication. Correspondence concerning the decisions made at the Presidents' Conference will be completed and sent out. Also finished typing the minutes of the conference and mailed them out.

**I. VICE-PRESIDENT - Bro. George Basta:** Worked on the 990 form with Bro. Barcal. Attended the Havlicek program and luncheon.

**PRESIDENT - Bro. Roy Zitny:** Attended the Havlicek statue re-dedication and luncheon. Old business cleared up and no new business at the present time. Meeting adjourned at 10:10 p.m. Refreshments served after meeting.

Respectfully submitted,  
Sis. Jackie M. Kourim, Secretary

## ASO Financial Report

MAY 1983

### RECEIPTS:

Dues	\$ 2,462.30
Convention Fund	114.00
Special Assessments	-168.00
Subscription in "American Sokol"	4.00
"Highlights of Czech History"	4.50
Resale of Jewelry	28.00
Postage	.54
Song Books	15.28
Educational Booklets	4.00
Skills Patches	48.00
Dividends and Interest	335.66
Refund - District Presidents' Conference	100.00
	<hr/>
	\$ 2,948.28
Miscellaneous	12.05
	<hr/>
	\$ 2,960.33
ASO Uniform Division - Rent, salaries, etc.	648.91
	<hr/>
<b>TOTAL RECEIPTS</b>	<b>\$ 3,609.24</b>

### DISBURSEMENTS:

#### ADMINISTRATIVE

Salaries - Office employees	\$ 727.83
FICA & FWT for April, 1983	193.94
Rent, janitor services, phone, electric	722.72
Office supplies	151.90
CPA Audit	650.00
District Presidents' Conference	357.86
Miscellaneous	6.57
	<hr/>
	\$ 2,810.82

#### BOARD OF INSTRUCTORS

Salaries	\$ 309.88
FICA & FWT for April, 1983	59.26
Additional copies "Sokol Gymnast"	29.00
Editor "Sokol Gymnast"	30.00
UPS Charges	6.62
Travel Expense	349.00
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	\$ 783.76

AMERICAN SOKOL

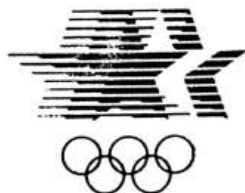
# SOKOL GYMNAST

JULY-AUGUST 1983

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

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## OLYMPIC TICKET APPLICATIONS NOW AVAILABLE



LOS ANGELES - Ticket applications for the 1984 Summer Olympic are to become available throughout the United States, according to the Los Angeles Olympic Organizing Committee.

The LAOOC said the tickets would be sold in the U.S. through a mailorder system involving more than 3,700 outlets. In Illinois, the mailorder forms will be available only at Sears, Roebuck and Co. stores.

The forms are included in a brochure that also includes information about events, schedules, prices and a map of competition sites. Orders are limited to one per household or business address.

Applications for tickets will be sold on a first-come, first-served basis. If certain events are oversubscribed, a computerized random drawing will be held to determine ticket allocations for those events.

For premium events, there is a limit of two tickets per order. Premium events include the basketball final, boxing semifinals and finals and finals in diving, gymnastics and swimming. For semipremium events, there is a limit of four per order. These events include basketball semifinals, boxing quarterfinals and certain track and field events.

Prices for the opening and closing ceremonies are \$50, \$100 and \$200. Prices for events range from \$3 to \$95. The average ticket price is \$17.

The Chicago-based Sears, Roebuck and Co. will be the sole national outlet for ticket information and application booklets for the 1984 Summer Olympic Games in Los Angeles.

3,300 Sears outlets throughout the United States - 36 in the metropolitan Chicago area - will begin to distribute the long-awaited 36-page booklet prepared by the Los Angeles Olympic Organizing Committee. Details of the ticket distribution plan, devised to make Olympic tickets available to the average sports fan, will be spelled out in an LAOOC news conference.

Unlike the Winter Olympics, which is being sold in package tours, the Summer Games next July 28-Aug. 12 will be a do-it-yourself affair, with attendees having to make their own air, hotel and other transportation arrangements.

The only other distributors will be the First Interstate Bank in southern California, and Manufacturers Hanover Trust in New York's Manhattan, where there is no Sears outlet.

## RESULTS OF SOUTHERN DISTRICT SLET

JUNE 3, 4, 5, 1983

SOKOL ATHLETIC CENTER, DALLAS, TEXAS

**SPECIAL NUMBER COMPETITION:**

1. Sokol Fort Worth
2. Sokol Houston

**VOLLEYBALL CHAMPIONSHIPS:**

Junior-Mixed: Sokol Fort Worth  
Senior-Mixed: Sokol Fort Worth

**MODERN GYMNASTICS:****CLASS I GIRLS:**

- |                    |       |
|--------------------|-------|
| 1. Lori Laznovsky  | Ennis |
| 2. Stephanie Green | Ennis |
| 3. Wendy Stout     | Ennis |
| 4. Christy Gray    | Ennis |
| 5. Christen Norum  | Ennis |

**CLASS II GIRLS:**

- |                       |       |
|-----------------------|-------|
| 1. Shannon Schumacher | Ennis |
| 2. Jessica O'Bannion  | Ennis |
| 3. Michelle Morton    | Ennis |
| 4. Lisa Laznovsky     | Ennis |
| 5. Pam Kubin          | Ennis |

**JUNIOR GIRLS:**

- |                     |            |
|---------------------|------------|
| 1. Sandi Frizzel    | Fort Worth |
| 2. Carrie Cleveland | Fort Worth |

**WOMEN:**

- |                      |            |
|----------------------|------------|
| 1. Kelly Stoeppleman | Fort Worth |
| 2. Henrietta Milan   | Fort Worth |
| 3. Melanie Waite     | Fort Worth |

**APPARATUS COMPETITION:****CLASS I GIRLS LOW DIVISION:**  
(31 competitors)

- |                   |       |
|-------------------|-------|
| 1. Christy Gray   | Ennis |
| 2. Lori Laznovsky | Ennis |
| 3. Christen Norum | Ennis |
| 4. Kristel Klaus  | West  |
| 5. Mindi Meier    | Ennis |

- Teams: 1. Ennis I  
2. Fort Worth  
3. West I  
4. Ennis II  
5. West II

**CLASS II GIRLS LOW DIVISION:**  
(26 competitors)

- |                      |                |
|----------------------|----------------|
| 1. Shannon Schmacher | Ennis          |
| 2. Sharon Slovacek   | Ennis          |
| 3. Sherri Ozymy      | Ennis          |
| 4. Michelle Morton   | Ennis          |
| 5. Tracie Meek       | Corpus Christi |

- Teams: 1. Ennis I  
2. Corpus Christi  
3. Ennis II  
4. Fort Worth  
5. Dallas

**CLASS II GIRLS HIGH DIVISION:**  
(15 competitors)

- |                    |            |
|--------------------|------------|
| 1. Kara Harrell    | Fort Worth |
| 2. Tammy McCaffrey | Fort Worth |
| 3. Kellye Davis    | Houston    |
| 4. Kathy Haney     | Fort Worth |
| Angie Lawler       | Fort Worth |
| 5. Cherrie Pippin  | Fort Worth |

- Teams: 1. Fort Worth I  
2. Fort Worth II  
3. Fort Worth II

**OPEN-HIGH GIRLS DIVISION:**

- |                    |            |
|--------------------|------------|
| 1. Melissa Darnell | Fort Worth |
| 2. Jill Henshaw    | Fort Worth |
| 3. Jennifer Powell | Fort Worth |
| 4. Kelly Hill      | Fort Worth |
| 5. Martha Baxter   | Dallas     |

Team: Fort Worth

**CLASS I BOYS LOW DIVISION:**  
(20 competitors)

- |                   |            |
|-------------------|------------|
| 1. Steven Sharpe  | Fort Worth |
| 2. Jason Klish    | West       |
| 3. Kenneth Bigger | Houston    |
| 4. Edward Kaluza  | West       |
| 5. John Moravec   | West       |

**CLASS II BOYS DIVISION:**

- |                   |         |
|-------------------|---------|
| 1. Jason Stout    | Ennis   |
| 2. Chris Griffin  | Ennis   |
| 3. Cody Albert    | Houston |
| 4. Craig Bigger   | Houston |
| 5. George Macalik | Ennis   |

**CLASS II BOYS HIGH DIVISION:**

- |                   |            |
|-------------------|------------|
| 1. Jesse Traynham | Fort Worth |
| 2. Cliff Mullican | Ennis      |
| 3. Shay Hennisey  | Fort Worth |
| 4. Josh Milan     | Fort Worth |
| 5. Tim Smith      | Ennis      |

**JUNIOR GIRLS LOW B DIVISION:**  
(10 competitors)

- |                    |       |
|--------------------|-------|
| 1. Phyllis Hutyra  | West  |
| 2. Joy Engeldinger | West  |
| 3. Amy Nash        | Ennis |

Team: West

**JUNIOR GIRLS LOW A DIVISION:**

- |                         |         |
|-------------------------|---------|
| 1. Anna Martinec        | Houston |
| 2. Christine Hassabrack | Houston |

**JUNIOR GIRLS INTERMEDIATE DIVISION:**  
(11 competitors)

- |                    |            |
|--------------------|------------|
| 1. Sandra Schisser | Houston    |
| 2. Page Henson     | Fort Worth |
| 3. Karen Sharp     | Fort Worth |

- Teams: 1. Fort Worth I  
2. Fort Worth II

## JUNIOR GIRLS CHAMPIONSHIP:

1. Nicole Williams

Dallas

## JUNIOR GIRLS HIGH DIVISION:

1. Carla Mauphin
2. Barbie Kozel

Fort Worth  
Fort Worth

## WOMEN LOW A DIVISION:

1. Paula Martinez
2. Annette Mikeska
3. Sonja Vodehnal

Houston  
Houston  
Houston

Team: Houston

## WOMEN INTERMEDIATE DIVISION:

1. Angie Kurokata
2. Tracy Boyd

Houston  
Ennis

## JUNIOR BOYS LOW DIVISION:

1. Herbie LaMarque
2. Andrew Wall
3. Michael Slovacek

Ennis  
Ennis  
Ennis

Team: Ennis

## JUNIOR BOYS INTERMEDIATE DIVISION:

1. John Kent  
Verlan Manor
2. Rodney Frazier
3. Wu Young Tong

Fort Worth  
Fort Worth  
Fort Worth  
Fort WorthTeams: 1. Fort Worth I  
2. Fort Worth II

## MEN MASTERS:

1. Jerry Milan
2. Milan Martinez
3. Arthur Kocurek

Fort Worth  
Houston  
Houston

Team: Houston

## MEN LOW B DIVISION:

1. Dough Thomas
2. Miles Adamson

Dallas  
West

## MEN INTERMEDIATE DIVISION:

1. Grant Qualls
2. Steve Dunn
3. Gary Johnson

Fort Worth  
Fort Worth  
Dallas

Team: Fort Worth

Sylvia Laznovsky, Dir. Southern Dist.

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

(Conclusion)

Jolene Dalton: Thinks perhaps Br. Barcal could keep a list of Units that have dancers, Czech schools, singing groups or any other type of cultural activities. A sort of clearing house.

Suggestion made that perhaps the editor of the American Sokol could find out what the Units are doing by reading the various Newsletters and then put them in the publication. Perhaps Units could exchange Newsletters.

Sis. Baca: A workshop for folk dancers will be held on a weekend in March or July. Br. Satek said March is not good for anyone in Central District - exhibitions are all held that month.

Discussion on the merger of the Northeastern District Units. Created a lot of problems. Took a long time in happening, but some feel it was the greatest thing they could have done.

Br. Galik: Problem arose with losing identity as two Units. They held a contest to name the new Sokol.

Mary Ann Satek: Addressed Dennis Baca, a Jr. Does he bring his school friends to Sokol: He said for a long time he was ashamed to admit that he belongs to a Sokol. Everyone else was playing basketball, football, baseball, volleyball, etc. at school. Now he is proud of belonging to Sokol - also belongs to the folk dancing group.

Marie Ptacek: We are a unique organization because Sokol is a family organization.

Paul Lebloch: All ages drilling, singing, dancing together.

Roger Martanovic: Thanks to Br. Laznovsky for this type of meeting - suggests that we set about two hours aside at our next Conference for this type of open discussion where various ideas are brought forth.

Anne Halik: Likes the idea of including square dances in the folk dance booklet.

John Galik: A Sokol is a person who gives of himself to perpetuate the Sokol ideals. We folks right here must get more Sokol members!

Paul Lebloch: Signals give more than they expect in return.

Roger Martanovic: Sokol Greater Cleveland BOI responsible for the performances we saw Saturday. Sokol Greater Cleveland responsible for the delicious dinner and dance Saturday evening. Sis. Karen Berg did all the hotel arrangements and driving arrangements. Hopes to see us all in Pittsburgh at the Sokol USA Slet.

Marie and Paul: Thanks for everything - the special evening Saturday - all the beautiful arrangements - much to be proud of - the Sokol Greater Cleveland hall is beautiful.

Since we had to check out by 1:00 P.M. our meeting adjourned at 12:40 P.M. with Br. Michalek leading us in a couple of Sokol songs.

Nazdar,

Mae Simonek, BOI Secretary

## Sokol Gymnasts!

- ATTEND YOUR CLASSES  
REGULARLY
- PARTICIPATE IN YOUR  
UNIT EXHIBITION
- ENGAGE IN YOUR UNIT'S  
COMPETITIONS
- PREPARE FOR THE SLET

## Hand Care for the Gymnast

by MR. SCROBE

(Conclusion)

In using the blade (alone or within its receptacle), the gymnast must exercise extreme caution. The removal of too much of the calloused portion may cause a blister during the next workout. It goes within saying that the possibility of a hurried job of shaving may also result in a cut.

A safer method, perhaps just as effective is the use of an emery board, emery cloth, or any abrasive capable of sanding down the callous. There's little risk here of removing an excess of callous. In order to sand effectively, the hands should be in a semi-hardened or brittle state - the usual condition after a workout.

Still another method currently in practice is the soaking of the hands in epsom salt solution, bath salt solution, or even plain warm water. The callouses soften and then can be rubbed off with a rough cloth or material.

How about the treatment for blisters, tears, and rips? This is of prime concern to every gymnast, since his rate of progress will be determined largely by the ability of his hands to hold up over the extended training periods he has to undergo today.

It's understood that the treatment of the hands before and during the workout will determine also the extent of damage to the hands. Scrupulous and methodical attention to this will certainly help the gymnast move ahead without the inconvenience of many postponed workout due to damaged hands.

Let's begin with the treatment for blisters. If the blister is still intact and not ruptured, it should be allowed to remain in that state until the pressure of the fluid becomes noticeable. The blister will, due to the pressure of the fluid, soon become hard to the touch.

This is the proper time to lance it, using a sterilized needle and puncturing it close to its base on the skin. Draining of all the fluid is important, but the resultant "flap" of excess skin shouldn't be removed. It serves as a protective cover for the new skin beneath and also prevents the entry of dirt.

During the healing process, the gymnast should be wise enough to refrain from any gymnastic activity which will aggravate the injured portion of the hand. Many gymnasts however, have been successful in continuing training by affixing an additional covering of gauze over the blister and underneath the hand guard.

In a day or two, the skin under the "flap" will have hardened sufficiently to remove the "Flap". This should be done as carefully as possible in order to extend the area of the injury.

Suppose, however, the blister tears from the hand so that the "flap" isn't intact but is attached only at one point? The "flap" must then be carefully removed. There may be, with this type of injury, an oozing of blood and fluid, which normally stops after a few moments. Exposing this open wound to the air will dry the injured membrane and consequently crack or "split" the damaged area.

A light application of some lubricant is therefore indicated to have the skin retain its elasticity. Four or five applications during the day will hasten the healing process and, again, protect against inflation. At any sign of splitting or hardening, a lubricant should be applied.

What about a "crack" in that part of the palm which folds and creases? This presents the most difficult problem to many gymnasts. The area around this crack must be shaved down as nearly as possible to the same level of the deepest part of the crack, and the injury must be kept well-lubricated to prevent further and deeper spreading of the injury.

One experienced gymnast had his own peculiar method of dealing with this sort of hazard. He would press a circular piece of tape (adhesive), firmly over the area and allow it to remain while he continued to train, employing hand guards. Occasionally, as the situation demanded, he would apply a fresh piece of adhesive tape.

Another gymnast, using the same technique, applied a small amount of vaseline directly on the wound and then over the adhesive, changing it periodically. In both instances, results were gratifying.

Experience seems to be the best teacher, as always. The wise gymnast, however, will keep his ears open and exchange ideas with fellow athletes until he can find the technique for him. Gymnastics is an individual effort and, logically enough, the care and maintenance of a gymnast's hands will always be an individual effort.

There's little doubt that further research into this problem will eventually eliminate it, and thus enable all gymnasts to pursue their goals undaunted and unhampered by the deteriorating effect of friction on the "tools" of their trade - their hands.

## TORONTO - '84

Sokol Toronto, Canada announces its 7th Slet on June 21-24, 1984. The city of Toronto is also celebrating its anniversary, and the Sokol Slet will be one of many activities during the summer months. Br. Jan Waldauf, President, has invited all Sokols to participate in the festivities including apparatus competition, volleyball, and mass callisthenics.



**EDUCATIONAL DEPARTMENT**

Salaries	\$	63.44	
FICA for April 1983		15.48	
	\$		78.92

**SOKOL PUBLICATION**

Printing "American Sokol"	\$1,265.80
Postage "American Sokol"	659.34
Mailing List changes	109.22
Editor "American Sokol"	100.00
	\$ 2,134.36

**MISCELLANEOUS**

ASO Uniform Division - Salaries, FICA, April 1983 & phone	396.17
Special appropriations - Central District	10.00
	\$ 406.17
<b>TOTAL DISBURSEMENTS</b>	<b>\$ 6,214.03</b>

Balance brought forward:	
Western National Bank of Cicero - Checking account	\$10,554.58
Receipts - May 1983	3,609.24
	\$14,163.82
Disbursements - May 1983	6,214.03
	\$ 7,949.79

**FUTURE SOKOL LEADERS' FUND****May 1983**

In memory of Jaroslav Benes of Jugoslavia - Vlasta Chloupek	\$ 25.00
In memory of Stanley Janes - George and Rose Vytlacil	10.00
	\$ 35.00

**LIBRARY AND ARCHIVES FUND****May 1983**

In memory of Br. Karel Joseph Palas - Fred J. Divisek	\$ 20.00
Mary and Curtis Falls	10.00
Irma Most	25.00
In memory of Sis. Mildred Prchal - Southern District, ASO	50.00
	\$ 105.00

*Donations are tax exempt*

## American Pioneer Praising Czechs and Sokol

Whenever we try to praise Czech achievements in this country, immediately someone will accuse us of "bragging". It was therefore heartwarming to see a letter published in Sunday's Cedar Rapids Gazette with circulation over 80,000 entitled "Czech Contribution." It was written by 99 year-old John M. Ely whose family was among the very first who settled in Cedar Rapids when it was only a small town on the banks of the Cedar River. But let Mr. Ely speak for himself. "If one has lived in Cedar Rapids all his life and in my

case 99 years, I think it is interesting to look back and see what influences have shaped the city and made this community what it is now.

One of the important and fortunate happenings to this city was the arrival of the first Czech settlers in 1848. They left their native Bohemia to avoid work and came to work in the Sinclair Packing plant. Soon as they could, they sent for their families and relatives. More and more came and soon they began to give a healthy vigor to the city.

Hard working and thrifty they believed in joy and necessity of saving. Local bankers realized this and established savings and loan associations. That time these financial institutions were advertising importance of savings and offered loans for building own homes or starting own businesses. They believed too in the importance of good health and the development of strong bodies as exemplified by the Sokol gymnastic association. The influence of early Cedar Rapids were predominantly English, Scotch, and Irish. We should be most grateful that combined with these persuasions, the Czech people came and offered their tremendous contributions to make Cedar Rapids the fine and unique city that it is today.

This praise came from a man who not only knew thousands of our people but worked with many of them. Not all of course were working in the packinghouse plant; Quaker Oats Mills or other factories were involved. Soon they penetrated most all other fields of craft, business and profession. Mr. Ely knew that well. He is not the only one who gives this deserved praise to the Czechs. The late lawyer and historian Barthinius Wick who represented the only brewery in Cedar Rapids, the "Magnus Brewing Co." and went every year to Germany to give financial reports to the owners, also wrote the "History of Czechs in Linn County". This history is obtainable in the city library. In his last will he left 3 million dollars for the building of a Care Center for citizens with small incomes. After his death the Methodists took over the management of this center changing it's name to "Meth-Wick Manor". Among the residents were and are today a good many Czechs. It is located on the hillside overlooking Ellis park and Cedar River.

Sent to us by:

Bro. T. B. Hlubucek, Sokol Cedar Rapids

## NOT FOR ONE MOMENT Can We Forget Our Membership Drive

While our attention is naturally focused in many directions in our Sokol work, one fact must never leave our minds - MORE MEMBERS.

This is the keystone for the future, the reservoir of strength for every unit. Every effort must be made to bring those thousands into our ranks that belong there. A simple analysis of a unit's position, its needs and its plan for the future will show the type of members who should be first sought. Individuals with

varied talents and experience would fill many a void. Great numbers are needed for every type of work.

Yes, work - make no subtle suggestions of ease and entertainment. Give them, too, the opportunity to know that they and their ability are valuable and valued. Give them a chance to serve in a field of vital importance in our national life. Everyone will be the richer because of this.

Success to you in making your units the bastions of the finest training for American citizenship.

Bro. James L. Cihak  
April, 1964

## The Czech National Chapel in Washington, D.C.

The National Shrine of Our Lady of the Immaculate Conception is in the U.S. capitol in Washington. The shrine consists of seven national chapels, and at the end of June, 1983, there will be an eighth one: the Czech National Chapel dedicated to Our Lady of Hostyn and in honor of Bohemian-born American Bishop John Nepomucene Neumann, the first canonized U.S. male saint.

The idea to build this chapel arose in 1977, the year of John Nepomucene Neumann's elevation to sainthood. With financial contributions collected among fellow countrymen in the United States and Europe this idea could be realized, and, therefore, the chapel is truly "national". It is designated to symbolize the spiritual connection between the old and new homeland, and at the same time to express the gratitude of the Czechs living in America for the freedom to practice religion in this country.

Most of the people in Czechoslovakia belonging to the younger generation may not know that the pilgrimage place, Hostyn, has for a long time belonged to the most sacred ones in Moravia. Hostyn, is a mountain and a cliff in the Moravian Beskyds beneath which the Hana Plain spreads. No wonder that a long time ago people from the surrounding area found here a refuge from their enemies. This seems to be documented by the remains of a former castle or is based on legend. One of the best known legends about the so-called "Hostyn miracle" dates back to the times of the Tartar invasion of Moravia in the thirteenth century. According to the legend a few Czech and Moravian defenders were surrounded on the Hostyn by a large number of Mongolian soldiers. In the last moment they were allegedly rescued through a miracle. Our Lady appeared in a storm and forced the Tartar army to retreat. Since then the Moravians revere Our Lady of Hostyn, and she is their protector against the danger from the East.

In addition to the original chapel a beautiful shrine was built in the first half of the eighteenth century. It was, however, destroyed in 1787 during the reign of Emperor Joseph II. Nevertheless worshippers continued their pilgrimages, and in 1845 the shrine was restored after the necessary material means for this purpose had been collected among the believers.

Anyone who has had the occasion to visit Hostyn will never forget this moving experience. Even during communist rule the pilgrims stream here, some in national costume, across the beautiful woods to participate in the Masses taking place at the shrine with the statue of Our Lady having lightning flashing from her hand against the enemies of the Czech lands . . .

The statue of Our Lady with the lightning will be also placed in the new chapel of Our Lady of Hostyn at the National Shrine of Our Lady of the Immaculate Conception in Washington, D.C. In the chapel will also stand a statue of St. John Nepomucene Neumann.

John Nepomucene Neumann was born in Prachatice on March 28, 1811. He graduated from the seminary of Ceske Budejovice, and after his ordination he decided on a missionary career in the United States. After his arrival in America in 1836 he preached to the Indians and immigrants who were located around the Great Lakes. Later he became a member of the Redemptorists' Order and continued in his missionary career. He built churches, founded parochial schools, and created educational and financial support systems for them. These became the basis for the modern Catholic schools in North America. As Bishop of Philadelphia he was responsible for the creation of several hospitals and orphanages, and founded the Congregation of the Sisterhood of the Third Order of St. Francis which was to maintain them.

In the year 1960, on the occasion of the centennial anniversary of his death, Bishop Neumann was honored by the legislature of the state of Pennsylvania for his outstanding services as one of the pioneers and founders of the Catholic educational system in the United States. In the year 1963 John Nepomucene Neumann was beatified and in 1977 raised to sainthood.

Since St. John Nepomucene Neumann was a noted confessor and also because his baptismal name was that of St. John Nepomucky, who is honored by the Catholic Church as the patron of the seal of confession, the Czech National Chapel at the National Shrine in Washington will be known as "The Confession Chapel".

At this point we would like to say something about the interior decor of the chapel. Besides the already mentioned statues of Our Lady of Hostyn and St. John Nepomucene Neumann there are also massive wall mosaics: one of the famed Infant of Prague and the other of St. Wenceslaus. On the supporting columns are affixed bronze reliefs depicting the 12 principal saints of Czechoslovakia. Above the altar are engraved the following words in Czech appealing to Our Lady: "Remain a Mother to Your People." One of the columns contains a relic of St. John Nepomucene Neumann, and on the wall to the right of the entrance inside the chapel is attached a marble plaque which was blessed by Pope John Paul II in 1979. The plaque holds three containers of soil from three places in Czechoslovakia - from the Shrine of Our Lady of Hostyn, from the birthplace of St. John Nepomucene Neumann, and from the crypt under the Chapel of St. Wenceslaus in St. Vitus Cathedral in Prague.

Note: article by Olga Kopecka and T. Stehlik, the *Denní Hlasatel*, June 22, 1983. Many Sokol participated in this program in Washington, D.C. An article such as this explaining some of the history preceding the building of a national shrine should make all people of Czech extraction very proud.

## Archives of Czechs and Slovaks

**Lost Forever:** An American of Czech descent recently died. He had a collection of books and periodicals written in Czech and Slovak languages and published outside of Czechoslovakia. He often mentioned that his collection will be willed to an institution which will shelter it. We have been informed that his entire written estate and archives were discarded by people who did not care or know about his intentions. This episode unfortunately is quite common.

**What is the nature of Archives:** Archives contain written and printed documents, photographs, films, records and tapes. Printed documents are books, brochures, musical notes, anniversary publications, periodicals, newspapers, almanacs and programs. Written documents are manuscripts, memoirs, letters and minutes of societies.

**What is the value of archives:** History is written on the basis of available documents. Those who did not leave written sources, are often disregarded by history. Historians utilize records of fraternal, cultural, artistic, religious, political and scientific activities. We need records for genealogical and anthropological studies. History of ethnic groups is necessary to evaluate accurately and logically their contributions to the building of the state in which the immigrants settled.

**Contemporary immigrant archives in the United States:** State historical societies may accept local ethnic materials. Their activities are limited by ignorance of foreign languages. Archival materials should be centralized not only in one country, but also from countries of the entire world. Czechs and Slovaks emigrated to North and South America, Australia, many countries of Europe, and several states of Asia and Africa. The immigrants of 1939, 1948 and 1968 maintain close cultural contacts by high quality periodicals. Archives encompassing these countries were established in the USA in the past fifteen years. Most archives actively exchange their duplicates.

**What do archives need?** The task of the archives is to collect and preserve all historical materials without regard to their religious, political, linguistic and cultural trends. The materials must be, however, concerned with Czechs, Slovaks and Carpathoruthenians and their descendents outside of Czechoslovakia. In spite of their already large size, the archives contain only a fraction of published materials. Few periodicals are complete. Almanacs before 1900 are often lacking. We need your cooperation in further building of the collections.

**Is financial help necessary?** The Universities offer

space for deposition of the collections. Archival activities require much more. Old newspapers must be microfilmed before the paper disintegrates. Books which cannot be obtained as gifts must be bought. Periodicals, newspapers and magazines are often donated, but many should be purchased. Currently over two hundred periodicals are published outside Czechoslovakia. The materials in archives should be catalogued by a person with a library training. The catalogue should be published. The postage for shipping large collections and for exchanges is high. We need to buy tapes. All that costs money. Other library collections are often endowed with funds which finance these activities.

It is of the utmost importance that our archives be remembered when you write your last will and testament. The archives preserve the heritage of your father and mother. Many Czech and Slovak organizations are building new library/archives; others have been long established, take the time to research them and then make the decision as to where you would like your materials to be kept.

Financial help from governmental and public institutions cannot be expected in the current economical situation. We understand that you already support the fight against cancer, hospitals and charities. You should however, not forget your common roots and cultural inheritance. **These are your archives and they need your help today.**

Note: Excerpts from an article written by Dr. Z. Hruban, Chicago, Illinois.

## In Memoriam

Sis. Camilla Ulrich, who passed away on April 13, 1983, was a dynamic personality in the ranks of Sokol St. Louis. She expressed her love for Sokol, in both word and deed. The time she devoted to our organization would add up to an insurmountable amount of hours filled with determination, perseverance, dedication, and just plain hard work. Camilla, not only showed admiration for Sokol, but expressed a love for her Czech heritage as well. She touched upon every facet of Sokol life, both physical and cultural - Board of Instructors, Sokolice-Vlasta, gym classes, Hlahol singers, the Sokol dramatic club, Red Cross and of late, the Senior Citizens Club. In addition, she served on numerous committees and was an officer for many years. This adds up to a record of true commitment and loyalty, surpassed by very few, if any. An exemplary Sokolka to be remembered and admired by all who knew her, may she rest in peace.

Sis. Mary Ann Sulz, Sokol St. Louis

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## Copy for Publication

MUST BE RECEIVED BY THE 10th  
OF THE PREVIOUS MONTH

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1983  
**Rhythmic  
 Gymnastics**  
*National  
 Championships*



to do and a perfect event for Sokols, since all age groups and abilities are able to participate, both for the pleasure of the exercise and the competitive spirit it enhances.

Sis. Helen Onni, Sokol Tabor

The 1983 National Rhythmic Gymnastic Championships were held April 22, 23 and 24 at George Williams College in Downers Grove, IL. There were 38 competitors in the junior division (12-14 years) and 34 competitors in the senior division (15 and over). These girls had travelled here from all parts of the United States. During the three-day event, the top twelve in each division qualified to represent the US for the next twelve months. They will travel the country, competing against school and private clubs and may also travel abroad to compete against other teams, either national or in schools or clubs.

The meet was dedicated to Sis. Mildred Prchal and before the final competition on Sunday, a moment of silence was observed in her memory. The American Sokol Organization was represented by Bro. Paul Lebloch who presented medals to the top six all-around winners in both the junior and senior divisions. The meet was organized and directed by Nora Hityel of George Williams College. Those from Sokol ranks were judges, Norma Zabka, Ellen Garlicki Nyemchik, and Kathy Brym. Local committee being Jane Jurew and Helen Onni who composed the written memorial for the program book. Helen also served as lines person during the meet. Rhythmic banner supplied by Sis. Henrietta Milan. Also from Sokol Fort Worth was Sandy Frizzel competing in the senior division.

This being the 10th anniversary of the U.S. National Competition, it is exciting to see how much this sport has grown. It may be another ten years before such an exciting event is held here in the Midwest and the privilege of seeing this calibre of competition is one which may not come to our area again soon. It was disappointing to see so many empty seats and so few Sokol faces at this event. Perhaps after the 1984 Olympics when rhythmic gymnastics has an opportunity to be seen by many, many people, we will better appreciate what Sis. Millie tried to get across to us about this sport. It is beautiful to watch, a challenge

## Our Membership Drive

"Strike while the iron is hot" and "Make hay while the sun shines" are two bits of advice proven in the laboratory of life. How can they apply in our campaign for new members? Very easily. We are an organization devoted not only to physical fitness but responsible citizenship as well. The general trend of life is changing - in our favor. People are beginning to realize after decades of easy living that every human being wants to become a part of something big and important.

During times of crisis and unrest this natural desire becomes even greater. There is an untapped reservoir of humanity that needs no change in the by-laws to become eligible for membership. They can qualify on the spot and could have long ago. What went wrong? Nobody asked them. These are intelligent people - they have as much to gain as they have to give. They are the type to take their membership seriously and add their talents and abilities for the advancement of the unit.

Our entire nation is fast becoming conscious of the value of a lifetime of training for physical fitness. Every means of communication is stressing it. And who has a better method of doing so then the Sokols? No one. All our members should consider it a personal challenge to bring into our ranks the best of those with whom they associate. They know the value of Sokol training and by this action they can repay those who gave it to them by maintaining it for others.

There is no logical, sensible reason under the sun why our ranks could not be doubled in one year's time. If there is a will to make 1983, an outstanding one, the time to begin is now. Each and every one of you, bring in those fine, new members to your next meeting. Your unit, your community will be grateful to you.

Nazdar!

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## Youth

Youth is not a time of life; it is a state of mind, it is not a matter of rosy cheeks, red lips and supple knees: it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means the temperamental predominance of courage over timidity of the appetite, for adventure over the love of ease. This often exists in a man of sixty more than a boy of twenty. Nobody grows old merely by a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spirit back to dust.

Whether sixty or sixteen, there is in every human being's heart the lure of wonder, the unfulfilling child-like appetite of what's next, and the joy of the game of living. In the center of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long are you young.

When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at twenty, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at eighty.

by: Samuel Ullman  
sent to us by: Sis. Blanche Kos  
Sokol Tabor

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AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Dear Brothers and Sisters:

The VII Sokol Slet of Canada will be held from June 21 to 24, 1984 in Toronto, Ontario.

The Slet committee, under the leadership of sister Drucilla Travnicek, is already working hard and has secured the site of the Slet in the engaging environment of the Centennial Park, conveniently located not far either from the International Airport or the hotel area.

Please consider this letter to be a preliminary invitation to our Slet. The Slet committee will be sending you necessary instructions and will keep you informed about the progress of preparations.

We are, therefore, looking forward to see you June 21 to 24, 1984 at the VII. Sokol Slet in Toronto, Canada.

Nazdar!

Prof. Ing. Vladislav Zajic, President  
E. Bundalek, Secretary

## How to secure new members

1. Make a list of names of the members of your family, your friends and associates;
2. Ask them to join your unit;
  - a) by talking to them personally,
  - b) by calling them on the phone,
  - c) writing to them.
3. Set a goal for yourself;
  - a) make a contact a day,
  - b) have faith in yourself and in your ability to win them for your unit.
4. Most important of all:  
MAKE UP YOUR MIND THAT YOU WILL BRING IN NEW MEMBERS, FOR THEIR WELL BEING, THE FUTURE OF YOUR UNIT - AND DO IT NOW.

## Help Our Sokol Grow

### Spolehlivá cestovní služba do všech částí světa

Vyřídíme rychle a přesně návštěvu Vašich  
příbuzných z ČSR.  
\* \* \*

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