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Educational and Physical Culture Organization



Jarmila Novotna

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388 Shenstone Road Riversdale, 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

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

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Calendar of Events

- NOV. 19 - SOKOL SAN FRANCISCO
Barn Dance
- NOV. 19 - SOKOL LOS ANGELES
Variety Show - Musicales
- NOV. 18, 19, 20 - SOKOL MILWAUKEE
Holiday Folk Fair
- NOV. 26 - SOKOL SOUTH OMAHA
Monthly Dinner/Dance
- DEC. 3 - SOKOL SLAVSKY
St. Nick's Dance at Sokol Berwyn

- DEC. 3 - SOKOL LOS ANGELES
St. Nicholas Dance
- DEC. 4 - SOKOL DETROIT
Czech Dinner Party
- DEC. 11 - SOKOL MILWAUKEE
Elections and Christmas Party
- DEC. 31 - SOKOL SAN FRANCISCO
New Year's Eve Dance
- DEC. 31 - SOKOL LOS ANGELES
New Year's Dance
- DEC. 31 - SOKOL DETROIT
New Year's Dinner Dance
- DEC. 31 - SOKOL BROOKFIELD
New Year's Eve Dinner-Dance
- DEC. 31 - SOKOL MINNESOTA
New Year's Eve Party
- FEB. 11, 1984 - SOKOL MINNESOTA
World Bohemian Euchre Tournament, CSPS Hall
- FEB. 12, 1984 - SOKOL MILWAUKEE
Jaternice Dinner
- FEB. 25, 1984 - SOKOL MINNESOTA
Sibrinky
- MAY 18, 1984 - SOKOL MILWAUKEE
Exhibition and Awards

DIRECTORY CHANGES:

- EASTERN DISTRICT: President
Frank Capek, 40 William Street, Apt. D-11,
Little Ferry, New Jersey 07643
- WESTERN DISTRICT: Director of Men
Vojmir (Bud) Benak
5919 So. 15th Street
Omaha, Nebraska 68107
- EASTERN DISTRICT: Sokol Baltimore
Director of Women
Grace Cahlander, 3528 Pelham Avenue
Baltimore, Maryland 21213
- SOKOL SLAVSKY - CENTRAL DISTRICT
Linda Modes, Secretary
6018 W. 35th St., Apt. 6
Cicero, Il 60659

Copy for Publication

MUST BE RECEIVED BY THE 10th
OF THE PREVIOUS MONTH

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIV

November - 1983 - Listopad

Číslo - No. 11

Sokol Educator

JARMILA NOVOTNA - Czech Opera Star

Jarmila Novotna follows after Emmy Destinn in importance as an operatic singer. She not only had a brilliant career like Destinn, but she had loved ones to share the glory with her. She was born in Prague, September 23, 1907. Her parents also were music lovers and often took her to the Prague National Theatre where she learned to love music. Her father was a banker, and his support helped her to achieve success. As a child she liked to play-act with her sister and companions. At the age of eleven she would amuse herself by trying to sing arias she heard at the theatre. Jarmila was high-school age when Emmy Destinn heard her sing at a charity concert, and urged her seriously to study voice. For one year she went to the Prague Conservatory, and after that Emmy Destinn gave her private lessons. Jarmila began appearing before audiences at an early age. When seventeen she sang at the National Theatre in Prague as Violetta in *La Traviata*. The applause she received indicated that she was no longer too young to sing opera, and other performances followed. She sang *Mařenka* in *THE BARBERED BRIDE*, *Rosina* in *THE BARBER OF SEVILLE*, the *Queen of the Night* in *THE MAGIC FLUTE*, *Tatiana* in *EUGENE ONEGIN* and *Gilda* in *RIGOLLETO*.

It was indeed a happy time when President Masaryk of the new republic of Czechoslovakia lived in the Hrad, Royal Palace. He advised and encouraged Jarmila as he did other promising artists. She entertained him by singing folk songs. One of his favorite songs was *Teče Voda Teče* (*Flowing Waters*). President Masaryk introduced his son, Jan who played piano and together they did a number of songs; *Andulko Mé Dítě* (*Anna My Child*), *Dobrou Noc Má Milá* (*Good Night My Love*), *Zelení Hájové* (*Green Woodlands*), and *Proč Jsi K Nám Nepřišel* (*Why Didn't You Come?*). A Slovak maiden sings this love song to her beloved who did not come to see her.

Leaving Prague, Jarmila went to Milan to continue vocal studies which she combined with performances. The conductor Guarneri managed to place her in an opera he was directing. She appeared as *Gilda* in *RIGOLLETO*, a Verdi masterpiece, at the 1928 Verona Festival. The applause was so enthusiastic that she repeated her "*Caro Nome*". That same year, she sang *Gilda* again at the Vienna State Opera.

In 1929, Jarmila became a member of the Berlin State Opera. She appeared there as *Madame Butterfly*, so well known for its tragic portrayal of a Japanese maiden who falls in love with an American naval officer. They are married in Japan, and a son is born, leaving them behind when he must return to the United States. After three years he is to return and *Butterfly* awaits. The surprise comes in the second act when Jarmila appears not wearing a Japanese kimono but a traveling suit. The German reasoning was that *Butterfly* was prepared to fly back to the United States, which was to be her new home. The naval officer arrives with an American wife, and they want the golden haired boy. In great sorrow, *Butterfly* stabs herself with her father's dagger, as a Japanese must do when one cannot live with honor.

Other roles she played in Berlin, were *Violetta*, *Marguerite de Valois*, *Manon Lescaut* and *Cherubino* in the *Marriage of Figaro*. She also took leading parts in several twentieth century operas.

In 1933, Jarmila performed again at the Vienna State Opera, and among her roles which were always enthusiastically applauded were the Mozartean ones. She sang *Cherubino*, *Pamina*, *Fiordiligi*, and *Donna Elvira* in *Don Giovanni*. Jarmila had a repertory which ranged from the Mozartean parts to Janacek's *Jenufa* and *Fransquita* in *Fargo Wolf's "Corregidor"*.

During the years 1935 to 1937, Jarmila appeared annually at the Salzburg Festival. There she reached the height of her career singing *Pamina* in the performance of *Die Zaubefflote* by *Toscanini*, who eventually persuaded Jarmila to come to the United States to sing.

In 1939, she visited the United States for the first time. However, her American debut did not take place at the Metropolitan, as one would have expected. It took place in San Francisco, at the Opera House there, and again Jarmila took the role of *Madame Butterfly*. The music critic, *Olin Downes* of the *New York Times* was in San Francisco at the time, and the following was reported for his newspaper: "*Miss Novotna has given proof of being not only a singer, but also a musician and interpreter of true dramatic instinct. Saying this, one is prone to add that Miss Novotna gives much that is dramatic and vocally effective to her characterization of Butterfly. The voice is a lyric soprano, capable of brilliancy but not a big body of tone. There is a grace, warmth, and a communicative feeling in all that she does. She is a personality on the stage.*"

Love and marriage interrupted the strict routine of performances. On July 16, 1931, Jarmila Novotna married *George Daubek*, a marriage that was blessed by the birth of two children. The Nazis took over Austria and Czechoslovakia in 1938, 1939, and the *Daubek* family

left for England. Toscanini was conducting operas in New York at the time, and he persuaded Jarmila to settle with her family in New York. Toscanini conducted the orchestra on her first performance in New York when she sang in Beethoven's Choral Symphony. On January 5th, 1940, she made her Metropolitan debut as Mimi in La Boheme. Olin Downes, the music critic praised the way she presented Mimi with charming simplicity expressing brilliancy and artistic excellence. On the 7th of February, she sang Violetta, which brought even greater praise.

Jarmila became an American citizen in 1946. She sang with the Metropolitan Opera for sixteen years. In Europe, Jarmila had become known for the Mozart roles: Pamina, Cherubino and Donna Elvira. As requested, she played these parts and also appeared as Violetta in La Traviata, Mařenka in the Bartered Bride, Octavia in Der Rosenkavalier, Antonia in the Tales of Hoffman and Manon in Massenet's opera. In 1955, she sang Giulietta in Hoffman, which was the last new role she had accepted. Her New York operatic career ended when she sang Orlofsky in Die Fledermaus, on January 16, 1956. She played this part often in the Volksoper in Vienna, where she made guest appearances after having left the Metropolitan.

Jarmila had appeared in plays on the Broadway stage in Helen Goes to Troy and Sherlock Holmes. In the movies, from 1933 to 1951, she had appeared in The Student Prince, The Bartered Bride, The Last Waltz, Frasquita, The Night of Greatest Love, Song of the Lark and other pictures.

Phonograph records were made by the great Czechoslovak artist, in which she is accompanied by Jan Masaryk, the martyr. The Songs of Lidice, Smetana's The Bartered Bride, Dvořák's Rusalka and the sad song, Umřem, Umřem (We Die), but like all true Czechs and Slovaks who love to sing and dance, the song ends with the thought that even after death the youngster who sings the song will sing and dance in the next world.

A gymnastic exhibition of the American Sokol Federation took place June 29, 1941, at Soldier Field in Grant Park. It started with the raising of flags and National Anthems sung by opera star Jarmila Novotna who was accompanied by F. Kubina.

Sis. Stella Tichy,
Sokol Cechie - Chicago

Bro. Roy Zitny, President
American Sokol Organization
6424 West Cermak Road
Berwyn, Illinois 60402

Dear Brother Zitny;

The attached letter has been sent to all units of the Central District early this month. The letter is self-explanatory and concerns the potential establishment of a new unit in the Naperville, Illinois area.

We trust that our decision to promote and support this effort will have the approval and support of the National Officers and Executive Board.

Nazdar,
George C. Vytlačil (signed)
President, Central District

Dear Brothers and Sisters;

At the District Executive Board Meeting last June 22nd, we were visited by a young lady by the name of Lynda Filipello, a resident of Naperville.

As a former Sokol class member and instructor Lynda is well aware of what Sokol represents and what needs to be done to promote the Sokol teachings.

She attended this meeting seeking information and approval to promote Sokol classes and a Sokol unit out in the Naperville area. She presented to the Board many reasons why a Sokol unit would succeed in this area. Prior to our meeting she already had the support of community leaders and some of the larger businesses.

Thru out the summer she promoted Sokol classes thru newspaper ads and with the start of the Sokol season has an enrollment of 22 students.

In attendance once again at our September meeting with one of her instructors she stated that a definite interest among the residents of Naperville is being seen. She has now asked for assistance from the District and local established units regarding equipment donations and financial assistance.

The District intends to support this upcoming unit in all it's endeavors. We have approved the amount of \$1,200.00 for the first year rental of the gym where they will hold classes.

The District has also endorsed a fund for this upcoming unit. Any donation towards the promotion of this unit will be greatly appreciated.

Keep in mind that for Sokol to stay alive among the young, we must nurture new units.

Please forward monetary donations to the district office and contact the B.O.I. Directors for equipment donations.

Nazdar,
Br. George Vytlačil (signed)
Central District President

What camping at Sokol Camp means to me

Sokol Camp is a place to get away from your parents and enjoy the hot summer days with your friends. It is a place where you learn a lot of new skills. I feel that Sokol Camp has never been a boring camp. The counselors here have always kept us busy with crafts, hikes, sports, sock hops, swimming, talent shows, the bonfire, and not to mention the dance. It has always been a very enjoyable place to be. I only wish I had more than 2 years to be a camper here.

Pam Rischbieter, age 14
Sokol St. Louis

I enjoyed camping this year. We went swimming every day. We had a bonfire, dance, sockhop and swimming. We played games such as spud, shuffel board. I liked many sports such as kickball, baseball, and soccer. We did arts and crafts. I say thank you to the cooks for the delicious food, and midnight snacks. This was a very good year.

Kelly Radetic, age 10
Sokol St. Louis

AMERICAN SOKOL

SOKOL GYMNAST

NOVEMBER 1983

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

American Sokol Organization Merit Award for 1983-84

Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicants, the following Merit Award have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should re-apply next year.



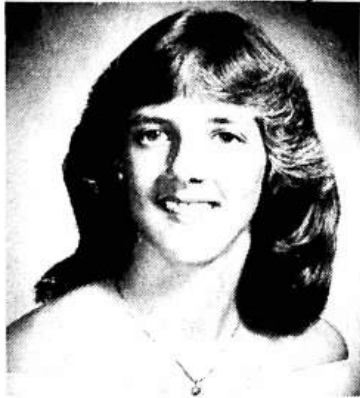
BRIGIT PROCHAZKA
Sokol Los Angeles, Pacific Dist.
U. of Cal., S.B.



CHRISTI SCHABOWSKI
Sokol Tabor, Central Dist.
Morton College



AMY LYNN MICEK
Sokol So. Omaha, Western Dist.
Neb. Bus. College



TERESA ANN McCLURE
Sokol Zizka, Southern Dist.
U. of Texas, Arling.



KAREN MARIE OLSEN
Sokol Slavsky, Central Dist.
Morton College



JANICE NIETO
Sokol So. Omaha, Western Dist.
U. of S. Ill.

MARY BETH NIETO
Sokol So. Omaha

ANTHONY SWOBODA
Sokol So. Omaha

RENEWALS

ANDREA M. RYAN
Sokol West Suburban

JODI MICHALEK
Sokol West Suburban

JAMIE ORAVETZ
Sokol Little Ferry

JUDITH BACA
Sokol Greater Cleveland

MERIT AWARD COMMITTEE

Paul Lebloch, Marie Ptacek, Richard Ptacek, Charles Klapp, Jo Marie Mlsek (Chairman)

SAFETY and SPOTTING

(Continued from Oct.)

SPOTTING

The art of "Spotting" or assisting is an art indeed and should be emphasized. It serves primarily as a safety device, but can be used as aid in teaching and to overcome the timidity of some pupils. The safety angle is concerned with catching, supporting, or adjusting the performer's position to prevent a hard fall. The teaching aspect of spotting is done through manual manipulation and putting or lifting the performer through the stunt to give gymnast the feel of the stunt. Even experienced performers should have a spotter. The spotters should be especially trained in a special class, if possible.

THE FOLLOWING HINTS PERTAIN TO SPOTTERS

1. Protection of the performer is the primary consideration.
2. Spotters should not hesitate because of chances of their own personal injury.
3. Have an active position, ready to move instantly.
4. Always follow through with the performer, they may let go of the apparatus at the last second after they have completed a stunt.
5. Be close to the performer, but do not hamper their movements. Spotting at arms length cannot be effective.
6. Be aware of all the movements made by the performer.
7. It is not always necessary to catch the performer if they fall, it may be possible to check their fall by adjusting their head and shoulders so that they will land on their feet. Center the support near their head and shoulders.
8. Be sure you know which stunt the performer is about to attempt. Analyze the mechanics of the stunt and determine the danger points.
9. Coach the performer and tell them their mistakes how they may keep from repeating them.
10. Do not spot with your hands over the bars when spotting a performer on the parallels. Reach between the bars from below.
11. Have confidence in yourself. In this way you may instill a feeling of confidence in you on the part of the performer. Learn to recognize signs of timidity and fear and give special encouragement and help.
12. Do not allow your attention to be diverted by anything while the performer is attempting a stunt.
13. Do not be lured into an inattentive attitude by a long period of participation without an accident. A hand or foot may slip at any time. This is especially important when performers are following each other fairly rapidly.
14. Do not overspot. Let the performer do most of the work. Do not lift them and hold them in place (except to put them through a stunt to give them the feel of the stunt).
15. Don't allow a tired gymnast to continue performing when they are fatigued. This is when they become injured.

16. Remember that accidents in gymnastics and tumbling never "just happen", they are caused.
17. Enforce the safety fundamentals as listed for all participants.

HINTS FOR THE PERFORMER

1. Trust your spotter.
2. Give way to the fall, relax yourself.
3. Make use of rolling if you fall.
4. Keep the palms downward and the fingers pointing forward when falling.
5. Do not change your mind in the middle of a stunt.
6. Always have a spotter present, do not take any unnecessary chances.
7. Always warm-up properly.
8. Do not attempt a stunt beyond your ability.
9. Follow the progressions, master the fundamentals.
10. Master the art of spotting by acting as performer and spotter respectively.

Balance Beam Mounts

Illustrations in October issue

Shown here are a series of mounts to be used by Junior Girls and Women at Intermediate or High Division Level. All are from a run and takeoff from a Reuther Board, arms optional.

- a. Facing end of beam - leap to single leg stand on beam (R to L).
- b. Facing broadside of beam - leap to single leg stand on beam (R to L) with (R or L) rearleg.
- c. Facing broadside of beam - leap to single leg stand on beam with (R or L) front bentleg.
- d. Facing end of beam - leap to single leg stand on beam (R or L) sideleg - turn 90 degrees (R or L) to hold ankle of high frontleg outward.
- e. Facing end of beam - leap to single leg stand on beam (R or L) continue to half squat, (R or L) high front leg.
- f. Facing end of beam - leap to single leg support on beam and raise alternate leg to high rearleg.
- g. Facing broadside of beam - leap to single leg stand on beam, turn 90 degrees, bend high front leg, extend forward to high front leg.
- h. Along side of beam - leap to single leg stand on beam facing length of beam, and turn 180 degrees to step on forward foot.



A Breath of Fresh Air!

The following letter was written to a unit showing their appreciation. We thought it was so delightful, we want to share it with you.

Bro. Bob Michalek
Sokol Brookfield
3909 Prairie Avenue
Brookfield, IL 60513

Dear Bro. Michalek;

I want to thank you, the officers and members of Sokol Brookfield for giving me the opportunity to attend the Beginner's Instructors Course which was conducted by the Central District at North Central College this month. I would also like to extend my special gratitude to Sis. Sue Kozelka and Diane Barda for showing their confidence in my abilities and recommending I be given the chance to take this course.

The Central District Instructors: Sis. EllenJeanne Schnabl, Eva Balas, Bro. Frank Michalek and Rome Milan were of the finest caliber and truly dedicated in their teaching. I truly enjoyed working under them and participating in this Instructors' Course and will always consider it one of my most valuable experiences. The course was demanding, running from 7:15 a.m. to 10:00 p.m. each evening and very informative which will be of immeasurable help to me as Tot's instructor at Sokol Brookfield this year.

I have a tremendous amount of warm feelings toward each of the students who attended the course this year also. The camaraderie: the unique caring and learning experiences we all shared was very evident. You have every reason to be proud of the fact, as I am, that this course was carried on in **true SOKOL SPIRIT!**

Thank you again for sharing your faith in my capabilities and giving me this chance of a lifetime. I hope all my endeavors, both now and in the future, will always reflect in the best interest of the SOKOL Organization.

Warmest regards,
Nazdar!

Karen Bettin (signed)

IN MEMORIAM FRANK GAYDA

Our entire Czechoslovak community was shocked and saddened to learn of his sudden death. He was 78 years old. This spring, he was asked to direct the performance at the Moravské Hody in Los Angeles, and he accepted with enthusiasm. Unfortunately, he could not see and appreciate the affection of the audience.

Frank Gayda was born in Moravia, Czechoslovakia, and lived all his life in the United States. He was very proud of his Moravian heritage, and proud to be an American. He loved the songs of his native country, and when he sang his favorite "Moravo, Moravo" on the stage in Sokol Hall, he moved many of us to tears.

Brother Gayda joined our Sokol in Los Angeles in 1953. He lost no time in being active and helpful in every

way. He also acted in Czech plays in the 1950's and early 1960's, and it was a pleasure working with him.

In 1957, he organized the first Moravian Festival at Sokol Hall, and a tradition was born. Since that year, Moravské Hody are held every October.

Frank served as president of Sokol, chairman of American Czech Assn. and for many years as president of Czechoslovak Society of America, Lodge Los Angeles. He was a dedicated Sokol and CSA member, always working for the betterment of his beloved organizations. When Bro. Gayda and his wife moved to Idaho, we sorely missed him. However, he kept in touch, was always interested in our endeavours.

He was a devoted husband and father, and a loving grandfather. His grandchildren will carry fond memories of their Děda, all thru their lives. Bro. Gayda also leaves to mourn him a large number of friends, who will remember him with great respect.

On behalf of Sokol, we wish to extend our deepest and heartfelt sympathy to Mrs. Gayda and the family.

Sis. Louise Nekuda, Sokol Los Angeles

What is the Value of One Member!

Ten little members standing in a line

One disliked the Vice-President, then there were NINE

Nine ambitious members offered to work late

One forgot her promise, then there were EIGHT

Eight creative members had ideas good as heaven

One lost enthusiasm, then there were SEVEN

Seven loyal members got into a fix

They quarreled over programs, then there were SIX

Six members remained with spirit and drive

One moved away, then there were FIVE

Five steadfast members wished there were more

One became indifferent, then there were FOUR

Four cheerful members who never disagree

Till one complained of meetings, then there were THREE

Three eager members! What do they do?

One got discouraged, then there were TWO

Two lovely members: our rhyme is nearly done

One joined a bridge club, then there was ONE

One faithful member was feeling rather blue

Met with a neighbor, then there were TWO

Two earnest members each enrolled one more

Doubling their number, and then there were FOUR

Four determined members just couldn't wait

Till each won another, then there were EIGHT

Eight excited members signed up sixteen more

In another six verses, there'll be a

THOUSAND TWENTY FOUR!

ASO Financial Report

SEPTEMBER 1983

RECEIPTS:

Dues	\$ 4,782.82
Convention Fund	2.00
Special Assessment - Central District	1.00
Dividends and Interest	268.30
Resale of Jewelry	20.00
T. G. Masaryk dues	10.00
Postage	.20
Song Books	3.00
Miscellaneous - copies made	2.06
	<u>\$ 5,089.38</u>
ASO Uniform Division - Rent, salaries, etc.	650.33
TOTAL RECEIPTS	\$ 5,739.71

DISBURSEMENTS:**ADMINISTRATIVE**

Salaries - Office employees	\$ 821.11
FICA & FWT for August 1983	193.24
Rent, janitor service, phone, electric	806.60
Printing	316.48
Postage	200.00
Repairs to Office Equipment (Ballast for light)	20.00
	<u>\$ 2,357.43</u>

BOARD OF INSTRUCTORS

Salaries	\$ 365.08
FICA & FWT for August 1983	70.00
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
	<u>\$ 494.08</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 89.06
FICA August 1983	9.96
Supplies	38.54
Educational Directors Conference - (Deposit on dinner)	20.00
	<u>\$ 157.56</u>

SOKOL PUBLICATION

Printing "American Sokol"	\$ 1,125.64
Postage "American Sokol"	327.00
Mailing list changes	234.40
Editor "American Sokol"	100.00
	<u>\$ 1,787.04</u>

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, FWT, 1983 & phone	\$ 399.47
Future Sokol Leaders Fund - Stationary	51.70
	<u>\$ 451.17</u>
TOTAL DISBURSEMENTS	\$ 5,247.28

Balance brought forward:

Western National Bank of Cicero - Checking account	\$ 4,746.18
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Receipts - September 1983	5,739.71
	<u>\$10,485.89</u>
Disbursements - September 1983	5,247.28
	<u>\$ 5,238.61</u>
Sokol Baltimore check returned for signature	260.00
	<u>\$ 4,978.61</u>

FUTURE SOKOL LEADER'S FUND

In memory of Bro. Stan Hayek - Steve and Dolly Mostenan	\$ 5.00
In memory of Sis. Yetty Rehor - Sokol Town of Lake	15.00
In memory of Bro. Albert Kimmel - Sokol Cechie	10.00
Sokol Greater Cleveland	19.08
	<u>\$ 49.08</u>

*Donations are tax exempt***ASO Executive Board Meeting**

Regular meeting of the American Sokol Organization Executive Board, Tuesday, September 27, 1983 was brought to order at 7:35 p.m. by President Roy Zitny, pledge to the flag was given. District minutes received and reviewed, Central, June 22nd; Southern, June 23rd and August 6th; Northeastern, August 14th; Western, Special, August 22nd; Western, September 22nd; ASO, Special, August 30th.

CORRESPONDENCE: Portfolio of correspondence from Sokol Houston and Sokol Greater Cleveland (also from attorneys). Czechoslovak Sokol Abroad, Board of Directors report from Paris, France and the list of the new board of directors, plus minutes of the meeting. An invitation to take part in a commemoration three-day symposium in the Village of Oetz in honor of Tyrs' 100th anniversary of death. (Educational committee will handle). Invitation to the Sokol Canada - VII Slet - June 21-24, 1984. (Already printed in the publication). Letter from Sis. Gallat, Sokol Londyn, giving us the information on the Sokol ties. (Should have them within a month's time). From Pineallas County, Florida, we are named in Sis. Christine C. Horak's will. Sokol U.S.A., Steve Banjak, concerning the art work for the Sokol manual. Cermak Road Business Assn., our membership card and information for the Houby Festival, food booths, etc. Tabulation reports from the XIX Sokol USA Slet, Pittsburgh, Pennsylvania. State of Illinois, senate resolution No. 301, concerning Bro. Milan Stefanik, and Arthur Rubloff and Co., advising us of a new building manager, Mr. Albert Krone.

DIRECTOR OF WOMEN - Sis. Marie Ptacek: We extend a welcome to Sis. EllenJeanne Schnabl as the new women's Central District Director. We held a discussion on the various District Courses at which Bro. Frank Michalek taught. (3) He said that the future of Sokol depends on our instructors, so we must continue

to train our people at these courses. **ASO NATIONAL COURSE:** Bro. Satek asked if we were still going ahead with holding the next National Course in 1984 as had been suggested at a Conference. Reason for this suggestion was that it would be too much to run a Convention, Slet and Course, one following the other in 1985. Possibly something could be worked out in connection with the Slet in Toronto in June, 1984. **MERIT AWARD COMMITTEE:** The names of the winners of the Merit Awards were read and we are now asking the Executive Board for approval, given unanimously. **DISTRICT DIPLOMAS:** A motion was made, seconded and passed that we make some changes in the District Diplomas, perhaps fashion them after the 1981 ASO diploma used in Fort Worth. **1985 ASO SLET:** The committee will check various sites for the location of the competitions and Slet. Children's calisthenics being composed by Sis. Benda and Bro. Slavik, almost completed. Expect to have them here in the very near future. Bro. Ptacek and Sis. Jacki Ptacek are working on the Sr. calisthenics together. Dick says he definitely does not want to use an old drill. Sis. Halik reported they have some very fine music for the tots calisthenics and she and Bro. Halik are working on the moves. Sis. Kalat checked with Sis. Laznovsky regarding the Jr. calisthenics. Sis. Mary Jean Stoepelman, who is composing both the Jr. girls and Jr. boys, has it almost completed. Will need assistance with the terminology - hopes to video it shortly. Bro. Kalat prefers using computers for tabulating, should have at least three computers. Bro. Kalat showed us a sample of the type of trophy he is working on, very impressive. When ready, a sample will be presented to the Executive Board. Bro. Kalat would appreciate getting an advance with which to purchase supplies, approved. **GIRLS GYMNASIAC SKILLS:** Sis. Sylvia Pistorious reported that a new set of skills will be ready for distribution at the Conference. **ATTENDANCE REPORTS:** Sis. Jan Kalat, ASO Statistician, reported that she is compiling the Districts' attendance reports for the year. **FINAL REPORT FORMS:** Central District for a Beginners' Instructors' Course held July 30-August 5, 1983 at North Central College, Sis. Eva Balas and Sis. EllenJeanne Schnabl instructors. Detailed expenses listed, \$4,187.77. Northeastern District, for 8 students travelling to Western District Instructors School, July 10-17, 1983 held at South Omaha. Air fare, \$1,754.00; room and board, \$1,200.00, total \$2,954.00. Western District for a District Instructors Course held July 10-17, 1983 at Sokol South Omaha. 35 students attended. 20 students eligible for special assessment fund money. Bro. Michalek, Walko, Liptak, Benak and Sis. Walko and Kool, instructors. \$50.00 per diem per person, \$1,000.00. Pacific District for one student to attend the Western District Instructors Course held July 10-17, 1983 at Sokol South Omaha. Air fare, \$299.00; tuition, \$150.00 total, \$449.00. Eastern District for a refresher course held July 30 and 31, 1983 at Sokol Woodlands, New York. 14 students attended. Bro. Slavik, and Vrzalik and Sis. Benda and Zabka, instructors. Travel expense, \$129.50; room and board, \$104.45 and rent \$140.00, total, \$373.95. Southern District for a beginners instructors course held July

6-11, 1983 at Sokol Zizka, Dallas, Texas. 15 students. Bro. R. Milan and Michalek and Sis. Zabka, instructors. Travel expenses, \$1,025.00; salaries, \$536.00; total \$1,561.00. All of the above given approval for payment. I attended the Merit Award committee meeting on August 11th and the special Executive Board meeting on August 30th.

DIRECTOR OF MEN - Bro. Paul Lebloch: I represented Bro. Zitny at the Sokol USA Slet. Sis. Halik and I represented the ASO BOI. The Slet was well organized and a success. The American Sokol had the largest number of participants. The Slet was a fine example of the friendship and brotherhood that exists between our organizations. Sis. Prchal was eulogized at both the banquet and the Slet program. The USGF Congress of Coaches will be held in Washington, D.C. area October 6-9, 1983. Member organizations have been invited to have a booth at the Congress at a cost of \$175.00. We will wait to see how the booths work out this year and possibly get one in 1984 to push our 1985 Slet. USGF monthly report dated August 4th received from Sis. Norma Zabka. USGF headquarters has moved to Indianapolis, Ind. Mike Jacki is the Executive Director. Portions of the report will be published in the Sokol Gymnast. The Western, Southern and Central Districts held instructors courses. The Eastern District held a refresher course at Sokol Woodlands. Northeastern and Pacific districts sent students to the Western District course. I attended the graduation ceremonies of the Central District and was impressed with the quality of work presented. I attended the Merit Award Committee meeting. We are still waiting for attendance reports from some districts. The International Gymnast has been carrying a history of the Modern Olympics. In 1924 three Sokol members were on the US Olympic gymnastic team. Frank Kriz of Sokol New York won the gold in the long horse vault. I suggest that we dedicate an issue of our publication to Sokol's contribution and ties to the Olympic games. (Approval given to have our summer issue [1984] of the "American Sokol" dedicated to the Olympics.)

MEMBERSHIP - Bro. Fred Kala: Quarterly reports are finally coming in. Only three missing. A count will be prepared of the inactive and active units for next meeting.

EDUCATIONAL - Bro. Stanley Barcal: Completed questionnaires received from Pacific, Northeastern, Central districts, with letter from Bro. F. Capek as representative of the Eastern District. Received request from Sokol Cechie to take their minute books dating from Feb., 1879 thru May 19, 1971 (7 books) also book entitled "Letem Českým Světem" for our archives, approved. Letter from Sis. Stella Tichy regarding article she is writing about Emmy Destinn, Czechoslovakia's most famous star and partner of Caruso, also doing research on Jarmila Novotna and Jan Masaryk. Invitation from the Smithsonian Institution to become an associate member, dues \$17.00, approved. Sis. Pros has made reservations at Klas' Restaurant for the Educational Directors' Conference dinner, October 29th. The committee will compile packets with various information to be distributed to the Educational Direc-

tors. Sis. Schabowski is still looking into prices for racks to display posters and where would you like the Mucha poster rack placed. Received as donation a beautiful glass display case. Suggest any duplicate copies of books be listed and offered to our Units. Request letters be sent to the Art Institute of Chicago requesting the several sculptures by Albin Polasek be taken out of storage and put on display.

PUBLICITY - Bro. Jerry Rabas: (Czech) On vacation in Korea, no report.

PUBLICITY - Sis. Vlasta Zitny: (English) Attended the WFLA convention in August and presented a picture for publication in the "American Sokol".

FINANCIAL SECRETARY - Sis. Mildred Pine: The financial reports for June, July and August, 1983 were prepared and copies were distributed for Executive Board members. Two six-month certificates were renewed at the highest rate possible. All districts were notified of their balances in the Special Assessment Fund as specified by the 1980 Convention Rosters have been sent to Sokol Fort Worth and Sokol Minnesota for correction. We are in the process of preparing a roster for Sokol Slavsky. Quarterly report forms with instructions have been sent to Sokol Ceska Sin in Cleveland. Delinquent units have paid up their dues. Only one unit is outstanding. The ASO books have been audited through June 30, 1983. The 2nd quarterly payroll tax reports were filed. All seven checks as well as our deposit ticket from our deposit of August 17, 1983, to the Western National Bank of Cicero were "inadvertently" destroyed at the bank. We have contacted the issuers of these checks and they have sent replacements. The bank has promised reimbursement for all charges. They will also be billed for the phone calls that were necessary to the units whose checks were destroyed. A check was returned from the bank because it needed signature from a Sokol unit. Donations to the Future Sokol Leaders' Fund and the Library/Archives Fund were read for the last three months. All interest received in that time period was also reported.

TREASURER - Bro. Bob Barcal: Statements reconciled and books in order. Presented the comparison charts for the last quarter, 1982, first and second quarters of 1983, also the first six months of 1983 of the uniform division.

UNIFORM - OFFICE - II. VICE-PRESIDENT - Sis. Betty Prener: Activity has started up in the Uniform Division and orders are coming in nicely. Our red and blue leotards will be made of a little heavier material, which, we believe, will be better accepted. Have issued a new price list for 1983-84. Prepared report for the BOI Directors' Conference and gave copies to Sis. Mae Simonek. Have attended the meetings of the Educational Committee. Approval given to have the office cleaned for the Conference of Educational Directors which takes place October 29th. Sis. Annette Schabowski is trying to put office in order regarding files, books, etc. Bro. Stanley Barcal replaced the ballast, which was burned out on one set of lights, fixed the floor tile in woman's washroom. New lateral files have been received and transfer of records is being made. The

new case was donated and brought in by Bro. Bob Drake and Stanley Barcal. Have had many distinguished visitors in recent weeks. Bro. and Sis. Dagmar Fiala from Washington, D.C.; Sis. Pat and Bro. Ed Babor, from Long Island City, N.Y.; Bro. Rudy and Sis. Georgianna Svoboda from Tuscon, Ariz.; Sis. Christine Steutzel from Long Island, N.Y.

EDITORIAL - SECRETARY - Sis. Jackie M. Kourim: Prepared the October issue for the printer, designed the new Christmas seal. Letters, return envelopes, and regular envelopes for this mailing are being worked on. Still receiving a heavy volume of mail that must be processed. I'm waiting the delivery of the new Sokol ties. We will have a large supply that will be used for the Convention and Slet in 1985. Prepared the minutes of the special meeting and sent them out.

I. VICE-PRESIDENT - Bro. George Basta: Travelled all summer long about the United States. Met many people, both Sokol and non-Sokol. Was an interesting and learning experience. Also visited with Czechs in Canada.

PRESIDENT - Bro. Roy Zitny: Attended the WFLA Convention in August and delivered an address. Most interesting and enjoyable time.

OLD BUSINESS: Lengthy discussion was held on correspondence received regarding the Northeastern District and Sokol Ceska Sin. It was also reported by several members of the Executive Board that they have received telephone calls, relative to the situation, from various members of the District. Because of some of the correspondence that was, in the opinion of the Board, insulting and libelous, a motion to follow our decision made at the special meeting of August 30, 1983, was passed unanimously. i.e.; Any further correspondence received will be filed and held for the Convention in 1985, whereby the entire matter (including all correspondence) will be put to the delegates.

Meeting was adjourned at 10:45 p.m.; refreshments served afterwards.

Respectfully submitted,
Jackie M. Kourim, Secretary

Sokol Gymnasts!

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

SOKOL CHALLENGE

[NOTE] The following article is by Br. Brad Durham, Sokol Fort Worth [Texas] Southern District. Your comments would be appreciated. Please send them to American Sokol Organization, Board of Instructors, 6424 West Cermak Road, Berwyn, Ill. 60402. Editor, E.C.L.

One of the most inhibiting restraints that we have placed upon us as SOKOL instructors is the inherent problem of complacency as it pertains to self-development. Often times, because the SOKOL Units are sometimes "isolated" in their gymnastic interaction (in that they often train and/or compete only with other SOKOL Units), instructors become stagnant, and they are many times very hesitant in their attempts to try to teach new skills. As rationalizing adults, we make excuses for the limited ability level of our gymnasts, and in the same respect, ourselves as instructors, saying that "... Since we don't train near as many hours as the other gym clubs, our kids will simply never be able to do any of those hard tricks." While this statement is true in its' basic premise, it is too often used as a means of avoiding responsibility for the recognition of less than quality instruction. As the sport of gymnastics is changing and progressing every year (and in fact, every day), both our gymnasts and our instructors must make a sincere effort not only to stay up with that change, but to put their innovative efforts together to lead the development within the sport. Because the SOKOL movement was once the primary source of gymnastic knowledge within the United States, we have a great advantage over many other modern day gymnastic minds. We have the background and the firm organization beneath us which should serve as a never-diminishing source of knowledge and leadership. We have the ability to assemble the largest group of competitive gymnasts in the country, and along with those gymnasts, we can assemble instructors with more combined years of instruction than any other organization in the country. Therefore, we have the opportunity to draw from this great wealth of knowledge, and to apply both what we have learned and what we seek to newly develop on a strong organization of athletes. But, unfortunately, recent developments within the sport of gymnastics have caught many of the SOKOL gymnasts and instructors sleeping. In the beginning, some SOKOLs used the rationalization that we are not trying to develop just a few, but rather that the foundation of our organization stems from the education of the masses (Yet we still held our Olympians as examples of our organization to others). Please do not misunderstand; it is not my intention that we should concentrate our instructional efforts on just a few, but rather that we at least make a sincere attempt to upgrade all of our gymnasts, and as we do this, we can not help but upgrade our own abilities as instructors. We must sometimes, while making every effort to be properly prepared, both instructionally and in regards to the gymnast's safety, attempt to teach skills which might have a slightly higher degree of difficulty than those which we have taught in the past.

Now, any time that you express an opinion advocating the desire to upgrade an entire group's ability level,

you run the risk of losing credibility, due to individuals viewing your ideas in an extreme light. I do not advocate an overnight change in programs nor in skill levels attempted. **NOTHING IS MORE IMPORTANT THAN THE SAFETY OF THOSE KIDS!** But, advancement within every area of development involves some risks, and the same is true in this sport. While proper precautions should be taken to insure that the gymnast is physically, mentally, and gymnastically prepared to attempt new skills, and while every possible area of safety should be explored, there are times when both the gymnast and coach must be willing to venture into unknown skill areas. But steps for both the gymnast and instructor should be taken slowly and with great deliberation. **BUT THEY MUST BE TAKEN.** Stagnation tends to bring about poor attendance in class, and just as important, it often times facilitates poor attitudes by both gymnasts and instructors in regards to the classes, and in turn, for the organization. The SOKOL movement grew from a strong allegiance to the Organization and its' ideas, and that allegiance is equally important at a time when many units are decreasing in activities or numbers. The SOKOL Organization offers both comradery and a moral level which is seldom evident in today's society. Those things will often times keep kids in SOKOL Programs, even when there are more competitive gyms nearby. But, in order that those kids do not lose self-respect for their, seemingly by comparison, low ability level in the sport of gymnastics, we must attempt to upgrade our programs as a whole. To accomplish these goals, we must have daily cooperation by both old and young members alike. The young SOKOL members can not for a minute believe that the gymnastic instruction is the only purpose for the SOKOL, for this Organization's backbone and history offer much greater ideals than that. And in turn, the older SOKOL members can not be content to simply allow the gymnastic programs to deteriorate to obliteration, for without young, aggressive SOKOL members (which are often times drawn to the Organization through gymnastics), the Organization could cease to exist within a very limited period of time. We must work together daily to make this Organization better in every area.

Therefore, I challenge old and new SOKOLs alike to re-evaluate each of your attitudes and actions in regards to the SOKOL and it's future, and to re-dedicate your every action to the daily advancement and cooperation of each of your SOKOL Units. We have the finest Organization anywhere today, and you are the reason. You have built all that you have without being asked, and without asking for retribution. You can, and I am sure that you will continue to make the SOKOL Organization the finest of its' kind in the world!

NAZDAR!

Brad Durham

SOKOL Fort Worth

Southern District/American SOKOL Organization

Help Our Sokol Grow

World's Gymnastic Championships

BUDAPEST, HUNGARY - OCTOBER 1983

Soviet star Dimitri Belozherchev, who won the all-around title at the World Gymnastic Championships Friday, swept the individual events Sunday, winning three gold medals and a silver.

Belozherchev, competing on five of the six apparatuses, finished first on the pommel horse and high bar, tied for first with Japan's Koji Gushiken on the rings and finished second in the floor exercise.

The 17-year-old won six of seven possible golds at last year's Junior European Championships.

Soviet gymnasts dominated Sunday's events. Artour Akopian, third in the all-around competition, was first on the vault, while his Soviet countryman, Vladimir Artemov, tied with China's Lu Yun for the top spot on the parallel bars.

Only two from the United States competed. Bart Conner had his best showing in the floor exercise, placing fifth, 6th in parallel bars and 7th on pommel horse. Teammate Peter Vidmar appeared to have a good chance on the high bar with a showy routine, but lost his grip and fell to the floor. Although he started again, he received a score of only 9.350 because of the fall.

The Chinese, who took first place in the team competition, added two gold medals Sunday. Lu Yun on the parallel bars and the other Chinese gold medal went to Tong Fei, who scored a perfect 10 in the floor exercise.

Tong had been tied for first in the individual standings after team events Wednesday, but slipped badly in all-around competition, dropping to 35th place because of mistakes and simple routines. He was thought to have been saving himself for Sunday's competition.

Soviet athletes won five golds and two silvers in the individual competitions, while Chinese gymnasts received two golds, three silvers and two bronze medals.

Gushiken, one of the meet's veterans at age 26, was the only non-Soviet or non-Chinese competitor to win a gold, tying Belozherchev for first on the rings. It was a comeback for the Japanese gymnast, who was eighth all-around at the World Cup last year after winning a bronze medal in that category at the 1981 World Championships in Moscow.

French gymnast Philippe Vatuone, in one of Sunday's surprise performances, tied Soviet athlete Alexander Pogorelov for second place on the high bar. Representing United States in the Women's Division, Katherine Johnson placed 8th in the Floor Exercise, and Julianne McNamara placed 6th on the Vault and 7th on the Uneven Bars.

SUNDAY'S RESULTS

World Gymnastics Championships

MEN'S DIVISION

Floor Exercise

1. Tong Fei, China, 19.900, 10.000. 2. Dimitri Belozherchev, Soviet Union, 19.875, 9.950. 3. Li Ning, China, 19.800, 9.900.

High bar

1. Dimitri Belozherchev, Soviet Union, 19.850, 10.000. 2. Philippe Vatuone, France, 19.825, 9.950. 2. Alexander Pogorelov, Soviet Union, 19.825, 9.950.

Parallel bars

1. Lou Yun, China, 19.950, 10.000. 1. Vladimir Artemov, Soviet Union, 19.950, 10.000. 3. Koji Sotomura, Japan, 19.850, 10.000. 3. Tong Fei, China, 19.850, 9.900.

Pommel horse

1. Dimitri Belozherchev, Soviet Union, 20.000, 19.000. 2. Li Xiaoping, China, 19.950, 10.000. 2. Gyorgy Guzoghgy, Hungary, 19.950, 10.000.

Rings

1. Dimitri Belozherchev, Soviet Union, 19.925, 10.000. 1. Koji Gushiken, Japan, 19.925, 10.000. 3. Li Ning, China, 19.900, 9.950.

Vault

1. Artour Akopian, Soviet Union, 19.875, 9.950. 2. Li Ning, China, 19.850, 9.950. 3. Bernd Jensch, East Germany, 19.825, 9.975.

WOMEN'S DIVISION

Beam

1. Olga Mostepanova, Soviet Union, 19.775, 9.900. 2. Hana Ricna, Czechoslovakia, 19.750, 9.850. 3. Lavinia Agache, Romania, 19.675, 9.850.

Floor

1. Ecaterina Szabo, Romania, 19.975, 10.000. 2. Olga Mostepanova, Soviet Union, 19.900, 10.000. 3. Borianna Stoyanova, Bulgaria, 19.850, 9.950.

Uneven bar

1. Maxi Gnauck, East Germany, 19.925, 10.000. 2. Lavinia Agache, Romania, 19.800, 9.900. 2. Ecaterina Szabo, Romania, 19.800, 9.900.

Vault

1. Borianna Stoyanova, Bulgaria, 19.825, 9.925. 2. Lavinia Agache, Romania, 19.800, 9.900. 2. Ecaterina Szabo, Romania, 19.800, 9.900.

Medal standings

Country	Gold	Silver	Bronze
Soviet Union	9	5	1
China	3	2	4
Romania	1	5	2
Japan	1	1	2
East Germany	1	0	2
Bulgaria	1	0	1
Hungary	0	1	0
Czechoslovakia	0	1	0
France	0	1	0

THE NATIONAL B.O.I. ADVISES ALL SOKOL AUTHORS OF CALISTHENIC MATERIAL TO BE SELECTIVE IN THEIR CHOICE OF MUSIC SO AS NOT TO INFRINGE UPON NEW COPYRIGHT LAWS.

DISCIPLINE

"The Real Meaning of Discipline"

Discipline according to Webster's Dictionary has the following meanings: (1) instruction, (2) subjection to control (3) order and (4) punishment. Yet the average person usually thinks of discipline as something harsh and unpleasant. True discipline rather follows the first three of Webster's definitions. It comes from the realization on the part of individuals of a group, that all must work together cheerfully and diligently if a common aim is to be accomplished.

Discipline isn't something tangible that we can see or feel or take in and out of a gym bag. It is a state of mind, resulting from careful application of the basic principles of leadership over a long period; it is obedience guided by intelligence. Disciplinary training includes a mass of apparently petty details. Indifference is its greatest foe, while attention to detail, although irksome at times, moulds the individual.

Discipline of the right sort is indispensable to effective teaching and learning. It must have a goal. It does not exist by itself. The attainment of a goal which is bigger than that which can be reached immediately by the individual, involves a great deal of discipline. Thus, discipline may be thought of as organization of one's impulses for the attainment of a goal.

Close order drills, ceremonies, physical drills and marches are main forms of disciplinary training. Aside from the performance of disciplinary drills, an instructor has many opportunities to strengthen the discipline of his group through the application of sound principles of leadership. He must be an example. Everyone wants to look up to the person placed over him. A true leader must embody in his own character, appearance and behavior, an "ideal". He must be quiet and dignified, yet not create the feeling that he is unapproachable and lacks understanding. He must be able to delegate responsibility to others. Properly placed responsibility develops initiative, self respect and efficiency. A one man organization lacks strength. Giving an order is not enough. He must see that all orders are faithfully carried out. Failure to enforce orders soon causes a contempt for authority. Therefore, the ultimate responsibility rests upon the instructor. He must exhibit justice, firmness, calmness, activity, knowledge of his duties, kindness and impartiality. He must establish and maintain a reputation for fair dealing. Praise where it is warranted - however, avoid indiscriminate praise, as such a habit will soon be recognized and discounted by those receiving it.

Discipline plays a vital part in gymnastics. To listen attentively and carefully, following instructions to the letter taking advice from experienced individuals is the mark of a true gymnast. Training at every opportunity to gain the experience needed for competition cannot be obtained without discipline. Mastering difficult routines, developing form, style, ease of performance and confidence of execution, cannot be obtained without discipline. Without discipline - nothing gained.

Sis. Anne Halik - 1960

Nebraska Czechs of Wilber

A new book of interest to both Czechs and non-Czechs has just been published and is now available.

It is "Tales of the Czechs" and contains history and legend of the Czech people from ancient times.

Stories include those of forefather Čech, Libuše and Přemysl, King Charles, Jan Hus, Jan Žižka, Jan Ámos Komenský and legends of the Knights of Blaník, the bandit Jánošík, the White Lady, garnets, the Charles Bridge, the Old Town Clock, and many, many others.

The book was written by Kathy and Joe T. Vosoba of Wilber, based upon their scripts of the historical Pageant of the Czech People staged at the Wilber Czech Festival since 1962. The full-color cover and illustrations are by Beth Vosoba, of Wilber.

All profits from the book go to the Nebraska Czechs of Wilber, a non-profit organization, which holds the copyright. The organization is the sponsor of the annual Wilber Czech Festival, operates the free Czech Museum, Craft Shop, and most recently has renovated the historic Wilber Hotel to create an old-world Czech restaurant and lounge, open to the public every weekend.

Coming out at this time of year, "Tales of the Czechs" will make unique Christmas presents for friends and family members.

The price is only \$6.95, and books can be ordered by writing: Nebraska Czechs of Wilber, Wilber, Nebraska 68465. Add .70c for postage, total \$7.65. (Nebraska residents add .28c sales tax for a total of \$7.93).

Sokol Minnesota Cookbook
 "Favorite Recipes of Sokol Minnesota"
 Over 600 recipes and tips. Both
 Czech and American Recipes plus
 special chapters on Holachy and
 Dumplings. There are special
 instructions on making the
 famous "Štelicika" or feather
 brushes and a beautiful
 section on "Folklore and Foodlore",
 by Zora Kurka Chislocky.
 Beautifully illustrated with
 peasant designs and a water-
 resistant red cover and an
 easy to open wire-spiral bind-
 ing. \$7⁵⁰ plus \$1⁰⁰ for postage &
 handling to
 Sokol Minnesota Cookbook
 383 Michigan St.
 St. Paul, MN 55102.

Louis and Christine Horak

Louis Horak - Born in Czechoslovakia, November 11, 1893, died in Clearwater, Florida, August 29, 1982.
Christine Horak, born in Chicago, Illinois, April 29, 1895, died in Clearwater, Florida, August 18, 1893.



Bro. and Sis. Horak were married in Chicago 63 years ago, were members of Sokol Chicago, Odd Fellows and Rebecca Lodge, C.S.A., Czechoslovak National Council of America, Ladies Aid of the Bohemian Home. After retiring from the electrical business the Horak's moved to Florida and in Miami became active members of Sokol Miami. Just a few years ago they moved to Clearwater to join their daughter and there became members of the Czechoslovak Club in St. Petersburg. They were a friendly, generous couple and they will be missed by us all. The American Sokol Organization gratefully acknowledges the bequest made in their will. Sincere sympathy is extended to children, grandchildren and great grandchildren.

The Sokol Idea

The concentration of the moral idea and beauty in all their power and aesthetic worth give us the ideal of man - of Sokol. Where health and physical power stand side by side with the power of the spirit and morality, they present a rare picture of beauty and harmony. Hence the Sokol idea is the sum total of the idealistic thoughts complimenting each other, which are carried out in practice in Sokol activities. If one is left out from the program of action the idea ceases to be the Sokol idea as conceived and set before us by the creators of Sokol, Tyrš and Fuegner.

By physical culture we gain the greatest values of life, i.e. health, strength, and beauty.

The moral training logically follows the physical according to the motto given by the great teacher of nations, John Amos Comenius: "Sound mind in a sound body!" The most powerful means to bring about moral education is the famous Sokol discipline.

By patriotic education we mean the power of national feeling which Tyrš justifies by saying: "The love of country is the sacred ground on which blossomed the culture of the antiquity."

The Sokol endeavor aims at the welfare of the nation and country, and for this reason the idea of strength is joined with the idea of freedom.

By its democratic methods the Sokol idea penetrates all the strata of the nation. It does not exclude anyone, everybody is welcome if he wants to work for the welfare of his country. The Sokols practice implicitly the motto: "Equality, liberty, fraternity." Sokol, according to Fuegner is an association of brothers, equal to each other, regardless of political or religious differences.

"Let the rich be a brother to the one who was less favored by destiny; let him who with his spiritual powers is working for the good of his country be a sincere brother to him who is adorned by the calluses of honest labor."

The Sokol Idea having overcome the beginning of the first years of its existence, is firmly established through its systematic educational work in the whole world, where it has gloriously triumphed. For more than a hundred years it is performing its beneficial educational mission in many nations. Sokols are faithful guardians of their country. The American Sokols are an important constructive force of this land.

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Autumnal

The wind with lifted bugle sent
 Forth a gusty lament,
 And sobs and snarls and cries of discontent,
 Like an unleashed pack, like the wail of leaves
 that are tempest-rent, —
 From the bulging cheeks of the wind these clamours went,
 And then, amid the smiling of the sun, were lulled.
 Redly blazed a peach-laden tree and a grape-vine shimmered.
 A whinny of mirth arose . . . It was paunchy Silenus,
 Clutching a wine-cup, sere leaves on his hairless pate,
 And reeling forward . . . A woman's tripping gait
 Stirs on the path, mingled with thud of a hoof.
 A satyr and his quean. Gossamer wisps
 Trail from his horns. Asters bedeck her head.
 Their tread
 Has faded . . . Naught now is heard but dalliance in spinney,
 And on the sky-line waning howl of the pack.

Translated by PAUL SELVER

From: Czech Poetry, A Bilingual Anthology, Vol. I.

Podzimní nálada

Dal vítr ke rtům polnici
 a zadul. Skučící
 a štkavé, štěkavé a žalující -
 jak smečky vydáváníí, pláč jak listí ve vichřici -
 šly hlasy z jeho vykynulých lící.
 Pak v slunka úsměvu, se neslo utišení.
 Vzplál v broskvích rudý strom a v révě zasvit' hrozen.
 Checht zařehotal . . . Měchatý to Silén -
 číš v pravici a zvadlé listí na lysině -
 sem vpotácel se . . . Lehce po pěšině
 se šoumá ženský krok, a tvrdě pazneht duní:
 kozonoh s ženkou. S rohů se mu spouští
 nit, babí léto. Ji věnec aster kráší.
 Zašli . . .
 A ticho . . . Polibek jen slyšeti je v houšti
 a na obzoru řev smečky se vzdalující.

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