

AMERICAN SOKOL

VOL. CV. - NO. 1

JANUARY 1984

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



PRESIDENT'S MESSAGE:

Another New Year is here and we are again on the treshhold of another Slet. Not only a Slet but our Convention. In the next year all our units will determine who their delegates will be and all our thoughts and efforts will be turned towards these two monumental events. Slet '85 and our XIV Convention in 1985. May I convey to you my best wishes in all your activities on behalf of Sokol.

Bro. Roy S. Zitny,
President



AMERICAN SOKOL

ISSN: 0003-1259



Published Monthly
(Except Bi-Monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road, Berwyn, Illinois 60402
Subscription \$4.00 per year

EDITOR - JACKIE KOURIM
388 Shenstone Road Riverside, Ill. 60546
Copy for publication must be received by the
10th of the previous month

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

President - ROY ZITNY
1st Vice-President - GEORGE BASTA
2nd Vice-President - BETTY PRENER
Secretary - JACKIE KOURIM
Financial Secretary - MILDRED PINC
Treasurer - ROBERT BARCAL
Director of Men - PAUL LEBLOCH
Director of Women - MARIE PTACEK
Educational Director - STANLEY BARCAL
Editor - JACKIE KOURIM
Public Relations (Czech) - JERRY RABAS
Public Relations (English) - NANCY BORVANSKY,
VLASTA ZITNY
Membership Director - FRED KALA
Executive Board - VLASTA ZITNY, JIM SPRTEL,
JERRY RABAS
Alternates - CHARLES BORVANSKY,
JOHN SATEK
By-Laws Chairman - JOSEPH KOVAR

Calendar of Events

JANUARY 21 - SOKOL STICKNEY
Candlelite Bowl, Berwyn, Bowl

FEB. 4 - SOKOL ST. LOUIS
Barn Dance

FEB. 4 or FEB. 5 - SOKOL NEW YORK
Sibrinky

FEB. 11 - SOKOL MINNESOTA
World Bohemian Euchre Tournament, CSPS Hall

FEB. 11 - SOKOL CHOCAGOLAND
Annual Dinner Dance at Sokol Stickney

FEB. 11 - SOKOL SAN FRANCISCO
Valentine Dance

FEB. 12 - SOKOL MILWAUKEE
Jaternice Dinner

FEB. 17 - SOKOL GREATER CLEVELAND
Fish Fry

FEB. 19 - SOKOL DETROIT
Winter Gymnasticale

FEB. 19 - SOKOL BALTIMORE
11th Annual Sibrinky

FEB. 19 - SOKOL STICKNEY
Pancake Breakfast

FEB. 19 - SOKOL GREATER CLEVELAND
Winter Gymnastic Exhibition

FEB. 25 - SOKOL MINNESOTA
Sibrinky

MAR. 3 - SOKOL BROOKFIELD
Exhibition

MAR. 4 - SOKOL WASHINGTON, D.C.
"The Highlights of Czech Operas"

MAR. 10 - SOKOL SAN FRANCISCO
Masaryk's Birthday Dance

MAR. 20 - SOKOL SLAVSKY
Exhibition

MAR. 24 and 25 - WESTERN DISTRICT
Annual meeting in Cedar Rapids

MAR. 24 and 25 - SOKOL GREATER CLEVELAND
Vcelka Play

MAR. 24 - SOKOL BALTIMORE
Dozvuky

APR. 7 - SOKOL NEW YORK
Annual Exhibition

APR. 15 - WESTERN DISTRICT
Children's Competition hosted by Sokol Omaha

APR. 28 - SOKOL GREATER CLEVELAND
Night in Prague

MAY 4 - SOKOL SLAVSKY
Card and Bunco Party

MAY 6 - WESTERN DISTRICT
T. J. Sokol of Crete - 100th Anniversary Dinner

MAY 18 - SOKOL MILWAUKEE
Exhibition and Awards

JUN. 3 - SOKOL GREATER CLEVELAND
Summer Gymnastic Exhibition
Oddfellows Fresh Air Camp

JUNE 21-24 - TORONTO SLET

AUG. 5 - SOKOL GREATER CLEVELAND
Sokol Picnic - Oddfellows Fresh Air Camp

ABOUT THE FRONT PAGE PICTURE:

Chains unshackled at her feet, the Statue of Liberty holds afloat the torch that has lit the way for millions of immigrants to begin new lives. After almost 100 years the huge statue is now in need of major preservation work to prepare for her 1986 Centennial.

PHOTO: National Park Service, Statue of Liberty National Monument

AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CV

January - 1984 - Leden

Číslo - No. 1

STATUE OF LIBERTY, ELLIS ISLAND NEED NATION'S HELP

The Statue of Liberty and Ellis Island — two of the nation's most revered national symbols — need major restoration prior to their centennial celebration.

A 20-member commission, headed by Lee A. Iacocca, has been named to raise funds for the restoration projects.

The goal of the Statue of Liberty-Ellis Island Centennial Commission is to raise some \$230 million from private sources for preservation, future maintenance, celebrations and educational programs.

Contributions are being sought from the general public and from corporations and foundations.

The Statue of Liberty, a gift to the United States from France to commemorate France's alliance with the American colonies during the American Revolution, is visited by about 1.8 million people a year. It will be 100 years old in 1986. Plans call for the renovation to be completed in time for centennial festivities.

Ellis Island Immigration Station opened in 1892 and operated until 1954, when it was declared surplus government property. Since then, apart from a few elements which have been partially preserved, the island has become a ruin. Between 1892 and 1954, some 17 million immigrants passed through the New York harbor site. These were the forebears of some 40 percent of today's U.S. population.

"Join us," said Iacocca, whose fellow commission members include Bob Hope and Lionel Hampton. "Help us ensure that these two great symbols of our past continue to serve as living memorials - as inspiration for the future."

Indeed, unless the public responds, officials fear the statue and island will continue to decay beyond repair. As with the original funding for the statue and its base, the money for its preservation will be raised from private sources - from schoolchildren and other individuals, companies, foundations, and associations.

How bad is the deterioration?

As for the statue, her upraised torch may have to be removed in order to reinforce the thinning copper skin on the hand and torch and the iron skeleton. Worse yet, according to the National Park Service, is the condition of the mammoth network of underpinnings. Corrosion of the iron contacting the copper skin has caused weaknesses that must be corrected.

The 27½-acre Ellis Island, site of a federal arsenal and fort before being picked as the entry point for immigrants, now houses a crumbling Great Hall, infirmary and other ghosts of once sturdy buildings. During World War II, the island housed a hospital for wounded GI's, a Coast Guard station and a detention center.

The various celebrations scheduled include a Fourth of July observance in 1984 to mark the gift of the Statue of Liberty from the French people. During the summer of 1985, a 100-day International Festival will be held in tribute to the nation's cultural and ethnic background.

In 1986, more sailing vessels than participated in Operation Sail during the nation's Bicentennial will sail into New York harbor as part of a special salute to the statue's 100th birthday. Also during the 1986 summer, each of the 50 states will participate in two days of celebration of their heritage as part of another 100-day festival.

The centennial of Ellis Island will be acclaimed in 1992 with the opening of the refurbished buildings and a historical museum.

"More than 100 million Americans had relatives who first saw America by sailing past the Statue of Liberty on their way to Ellis Island," said Iacocca. "These are monuments that effect you and me personally."

Funds donated by the general public will be applied to the preservation of the statue and Ellis Island and not to administrative, fund-raising, or other expenses.

Contributions may be sent to:

Statue of Liberty-Ellis Island Foundation, Inc.

P.O. Box 1986

New York, New York 10018

Through the storms of winter and the shimmering heat of summer, she has stood majestically for nearly a century as a symbol of America's independence and strength.

For millions of immigrants fleeing hunger, turmoil and oppression in the Old World, the Statue of Liberty was their first glimpse, after a long journey, of a New World that promised freedom, hope and opportunity.

Now nearing her 100th anniversary (1986), Liberty poised on her lofty pedestal at the entrance to New York harbor has experienced the ravages of time and the elements. Her gigantic iron framework is corroded and structural problems require extensive renovation. The 200,000 pounds of hand-hammered copper sheathing that cover her iron framework are in serious disrepair.

But once again the American people, whose forebears earlier gathered contributions to build the pedes-

tal on which the Statue rests, are being called upon to help raise money to restore her and nearby Ellis Island where immigrants were processed until 1954. A total of \$230 million in funds is being sought, equal to only about one dollar from every American.

On May 18, 1982, President Reagan and Secretary of the Interior James G. Watt announced for formation of the statue of Liberty-Ellis Island Centennial Commission and appointed Lee A. Iacocca, Chrysler's chairman and chief executive officer, as its chairman.

The Commission's goals, in addition to raising the money for the restoration of the Statue and Ellis Island, are to advise the National Park Service and Department of Interior in establishing a lasting memorial to the immigrants who built America; to plan and implement centennial commemoration events and to develop plans for the Statue of Liberty-Ellis Island National Monument after the centennial celebrations.

SYMBOL OF FREEDOM. Of all the symbols of U.S. freedom and independence, the Statue of Liberty undoubtedly ranks second only to the American flag throughout the world. Although known universally as the Statue of Liberty, the official name of this national monument is "Liberty Enlightening the World." The 151-foot-tall statue was presented to the United States in 1884 as a gift from the people of France.

The idea of a monument to Franco-American friendship was the brainchild of Professor Edouard Rene LeFebvre de Laboulaye, a distinguished legal scholar. It was designed and executed by Frederic Auguste Bartholdi, a French sculptor who had been commissioned by Laboulaye to do a bust of the scholar. Bartholdi's master-work — Statue of Liberty — was conceived originally in a far different form in Suez in 1856.

Bartholdi said he first envisioned the West handing civilization to the East in accord with the expansion of Europe in the second half of the 19th century. Visually, this was represented in his imagination as a lighthouse at Suez, in the form of a beautiful woman draped in a flowing robe with her right arm extended upward holding a torch. By the time this concept evolved into the Statue of Liberty, only the figure of a toga-clad woman holding a torch survived.

In Bartholdi's mind, the torch moved from the lighthouse at Suez to a harbor in the United States and the light that shone forth was not of western civilization passing to the East but of liberty nurtured in the New World streaming back to light the way for the Old.

Paris, Le Havre and a few other cities, along with the Freemasons and some business firms responded to appeals for funding the Statue and some 200,000 francs were raised. However, the total gifts that dribbled in were far from the amount that Bartholdi indicated was necessary. While the idea of Franco-American friendship had great sentiment, the idea of a contributing fund for a monument to grace a distant harbor was not especially stimulating and the fund-raising drive bogged down.

But in 1879, the drive for funds was resumed, directed this time at a broad pool of potential donors. The central theme was a lottery with prominent firms donating 538 valuable pieces to be offered to lucky

winners among the 300,000 tickets sold. This, together with a few other fund-raising programs and a few large donations brought in the remaining amount.

On July 7, 1881, the campaign came to a close with a dinner at which it was announced that the money to pay the cost of construction — the equivalent of \$400,000 — was in hand.

WORK BEGINS. Bartholdi began work on the statue about 1875 and his first design, in plaster, was a little over four feet high. The model went through a number of changes before the 151-foot Statue of Liberty was constructed from a new nine-foot model.

The engineering problem for the United States was formidable and for this Bartholdi called upon an engineer, Alexandre Gustave Eiffel, for calculations and structural advice. Already well recognized, Eiffel later was to gain added fame for the tower he would erect on the banks of the Seine.

Gustave Eiffel designed an interior framework of iron upon which the exterior copper sheets would be fastened. Originally, the surface of the statue was to be constructed from bronze but this was abandoned because of the weight of the metal. Instead the exterior of the statue was fashioned from pure copper about 1/8th of an inch thick. The hundreds of separate copper sheets that had been hammered into shape by skilled craftsman were hung on the iron framework Eiffel had designed.

Hundreds of Parisians came each Sunday to the yards of Gaget, Gauthier & Company to watch the statue take shape. Early in 1884, the head of the Statue of Liberty rose above the rooftops of Paris, ready for her trip to the New World. On July 4, 1884, with great ceremony, the completed statue was handed over to the United States by the people of France. The presentation was made to the U.S. Minister to France by Ferdinand de Lesseps, head of the Franco-American Union, builder of the Suez Canal, and promoter of the Panama Canal.

BOUND FOR AMERICA. In December 1884, the statue, which had been dismantled and packed in 49 mammoth wooden crates along with her iron framework in 36 others began her trip to America. Special trucks hauled the 500,000 pounds of metal and wood to the Gare Saint-Lazare from which a train of 70 cars carried it to Rouen where the following May, Liberty sailed aboard the warship *Isère* to the United States.

The site for the Statue of Liberty was Bedloe's Island, a 12-acre tract lying 2,950 yards southwest of the tip of Manhattan. The island had been owned in the 17th century by a Walloon named Isaac Bedloe and was known as Bedloe's Island until Aug. 3, 1956, when President Eisenhower approved a congressional resolution changing it to Liberty Island.

While the French were appealing to the people for contributions to build the monument to Franco-American friendship, Americans were being asked to provide a pedestal upon which the Statue of Liberty would rest. A dinner at the Union League Club in New York on Nov. 22, 1881, opened the fund drive. But funds were slow in coming until 1883 when the new publisher of *The World*, Joseph Pulitzer, picked up the

gauntlet on behalf of Liberty. With an editorial on May 14, 1883, *The World* attacked New York's millionaires who spent fortunes on their own luxuries yet stood around haggling over the pittance necessary to provide the statue's pedestal.

NEWSPAPER CAMPAIGN. The World started its own drive and on March 1885 Pulitzer pointed out that it would be "an irrevocable disgrace to New York City and the American Republic to have France send us this splendid gift without our having provided so much as a landing place for it."

The response was overwhelming as letters poured in with nickels and occasional dollars. Schoolchildren played a major part in contributions and in enthusiasm for the effort. In two months the drive surpassed its goal. A total of \$270,000 had been raised, with more than \$100,000 from the newspaper campaign alone.

On Oct. 28, 1886, President Grover Cleveland presided over the colorful ceremonies at the statue that now towered above New York harbor on a pedestal 89 feet high, which in turn rested on a 65-foot, 11-point star-shaped base that had been part of an abandoned fort. The fort, built between 1806 and 1811 to defend New York against naval attack, had become Fort Wood and served as an artillery garrison, ordnance depot, recruiting center and quarantine station. The fort fell into disrepair over the years and was abandoned in 1877, paving the way for the erection of the statue on the site.

The Statue of Liberty, originally conceived as a monument to Franco-American friendship, ultimately became a symbol of hope and freedom to the immigrants arriving in increasing numbers in the New World. Immigration was increasing at a steady rate through the 19th century but 1886, the year the statue was unveiled, was not a peak year. Only 334,203 immigrants arrived to seek a new life in this young nation.

IMMIGRATION. It was not until after the turn of the century that the Statue of Liberty became closely identified with the great flow of immigrants who landed on nearby Ellis Island. In 1903, a bronze plaque carrying a sonnet "The New Colossus," composed in 1883 by Emma Lazarus, was affixed to the statue. It strengthened the tie between the statue and immigration in the following final lines by the young poetess:

*"Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore,
Send these the homeless, tempest-tost to me,
I lift my lamp beside the golden door."*

Immigrants were originally processed through Castle Garden on the tip of Manhattan but public outrage over the scandalously inadequate facilities it provided forced its closing in 1890.

Following the closing of Castle Garden, Ellis Island, a site near Bedloe's Island became the official east coast entry point to America in 1892 when the government assumed responsibility for immigrant processing. In the ensuing years up until 1954 when it was closed, Ellis Island was host to some 70 percent of the 24 million immigrants entering the United States.

In 1965 Ellis Island was declared a historic shrine

and added to the Statue of Liberty National Monument in recognition of its role as the nation's foremost immigration gateway. The Statue of Liberty had been declared a national monument in 1924 and placed under the jurisdiction of the War Department until 1933, when it came under the supervision of the National Park Service of the Department of the Interior.

H. Nielsen, Carl Byoir & Associates, Inc.
March, 1983

Thoughts from Tyrš

We want to inoculate in the heart and mind of every Sokol member the basic principles of human dignity; to create in each individual a fearless spirit; a determination to contribute to the national welfare; and generally to develop out of the membership physically and morally healthy sons and daughters of the nation. We want to lead our youth to higher goals and to prepare them not only for their responsibilities to the Sokol, but their responsibilities to their families and the nation. We want the spirit of Sokol brotherhood to prevail among us so that working together, cooperate with our leadership, respect our older members, see to it that every member of a Sokol family is also a Sokol member, and support the Sokol program which helps each man and woman to prepare seriously for his or her place in society.

We might say, that every day, continuous and often unseem work is decisive here and not the occasional thunderous dress show. We solve our problem primarily by that everyday, continuous, physical and spiritual activity that has in mind progress in everything . . .

Let him be considered the first brother everywhere . . . He must also be able to admit his own mistakes without hesitation, to get as much pleasure out of another's discovery and success as out of his own, to feel that the individual is nil and the whole everything . . .

We want to solve our tasks not as individuals or even as individual units, but with the support and efforts of all, and that not only for our benefit, but for that of our whole nation . . .

We believe . . . that we should be constantly aware that it is always possible to progress and improve, and that everything that has been done could have been done in other ways, perhaps even better. A simple idea and yet one that is not always born in mind by everyone . . .

The true Sokol critic is not interested in personalities as much as he is in issues. Not "who" is involved, but "what." The man derives genuine pleasure from every task well done and does not fail to compliment the doer. He is cheered by every evidence of improvement. The good of the whole is dearer to him than the glory of the individual and he brings to the Sokol the spirit of real altruism. Such a Sokol critic is a member whom we should highly honor, for he is invaluable . . .

A special appeal to you, young men and women, to do penance, to emerge from your clubs and homes of entertainment, to don gymnastic outfits and join the Sokol. Make yourselves strong, sound for your own

good and use the energy for the entire nation.. Begin today to recover what you have neglected. Strive for real renaissance of yourselves . . . live a heartier, fuller and finer life . . .

A fact that we shall always retain in our minds is that everything does not always have to be arranged as it was done up to now and we knew it to be done in the past . . .

Not one nation, large or small, as many as there have been, died in its full vigor and soundness, but fell when it became decrepit, indolent and frivolous . . .

We should be constantly aware that it is always possible to progress and improve and that everything that has been done could have been done in other ways, perhaps even better . . . As a matter of fact, it would be difficult to find anything that is so perfect, that it could not be improved in some way. If a way for improvement does not seem apparent, it would be correct to assume that it was not the fact that perfection had been attained, but that a weakness is human nature that hinders every progress, even in public life, is the sworn hindrance and obstacle. This weakness is called satisfaction. Indeed, satisfaction is that heavy leaden braid that must be cut off immediately, not only that we may move our head freely, but also to think clearly . . .

We know how men like to hide behind a mountain of empty words, rather than think originally, or participate in active work . . .

In a great cause it is proper to constantly plan ahead, rather than repose in a circumscribed self-satisfaction . . .

Regardless how far we have advanced, let it not prevent us from thinking and looking ahead, to see whether everything could have been done in other ways and perhaps even better. In this respect let our Sokol motto be "constant action", or if we wish also "constant dissatisfaction," which has the added advantage that no one can regulate it or prevent it . . .

The great majority of the people cannot remain as spectators only in our program. We were not created so that they could watch us perform and applaud our efforts. We do not want the spectators to disappear, but to participate, in relays, in the athletic competitions and to develop themselves by years of training . . .

Let us always remember that we have done nothing for our cause, as long as we think only of ourselves and selfishly save everything for our own cause . . .

To whatever dimension the Sokol movement will be extended, this can be achieved only through the enlightened effort of our devoted Sokol instructors and directors. That is, the growth, dynamism and progress of the Sokol movement depends on the ability, knowledge and personal sacrifice of our present and future educational directors and instructors; on the other hand, the lack of courage, knowledge and determination and other personal qualities of these workers positively means the decline of the Sokol movement . . .

Always have courage in your heart, strength in your arms and your country in your mind . . .

If in the young and American-educated generations of Sokol functionaries and officers the sources of new ideas are disappearing and if we begin now to look to

and imitate other so-called physical education or gymnastic methods instead of creating our own values around our Sokol standards and goals, then we shall not be able to survive as a Sokol organization . . . Charles Bednar.

Sokol stresses physical fitness as a necessity for a SOUND MIND. Only a physically and mentally fit person can be a total asset to his nation. The Sokol movement is based on voluntary discipline, which is the guiding force in training, and not blind obedience to any philosophy or teaching. Sokols believe in group training more than the emphasis on the individual. In the Sokol, all members can find a place in the activities, from the young to the old.

It is rational that now, when young people may have to face problems harder than we faced, we are giving up the study of how the Romans and Greeks prevailed magnificently in the barbaric world; the study, too, of how that triumph ended, how a slackness and softness finally came over them to their ruin? In the end, more than they wanted freedom, they wanted security, a comfortable life, and they lost all . . . security and comfort and freedom.

Sokol Educator

NATIONAL ANTHEMS

National songs are songs of gladness, and they express a deep feeling of love for one's country. Our National Anthem, "The Star Spangled Banner" is such a song, the most important one of all. It was our American Flag flying over Fort McHenry, in Baltimore, during the War of 1812, which inspired Francis Scott Key to write the words, "Oh, say can you see, by the dawn's early light." He was being held prisoner by the British at the time. The music was composed by John Stafford Smith.

One of our most loved patriotic songs, is, "My Country 'Tis of Thee." It was written in the same year as our National Anthem by a divinity student, Frances Smith. No one knows where the music came from, but it is believed to have been taken from an old German songbook. The word "My" made it the big hit it became, for it gave one the feeling that it was my country, my very own country and we were all a part of it. The song is immortal and will never die out. There are other songs that are revered like, "God Bless America," by the New York song writer, Irving Berlin.

The National Anthem of Czechoslovakia is made up of two songs, the Czech song, "Kde Domov Můj" (Where Is My Home?) and the Slovak song, "Nad Tatrou Sa Blýska" (Over The Tatra Mountains Lightning Is Flashing). The Czechs were not under the shadows of the High Tatras. They faced the western world and acquired cosmopolitan ways, had better advantages, more chances to higher education, having their own university in Prague. They, too, like the Slovaks, struggled to hold onto their costumes, language and traditions. The Slovaks being closer to nature, and more isolated because of their high mountains kept

AMERICAN SOKOL

SOKOL GYMNAST

JANUARY 1984

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



SOKOL CANADA VII SOKOL SLET

Toronto, Canada June 21-24, 1984



The Slet Committee is busy making plans and looking forward to June 21-24, 1984.

All activities are located in Etobicoke Centennial Park, or in the nearby hotel area. We want to assure you that we will have back-up facilities in the same park in case of rain.

Make your plans now to visit Toronto for the Slet. The city should be very active at that time, since 1984 is the 150th birthday of Toronto, and the Bicentennial year of the Province of Ontario.

Accommodations for the VII Slet have been arranged at the following three hotels:

Holiday Inn, Toronto Airport, 970 Dixon Road, Rexdale, Ontario M9W 1S9 - [416] 675-7611.

Howard Johnson's, Airport Hotel, 801 Dixon Road, Rexdale, Ontario M9W 1J5 - [416] 675-6100.

Constellation Hotel, 900 Dixon Road, Rexdale, Ontario M9W 1J7 - [416] 675-1500.

All three hotels are located on the airport strip, and are easily accessible by all highways. If anyone is arriving by plane, a courtesy bus travels to each of the hotels from the airport.

The Slet Committee has arranged the following group discount rates:

Holiday Inn - \$55.00 CDN twin per room per night, \$6.00 extra per cot, one per room.

Howard Johnson's - \$44.00 CDN single/double per room per night, \$49.00 CDN twin per room per night, \$8.00 per cot, one per room.

Constellation - \$55.00 CDN twin per room per night, \$12.00 per cot, one per room.

The Holiday Inn is the Slet Headquarters.

All rooms are subject to the current 5% Ontario sales tax. Each Sokol unit/lodge will be responsible for their own reservations; rooming lists and payment to the hotel. The Slet Committee will provide you with pre-registration cards, which you must mail back directly to the hotel of your choice, in order to secure your reservations. Each hotel needs a rooming list, at least one and a half months prior to your arrival, along with a deposit cheque. We will advise you of how much a deposit they will require. The balance of your account is payable upon your departure. One person from each

unit/lodge should be a contact for the hotel and also should collect the money for the hotel. All three hotels prefer this method. When making your reservations, you must specify how many people in each room. All three hotels have large suites, if anyone requests them; you must contact the hotel directly to get the room rate and you must identify yourself as a Sokol Slet participant.

Each hotel offers a variety of activities; each has a pool, restaurants and evening entertainment. The Slet Committee will do their best to make your stay in Toronto most enjoyable, and we would appreciate a preliminary answer of how many rooms each unit/lodge might need.

Social activities have also been arranged. Friday evening will feature a Social Night/Banquet for those Sokols wishing to meet with friends. And for the younger crowd we are making arrangements to visit Canada's Wonderland, just north of Toronto.

For Saturday, we are arranging tours of the city during the day. Shopping trips can also be arranged. In the evening we will have the Awards dance, with a buffet dinner.

On Sunday, we are arranging a light lunch for the Slet participants.

The Technical Committee has prepared the following program:

Thursday, June 21 8:00 P.M. - Coaches/Judges meeting, Holiday Inn.

Friday, June 22 all day - Girls/Women, Low/inter-high competition, Boys/Men volleyball.

Saturday, June 23 all day - Boys/men, low/inter-high competition, Girls/Women volleyball.

Sunday, June 24 - 9:00-11:00 A.M. Rehearsals, 11:00-12:30 Lunch (participants only), 1:00-2:00 P.M. line-up, 2:00 P.M. Start of Slet.

The Calisthenics for Junior Boys/Girls will be the Slovak Sokol from Pittsburgh - 1983.

The Calisthenics for Men/Women will be the Sokol Abroad from Vienna - 1982.

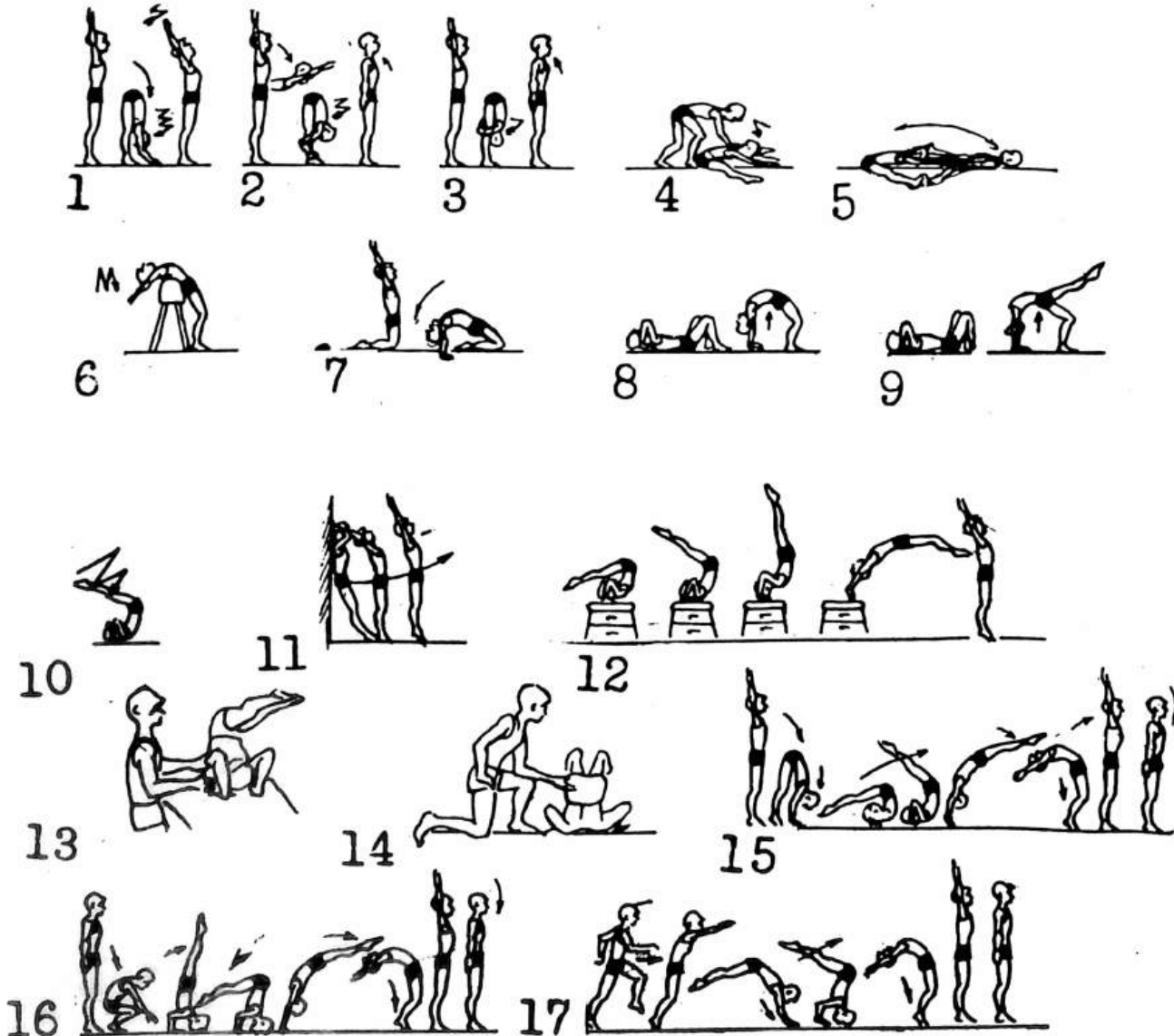
We also have Cal for Boys/Girls under 14.

The Apparatus routines that we will use will be those used in Pittsburgh - 1983. Nazdar, Drucilla Travnicek

Warm up Exercises and the Kip Uprise from the Floor

The following movements depict a few warm-up exercises to prepare oneself for kip uprise:

1. From a stand - uparm - drop body forward to hand support on floor and dip several times.
2. From a stand, uparm - thru front bow wrap hands around ankles and dip several times.
3. From a stand, uparm - wrap hands around knees and dip several times.
4. From a stradleg seat have partner press lightly on back and dip back several times.
5. From a stradleg seat against your partner's soles, alternately do front bows grasping hands.
6. Lean with back over horse - rearbow.
7. From a kneel, lean over backwards.
8. From a lying position on back - press into a bridge.
9. From a lying position, press into bridge with one leg in frontleg position.
10. From a lying bent hip position, dip feet overhead.
11. From a lying position against a wall - thrust and push away.
12. From a curled mat or box, roll forward to a bent hip support - thrust upward and outward with the legs, push simultaneously with hands to a stand on the ground.
- 13-14. Spotter giving assistance to the uprise.
15. Roll into kip uprise.
- 16-17. Kip uprise from the head position.



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

HELD AT THE HOLIDAY INN-BRENTWOOD-BELL AIR, LOS ANGELES, CALIFORNIA
ON OCTOBER 14, 15 and 16, 1983

FRIDAY, OCTOBER 14:

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

PRESENT: Marie Ptacek, Paul Lebloch, National Directors; Sylvia Laznovsky, Southern District Director; Audrey Benda, Eastern District Women's Director; Joe Vrzalik, Eastern Dist.; Jolene Dalton, Bud Benak, Western District Directors; Maryann La Vere, Roger Martanovic, Northeastern District Directors; Libby Pelc, Jiri Liska, Pacific Directors; EllenJeanne Schnabl, John Satek, Central District Directors; Sylvia Pistorius, Dick Ptacek, 1st Asst. National Directors and Mae Simonek, BOI Secretary.

Also in attendance were Sis. Louise Nekuda, Pacific District President; Sue Martanovic, Sokol Greater Cleveland, Mary Ann Satek, ASO BOI member and George Simonek, Sokol Slavsky.

Sis. Nekuda welcomed everyone to California and expressed the District's pleasure to be the hosting District to this year's Directors Conference. She wished us a very successful meeting.

A moment of silence was observed in honor of Sis. Mildred Prchal and Br. Frank Gayda, who passed away this year.

Introduction followed. Br. Bud Benak introduced as the new men's Director of the Western District.

Sis. Ptacek thanked everyone for all the cards and good wishes she received while in the hospital. She also asked all the Directors to please express her gratitude throughout all Units.

VOTING RIGHTS: Everyone in attendance is welcomed and encouraged to join in all discussions. Voting rights limited as follows: Two National Directors each have one vote: District Directors (or their representatives) each have one vote: 1st Assistants each have one vote.

DISTRICT REPORTS: Copies of District reports distributed to all Directors and secretary.

CENTRAL DISTRICT: Active Units are Berwyn, Brookfield, Milwaukee, St. Louis, Slavsky, Stickney, Tabor and West Suburban. Inactive Units are Cechie, Havlicek Tyrs, Chicago, Racine, Fuegner and Town of Lake. Jr. boys and men have competitions in December. Then in May and June, all classes have competitions. All Units have annual Exhibitions and a District Slet is held every June. Tournaments were held in volleyball and basketball, a Special Number Competition in April and a Beginners' Course was held this summer. District was involved in the Havlicek Memorial Rededication, Memorial Day Parade and Houby Parade. Had apparatus clinics and judges training sessions. Br. Satek's report had a chart showing the number of participants in Units Exhibitions compared to the number of participants at the District Slet. Only 41% of the people who drilled in the Unit Exhibitions drilled at the Slet. District is purchasing a video camera and screen.

Sis. Schnabl read her report listing the same 8 active Units plus 1 proposed Unit (Naperville) and 6 inactive

Units plus 1 "Un-Unit" (Chicagoland Sokols). Chicagoland Sokols have purchased property and are now raising money to put a building up.

A Track & Field Meet was held for 1st class girls including basketball throw standing broad jump, running broad jump, high jump and 40-yard dash. A jr. girls volleyball tournament, as well as a women's volleyball tournament were held. Held a Rhythmic Gymnastic Meet for 2nd class girls, jr. girls and women in December, including beginner ball, beginner rope, advanced ball, advanced rope and without implement. Special Number Composition in April. A children's picnic is held in spring for the awarding of competition trophies, medals and ribbons. The awards night for the juniors and seniors is held in June in one of the Sokol halls. All Units conduct various types of fund raisers -some Units have Newsletters. Sis. Schnabl says enrollments are on the upswing and hopes we continue to increase our numbers. Competitions are held in spring. Exhibitions and Slet - same as men's report.

EASTERN DISTRICT: Sis. Audrey Benda read both the Men's and Women's reports. Gymnastically active Units: Baltimore, Fuegner, Little Ferry, New York and Washington. Partially Active Unit: Miami. Inactive Units: Belcamp, Curtis Bay, Newark, Philadelphia and Schenectady.

Eastern Dist. does not offer any Tots classes. Competitions for jr. boys and girls, senior men and women and sub-junior boys and girls were held in April. Some Units held competitions for their own classes within their Units. Some Units compete in the United Sokols of the East competitions; some enter USGF sanctioned meets and school and gym club meets. Sokol Little Ferry entered Rhythmics Gymnastics Meets on the local and regional level. Each Unit with classes for children holds an annual Exhibition usually between March and June. No District Slet was held this year. A weekend refresher course for seniors was held at Sokol Woodlands, Barryville, N.Y. A District Beginners School was scheduled, but had to be cancelled when only 4 students registered. Sokol Washington is most active in sports and sponsors volleyball, tennis, ping-pong and ski events. Sokol New York has volleyball and basketball groups. United Sokol of the East usually sponsors sports events, but most of these were cancelled for various reasons. Guest performances included a half-time demonstration at the Baltimore Blast Soccer game, gym programs at local schools, presentations at local Ethnic Festivals, folk dances, parades and performance at a Christmas party for retarded children. Sokol Miami offers many activities for Senior Citizens. District has a Newsletter, prepared by Br. V. Slavik. Have problems getting Unit Directors to attend District meetings, as well as getting monthly reports from Unit Directors. Feel they need more "fun" activities instead of serious competitive ones. Are working on some ideas they have to get the younger seniors

more interested in District and Sokol activities instead of traveling just to enjoy themselves.

Br. Walter Slavik, in his report, again urged the National Board of Instructors to consider a program for older members.

NOTE: Br. Steve Frolo is the new men's Director of the Eastern Dist. Comments on Eastern's reports: We will write to Sis. E. Ruzicka to go ahead with the compiling of activities for the older members of our Units. We will distribute from the office.

NORTHEASTERN DISTRICT: Sis. La Vere and Br. Martanovic presented their reports. Active Units: Sokols Cleveland, Detroit and Greater Cleveland, Sokols Rip and Moravan. Each active Unit held an Exhibition this year. Attendance at the Exhibitions continues to decrease. District Slet was held in June at Sokol Camp, Sandy Bottom Lake, Michigan. Activities include volleyball, folk dancing, rhythmic gymnastics and aerobics. Competitions were held for apparatus, marching and rhythmic gymnastics. The Sokol Greater Cleveland concert band played for the Sokol USA Slet at the Civic Center.

Did not conduct a Course this year, but sent gymnasts to the Western District Course held in July . . . gymnasts from Sokols Cleveland and Detroit.

COMMENTS ON NORTHEASTERN'S REPORTS: Regarding the Sokol USA Slet, Br. Martanovic mentioned the lack of preparation of the Slet calisthenics. He stated that it is the job of every Director to see that the calisthenics are done well. Also, too much jewelry was prevalent. Each Unit must stress this to their members.

WESTERN DISTRICT: Sis. Jolene Dalton and Br. Bud Benak gave their reports. Active Units: Cedar Rapids, Crete, Minnesota, Omaha, South Omaha and Wilber. Inactive Units: Caldwell, Minneapolis and Wilson.

Held a District Children's Competition in April, 1983. Cedar Rapids, Crete, Minnesota and South Omaha held annual Unit competitions for all classes. Sokol Omaha held a Unit competition for their children's classes, participated in a dual meet with Sokol South Omaha. Sokol Cedar Rapids had 4 gymnasts who competed on their high school teams. Sokol Minnesota held an intersquad meet and had gymnasts who competed on their high school teams. Sokol South Omaha had intersquad meets, dual meet with Sokol Omaha, gymnasts who competed on their high school teams, competed in USGF meets in the area and hosted the 9th annual South Omaha Sokol Invitational for Sokol and private clubs in Nebraska and the surrounding states.

Four Units had Exhibitions. Held a Beginner and Intermediate Instructors Course in July. Cedar Rapids held a Teacher's Refresher Clinic. Some Units have volleyball classes. Guest appearances included tumbling, calisthenics performances, parade and folk dancing (Sokol Minnesota).

Sokol South Omaha held monthly Gym Club meetings for their juniors and seniors. Topics covered were: Sokol history and structure, biomechanics, Czech and Sokol singing and dancing.

All Units have fund-raising projects.

Br. Phil Cahoy (Sokol Omaha) was presented a Special Service Award in Coaching from the USGF at the USGF Congress, held in Washington, D.C., October 7-9, 1983.

Plan to conduct judging clinics this coming year. Their 1984 District Slet will be hosted by Sokol Crete on June 15-17, 1984 in celebration of their 100th anniversary.

Working to reactivate the gym at Sokol Wilber. Have a man who has volunteered to take the position of Director of Men/Women.

COMMENTS ON WESTERN'S REPORTS: Jim Hartung made the US Gymnastic team for the World Games. Phily Cahoy is an alternate.

SOUTHERN DISTRICT: Sis. Sylvia Laznovsky read the combined Southern District report. Active: Corpus Christi, Dallas, Ennis, Fort Worth, Houston and West. Gymnastically inactive: Yukon. Their newest organized Unit of Cameron has not started classes due to lack of adequate building.

Launched a public relations campaign which resulted in improved enrollment. (Sokol Zizka). Clinics are being arranged to boast class enrollment at Corpus Christi. Four Units had Exhibitions at various times during the year. District Slet was held in Dallas in June. Activities included volleyball championships, apparatus competitions and rhythmic competitions, special number competition, Slet program, Czech dancing, and a relay race.

3 Units hold Unit apparatus competitions. Dallas and Ennis had a dual meet, as well as Ennis & Fort Worth. Several Units participate in USGF meets.

District presented its annual program at Czech Day at the State Fair. District Beginners Course was held in June at Sokol Zizka. Instructors clinic was held in West in October. Many Units organized their own gymnastic, instructor and rhythmic gymnastics workshops.

Four Units have video equipment for use in their gyms.

Guest appearances included Sokols Ennis and Fort Worth at an area trades day Octoberfest, a speech presented by Sis. Sylvia Laznovsky on Sokol, Its Past, Present and Future, at the Czech Symposium in Temple, Texas. Also various performances at events in their particular areas to promote Sokol.

Sokol Fort Worth held an essay contest for Class I & II girls. Sokol Zizka sponsored a Czech class. Sokol West presented a live TV exhibition of three gymnasts and one spokesman to promote the Westfest and inform the area of gym activities.

Sokol West is investigating several avenues toward the purchase of property and building a facility.

District has allocated \$40.00 per Unit for technical gym materials such as magazines, manuals, etc. They also recommend that the District and the American Sokol Organization pursue a travelling instructor.

COMMENTS ON SOUTHERN'S REPORTS: Concerning an ASO travelling instructor, Br. Lebloch said that's why the Special Assessment Fund was originated - because a travelling instructor was not available. With today's economy, even if someone was interested, we probably could not afford one.

PACIFIC DISTRICT: Br. Jiri Liska read the combined report. Active Units: Fresno, Los Angeles and San Francisco. Not active gymnastically: Seattle. Sokol Los Angeles conducts classes for all age groups. Fresno and San Francisco have no junior boys and men. Seattle only play volleyball. Los Angeles held a competition for boys, girls and juniors; held their Exhibition in May. Held a two day Instructors Clinic in February. A second Clinic is planned for Nov. 12 and 13. The women's director of Fresno attended the Instructors Course in Western District. Children's Camp was organized again in Dinkey Creek Camp. 56 boys, girls and juniors attended - every active Unit was represented. The Czech Dancers of Sokol Los Angeles are very active and perform at many events. They have many plans for this year, including putting together a complete library of Sokol manuals, periodicals, etc. dealing with physical education, as well as of important non-Sokol publications. Are also considering a possibility of founding new Units in Fallbrook and Santa Barbara.

Their recommendations to the ASO BOI are to speed up the editing of the Sokol Manual and the Instructors School Manual - continue with the Gymnastic Skills Program with picture figures for the difficult moves - distribute the 1985 calisthenics materials as soon as possible.

COMMENTS ON PACIFIC'S REPORT: The Sokol Manual and the School material are being worked on and will be available as soon as possible. The Manual committee is looking for an illustrator.

NOTE: All District Directors wished our Directors' Conference much success. They all also expressed their sincere thanks to the Pacific District for hosting this Directors' Conference.

At this point, Sis. Florence Palas was introduced. She is a former Women's Pacific District Director.

Sis. Palas is one of 5 candidates being considered for the USGF Gymnastic Hall of Fame.

Sis. Pelc extended an invitation to everyone for dinner at Sokol Los Angeles. She had made arrangements for transportation to the hall.

In closing, Br. Vrzalik led us in the singing of Leti Sokol.

Meeting adjourned approximately 10:00 P.M.

Nazdar, Mae Simonek, BOI Secretary

Sis. Benda distributed posters to everyone entitled *America First*. It concerns a program to recognize the critical importance of fund raising and incentives in building a gymnastics community that is second to none.

SATURDAY, OCTOBER 15, 1983:

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

PRESENT: Marie Ptacek, Paul Lebloch, National Directors; Sylvia Laznovsky, Larry Laznovsky, Southern District Directors; Audrey Benda, Eastern District Women's Director, Joe Vrzalik, Eastern Dist.; Jolene Dalton, Bud Benak, Western District Directors; Maryann La Vere, Roger Martanovic, Northeastern District Directors; EllenJeanne Schnabl, John Satek, Central District Directors, Libby Pelc, Jiri Liska, Pacific District Directors; Sylvia Pistorius, Dick Ptacek, 1st

Assistant National Directors and Mae Simonek, BOI Secretary. Also Sis. Louise Nedukda, Pacific District President; Br. Jerry Spinka, Sokol Los Angeles President; Sis. Florence Palas, Pacific District and Br. Mickey Dalton, Sokol South Omaha. (All guests were not present at the opening of the session.)

ATTENDANCE REPORT: Report prepared by Sis. Jan Kalat, ASO Statistician, was read . . . copy given to everyone. Sis. Kalat explained that she received replies from all District Directors; however, some Directors explained that their Units did not cooperate. The report was based on all information she had available. She averaged the figures of the past years of 1979 to 1982 and then compared them to the 1983 figures. Declines in membership of classes showed up in all instances.

Central District said all classes in the District are larger this year than last. Br. Ptacek said in his own Unit, Sokol Slavsky, they are experiencing difficulty in keeping young men. When they become of age, they transfer to another Unit. He feels the reason for this is that the other Units have socializing after class hours, which Slavsky does not have. Also, some of the other Units are stronger in their volleyball and basketball teams. Sis. Schnabl, speaking in support of Sokol Berwyn, says that these young men are socializing after classes do much of the labor and repairs of the building.

Discussion on this subject says we must offer them more interesting activities. Seems high school and church activities come first and then Sokol Sis. Laznovsky says that they hold monthly volleyball tournaments with parties following the games.

Also problems in keeping the young women interested. Some Units offer aerobics - some have separate classes or areas for the mature women who are not able to go on apparatus any longer.

Br. Lebloch says perhaps a questionnaire should go out at our next Slet asking for ideas on what they do like in Sokol and perhaps what they would like included.

Other ideas were: "Bring a friend", conduct visitors' weeks every so often so that anyone interested can watch and observe a whole class, explain the advantages of the Sokol system.

So much depends on a good qualified instructor! We are competing with spas, health clubs, etc.

GYMNASTIC SKILLS: Sis. Sylvia Pistorius read her report. The new Gymnastic Skills were distributed to the women Directors. However, if any Unit has started using the old skills, just continue with those. Those Units not yet started, please use these new ones. They have been revised in keeping with the men's department incorporating the following levels: Beginners, (patches) Novist, Intermediate, Advanced and Elite (bars). Reporting methods have also changed. When a gymnast passes one of the higher levels than the Beginners, make sure you also purchase the patch, plus the appropriate bar. Patches are \$1.00; bars 50c. The new skills were compiled by Karen Cepek of Sokol Stickney and Janet Pistorius of West Suburban.

Any suggested changes should be sent in writing to the National Board of Instructors. All suggestions will be considered.

Br. Michalek sent out stick figures for the Beginners Skills only.

Br. Liska asked if suggestions on how to teach the more difficult moves could be included in the Gymnastic Skills program. This is the responsibility of the District Clinics and Courses - instructors have the obligation of taking advantage of these schools.

Br. Laznovsky asked if these skills could possibly be on video tape? Our body cannot authorize any expenditures, but we can submit an estimate of cost and recommend this to the Executive Board. Secretary will write to Br. Rome Milan that we are interested and ask him to submit an estimate. Decided then for him to go ahead with the taping - then will offer to the Districts.

Sis. Dalton made a motion that since Southern District made the offer, that we ask Bro. Rome Milan to video tape the Gymnastic Skills for the girls and boys and make available for a fee to other Districts and Units. Motion seconded by Br. Benak. Passed.

There is no Gymnastic Skills program for Tots - this is up to the discretion of each District.

Bro. Lebloch asked Sis. Schnabl to submit the Tots skills that Sokol Berwyn uses.

SPECIAL ASSESSMENT: Copies of the letters written to the District secretaries showing each District's money in this fund were given to the Directors. They again requested that a copy of the letter should be sent to them each September. Question: Does the figure shown in the letter include the 50c that the American Sokol Organization puts in?

Br. Satek made a motion that both figures be shown when these letters are written - the amount paid by the District's Units, as well as the portion given by the American Sokol Organization. Sis. Schnabl made a second to the motion. Passed.

Sis. Schnabl asked where the Phase 2 Funds come from? This caused a long discussion - we will check all minutes pertaining to this subject to find out whether it was completely phased out and if not, the current rules applying to it.

Sis. Dalton suggested that rules governing the Future Sokol Leaders Fund should appear in our BOI booklet.

Br. Laznovsky said that the Southern District offered each of their Units \$250.00 toward the purchase of a video camera and \$250.00 toward the purchase of a player. Possibly applicable to the Special Assessment Fund. four Southern District Units now have them.

MERIT AWARD: The report prepared by Sis. Jo-Marie Mlsek, Merit Award Chairperson, was read. Committee consisted of Sis. Marie Ptacek, Br. Paul Lebloch, Br. Dick Ptacek, Br. Charles Klapp and Sis. Mlsek. Renewal forms were sent to the 6 recipients of last year's awards. Seven new applications were received this year. Three came from Western District, two from Central District and one each from Southern and Pacific Districts.

Winners:	Jeanice Nieto	Western District
	Amy Lynn Micek	Western District
	Karen Olsen	Central District
	Christi Schabowski	Central District
	Brigit Prochazka	Pacific District
	Teres McClure	Southern District

Renewals:	Mary Beth Nieto	Western District
	Anthony Swoboda	Western District
	Andrea Ryan	Central District
	Jodi Michalek	Central District
	Jamie Oravetz	Eastern District
	Judith Baca	Northeastern District

Sis. Laznovsky made a motion that copies of all reports should be made for each District Director at these Directors' Conferences - same as the District Director's reports. Seconded by Sis. Dalton. Motion passed.

Per Sis. Benda's suggestion, a study will be made to see how many of the winners in the past several years are actual Sokol leaders. Information will be sent to the District Directors for them to check down through the Units.

EDUCATIONAL COMMITTEE: Educational Committee report, prepared by Br. Stanley Barcal, was read. The committee is continuing to submit material in the American Sokol publication; Sis. Anette Schabowski is working at the office in the library and archives department; had a new information folder printed; still gathering information on the history of our Sokol organization in America and working on four postal cards that will be available to have on hand for use by the Units and Districts. The District Educational Directors' Conference will be held in the Chicago area on October 29, 1983.

Bro. Lebloch said that we are more than a gymnastic organization. The Educational Dept. is very important and every Unit should cooperate. Very important that we teach our children, juniors, and adults what our organization is all about.

Motion made by Br. Martanovic that our BOI recommend to the National Educational Committee that a National Sokol quiz with various levels be published and distributed to Unit Directors, District Directors and Educational Directors and have some sort of award. Seconded by Sis. Schnabl. Motion passed. Awards could be patches, ribbons or certificates.

UNIFORM DEPARTMENT: The Uniform Department report, prepared by Sis. Betty Prener, was read. A new price list has been prepared. The little figures on the front cover were taken from Sis. Prchal's book on women's Artistic Gymnastics (1964). Department is striving to maintain as much inventory as finances will allow. Greatly appreciate when payment accompany the orders. The red and blue leotards will be made of little heavier material. Head Bands must be reordered - price as of now is a question. Uniform Department not only supplies the American Sokol Organization with uniforms, but also uniforms for Sokol USA, the D.A. Sokol and Czechoslovak Sokol Abroad.

Some complaints made on the quality of the red and blue leotards. Material is too "runny"; stitches break easily; pulls very easily and neckline too small to pull over hips. Red leotards are too expensive and are out of proportion to child's body - too long for needed width. Also prefer the short sleeve standard leotard. Red leotards too expensive.

Also complaint that orders seem to be sent out on a first need basis, as opposed to a rotation based on when the orders are received.

Motion made by Sis. Dalton to change the 1st and 2nd class girls red leotard to a standard short sleeve leotard upon depletion of stock - final turnover to be completed by our 1985 Slet. Seconded by Br. Benak. Motion passed.

To be able to fill orders better, Sis. Laznovsky suggested that previous year's records be used as a guideline for keeping inventories of the various items.

Motion made by Br. Satek to retain the cotton shirts for the jr. boys and men. Seconded by Sis. Schnabl. Motion passed.

Sis. Benda said that the younger women do not like the women's uniform and that it is too expensive. Sis. Schnabl recommends that a better quality material be used for the women's blouses.

Sis. Laznovsky questioned the possibility of a parade uniform for gymnasts? Districts may use their own discretion on this.

Some in favor of a change in the length of the sleeves for the jr. girls uniform. No action taken on this.

Br. Benak suggested that at our Championship competition that the competitors be allowed to wear whatever they want. Would add some color to the event. Possibly we should stick to combinations of red, white and blue. Sis. Dalton suggested that we go back to our Units and check if they would be interested or if they would rather stick to the royal blue leotard. (No prints would be allowed).

Could the white coach shirt be reordered in women's sizes?

Could Sokol decals, as well as other gimmick gift items be available at all times, not only during a Slet?

At this time, Br. Spinka, President of Sokol Los Angeles joined us and was introduced. He extended a sincere welcome to us.

NATIONAL SCHOOL BOARD:

Sis. Dalton made a motion that a committee meet to finalize school board material - get it assembled, published and available. Seconded by Sis. Pelc. Motion passed. In looseleaf form so that changes can readily be made.

SOKOL MANUAL REVISION: Committee has met several times and has made good progress. Looking for an illustrator. Br. Banjak wrote to Bro. Rome Milan asking if he would be interested in doing the illustrating for the Manual. Br. Banjak reported that Br. Milan turned down the job. Further reported that Sis. Norma Zabka is checking with an illustrator - possibly will be willing to do the Manual.

FUTURE SCHOOLS: Br. Lebloch reported that our supply of District diplomas is running low. The Executive Board has approved our request for a change in the design of the diploma. We will fashion if after the 1982 National diploma used in Fort Worth. We used a folder-type as used by the Western District.

Br. Lebloch said that the Executive Board is in favor of holding our National Course in 1985 immediately following the Slet. Many objections to this were raised. With everyone so busy with the Convention and the slet, we feel that the quality of the Course might be compromised.

Sis. Dalton made a motion that we hold the National Course in 1984. Seconded by Sis. La Vere. Passed.

Sis. Dalton said we should look into the availability of using Camp Sokol Woodlands, Barryville, New York for our 2 week advanced course starting June 25, 1984. It is not too long a drive from Toronto, where the Canadian Slet will be held. Those not attending that Slet would have to get to the Course on their own.

Br. Benak says if the fees for attending the Course are not enough to cover the salaries of the instructors, we should raise the fee. Western District has a packet sent upfront and requires a deposit from each student, well ahead of time.

A committee consisting of Br. Benak, Sis. Schnabl and Sis. Dalton was named and asked to meet and decide on salaries for instructors and secretary at a National Course.

SOKOL GYMNAST REPORT: Sokol Gymnast report, prepared by Br. Linhart, was read. Thanks to those people who did send articles, but many of the articles appeared through Br. Linhart's research. Merit Award application coupon will appear in the Feb. issue - November issue will list winners along with their pictures. Will publish all Slet material that is furnished by Sokol Canada. An Olympic issue of the American Sokol will possibly be issued to cover the months of June, July and August, 1984. Are asking for additional help from all sources. All material for this special issue must be in the hands of the editors by May. Asked if the Directors' Conference minutes could be condensed for the Gymnast?

Br. Lebloch and Sis. Ptacek feel that everything is important and do not want the minutes to appear in a shortened form. More pages will have to be allowed so that they are printed in full.

Some Directors said they miss the reports of the minutes of the Districts. Would like to see these included.

TOURNAMENT RULES: Br. Ptacek in charge - asked for any recommendations for changes.

Motion made by Sis. Dalton that a jr. competitor must be 13 by Dec. 31 of the Slet year to enable him/her to compete, without exception. Eligible for any Division. Seconded by Br. Satek. Passed. This applies to all guest organizations too.

Same routines will be used for both Masters I and Masters II - Men's Dept. Dec. 31 of the year of the Slet will also be the guideline for the age for entry into either Masters I or II.

Br. Satek made a motion that the age of the senior men be lowered to 17. Seconded by Sis. Dalton. Passed. This must be presented to the By-Laws committee prior to the convention in 1985.

Sis. Schnabl made a motion that a boy 17 years of age be permitted to compete in the men's competition. Seconded by Br. Satek. Passed.

Sis. Dalton made a motion that the women use the 9.8 judging system - same as the men. The extra 0.2 points may be obtained for special virtuosity (styling, flair, amplitude, extension, etc.). Seconded by Br. Vrzalik. Motion passed.

Sis. Dalton said degree of angle should be included

when writing routines. A certain degree will warrant the best score.

Discussion that volleyball players, as well as all other competitors, such as Rhythmic Gymnastics, Special Number Competition participants and other designated events in a Slet, should be required to perform a portion of the calisthenics - same as the apparatus competitors. Br. Martanovic made this in a form of a motion. No second was made.

Sis. Schnabl made a motion to defer a decision on this to our next Directors Conference in 1984 to allow for more study. Seconded by Sis. Dalton. Motion passed.

Sis. Laznovsky says 3 or 4 parts of the calisthenics should be sent out as possibilities to be included as part of the competitions. Then draw one from a hat on the day of the competition. She would be willing to help make the tapes for the 4 possible parts.

Sis. Schnabl made a motion that the women's point system be changed to a maximum of 0.4 for approach and retreat. Seconded by Sis. Dalton. Passed.

Men's will remain as is.

The word *Reuther* will be changed throughout the Tournament Book to *Takeoff*.

Specify what a legal board is.

Rings - not all wooden anymore.

Motion by Sis. Dalton to delete NOTE on page 11 Women's rules. Seconded by Sis. Laznovsky. Passed.

Judges forms will ask for more pertinent information, such as experience, capable of being head judge, certified or not, etc? We must have cooperation from all Districts to teach judging techniques.

Page 14 Women's Rules - change vault evaluation to read 9.8 as prescribed by the committee in charge.

Page 13 Women's Rules: Point Deduction - under Slight deviation from perfect execution - add **each time**. Under Sharp deviation from perfect execution - add **each time**.

Page 14 Women's rules: Scoring of Slet Calisthenics - 1) = 6.8; 2) = 1 and 3) = 2. Add: missing 0.2 may be obtained for special virtuosity, etc.

1985 AMERICAN SOKOL SLET: Br. & Sis. Halik have decided on their music - are now completing the moves for the Tots calisthenics.

Sis. Benda and Br. Slavik wrote the calisthenics for the children. Sis. Benda wrote her according to ability rather than age - Class A and Class B. Calisthenics is 4½ minutes long - we heard a tape of music . . . Chariots of Fire Theme and Syncopated Clock. She is teaching it in her class.

Sis. Laznovsky reported that the junior boys and girls calisthenics is completed - part has been video taped. Had hopes of showing it to us, but the Holiday Inn did not have any video equipment available. However, the complete drill is not on paper - Sis. Stoeppelman needs help with the terminology. Br. Jerry Milan is helping some.

Br. Ptacek and his daughter, Sis. Jacki Ptacek, are composing the senior calisthenics. Sis. Prchal and Br. Ptacek had chosen music before she passed away, so that is the music they are using. theme from Tommy, Mash theme, MGM theme. La Vergne and Shirley and

Knotts Landing themes. Two parts are competed in Sokol terminology. Entire call will be about 8 minutes long.

Br. Satek said that the District video equipment will be available to Br. Ptacek whenever he is ready for it.

Br. Lebloch said a short Moravian dance will be performed at the Slet . . . will be video taped too.

Rhythmic Gymnastics will be included in the Slet. We will ask Sis. Zabka to suggest what to use. Could a team competition be included in this event? Will check with Sis. Zabka. Masters in rhythmic Gymnastics? If there is enough interest, it will be considered.

USGF compulsories will not be out until the spring of 1985. Too late for our use. Western District submitted routines to us to be considered for use at our 1985 Slet. They are USGF routines simplified and resimplified for Low A & B Division.

A letter written by Br. & Sis. Kalat regarding the Western District suggested routines was read. They feel they are too hard for our junior girls. Says we must have something for those that come to gym just to work out - not have all routines geared to the better type of gymnasts. 60% of the time in class is devoted to rhythmic gymnastics, volleyball, Exhibition preparation, and Special Number preparation.

Motion by Sis. Dalton to accept Western District's suggested Low A and Low B routines and initiate a Novice Division to be written by Central District or the ASO BOI. Seconded by Sis. La Vere. Motion passed.

Br. Ptacek: Must we follow the USGF routines all the time? He feels we have enough talent here to write our own routines.

Br. Benak made a motion that Southern District work out a set of exercises for all jr. boys and men's divisions. Seconded by Br. Vrzalik. Motion passed. Deadline is Feb. 1, 1984.

All calisthenics and competition routines have the same deadline of Feb. 1, 1984.

Sis. Dalton made a motion that the women's Masters I and II routines remain the same as our last Slet, except the hand implement. Seconded by Sis. La Vere. Motion passed.

Jr. girls will use USGF Class I for Championship Division; USGF Class II for High Division and USGF Class III for Intermediate. Women will use 1 level lower. These are the USGF routines in effect now.

Motion made by Sis. Dalton to allow Championship competitors to do High Division compulsories OR Championship compulsories, plus their optionals. Seconded by Br. Laznovsky. Motion passed.

Sis. Schnabl inquired about the Indian Club drill submitted to us by Sis. Dagmar Fiala. Will be sent to the Districts to get their comments. Br. Lebloch said he would like to see a large group perform it, if it is on the field. Suggestion made that perhaps it could be presented at the Special Number Competition while tabulating is being done.

Slet will be outside. Sis. Ptacek and Br. Lebloch are leaning toward Morton West again. We do not have any selection of sites in our area.

Anyone who has a Special Number to present on the field, please submit to us for approval.

We will have a relay race consisting of District teams comprised of one jr. girl, one jr. boy, one woman and one man.

Our Tournament Rules booklet and Procedure rules, etc. will be ready for our next Directors' Conference.

Sis. Benda questioned the tentative Slet schedule that called for one whole day of volleyball in the middle of the Slet. Their District will have problems with school graduation.

Sis. Dalton made a motion to give all judges, tabulators and Division Directors a free Program Book as well as a ticket to the Awards Night. Second made by Sis. Schnabl. Passed.

Transportation will be provided to move the participants to the sites - food will be available. Certificates will be presented to all competitors. Sis. Benda suggested that a patch could be given.

Br. Martanovic stressed the importance of Units and Districts answering all survey sheets and questionnaires that are sent.

We will use Sokol people for the optional judging if we have enough of them.

Br. Martanovic asked about live music for the Slet. He heard that the Sokol Greater Cleveland band may be willing to play the marches if asked. Sokol USA paid for their bus transportation to the Slet, but they did not receive any pay. This could cause some kind of union problem in the Chicago area. Will be checked.

Discussion on advertising our Slet so people know about it. Public service TV announcements, newspaper, etc. should be utilized.

At this point, Sis. Kveta Liska was introduced.

SOKOL USA SLET: At the judges meeting, it was announced there would be **no protests allowed**.

Sokol USA charged a high entry fee, but it included a lot. They kept the juniors busy. We should keep this in mind. Br. Lebloch liked the narrations for the calisthenics. Must try to keep the audience from dribbling out before the end of the program.

Sis. Dalton commented that at every Slet expenses keep going up - seems that we try to outdo the last Slet. Br. Satek answered by saying the housing for our 1985 Slet is the only place they could get 300 rooms.

1984 CANADA SLET: American Sokol Organization has accepted their invitation to their Slet in Toronto.

OUTSIDE AFFILIATIONS: Sis. Dalton made a motion to retain Sis. Norma Zabka as our USGF representative. Seconded by Sis. Laznovsky. Passed.

A Rhythmic Gymnastic booklet issued by USGF is dedicated to Sis. Mildred Prchal - also mentions that The Sokol Organization did a great deal to promote Rhythmic Gymnastics. At a recent RG Championship meet, an article paid tribute to Sis. Prchal.

Sis. Laznovsky made a motion that we retain our membership in AAU with Br. Jerry Hardy as our representative. Seconded by Sis. La Vere. Passed. Br. Hardy represents us at no expenses to us.

Sis. Dalton made a motion that unless the USGF Congress is in the Chicago area, the American Sokol Organization does not set up a booth. Seconded by Br. Benak. Passed.

FUTURE DIRECTORS' CONFERENCES: Our 1984 Directors' Conference will be held at the Drake Oak-

brook Hotel October 26, 27 & 28. This weekend will enable our group to join Sokol West Suburban in the celebration of their 25th Anniversary.

Sis. Nekuda said she enjoyed our meeting and felt we accomplished a great deal.

In closing, Br. Ptacek led us in singing Lvi Silou and Koline, Koline.

Meeting adjourned at 5:30 P.M. Tomorrow meeting will be at 9:00 A.M.

SUNDAY, OCTOBER 16, 1983:

Meeting was called to order at 9:00 A.M.

All National Directors, District Directors, 1st Assistants and Secretary present, with the exception of Br. Benak. Br. Dalton filled in for him. Bud had an early flight.

Sis. Schnabl reported on the proposal of the committee regarding salaries to be paid at National/District. Director of Course = \$275.00 per 7 days; Master Instructor (experienced and capable of handling the Directorship of Course) - \$200.00 per 7 days; parttime instructor = \$7.00 per hour and secretary - up to \$250.00 depending on her/his responsibilities.

Sis. Schnabl made a motion to accept the proposal of the committee on salaries of Instructors and Secretary of National/District Courses. Seconded by Sis. Laznovsky. Passed.

Br. Doug Brewer's name is to be removed from the Western District' roster of school instructors.

Sis. Schnabl presented a copy of her Procedure Book — Running Competitions — for our study.

A congratulatory statement was sent to Br. Phil Cahoy, signed by all in attendance. He received the USGF Special Service Award for Coaching.

Last year's Director's Conference made mention of a letter written by Br. Stetka regarding trampolines. No directive was made from our Board of Instructors. Br. Michalek was to look up a formal statement that had been issued on the use of the mini-tramp. We will check with Br. Michalek for the follow-up on this. Comments made that the mini-tramp can be used for teaching purposes in many ways, but must be used properly. Some Units run into insurance problems due to trampolines and mini-tramps.

BOI statement: Tramps must be used cautiously with proper supervision.

Discussion on folk dance groups. Sokol Greater Cleveland has a group who are now under the jurisdiction of the BOD. Minnesota and Sokol Los Angeles are strong. Br. Jiri Liska interested in exchanging ideas with other groups. Some Units experiencing problems with costumes.

Br. Martanovic reported that the Sokol Greater Cleveland dance group are very active. They get some reimbursement for travel, usually from the organization for which they perform. Sokol Los Angeles dancers are an independent group - have their own treasury. If they get paid, money goes into their treasury. At Sokol events, all fund are turned over to Sokol. They just performed on Columbus Day and yesterday (Oct. 15), they performed at Marineland.

Sis. Schnabl made a motion that we check through our American Sokol library to see what Czech dances

we have, check with Sis. Baca, get money & consolidate into a booklet for publication. This motion was seconded by Sis. Dalton. Passed. Booklet should also include guidelines for costumes. An addendum should also include a listing of sources where Square Dance material may be obtained. Sis. Laznovsky said that possibly the Educational Department could include a short history and literature on the different costumes.

Br. Liska showed us some very detailed, illustrated material for girls and boys. Copies will be sent to all Directors from the office. Various class techniques were discussed. Sis. Benda says they play games at the end of each hour - use games that include running, obstacle games, combative and resistance and relays. At times, Audrey uses certain games during warm-up.

Referring back to dances - Courses teach some basic steps - students should bring them back to their classes.

Br. Martanovic brought up the problem of parents not coming to the Exhibition. Responses came as to some methods other Units use. They are told at an organizational meeting at the beginning of the year that if a child has 3 unexcused absences, they are out. Insist that each child (or family) purchase two tickets.

A Finale helps to keep the audience till the end of the program.

Br. Laznovsky read an article written by one of their young men, Br. Brad Durham, relating to Sokol. Says we must not allow our instructors to become stagnant and must continue to teach new skills. States that the Sokol movement was once the primary source of gymnastic knowledge within the United States. We have the background and our organization must continue to serve as a source of knowledge and leadership. Understands the foundation of our organization stems from the education of the masses, rather than just a few. However, he feels we must make a sincere attempt to upgrade all of our gymnasts, upgrade our own abilities as instructors and teach skills that are slightly more difficult than those we taught in the past. Safety of the kids must always be foremost on our minds! Stresses that the young and older Sokol members must work together daily to make this Organization better in every area.

Motion made by Sis. Dalton that upon request of the ASO BOI, Br. Brad Durham's letter be published in its entirety in one issue, either in the Sokol Gymnast of the Educational Dept. of the American Sokol. Seconded by Sis. Schnabl. Passed.

Sis. Laznovsky said the whole backbone of our organization is the gymnastic portion. We must continue to update ourselves and send representatives to the USGF Congress. Those that attend learn much - next year the Congress will be held in Indianapolis.

Br. Liska says possibly a note could accompany the article that comments on it are welcome.

Br. Liska still interested in getting some guidelines for class teachers. Sis. Schnabl says it would be a good idea to have a basic outline for beginning instructors. Possibly have 8 pages for the Gymnast more often to publish such material. Br. Satek says a better way may be to send material to the office where a file would be kept and then mailed from there to the Directors.

Sis. Benda says that the students at Courses get material that the District Directors never see.

Br. Lebloch said the committee will be pinned down to get the school material to us.

Sis. Dalton interested in exchanging ideas on guidelines for conducting a Slet, as well as a Course.

Sis. Schnabl asked if the rules and regulations for the Special Number Competition will be reviewed. District Directors advised to check with their Units and submit any suggested changes by January 1, 1984.

Also, any suggested By-Laws changes pertaining to the BOI, should be submitted to us in writing, as well as to the By-Laws committee. We will include in our monthly BOI minutes any suggested changes so that all District are aware.

Thanks to the President's Conference, this Directors' Conference and next year's Directors' Conference were made possible by use of the Future Sokol Leaders Fund.

Our Board of Instructors should be prepared to present our own budget at the next Convention, including an escalator clause. We should start the rotation of the Directors' Conferences again at the next Convention and if we want the 2nd assistants to be included, we must insist upon it.

Discussion on how much Units charge for dues.

Br. Vrzalik mentioned a Skills Clinic is available to take around the country. A self-improved type with intensive gymnastic workouts; video taping used; Sokol history interspersed and ideas on how to run a class. It is a one day Clinic.

Br. Vrzalik made a shock absorbing safety floor pad which is very helpful for use in training. Cost him \$600 to make. He will write an article for the Gymnast with instructions for building it.

Br. Satek said we must address the problem here at our level on how to keep the small children with us through to seniors. Sis. Dalton says we train the youngsters and then at times the older people will not let them in or give them any responsibility. Br. Lebloch says the instructors must keep upgrading the classes and keep classes interesting.

Sis. Benda presented information on a fund raiser used by Sokol Little Ferry - Cartwheel-A-Thon.

Sis. Dalton says they need a program for the older women who do not wish to compete. Right now, at Sokol South Omaha, if you do not compete, there is no program for you.

Br. Satek said teachers are needed to teach both levels - competitive and non-competitive.

Br. Liska will send us dimensions and directions on how to make and use a Swedish bench.

Br. Lebloch and Sis. Ptacek thanked everyone for their attendance, all their work for the Sokol Organization and for this very successful Directors' Conference. They feel our American Sokol Organization will continue to prosper and grow. They once again extended their sincere appreciation to the Pacific District for hosting this year's Conference.

In closing, Br. Ptacek led us in singing Spějme Dál.
Meeting adjourned at 11:30 A.M.

Nazdar, Mae Simonek, BOI Secretary

OVERROTUL

by V. SLAVIK

[A reprint from *Sokol Gymnast Files*]

Undoubtedly, one of the most important elements (for the horizontal bar) is the overrotul (premyk).

Overrotul is an element of high caliber and simple movement. Many difficult moves can not be done without mastering the uprotul first. If you see a gymnast doing giant-swings, not knowing how to stop, you may be sure he cannot do an overrotul and, therefore, is risking a serious injury trying a giant-swing. Such gymnast is practically swinging from a handstand into a handstand and, therefore, this terrific eccentric swinging may cause such pressure on hands that sooner or later he will let go, usually in such a position that a serious injury follows. Overrotul is a must.

Before we teach overrotul, we must make sure that our gymnasts know: kipuprise, backuprise and rotate in support (forward and to rear); both smooth - away from the bar, with a light grip, preferably with as little swing (backswing - zasvih) as possible.

Overrotul must be taught on the low bar. First, let your gymnasts rotate around the bar with squeezing of the bar very lightly a split of a second before they complete a rotate. After that they should be asked to learn to do an uprotul in the following manner: From a lift-hang standing, with a rebound of one leg and with a swing of the other - quick uprotul - with legs thrusting into a high rear leg position followed by stretching of arms - dismount to rear. Next we add the most important action of the entire element: the WRIST MOVEMENT. The wrist must precede the movement of the body. Thus the movement loses its smoothness - the wrists intersect a jerky motion in which the body and especially the legs are thrust upward and the arms stretch in the wrists, elbows and shoulders, bringing the body into a high rearleg position or into a handstand.

Finally, we learn this movement from a support. In other words, we combine a rotate with an uprotul and with a high backswing. However, the most important part of it is that after 180° turn our wrists snap on top of the bar, causing a break in a swing and at the same time our legs are thrusting upward with the head straining backward.

While learning this element, some gymnasts are going to "shoot" too low - some too high and too soon, falling back into a hang. It is much better to learn it by "shooting" too high, for soon the gymnasts will find the proper moment and their overrotul will be nice and high: while those "shooting" too low may learn it this way and later get so used to this bad habit that they may never get rid of it.

Overrotul should be high, even if used only into a support. Especially in this case this element looks elegant and if done high it demonstrates the ability of a mind to rule the body. It shows what a trained and disciplined body can do.

No instructor should allow any of his gymnasts to learn a giantswing unless they master the overrotul first; and that goes for any giantswing. The reason behind this rule is nothing more than the safety of gymnasts.

Sports over the world

We may commonly think of sports only as they are found in our own country, the *United States*. But countries all over the world are gradually acquiring a sports consciousness, although to date it has been those of Anglo-Saxon origin that have led the way. In our neighbor country *Canada* the sports of ice hockey and lacrosse are national favorites along with their own version of rugby football and American baseball and basketball. In *Great Britain* cricket, soccer, and rugby are well established. In the northern countries of *Europe* the winter sports of skiing are popular, both in non-competitive and competitive form, along with wrestling, mountain climbing, and various forms of gymnastics. Soccer is a favorite in the *South American* countries, along with polo and a game of Spanish origin called pelota. In *Oriental* countries English soccer is well known, but the more newly introduced American games such as baseball, basketball, and volleyball are rapidly taking hold. The *Chinese* are especially skilful in the latter sport.

For many years *Japan* has practiced a special form of wrestling called jujitsu, with its common forms of judo and karate. Lately that country has produced champion baseball players, gymnasts, girl volley ball players, and swimmers. The *Latins of Europe* are devotees of soccer, tennis, and fencing, although they are beginning to experiment also with American games. *Italy* also has boccie, an outdoor form of bowling. In *Germany* and *Denmark* an outdoor game called "handball" is common. The *Hungarians* and *Czechs* excel in gymnastics, water polo, and table tennis. The *Irish* play indoor handball as known to the United States. In this panorama of sports it must be remembered that certain sports like track and field events, boxing, wrestling, and swimming go back to ancient times and are found in practically all countries, although in different forms that are indigenous to the culture of the country in question.

IN APPRECIATION

From the District Directors' Conference

Special thanks to the Pacific District for the lovely and delicious boxes of dried fruit and desk sets that were presented to all. Thanks, too, to Sokol Los Angeles for the lovely dinner and evening at their hall on Saturday.

Thank you are also due Sis. Benda for the Sokol Little Ferry pens she gave to all of us.

In addition - ZDAR! ZDAR! ZDAR! To Sis. Pelc and Br. Liska for working out all the details of housing, pick-ups at the airport and getting drivers to move us to the various places we visited.

Help Our Sokol Grow

CENTRAL DISTRICT MID SEASON APPARATUS COMPETITIONS

DECEMBER 9, 1983 — SOKOL BERWYN

II CLASS BOYS LOW DIVISION**Team Competition Results**

1. 442.80 Tabor I 0.0

Individual Competition Results

1. 90.9 Enzo Amitrano Tabor I
 2. 89.8 Lee Sesler Tabor I
 3. 89.6 Alfred Rojas Tabor I
 4. 87.2 Raymondo Maldonado Tabor I
 5. 87.0 Dean Esterlin Tabor
 6. 85.3 John Sullivan Tabor I
 7. 82.3 Marco Amitrano Tabor I

7 Individuals — 1 Team

II CLASS BOYS INTERMEDIATE DIVISION**Team Competition Results**

1. 305.60 Slavsky I 0.0
 2. 301.50 W. Sub. I 0.0
 3. 280.70 W. Sub. III 0.0
 4. 275.70 Berwyn I 0.0
 5. 259.10 Stickney 0.0

Individual Competition Results

1. 109.5 Mario Mongello Slavsky I
 2. 106.4 Ben Eht W. Sub. I

3. 100.6 Steve Kala Berwyn I
 4. 99.9 Jim Ruda Stickney
 5. 99.0 Matt Stoffa W. Sub. III
 6. 98.9 Michael Halloran W. Sub. II
 7. 98.6 Brian Vitale Slavsky I
 8. 98.2 Jon Nania W. Sub. I
 9. 97.5 John Becker Slavsky I
 10. 96.9 Chad Pechman W. Sub. I

20 Individuals — 5 Teams

II CLASS BOYS HIGH DIVISION**Team Competition Results**

1. 208.30 Slavsky 0.0
 2. 182.30 Berwyn 0.0

Individual Competition Results

1. 104.3 Dan Rodriguez Slavsky
 2. 104.0 Tony Gutierrez Slavsky
 3. 94.9 Danny Klindera Berwyn
 4. 87.4 Ray Nosal Berwyn
 5. 85.8 Chris Newman Berwyn

5 Individuals — 2 Teams

JUNIOR BOYS LOW DIVISION**Team Competition Results**

1. 381.90 Berwyn 0.0
 2. 326.20 Slavsky I 0.0

Individual Competition Results

1. 107.2 Dave Vondebur Berwyn
 2. 104.2 Michael Michalek W. Sub.
 3. 103.9 Neal Leuang Brookfield
 4. 103.8 George Linhart Tabor
 5. 96.4 Jimmy Simpson Berwyn
 6. 95.5 Joseph Jakubicek Tabor
 7. 91.1 Tony York Berwyn
 8. 90.7 Garry Strand Slavsky I
 9. 87.2 Fred Kala Berwyn
 10. 85.3 Stanley Peceny Brookfield
 11. 80.2 David Satek Slavsky I
 12. 79.7 Charles Kalat Slavsky I
 13. 75.6 Zoran Zivanovic Slavsky I
 14. 64.9 Tim Krug Tabor

14 Individuals — 2 Teams

JUNIOR BOYS INTERMEDIATE DIVISION**Individual Competition Results**

1. 101.0 Brian Hathcoat Tabor
 2. 81.1 Mike Mongello Slavsky

2 Individuals — 0 Teams

RHYTHMIC GYMNASTIC COMPETITION

DECEMBER 10, 1983 — SOKOL TABOR

II CLASS GIRLS BEGINNER BALL EVENT

1. 13.9 Christina Curran Tabor
 2. 12.8 Susan Kelliher Berwyn
 3. 12.4 Lisa Lavery Berwyn
 4. 12.3 Missi Jones W. Suburban
 5. 12.2 Laura Grant Berwyn
 6. 12.2 Kathy Ponosilo Berwyn
 7. 12.1 Debra Shrofe Berwyn
 8. 12.0 Jennifer Bujak Berwyn
 8. 12.0 Lillian Djenadic Berwyn
 10. 11.9 Mary Volenec Berwyn

48 Competitors

II CLASS GIRLS BEGINNER ROPE EVENT

1. 13.3 Veronica Gracias Slavsky
 2. 13.0 Laura Villanueva Slavsky
 3. 12.5 Charise Petrelli Slavsky
 4. 11.9 Tina Coccia Slavsky
 5. 11.5 Kimberly Cutlan W. Suburban
 5. 11.5 Sharon Grant Berwyn
 7. 11.3 Christina Curran Tabor
 8. 11.1 Jennifer Smoger W. Suburban
 8. 11.1 Dawn Flees Slavsky
 10. 10.9 Doreen Drews Tabor

47 Competitors

II CLASS GIRLS ADVANCED BALL EVENT

1. 14.4 Jill Rodriguez Slavsky
 2. 14.2 Melissa Baez Slavsky
 3. 13.3 Sharon Grant Berwyn
 4. 13.2 Kara Abrahamson Berwyn
 5. 12.8 Lisa Kokenes W. Suburban
 5. 12.8 Janet Javurek Tabor

6 Competitors

II CLASS GIRLS ADVANCED ROPE EVENT

1. 14.9 Jill Rodriguez Slavsky
 2. 14.8 Missi Jones W. Suburban
 3. 14.6 Melissa Baez Slavsky
 4. 12.1 Janet Javurek Tabor
 4. 12.1 Donna Sowinski Berwyn
 6. 11.6 Mary Masek W. Suburban
 7. 10.8 Lisa Kokenec W. Suburban

7 Competitors

JUNIOR GIRLS BEGINNER BALL EVENT

1. 13.4 Kathie Pajer Slavsky
 2. 12.7 Julie Ritzenthaler Tabor
 3. 12.6 Patti Kalat Tabor
 3. 12.6 Suzy Wirack Slavsky
 5. 12.5 Kendra Wright Tabor
 6. 12.4 Alberta Rauch Berwyn

7. 12.2 Vicki May Slavsky
 8. 11.8 Christine Jakubicek Tabor
 8. 11.8 Joyce Sandel Berwyn
 10. 11.4 Teryn Naughton Tabor

27 Competitors

JUNIOR GIRLS BEGINNER ROPE EVENT

1. 12.8 Jelena Koledin Tabor
 2. 12.0 Joyce Sandel Berwyn
 3. 12.0 Tami Volenec Berwyn
 4. 11.9 Kathie Pajer Slavsky
 5. 11.7 Colleen Plica W. Suburban
 5. 11.7 Suzy Wirack Slavsky
 7. 11.5 Karen Klindera Berwyn
 8. 11.4 Debbie Unijewski Slavsky
 9. 11.2 Laurie Langer Berwyn
 10. 11.2 Corinne Petrelli Slavsky

21 Competitors

JUNIOR GIRLS BEGINNER WITHOUT EVENT

1. 12.0 Claudia Villanueva Slavsky
 2. 11.0 Tami Volenec Berwyn
 3. 10.4 Suzy Wirack Slavsky
 4. 9.4 Ann Watson Berwyn
 5. 8.3 Kathleen Kelliher Berwyn

5 Competitors

JUNIOR GIRLS ADVANCED BALL EVENT

1. 11.6 Colleen Plica W. Suburban
 2. 11.0 Gabriela Coronado Tabor
 3. 8.0 Jelena Koledin Tabor

3 Competitors

JUNIOR GIRLS ADVANCED ROPE EVENT

1. 13.8 Patti Kalat Tabor
 2. 13.7 Claudia Villanueva Slavsky
 3. 12.0 Christine Jakubicek Tabor
 4. 11.4 Gabriela Coronado Tabor
 4. 11.4 Debbie Unijewski Slavsky
 6. 10.2 Kendra Wright Tabor
 7. 9.3 Nicole Merrill Tabor
 8. 8.7 Teryn Naughton Tabor
 9. 8.4 Sharon Spano Tabor

10 Competitors

JUNIOR GIRLS ADVANCED WITHOUT EVENT

1. 13.1 Alberta Rauch Berwyn

1 Competitor

WOMEN BEGINNER BALL EVENT

1. 13.3 Pat Satek Slavsky

1 Competitor

WOMEN BEGINNER WITHOUT EVENT

1. 13.0 Kathy Babka Slavsky

1 Competitor

WOMEN ADVANCED ROPE EVENT

1. 15.3 Kathy Babka Slavsky

1 Competitor

CENTRAL DISTRICT GAMES

MEN'S VOLLEYBALL RESULTS**"A" DIVISION**

1. Sokol Stickney
 2. Sokol Tabor
 3. Sokol Berwyn
 4. Sokol Brookfield
 5. Sokol West Suburban

"B" DIVISION

1. Sokol Chicago
 2. Sokol Berwyn
 3. Sokol Brookfield
 4. Sokol Stickney
 5. Sokol Slavsky I
 6. Sokol Slavsky II

WOMEN'S VOLLEYBALL

1. Sokol Stickney
 2. Sokol Berwyn I
 3. Sokol Slavsky
 4. Sokol Tabor
 5. Sokol Berwyn II

JR. GIRLS VOLLEYBALL**"A" DIVISION**

1. Sokol Berwyn I
 2. Sokol Stickney
 3. Sokol Slavsky
 4. Sokol Tabor
 5. Sokol Berwyn II

"B" DIVISION

1. Sokol Slavsky
 2. Sokol Berwyn
 3. Sokol Tabor

MEN'S BASKETBALL

1. Sokol Tabor I
 2. Sokol Brookfield
 3. Sokol Tabor II
 4. Sokol Berwyn

their identity, resisting Magyarization. The "Sedláks" (peasants) were a more westernized, proud dignified people. The native costumes differed according to the various villages in Slovakia and cities of Prague, Brno, and Bratislava. They wore colorful, beautifully hand-made, puffy sleeves with lace, white aprons over wide embroidered skirts. A colored kerchief was worn as a headdress. The men wore tight-fitting trousers and embroidered blouses in rich colors, and boots. The National Gallery of Prague contains a collection of Josef Mánes's paintings of Moravian and Slovakian Sedláks in their native costumes.

The Czech and Slovak people have always liked to sing. They sang when they were happy and they sang during their most trying times. Children were taught to sing at school, farmers sang while they were at work in the fields, women sang while they were preparing to bake koláče and bread. Young people walking four-a-breast along a country road would sing. In former days, many happy hours were spent sitting around a table, singing while stripping feathers to be made into feather beds and pillows.

There were happy songs with promise, "Přijde Jaro Přijde, Bude Zase Máj," (Spring is Coming, Coming, It will Again Be May). Nothing will ever compare with these dear Czech songs and their rich melodies. There was the sad song about the "Sirotek" (Orphan) born in Prague, who doesn't know his father, has no mother, is forsaken. Sokol songs, songs about green meadows, love, Christmas, and one's homeland.

According to legends, the music of "Kde Domov Můj" was credited to František Jan Škroup. He was born February 3, 1801, in Pardubice and died in Rotterdam, Holland in 1862. He composed the first Czech opera, "Dráteník," the works written by J. K. Chmelenského. František Škroup was bandmaster with Stavovském Theatre during the years of 1828-1857. He arranged the music of operas, dances, orchestral pieces and church hymns. From the play, "Fidlovačka" (No Wrath, No Brawling) came the music which František Škroup's band played, and the music became the Czechoslovak National Hymn.

There is not a nation in the world that has a more heart-stirring history. It is one that tells of its glory under the Bohemian Kings. In the year of 1346, King Charles IV of Bohemia was crowned King of Germany and Holy Roman Emperor (1347). Under his reign Bohemia prospered. He bought lands and estates from the German nobles, and the Kingdom of Bohemia grew in size, stretching to the Rhineland, and included Luxembourg, the Brandenburg estates, and Silesia.

The reign of Bohemia kings ended and for three centuries the Czechs struggled to survive under Hapsburg domination. The end of the First World War brought freedom to the Czechs and Slovaks, only to be lost once again to the Soviets.

Josef Kajetán Tyl was born February 4, 1808 in Kutná Hora, and died July 11, 1856. He studied philosophy in Prague, but lost interest in continuing his studies and turned to acting. He was a writer, dramatist, newspaper correspondent and edited periodicals. Tyl's most popular play, "Fidlovačka" had its premier on

December 21, 1834. The words, "Kde Domov Můj" were written by Josef Kajetán Tyl. He and his collaborator, František Jan Škroup, created the Czech National Anthem.

Sis. Stella Tichy
Sokol Cechie, Chicago

On the Origin of Koledy

[Continued]

This history of koledy singing, from its origin of the time of the Lutheran-Calvinistic revolution, imprinted the concept of koledy so deeply into the hearts of all the people that not even the painful efforts of the Protestants were able to suppress it completely. This also may be due partly to the fact that the koleda provided one of the chief sources of income for the school officials and pupils, as we shall see later. Now it should be noted how the songs were sung as the carolers went from home to home.

From the treatise by the monk, Jan z Holešova, we learn that the first songs sung by the "sacerdotes et scolares nuntii" (priests and scholar-messengers) were the Latin liturgical antiphons mentioned above: "Ecce Maria genuit" (Behold Mary gave birth), "Judea et Jerusalem" (Judea and Jerusalem), "Verbum caro factum" (the Word made flesh), "Haec est dies" (This is the day), and "Genuit puerpera" (The maiden gave birth). We do not know whether they also sang these in Czech. The faithful were glad to hear the singers; they gave gifts of "koláči" (fruit-filled buns) and the priests offered the picture of the Nativity to be kissed. The priests and students were dressed for this in a surplice and incensed the homes into which they came. We can be almost certain that at least from the 14th century they also sang Czech hymns about the Nativity because there are koledy dating from that period in collections. Hlakovský in his collection of New Year songs, which are koledy, reports on how the custom of going around singing koledy originated. . . . There were certainly a large number of these koledy, eg. the familiar "Dej Bůh štěstí tomu domu" (God, give happiness to this house) . . . Not only pupils and school officials went on koledy (caroling) but members of the *literáti* choirs (laymen's choir brotherhood).

From Čeňek Zíbrt's *Veselé chvíle v životě českého* (Happy moments in the life of the Czech people), (Prague: Vyšehrad, 1950) is an excerpt in translation.

"Koleda" is a term among the Slav nations; it has been variously explained by phylogists and mythologists. This custom, documented since the beginning of the 14th century, in all the various forms of documentation, in Czech and Latin writings of the 14th and 15th centuries, is generally everywhere and always the same: going from home to home during the time from Christmas Eve to New Year's Day performing recitations, songs, skits concerning the birth of Our Lord and receiving gifts from the people in the house.

In ancient times, not only children made the rounds on koledy, but also adults, little children, students, pupils. The koleda was for the students from the 15th to the 17th centuries an important source of income. During the Christmas koledy, they carried with them

the "Infant". During the Epiphany koledy, they carried the "Star". On arriving at a home, they would sing Christmas songs, both popular and those artistically composed, and for this they received gifts. Some neighbors received them favorably; others did not welcome them. After various evaluations and negotiations, the koledy were "deposited" and in return for them, payment was made to the students, teachers, and clergy. Small children could go on koledy and this custom is still extant in the rural areas.

... The Czechs of old did not like it that the koledy singers came in unreasonably large droves at Christmas time, so that they could not keep up with giving . . .

A custom prevalent in the 18th and first half of the 19th centuries was that of distributing Three Kings' koleda slips during their rounds of singing. Students would give as Christmas koledy, to the more distinguished householders and friends, a picture appropriate for the Christmas feast with an artfully composed koleda, poem, reprinted generally from magazines, almanacs, and hymnals . . .

... In Mašůvky u Znojma, the boys making the rounds of koledy carry "Štěstí" (good luck-happiness). This is a branch cut from a birch or fir tree, stuck into a cooking pot, and then decorated with apples, plums, peas, pieces of cloth to resemble a rosary. At the bottom they make a stable, into which they put grafting moss and into the manger a figure of an infant and next to it a figure of a little dove. Going from home to home then, they sing a song similar to a koleda: "Ščestí, zdraví, pokoj svatý," "Vinšujem vám ščestí, zdraví," or "Nejprv, pane hospodáři."

... In the Czech regions, from Christmas to New Year's Day, the boys would go from home to home in the evening with a creche depicting Christ's birth in a stable, where the image of the new-born Jesus could be seen, lying in the manger, and next to him Joseph and Mary; in the background an ox with an ass. The stable and figurines were made of paper or wood and fastened to a small board. There were usually four boys, one of them being dressed as an angel, the others as shepherds and entering the home, already in the doorway they began to sing: "Co to znamená v Betlémě nového?" (What means this new thing in Bethlehem?) A recited skit followed, or the story was acted out in which case Zíbrt calls this "dramatic koledy."

From: *Písň Vánoční* -

Edited and arranged by Sr. Anita Smíšek, O.P.

Selfhelp a Success - All R. E. Taxes Paid Up

As Sokol New York faced an extremely difficult financial situation, a call went to all members and our neighboring Sokol units for help. \$98,000 debt paid up since April 20, 1983. The response was truly gratifying. Within 4 months \$56,000 was loaned to pay real estate taxes owed to the City of New York. As the unit itself pitched in with \$43,000, the total amount was \$98,000; of which about \$38,000 was an interest accumulated since 1980, the interest being 25 and one half per cent.

Also, a possible foreclosure was always hanging over our heads. Our Sokol hall is now self-sufficient.

With that we can proudly say that we have survived and as our traditional Sokol and national program has always been the leader among the Czechoslovak organizations in New York, we now are a truly viable organization ready to prolong, and indeed, improve the quality of the ethnic life in Yorkville.

Many thanks to all you. We are here vibrating with activities, ready to serve in 1984 to all those ideals that made Sokol New York what it is today.

Following is a list of Sokol units and brothers and sisters who loaned Sokol New York enough money to pay city's real estate taxes. From Sokol New York, THANKS TO ALL!

Sokol Little Ferry	\$ 2,000
Sis. Audrey Benda	1,000
Bro. and Sis. V. Slavik	1,000
Bro. Jaroslav Hanus	10,000
Bro. Josef Muf	6,000
Frank Kubernat	5,000
Frank Capek	1,000
Sis. Mirka Jurnik	1,000
Bro. Ed Hochner	1,500
Sokolky Little Ferry	500
Sokol Baltimore	5,000
Sokol Washington, D.C.	2,000
Bro. and Sis. L. Hudecek	1,000
Bro. Hynek Wachtl	3,000
Bro. Henry Hudecek	1,000
Bro. J. Kroupa	3,000
Bro. and Sis. Nemeč	1,000
Bro. and Sis. Jerry Hardy	2,000
Bro. and Sis. J. Kmoč	1,000
Bro. and Sis. J. Kaspar-Paty	1,000
Sokol Miami	2,000
Sis. Emily Ruzicka	1,000
Sis. Vlasta Hron	2,000
Bro. and Sis. Ed Babor	1,000
BOI Little Ferry Sisters	1,000
Bro. Jerry Dusek	300

Physical Fitness

The physical fitness and skills of the American youth can be improved through a systematic, scientific and regular program of physical education. Such a program should aim to fulfill the following goals:

1. To stimulate the heart and thus improve blood circulation.
2. To improve the physical qualities of the body such as flexibility, strength and agility.
3. To improve posture through the practice of desirable posture habits and the strengthening of trunk muscles.
4. To improve abilities such as endurance, coordination, balance and quick reaction.
5. To help the individual to develop desirable social relations and attitudes, such as practicing and understanding the values of cooperation, discipline, fair competition, initiative and responsibility.

6. To develop personal qualities such as self-confidence, self-control, courage and resoluteness.

That part of the physical fitness program which intentionally strives towards the fulfillment of all these goals may be called the basics of physical fitness. Every basic physical fitness lesson should contribute something to the achievement of each of the above objectives. In all physical fitness programs, methods and activities should be introduced which preclude participations sitting around, idly watching, while a few take part in the planned activities.

It is very important that not one minute of any session be wasted. Furthermore, in order that every individual will benefit fully from each session, the instructor should stimulate everyone interest through activities which are varied, challenging and last, but not least - fun.

Bro. Ed Stetka

The Sokol Idea

The founders of the Sokol organization had in mind higher goals than those of the ordinary gymnastic clubs. They endeavored to raise the physical and moral powers of all the people; to educate the nation, bringing it to the highest possible physical, moral and mental perfection, to the realization of true liberty.

Thus the Sokols adopted as the leading thought for all their activity, the ideal of physical fitness, mental maturity, perfect morality, freedom and a national life that would be dignified and worthy.

Tyrs drew his inspiration from the history of the glorious past, especially from the history of the Greeks and Romans as their best. The ancient culture captured his whole soul. In the classical personalities he saw embodied the perfection of an ideal man, teeming with health, strength and a beautiful body and soul.

Tyrs learned from history that "not one nation died while it was youthful and strong, but when it degenerated and became indifferent and morally perverted." For this reason, he proclaimed that what was needed to keep up the national strength and power was: "Courage and strength, activity and perseverance, morality and discipline, love of the country, of freedom and liberty." When a nation can boast of these, it is invulnerable; when they vanish, degeneration and the ultimate catastrophe are inevitable.

It so happened to the Greeks and Romans, who were at one time at the pinnacle of power, growth and glory, only to disintegrate and fall when pride and pleasure seeking and immorality set in.

The justification of Sokol rests on its high goals. The moving power of Sokol is contained in love of the nation and love of the coming generations.

The concentration of the moral idea and beauty in all their power and aesthetic worth give us the ideal of man and of Sokol. Where health and physical power stand side by side with the power of spirit and morality, they present a rare picture of beauty and harmony. Hence the Sokol idea is the sum total of the idealistic thoughts of 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 - Tyrs and Fuegner.

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

Bro. Ed Stetka



ASO Financial Report

NOVEMBER 1983

RECEIPTS:

Dues	\$2,950.95
Convention Fund	48.00
Special Assessment Fund - Eastern District	24.00
Dividends and Interest	236.55
T. G. Masaryk dues	10.00
Advertising "American Sokol"	150.00
Subscription "American Sokol"	4.00
Resale of Jewelry	289.50
"Highlights of Czech History"	2.25
Song Books	2.50
UPS Charges	2.07
Christmas Seals	2,918.50
Miscellaneous	222.11
	<hr/>
	\$6,860.43
ASO Uniform Division - Rent, salaries, etc.	574.26
TOTAL RECEIPTS	<hr/> \$7,434.69

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office employees	\$ 722.11
FICA & FWT for October, 1983	161.78
Rent, janitor services and supplies	
phone, electric	803.98
Postage and Customs Charges	225.90
Insurance (Fire and Burglary)	807.00
Advertising	45.00
Office Supplies	467.70
Christmas Seals - Postage,	
printing envelopes	1,581.65
Miscellaneous	33.60
	<hr/>

\$4,848.72

BOARD OF INSTRUCTORS

Salaries	\$ 375.96
FICA & FWT for October, 1983	75.28
Editor "Sokol Gymnast"	30.00
Postage	24.86
District Directors' Conference	1,299.50
	<hr/>

\$1,805.60

EDUCATIONAL DEPARTMENT

Salaries	\$ 91.02
FICA - October, 1983	13.48
Postage	13.40
District Educational Directors'	
Conference	1,837.16
	<hr/>

\$1,955.06

SOKOL PUBLICATION

Postage "American Sokol"	\$ 330.71
Editor "American Sokol"	100.00
Mailing List Changes	149.20
	<hr/>

\$ 579.91

MISCELLANEOUS

ASO Uniform Division - Salaries,	
FICA, Oct., 1983, FWT, Oct.,	
1983 and phone	\$ 369.01
Future Sokol Leaders Fund -	
Postage	.20
Library/Archives Fund - Postage	3.10
	<hr/>

\$ 372.31

TOTAL DISBURSEMENTS

\$9,561.60

Balance brought forward:

Western National Bank of Cicero -	
Checking Account	\$2,332.97
Receipts - November 1983	7,434.69
	<hr/>

\$9,767.66

Disbursements - November 1983	9,561.60
	<hr/>

\$ 206.06

FUTURE SOKOL LEADERS' FUND

In memory of Charles Machotka,	
Victoria Machotka, wife	\$ 15.00

Donations are tax exempt

**AMERICAN SOKOL
"COACHES" SHIRT**



Just what you're looking for — from the Uniform Division Coach Shirt for your special Coach. White with "Sokol" emblem imprinted in Blue on left side.

LARGE SIZE (only) — \$15.00

Help Our Sokol Grow



**HAVE YOU
SENT IN YOUR
NEW ADDRESS?**

Change of Address for American Sokol

**AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402**

Sokol

Name

Old address

..... Zip

New address

..... Zip

America's Oldest Fraternal Benefit Society:

Providing quality life and health insurance protection and fraternal benefits to our members for over 125 years!

Visit the CSA Heritage Museum, Library, and Archives Monday through Friday 10:00 a.m. to 4:00 p.m.

Public Invited. Group Tours Available (312) 795-5800



P. O. Box 249 • 2701 S. Harlem • Berwyn, IL 60402

At' Jedete
kamkoliv

vlakem, lodí nebo
letadlem,

po celém světě nebo jen
po Americe,
vždy pojedete nejlépe od

HEGER
TRAVEL BUREAU

6118 W. Cermak Road
Cicero, Illinois 60650

863-3681

A little story

This is a story about four people named: EVERYBODY, SOMEBODY, ANYBODY AND NOBODY.

There was an important job to be done and EVERYBODY was sure SOMEBODY would do it. SOMEBODY got angry about that, because it was EVERYBODY's job.

EVERYBODY thought ANYBODY could do it, but NOBODY realized that EVERYBODY wouldn't do it. It ended up that EVERYBODY blamed SOMEBODY, when NOBODY did what ANYBODY could have done.

THE BOHEMIAN NATIONAL CEMETERY

OF CHICAGO

FEATURES THE BEAUTIFUL
**MASARYK MEMORIAL
MAUSOLEUM**

WITH NEWLY ADDED WINGS

It offers a complete cemetery
service consisting of

**Cremation - Columbarium
Ground Interments**

**BRONZE GRAVE MARKERS
and GRANITE MEMORIALS are
on display at the Cemetery
Office.**

**5255 North Pulaski Road
Chicago, Illinois 60630**

Telephones: 539-8442 - 3
Suburban 788-8442

**Listen to our radio hour every
Sunday at 9:00 A.M. on WTAQ**



SOKOL TIES

BACK BY POPULAR DEMAND!

Again available from the American Sokol Office. Beautifully embroidered Sokol emblem on a navy blue tie. Cost \$8.00 each plus \$1.00 shipping and handling charges.

Send your order to:

Sis Jackie Kourim, Secretary
American Sokol Organization
6424 W. Cermak Road
Berwyn, Illinois 60402

Spolehlivá cestovní služba do všech částí světa

Vyřídíme rychle a přesně návštěvu Vašich
příbuzných z ČSR.

WEBER TRAVEL AGENCY

6805 WEST CERMAK ROAD
BERWYN, ILL. 60402

Dárková služba TUZEX Vaším drahým.

312-242-1512

312-749-1333

86th
SUCCESSFUL
YEAR

of
Fraternal
Life Insurance
PROTECTION

**Western Fraternal
Life Association**
Západní Česko-Bratrská Jednota

LARGEST
CZECH-AMERICAN
ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 members in 8 states. - Now licensed in 18 states, has over \$195,000,000 of insurance in force. - Total assets over \$47,000,000. - Offers Legal Reserve Fraternal Life insurance and annuities for Juveniles and Adults.

Home office

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402