

AMERICAN SOKOL

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Educational and Physical Culture Organization



Bedřich Smetana Centennial



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

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

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Calendar of Events

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

MAR. 24 and 25 - SOKOL GREATER CLEVELAND
Vcelka Play

MAR. 24 - SOKOL BALTIMORE
Dozvuky

MARCH 24 - SOKOL BERWYN at Morton East
Gymnastic Exhibition

APRIL 1 - SOKOL WEST SUBURBAN at Hinsdale
South High School Gymnastic Exhibition

APR. 7 - SOKOL NEW YORK
Annual Exhibition

APR. 14 - CENTRAL DISTRICT
Special Number competition at Morton East

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

APRIL 20 - SOKOL GREATER CLEVELAND
Fish Fry

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 12 - SOKOL SAN FRANCISCO
Dance

MAY 18 - SOKOL GREATER CLEVELAND
Fish Fry

MAY 18 - SOKOL MILWAUKEE
Exhibition and Awards

MAY 19 - NORTHEASTERN DISTRICT
Competition for little boys and girls

JUNE 1, 2, 3 - SOUTHERN DISTRICT SLET
at Sokol Karel Havlicek Borovsky, Ennis, TX

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

JUNE 3 - SOKOL SLAVSKY
Picnic

JUNE 9 - SOKOL SAN FRANCISCO
Dance

JUNE 10 - SOKOL WASHINGTON, D.C.
Program in memory of Tyrš

JUNE 10 - CENTRAL DISTRICT SLET
at Riverside-Brookfield Stadium

JUNE 15 - SOKOL GREATER CLEVELAND
Fish Fry

JUNE 17 - SOKOL DETROIT
Summer Exhibition - Sokol Camp

JUNE 15, 16, 17 - WESTERN DISTRICT SLET
hosted by Sokol and Sokolice Crete

JUNE 21-24 - TORONTO SLET

JULY 20 - SOKOL GREATER CLEVELAND
Fish Fry

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

AUG. 12 - SOKOL SAN FRANCISCO
Annual Picnic

AUG. 17 - SOKOL GREATER CLEVELAND
Fish Fry

SEPT. 22 - SOKOL SAN FRANCISCO
St. Wenceslaus Dance

OCT. 27 - SOKOL SAN FRANCISCO
Czechoslovak Republic Commemoration

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CV

March - 1984 - Březen

Číslo - No. 3

EDUCATIONAL DIRECTORS' CONFERENCE

Held October 29, 1983 at the American Sokol office. The conference was called to order by Bro. Stanley Barcal, Chairman at 9:05 a.m. Present: committee members, Sis. Betty Prener, Blanche Kos, Annette Schabowski, June Pros, Bro. Jerry Rabas, Paul Lebloch.

District Educational Directors/Representatives; Bro. Frank Capek, Eastern; Sis. Elsie Kohl, Northeastern; Bro. Edwin Halik and Sis. EllenJeanne Schnabl, Central; Bro. Robert Vanyo, Western, Bro. George Prevratil, Southern; Bro. Jiri Liska, Pacific. Guests; Bro. Roy Zitny, President ASO; Sis. Marie Ptacek, Women's Director ASO, Sis. Bertha Cerny, Northeastern District.

The voting procedure is, one (1) vote each district, one (1) vote each of six committee members, one (1) vote chairman = 6 + 6 + 1.

Bro. Barcal introduced Bro. Roy Zitny who welcomed everyone to the conference and stressed the importance of educational work throughout the organization and extended best wishes for a successful and productive conference.

Bro. Barcal; the conference was set up at the convention 10 years ago as a means to activate the educational department and as a means to obtain ideas, suggestions and a better understanding of the needs of our districts and units. Bro. Barcal gave a short history on the various offices and activities held by the committee members and District Educational Directors' present.

Coffee break: 9:20 - 9:30 a.m.

The packets received by all present contain the various material which can be ordered through the ASO office; ASO pamphlet, Dr. Miroslav Tyrš, Sokol and the Sokol Idea, Our Task, Aim and Goal, Dr. Josef Scheiner, Highlights of Czech History, Sokol Na Slovensku 1918-1921, ASO Constitution and By-Laws, Parliamentary Procedure, Educational Directors, Anthems and Sokol Quiz. The Sokol Quiz, which is newly compiled 1983, can be utilized in classes and at District and unit meetings.

Bro. Rabas; dissertation on the 65th Anniversary of the Czech Republic, in Czech, English translation forthcoming.

Sis. Kos read an "obituary" from an address delivered by Rabbi George B. Lieberman on Czechoslovakia. "She so lived that she became enshrined in the hearts and minds of men. In her veins had flown

the blood of great martyrs. Not by soldiers and statesmen was she imbued with a love for freedom and justice.

She stretched out a hand to the poor. She gave a haven to the downtrodden. She guided the young, and brought light to those who dwelled in mental darkness.

Prematurely did death come and snatch her from amidst the living nations. Betrayed by friends and besmirched by enemies, she had fallen a victim on the altar of peace, and had submitted her destiny to the justice of the future.

God beautified her land with singing forest, with flowing rivulets, with fertile valleys and towering mountains. God blessed her with beauty sublime and gifts untold. Into the hearts of her people he planted a resolute will to live again.

Thus dedicating them into a great ideal, consecrating them unto a new life, He fused them into a oneness, and named that nation Czecho-Slovakia."

Bro. Lebloch presented the program book from the 93rd season of the Chicago Symphony Orchestra where Rafael Kubelik conducted *Má Vlast (My Fatherland)* by Bedřich Smetana received a standing ovation. Sis. Prener mentioned to have these three articles submitted to our publication and the Hlasatel for publication in English, seconded, approved. Bro. Halik suggested those present take articles back for publication in their districts, Sis. Pros will include with the minutes.

Bro. Capek stated the New York Metropolitan Opera celebrated their 120th anniversary at which time they presented selections of Bedřich Smetana as the opening selection.

Sis. Schnabl stated the Czech American Congress is presenting a program at Morton West High School, Sunday, October 30th, in commemoration of the 65th anniversary of the Czech Republic, Sokol Berwyn will perform in the program.

DIRECTORS REPORT: These are a short version of the detailed reports given by the District Educational Directors/Representatives.

EASTERN DISTRICT - Bro. Frank Capek: 12 units - 7 active - 5 inactive, 5 have newsletters, 2 have libraries. The district contributes financially to the Czechoslovak Radio Program in New York. For those units without educational directors the information should be sent to the unit president and directors who in turn should conduct educational programs in their units and classes. When material is sent from the ASO Educational Director a copy should be sent to each unit president and request to be read at meetings.

NORTHEASTERN DISTRICT - Sis. Elsie Kohl: 6 units - 4 active - 2 inactive, 3 units have educational

directors, 4 have newsletters, one has a library. Sokol members participate on the three Czech radio programs in Cleveland. Sokols Detroit and Cleveland have Jr. Hobby Clubs and activities for Golden Agers. Sokol Greater Cleveland has Czech school, library, singing group, dramatic group, folk dancers and participate in local activities. Suggestions: projects sponsored by the ASO should be followed through with more details.

CENTRAL DISTRICT - Bro. Edwin Halik, Sis. EllenJeanne Schnabl: 16 units - 10 active - 6 inactive, 12 have educational directors, some have newsletters 1980/81, attempt made to hold district educational meetings with Bro. Edwin Halik as chairman, not too successful. 1982/83 no district educational director elected. Sokol quiz held for 1st and 2nd class girls as part of their competition. Sokol history quiz in the works for all classes. Video cassette purchased by the district should be utilized in the educational department. Feel material mailed by the ASO educational committee will stimulate educational activities in the district/units. 4 units have libraries and archives.

WESTERN DISTRICT - Bro. Robert Vanyo: 12 units - 10 active - 2 inactive, 8 have educational directors, 3 have libraries, 4 have archives, 5 district educational meetings held in conjunction with district meetings. The district rotates the meeting sites there giving all units an opportunity to host the meetings, at which time the units report on their activities. Some of our units have Czech singing, language classes, geneology studies, biographies, baking classes, folk dancers. Educational material is sent to all unit educational directors to be utilized at meetings and classes. Units participate in local activities.

SOUTHERN DISTRICT - Bro. George Prevratil: 7 units - 6 active - 1 inactive, 6 educational directors, some have newsletters, District is planning a library, 2 have display material. Material is needed geared to our younger (children) gymnasts which they can understand and learn about Sokol. Those units unable to obtain educational directors the material should be sent to the unit and the vice-president should conduct the educational program. Educational directors should attend BOI meetings to promote better harmony. An extensive educational material was included in the report submitted/composed by Bro. Oldrich Parma, district educational director.

PACIFIC DISTRICT - Bro. Jiri Liska: 4 units - 3 active - 1 inactive, 2 have newsletters, district library, Sokol Los Angeles has a singing group, folk dancers, dramatic group, and is very active in local and Sokol activities. Sokol San Francisco active in the commemoration of the founding of the Czechoslovak Republic and T. G. Masaryk birthday celebration held in Golden Gate Park. All units cooperate closely with the Czechoslovak National Council of America.

Bro. Barcal elaborated on the various ethnic events taking place throughout the country in which our units participate. Bro. Vanyo requested the Southern District have their Czech Christmas pamphlet reprinted and received from Bro. Lebloch where Czech records can be purchased.

Break: 11:05 - 11:20 a.m.

Bro. Barcal stated the importance of communications between national/district/unit. Sis. Schnabl suggested a bi-monthly mailing be made by the educational committee and sent to district/unit educational directors. Bro. Barcal asked for suggestions on how to stimulate the educational departments in our units. Sis. Pros requested the directors to ask their units to send their newsletters to the educational committee c/o ASO office as the copies sent to the ASO are not seen by the Educational Committee. Bro. Vanyo requested the bi-monthly mailing contain the statement, "information can be obtained through the District Education Director." Bro. Rabas suggested seminars be conducted in the districts with unit educational directors and the ASO educational committee send a representative to said seminars. Bro. Barcal stated not enough time is given for educational work in classes or unit meetings, quiz, history questions can be discussed one/two at a time. Bro. Capek informed us he used quiz/history questions by teams and not entire class at one time. Sis. Schabowski stressed using educational material in keeping with IRS restrictions. Bro. Barcal made a statement stressing the importance of the educational chairman, Bro. Lebloch motioned to have Sis. Pros send this statement to all district/unit presidents in time for their annual meetings, seconded, approved.

"To All Unit and District Presidents:

Statement by Bro. Stanley Barcal, Chairman ASO Educational Committee given at the District Educational Directors' Conference, October 20, 1983.

Now that unit and district elections are coming up we must instill the importance of the educational department to our members. The person taking this office should not take it just because no one else wants it and therefore do nothing, but should take it as a challenge and interest in the vast opportunities available in this field.

We can talk for days and not cover the long and productive history of the Sokol Organization. There is no end as to what can be done and suggest the Educational Director form a committee whereby working together they can bring to their membership the information and knowledge available to this most important office.

As you know our official name is, AMERICAN SOKOL EDUCATIONAL and PHYSICAL CULTURE ORGANIZATION and one of the means of attaining our purpose is to conduct lectures for members and the general public and arrange discussions concerning the Sokol system and Sokol principles, another is to organize juniors and children into groups within Sokol units and arrange special educational meetings and junior gatherings for the purpose of fostering a deeper knowledge of Sokol ideas.

Please keep this in mind during your annual meeting and keep our Sokol strong and productive. NAZDAR!

Bro. Stanley Barcal, Chairman [signed]
Sis. June Pros, Secretary [signed]

Bro. Lebloch motioned the ASO Educational Committee form a national level educational skills testing for all ages with patch awarded, such as the BOI gymnastic skills. The testing to be distributed to units with

the unit educational director or president responsible for testing in classes, seconded, approved. Sis. Kos, at time of registration everyone be informed of the various awards available.

Bro. Lebloch from the ASO BOI: Sokol Greater Cleveland requests the ASO educational committee look through their library to see what is available in folk dance music in English after which they will compile in book form, Sis. Schabowski will investigate, also districts will look through their libraries and send to the ASO educational committee. All units and districts with folk dancing groups send information to ASO BOI. A new diploma has been printed, will expand to the district with different design.

Educator column: considered well done and interesting. Bro. Vanyo stated it is read at unit meetings and in gym classes, some units send in articles. Sis. Schnabl suggests a wider distribution is necessary, perhaps subscription be offered to parents. We have received requests to not print political and religious articles, editor has the right to edit all articles submitted.

Discussion regarding district and unit exhibits, many districts have material, the educational committee requested the districts and units send them a listing of available material which could be used at the 1985 Slet exhibit.

Lunch - 12:30 - 1:30 p.m.

More educational activity be inserted at unit meetings. Bro. Lebloch motion to insert educational directors' program as No. 13B in by-laws, approved. Bro. Liska requests that the ASO not officially promote any trips to Czechoslovakia in our publication, the ASO has not sponsored any trips to Czechoslovakia, when attending Sokol Abroad Slets the trip ends with the Slet, those continuing do so on a personal basis. Many find it difficult to get articles and photos in local newspapers; Bro. Lebloch suggested hiring a professional advertising firm.

The estate of Sis. Mildred Prchal bequeathed \$3,000.00 to the ASO Library and Archives Fund.

Sis. Schabowski stated there are additional copies of various books in our library, these will be offered to the districts and units, free of charge. Bro. Prevratil stated the various films we have can be reproduced on video thereby simplifying mailing, this will be looked into. Bro. Lebloch stated pamphlets, booklets and other material the educational department has on hand should be published quarterly, agreed. Donations to the Library/Archives Fund should be published separately (not in the financial column) in bold type, agreed. Bro. Capek suggested donations given in the past be published periodically. Bro. Barcal reported a new donation envelope has been printed which includes Future Sokol Leaders Fund - Library and Archives Fund - General Fund which can be obtained through the ASO office (these are memorial envelopes).

Guests: Sis. Stella Tichy and Roselyn Bergman joined us, were introduced and welcomed. Sis. Tichy contributes many interesting articles to our publication.

Budget: All committees and departments will be asked to submit a budget at the 1985 Convention, the Educational Department budget at the 1980 Conven-

tion was \$4,000.00. At the Convention the Educational Department is made up of six (6) District Educational Directors, current chairman all with one (1) vote, current secretary to attend but no voting power. Bro. Barcal stated if anyone feels by-laws need updating, these should be worked on now.

Bro. Barcal is going through copies of our publication compiling dates, originating officers of our districts, this for future publication and reference. Bro. Capek suggested a plaque be made denoting past and present presidents and directors, agreed. Suggestion to start a Sokol Hall of Fame for outstanding Sokols. Bro. Lebloch, some form of certificate or plaque be presented to ASO Honorary members, and not just mention them once. Bro. Halik, many prominent Czech leaders are not known to present generation, the Bohemian National Cemetery original book on their history was slanted toward Sokol.

Sis. Schabowski suggested: ASO National Sokol Day: discussion as to date, February 14th, chosen in honor of first unit in USA (February 14, 1865), form letter to be worked on, distributed to membership who in turn to send to their delegates in Washington, D.C. The American Sokol Organization is not covered by the Sokol USA proclamation. All felt the ASO should have a National Day every year.

Sis. Kohl read letter from Bro. Janda suggesting increasing Scholarship Fund, tabled. Report from the ASO Membership Chairman, Bro. Fred Kala: total membership, 1981, 7,817; 1982, 7,661; 1983, 7,280. We must all work to increase our membership.

Sis. Schabowski presented pictures which could be used in a coloring book and cross word puzzle for children's classes, this to be looked into.

Sis. Kos, members of 50 years or more to be presented with some type of award, the ASO office has a certificate which can be used.

Bro. Prevratil spoke to Bro. Walter Hosek regarding Sokol post cards and note paper, information forthcoming (3 post cards and one note paper).

Donation of \$25.00 received from Sis. Bertha Cerny for the Library and Archives Fund. There being no further business, conference adjourned at 4:20 p.m. Dinner at Klas' restaurant at 7:00 p.m.

Respectfully submitted,

June Pros, Secretary

ASO District Educational Directors' Conference

ASO District Educational Directors' Conference

FINANCIAL REPORT

Travel Expense and per diem		\$ 1,766.00
Dinner at Klas Restaurant	\$ 237.20	
Reimbursement - 3 guests	—28.50	
	208.70	
Refreshments at office	71.16	279.86
Postage		34.60
		<u>\$ 2,080.46</u>

Sokol Educator

The Jews

In the history of European Jews, the history of the Czech Jews is unusual and uniquely different.

The Jews of Bohemia had settled in the area of Prague as early as the 10th century, even before the dawn of the ancient city of Prague itself. However, very little evidence of their existence remained because of the demolition of their synagogues and cemeteries during the Middle Ages.

But, the first tangible proof of a Jewish settlement in Prague is from the 13th century, when the Old-New Synagogue was built. It is the oldest synagogue in Prague and in all of Central Prague. The Old Jewish Cemetery was then established by the few inhabitants, and the Prague Jewish Quarter began to take shape. Because all other occupations were forbidden to the Jews, they made a living by money lending, an occupation, on the other hand, that was forbidden to the Christians.

Jewish culture began to flourish. At the end of the Middle Ages (about 1500 A.D.) the population of the Prague community of Jews rose dramatically following the persecutions in Spain, Portugal, and Germany as well as in some Czech and Moravian royal towns. With the tenfold expansion of the Jewish community, culture thrived, but so did poverty. Prague became the center of Jewish learning and science through its new and scholarly inhabitants, even though most of them had no way of making a living.

During the 1800's when civil rights were recognized here in America by the freeing of slaves, and in Russia where 40 million serfs were set free, the gates of the Prague Ghetto were thrown open by the revolutionary constitution of 1848. Jews were given access to all occupations, and were allowed to live anywhere they wished. The Hapsburg Empire then at its peak territorially, encompassed a part of Poland called Galicia, which was inhabited almost exclusively by Jews. With the new freedom of mobility, they flocked into Bohemia, Moravia and Slovakia. Because of the Jewish strong inclination for merchandising, soon there was no city or village where shopkeepers were anything but Jews.

Because of the democratic traditions of the Czech people, the Jews of Bohemia and Moravia were better assimilated into the population than any other European country. After the 1848 revolution, the process of Jewish freedom was very closely linked with the struggle of the Czech people to liberate themselves from Hapsburg domination.

In the Nazi purge of World War II the Jewish population still left in Czechoslovakia, almost vanished in the concentration camps and ovens of Terezin and Auschwitz.

Sis. Libby Krivanek, Sokol Slavsky, Berwyn

The Jews in Prague

The history of Czechoslovakia would not be complete without including the history of the Jews of Prague. It dates back to 1091, but records of ancient times indicate that the Jews had established a community as early as the middle of the 10th century. Centuries B.C. they were known to have existed in the Arabian desert, later separated and scattered around Europe. The name Jew was taken from the name of the tribe of Judah. It designates the Jew as a Hebrew, a people with their own system of religion.

During the time of the First Crusades in 1096, fanatical dislike was aroused against the Jew, causing many to be murdered, and their properties stolen. Many accepted baptism in order to survive. During the siege of the Prague Castle, the oldest synagogue and the Jewish quarters were burned down. The Jews were moved to the right bank of the Vltava River. From the 11th to the 13th Centuries the Czech language was spoken by the Jews, and from the 13th to the 16th Century it was German. They were an unfortunate people, continually persecuted. They had no freedom, and with other European Jews they were treated as inferior, as servants to the Royal Chamber. They were humiliated by being forced to wear special garments, which classified them as dishonest. However, they were the money changers. They were allowed to handle money and being smart, highly intelligent, they were able to buy and sell merchandise at a profit, and became wealthy. The Bohemian King Ottokar II, who reigned in 1254, made them pay higher taxes.

The Jews were also builders, and the Old New Synagogue, the oldest one remaining in Europe, was completed in 1270. By the 13th Century the Jewish community owned a cemetery in which to bury their dead. In Talmudic times there was a saying, "The Jewish tombstones are fairer than royal palaces." This showed their great respect for the dead. Eating and drinking at gravesites was forbidden. There were other rules about burial that had to be observed. Jews that had been baptized or persons of bad repute and suicides were buried separately, in burial ground for those that had sinned. However, the reform measures of Conservative Judaists permitted burial of suicides in a family plot on the basis that the one who had committed suicide had already paid by dying. The good reputation of the family had been saved. When King Charles IV of Bohemia, crowned ruler of Germany, began his reign in 1346, persecution against the Jews stopped. It was a time of great progress during which the Charles University of Prague was founded. The young Jews always eager for knowledge had easy access to it. After King Charles IV's death, the Jews were again persecuted. In 1389 they suffered a violent attack against them. They lost great sums of money when King Wenceslaus IV ordered that all debts owed to Jews be cancelled.

During the Hussite Wars (1419-36) the Jews suffered, but they continued to exist, for most of the Hussites realized their plight and were tolerant of them. However, the attacks against them continued and through the second half of the 15th Century they remained insecure. In 1512, the Hebrew press was established in

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Prague. It became the most important of Hebrew printing presses in Europe.

At the beginning of the 16th Century attempts were made to expel Jews out of Prague, but the King and nobility protected them. Opportunities were given to them to continue doing business with the nobility, which improved their economic position. During the years of 1541 through 1557, when King Ferdinand reigned, the Jews were twice expelled from Prague, but allowed to return in 1562.

During the reign of Rudolph (1576-1611), the Jews fared well. The enterprising ones founded industrial concerns, textile companies, acquired great wealth, and they did help the needy in the community. The intellectual brilliancy of the Jews brought international fame to Prague. In 1648, they were noted for heroism, for helping to drive out the invading Swedes. They were presented with a special banner, which was preserved and still hangs in the Old New Synagogue of Prague.

Following the Thirty Years War, the governing body which was influenced by the Church Counter-Reformation, brought on an anti-Semitic move to separate the Jews and segregate them into ghettos. This limited their means of making a living. Then higher taxes were levied against them, and the reason given was that they were too aggressive. Among laws passed in 1650 through 1727 was one that only the oldest son of a family could marry and found a family. The other sons had to remain single or move out of Bohemia. In 1680, more than 3,000 Jews died of the plague, and shortly after in 1689, the Jewish quarters and synagogues were destroyed by fire. The survivors were transferred to a suburb north of Prague.

Maria Theresa became Empress in 1740, and four years later an order was issued that all Jews leave Prague. They were banished during years of 1745-48, which brought angry protests from the Czechs. They fought against driving out the Jews and their voices, added to those of influential people, brought back the Jews. Again they were forced to pay higher taxes. In spite of another fire that destroyed part of their living quarters, and in 1771 the serious damage caused by the overflow of the River Vltava, the Jews held on to their homes and synagogues.

Emperor Franz Joseph II gradually lifted limitations against the Jews, for their knowledge was needed to bring about a modernized economy. But pressures against them existed for they were forbidden to use Hebrew and Yiddish in business transactions, they had to take on new family names, and send their children to secular schools. Army service became compulsory. They were allowed to live outside the Jewish quarters, and the law that they could not own land was lifted. In 1848, they were granted equal rights. In 1852, the ghetto in Prague was abolished and in 1896, the unsanitary living quarters were pulled down to rebuild. Many Jews immigrated to the United States, but the population remained about the same as there were Jews moving in to replace them.

The Jews were now represented in selling cattle, heavy industry, textiles, clothing, shoes, and the food industry. They dealt in wholesale and retail trade. They believed in the value of higher education, and many

became outstanding scholars, noted artists, celebrated actors and important scientists. The most important had been Albert Einstein, who taught in Prague in the years 1911-12. The Jews contributed much to bring about modern times, and also contributed to Czech and Slovak literature and music.

Thomas G. Masaryk became the first President of Czechoslovakia in 1918, when the Austria-Hungary Monarchy was dismembered. The Jews of Prague were legally recognized as a nationality, and a free people at last, free to live on the land that had always been their own land. Twenty prosperous years followed, but they were doomed to end when the madman Adolph Hitler came to power. The Nazi occupation of Czechoslovakia brought on the horror of the Holocaust, which must always be remembered to prevent such a horror from ever happening again. One must never forget the concentration camps and gas chambers and the six million Jews who lost their lives in Europe.

There is a collection of 350 Jewish religious relics, a small part of a large collection in the Jewish Museum in Prague, now being shown in the United States. It was made possible because of the great interest it created when Congressman Charles Vanik, a Roman Catholic of Czech origin, visited in Prague. Mark E. Talisman, Chairman of Project Judaica succeeded after a long time of trying to get the approval of the Czechoslovak Socialist Republic to allow this collection to be exhibited in museums in the West. It is called the Precious Legacy, a memorabilia of the Jews of Prague. The collection consists of prayer books, candlelabras, a jeweled Torah crown, a clock with a turquoise face, gilt dial and smaller dials to tell the time of daily synagogue services, a matzo rolling pin, an antique cradle from Moravia, and paintings of men, women, and children that had once lived in the Prague quarters.

Sis. Stella Tichy, Sokol Cechie, Chicago

ASO Financial Report

JANUARY 1984

RECEIPTS:

Dues	\$ 7,008.75
Convention Fund	8,976.00
Special Assessments	4,317.00
T. G. Masaryk dues	70.00
Dividends and Interest	162.89
Subscription to "American Sokol"	8.00
Resale of Jewelry	496.00
Christmas Seals	264.60
"Highlights of Czech History"	6.75
Educational Booklets	2.00
Sokol Ties	41.50
UPS Charges	2.61
Miscellaneous	39.40
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	\$21,395.50
ASO Uniform Division - Rent, Salaries, etc.	649.07
	<hr/>
	\$22,044.57
Transfer of funds for District Directors' Conference	6,562.56
	<hr/>
TOTAL RECEIPTS	\$28,607.13

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 670.02
FICA & FWT for Dec. 1983	178.82
IWT - 4th Qtr. 1983	84.21
Rent, Janitor Services, Phone, Electric	792.05
Advertising	204.00
Postage	49.19
Sokol Plaques	316.88
Miscellaneous	12.08
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\$ 2,307.25

BOARD OF INSTRUCTORS

Salaries	\$ 324.42
FICA & FWT for Dec. 1983	66.62
IWT - 4th Qtr. 1983	35.56
Editor - "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast" - Dec. 1983	29.00
Postage	24.68
USGF Membership	200.00
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\$ 710.28

EDUCATIONAL DEPARTMENT

Salaries	\$ 54.39
FICA for Dec. 1983	14.42
IWT - 4th Qtr. 1983	11.04
Postage - District Educational Directors' Conference	21.20
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\$ 101.05

SOKOL PUBLICATION

Printing "American Sokol" - Dec. 1983	\$1,019.64
Postage "American Sokol" - Dec. 1983	330.45
Editor "American Sokol" - Jan. 1984	100.00
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\$ 1,450.09

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, FWT, Dec. 1983	
IWT, - 4th Qtr. 1983, Phone	\$ 430.82
ASO Uniform Division - Advance	2,500.00
Special Appropriation - Southern District	2,000.00
Future Sokol Leader's Fund - Postage	.60
Library and Archives Fund - Postage	.71
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\$ 4,932.13

TOTAL DISBURSEMENTS

\$ 9,500.80

Balance brought forward:

Western National Bank of Cicero -
Checking Account

\$ 2,714.76

Receipts - January 1984

28,607.13

\$31,321.89

Disbursements - January 1984

9,500.80

\$21,821.09

FUTURE SOKOL LEADERS' FUND

January 1984

In memory of Bro. Mathew Tykal - Sokol and Sokolice Racine	\$ 20.00
In memory of Robert Miller - George and Rose Vytlačil	15.00
In memory of Frank Zakrocky, Sr. - Angeline F. Bultas (daughter)	25.00
Frank Batista	10.00
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	\$ 70.00

*Donations are tax exempt**Bedřich Smetana Centennial*

It was in Litomyšl, a town with a storybook castle, about eighty miles southeast of Prague that became known as the birthplace of Bedřich Smetana, the founder of modern Czech music. He was born March 2, 1824, into a large family that was well off but not rich. Count Wallenstein and his family lived in the castle. He brought industry into the town by establishing a woolen mill, a jute factory and a brewery. Bedřich's mother, Barbara, was his father's third wife. His father, František, was manager of the brewery in town.

The Smetanas mixed socially with the nobility. The town was at the foothills of the Czech-Moravian highlands, and the dense forests abounded with game. When František wasn't playing his violin, he was out hunting wild game. He was a self-taught violinist, and began teaching Bedřich how to play. He considered playing a violin or piano the means of being popular in social groups, but not to make a living. When Bedřich was five years old, he started taking violin lessons at the Piarist School, and piano lessons from a local teacher. He showed great talent. When he was six years old, he played piano at a music concert and the people were astonished at how well he played that they wanted to see him. Count Wallenstein's secretary held him up for the people to look at.

In 1831, the Smetana family left Litomyšl and moved to Jindřichův Hradec. František accepted a job there as master brewer on Count Czernin's estate. Bedřich went to the elementary school, and after school took music lessons from František Ikavec, an organist. Ikavec taught Bedřich to know and appreciate the music of Mozart and Beethoven.

František's good business sense made it possible to accumulate enough money to buy a farm at Růžkova Lhotka, and the family moved again. The farm was in a region where the legend of Blaník Mountain originated. It was said that knights slept there and would awaken when needed to rescue their fatherland from danger. King Václav, (known as Wenceslaus), the leader of the knights, would lead them into battle. This legend was used by Bedřich Smetana as the theme of a symphonic poem.

There was no school at Lhotice and Bedřich and his brother went to a German school at Jihlava. In the second term, Bedřich went to gymnasium at Havlíčkův Brod. He settled down and for three years studied well.

He left the gymnasium and went to Prague. He was admitted to the Classical Grammar School under the German educational system. Bedřich did not fit in. He had spoken German since childhood but never learned to speak it fluently. He was laughed at in school, and without asking his father's permission, he quit.

When he wasn't roaming around the city, he was playing the piano, or trying to compose music. His father came to Prague to visit him and was surprised to learn that Bedřich had quit school. He was told to come home and be a farmer or stay in Prague and support himself.

An uncle, Josef Smetana, a professor at the grammar school in Plzeň spoke up for him and he was transferred to yet another school. He didn't stay long in Plzeň, because his father got hard up for money and could not afford to keep him there. He returned to Prague, hoping to make a living by giving piano lessons. Those were bad years in Bohemia. The Czechs were treated as second class citizens by the Austrians. They were humiliated and oppressed. The Czech language was not used in public life. The Royal Bohemian Society of Sciences, founded in 1790, did not favor the Czechs and the Stavovské Divadlo, opened in 1783, played only Italian opera. Finally the people demanded that their language be taught and a chair of Czech Language and Literature was established at Charles University.

Aristocratic families like the Thun, Wallenstein, Sternberg, Cernin and Kinsky families became interested in checking their origin, and they fostered the study of national history. Jungman, scholar and translator, worked for the cause as did also Palacký and later Karel Havlíček.

Prague was awakening but prejudice against Czech artists still existed when Smetana returned and tried to make a living there in 1843. He did get bookings at a few concerts, and played at several of Josef Proksch's musical soirees. Proksch was blind, but he was one of Prague's most popular musicians.

Smetana got a steady job teaching Count Thun's children to play the piano. He received room and board and a small salary. This gave him a sense of security, and he was able to devote spare time to take lessons in theory from Proksch, and study composition.

He learned by listening to the music of the great composers like Mozart, Beethoven, Schubert and Wagner. When he could afford to buy a ticket he went to the opera or to a concert. He was convinced that music was his life.

The ten years between 1846 and 1856 were years of frustrations and disappointments. He had left the Thun family, hoping to further his career as a piano virtuoso or composer. He could barely make a living. He was a pianist and didn't even own a piano. He practiced on a friend's piano. He opened up a music school, and most of his pupils were young ladies from wealthy families. August 27, 1849, he married Kateřina Kolářová, a music teacher. Three children were born in the years that followed and Smetana was a happy, married man, living for his family and music. Liszt was one of his best friends and came to his home often to visit. Smetana became court pianist for Emperor Ferdinand who had abdicated the throne in 1848, and lived in Prague. He played for the former Emperor's amusement and tolerated the boring sessions for the fee only.

Smetana's two daughters died and out of his grief came the inspiration to compose pieces that became some of his best. He could not get his music published. The number of pupils increased and his school was making money, but Bedřich continued to be depressed. Although he had won a reputation as being a fine pianist, it was impossible to forge ahead. There was no opening for Czech modern music. The Czechs had become used to hearing the German music and the Italian operas.

October 11, 1856, Smetana left his wife and daughter and traveled to Sweden, hoping to find recognition as a piano virtuoso or orchestra conductor. His first recital on October 23rd was well attended and other recitals followed. Then he opened up a school of music in Goteborg, and was soon able to provide for himself and send money home to his wife. He increased his income by becoming Conductor of the Classical Choral Music Society.

He made two trips back to Prague. The first was to attend his father's funeral, and the second to get his wife and daughter. Kateřina was his loving domestic partner, but he also had a mistress, a Frojda Benecke, who had a husband. The climate in Sweden did not agree with his wife. They left Goteborg and returned home where Kateřina died. His mother-in-law took the little girl to bring up.

Three months after Kateřina died, Bedřich married again. He married a nineteen-year-old girl, Betty Ferdinandí, who spoke several languages, had a good voice but was not musically inclined. At first she thought that Smetana was too old for her. She considered him a mature friend of her family. They lived in Goteborg where he had reopened his music school. Betty was a loving wife and easy to get along with, but he still kept seeing his mistress.

He stayed in Sweden about five years. He felt sad that he had to live away from home. Sweden gave him little recognition. He had had the honor of playing before the King of Sweden and family, and was recognized as a popular conductor. Most of his work still remained unpublished.

After an unsuccessful concert tour of Germany and Holland, he returned to Prague. At Amsterdam he had presented a concert of Beethoven's C minor concerto and Liszt's six Hungarian Rhapsodies.

He received thundering applause, and was presented with sixty gulden, also a diploma making him an honorary member of the Amsterdam Music Society.

Once more back in Prague, he expected that the city would be ready to accept his Czech music. He planned a concert with great enthusiasm, but it was poorly attended and lost money. He felt that he had a mission in life. It was to establish music, but it must be in the Czech language and spirit. There was no Symphony Orchestra in Prague at the time and therefore no concerts. He was president of the musical section of the Umělecká Beseda (Society of Arts). He opened up his music school again, and might have made a go of it if he had better business sense. He did not charge enough for lessons.

The Sokol Organization was founded in 1862, and the concept of a healthy mind and body beautiful

became almost a religion. To be a good Czech, Sokol discipline was required. When Smetana needed more voices for his chorus, he got them from the Sokols and churches. The rehearsals took place at his school of music. Gradually he began to gain public support. He organized Czech concerts which were sponsored by the Umělecká Beseda (Society of Arts). His efforts established a beginning and assured a future for Czech music.

Smetana's first opera, "The Brandenburgers in Bohemia" was based on a true part of Bohemian history. Otto Brandenburg had made an agreement with the Hapsburgs which gave him power over Bohemia for five years. It was a reign of terror and bloodshed. There was famine in the land, and the Czechs finally realized that they had to save themselves. The opera ended with the chorus singing joyfully in memory of the victorious men who fought against the Brandenburgers. The opera was a success in Prague. Its patriotic plot appealed to the people, the chorus music pleasing, and not even the Germans dared to criticize it.

One reason why Smetana wrote "Prodaná Nevěsta" (Bartered Bride) was to prove that Czechs could compose music as well as Germans. But he was certainly born under an unlucky star. Nothing seemed to come easy. It was always the wrong time or the wrong plot. The Bartered Bride was based on village life such as Božena Němcová wrote about in her poems and novels, describing the folkways and dances of the people. This theme did not please the people. They were used to seeing aristocratic people on the stage, not peasants.

In time the people began to respond to the colorful village scenes, how true love wins out in the end, and the gay music. It became Smetana's best loved opera, and he lived to see it performed one hundred and seventeen times.

Smetana's first tragic opera was "Dalibor," the story of a mythical knight, who was imprisoned in Daliborka Tower near Hradčany. He played the violin so beautifully that people came from miles around to hear him. He was tortured on the rack and executed for inciting the natives to rebel against royal injustices. Performances of the opera so steeped in national imagery failed to stir the people. There was a malicious slander movement against it. Smetana had enemies, for he was trying to force Czech music into Prague, which had known only German and French music. Jan Nepomuk Mayr, conductor of the Provincial Theatre, did not give Czech or Slavonic music a chance. The orchestra had only about twenty-four musicians and the chorus had sixteen singers. When Smetana became conductor of the orchestra, he was again opposed. His critics said that he leaned toward Wagnerism, and his method of staging performances was all wrong. In spite of all the criticism against him, some inner force drove him on. He really believed that the time would come when the Austrians and the Czechs would live together in peace and harmony.

He had this in mind when he worked on his opera, "Libuše," the symphonic poem, glorifying Prague. One can imagine the Czech chieftain's wise and beautiful

daughter, Libuše who became queen and lived in a castle on Vyšehrad, in the powerful theme on the oboe, it is followed by her husband Přemysl's portrayal, a proud melody on horns which demonstrated his noble character.

The opera was to be given as an important performance at the time of Franz Josef's coronation in Prague. He was to be crowned the King of Bohemia. He refused to accept the crown. The Hapsburgs did not want to see the Kingdom of Bohemia reestablished. The Czechs considered this an affront.

Smetana would not have "Libuše" performed at the Provincial Theatre and held it back, possibly for first showing at the National Theatre which was in the process of being built. His next opera was "The Two Widows," completed November 13, 1873. He was in such need of money that a premiere of the opera was given at the Provincial Theatre. It was well received and Smetana was given a silver baton and a silver laurel wreath, and the money that the opera brought in. Jan Neruda praised the opera, gave it a good review in the Czech newspaper. He called it the work of a genius who was showing the way Czech music must go. But Smetana was again ridiculed and pointed out as a Wagner disciple. His enemies said that he showed Teutonic influences in his music and his style was not individualistic.

Smetana began to work on "Má Vlast" (My Country) in 1874. He worked on it through the years he was no longer conducting the orchestra at Provincial Theatre. It is a six movement symphony about the Bohemian forests, its valleys, streams and people. In it, Smetana tried to depict the scenes of beautiful Bohemia with its highlands, River Vltava, and lovely forests. It has remained one of Smetana's best known pieces of work.

It wasn't his enemies that forced his resignation as Conductor. He had become deaf. He did have the pleasure of being at the opening of the National Theatre. A performance of "Libuše" was given and it was a gala occasion, attended by the Crown Prince Rudolph of Austria and Princess Stephanie of Belgium who was to be his bride. Smetana did not even have the price of a ticket and just wandered in. It was pitiful to watch him following the movements of the musicians as they played their instruments.

During an intermission Smetana was taken to the royal box and presented to the royal couple. The Crown Prince Rudolph embraced him and showed compassion for the musician who could no longer hear music. But it was not until the royal couple had left the theatre that the audience gave Smetana a great ovation.

Smetana created many songs for the piano, eight operas, symphonies, orchestral work, chamber music pieces, choral works. His symphony "Má Vlast" (My Country) established him as a mature, original composer of orchestral music, and his opera "Prodaná Nevěsta" (Bartered Bride) became world known.

The careers of Antonín Dvořák and Bedřich Smetana followed different courses. The younger Dvořák came into the musical world after Smetana had forged a way for Czech music, and had suffered poverty and little recognition in his lifetime. Dvořák went out into the

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UNITED STATES GYMNASTICS FEDERATION

REPORTS BY A.S.O. REPRESENTATIVE
NORMA ZABKA

[Excerpts from Executive Committee Meeting]

National Women's Committee. The committee has jurisdiction over the organization of women's gymnastics below the national championship level. The committee has recommended a realignment of the USGF membership fee to \$35.00 for the professional member to aid in the expansion of the USGF Medals program. The committee has recommended a change in the registration period. The committee has also revised the Rules and Policies book for the USGF Women's Program. The committee has distributed a Judges Evaluation to the Elite Coaches. **The new compulsory exercises are almost completed and shall be finalized in June of 1985.**

The Women's International Program committee accepted the qualification system to the USA Championship to include the six members of the World Championships team and the top twelve performers from each of the national competitions to the Championships. The committee recommended that at the USA Championships the compulsory exercises count 60% and the optional exercises 40% to determine the National Team and qualification to the final Olympic Trials.

Dr. A. Schmid reported the results of the Rhythmic World Championships. The USA had difficulty in their performances and judging. The scores escalated between sessions and the draw for the team was not good. The training and selection of members for the group team was not good. The USA needs much more international experience to be competitive.

The International Invitational was the largest and most successful event in Rhythmic Gymnastic this year.

Indianapolis shall be hosting the 1984 USGF Coaches Congress.

Dr. Gerald George presented a report of the advisory Education Committee. New posters have been developed for a series on gymnastics safety and education. The new manual is on schedule, the safety certification program is being developed, and possible grants for research are being sought. The national and regional workshop for safety and education are being developed. And new projects include a video instructional series, for all level programs. The members discussed the responsibility of the USGF to develop a Safety and Educational program according to the Articles and as a need to the gymnastics community.

Mr. M. Jacki reported that the USGF has completed all necessary forms and applications for USOC funds and programs.

The LAOO position is somewhat awkward. The USGF is only in an advisory capacity for the events to be conducted. The job of the LAOOC is to "coordinate, run, and administer the Olympic Games".

The members had numerous questions concerning the availability of tickets (gymnastics was the first event to be sold out). The application for volunteers (the LAOOC is using local people only), and the credentialing of the USA delegation. Mr. Jacki was instructed to contact the FIG and USOC concerning the credentialing of the proper number of delegates to the competitions. The members were concerned because of the lack of positions available for coaches and pianists for the competitions.

Olympic Teams: "The final team selection for the Olympic Games will be 30% from the USA Championships, and 70% from the Final Team Trials."

THE TSUKAHARA VAULT for Championship Jr. Girls or Women

This article is not intended to analyse the Tsukahara technique in great detail. The diagrams speak for themselves. Certain characteristic positions are shown, as for instance, foot take off, hand touch, hand release, etc. In the second flight characteristic, movements for the $1\frac{1}{2}$ rotation backwards are shown.

TECHNIQUE:

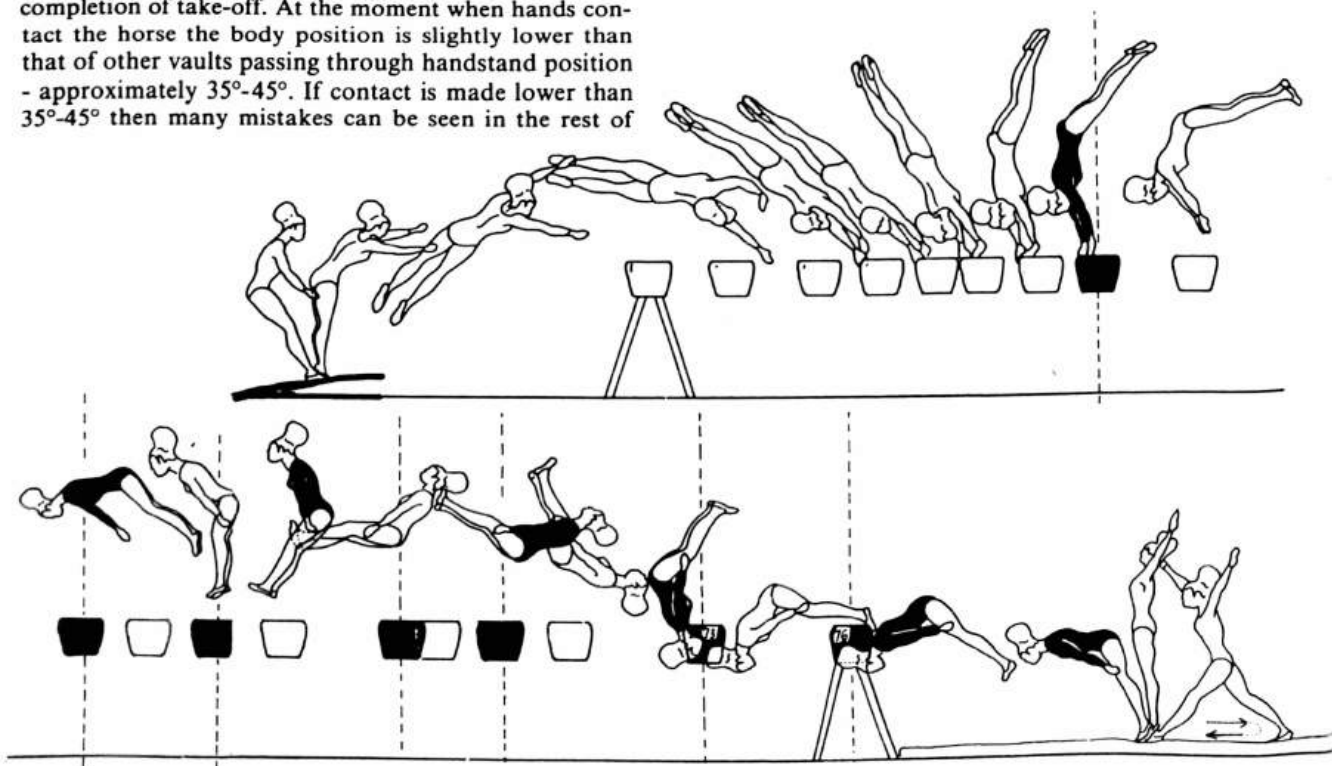
During the run the competitor must reach maximum speed. The turn over the long axis begins shortly before completion of take-off. At the moment when hands contact the horse the body position is slightly lower than that of other vaults passing through handstand position - approximately 35° - 45° . If contact is made lower than 35° - 45° then many mistakes can be seen in the rest of

the vault. In preflight the gymnast must finish more than a 90° turn.

Hand contact is alternate, but the time between hand placement must be as short as possible. For the next part of the vault it is necessary to have good hand push-off and at this point the gymnast must finish the turn to 180° .

Immediately after releasing the horse the gymnast must pike or tuck depending on technique preferred and grasp the knee or thigh.

During the second flight the head is back and the body rotates and descends, but when the head reaches horse level again the body must start to extend and prepare for landing. This extension reduces speed and gives greater control for landing.



SPOTTING THOUGHTS

by HARDY FINK

Courtesy Gym News

With the recent popularity and availability of such things as crash pads the emphasis on effective spotting has been reduced. Top spotters are, now, often even more scarce than top gymnasts and are in danger of becoming scarcer yet. Nevertheless, good spotting is still essential to the development of good gymnastics and for the prevention of injuries.

There are, basically, two types of spotting: assistive spotting and protective spotting. Assistive spotting refers to the art of helping the gymnast to successfully complete a particular movement - hopefully in such a way that the gymnast will "feel" the movement (thus the occasional name of kinesthetic spotting). Protective

spotting, of course, refers to preventing a gymnast from sustaining a serious injury during a fall or some other accident.

Each type of spotting requires certain attributes and certain knowledge on the part of the spotter in order for him to be effective. Since a spotter must be capable of both types of spotting he must have all of the attributes necessary to each. The spotter must be reasonably courageous by not fearing injury to himself: he must have quick reflexes, a desire to help and must be thoroughly familiar with any special spotting apparatus he may be using, with the movement or the routine he is spotting and with some specialized information from the sport sciences. In addition to this the spotter, ideally, should know the performer and his reactions well and must, for the safety of the gymnast know and admit to his own limitations. It is obvious, then that

spotting is no hazard thing, but is a skilled activity just as is gymnastics and requires considerable learning, practice and experience.

One of the responsibilities of a spotter is to keep himself safe. He need not catch a falling gymnast and thereby risk injury, he need only break the fall in such a way as to prevent serious injury to the gymnast; most frequently be preventing the head from hitting the floor. In both types of spotting he must place his limbs in such a way as to prevent them from being broken across the apparatus or injured in some other way. An occasional injury to a spotter is inevitable but the incidence and severity can be much reduced by common sense.

It is unknown to many that effective spotting requires some basic knowledge from the sport sciences. The spotter must know, for instance where the center of gravity of a gymnast is located and how the location of the center of gravity changes as the relationship of various body parts changes. He should also know that the center of gravity of a female is located somewhat lower (about 1) in the body than it is in the male. Any force applied directly through the center of gravity will cause the entire body to move in the direction of the force. An eccentric force - a force applied away from the center of gravity - will cause or modify rotation as well. A force applied at the wrong place can increase the risk of injury during a fall or prevent the gymnast from even approximately "feeling" a movement during assistive spotting.

An understanding of other aspects of biomechanics will allow the spotter to analyze a movement and thereby predict where the greatest force and therefore, greatest danger of a fall is likely to be. For instance the greatest pull on the hands during a giant swing is right at the bottom (not at 45 degrees as is often suggested) and a fall is most likely to occur just after this. In assistive spotting the spotter should know, from analysis, where, when and how external forces are most effectively applied for the successful completion of the stunt.

During assistive spotting the hands of the spotter are often in contact with the performer throughout the movement. It is important to know that the location of the spotter's hands may facilitate or inhibit the desired movement pattern. For instance stimulation of the skin over a muscle excites that muscle (meaning that it will tend to contract) while stimulation of a non-muscular area excites only extensor muscles. Furthermore, pressure over the belly of a muscle evokes a reflex contraction of that muscle. The spotter's hands should, therefore, not be placed in such a way as to elicit undesirable reflexes. A common example is the grasping of the performer's biceps during parallel bar work which may elicit an undesirable arm flexion, especially in beginners. Such reflexes are most likely to appear under conditions of stress or fatigue.

When an injury does occur - and it does - the spotter must have basic knowledge of athletic injuries and their treatment. There is no excuse for a coach (who is usually also the spotter) not to have any familiarity with basic first aid practices and not to have some basic diagnostic ability.

In order to be effective, it is the responsibility of the spotter to know what the gymnast is planning to do. He must also be aware of adverse effects, if any, his assistance may have - especially on the technically correct execution of a movement. If assistance of some kind proves to be necessary it is essential, in many instances, that the assistance be continued to the end of the movement. All too often a gymnast, with help, successfully completes a movement only to find himself in an undesirable position just as the spotter lets him go.

The purpose of spotting is to get confidence and, therefore, the spotter must be both confident and competent as, often a gymnast will only attempt a movement because of his faith in his spotter's ability. There is no faster way to lose a gymnast's confidence in you - and, possibly, in himself - than to be dropped unnecessarily. The spotter, however, must be aware of an impending overdependence on him and, occasionally, the opposite. Most gymnasts are accurate in the diagnosis of their ability and their opinion as to whether or not a spotter is required should be respected. Nevertheless, there are times when a gymnast must be weaned of a spotter or, conversely, when the coach must insist on spotting. These instances depend on many variables and must be diagnosed separately. Certainly, a thorough knowledge of the gymnast's ability and his possible reactions is necessary. A knowledge of some sport psychology would do no harm. A final responsibility of a spotter is to teach others, especially his gymnasts, how to spot. This is an essential part of developing the gymnast as a future coach and will be an indispensable part of their future careers.

NATURE OF PHYSICAL EDUCATION

The great Greek philosopher and scientist, Aristotle, once said, "He who thus consider things in their first growth and origin, whether a state or anything else, will obtain the clearer view of them." Let us review briefly, then, the historical concepts of physical education.

PRIMITIVE PEOPLES

In primitive times, the different types or categories of physical activity we know today were all in evidence. They have been present in all subsequent societies, although the emphasis has fluctuated, depending on the kind of society and culture prevailing.

Primitive man received most of his exercise through the ordinary daily pursuits that were necessary for him to earn a livelihood. The play of children was in large part an imitation to those adult activities. The primitives, however, did not limit their play and exercise to labors alone, or to the imitative, spontaneous, and often creative play of children. They engaged in activities of a warlike nature, and in times of peace practiced these skills as recreational pastimes.

The one activity that held first place among the primitives, both in esteem and in practice, was dance. The dance was interwoven with all phases of the primitive's life. It was used to placate the gods in propitiation for

wrongs done and in thanksgiving for divine assistance. The dancers imitated in pantomime fashion not only their own pursuits, such as the hunt or chase and war, but also the animals and forces of nature, such as the bear, buffalo, snake, rain, and fire. Most of these dances were religious ceremonies in origin, as were many of the primitive's games. Other games and sports were at one time useful and practical pursuits. No longer possessing utilitarian value, they have survived as vestigial activities to be engaged in for recreation.

THE ANCIENT GREEKS

Without a doubt, the ancient Greeks placed more emphasis on the educational side of exercise than any society previous to them. At the height of Greek civilization, we find two basic types of physical education—one exemplified by the Athenians, the other by the Spartans. Although both Athenians and Spartans engaged in many of the same activities and accepted the educational importance of exercise, there were radical differences in emphasis.

The Athenian ideal was one of harmony. The Athenians attempted to blend all aspects of life into a harmonious whole. The central theme in art, sculpture, religion, music, dance, sports, and so on, was the harmonious mean. Moderation in all things characterized their philosophy. The aim of education was to develop the mental, aesthetic, moral, and physical abilities of man to enable him to better serve the state. No one aspect was emphasized to the exclusion of another. The idea of individual freedom encouraged each one to achieve individual excellence. Physical education ("gymnastics") enjoyed a favored place in Athenian education. There were special teachers of gymnastics, and each of the gymnasiums had a supervising official called a "gymnasiarch." The Athenians exercised and played for the sheer enjoyment it afforded them. They admired the body beautiful, and actively strove to cultivate it.

The Spartans were motivated and conditioned by a strong spirit of militarism. Every phase of the Spartan's life was geared to the fulfillment of this purpose. The state exercised dictatorial control over the lives of the people. The physical exercises were all designed to develop strong, sturdy bodies capable of withstanding the rigors of military life. Every boy went through vigorous foraging and woodcraft training, living in barracks and undergoing tremendous physical hardships. Each was compelled to spend the greatest part of his young life preparing for the army; once he attained manhood, he served in the army as long as he could be of value, and he was always subject to call to duty.

To the Greeks we owe a debt of gratitude for the idea and ideals of the Olympic Games. They originated the ancient Olympics in 776 B.C. and sponsored them every four years until they were discontinued in A.D. 394 by Emperor Theodosius because professionalism and corrupt practices tended to dominate the attitude of the participants and spectators. The modern games were revived in 1896 under the leadership of Baron Pierre de Coubertin (1863-1937), and it was fitting that the first of the modern games were staged in Athens, Greece, with 285 competing athletes from 13 different nations in attendance. The Games proved to be an

important factor in Greek culture and were a gigantic spectacle then, even as they are now.

THE ROMANS

The Romans were greatly influenced by much of the Greek culture, but they never completely accepted the ideals of Greek physical education. Like the Spartans, the Romans were principally a militaristic nation. Military games and exercises took precedence over the development of the well-rounded man. Whereas the Greeks were a nation of participants, the Romans were a nation of spectators. Gladiatorial games and professional exhibitions occupied a prominent place, to the exclusion of other sporting contests.

THE MIDDLE AGES

As the Roman Empire began its decline, there arose the Christian concept of life that was to dominate Western civilization for many centuries. Roman physical education activities had become so prostituted and debased that the early Christian Fathers could see no recourse except to abolish and suspend them.

The Roman world eventually fell prey in A.D. 476 to invading barbarians from the North who had a low standard of culture. Many centuries were required to overcome the disastrous consequences of these invasions. Education and learning received a severe setback, and only the prodigious effort of the medieval monks preserved what little knowledge was saved. If education was retarded during the early medieval period, the development of physical education was far more effectively delayed. Men everywhere looked for solace and comfort in things of the spirit. The philosophy of asceticism debasement of the body for elevation of the soul, developed during the Dark Ages because people saw no hope for personal comfort or satisfaction in the rugged struggle for existence, so looked to life after death for attainment of these goals. Obviously, such a view detracted from the development of physical education.

Recreational or play activities approved by the Church were impregnated with a strong religious motive and included such items as appreciation of sacred art, architecture, and music. Religious festivals, especially those occurring on the great feast days of the Church, were often elaborate affairs, and welded the entire population into a uniform attitude of prayer and reverence. They also offered the people a certain amount of recreation.

Toward the close of medieval times, the practice of chivalry provided the nobility with a system of education that included a period of vigorous physical training. The aim of chivalric education was to train the youths to be strong in character and in body in order to defend their holy religion. Jousts and tournaments, which were individual and group contests between the knights, were gala affairs and approached modern sporting spectacles in glamour and magnitude. As the medieval era drew to a close, the invention of more modern weapons and methods of warfare rendered further development of education for knighthood ineffectual. The jousts and tournaments remained for a time, but eventually their brutal and bloody features were no longer endorsed by the populace.

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1984

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By-Laws Chmn., Joseph Kovar, 31100 Hennepin, Garden City, MI 48135.

CENTRAL DISTRICT, BROOKFIELD, ILL.

Mtgs., 4th Wed., Sokol Brookfield, 3909 Prairie Ave., Brookfield, IL 60513. Pres., George Vytlačil, 12515 Harold Ave., Palos Hts., IL 60463. Sec., Nancy Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534. Fin. Sec., June Pros, 1606 East Ave., Berwyn, IL 60402. Dir. of Women, EllenJeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. Dir. of Men, John Satek, 5310 W. 24th St., Cicero, IL 60650.

EASTERN DISTRICT, LITTLE FERRY, NEW JERSEY

Mtgs., 4th Monday, Sokol Little Ferry, 14 Garden St., Little Ferry, NJ 07643. Pres., Frank Capek, 40 Williams St., Apt. D11, Little Ferry, NJ 07643. Sec., Lynne K. Gadaleta, 74 Paroubek St., Little Ferry, NJ 07643. Fin. Sec., Frank Donovan, 279 Liberty St., Little Ferry, NJ 07643. Dir. of Men, Steve Frolo, 1373 - 1st Ave., NY, NY 10021.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Mtgs., 4th Wed., Bohemian National Hall, 4939 Broadway Ave., Cleveland, OH 44127. Pres. Robert Jirousek, 18424 Chagrin Blvd., Shaker Hts., OH 44122. Sec., Rose Psenicka, 3696 Rocky River Dr., Cleveland, OH 44111. Dir. of Men, Roger Martanovic, 42 Santin Circle, Bedford, OH 44146. Dir. of Women, Maryann La Vere, 18605 Hillcrest, Livonia, MI 48152. Educ. Dir., Elsie Khol, 30625 Woodall Rd., Solon, OH 44139.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Meetings held quarterly at different units. Pres., Louise Nekuda, 2653 Hartland Cir., Westlake Village, CA 91361. Sec., Florence Palas, 7823 Steward & Gray Rd., Downey, CA 90241. Fin. Sec., Libuse Pelc, 1330 N. Lima St., Burbank, CA 91505. Dir. of Men, Jiri Liska, 550 S. Beverly Glen Blvd., Los Angeles, CA 90024. Dir. of Women, Libuse Pelc, 1330 N. Lima St., Burbank, CA 91505. Educ. Dir., Jiri Liska, 550 S. Beverly Glen Blvd., Los Angeles, CA 90024.

SOUTHERN DISTRICT, DALLAS, TEXAS

Meetings rotated, Dallas, Ennis, Fort Worth and West - 4th Thursday. Pres., Ben Maca, 6551 Cliffbrook Dr., Dallas, TX 75240. Sec., Becky Snodgrass, P.O. 576, Ennis, TX 75119. Fin. Sec., Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651. Dir. of Men, Larry Lanovsky, Rt. 1, Ennis TX 75119. Dir. of Women, Sylvia Laznovsky, Rt. 1, Ennis, TX 75119. Educ. Dir., Oldrich Parma, 6418 Maple Ave., Dallas, TX 75235.

WESTERN DISTRICT, OMAHA, NEBRASKA

As determined at the Annual and Semi-annual meeting. Sunday morning 9:30 a.m. Sokol Omaha, 2234 S. 13th St., Omaha, NE 68108. Pres., Gary Masek, 13044 Sky Park Dr., Omaha, NE 68137. Sec., Georgia Walter, 607 Lincoln St., Box 127, Dorchester, NE 68343. Dir. of Men, Vojmir (Bud) Benak, 5919 S. 15th St., Omaha, NE 68107. Dir. of Women, Jolene Dalton, 5240 S. 23rd St., Omaha, NE 68107. Educ. Dir., Bob Vanyo, 446 Bay St., St. Paul, MN 55102.

DIRECTORY OF UNITS

SOKOL CESKA SIN - Unit-at-Large, Mtgs., second Sunday of every month, Ceska Sin, 4314 Clark Ave., Cleveland, OH 44102. Pres., Ron Cherek, 27600 Chardon Rd., No. 774, Willoughby Hills, OH 44092. Sec., Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Treas., George Spilker, 6938 Brookside Rd., Independence, OH 44131. Dir. of Men, Don Kotlan, 1451 Wagar Ave., Lake-

wood, OH 44107. Dir. of Women, Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Educ. Dir., Carol Siekaniec, 3801 Buechner Ave., Cleveland, OH 44109.

CENTRAL DISTRICT, BROOKFIELD, ILLINOIS

Sokol Berwyn, Illinois - Mtgs. 2nd Thursday, Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. Pres.,

Sharon Somolik, 4004 S. Grove Ave., Berwyn, IL 60402. Rec. Sec., Marie Knez, 6513 W. 27th Pl., Berwyn, IL 60402. Corr. Sec., EllenJeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. Fin. Sec., Anne Dusek, 256 W. Butterfield Rd., Elmhurst, IL 60126. Dir. of Men, Jerry Somolik, 4004 S. Grove Ave., Berwyn, IL 60402. Dir. of Women, Eva Balas, 2844 S. Millard Ave., Chicago,

IL 60623. Educ. Dir., EllenJeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402.

Sokol Brookfield, Illinois - Mtgs., 1st Wednesday, Sokol Brookfield, 3909 Prairie Ave., Brookfield, IL 60513. Pres., Robert Michalek, 9103 W. Sherman, Brookfield, IL 60513. Sec., Doris E. Barda, 3436 Arden Ave., Brookfield, IL 60513. Fin. Sec., Frank Ludicky, 1013 Community Dr., LaGrange Park, IL 60525. Dir. of Men, Robert Orsula, 9916 W. 58th St., Apt. C4, Countryside, IL 60525. Dir. of Women, Sue Kozelka, 4230 Raymond Ave., Brookfield, IL 60513. Educ. Dir., Mildred Bouda, 315 May Ave., Glen Ellyn, IL 60137.

Sokol Cechie, Chicago, Illinois - Mtgs., 1st Sunday of March, June, September, December, at Cafe Europe, Cicero, IL 60650. Pres., Otto Glasser, 587 E. Parkway Rd., Riverside, IL 60546. Sec., Roselyn J. Bergman, 2141 Ridge Ave., Evanston, IL 60201. Co-Educ. Dir., Anne L. Glasser, 587 E. Parkway Rd., Riverside, IL 60546, and Stella Tichy, 2141 Ridge Ave., Evanston, IL 60201.

Sokol Chicago, Illinois - Mtgs., 3rd Monday, Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. Pres., Stanley Barcal, 2437 S. Harvey Ave., Berwyn, IL 60402. Sec., Charles Zdenek, 9709 S. Mason Ave., Oak Lawn, IL 60453. Fin. Sec., Robert Barcal, 1522 S. 58th Ct., Cicero, IL 60650. Educ. Dir., Stanley Barcal, 2437 S. Harvey Ave., Berwyn, IL 60402.

Sokol Fuegner, Chicago, Illinois - Mtgs., 3rd Friday, Sokol Club, 10756 Green Bay Ave., Chicago, IL 60617. Pres., Larry Mroczkowski, 10338 Ave. "O", Chicago, IL 60617. Sec., Oscar G. Vickers, 9735 Ave. "J", Chicago, IL 60617. Fin. Sec., Curt Snowdy, 10717 Ave. "J", Chicago, IL 60617.

Sokol Havlicek-Tyrs, Chicago, Illinois - Mtgs., 4th Monday at Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. Pres., Anna Basta, 2629 Maple Ave., Brookfield, IL 60513. Sec., Louise Kmen, 2520 S. Harding Ave., Chicago, IL 60623. Fin. Sec., (Men) Vaclav Zenisek, 3142 S. Highland Ave., Berwyn, IL 60402. (Women) Louise Hladik, 5511 W. 23rd Pl.,

Cicero, IL 60650. Educ. Dir., Rose Sramek, 3307 S. Cuyler Ave., Berwyn, IL 60402.

Sokol Milwaukee, Wisconsin - Mtgs., 1st Sunday or Thursday of each month at various locations. Pres., Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Sec., Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Fin. Sec., Charles Richter, 5459 N. 38th St., Milwaukee, WI 53209. Dir. of Men, Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Educ. Dir., John Erd, P.O. Box 262, Eagle, WI 53119.

Sokolice Milwaukee, Wisconsin - Mtgs., Dec., Jan., Feb., Mar., 1st Sunday, National Savings & Loan, 3670 S. Moorland Rd., New Berlin, WI 53151. Apr., May, June, Sept., Oct., Nov., 1st Thursday, International Institute, 2810 W. Highland Blvd., Milwaukee, WI 53208. Pres., Gerlinde Shannon, 6159 W. Coldspring Rd., Apt. 102, Greenfield, WI 53220. Sec., Alice Haertlein, 7333 W. Medford Ave., Milwaukee, WI 53218. Fin. Sec., Helen Pilger, 2974 N. 45th Str., Milwaukee, WI 53210. Dir. of Women, Emily Falarsh, 365 N. Honey Creek Pkwy., Wauwatosa, WI 53213.

Sokol and Sokolice Racine, Wisconsin - Mtgs., March, June, Sept., and Dec., dates uncertain, Racine Labor Center. Pres., Elsie Kaplan, 6453 Middle Rd., Racine, WI 53402. Sec., Steve J. Mostenan, 7914 - 20th Ave., Kenosha, WI 53140. Fin. Sec., Lois Nikl, 900 Romaine Ave., Racine, WI 53402.

Sokol Slavsky, Berwyn, Illinois - Mtgs., 1st Wednesday, Piper School, P.O. Box 453, Berwyn, IL 60402. Pres., John Satek, 5310 W. 24th St., Cicero, IL 60650. Sec., Linda Modes, 6018 W. 35th St., Cicero, IL 60650. Fin. Sec., Agnes Drozd, 1611 S. 57th Ct., Cicero, IL 60650. Educ. Dir., Libbie Krivanek 392 Nuttall Rd., Riverside, IL 60546.

Sokol and Sokolice St. Louis, Missouri - Mtgs., 4th Monday, American-Czech Educational Center, 4690 Lansdowne, Ave., St. Louis, MO 63116. Pres., Ted Stanley, 6420 Bishops Pl., St. Louis, MO 63109. Sec., Jean V. Stanley, 6420 Bishops Pl., St. Louis, MO 63109. Fin. Sec., Lawrence Ryll,

3709 S. Spring, St. Louis, MO 63116. Dir. of Men, Paul Lat, 9246 Lawn-dale St., St. Louis, MO 63126. Dir. of Women, Debra Sindelar, Rt. 1, St. Clair, MO 63077. Educ. Dir., William Shana, 9145 Desmond Dr., St. Louis, MO 63126.

Sokol Stickney, Illinois - Mtgs., 1st Wednesday, Sokol Stickney, 4131 S. Home Ave., Stickney, IL 60402. Pres., Charles Borvansky, 4542 Hawthorne, Lyons IL 60534. Sec., Karen Jarchow, 8157 Ogden Ave., No. 5, Lyons, IL 60534. Fin. Sec., Patty Palkovic, 4138 S. Home Ave., Stickney, IL 60402. Dir. of Men, David Harlan, 6516 Howard, Indian Head Park, IL 60525. Dir. of Women, Karen Jarchow, 8157 Ogden Ave., No. 5, Lyons, IL 60534.

Sokol Tabor, Berwyn, Illinois - Mtgs., 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres., Joseph Moravec, Jr., 1346 S. Kenilworth, Berwyn, IL 60402. Sec., Michael Kulhanek, 1105, S. Oak Park Ave., Oak Park, IL 60304. Fin. Sec., Len Navratil, 8609 W. 144th Pl., Orland Park, IL 60462. Dir. of Men, Ed Linhart, Sr., 1820 Ridgeland Ave., Berwyn, IL 60402. Educ. Dir., Joseph Moravec, Sr., 1346 S. Kenilworth, Berwyn, IL 60402.

Sokolice Tabor, Berwyn, Illinois - Mtgs., 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres., Joyce Kress, 1824 Wesley Ave., Berwyn, IL 60402. Sec., Mildred Homolka, 2513 S. 60th Ct., Cicero, IL 60650. Fin. Sec., Rose Votava, 3216 Lombard Ave., Berwyn, IL 60402. Dir. of Women, Jan Kalat, 1646 Clinton Ave., Berwyn, IL 60402. Educ. Dir., Blanche Kos, 1530 Marengo Ave., Forest Park, IL 60130.

Sokol Town of Lake, Chicago, Illinois - Mtgs. 2nd Wednesday, Jan., Mar., June, Sept., Nov., at T. G. Masaryk School, 5701 W. 22nd Pl., Cicero, IL 60650, May and Dec., (Dinner meetings) at various restaurants. Pres., George Vytlačil, 12515 S. Harold, Palos Heights, IL 60463. Sec., Mildred Mentzer, 11358 S. Hamlin Ave., Chicago, IL 60655. Fin. Sec., Blanche Cihak, 19 Lakeview Ct., Clarendon Hills, IL 60514. Educ. Dir., Anton Smunt, 5342 S. Fairfield, Chicago, IL 60632.

Sokol West Suburban, Downers Grove, Illinois - Mtgs., 1st Monday, at different members' homes. P.O. Box 181, Downers Grove, IL 60515. Pres., Dr. Frank H. Michalek, 10 S. 020 Lorraine Dr., Hinsdale, IL 60521. Sec., Mildred M. Bruno, 307 W. Naperville Rd., Westmont, IL 60559. Dir. of Men, Daniel Michalek, 23 W. McCreey Ave., Glen Ellyn, IL 60137. Dir. of Women, Janet Pistorius, 342 Naperville Rd., Westmont, IL 60559.

EASTERN DISTRICT, LITTLE FERRY, NEW JERSEY

(*)**Sokol Baltimore, Maryland** - Mtgs., 2nd Sunday, American Sokol Center, 2931 E. Madison St., Baltimore, MD 21205. Pres., Thomas Manning, 502 S. North Point Rd., Baltimore, MD 21224. Rec. Sec., Mary Albrecht, 43 Dendron Ct., Baltimore, MD 21234. Corr. Sec., Betty Joy Kilian, 3068 Mayfield Ave., Baltimore, MD 21213. Fin. Sec., Mary Parizek, 8236 Northview Rd., Baltimore, MD 21222. Dir. of Men, John Cervin, 3523 Clifftmont Ave., Baltimore, MD 21213.

Sokol Belcamp, Maryland - Mtgs., 2nd Sunday, at the Bayou Restaurant. Pres., Frank Novak, 241 Graceford Dr., Aberdeen, MD 21001. Sec., Edward C. Kotras, 2905 Creswell Rd., Bel Air, MD 21014.

Sokol Curtis Bay, Maryland - Mtgs., 3rd Wednesday, at residence of Blanche Guilfooy, 4807 Pennington Ave., Baltimore, MD 21226. Pres., Frances Simon, 3549 - 3rd Street, Baltimore, MD 21225. Sec., Helen Henne, 206 Tenth Ave., Baltimore, MD 21225. Fin. Sec., Edward Henne, 206 Tenth Ave., Baltimore, MD 21225.

Sokol Fuegner, L.I.C., New York - Mtgs., 4th Tuesday, Bohemian Hall, 29-19 24th Ave., L.I.C. City, NY 11102. Pres., James Segoto, 33-33 Jordan St., Flushing, NY, 11358. Sec., Virginia Belsan, 41-35 49th St., Sunnyside, NY 11104. Fin. Sec., Jane Cerny, 26 Middleton Rd., Garden City, NY 11530.

Sokol Little Ferry, N.J. - Mtgs., 2nd Mon., Sokol, 14 Garden St., Little Ferry, NJ 07643. Pres., John F. Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. Sec., Richard J. Novotny, 16 Griswold Pl., Glen

Rock, NJ 07452. Fin. Sec., Jerry Komarek, 101 Mehrhof Rd., Little Ferry, NJ 07643. Dir. of Men, Frank Capek, 40 William St., Apt. D11, Little Ferry, NJ 07643. Educ. Dir., Alfonse Glaser, 172 Washington Ave., Little Ferry, NJ 07643.

Sokolice Little Ferry - New Jersey - Mtgs. 4th Wednesday, except July and August, Sokol Hall, 14 Garden St., Little Ferry, NJ 07643. Pres., Melissa Bellehsen, 427 Broad Ave., Palisades Park, NJ 07650. Rec. Sec., Marge Kozich, 28 Christiana St., Little Ferry, NJ 07643. Corr. Sec., Vilma Krauer, 31 Brandt St., Little Ferry, NJ 07643. Fin. Sec., Elsie Machotka, 2317 Central Ave., Surf City, NJ 08008. Dir. of Women, Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643.

Sokol Miami, Florida - Mtgs., every Monday 12 noon, at North Miami Community Center, 123rd St. and 16th Ave., North Miami, FL 33161. Pres., Emilie Ruzicka, 1215 N.E. 128th St., North Miami, FL 33161. Sec., Freda Hruska, 3550 N.W. 8th Ave., Pompano Beach, FL 33064. Fin. Sec., Anna Valentine, 1700 N.E. 137th Terrace, North Miami, FL 33161. Co-Educ. Dir., Vlasta Hron, 1055 N.E. 126th St., North Miami, FL 33161, and Emilie Ruzicka, 1215 N.E. 128th St., North Miami, FL 33161.

Sokol Newark, New Jersey, - Mtgs., 3rd Saturday at members' homes. Pres., Frank Bartell, 646 E. Pleasant Ave., Ocean Gate, NJ 08740. Sec., Barbara Kotlan, 54 Cleremont Ave., Irvington, NJ 07111. Fin. Sec., Anna Votapek, Acacia-Manor, Apt. 8H, East Landing St., Lumberton, NJ 08048.

Sokol New York, N.Y. - Mtgs., last Thursday of each month, 420-24 East 71st St., New York, NY 10021. Pres., Vladislav Slavik, 58-03 Lawrence St., Flushing, NY 11355. Sec., Milan Vojtek, 51-60 Van Kleek St., Elmhurst, NY 11373. Fin. Sec., Mirka Jurnik, 338 E. 65th St., New York, NY 10021. Dir. of Men, Arthur DeChecchi, 322 E. 55th St., New York, NY 10022. Dir. of Women, Beatrice Cihak, 1540 York Ave., New York, NY 10028.

Sokol Philadelphia, Pennsylvania - Mtgs., 1st Wednesday - in home of

our president. Pres., Josephine Tunkl, 5836 Akron St., Philadelphia, PA 19149. Sec., Geo. B. Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Fin. Sec., Julie Kabrbel, 8211 Albien St., Philadelphia, PA 19136. Educ. Dir., Frank Hausgut, 11933 Alberta Dr., Philadelphia, PA 19154.

Sokol Schenectady, NY - Mtgs., 4th Wednesday, luncheon meetings. Pres., Thomas Zak, c/o M. Prokop, 1005 Sixth St., Schenectady, NY 12303. Sec., Mary Prokop, 1005 Sixth St., (Rotterdam), Schenectady, NY 12303. Fin. Sec., Julia Kverek, 1541 Altamont Ave., Schenectady, NY 12303.

Sokol Washington, D.C. - Mtgs., 1st Wednesday, Barton House, 2525 Barton & 10th St., Arlington, VA 22201. Pres., Jaroslav Kaspar-Paty, 7112 Camp Alger Ave., Falls Church, VA 22042. Rec. Sec., Libuse Cerny, 2802 - 27th St., N.W., Washington, D.C. 20008. Corr. Sec., Vera Arient, 7324 Lee Highway, Apt. 102, Falls Church, VA 20046. Fin. Sec., Gertrude Manhal, 1330 Massachusetts Ave., N.W., Washington, D.C. 20005. Dir. of Men, Anthony Bartos, 6067 Hollow Hill Lane, Springfield, VA 22152. Educ. Dir., Mildred Barcal, 8416 Donnybrook Lane, Chevy Chase, MD 20815.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Sokol Cleveland, Ohio - Mtgs., 1st Sunday, Sokol Cleveland Hall, 20110 Harvard Rd., Cleveland, OH 44122. Pres. Nelson Gedeon, 814 Circlewood Dr., Aurora, OH 44202. Sec., Janet Gruber, 3418 Colton Rd., Shaker Hts., OH 44122. Fin. Sec., Donald Zak, 3684 Townley Rd., Cleveland, OH 44122. Dir. of Men, Jim Reis, 537 Parker Rd., Aurora, OH 44202. Dir. of Women, MaryAnn Imburgia, 1791 -C- Rolling Hills Dr., Twinsburg, OH 44087.

Sokol Detroit, Michigan - Mtgs., 1st Thursday, Sokol Cultural Center, 23600 W. Warren, Dearborn Hts., MI 48127. Pres. Henry Siedlik, 5651 Argyle, Dearborn, MI 48126. Sec. Richard Fournier, 6590 Dolphin, Dearborn Hts., MI 48127. Dues Sec., Martin Eisenstein, 48929 N. Territorial Rd., Plymouth, MI 48170. Fin. Sec., Tony Giacchina, 30942. Fernwood, Westland, MI 48185. Dir. of

Men, Vaclav Kalivoda, 6533 Arcola, Garden City, MI 48135. Educ. Dir., Bruce Janda, 33040 Middleboro, Livonia, MI 48154.

Sokolice Detroit, Michigan - Mtgs., 1st Thursday, Sokol Cultural Center, 23600 W. Warren, Dearborn Hts., MI 48127. Pres., Jarmila Zboril, 10319 S. Morrow Cir., Dearborn, MI 48126. Sec., Anna Eisner, 2750 Emily Ave., Melvindale, MI 48122. Fin. Sec., Carolyn Sabados, 43911 Orleans Ct., Canton, MI 48187. Dir. of Women, Maryann LaVere, 18605 Hillcrest, Livonia, MI 48152. Educ. Dir., Marilyn Vihonsky, 38648 Scott, Westland, MI 48185.

Sokol Greater Cleveland, Ohio - Mtgs., 3rd Tuesday, Bohemian National Hall, 4939 Broadway, Cleveland, OH 44127. Pres., John Dusek, 8616 Brandywine Rd., Sagamore Hills, OH 44067. Sec., Shannon Markosky, 15912 Rowena Ave., Maple Hts., OH 44137. Fin. Sec., Ronald Vinci, 19053 Hunters Pointe Dr., Strongsville, OH 44136. Dir. of Men, Roger Martanovic, 42 Santin Circle, Bedford, OH 44146. Dir. of Women, Georgia Drobny, 4554 Vezber Ave., Seven Hills, OH 44131. Educ. Dir., Edwin Jirousek, Sr., 16214 Maplewood Ct., Maple Hts., OH 44137.

Sokol Moravan, Toledo, Ohio - Mtgs., 4th Monday, at members homes. Pres., Fred Bartos, 3444 St. Bernard Dr., Toledo, OH 43613. Sec., Elizabeth Penovich, 2130 Nevada St., Toledo, OH 43605. Fin. Sec., John Reisner, Jr., 2128 Maryland Pl., Northwood, OH 43619.

Sokol Rip, Pittsburgh, Pennsylvania - Mtgs., Usually every 2nd month on the 3rd Thursday at Grant Bar & Restaurant, Millvale, PA 15209. Pres. Wallace Schiffer, 2074 Fairlawn, Pittsburgh, PA 15221. Sec. Louis Simek, 220 Elizabeth Ave., E. Pittsburgh, PA 15112. Fin. Sec., James Leder, 133 Mason Dr., Glenshaw, PA 15116.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

(*)Sokol Fresno, California - Mtgs., 2nd Sunday at various members homes. Pres., Mary Falls, 8395 N. Peach, Clovis, CA 93612. Rec. Sec., Lynn Pokorny, 5333 E. Teaque, Clovis, CA 93612. Corr. Sec., Mary Jean Maslowski, 1549 W. Ellery, Fresno, CA 93705. Fin. Sec., Curtis Falls, 8395 N. Peach, Clovis, CA 93612.

Dir. of Men, Lew Duzi, 6357 E. Dolores, Fresno, CA 93705. Dir. of Women, Cheri Riddle, 113 Second St., Clovis, CA 93612. Educ. Dir., Mildred Raikup, 5575 E. Griffith, Fresno, CA 93727.

(*)Sokol Los Angeles, California - Mtgs., 3rd Monday, Sokol Hall, 500 N. Western Ave., Los Angeles, CA 90004. Pres. Jerry Spinka, 4640 Gould Ave., LaCanada, CA 91011. Sec., Eve V. Holecek, 1223 S. Santa Anita Ave., Arcadia, CA 91006. Fin. Sec., Louise Nekuda, 2653 Hartland Circle, Westlake Village, CA 91361. Dir. of Men, Otto Holecek, 1223 S. Santa Anita Ave., Arcadia, CA 91006. Dir. of Women, Iva Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. Educ. Dir., Jiri Liska, 550 S. Beverly Glen Blvd., Los Angeles, CA 90024.

Sokol San Francisco, California - Mtgs., 2nd Monday, Sokol 847-849 N. San Mateo Dr., San Mateo, CA 94401. Pres., Zuzana Bursik, 774 Monterey Blvd., San Francisco, CA 92127. Sec., Helen Murphy, 944 Palmito Dr., Millbrae, CA 94030. Fin. Sec., Jarmila Vrana, 631 Chadbourne Ave., Millbrae, CA 94030. Dir. of Women, Blanche Duffey, 249 Popular Ave., San Mateo, CA 94402. Educ. Dir., Jan Turek, 319 - 20th Ave., San Francisco, CA 94121.

(*)Sokol Seattle, Washington - Mtgs., Pres., Vaclav F. Vojta, 8475 W. Mercer Way, Mercer Island, WA 98040. Sec., Milada J. Rozek, 12526 S.E. 61st St., Bellevue, WA 98006. Fin. Sec., Igor Weismann, 15201 N.E. 16th Pl., Bellevue, WA 98007.

SOUTHERN DISTRICT, DALLAS TEXAS

Sokol Corpus Christi, Texas - Mtgs., 2nd Wednesday, Sokol Hall, 5502 Kostoryz Rd., Corpus Christi, TX 78415. Pres., Eugene Lehnert, 917 Carmel Pkwy., Corpus Christi, TX 78411. Sec., Helen Pavelka, Rt. 4, Box 118, Robstown, TX 78380. Fin. Sec., Doreen Munson, Rt. 1, Box 1404, Ingleside, TX 78362. Dir. of Men, Louis Kubala, 2606 Airline, Victoria, TX 77901. Dir. of Women, Kathy Keim, 4038 Manhattan Dr., Corpus Christi, TX 78411. Educ. Dir., Jerry Sijansky, 414 Pleiades, Corpus Christi, TX 78418.

(*)Sokol Fort Worth, Texas - Mtgs., 2nd Tuesday, Ft. Worth Sokol, 6500 Boat Club Rd., Ft. Worth, TX 76135.

Pres., Darrell L. Williams, 5012 Glade, Ft. Worth, TX 76114. Sec., Gay G. Williams, 5012 Glade, Ft. Worth, TX 76114. Fin. Sec., Jeanne Mason, 2319 Loving Ave., Fort Worth, TX 76114. Dir. of Men, Jerry Milan, 6208 Lakeside Dr., Ft. Worth, TX 76135. Dir. of Women, Henrietta Milan, 6208 Lakeside Dr., Ft. Worth, TX 76135. Educ. Dir., Brad Durham, 6500 Boat Club Rd., Ft. Worth, TX 76135.

Sokol Karel Havlicek-Borovsky, Ennis, Texas - Mtgs., 3rd Thursday, Sokol Hall, Rt. 5, Ennis, TX 75119. Pres., Larry Laznovsky, Rt. 1, Ennis, TX 75119. Sec., Joy Falkenbach, 1005 W. Lampasas, Ennis, TX 75119. Fin. Sec., Rita Hrnier, Rt. 1, Ennis, TX 75119. Dir. of Men, Stuart Hamilton, Rt. 5, Box 71-A, Ennis, TX 75119. Dir. of Women, Sylvia Laznovsky, Rt. 1, Ennis, TX 75119. Educ. Dir., Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651.

Sokol Karel Havlicek, Yukon, Oklahoma - Mtgs., 1st Sunday, Yukon Czech Hall, Rt. 3, Box 150, Yukon, OK 73099. Pres., Elma Nykl, 2208 N.W. 12th St., Oklahoma City, OK 73107. Sec., Anna Smrcka, Rt. 3, Box 140, Yukon, OK 73099. Fin. Sec., Bernice Moller, 1402 Allen, Yukon, OK 73099. Dir. of Men, Albert Stejskal, Rt. 3, Box 73, Yukon, OK 73099. Dir. of Women, Mary Polasek, Rt. 1, Box 202, Mustang, OK 73064. Educ. Dir., LaVerne Benda, 6804 N. Libby Ave., Oklahoma City, OK 73132.

Sokol West, West, Texas - Mtgs., 3rd Tuesday, SPJST Hall, Lodge No. 54, P.O. Box 124, West, TX 76691. Pres., Dr. George Smith, 1211 N. Davis, West, TX 76691. Sec., Bernie Klish, 1412 Jane Lane, West, TX 76691. Fin. Sec., Rita McMorrough, 303 N. Marable, West, TX 76691. Dir. of Men, Robert Lednický, 1500 N. Davis, West, TX 76691. Dir. of Women, Evelyn Cepak, Rt. 1, Box 24-A, Abbot, TX 76621. Educ. Dir., Raymond Matus, Rt. No. 2, Box 172, West, TX 76691.

Sokol Zizka, Dallas, Texas - Mtgs., Friday, Sokol Zizka, 7448 Greenville Ave., Dallas, TX 75231. Pres., George Prevratil, 11212 Yorkmont Circle, Dallas, TX 75218. Sec., Sylvia Turner, 1509 Grantbrook Lane, Dallas, TX 75228. Fin. Sec., Marie Janousek, 11221 Desdemona Dr., Dallas, TX 75228. Dir. of Men, Walter Hosek,

6449 Glennox Ln., Dallas, TX 75214. Dir. of Women, Peggy McKeever, 424 Galewood, Apt. No. 203, Garland, TX 75043. Educ. Dir., Julius Podhrasky, 3276 E. Ledbetter Dr., Dallas, TX 75216.

WESTERN DISTRICT, OMAHA, NEBRASKA

Sokol Cedar Rapids, Iowa - Mtgs., 1st Monday, Sokol Gymnastic Ass'n., 415 - 3rd St., SE, Cedar Rapids, IA 52404. Pres., Joseph Pazour, 72 - 18th Ave., S.W., Cedar Rapids, IA 52404. Sec., Donald Pulkrab, 2436 - 1st St., S.W., Cedar Rapids, IA 52404. Fin. Sec., Larry Chmelicek, 1832 Shawnee Ct., N.W., Cedar Rapids, IA 52405. Dir. of Men, Tom Beyer, 371 - 18th St., S.E. Cedar Rapids, IA 52403. Educ. Dir., T. B. Hlubucek, 2222 - 1st Ave., N.E., Cedar Rapids, IA 52402.

Sokolice Renata Tyrsova, Cedar Rapids, Iowa - Mtgs., 1st Monday, Sokol Hall, 417 - 3rd St., SE Cedar Rapids, IA 52404. Pres., Betty Petrzalek, 102 - 29th Ave., Dr., SW, Cedar Rapids, IA 52404. Sec., Mana Zlatohlavek, 392 - 16th Ave., SW, Cedar Rapids, IA 52404. Fin. Sec., Marie Webster, 249 - 15th Ave., S.W., Cedar Rapids, IA 52404. Dir. of Women, Marilyn Madsen, 3111 - 6th St., S.W., Apt. 2, Cedar Rapids, IA 52404.

Sokol Crete, Nebraska - Mtgs., 1st Wednesday, Sokol Hall, 14th and Norman, Crete, NE 68333. Pres., Steve Pomajzl, RFD No. 2, Wilber, NE 68465. Sec., Lester G. Bruns, 1705 Ivy, Crete, NE 68333. Dir. of Men, Robert Lorenz, RFD 2, Crete, NE 68333. Educ. Dir., Robert Lorenz, RFD 2, Crete, NE 68333.

Sokolice Libuse, Crete, Nebraska - Mtgs., 1st Wednesday, Sokol Hall, 130 W. 12th, Crete, NE 68333. Pres., Alice Kalkwarf, 807 Oak St., Crete, NE 68333. Sec. Georgia Walter, Box 127, 607 Lincoln St., Dorchester, NE 68343. Fin. Sec., Camille Formanek, 1622 Ivy, Crete, NE 68333. Dir. of Women, Alice Kalkwarf, 807 Oak St., Crete, NE 68333. Educ. Dir., Gail August, 809 E. 2nd, Crete, NE 68333.

Sokol Omaha, Nebraska - Mtgs., 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. Pres., Raymond Lastwicka, R.R. 4, Omaha, NE 68137. Sec., James J. Velehradsky, Sr., 1322 "U" St., Omaha,

NE 68107. Fin. Sec., Ray D. Duranski, 2314 S. 14th St., Omaha, NE 68108. Dir. of Men, Phil Cahoy, Sr., 5822 S. 17th St., Omaha, NE 68107. Educ. Dir., Joe Masek, 4048 S. 13th St., Omaha, NE 68107.

Sokolice Omaha, Nebraska - Mtgs., 1st Monday, Sokol Omaha, 2234 S. 13th St. Omaha, NE 68108. Pres., Helen Karpisek, 2205 S. 6th St. Omaha, NE 68108. Sec., Barbara Seefus, 1815 Ontario St., Omaha, NE 68108. Fin. Sec., Mildred Krejci, 2428 S. 14th St., Omaha, NE 68108. Dir. of Women, Beverly Kilborn, 1505 Polk St., Omaha, NE 68107. Educ. Dir., Janice Gathye, 14706 Holmes, Omaha, NE 68137.

Sokol South Omaha, Nebraska - Mtgs., 1st Monday, Sokol South Omaha Hall, 2021 "U" St., Omaha, NE 68107. Pres., Fred Altic, 2817 S. 74th St., Omaha, NE 68124. Rec. Sec., John Prazan, Rt. 4, Box 268AA, Council Bluff, IA 51501. Corr. Sec., James Riha, 3646 S. 69th Ct., No. 12, Omaha, NE 68106. Fin. Sec., Mickey Dalton, 5240 S. 23rd St., Omaha, NE 68107. Dir. of Men, Vojmir Benak, 5919 S. 15th St., Omaha, NE 68107. Educ. Dir., Marc Johnson, 4708 Emiline, Omaha, NE 68157.

Sokolice South Omaha, Nebraska - Mtgs., 1st Tuesday, South Omaha Sokol Hall, 2021 "U" St., Omaha, NE 68107. Pres., Helen Zentz, 5319 Valley Circle, Omaha, NE 68106. Sec., Carol Koubsky, 4534 Polk St., Omaha, NE 68117. Fin. Sec., Ella Rendla, 2007 Avery Rd., Bellevue, NE 68005. Dir. of Women, Sandy Benak, 5919 S. 15th St., Omaha, NE 68107. Educ. Dir., Rose Awender, 207 Orchard Dr., Bellevue, NE 68005.

Sokol Wilber, Nebraska - Mtgs., 1st Monday, Wilber Sokol Hall, 317 S. Wilson, Box 362, Wilber, NE 68465. Pres., Joe C. Janda, 420 W. 1st St., Box 634, Wilber, NE 68465. Sec., Alice Maryska, RFD 2, Wilber, NE 68465. Fin. Sec., Karoline Kasl, RFD 2, De Witt, NE 68341.

NORTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Minneapolis, Minnesota - Mtgs., not regular, at members' homes. Pres., Joseph Hosek, 3350 Upton Ave., No. Minneapolis, MN 55412. Sec., Frances Hosek, 3350 Upton Ave., No. Minneapolis, MN 55412. Fin. Sec., Luella Greb, 8100

Highwood Dr., Apt. B 222, Bloomington, MN 55438.

Sokol Minnesota, St. Paul, Minnesota - Mtgs., 4th Friday, CSPS Hall, 383 Michigan, St. Paul, MN 55102. Pres., Victor J. Hubal, 7080 Victoria Rd., Woodbury, MN 55125. Rec. Sec., Sharon Wyberg, 5604 Morgan Ave., S., Minneapolis, MN 55419. Corr. Sec., Doris McKenney, 640 W. 102nd St., S., Bloomington, MN 55420. Fin. Sec., Dorothy Sladek, 8207 - 4th Ave., S., Bloomington, MN 55420. Dir. of Men, Robert J. Vanyo, 446 Bay St., St. Paul, MN 55102. Dir. of Women, Joan L. Sedlacek, 630 S. Lexington Pkwy., St. Paul, MN 55116. Educ. Dir., Kristine Heim, 7533 Carillon Plaza, W., Woodbury, MN 55125.

SOUTHERN CIRCUIT OF WESTERN DISTRICT

(*)**Sokol Caldwell, Kansas - Mtgs.,** 1st Monday, Sokol Auditorium, Caldwell, KS 76022. Pres., Joe Nethala, Rte. 1, Bluff City, KS 67018. Sec., Robert Vavra, Box 143, Argonia, KS 67004. Fin. Sec., Barbara Volavka, Caldwell, KS 67022.

(*)**Sokol Karel Jonas, Wilson, Kansas - Mtgs.,** 1st Sunday, every 3rd month, now in the home of Alice Sula, Pres., Joe Sebesta, Wilson, KS 67490. Sec. and Treas., Alice Sula, Wilson, KS 67490.

(*) (asterisk) - *Corrections not received by deadline.*

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Stella Tichy, Sokol Cechie

In Memoriam

SIS. FRANCES HELEN PROSTREDNIK

Sister Frances Prostrednik passed away on January 28, 1984, at the age of 85. She was a life long member of Sokol Philadelphia and the wife of Bro. Eugene Prostrednik who preceded her in death on March 6, 1971. Sis. Prostrednik was living with her daughter Erma and her husband Bro. Joseph Janecka in Riverside, Illinois for the past twelve years. Sis. Frances always worked for the good of her unit and at the side of her husband who had been a náčelník and a long time President of Sokol Philadelphia. They could always be found attending various events of the Eastern District as well as activities in other parts of the country along with their daughter. They were a family nurtured in the Sokol traditions. Sis. Prostrednik was cremated and will be buried next to her husband at his family's plot at the Bohemian National Cemetery at Racine, Wisconsin.

Olympic star draws oohs, ahs from local crowd

At first glance you might have thought the president was visiting the Sokol Club. People were milling around waving autographs, snapping pictures and trying to shake hands with the blond, curly haired man in the midst of the commotion.

The focus of everyone's attention was Jim Hartung, member of the 1980 Olympic team and one of the U.S.'s best hopes for the XIV Games this summer in Los Angeles. To the ordinary layman Jim Hartung may be just another name in a sports digest but for members of the SOKOL, the oldest and largest gymnastics organization in the country, the appearance of such a world caliber gymnast was a coup.

"This is a rare occasion," Brad Durham, SOKOL coach told the audience. "Most Olympians don't have the time to come to individual gyms like this especially during an Olympic year."

Durham met Hartung while both were performing in SOKOL competitions. A telephone call from Durham brought the 1981-82 NCAA All Round Gymnastic champion to the Boat Club Road gym for an exhibition performance.

To the oohs and ahs of the crowd, the 23-year-old athlete performed the pommel horse, still rings, and floor exercises. A rotating cup strain, suffered before

the World Championship trails last July, still bothers him slightly but he continues his hour daily work outs in preparation for the Olympic trials this May in Minneapolis. In addition to daily routines on the mats, parallel bars, vault, horizontal bars, still rings and pommel horse, the gymnast alternates weight lifting with 3 mile runs. A steady well-balanced diet and no smoking keep him one of the three best gymnasts in this country along with Peter Vidmar and Bart Connors.

Achieving such athletic prowess wasn't his prime goal as a youth growing up in Omaha, Nebraska, Hartung told the Sentinel.

"My parents always kept their children busy doing something to stay out of trouble," he explained. "I played piano, took lifesaving and did some competitive judo. I just happened to excel in gymnastics."

His gymnastic training was an outgrowth of dance school acrobatics he began at age 4 and continued through the SOKOL program in Omaha. He excelled in SOKOL meets and went on to compete for the championship University of Nebraska team where he was team captain.

He was a member of the U.S. world championship team took the bronze medal in world competition at the Tarrant County Convention Center in 1979. The following year he made the 1980 Olympic team coached by Phil Cahoy. The games, held in Moscow, were boycotted by the U.S., so Hartung never experienced the excitement laurels of the last Olympiad. Not to compete in the prestigious games after such rigorous training was a bitter pill to swallow for most athletes but Hartung took the situation in stride.

"I had really mixed emotions," the gymnast remembers. "I could have cried all day but I knew that wouldn't have changed anything."

Instead of pouting or giving up his amateur status, Hartung set his sights on the '84 games. The United States team, which has traditionally trailed communist bloc countries in the muscular sport, has made great strides in the past few years and is now better than the Japanese, in Hartung's opinion.

The 1980 Olympic team probably would not have fared too well anyway even though they won a bronze medal at the world champions the year before, he says.

Four out of the top six are Communist so their judges get together and team up. We probably would have gotten creamed as a team but the experience would have been worthwhile."

Although the six member, 2 alternate Olympic team has not been chosen, Hartung, a probable candidate, feels it has a good shot at a bronze medal. But why not shoot for the gold as most athletes do?

"Realistically we don't have a chance," he says. "It's hard for U.S. athletes to compete against the government supported Soviet or Chinese."

U.S. athletes either go to school or have to work to support themselves while working out on top of that. The Russians have a very sophisticated sports program which includes steroid use and elaborate workout equipment. Steroids, a chemical substance which improves muscle capability, was banned by international competition. The Russians questionable use of



From left to right: Brad Durham, Jerry Milan, Henrietta Milan, Mary Jean Stoeppleman, Jim Hartung, Carol Sanders, President Darrell Williams, Rome Milan, Kelly Stoeppleman, Carrie Cleveland, Sandy Frizzell, Dell Railsback, Barbie Kozel, Shane Uson, Ruby Gilliam, Natasha Williamson.

SOKOL RIP SENDS GREETINGS



From left to right are Brothers: Robert Glock, John Onderka, Charles Bastl, Stanley Prostrednik, Louis Kral, James Leder, Louis Simek, Joseph Ciz, and Robert Kral.

steroids is so advanced they have tests to fool the medical tests which check for steroids.

"They can make an athlete measure his weight, height and rate of metabolism and give him just the right amount for his system so that it will be out of his system before a competition," he added.

Russians, Chinese and Japanese take top honors at many gymnastic meets contrary to their lifestyle. The high ranking Russian and Japanese gymnast smoke like fiends before and after they compete, Hartung says and the Russians are also well-known for their addiction to vodka. Americans get along the best with the Chinese who are friendly, Hartung says.

The road to Los Angeles seems long at times, Hartung said, but the torch that lights the winter games in Sarajevo, Yugoslavia will also kindle his Olympic fever. Nothing motivates an athlete more, he says, than an Olympic year.

The Northwest Sentinel
Second Front - Fort Worth, Texas

Discipline

Where discipline is lacking, chaos will prevail.

Imagine, if you will, the many difficulties, accidents and fatalities that would occur if we did not have rules to provide the guidelines for traffic procedures. Even with the strict law enforcement, many undisciplined drivers are a menace on the roads.

In the gymnasiums, on the athletic field, in the classrooms, in college dormitories, in offices and factories, in all branches of the armed forces, in the churches, in our homes or in any group situation involving people, discipline, of some degree or another, is mandatory.

An instructor, teacher or coach would find it impossible to put across any course of instruction unless the participants were receptive and disciplined. If every individual were self-disciplined, it follows that an entire group would be likewise.

Discipline in the Sokol gym has the same purpose as discipline in any life situation; that is, to help the individual to want to better himself. It is the aim of Sokol to develop the individual physically, mentally, morally, spiritually and socially. In other words, the responsibility is that of the development of the whole individual. This is more important than attempting to build champions out of a few.

With the permissiveness that prevails in the homes today and the lack of control over the students in the schools, the task of having discipline in our Sokol classes is probably more difficult than in past years, but if the ideals of the Sokol organization are to survive, we have no choice.

The officers and instructors in our Sokol Units must instill in our Sokol youth the spirit of America and the knowledge of what it stands for. By reaching out to these young Americans, we can help them grow into better Americans who can appreciate and identify the values that previous generations have fought to preserve for them.

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Help your unit grow. Sign up a new Sokol member today.

When you have finished reading the AMERICAN SOKOL, pass it on to a parent of a gymnast or a friend.

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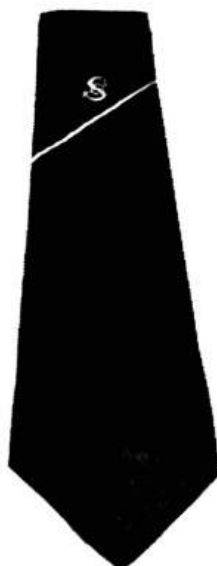
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