

AMERICAN SOKOL

VOL. CV - NO. 5

MAY 1984

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

SOKOL CONSTITUTION

Anyone who reads the Constitution and By-Laws of the American Sokol Association must be impressed by it as a legal instrument, charter, and statement of principles of exceptionally high quality. Like good literature, it bears re-reading. It takes only ordinary intelligence to discern the past, present, and future implicit in this legal monument of the Sokol movement. The past is the fundamental idea and the people who gave it birth. The present is the promotion of the idea and the people whose action makes it live. The future is the hope for unborn generations of humanity, which the Sokol Movement implies, and the people who cherish that hope and bear it as their standard in the van of their march of progress.

The Constitution and By-Laws of an association, like other related instruments, has two meanings: the meaning of the words in the text and the meaning in the minds of the people for whom the constitution is a monument, an instrument of action, and a hope. "What the constitution means," and "What it means to the people whom it represents" - those are the **alpha** and **omega** which every Sokol should bear in mind and heart; for even a fine instrument like the Constitution and By-Laws of the American Sokol Organization will be ineffective if it is not vitalized in the minds and spirits of those who wish to follow in the footsteps of Dr. Miroslav Tyrs and his colleagues and successors, including the American Sokol pioneers.

The Sokol movement is the work of many hands. The concentration and intensity of Czechoslovak aspirations is well reflected in the fundamental system of principles by which the Sokols do and act. In these trying times, it is particularly important to remember here in the United States that this is the priceless heritage of the American Sokol.

William J. Suchy



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EXECUTIVE BOARD ASO.

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

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By-Laws Chairman - JOSEPH KOVAR

Calendar of Events

JUNE 1, 2, 3 - SOUTHERN DISTRICT SLET
at Sokol Karel Havlicek Borovsky, Ennis, TX
JUNE 3 - NORTHEASTERN DISTRICT SLET
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
JUNE 24 - SOKOL LOS ANGELES
Czechoslovak Day - Alpine Village
JULY 14 - SOKOL LOS ANGELES
Dancers - in Bartered Bride - San Diego Univ.
JULY 20 - SOKOL GREATER CLEVELAND
Fish Fry
JULY 28 - SOKOL LOS ANGELES
Dancers - Olympic Opening Program
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. 21 - SOKOL GREATER CLEVELAND
Fish Fry
SEPT. 22 - SOKOL SAN FRANCISCO
St. Wenceslaus Dance
OCT. 19 - SOKOL GREATER CLEVELAND
Fish Fry
OCT. 27 - SOKOL SAN FRANCISCO
Czechoslovak Republic Commemoration
NOV. 10 - SOKOL HAVLICEK TYRS
Fall Dinner Dance - Slovak Athletic Club
NOV. 16 - SOKOL GREATER CLEVELAND
Fish Fry
DEC. 1 - SOKOL SAN FRANCISCO
St. Nicholas Dance
DEC. 9 - SOKOL SAN FRANCISCO
Annual meeting
DEC. 16 - SOKOL SAN FRANCISCO
Children's Christmas Party
DEC. 31 - SOKOL SAN FRANCISCO
New Year's Eve Dance

1984 DIRECTORY CHANGES:

Central District: Sokol Town of Lake
Educational Director
Anton Smunt, 5415 S. Fairfield, Chicago, IL 60632
Pacific District: Sokol Angeles
Meetings, 2nd Monday
New Secretary - Dr. Robert Pallas
500 N. Western Ave., Los Angeles, CA 90004
Pacific District: Sokol Fresno
Sonia Maslowski - new Corresponding secretary
5184 E. Madison, Fresno, CA 93727
Keith Maslowski - new Director of Men
3326 W. 1 N Lodge Rd., Tollhouse, CA 93667

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CV

May - 1984 - Květen

Číslo - No. 5

Mother's Day

We should never fail to commemorate Mother's Day. This celebration originated in the United States in 1914 and soon became a day of commemoration throughout the entire civilized world. Motherhood has been glorified through the ages; therefore, it is entirely fitting to set aside a day for its reverence. This most beautiful holiday falls on the second Sunday in May. It is dedicated to those who gave us life. Everyone who has the least bit of feeling in his heart remembers and honors his mother. It was she who brought smiles, love and sacrifices to her children; even if these disappointed her repeatedly. With pride in her eyes and a prayer on her lips she followed their every little step. For every fault and failing of theirs she had an excuse. In every act she saw something good, even when that act wounded her loving heart. She hopefully looked to improvement and reformation. On many a sleepless night she pressed her head into the pillow so that her weeping at disappointments would not awaken her dear ones. Yet she continued to hoe and to love.

Your head resting upon your mother's heart, how comforting it was to build visions of the future. How comforting it was to feel Mother's hand, roughened by toil, stroking your hair.

Our mothers were more than ordinary women. They experienced true anxieties and solitudes of life. They toiled from dawn till night, cooking, baking, sewing, repairing, replacing missing buttons and keeping our books ready for school. They repaired our clothing and maintained their homes in cleanliness. They accomplished so much in the management of the household, in the work belonging to various trades, and even in the fields, that one wonders where they found the time in which to do it all. Added to all these activities, there was worry over the health of the children; and when a child actually became ill and feverishly hovered between life and death, mother love and devotion, and sacrifice saved the life of her child even when the doctor had given up hope.

Mother's Day was established so that all of us might realize the full meaning and significance of motherhood and give it the love, respect and reverence which it deserves. It was intended to bring to mothers the joy and gratitude which rightfully belongs to them. For ages they have endured suffering and sorrow, in order to promote and preserve life, and save liberty and the language they learned to speak.

Words are futile in expressing attitude. The deeds and lives of children manifest the love they have for their mother. If children live in a place distant from the

home of the parents, they should be urged to write to their mother. If they have lost their mother through death, they should decorate the mother's grave with flowers. If they are blessed with a mother who is still living, they should present her with flowers and gifts to show their gratitude. They should visit her and show their appreciation and love. By a visit to their mother they will derive comfort and courage with which to face the hard realities of the present. Remind our members that their mother has placed her hopes in them. Who would want to destroy such hope? Children should be kind to their mother before her hands are stilled forever.

A program prepared for the celebration of Mother's Day should include music, songs, poems, readings, short speeches, scenes, one-act plays, dramas. Our poets, writers, musical composers, artists, and sculptors have created works of art which may be used effectively for a Mother's Day celebration.

A mother's love "survives throughout the ages and beyond the grave". When our friends grow cold in their friendship, when our vision of happiness is frustrated, when we are disillusioned with life, mother stands loyally by us in good fortune and in pain.

For all these reasons, Mother's Day should be celebrated, not once a year, but every day throughout the entire year.

Memorial Day

Memorial Day, a legal holiday for the commemoration of our war dead, was first observed May 30, 1868. Graves of our Civil War dead were decorated with flowers long before 1868 especially in the Southern part of the United States. In May of 1865, Adjutant General Chipman of the Grand Army suggested to John A. Logan, Commander-in-Chief, that preparations be made to decorate graves of the Union soldiers on the same day throughout the United States. General Logan approved this plan and issued the following order to the Grand Army:

"The 30th day of May, 1868, is dedicated for the decoration with flowers or otherwise, of the graves of comrades who died in defense of their country during the recent rebellion, whose bodies now lie in the cemeteries of practically every city, town, and village in the country."

This day of remembrance did not become a legal holiday in any state, however, until veterans in New York convinced the legislature in 1873, to pass an act designating the "30th of May as Decoration Day, one of the

national holidays for all purposes concerning the transaction of business in the public offices of the States." Rhode Island announced this day as a holiday in 1874, Vermont, 1876, etc... Decoration Day (now known as Memorial Day) is now a legal holiday in all the northern states of the Union, District of Columbia and in all United States territories and possessions, except seven southern states that give preference to Confederate Day on April 26th.

Memorial Day originally dedicated to the memory of our Civil War dead is now recognized as a day of commemoration for all sacrifices in wars since then. After the second World War we continue in the traditions of our former memorial days but with new understanding and newer significance for future observance.

On this Memorial Day for our heroic dead, we gather at their last resting places. Our thoughts, our love, turn to those who gave all for their loved ones, for their country, who died that freedom and justice might live eternally.

On this day more than on any other year we think of all those who served their native land, to whom truth and right were so dear. We also remember relatives and friends lying in decorated graves, those we loved dearly, and who forever remain in our hearts.

When we place our offerings on their consecrated resting places, we reminisce. We do more than show our gratitude. We remind ourselves of their heritage to the living and we ourselves, become more determined and inspired to strengthen our allegiance to the highest goals of humanity. Proudly we declare that love for our fellowman and country is not dead.

With the blossoms we place upon the resting places of these beloved, we add our warm hearts. We promise to subordinate personal interests to those of brotherhood, promise loyalty to their memories, and to further strive that the ideals they died for would permeate the hearts of the living and carry on the effort for their fulfillment.

Only when we are ready to serve ideals and constantly strive for their victory, we have the right to decorate the ground in which our heroes and dear ones found their resting places.

These dead bodies are part of the national wealth. Their lives were examples to us and their graves remind us of those examples. Their graves are eloquent! They talk clearly, convincingly and irrefutably.

Let the dead lie in peace - in eternal sleep. Let our grateful memories penetrate their bones. With tears in our eyes and determination in our hearts, with unflinching faith in a better world, we place wreaths upon the graves and bow to their memory.

Though they died, they live on in the work bequeathed to us which we shall never betray. That which is dear to humanity, that wars were fought for, and supreme sacrifices made, must live for all times.

The memorial program must be in harmony with the hallowed memories of those who have passed into the Great Beyond: addresses, recitations, songs, commemorations and music where possible, with a conclusion suitable to the solemnity of the occasion.

Annual Joint Meeting of Sokol Detroit and Sokol Detroit Ladies

[Continued from last month]

All Czech and Slovak Sokol units outside the borders of the Czech lands in the Austro-Hungarian Empire and later of Czechoslovakia, belonged always to the COS as comprised two of its districts - the districts of Sokols Abroad (župa Zahraniční) and the district of Lower Austria (župa Dolnorakouská), later renamed district of Austria and later still district of Vienna. The only exceptions were Sokol units in the United States.

The hostility of Austrian authorities, preventing the establishments of a Sokol central organization (permission to do so was not given until 1889), the tremendous distance of America from Bohemia - relative to the means of transportation and communication of that time, Sokol units scattered on the great land mass of the "New World", the unsettled conditions there following Lincoln's assassination - all these circumstances necessitated the establishment of own, independent Sokol organization in the United States. Czech units formed two organizations which eventually merged into what is today the American Sokol Organization, Slovak units established the Slovak Gymnastic Union Sokol of U.S.A., also known as Sokol USA.

Following the Communist coup d'etat in February, 1948 most of the Sokol units belonging to the District of Sokols Abroad withdrew from membership in the district whose seat remained in Prague. In the meantime, many Sokol members left Czechoslovakia and had to wait for further emigration in the rather dismal circumstances of refugee camps prevailing at that time in war-devastated Germany and Italy. While there, in the period from 1948-1954, they continued their Sokol activity by establishing in the refugee camps Sokol units - a total of 17 of them in West Germany with another 9 units in Italy and formed a "Sokol district of Dr. Edvard Benes in Exile". Upon emigration of their members, these units were again gradually dissolved; their joining Sokol units in countries of their final residence. In countries where there were no Sokol units, such as Australia and Sweden, they established them there.

In 1952 "Czechoslovak Sokol Abroad" was established, associating Sokol units formerly belonging to the Sokols Abroad district of COS and units newly established in various countries. In 1955, following the signing of the Austrian peace treaty and the departure of Soviet occupation troops from that country, the Vienna Sokol district joined Czechoslovak Sokol Abroad, completing its organizational structure.

A total of 4,000 Sokol members belong to Czechoslovak Sokol Abroad in five districts - Australia, Canada, Switzerland, Vienna and Western Europe; its 31 units are active in 11 countries - Argentina, Australia, Austria, Canada, France, Germany, Netherlands, South Africa, Sweden, Switzerland and the United Kingdom.

In countries where there are no units of Czechoslovak Sokol Abroad individuals may join as "direct members". Thus we have, for example, direct members in Bolivia, the Philippines, Norway and Japan.

The main task and purpose of Czechoslovak Sokol Abroad is the continuation and safeguarding of the Sokol idea and activities until such time as freedom and democracy, and with them free Sokol, are again restored in Czechoslovakia.

With respect to a relationship with the Communist regime in the Old Country and its gymnastic and physical education organization, let me just say that for Sokol no such relationship is possible.

In this connection it should be sufficient to recall the period following immediately the XI Sokol slet held in Prague in 1948, when the Communist regime still wished to exploit the good name of Sokol and for that reason kept it in existence for a short time. By November of the year more than 11,500 members were expelled and many of them jailed; their "crime" being that they shouted "Long live President Benes" at the XI. Slet or that they attended his funeral in September of that year.

Let us also recall that it was the Communist regime that - similarly like the Nazis before them - dissolved Sokol, destroyed its organization and stole all of its property. And it was the Communist regime that persecuted, jailed, tortured and killed Sokol members.

It is only terribly sad that while during both World Wars the persecution of Sokol was perpetrated by foreign enemies, this time it is fellow countrymen who perform these inhuman acts following the dictates of a foreign power and an ideology completely alien to the national and democratic traditions of our nation.

It was also the present regime that discontinued Sokol slets and replaced them with Spartakiadas. Sokol slets were conceived, planned, organized and financed by Sokol and were genuine national festivals of spontaneous joy and true expression of the national aspirations of the people. And while Spartakiadas resemble Sokol slets in their outward appearance they are very different from them as far as their purpose and content is concerned.

Next year another Spartakiada will be held in Prague; its contrast with a Sokol slet is clearly evident just from a brief scanning of the official literature announcing it. Let me quote from it: "The Czechoslovak Spartakiada 1985 will be an important event designed to activate citizens of the country to carry out the program of further socialization of the country's society as outlined by the XVI. Congress of the Communist party of Czechoslovakia, to further strengthen the alliance with the Soviet Union and the other socialist nations and to contribute to the formation of a united world-ideology of our youth in the spirit of marx-leninism."

Those wanting to pay homage to the ideals of marx-leninism and wishing to add their support to sworn enemies of the United States will and should attend the Spartakiada; people not wishing to be thus exploited and humiliated will stay away from this well-orchestrated and superbly stage-managed spectacle glorifying the Soviet Union and its socialist empire.

Having dealt with a proud past and very sad present in Czechoslovakia, let me share with you some concerns about our own conditions at present.

In the past Sokol activity the world over was nourished and continually strengthened by a fairly steady stream of emigration from Czechoslovakia and by contacts with Sokol there, in particular by the reciprocal attendance of Slets, exchange of literature, attendance at gymnastic courses and schools and sending of instructors. This important contact, interrupted only briefly during World War II, no longer exists and hopes for a change in the near future are simply not realistic. We are truly on our own now. Furthermore our general conditions have changed as well. In the fairly recent past many cities here still had large, compact Czech and Slovak communities - these too no longer exist; other nationalities moved into these areas and much was lost in the process. Finally, many of the halls and buildings which served Sokol so well in the past are by now old, unattractive and ill-suited for today's needs.

In the meantime, we have seen all around us, the opening of many new modern buildings, richly outfitted with the latest gadgets, called variously "health spas" or "palaces of physical culture" promoting health and beauty.

In these circumstances we find it increasingly difficult to attract and retain members. Our present situation gives us much concern.

We know that our membership is gradually declining, attendances at our Slets are getting smaller both with respect to performances and the public, we have a shortage of instructors, our junior classes are decreasing, our facilities are not as up-to-date or attractive as they should be.

We must deal with these problems and we must deal with them now. It is vital for us that we take the time necessary to do so. For if we wait much longer it may be too late to effectively arrest the present alarming downward slide we see all around us.

While I have, unfortunately, no solutions to offer, it seems clear to me that Sokol's survival will depend on our ability to attract youth, on whether we will be able to make the Sokol program and activity attractive enough to create in young people a desire not only to join but also to learn more about Sokol and its idea and to actively participate in its further development and growth. To achieve this we must look for new ways, new methods. Talk only, or worse still, empty slogans, will not do it, neither will speeches about Sokol's glorious past.

We must look for inspiration to our founder Dr. Tyrš who said that in whatever we do, we should continually search whether it could not also be done differently and better.

This is now our greatest task at hand - to search for answers to our many serious concerns. To assure success we must do so in a deliberate and systematic way. It will undoubtedly not be easy, it may take much time, a lot of genuine soul-searching and sacrifice.

But it is my firm belief that by working together, united by a goal common to all of us, we will find a way to

save our great Sokol idea for future generations. As your membership director so well expressed at the conclusion of his report: "Together we can do it!"

Nazdar! Jan Waldauf, President
Czechoslovak Sokol Abroad

ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, was called to order by President, Roy S. Zitny, on Tuesday, February 28, 1984, at 7:30 p.m. Pledge to the flag was given. District minutes received and reviewed: Southern, November 12th, (the district secretary of 18 years is retiring, Sis. Vlasta Laznovsky, a letter will be sent thanking her for her many years of service); Pacific, January 14th, annual; North-eastern, January 15th, annual; Central, January 25th.

CORRESPONDENCE: Ten pieces of correspondence concerning Houston. Brief from Vincent F. Gonzalez, attorney in Cleveland. Letter from James E. Riha also concerning this matter. Mr. Gonzalez has been considerate enough to ask for Mr. Riha's opinion. Copy of letter to Bro. Joseph Kovar, asking for his resignation from the by-laws committee: Ceska Sin newsletter. Answer to Bro. Vladislav Slavik, Sokol New York, concerning their repealing a rule in their by-laws, written by Bro. Fred Kala. Sokol Women of Little Ferry announcing their 75th anniversary on May 5, 1984, a letter of congratulations will be sent to them. Sokol Milwaukee Bro. Fred Stankovsky, concerning a pin for "Past Presidents"; this matter will be taken up at the convention. SPJST of Corpus Christi, Texas, soliciting an ad for their XXIV Convention June, 1984. Invitation to the 130th Birthday Party of CSA Fraternal Life, on March 4, 1984; many executive board members will try and attend. A complimentary calendar from the Czech Fine Arts Foundation, Inc., Cedar Rapids, Iowa. Copy of our ad in the Czechoslovak National Council of America souvenir book from their 33rd annual ball. Sokol Slavsky by-laws for approval, given to. Bro. Fred Kala.

1985 SLET: Minutes were reviewed. All the basic plans were reviewed and given approval. All committees are just getting started, but the plans are all very exciting.

WOMEN'S DIRECTOR - Sis. Marie Ptacek: Bro. Jerry Hardy notified us that Sis. Norma Zabka has been selected as one of the judges for the Olympic Rhythmic Gymnastics competition. We sent her a congratulatory note because we feel it is a great honor. Sis. Zabka sent minutes of the USGF Board of Directors meeting held in December, 1983. Included was a memo regarding tickets for present team members of any Olympic event, as well as a possibility of obtaining tickets for all former United States Olympians to their respective sports. We sent copies of the memo to Sis. Laddie Bakanic and Bro. Cahoy and Hartung. Received a note from Sis. Audrey Benda with pictures of Sokol medals obtainable from Minero-Newcome & Co., Jersey City, New Jersey. Sis. Jo-Marie Mlsek,

Merit Award Chairman, will send letters to all units promoting the Merit Award - would like to see more applicants. Bro. Steve Banjak wrote that he will again write to Bro. Rome Milan to see if he will be able to do the illustrations for the Sokol manual. Letter from Bro. John Sopoci, Sokol USA Secretary, telling us that Camp Woodlands has been reserved for our Advanced Course for two weeks - June 25 to July 7, 1984. Sent a copy of the ASO quiz to Sis. Sylvia Laznovsky as she requested. **1985 ASO SLET:** I and II class boys and girls calisthenics have been received. All other classes are nearly completed. Sis. Schnabl turned in the Jr. girls novice division routines. Jr. boys and men's routines are being written by Southern District. Sr. men's and Sr. women's calisthenics is completed. Bro. Satek offered use of the District video equipment, for anything we may need it for. Must clear availability of the equipment thru the Central District directors. **1984 ADVANCED COURSE:** Announcements of the course were sent to all units, along with survey sheets. Dates of course, June 25 to July 7, 1984. Bro. Jerry Milan was asked to call a meeting of the National School Board members to finalize all school material so that it will be ready for the course. **DIRECTORS' CONFERENCE:** Went over the minutes of the Director's Conference to see that everything necessary has been taken care of. **FINAL REPORT FORMS:** Eastern District for USGF Coaches Congress held in Washington, D.C. October 7-9, 1983. Sis. Benda and Ellen Nyemcsik attended. Air fare, registration, hotel, parking and tolls for Sis. Benda, \$190.38; registration for Sis. Nyemcsik, \$45.00 = \$235.38, approved. Central District for video cassette recorder and assorted items, \$2,780.40, both approved for payment.

DIRECTOR OF MEN - Bro. Paul Lebloch: Additional facts from the BOI. Bro. Satek offered the Central District video equipment to tape calisthenics and Slet technical material. Sis. Ruzicka will be contacted regarding activities for senior citizen members. Bro. Frank Michalek will be contacted to submit stick figures for all levels of the men's Gymnastic Skills. The beginners level which he completed was well received. Lists of students who attended courses will be sent to each District Director to see how many are still in Sokol; either teaching, assisting or whatever. The BOI recommends that all judges, tabulators and meet directors, as well as all competitors, should receive a free program book and ticket to the awards dance. We will write to Bro. Vrzalik for plans for building a shock absorbing safety floor pad. The Central District is recommending to the ASO that strip tumbling should be used as proposed to pattern tumbling. Many units do not have the space or the equipment for the pattern work. Suggestion made that the ASO should rent video equipment and tape the entire course this summer. We are interested in obtaining badge making equipment to make our own badges for division directors, judges, tabulators, etc.

MEMBERSHIP CHAIRMAN - Bro. Fred Kala: A total of 13 units are still missing either for 3rd or 4th quarter, 1983, or both. No unit in the United States is going up in membership. Still can't get results for the

AMERICAN SOKOL

SOKOL GYMNAST

MAY 1984

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



SOKOL CANADA VII SOKOL SLET

Toronto, Canada - June 21-24, 1984



The Sokol Toronto Slet Committee has sent out its latest mailing of Slet information to all Sokol Units. This consists of entry forms, order forms, judges lists, and individual Release and Consent forms. Also included are changes in Women's Master Division on the Horse Vault exercise, and the Uneven Parallel Bars: See p. 500. These are to be completed and sent to the Slet Committee, c/o Br. James Hale. All entrees are due May 21, 1984.

SCHEDULE OF EVENTS

Thursday, June 21

Evening

Registration - Holiday Inn, Constellation Hotel, Howard Johnson.
Meeting of judges and coaches - Holiday Inn.

Friday, June 22

8:00 - 17:00

Gymnastics competitions - women - Etobicoke Olympium.

9:00 - 17:00

Volleyball tournament - men - Humber College.

18:00

Boat tour on Lake Ontario with buffet dinner at the Ontario Place - for juniors (US \$17.50).

19:30

Banquet (preceded by cash bar) - Holiday Inn.

We have arranged a Sokol Banquet at the Holiday Inn on Friday evening. At this time we will welcome many Sokols from Canada, the USA, and Europe. This evening is intended for those not going on the Junior Boat Tour. The cost of the Banquet is US \$22.00, which includes dinner, wine and entertainment.

Saturday, June 23

8:00 - 17:00

Gymnastics competitions - men - Etobicoke Olympium.

9:00 - 17:00

Volleyball tournament - women - V. Massey Collegiate.

18:00

Cash bar, hot and cold dinner.

20:00

Slet Victory Dance - Centennial Park Arena

(\$6.00 adults, \$3.00 kids, \$1.00 junior advance tickets).

Sunday, June 24

Morning

Rehearsals - Etobicoke Centennial Park Stadium

Lunch

available for the participants at the Stadium

14:00

SLET - Etobicoke Centennial Park Stadium (admission \$4.00).

17:00

Sing-song with Moravia Micro Band - Centennial Park

19:00

Czech theatre "Naši furianti" - V. Massey Collegiate (tickets \$8.00 available at: Nove Divadlo, 150 Longboat Ave. No. 801, Toronto, M5A 4G4 — (416) 368-0420).

Cold buffet dinner will be available before the performance.

SIGHTSEEING - The local transit company (T.T.C.) has many sightseeing trips available. These can be booked after your arrival in Toronto. For further information you can write to: T.T.C. 1900 Yonge Street, Toronto, Ontario N4S 1Z2 — attn: Community Relations.

CZECH THEATRE - The Czech play 'Naši Furianti' will be presented at 7 P.M. on Sunday evening. The cost is CDN \$8.00. Tickets can be bought during the Slet weekend. For further information you can call (416) 368-0420.

LUCKY DRAW - We are selling tickets for a draw. The grand prize is return airfare from Toronto to Amsterdam on KLM. The tickets are \$1.00 and will be available at all Slet events. The draw will be made on Saturday at the Victory Dance.

FLAGS - Will your unit bring its flag? Do you need a flag stand, or can you provide one of more stands for the Slet? Do you want a banner for your flag? Please answer these questions on the 'ORDER FORM'.

COMPOSITION FOR FLOOR EXERCISE AND BEAM

General Points To Be Aware Of

By Carole Leidtke

1. The coach should find the gymnast's weak and strong points so that poorly executed skills can be deleted or covered up and strong points emphasized. For example: a. gymnast has upper back stiffness on the left side, therefore walkovers and handsprings are twisted, she should use tinsica and one arm elements instead. b. lacks leg extension and knees bend, so use stag leaps and bent leg dance. c. a tendency to work flat-footed, so use abstract flexed feet dance. d. a very good split can be emphasized during walkovers by starting or ending with leg raised high and with high kicks. e. very flexible shoulders could be shown off by doing a walkover to sit on floor, leaving hands on beam or floor, or front walkover to both knees. f. powerful punch would look good in mounter type elements and high suspended jumps and leaps. But weak points must always be worked on and not just compensated for and none of the types of skills should be overdone with monotony being avoided.

2. Choose styles and moods to be expressed which fit the gymnast's personality (a more serious girl should do classical ballet and slower, strong tumbling; a giggly tiny girl could do cute melodramatic dance and quick tumbling; a more extrovert girl would show off expressive jazz and "sell" her routine with dramatic expression and unique tumbling combinations). However, variation of many styles could be used if it can be performed effectively.

3. Choose the difficulty elements to be used that can be executed well or that the gymnast can feasibly learn and can build to better combinations. The routine should include many of the following: Sportive rhythmic (supple movement, body waves and rotations, walks, runs, hops, jumps, leaps (minimum one large on beam or .2 deduction), turns (minimum one full turn on beam or .2 deduction); Acrobatics (rolls, wheels, slow turnovers, springs); Dance (ballet, modern, jazz, ethnic, folk, melodramatic); Tumbling. Try to choose as much difficulty as possible, avoiding all of the "easiest" elements.

4. Make up some original movements. These could be an acrobatic element, dance step, variation of a basic move, different tumbling combination or unique connection of dance and tumbling. It should be unique, surprising and interesting and done without too much preparation. Risk will also add to the value of the routine, but the gymnast must be able to perform the skill safely and smoothly.

5. Check that there is no repetition of the same element, hand, head or body position; unless, it is specifically for an eyecatching purpose or to reflect a type of move. But, don't overdo it. The same trick or element should not be repeated more than three times in a row (-.1) with the exception of the flic flac. The element is considered different if it is varied, started or finished differently.

6. Use variations of:

a. Tempo - the speed and rhythm should vary from slow, medium and fast. Check that the movements are not heavy, but light and show continuity with very few stops. Beam requires no more than three stops with .2 deduction for each extra one or stops before or after acrobatic tricks. Change from sharp to soft with smooth connections, not always being abrupt. The skill technique should have the proper rhythm, such as a cartwheel being hand, hand, foot, foot (1-2-3-4). For floor the music is very important. It must be one instrument or 1.0 deduction (electric piano, accordian, and organ not

allowed) and be suitable to the girl and her type of movements. The music may begin before the gymnast moves, but they must end together. The movements should follow the rhythm and mood of the music.

b. Body level and change of center of gravity.

The movements should vary between low, medium and high positions and elements. One should have a low section (roll around the floor kind of thing) or two short low parts. In general good amplitude must show a rise in the center of gravity and foot movements should be on the toe. Skills must be done in good technical alignment with the center of gravity (walkover should have hips square; shoulders square; hands placed parallel; hips, shoulders, and head in line; legs in straight perpendicular line).

c. Direction - Check for many changes from up, down, forward, backward, side and use these to form an interesting pattern that covers all of the area. Turn corners or change direction with smooth connections so they don't look abrupt. Direction the head focus frequently and be sure the tumbling is aligned.

d. Distribution and Combination of Elements.

The gymnast must have a minimum of 3 superiors (.6 each) and 4 mediums (.3 each), and a minimum of 7 elements (superiors may replace mediums). There may be more elements but if all are superior there will be an added deduction of up to .3 for lack of structural groups. A series of repeated skills without a stop is one superior, unless it contains elements of different structures (such as a roundoff arabian front flip, cartwheel, flic flac, back flip) which will count as 2 superiors but no more. Free ex must contain two acrobatic series (.2 deduction for each one missing). The mount and dismount and parts should not be identical to any compulsory and the mount and dismount should be up to the level of the rest of the routine (.2). Elements much reach the ideal of technique and form for no deduction and should be placed progressively throughout and increase in difficulty at the end. Elements should stem from a different base (not all back type, etc.) and combine dance to dance, dance to tumbling, tumbling to tumbling. The routine should start dynamically but end even stronger with basically three tumbling combinations or series. Elements should be connected purposely so that there are no plain steps to prepare for the next movement nor abrupt stops or changes of direction. For example on beam, run on mount to immediate cat leap $\frac{1}{2}$ turn, full turn on back leg, swing free leg to one arm cartwheel, land side ward to lateral body wave.

e. Type of movement and body position - Check for variations of soft and floating (dreamlike), natural and sharp movements and look for variety in body positions, not just differences in arm and leg positions.

7. Make sure the gymnast likes every move and have her innovate arm and body movements and help make up elements and combinations as much as possible so that she feels it is her routine and will appreciate it more.

8. Discuss general impression with the gymnast. This category involves the ease and beauty of the movement, manner, coordination, poise, rhythm, radiance, security, good posture, suitability of the exercise to the girl, neatness and appearance, performance with expression, grace, dynamic movement, use of hands and head, presentation, and the overall feeling expressed by the gymnast.

NATURE OF PHYSICAL EDUCATION

PART III

EARLY PROGRAMS IN THE UNITED STATES.

Physical education, as we know it today, was not introduced into the schools of this country until about the time of the Civil War. The early settlers had little time for frivolity or entertainment. Play was for very small children. Recreation and sports were chiefly the property of the wealthy.

The first school programs of physical education were introduced by European immigrants who came to this country during the last century. These programs, reflecting the nationalistic ideals of their native homelands, were very formal in nature and restricted in content. Academic-minded educators reluctantly but gradually accepted these formal types of programs. The chief argument used in favor of physical exercise was that city boys no longer had chores or physical work to do while away at school. It was reasoned that physical education would counteract this deficiency. At about the same time, owing to the changing structure of our society, an increase in the leisure time of the common man afforded him opportunity for wider participation in athletic sports and recreational activities.

Early efforts to introduce athletics into the school program were rejected by school men. Students, however, persisted in promoting athletics under their own direction. As a result of increasing abuses associated with their promotion and also of changes in educational philosophy, educators, sensing the potential educational features of athletics, decided to take over control of school athletic programs. Some contended that athletics afforded students a way to relieve surplus energy or blow off steam, and to them athletics were a good means of keeping the boys busy and out of mischief. In most cases the administration and promotion of athletics and physical education were separately maintained. Thus there arose an artificial division of two naturally associated movements.

PRESENT-DAY PHYSICAL EDUCATION. A wide and varied number of subjects in the school curriculum are necessary to meet the needs of students and to assist them in achieving an all-around, balanced education. Physical education is only one of many school subjects, yet it plays a very important part in contributing to the full development of the student's personality.

Today, physical education programs bear little resemblance to the earlier formal gymnastic-type program. They are now largely composed of sports with a wide variety of activities designed to meet the varying needs of all students. Gymnastics is only one activity on the long list of sports in the modern program. To name only a few, there are such popular team sports as basketball, field hockey, soccer, softball, speedball, touch football, track and field activities, and volley ball; such body conditioning activities as gymnastics, tumbling wrestling, and weight lifting; such recreational sports as angling, archery, badminton, bowling, fencing, golf, handball, swimming, and tennis; and the dance, which has creative as well as developmental and recreational values. To a greater or lesser degree, the American college program of physical education includes the above activities, with the opportunity for the student to receive instruction and to participate in them. Riding, where stables are available, additional

racquet sports, where facilities permit, and skating and skiing in winter, can be added.

Programs of physical education are becoming more flexible than ever before to take care of the individual's own needs and interests. On the college and university level, more academic content is included to give an appreciation of health, safety, and sports in one's personal life and in our American culture. The participants enjoy having a knowledge of the background of the rules, techniques, and strategy of various activities. All colleges and universities are now giving examinations on these points in their required courses, whereas previously the students only had to participate in exercise. The emphasis is not so much on exercise for the sake of exercise as it is on having the student acquire skills and understanding that will stay with him as a permanent part of his life interests.

PROFESSIONAL NEEDS. While still only on the horizon, there are evidences of courses being designed to tie in with professional needs. The forester or engineer can well utilize information on handling canoes, life saving, first aid, and survival knowledge for life in the open; the future journalist who plans to write about or broadcast sports events can use some courses in the technique of sports; the artist or illustrator needs to know correct form in sports along with his knowledge of anatomy; the architect can well utilize information on the construction of sports buildings, playgrounds, and apartment recreational provisions. So, too, the student of municipal government should know about recreation commissions and about governmental taxes on sports; the student of music about the various forms of the dance and the musical accompaniments for them, the place of music in community recreation centers and in camps, and the marching formations for school bands; the student of education about games the classroom teacher teaches and supervises in the elementary grades, about handling children's holiday of birthday parties, and about handling social recreation get-togethers for adults.

A great deal of time and effort is now going into scientific laboratory research in physical education, particularly in the fields of physiology and psychology as they affect the teaching and learning of elementary neuromuscular and sport skills. Testing is being used as never before. An individual becomes interested when he can visualize and follow his own improvement and relate it to that of other individuals on a comparable basis.

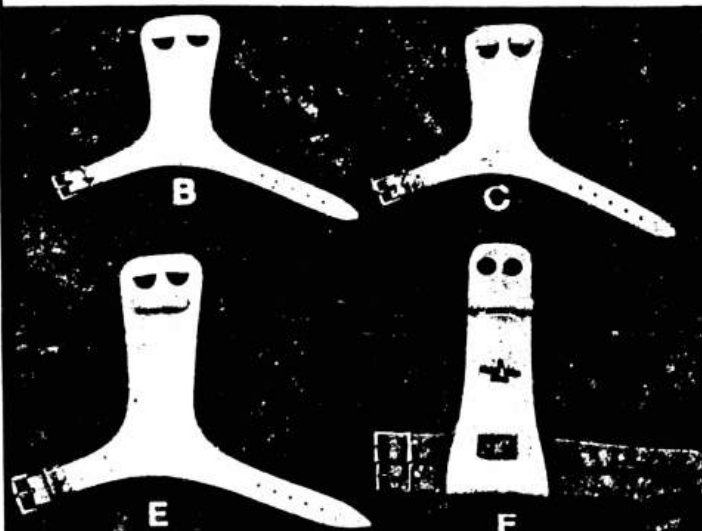
In summary, physical education is more than exercise. It is more than a muscle builder or a circulation quickener. It is more than aimless and frivolous play, or having fun. It is more than athletic competition. Physical education also has health knowledge to impart, group experiences to offer, the joy of effort and achievement to give, the teaching of skills in lasting recreative interests as its responsibility; it must develop appreciations from the standpoint of a spectator and reader of sports, as well as a participant in them. Physical education is education. It must always be in step with the current practices and procedures in education. It must always contribute to the all-around development and education of students.

Rhythmic Gymnastic Camp

A Summer Camp for Rhythmic Gymnastics, sponsored by the ABC Camps & Clinics will be held August 18th to August 26 at Sokol Woodlands, Barryville, New York. Director of Camp Activities is Maria Bakos. Length of course is 8 days with instruction in 1984-88 compulsories, warm-up drills, hand apparatus for all competitive events, composition and music selection. For additional information write ABC Camps & Clinics, Suite 5H, 51-15 Van Kleeck St., Elmhurst, N.Y. 11373.

Hand Grips

As the Uniform Division of American Sokol will not handle any more hand grips, we suggest as a source — FRANK ENDO.



LEATHER HANDGRIPS

B Boys or girls handgrips Sizes: XS, S, M & L	\$ 5.50 per pr. Ppd.
C World's best high bar grips Sizes: Medium or Large Extra Large	\$ 8.00 per pr. Ppd. \$ 9.00 per pr. Ppd.
E One-piece constructed ring grips Junior size One size fits all	\$12.50 per pr. Ppd. \$13.50 per pr. Ppd.
F Super Ring Grips One size fits all	\$18.00 per pr. Ppd.

Note: Send outline of hands with order.

FRANK ENDO

18011 La Salle Ave., Gardena, CA 90248

CA Res Add 6½% Tax

CHANGES

1984 — TORONTO, CANADA SLET

WOMEN'S MASTER'S DIVISION

HORSE VAULT — WITH POMMELS — 42"
height... Take off Board.

With run and joint takeoff from board: Jump to support squatting on saddle; arch jump dismount - uparm outward, palms forward. (For improper Approach and Retreat - up to 0.3 from total score.)

UNEVEN PARALLEL BARS:

From stand parallel, under high bar, facing low bar: (Assist to still hang permitted)

1. Jump to hang with overgrip; contraswing forward, rearward, and bend frontleg, place insteps on low bar; 2.0
 2. Thrust forward to hang lying; 1.0
 3. 180° turn to left - alternate regrip to overgrip on low bar, right, left; 1.5
 4. Overpass right sideleg to support astride, right in front; 1.5
 5. Pause (2 counts) in support astride; 0.5
 6. Alternate regrip (right, left) to overgrip on high bar, with overpass left sideleg to sit closeleg; 1.0
 7. Glide to frontswing, rearswing, frontswing with 180° turn left to land 1.5
 8. in ½ squat, closeleg, uparm outward, palms forward, facing high bar - upright closearm 1.0
- (For improper Approach and Retreat - up to 0.3 from total score)

Exercise Sharpens the Mind

Michael Briley, Modern Maturity

Walking can physically rejuvenate older people, helping them maintain pep and stamina. Now, according to Dr. Robert O. Ruhling of the University of Utah and Dr. Robert E. Dustman of the Veterans Administration Hospital in Salt Lake City, it has been determined that walking sharpens the mind as well.

Progressive walking (starting slowly and increasing speed over the period of a few months) improves reaction time, short-term memory and reasoning power of people 55-70 years old. The key, the researchers think, is the increase of oxygen to the brain.

The doctors say that part of the reason that older people slow down in their reaction time (and why their short-term memory does not seem to be as keen as when they were younger) is due to a decrease in physical activity over a period of years. These findings demonstrate one more reason that people should get regular exercise.

HELP OUR SOKOL GROW

year. Delinquent units have been notified. Also gave the editor some fillers for the publication.

EDUCATIONAL CHAIRMAN - Bro. Stanley Barcal: Job description gone over and approved for printing, will try to combine several jobs on single tri-fold sheet to save printing costs. Letter received from Bro. Liska suggesting several changes in Sokol quiz. This will be looked into. Article received from Sis. Stella Tichy "Jews In Czechoslovakia" copy given to Sis. Kourim for publication. Sis. Schabowski presented articles to be included in first mailing to Educational Directors. This will be done as soon as Sokol History is printed. Motion made, seconded to purchase print rack at \$80.00 to display posters, approved by the ASO; Sokol South Omaha has utilized the Sokol quiz in their classes and printed it in their newsletter. Letter received from Mrs. Frank Kurz of Little Ferry requesting information on a book "Czechoslovakia In Color," photographs by Karel and Jana Neubert, Octopus Books, 1975, we will check as to availability. Committee went over the Sokol history, corrections were made and Sis. Pros will arrange for printing. This will only be the first segment, additional segments will follow but this will be included in the mailing to unit and district educational directors. Items to be included in mailing: Sokol history, Sokol quiz, coloring pages, list of duplicate books, page 1; authentic costume sewing instructions and picture. Sis. Schabowski sent thank you's to those who have donated items to the library.

PUBLICITY - CZECH - Bro. Jerry Rabas: No report, on vacation in Jamaica.

PUBLICITY - ENGLISH - Sis. Vlasta Zitny: Nothing to report at this time.

FINANCIAL SECRETARY - Sis. Mildred Pinc: Did not attend meeting, ill. Her report was read. The financial reports for January, 1984, were prepared and copies were distributed to the Executive Board members. The 6-month certificate which matured in February was renewed at 9.3%. Donations to the Future Sokol Leaders' Fund were read, as well as the interest received. There were no donations to the Library/Archives Fund for January.

TREASURER - Bro. Bob Barcal: Reconciled bank statement for the month, everything in order. Comparison charts were presented and explained.

UNIFORM - OFFICE - II. VICE-PRESIDENT - Sis. Betty Prener: Our busy season is here. The first gymnastic exhibition in Central District is March 3rd, Sokol Brookfield. We are selling the short-sleeved leotards (red) to the children's classes. This year's exhibitions may show a mixture of the cap sleeve and the short sleeve, but 1985 should all make their appearance in the red short-sleeved leotard. Recommend approval of the by-laws of Sokolice South Omaha. Interesting note about salaried officers. Have arranged for the office floor to be cleaned, weather permitting.

EDITORIAL - SECRETARIAL - Sis. Jackie M. Kourim: Working on the completion of the 1984 Directory and the March issue. Closed the Christmas seal account as of March 1st. Complete report will be forthcoming. Keeping up with the usual secretarial duties.

I. VICE-PRESIDENT - Bro. George Basta: Working on the tax group exemption with Seldon, Fox. Not as simple as we had hoped it would be. Bob Seldon will be coming to do our audit in the near future. More information at that time.

PRESIDENT - Bro. Roy Zitny: Just returned from a vacation in Hawaii.

OLD BUSINESS: Bro. Stanley Barcal is working on the article for the Oetz celebration, will be done in English.

After reviewing all the material from the Houston matter it was unanimously decided that we will accept the recommendations of the Southern District. Motion was made by Bro. Paul Lebloch and seconded by Sis. Marie Ptacek. Copies will be sent to all, concerning the decision. Hopefully we can only go forward from here. Meeting adjourned at 11:05 p.m. Refreshments were served.

Respectfully submitted, Jackie M. Kourim, Secretary

ASO Financial Report

MARCH 1984

RECEIPTS:

Dues	\$ 1,427.55
Convention Fund	1,254.00
Special Assessments	657.00
Dividends and Interest	241.43
Subscription and Advertising in "American Sokol"	408.00
Resale of Jewelry	327.50
UPS and Postage	19.30
Song Books	5.00
Sokol Ties	88.00
Membership Kits	200.00
Slet Plates	40.00
Educational Booklets	15.00
Skills Patches	66.00
Skills Bars	10.50
Car Decals	5.00
Miscellaneous	34.69

\$ 4,798.97

ASO Uniform Division - Rent, salaries, etc.

743.71

TOTAL RECEIPTS

\$ 5,542.68

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	*\$ 721.13
FICA & FWT for February 1984	126.09
Rent, Janitor Services & supplies,	
Phone, Electric	865.75
Office Supplies	73.47
Postage	32.46
Travel Expense	746.00
Miscellaneous (Refreshments)	10.19

\$ 2,575.09

BOARD OF INSTRUCTORS

Salaries	\$ 471.53
FICA & FWT for February 1984	73.53
Editor "Sokol Gymnast"	30.00

Additional copies "Sokol Gymnast"	29.00
Postage	24.62
XVI Slet - Paper for Calisthenics	161.50
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	\$ 790.18

EDUCATIONAL DEPARTMENT

Salaries	\$ 131.99
FICA for February 1984	23.86
Printing	92.90
Supplies - Album sheets	14.70
	<hr/>
	\$ 263.45

SOKOL PUBLICATION

Printing "American Sokol", February 1984	\$1,045.64
Postage "American Sokol"	319.32
Mailing list changes - March 1984	141.65
Editor "American Sokol"	100.00
	<hr/>
	\$ 1,606.61

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, FWT, Feb. 1984, phone	\$ 405.14
Special Appropriations	
- Eastern District	235.38
- Central District	2,779.70
Advance to XVI Slet Committee (for trophies)	1,500.00
XVI Slet Postage	2.40
Future Sokol Leaders' Fund - Postage	.40
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	\$ 4,923.02

TOTAL DISBURSEMENTS

	\$10,158.35
Balance brought forward:	
Western National Bank of Cicero - Checking Account	\$21,886.44
N.S.F. Check	10.00
	<hr/>
	\$21,876.44
Receipts - March 1984	5,542.68
	<hr/>
	\$27,419.12
Disbursements - March 1984	10,158.35
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	\$17,260.77

FUTURE SOKOL LEADERS' FUND**March 1984**

In memory of Sis. Frances H. Prostednik - Sis. Erma (Prostednik) and Bro. Joseph Janecka	\$ 15.00
Tony Swoboda - Return of Merit Award	200.00
	<hr/>
	\$ 215.00

Donations are tax exempt

Envy -**The Price of Superiority**

Never a great deed was done but some mocked.
Never a great word was said but some sneered.
Never a solemn moment but some laughed.

The mockers are ever with us, eternal as the brook
that goes on forever.

When you plant tobacco, no matter if there has
never been a tobacco plant within a thousand miles, the
tobacco worms will appear; even so, whenever the
warm heart or generous mind expands, the mocker,
like Satan, comes also.

You stand before a statue of George Washington
and reverently take off your hat, and behind you, you
hear a titter, at the statue and at you.

No man, living or dead, is put upon a pedestal but
hands reach up to put him down.

The price of superiority is envy.

Those who can do nothing else can mock. It is the
only art in which they strive to excell.

It is the one revenge of mediocrity.

It is the one triumph of failure.

When you see a beautiful woman, you are saddened
to know that there are many to whom beauty is an
offense and the superiority of grace and gentleness an
insult.

When Richard Wagner wrote the music that trans-
formed the music world the air of Europe was filled
with the groans and hee-haws of critics and musicians.

Socrates, acknowledged the greatest philosopher of
all times, was the butt of ridicule upon the Athenian
stage; the theater-goers who could not understand him,
could laugh at him.

Never was a book written, a child born, a prayer
made, a pair of lovers married, a kindness done, a
noble influence followed, but there was some one to
grin and wink the eye.

There is no fine human emotion that cannot be
looked at on the bias and be made to seem grotesque.

The modern world has pushed the art of caricature
to its perfection, just scan any daily paper or a
magazine.

It is the glory of mediocrity.

For flash in wit that is kindly as it is bright requires
genius. To ridicule superiority, to draw a hero with an
ass' ears, to make a comic valentine with a touch of
venom, to deride the living and slur the dead, to bes-
mirch a woman's name with a meaning shrug and smile
- all these are as easy as making faces at your mother's
funeral.

Let us be merry, by all means, but let our mirth be as
the whitecaps of the ocean, and not disturb its still
depths of reverence, justice and pity.

Let us be happy, but always respect the inner shrines
of sorrow.

It does not require much or deep thinking to arrive
to the conclusion that at the bottom of all mockery is
bitterness. And still deeper, at the bottom of bitterness,
there is pettiness, unfaithfulness and self-pity.

Help Our Sokol Grow

Let us be happy, but always respect the inner shrines of sorrow.

When great souls jest their humor is helpful and tonic. Through the joking of Thomas Hood and Abraham Lincoln there shone the kindness of strength and love.

Save your ridicule for the shams, humbugs and Pharisesees. There are plenty of them, and ridicule is the surer sword for them. But spare the simple, honest and ignorant; spare the unfortunate and spare the great.

And if to you there be no great souls, no deeds of pure heroism, no pure acts of self-sacrifice nor emotions of virgin shame, then get off the earth; this is no place for you. There is another place where all the walkers of the red-hot streets grin unceasing; their language is a sneer; the air they breathe stinks with the eternal mockery of all that is good.

Sokol Fuegner

In February, two of our most active members - Bro. Charles and Sis. Blanche Zraly, moved from the New York area to a well deserved retirement in Hollywood, Florida.

To review some of the achievements during their combined 106 years membership (Charles, 1930 and Blanche, 1933) will only be scratching the surface. They were both active gymnasts and participated on championship teams. Many of their early years were spent in instructing not only Sokol Fuegner gymnasts but also those of Sokol Little Ferry and the Eastern District.

As they further involved themselves in the Sokol program, they served on numerous unit committees, were delegates to the Eastern District and to many Sokol conventions. In 1956 Bro. Zraly was elected unit president, a position he still holds. From 1957 to 1976 Sis. Zraly served the Eastern District as its secretary. From 1965 to 1976, Bro. Zraly was the Eastern District President. For many years Bro. Zraly functioned as not only a member but chairman of the American Sokol by-laws committee. Moving to Florida has sharpened their Sokol interest as they have recently become members of Sokol Miami.

We at Sokol Fuegner are proud to have the Zralys as our fellow members and would like to thank them for their many years of dedicated service both to the unit and to the entire Sokol program.

We wish Charlie and Blanche best wishes in their new life and home. Bro. Ed. Babor, II Vice-President Sokol Fuegner

ČESKÝ DEN, INC.

Tucked away among the rolling hills of south western Wisconsin is the small town of Hillsboro, population a little over 1,200. Of these a goodly number are of Czech descent.

The Czechs of Hillsboro, who cherish their historic heritage, will have their Second Annual Český Den celebration on Saturday, June 9, at Hillsboro's Firemen's Park beginning at 10 a.m. Emphasized will be Czech

traditions including polka dancing and music by two bands and hearty Bohemian food.

The earliest Czech settlers in Hillsboro came after 1850. The rolling hills, the woods, and the streams must have made them feel a deep kinship with the homeland made memorable in Bedřich Smetana's symphony, *Má Vlast*, particularly the part known as from the Bohemian Rivers and Forests.

Certainly here in the countryside of Hillsboro are the rivers and the forests, with small rippling brooks feeding into the rivers.

Hillsboro's Czechs have been preparing for Český Den for months. A chorus has been rehearsing Czech songs, and children are practicing Czech dances as mothers stitch up colorful costumes. Lessons in the Czech language have been given to those who wish to brush up every little "háček" accent.

A visit to Hillsboro for Český Den will let you in on one of the best kept Czech secrets in the Midwest.

Bro. Jerry Pech, Sokol Town of Lake

Sokol Educator

During the last century the motto "sound spirit in a sound body" appeared in many European nations. Dr. Miroslav Tyrš brought into life his Sokol in Bohemia, he declared that physical education does not mean to educate the people to physical perfection only, it means to educate them also to nobleness, to morality, to virile manhood and ideal womanhood, to pure democracy and good citizenship. The places where Sokols meet for their physical and mental development and recreation, should be the institutions from which the seed of patriotism is disseminated among all people, every Sokol should have "not only strength in his arms, but also his country in his heart." Dr. Tyrš believed that the smaller the nation, the greater activity it must develop in order to remain an influential element of humanity. His was the spark of patriotism, which ignited in the hearts of his disciples, flashed into passion for freedom in every Sokol's heart and has associated Sokols inseparably with the history of their country and made Czechoslovakia the nation for which they live and are willing to die. Tyrš based his teaching on the philosophy that the real problem of life is one of habit and the end of education should be to train people in the inclination towards good and that "all history and all nature is an eternal struggle, in which everything succumbs that does not establish its right to live. Either develop and flourish or disappear and make room for those who are able to live". Dr. Tyrš' ideals spread so rapidly among the people of all classes in Bohemia that in a short time every village had its Sokol group and hardly a family was without a Sokol member. The Bohemian immigrants, also brought into their adopted country not only their love of freedom, but after a short time every Bohemian colony in cities had public buildings devoted to physical education of the future "young America". In 1878 a Bohemian Gymnastic Union was founded in Chicago with branches in every state from coast to coast and one article of its constitution stipulates that "every member of Sokol Gymnastic Union

must be or must become a citizen of the United States. Faithful to the preaching of their teacher that evolution, dissatisfaction must be the incentive in our efforts to establish the best system of physical and moral education and believing that play activities are the strongest motive on the part of a child keeping physically fit, the Sokols soon adopted American games as an important part of their training but in this branch of activities they never yield to the desire of the few and every member trying to "make the team" must participate in all other activities, leading to the development of body and the tenet that it is more noble to lose manly than to win meanly must be a part of their moral makeup. Thus the foundation of character is being inoculated in the mind of our future generation. During summer months the active members relax somewhat in the formal gymnastic work and we see them in our public playground and parks testing their endurance and skill in the "field and track work". They must bear in mind that all around development must not be neglected, physical beauty must not be sacrificed to the desire of "breaking records". Specializing is not tolerated in Sokol ranks and only those members are allowed to participate in Sokol Olympiads, who observe the rules of their gymnasia and follow systematic work, by which only the physical perfection and beauty can be attained. With pride the Sokol societies record the significant fact that, when the war loomed and President Wilson began to call for volunteers, all young members of Sokol groups eagerly hastened, not one was rejected for physical disability and that Sokol Union was represented on the battlefield by men "who had strength in their arms and their country in their hearts." Neither among Slovaks, does the Sokol idea represent gymnastics only. The bird Sokol (falcon) was and is the embodied symbol of purity and chastity. He is the messenger of the sun, bringing tidings that the new bright day will dawn. The symbolic meaning of Sokol in the 18th century developed very clearly in the works of Slovak poets. Living under unbearable national oppression, they endowed the Sokol not only with the messenger service of prophesying a brighter day, but they also sent him into the sky asking him to drop into every village one of his golden feathers, thus to bring a little light into the oppressive darkness. In 1863 a monthly review "Sokol" was published in Slovakia. In these publications the Slovak poets, in true romantic style of their times asked the Sokol to awaken the nation, shake it from lethargy of centuries of long oppression and bring forward in one line with the other nations. A whole poetical literature exists in Slovak, in which the bird Sokol figures as the embodiment of the messenger of hope, salvation and liberation. Into these Dr. Tyrs inoculated the idea of the old Spartan spirit and classical meaning of gymnastics. Jan Kollar, the great poet, who was a contemporary of George Washington said: "If somebody calls 'Slav', a perfect man shall answer."

Excerpts from "Physical Education Among Czechs and Slovaks in America" by Joseph Cermak.

Sis. Blanche Kos, Educ. Dir., Sokolice Tabor

Food for Thought

A democracy cannot afford the luxury of citizens who reserve to themselves the right to determine whether certain laws should be obeyed or disobeyed. When we set down a law, that rule is made for everyone as are all laws. What we must all realize, after sifting through all the dissent, all the burning, the rock throwing, is that the lowest person under our flag enjoys more equal justice, more protection of life, liberty and property, and a greater personal freedom than has even been provided for the common individual by any other system in recorded history. What the radicals in our society say is vastly different from what they do. They demand freedom and equality, they abhor brutality and killing, yet they fan the flame of ugliness by rock throwing, burning and stepping on the freedom of others. Self discipline goes hand in hand with freedom and democracy, because freedom carries with it much responsibility, and part of what you are doing is to obey the laws, which are simply rules of behavior involving the rights of your fellow man. Whether on the highway, school room, college campus or in government, if we wish to maintain democracy, we must have law and order.

The above words should also apply to our Sokol in our gymnasium, our camp, our American-Czech Educational Center and in our meetings. Have you ever thought of what would happen to our Sokol, our Center, our community if we ever lost our freedom? Be concerned and accept your responsibility.

W.J.A. - Sokol St. Louis, March, 1984



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*Now I lay me down to rest,
I pray the Lord I'll do my best.
Please let me hit that vault just right,
And grant me that long after-flight.
I ask you to be on my side, while swinging
The bars with utmost pride.
On the beam let me be in command,
... but if I should wobble, lend me your hand.
On the floor, grant me a flip-flop tuck,
That is out of skill, instead of luck.
All these things I ask of you, I believe
You'll see them through.
But if I should die before I wake,
I pray
Dear Lord for my team's sake, that you
Give them every break!*

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