

# AMERICAN SOKOL

VOL. CVI - NO. 10

OCTOBER 1985

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## NEW HOURS FOR A.S.O. UNIFORM DIVISION

6424 West Cermak Road,  
Berwyn, IL 60402

**Monday—Tuesday—Thursday—Friday**  
10:00 A.M. — 5:00 P.M.

**Thursday Evening**  
7:00 P.M. — 9:00 P.M.

**Wednesday Closed**

**Saturday**  
10:00 A.M. — 12:00 Noon

**SIS. JUNE PROS AND SIS. NANCY BORVANSKY**  
(312) 795-6671



# AMERICAN SOKOL

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by the

**AMERICAN SOKOL ORGANIZATION**  
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EDITOR - JACKIE KOURIM  
388 Shensstone Road, Riverside, IL 60546  
*Copy for publication must be received by the  
10th of the previous month*

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

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

President - GEORGE C. BASTA  
I. Vice-President - CHARLES BORVANSKY  
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Educational Director - PAUL LEBLOCH  
Public Relations - JERRY RABAS  
Membership - FRED KALA  
Editor - JACKIE KOURIM  
Executive Board Member - ROY ZITNY, JOHN SATEK,  
FRED STANKOVSKY  
Alternates - VLASTA ZITNY, MARIE PTACEK,  
ED JELINEK, EMILIE RUZICKA  
By-Laws Chairman - JERRY MILAN

## Calendar of Events

### MARK YOUR CALENDARS FOR 1985!

- OCT. 27 — SOKOL LOS ANGELES  
Moravské Hody
- OCT. 27 — SOKOL AND SOKOLICE  
MILWAUKEE — Recognition Dinner — Alioto's
- NOV. 2 and 3 — SOKOL BALTIMORE  
Ethnic Heritage Festival at Essex Community  
College
- NOV. 9 — SOKOL SOUTH OMAHA  
Mortgage Burning Celebration

- NOV. 10 — SOKOL LOS ANGELES  
T. Votruba Music Recital
- NOV. 15 — SOKOL GREATER CLEVELAND  
Fish Fry
- NOV. 16 — SOKOL MINNESOTA  
Friendly Meeting
- NOV. 22, 23, 24 — SOKOL AND SOKOLICE  
MILWAUKEE — Holiday Folk Fair
- DEC. 1 — SOKOL AND SOKOLICE  
MILWAUKEE — Annual Meeting and  
Christmas Expressions
- DEC. 7 — SOKOL SAN FRANCISCO  
St. Nicholas Dance
- DEC. 31 — SOKOL SAN FRANCISCO  
New Year's Eve Dance
- DEC. 31 — SOKOL BROOKFIELD  
New Year's Eve Party

### FUTURE SOKOL LEADERS FUND

August 1985

In memory of Sis. Frances Susterka — Joe and Blanche Masek	\$ 25.00
In memory of Br. Louis & Sis. Christine Horak — Marion L. Kulas, daughter	25.00
In memory of Br. James C. Pilger — Sokol Milwaukee	\$ 25.00
Br. Fred C. & Sis. Emily P. Stankovsky	10.00
Br. James & Sis. Toni Klimt	10.00
Br. Joseph & Sis. Agnes Sotka	10.00
	55.00
In memory of Br. Frank Pelich — Sis. Antoinette Pelich, wife	25.00
	\$130.00

- Donations are tax exempt -

### Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION  
6424 West Cermak Road  
Berwyn, IL 60402

Sokol \_\_\_\_\_

Name \_\_\_\_\_

Old address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

New address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CVI

October — 1985 — Říjen

Číslo - No. 10

## ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, Tuesday, August 27, 1985, was called to order by our new President Bro. George Basta, after his introduction presented by our out-going president, Bro. Roy Zitny, at 7:35 p.m. Pledge to the flag was given, introduction of all members present and district minutes received and reviewed from Western District, May 19th.

The following members were present of the "old-new" Executive Board: Sis. Betty Prener, Vlasta Zitny, Nancy Borvansky, Marie Ptacek, Emilie Ruzicka, Sylvia Pistorius, Mildred Pinc, Jackie Kourim, Bro. Fred Stankovsky, Chuck Borvansky, Gary Masek, Fred Kala, Roy Zitny, Joseph Kovar, Bob Barcal, Jerry Rabas, Paul Lebloch, Stanley Barcal, Dick Ptacek, George Basta.

Members excused: Bro. Jerry Milan and Ed Jelinek.

**CORRESPONDENCE:** Campus Management, our lease for the next five years, must be signed and sent back, approved and signed. Copy of letter to President Nelson Gedeon, Sokol Cleveland from Sis. Betty Hosticka, President of Sokol Greater Cleveland, request will be granted as soon as written approval of the district is received, Sis. Betty Hosticka has been notified of this, in reply to both letters. Vincent F. Gonzalez a copy of a letter to Judge Joseph McManamon, concerning the case in Cleveland. Bro. George Jana, member of Sokol Ceska Sin, directed to the convention, letter received too late. Southern District, a thank you for their loan of \$15,000.00, funds to be sent later. Czechoslovak Sokol Abroad, invitation to the VI Slet to be held July 4-7, 1986, plus a note about our very good Slet held here in Chicago, June, 1985. Czechoslovak Daily Herald (Denni Hlasatel) asking permission to use our space in front of the office for the Houby Day Parade, approval given. Copy of Sis. Marie Provaznikova's book. (We ordered it a long time ago, price was never mentioned.) We will send our \$8.00 check to her. Copy-cat Typesetting and Graphic Services, a bid for our monthly publication (our price from C-B Press runs \$400 to \$500 less right now). Also brought up at this time, to try and have the mailer place the labels on the publication so as not to spoil any pictures or message that is printed on the cover. Check if maybe the label can be placed on the back cover, but we will have

to be careful not to cover our advertisers. Bro. Stankovsky took this opportunity to pass out the newsletter from Sokol Milwaukee. Bro. Gary Masek would like the information on the publication to get a printer's bid. Western Fraternal Life Association, letter of apology, computer error on June and July mailings of their Fraternal Life publication, Chicago District Alliance of Czech Catholics, request for patrons, tabled. Czechoslovak Society of Arts and Sciences, informational letter, English translation given by Bro. G. Basta. We are going to write to Professor Nehnevajsa, and request his speech from the convention and his presentation from the Havlíček statue. Jaroslav Hanus, comments on the Slet and convention, a letter will be sent to him and we will note his comments. One lost item still left from the Slet, unclaimed. Miscellaneous articles and letters for those interested. Thank you letter from Bro. Zitny to the Board.

**ITEMS TO BE DISCUSSED:** Will we have a tour to the Slet in Switzerland? Yes, we will conduct a tour and the six member committee is as follows: Bro. Roy Zitny, Dick Ptacek, Paul Lebloch, Sis. Marie Ptacek, Jackie Kourim and Emilie Ruzicka (publicity only). Review II. Delegates to the Convention — i), on travel and per diem. Two letters received concerning this matter. This rule was not changed, so we must follow it in the payment of travel expenses. I. Vice-President should be the Business Manager because the II. Vice-President is out of town. After discussion it was decided that there was no need to change. Items to be noted; office manager is the secretary, BOI, decides the use of the funds from Future Sokol Leaders' Fund and Special Assessment Fund, new members of the following committees to be approved by the Executive Board; BOI, Educational, Publicity, and Membership. Seldon, Fox and Assoc., is putting a letter together for us about the tax situation, should be here by Friday. Salaries to be discussed, new person as bookkeeper to work by the calendar month, editor salary to be discussed, also. Mailing list, to be updated and additional information added to make it more efficient. A Computer Committee was appointed, Bro. Roy Zitny and Chuck Borvansky. Will bring back information for our next meeting. Tentative report on the Slet committee and profit. The report should be complete by the October meeting. A mailing will go out to all the districts and units asking how many copies of the by-laws they require. A suggestion about the convention that we start on Sunday afternoon, at least with the

opening ceremonies, to have time for the important matters during the days of Monday, Tuesday and Wednesday.

**WOMEN'S DIRECTOR — Sis. Marie Ptacek:** From figures taken from a count by Bro. and Sis. Stankovsky. Tots, 94; 186, first and second class girls; 84, first and second class boys; 96, dancers; 40, special number, Northeastern district; 264, junior girls; 158, junior boys; 113, Central District number; 35, tumbling; 112, parachute number; 377, senior women; and 188, men. Senior number was one of the biggest we have ever had. We were very happy to see the stands as full as they were. Opening parade was very impressive and it was nice to see so many of our brothers and sisters in the dress parade uniform. The new Director of Women, Sis. Sylvia Pistorius, asked if trophies from the Slet could be sold. It was brought to our attention that the educational committee will be using the surplus ones for an essay contest. It was felt that the trophies should be given as rewards and not be able to be purchased. The report from the Eastern District that was approved last meeting, still needs a women's director's signature. Clarification is needed on when the new directors start receiving their salaries; beginning with this meeting.

**MEN'S DIRECTOR — Bro. Paul Lebloch:** Concurred with the Director of Women's report.

**MEMBERSHIP DIRECTOR — Bro. Fred Kala:** Remains almost the same as given at the convention. Many units have not reported for the second quarter of 1985. Sokol Seattle will be reorganizing. Bro. Joe Kovar also told us that Bro. Bartos of Sokol Moravan lost his wife a short time ago. This unit will probably have to close by the end of this year also. Bro. Kala requested space for an article as mandated by the XIV Convention in this month's publication.

**EDUCATIONAL CHAIRMAN — Bro. Stanley Barcal:** Final report given at the convention. New Educational Chairman, Bro. Paul Lebloch, said that the committee will be starting with the old board for the time being and will have the names for approval at the September meeting.

**PUBLICITY — CZECH — Bro. Jerry Rabas:** Reiterated about all the publicity that was given out during the convention and Slet period. A file has been kept with all the publicity printed during this time.

**PUBLICITY — ENGLISH — Sis. Nancy Borvansky:** Worked hard to get as much English publicity in the papers as possible for the convention and Slet. Copies of this will also be included in the publicity file. Picture brought in from the Downers Grove Reporter with Bro. Zitny and Mayor Cheever, showing Bro. Zitny accepting the proclamation from the town of Downers Grove for "Sokol Days". Another interesting item, a young lady from the Chicago Tribune was in last week and did an extensive interview, pictures will also be taken, and the article should appear the last week in September, either on a Wednesday or Sunday.

**FINANCIAL SECRETARY — Sis. Mildred C. Pinc:** The financial reports for June and July, 1985, were prepared and copies were distributed to the Executive Board members. Two savings certificates were renewed at the highest possible rates. No response has been received from Sokol Seattle in answer to our final notice which was sent to them on May 29th. Our plate glass insurance was expiring so we had a new policy written through Morton Service Corporation for the same coverage with a saving of \$60 per year. Changing addressograph plates as well as the mailing list took up a lot of time, we are looking into the possibility of having the unit numbers added to the names on the mailing list along with the zoning count. Donations to the Future Sokol Leader's Fund and the Library/Archives Fund were read. It was requested that all the names be read. A letter from the auditing committee was read, the general books were audited and found to be in order. A question as to the difference on the balance between the June and July reports. \$8,000.00 in transit is what makes the difference. Report is correct.

**TREASURER — Bro. Bob Barcal:** Three month report was presented to the members of the board and completely explained. Sis. Pinc did the posting for the general fund. Bank statements reconciled. A great deal of bills and expenses from the convention and transferring of funds for the Slet took place. It should begin to level off now.

**UNIFORM — OFFICE — II. VICE-PRESIDENT: Sis. Betty Prener:** We have been looking for new personnel to take over the uniform activity and have to report the following are interested in this phase of our organization: Sis. June Pros and Nancy Borvansky. They have been informed of the requirements and also that the details would have to be discussed and final decision made by the ASO Executive Board. The sisters will be interviewed at a meeting and final decision made. The present personnel will take an inventory of present supplies as of August 31st. Will instruct the new personnel in the overall operation of the department, and, hopefully, turn the whole operation over shortly. Sis. May Konecny contributed to our Library/Archives a book "Fundamentals of Gymnastics" written by Dr. Miroslav Tyrš, náčelník of Sokol Praha, printed in 1873. She would appreciate it if this contribution appear in our minutes and thank you letter written to Sokol Smíchov II (who presented the book to her), so that at some time she can present our acknowledgement to them. Received film of men's prostrná (calisthenics) performed at the 1948 COS Slet. The film was requested by Sis. Marie Provaznikova, whose friend had a copy made for himself as he had performed in the calisthenics. Also, the film was copied by the Arts and Sciences in New York and finally returned to Bro. Spanek who returned it to us. Would like to run this film on our projector, but unfortunately, wasn't able to locate our projector. Where is it? Souvenirs are still being sold. Together with Sis. June Pros checked records,

an inventory was taken as of 7/5/85. Outstanding accounts are being followed for payment. Bro. Paul Lebloch interjected that the video that Bro. Milan made two years ago at the course is being used as a teaching film.

**EDITOR — SECRETARY — Sis. Jackie M. Kourim:** As no new editor has been found the old editor put together the July-August publication. Typed up all the resolutions and sent them out from the convention. The new by-laws book is all re-typed and Bro. Kovar will be taking it home with him to proof read. It was strongly suggested that we have our annual Christmas seals, also suggested that we feature the Statue of Liberty on them. Br. Borvansky was appointed to do the design, the secretary will do the mailing. We had an audit from the post office for our publication. Keys will be turned over and re-assigned. Calling cards from the Illinois Bell can be passed on as they have no names on them. Office floors were cleaned and general cleaning after putting away all the items from the convention and Slet. Bro. Basta is still interviewing many people for the job of editor. Salary reviewed, approved to raise from \$100 per month to \$125 retroactive July, 1985. Discussed many possibilities about editors, printing, mailing list; each of these presents a problem. Quick changes in the publication would also pose a problem. Many ideas presented for the publication.

Bro. Kucera, from the Denní Hlasatel, stopped by to see if we gave permission to use the sidewalk in front of the office for Houby Day, the answer was yes. A letter will follow.

**OLD BUSINESS:** T. J. Sokol Houston was notified by certified mail to turn over all the property of Sokol Houston to Bro. George Basta. No answer is forthcoming. Will follow through on this matter.

**NEW BUSINESS:** Interest in starting new units in San Diego by a Tom Satorie, formerly of Sokol South Omaha. A young lady from Sokol Stickney is now locating in Phoenix, Arizona and has asked for information.

Bro. Basta thanked the members who will be leaving the Executive Board and said that they will be called on from time to time for their expertise; they are Sis. Betty Prener, Bro. Stanley Barcal and Jim Sprtel, also Bro. Joseph Kovar.

Bro. Gary Masek brought to our attention the fact that we should investigate the possibility of getting a teleconferencing phone for our meetings, as we are now having four out of town people on the Executive Board. Bro. Zitny will bring in some facts for the next meeting.

Bro. John Satek just reminded us that people could not find tickets and souvenirs readily at the hotel. They were available and many were sold, but we will try to do better at our next Slet and convention.

It was decided to leave our meetings on the fourth Tuesday of the month, it seems to be the best night for everyone.

Sis. Ruzicka presented ideas on promoting the senior citizen idea (retirees). Lengthy report and discussion ensued.

Sis. Lynda Filipello will be invited to the next board meeting to give her presentation on new unit flags that she could not complete at the convention.

A note will be prepared and sent to Southern District for their loan, then the funds will be sent to them.

Meeting was adjourned at 11:05 p.m. Refreshments served afterwards.

Respectfully submitted, *Jackie M. Kourim*

Two guests were also present at our meeting, Sis. Louise Kovar and Emily Stankovsky.

## ASO FINANCIAL REPORT

AUGUST 1985

### RECEIPTS:

Dues	\$ 4,056.75
T. G. Masaryk Dues	30.00
Advertising in "American Sokol"	750.00
Resale of Jewelry	62.75
U.P.S. Charges	1.83
	<hr/>
	4,901.33
XVI American Sokol Slet	15,000.00
	<hr/>
	19,901.33
ASO Uniform Division - Rent, Salaries, etc.	631.02
	<hr/>
Total Receipts	\$20,532.35

### DISBURSEMENTS:

#### ADMINISTRATIVE

Salaries - Office Employees	\$ 1,345.18
FICA & FWT for July, 1985	161.38
Rent, Janitor Services, Phone, Electric	915.18
Postage	47.81
Office Supplies	32.84
Travel Expense	94.59
Plate Glass Insurance	270.00
GNFPCA - Annual Fee	5.00
Miscellaneous - Refund (Membership pins)	26.00
	<hr/>
	\$ 2,897.98

### BOARD OF INSTRUCTORS

Salaries	\$ 73.97
FICA & FWT for July, 1985	59.36
Petty Cash	25.00
Editor "Sokol Gymnast" - August, 1985	30.00
Add'l. copies - "Sokol Gymnast"	29.00
	<hr/>
	\$ 217.33

### EDUCATIONAL DEPARTMENT

Salaries	\$ 106.39
FICA - July, 1985	12.10
Book for Library	8.00
	<hr/>
	\$ 126.49

**SOKOL PUBLICATION**

Printing "American Sokol" - July - August issue	\$ 1,350.80
Postage "American Sokol" -	355.16
Mailing list changes	233.51
Editor "American Sokol"	150.00

**MISCELLANEOUS**

ASO Uniform Division - Salaries, FICA, July, 1985, FWT, July, 1985 & phone	\$ 576.44
XIV ASO Convention - Rental of Copiers	1,498.45
Special Appropriations - Eastern District	887.20
Postage - Future Sokol Leaders Fund	1.32
Postage - Library/Archives Fund	.44

\$ 2,089.47

\$ 2,963.85

Total Disbursements \$ 8,295.12

## Balance brought forward:

Western National Bank of Cicero - Checking Account	\$ 1,339.76
Receipts - August, 1985	20,532.35

\$21,872.11

Disbursements - August, 1985 8,295.12

\$13,576.99

## To Commemorate October 28th

*Věřím i já Bohu,  
že po přejití vichřic, bouří a hněvu,  
hříchy našimi na naše hlavy uvalené,  
vláda věcí Tvých  
zas do Tvých rukou se vrátí,  
ó lide český...*

With this first verse of the Last Testament of the Dying Mother of Fratrás Unitas, Jan Ámos Komenský bid farewell to his homeland. With the same prophecy, on the 500th anniversary of the death of Jan Hus, Tomáš G. Masaryk, on behalf of the Czech and Slovak people, declared war on the Hapsburg empire. And Masaryk further calls on all Czechs and Slovaks, including those abroad, to support the efforts to liberate their mother country from the Hapsburgs' yoke.

The Czechs and Slovaks in America responded in a truly grand manner. Over 2,000 young men, a good many of them Sokols, joined the Czechoslovak Legions in Europe, while others supported the Czech army with bazaars, collections and other means. There wasn't a Czech or Slovak family in America that did not become involved in some action to benefit the fight for Czechoslovak independence. On October 28th, 1918 Komenský's prophecy came true. With substantial help of our people in America, the Czechoslovak Republic was born.

Twenty years later, when Hitler's hordes occupied

Czechoslovakia, once again the Czechs and Slovaks in America showed a love for its motherland. Some 80,000 men and women of Czech and Slovak origin served in the U.S. armed forces during World War II. The American Sokol hall teemed with activities supportive of the Czechoslovak cause.

In view of all this, reflecting upon the state of affairs in Czechoslovakia and here in the United States, we ask ourselves: "Do we have the right to pass judgements about the land of our forefathers?" — Certainly we do! As we commemorate the 28th of October, we do so on behalf of those brothers who in the two global wars paid the supreme sacrifice and others who through hard work behind the battle lines made the founding of the Czechoslovak Republic possible. As we think of those sacrifices we also think of all the contributions with which a nation of Tyrš and Fuegner made this a better world. The same nation, the same people with whom we are bound with a bondage of blood, culture and heritage.

We wish them well. We wish them a better future. We wish them that they too, will enjoy the same right of petition, assembly, political and religious freedoms which we so freely exercise here in the United States of America.

*Bro. Vladislav Slavík, Sokol New York*

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AMERICAN SOKOL

# SOKOL GYMNAST

OCTOBER 1985

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Editor: Edward Linhart — 1820 Ridgeland Avenue, Berwyn, Illinois 60402

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## American Sokol Organization Merit Award for 1985-86

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



DAVID JIROUSEK  
Sokol Gr. Cleveland  
N.E. District  
U. of Cincinnati



GEORGIA WALTER  
Sokol Wilbur  
Western District  
Doane College



NANNETTE M. TOTH  
LISKA  
Sokol Karel Havlíček  
Borovský  
Southern District  
Texas A&M Univ.



TRACY SOMOLIK  
Sokol Berwyn  
Central District  
Morton College

### RENEWALS

ALEXANDER NOVACEK  
Sokol Detroit

BARBARA KOZEL  
Sokol Ft. Worth

KRISTINE GREGURICH  
Sokol So. Omaha

### MERIT AWARD COMMITTEE

SYLVIA PISTORIUS, RICHARD PTACEK, PAUL LEBLOCH, CHARLES KLAPP, JO MARIE MLSEK (Chairman)



· CZECHOSLOVAK SOKOL ABROAD ·  
VI. SLET · ZÜRICH 1986

## TENTATIVE PROGRAM OF THE VI. SLET OF CZECHOSLOVAK SOKOL ABROAD

**Zurich, Switzerland — July 4-8, 1986**

### FRIDAY, JULY 4, 1986

- Morning — Slet opening ceremony, opening of Slet exhibit
- All day — Slet volleyball tournament
- Afternoon — Meeting of Board of Instructors of Czechoslovak Sokol Abroad  
(Men and Women)
- Evening — Welcome and get-acquainted evening and dance,  
Kongresshaus, Gotthardstrasse 5

### SATURDAY, JULY 5, 1986

- All day — Slet apparatus competitions  
Gymnasium at Schulhaus Döltzchi, Döltzchi-Weg
- Afternoon — Participation at the Jan Hus commemoration  
Konstanz (bus tour)  
— Meeting of Board of Directors of Czechoslovak Sokol Abroad
- Evening — Festive Slet Concert  
Kongresshaus, Gotthardstrasse 5

### SUNDAY, JULY 6, 1986

- Morning — Rehearsals
- Afternoon — Main Slet performances  
Stadion Letzigrund, Badenerstrasse 504
- Evening — Slet farewell dance  
Kongresshaus, Gotthardstrasse 5

### MONDAY, JULY 7, 1986

- All day — Day of Sokol Youth  
(All-day trip into the Swiss Alps)  
— V. Convention of Czechoslovak Sokol Abroad
- Evening — Meeting of Sokol Federation in the Free World

### TUESDAY, JULY 8, 1986

- Commencement of the post-Slet Sokol camp in the Alps

## Editors Note — Some ideas for our tots

### GYMNASTICS FOR THE PRE-SCHOOLER

by KATTI KOMARA

By now everyone is aware of the benefits one can derive from having a pre-school gymnastics program in their facility. But, we also know that after a few years of having these cute little tykes rolling and cartwheeling around the gym... we really look for some new and different ideas to use in our lesson plans to keep everyone happy and coming back for more.

So, before introducing the first lesson plan to a class of tots, we should keep in mind the fact that we need them to keep our business operating throughout the year. Realizing the importance of this little motivator, we should remember to keep things fun and make sure they learn. If it isn't fun, the children won't want to return, and if they don't learn then the parents won't want them to continue. It is necessary to have them leave the gym wanting more! The primary goal is to have the youngsters awaken every day and ask if this is "gymnastics day".

We all know that children innately do not like to stand in line. It's important to give each child their own carpet square and have them carry it around with them. The reason being, they can use the square to sit upon while they are awaiting their turn. Call it their "magic carpet". While sitting on the carpet you can give them exercises to perform such as: straddle stretches, push-ups, sit-ups, butterflies or anything to keep them busy. A few more ideas are pieces of vinyl cut into various geometric shapes, or a hula hoop to sit in.

The real key to a successful pre-school gymnastics class is to keep all of the children busy. Activity is a must. The idea is to orchestrate the class so that the tots are passively manipulated through various stations where they will accomplish pre-designed objectives. For instance, if you are using four sets of uneven bars, the first set would be for such skills as: hip pullover, straddle swings, swing half turn, etc. From that station the children would move to the second set of bars where they would attempt to throw bean bags through an innertube. The next station would be set for leg-ups to dislodge beanbags from the top of the bar. At the fourth station the mats would be arranged in step fashion so that the youngster could arrive at a position higher than the low bar so that they could perform a front support very easily. This setup can be maintained for groups of 8 from one year and up.

For a unique lesson plan, tell the children that today they are going to take a trip to the zoo. At this point have the children tell the instructor what type of animals they might see, the sounds they make, and the way the animals move.

Most important, don't get the idea that if you don't own wedges, barrels, mailboxes, small tram-

polies, donuts, etc., that you can't have an innovative pre-school program. There's a lot to be said for homemade equipment. How about using beach towels for a tumbling section. Have the children spread them out and get a tan, hop up and jump across it, or longways, dive rolls over, log rolls lengthways. Have the children practice fire safety... STOP, DROP, AND ROLL in the towel. Teach them basic math by having them fold the towel in halves and fourths. After folded, have them perform the same skills as before over it. Place their hands on the towel for cartwheels, roundoffs, headstands and handstands. The ideas are endless.

Use costumed characters, crazy hats, whatever is fun for the children and teaches them gymnastics skills, plus gives them physical activity. Remember, that's how Sesame Street became so popular.

*Contributed by Club News*

## Fundamentals of Physical Fitness

The most important exercise that helps us achieve physical fitness is walking, running, swimming and cycling, as well as exercises in repetition, done in accordance with the principle of the maximal load.

As maximal load we understand the situation when the heart and the lungs are exposed to a stress approaching the state of exhaustion.

Such exercises are now called "circulo respiratory fitness". The goal of these exercises is to improve the ability of an individual to endure the strenuous and growing stress without unnecessary pain and fatigue.

There is a consensus of the experts that golf, isometric exercises, weight lifting, even apparatus exercises, do not lead to a substantial improvement of our general fitness. Why? Because such movements involve only a part of our body, only certain muscles but do not affect the heart and the lungs.

In the Tyrš physical education system, the all-around ability is stressed. It includes such exercises as runs, hurdles, relays, repeated fast moves, swimming, walking, cycling, skiing.

The regular Sokol lessons unfortunately in most cases do not have such exercises because most of the Sokol halls do not have appropriate facilities. But we must do something about it.

Therefore it is essential

- 1) to have, in every lesson taking place inside a hall
  - a) an efficient warmup
  - b) a fast game
- 2) to organize outside activities as regular physical education lessons as soon as the weather permits, and make the Sokols run, play fast games, swim as soon as the weather permits in Summer, and skate and ski in Winter time.

To be able to exercise effectively, i.e. to attain the desired goal, we must have a good program. Let us say, we will be running in every lesson when exercises take place outside, i.e. regularly. We set the distance and the time required (according to the runners ability). When practicing regularly, the heart, the lungs and the muscles get used to the strain. Therefore, after a certain period, the distance is made longer and the time shorter. This way, the ability of the runner increases and he is stimulated to complete and excell.

*Caution:* Due to the strain our heart and lungs are subjected to when practicing such effective moves, it is necessary to consult the doctor before starting it and tell him that one is going to practice a circulo-respiratory fitness program.

*Reference:* Kenneth Cooper M.D.: "The New Aerobics". Marie Provaznikova: "Assistant Instructor", 1982.

Contributed from Sokol Instructor's Digest — by Jiri Liska & Czechoslovak Sokol Abroad, Jan Waldauf "Umíme to dobře".

## Purpose of Sokol Gymnastics

In the June issue of our publication "American Sokol," bro. Edwin J. Halik, in his article about the "Sokol Manual" asks: "What do we mean by the Sokol Program?" — "What do we mean by the Sokol System of Gymnastics?" These two questions are very important in our Sokol world, and I would like to try to explain what I believe is, at least in part, an answer to these questions.

First of all the basic American view in sports, and lately in gymnastics, is: "To win the Gold." They invite the young athletes, but as soon as they find that he is not born with a high performance ability, they lose interest in him.

Our Sokol view is, that not only those with a degree of high performance ability, but everyone deserves and needs our attention. Yes, our physical fitness program might not be too different, but to us those practicing for their health, must be just as important as those practicing for the "Gold Medal."

I believe whenever we discover in our classes individuals, capable of higher training, we should do whatever we can to help them in their efforts.

After all, we are proud to produce high quality performers. It is a credit to us to do so. The problem is to have enough instructors of desirable quality. We should also respect the physiological structure of young people, and should not overtax the natural growth in the junior age group. Fourteen-year old Olympians should not be our goal, because of the possibility of premature hardening of muscles, against more slowly developing bone structure.

On the other hand, let us not forget that together with great admiration, these excellent performers sometimes produce a kind of fear in those who were not born with this high ability, but who need physical activity for their health. They fear we may require too much from them. And here lies our big difference.

Our program must be to fill our gymnasiums with everyone who is able to move, regardless of age or physical ability.

What we do in Sokol — everyone can do! In the form of fun and social contact. We have to do something acceptable to everyone, and our mass calisthenics, at our public exhibitions, are excellent proof of what beautiful activities we offer without any demanding requirements. Everyone has a place among us, and everyone can become part of beautifully coordinated efforts, while having fun and thus become a better and useful person.

We have to realize that even a healthy and beautiful human body has its insufficiencies when it is sheltering a human being without qualities of honesty, responsibility, and morality.

There is no question, we need juniors, or better still — our young generation, but we must realize a disadvantage in the junior generation — their heavy schedule of sports in High Schools and Colleges. Therefore, our attention should be directed to generations who have completed their schooling. There lies our main field for recruitment. Persuade them that after leaving school they should continue with their physical fitness. Their health is their life-long job, and in this age only the Sokol organization offers this opportunity — except exclusive and money-making Health Clubs.

And this is what we are going for — what our Sokol system in Gymnastics is! But without good trained instructors, we will not be able to do our job.

V. Zenisek, Sokol Havlíček-Tyř

## ACKNOWLEDGEMENT

As this is my last issue of Editorship of the Sokol Gymnast, I would like to thank my many contributors for their articles and assistance in preparing this monthly publication. After fifteen years of editing the Sokol Gymnast, I have made many new friends who will continue to share our enthusiasm for the American Sokol. My successor will be Br. Frank Michalek, a member of Sokol West Suburban, and I hope he will receive your full support.

ED LINHART

## RESOLUTIONS: 1985 CONVENTION

Bro. Fred Stankovsky  
Convention Chairman  
XIV National Convention  
American Sokol Organization

Dear Brother Stankovsky;

We the delegates of the XIV National Convention of the American Sokol Organization wish to extend to you and your dedicated committee, our sincere appreciation for the accomplishments you achieved in the preparatory work of this XIV American Sokol Convention.

It was an historic year to be chairman of the convention, our 120th year of Sokol.

In your capacity as chairman, you have shown true leadership and a devotion to the continued success of the Sokol system.

Again, our sincere thanks for a job well done!

NAZDAR! Resolutions Committee  
XIV National Convention  
American Sokol Organization

Bro. George Vytlačil, President  
Central District  
12515 South Harold  
Palos Heights, Illinois 60463

Dear Bro. Vytlačil;

We, the delegates of the XIV National Convention of the American Sokol Organization wish to extend to you and your dedicated district, our sincere appreciation for the accomplishments you achieved in the preparatory work of this XIV American Sokol Convention.

Bro. John Satek and Sis. Nancy Borvansky are to be thanked also for their work as liaison between the district and the Executive Board of the American Sokol Organization.

The fine job you achieved will long be a very pleasant memory to us. To you, Bro. Vytlačil and to everyone in your district, we extend our hearty

NAZDAR! Resolutions Committee  
XIV National Convention  
American Sokol Organization

### Insight and Suggestion on our Youth Situation:

Our youths need their own interests. If they are involved in something they enjoy then they will draw their friends in with them. Most young people have a creative knack, all they need is encouragement to bring it out. They are also swayed by their peers if leaders, they will sway others to them.

We as adults should guide them to certain activities but they must also interest them or they will not last. What we have discovered with our dance group is that they become involved and enjoy showing off in front of the public, they try to compete

against one another. Our youths also enjoy having get-togethers after performances where they can enjoy one another's company and play their kind of music.

Some of our youths have more ideas than others, such as, the kind of programs they want to put on, this shows leadership so we try to encourage it. When most of us get on in years we tend to forget what the music of our youth meant to us. What we should do is listen to the youngsters suggestions about their music and not be so quick to criticize "their music" if we all remember back, didn't our parents criticize our music too.

We want our youth to get involved in Sokol activities. Well lets give them a chance, if they are willing to take the incentive and leadership — give them a chance, don't say they are too young and don't have any experience. How are they to get that experience if they are held back by the "older members" with outdated stuff. We ourselves have to grow with the times to progress and keep saying things like the "good old days". The thing to remember we will grow old and die one day, who will be left to carry on if not our youth of today, but, we have to teach them, tolerate their ways and progress with them for Sokol to have any future. The future is in our young if there is to be any future at all.

### Subject: Youth involvement Pacific District

1. The need to increase Sokol interest in our youth.
2. Update youth activities.
3. Recommend communication on youth activities between all units also dedicate a page in the ASO publication to youth activities.
4. The need for a capable youth oriented representative on ASO Board.
5. Consider... Forcing our youth to do outdated material which leads to dissatisfaction amongst them and the units, and ultimately to drop out.
6. We must compete with school activities and health spa activities, television and modern interests if we are to draw our youth back.
7. Today's youth matures sooner than we did. They enjoy doing traditional things but also, require new and updated activities to keep them stimulated for their never ending energy.

### Eastern District ASO presents to the convention

an appeal that we start on a wider scale, a program of SOCIAL and Sokol educational activity IN DAYTIME HOURS for the members and potential new members who 1) are not attending evening classes, 2) who are paying (or not) paying dues with nothing in return, 3) who are retired, or semi-retired with free time during the day and refuse to go out in the evening.

We do not expect the Board of Instructors to be responsible for this new department or "club" rather have direction by the unit officers and directors. This group should prepare the plan for regular weekly, bi-weekly or least of all monthly social gatherings. We recommend weekly, especially in units where the hall stands empty during the days. Put in tables and chairs and start. It's really fun to get going. Perhaps some unit will be lucky to have in its midst a retired popular "teach", or a women's circle. These will be the "spark" we need.

Where the resident community is small and there are no gym classes the need for daytime meeting and social is vital to renew the unit, if circumstances are favorable. It takes research and work.

Leaders bring together "The Old Gang" — Sokol membership binds them together. We know there is a Senior group in St. Louis unit and Sokol Miami organized 16 years ago has Sokol club meetings evenings, Monday from 11 a.m. to 7 p.m. with a program of various activities including a hot meal at 4:30 p.m. at nominal cost. Activities such as games, cards, own band, exercises, educational short talks, picnic, beach visits on other days, tours, crafts; this all takes good Sokol leaders and WE HAVE THEM retired and still interested. DRAFT them for whatever they can do — and SAVE YOUR UNIT — don't lose members who leave the gym. We should have a singing coach, have a chorus and sing and dance. We in the Eastern District will make up a list of various activities which can be done and how to get them started, in short, an instruction book — and we in turn would like to know if you have come upon things your people want to do and love it. We know that serving a hot meal, smaller order, and reasonable, will bring people out because for one, cooking is a chore for many. We found that a meal at every gathering is the drawing card.

We look forward to cooperation with you and you with us — to SAVE our UNITS.

## Resolution in Support of Charter 77

WHEREAS since 1977, the so-called Charter 77 has addressed the issue of liberty and humanity in Czechoslovakia as agreed upon in the Helsinki Agreement subscribed to by the Czechoslovak government, and

WHEREAS the Charter 77 is trying to hold the Czechoslovak government accountable for so many violations of the Helsinki Agreement, and

WHEREAS such efforts of the signatories of the Charter 77 have added significantly to the efforts of all freedom-loving people to preserve the ideals of Tyrš and Fuegner in the land of the cradle of Sokol,

BE IT RESOLVED that the XIV American Sokol Organization Convention supports without any reservations all efforts to return the homeland

of our forefathers to the ideals on which Sokol is based, and

FINALLY, BE IT RESOLVED that this resolution be printed in American Sokol and submitted to all Czechoslovak publications in the United States.

## Resolution in Support of People of Czechoslovakia

WHEREAS all Sokols condemn the present regime in Czechoslovakia, and

WHEREAS we all oppose a stationing of any foreign troops on the soil of Czechoslovakia, and

WHEREAS we cherish the friendship and, indeed, the bondage with the people of Czechoslovakia, and

WHEREAS we support the struggle of the Czechoslovak people in their efforts to return to the traditions of Jan Hus, Masaryk, Tyrš, and Fuegner,

BE IT RESOLVED that we, the members of the XIV Convention of the American Sokol Organization, go on record to assure the people of Czechoslovakia our support that they too some day will enjoy the same freedom that we enjoy here in these United States, and

BE IT FURTHER RESOLVED that we, in our units and districts, shall strive to fulfill this promise.

FINALLY, BE IT FURTHER RESOLVED that this resolution be printed in the American Sokol and submitted to all Czechoslovak publications in the United States.

## Sokol Educator

### Czechoslovak Picture Books

Before the 17th Century children's stories, *Dětské Pohádky*, were told by word of mouth. Grandmothers loved to tell children fascinating fairy tales. Jan Ámos Komenský, *Comenius*, wrote his "Orbis Sensualium Pictus," introducing into England and a number of European countries the first children's picture books. A child's attention is attracted by a picture in a book, and looking again slowly, begins to identify the picture with the words. Next the child learns how to write simple words, learning at home before going to school.

Hans Christian Anderson wrote the story of "The Proud Beetle." It had been tied on a string and left floating around a lake in an old wooden shoe. Two girls noticed its plight, and released it by cutting the string. It was free, flying up and up, finally falling down and landing on the back of a horse. It was the Emperor's favorite horse, making the beetle think it was very important sitting on the Emperor's horse.

Similar to Anderson's fairy tale about the beetle is the one Jan Karafiát wrote in 1895, "Broučci" (Fireflies), also a species of beetle. The boy firefly gets married and has ten children. Jan Neruda

wrote "Dětem," considered first among children's books, Božena Němcová "Grandmother" is a classic, published in 1854. It tells the story of Božena's childhood, how she ran happily over the meadows, and was afraid of the black forest where the *jezinky* (evil spirits) robbed the eyes of anyone who idly walked about in the forest. "Grandmother" told of the customs, traditions, and how she loved best everything Czech. Alois Jirásek collected folk legends. Marie Majerová wrote "Čarovný Svět" (Enchanted World). The funny adorable novel, "Good Soldier Svejk" was written by Jaroslav Hašek. It was at the time when Czechoslovakia had won its independence, a time for *legrace* (fun). Children enjoyed the book as much as adults.

The Czech story of "The Wood Fairy" is a delightful one about a little girl named Betushka who lived with her mother, a poor widow. They had two goats which Betushka drove to pasture in a birch forest. Every morning except when it rained, or on cold winter days, she led the goats out to graze. Her mother put into a bag bread to eat and to keep her from idling away the day a spindle with flax to pull apart into fibers. One mid-day she was eating bread and strawberries she had picked, when the Wood Fairy appeared with golden hair. She had a wreath of wild flowers on her head. She coaxed Betushka to dance with her and round and round they whirled. The next day the fairy came again, and again they danced to the sweet music of the birds. Betushka forgot about filling her spindle with flax thread as she danced with the fairy. When she told the Wood Fairy that she was not obeying her mother, the fairy stuffed something into her bag and left. Betushka was curious and she looked into the bag which she found filled with dry leaves. She became angry, throwing out some of the leaves. On reaching home she took out her spindle and flax and found the leaves that were left had turned into gold. There was enough gold to buy a farm and cows. For the rest of her life she had good clothes to wear with a ribbon in her hair, but nothing ever gave her as much joy as she had dancing with the Wood Fairy whom she never saw again.

The "Shepherd's Nosegay" tells the story about a king who had a beautiful daughter about to be given away in marriage. A prince wanted to see the princess before the neighboring princes had been invited to look at her. This prince from a distant kingdom, dressed as a shepherd, started out with four loaves of bread. On the way he met four beggars, with whom he shared the bread. The last beggar gave him gifts and a magical whip which made it possible to see the princess every day and give her a nosegay. The princess fell in love with the shepherd who turned out to be a prince and they married.

The story of "King Svatopluk and the Three Sticks," dates back thirteen centuries ago when Moravia, Bohemia and Slovakia were united as a kingdom ruled by King Svatopluk. He had three sons and when he got old he started to worry about

how the sons would rule the kingdom He decided to test them with three flexible sticks. He had a servant bind tightly together with a cord three sticks until they looked like one stick. The King said, "I fear for you, my sons. You quarrel among yourselves. If you continue in this way, you will lose the lands that are your inheritance. Only if you, my sons, remain together united, will our Empire survive." He gave each one of the sons the bound together sticks and they found out that it was impossible to break them. This was a lesson in unity, showing that the sons bound together in peace, working for a common purpose were invincible. When the King died the sons failed to follow his advice. They were not watchful and invaders came from the east and from the west and split apart the Empire. King Svatopluk's great Moravian Empire came to an end. This theme of being able to break sticks singly but not when they are tightly bound together appears in folklore tales of other countries. This parable was also known in ancient times.

Under Russian rule Czech children's books are published in Prague under the name of Alberos, and Slovak books are published in Bratislava by Mladé Léta. Fantasy has not disappeared even though stories about pioneer activities are played up. Children are individuals. They can dream, have fancies about traveling to Holland, the land of the wooden shoes, or to see the Eiffel Tower in Paris.

*Stella Tichy, Sokol Cechie, Chicago*

Remarks presented on the occasion of the XIV Convention of the American Sokol Organization and the tribute to Karel Havlíček Borovský by Jiri Nehnevajsa, President Czechoslovak Society of Arts and Sciences, printed by popular request.

## Mens sana in copore sano, a healthy mind in a healthy body

From the very dawn of its existence, this has been a paramount objective of the great Sokol movement.

The human brain as a central organ of our body is the marvelous instrument which permits us to be acquiring immediate, direct sensory information about the world around us as well as about our inner workings.

But it is our mind as a special activity or function of the brain which makes it possible to see relationships, identify patterns, note configurations. It is the mind that can span the past, the present, and envisage — with hopes as well as fears, through guesswork as well as anticipation — also the future.

It is the mind that is the breeding ground of human creativity.

And if the mind can be best comprehended as a special function of the brain, then the human *soul* can be seen as a specialized activity or function of the mind itself. It enables us to evaluate what is good, what is true, what is beautiful. And links us to the mysterious universe and to the divine.

It is then the soul that is the fertile soil in which virtue can flourish.

The soul may become damaged or diseased. It may malfunction or even atrophy so that some can no longer distinguish between good and evil, truth and falsity, beauty and ugliness.

The mind, too, may be damaged or diseased, or it may malfunction or even atrophy. And so can, indeed, the brain.

The glory and the strength of the Sokol movement lies in its moral and spiritual traditions. The lovely ballet of exercise, the expressions of athletic and gymnastic prowess, the love of sports — not for their commercial worth but as vehicles toward self-fulfillment as well as teamwork — become but outward manifestations of the *moral ethos which underlies them and which drives them*.

To nourish the brain, to cultivate the mind, to elevate the soul — these, indeed, are the primary purposes and supreme accomplishments of the traditions of Sokol.

I, myself, became a member of Sokol when I was only four years old. Both my father and my mother were dedicated and devoted workers of Sokol.

But today, I am here to salute you and greet you not in light of my own and long Sokol history, but on behalf of the Czechoslovak Society of Arts and Sciences.

With some 1600 members around the world, members who are journalists, writers, scholars, scientists and artists, it is the key goal of the Society to help sustain, and further advance, that which is best in the cultural and moral tradition of the country of our origins. It is also a central objective of the Society to increase the understanding of the Czech and Slovak heritage and of its meaning in these deeply troubled times among all people throughout the world.

The Sokol movement represents, indeed, these best traditions of the land in which lie our roots, no matter how recently or how many generations ago. Our love for our new homelands, America or Canada or other lands where Slovaks and Czechs have found their haven of freedom, opportunity and security, does not make us love less the land of our parents, or of their parents, or of their parents' parents out there in the beautiful but tortured Central Europe.

Long after we will have gone as individuals, the ideals and achievements of Sokol will remain vibrant, because they are imbued above all with the indomitable human spirit that yearns for dignity and freedom.

I feel very privileged and proud to be able to be here with you in these opening days of the great

week-long pageant of Sokol in this magnificent city of Chicago.

I feel humble in greeting you on behalf of all members of the Czechoslovak Society of Arts and Sciences. I do so to acknowledge the splendid history of Sokol. I do so to celebrate and appreciate the present. Above all, I do so with a view toward the future in which there remain many mountains to be climbed, many obstacles to be overcome, many rivers and oceans to be crossed, far away horizons to be reached, before tomorrow becomes good and free and safe for all humanity.

The Sokol movement, without doubt, will be there to help usher and bring about such better days.

## Karel Havlíček Statue

The courage and forthrightness of Karel Havlíček Borovský as well as the pain and suffering which he had to undergo due to his convictions and his dedication to journalistic freedom remain not only as symbols of struggles of past ages, but also of the deprivations which so many people around the world have to endure in our own times.

To be able to cope with the existential predicaments of life amidst the complexities of modern societies, we need more than information and knowledge which we could acquire directly and immediately ourselves. What we can see directly and what we can perceive directly is incredibly limited; truly it represents only an altogether negligible fragment of reality and of the ceaseless flows of events.

Only the media of communications, the press, the radio, the television can actually provide us with a window to the much larger world which we are unable to observe but whose workings affect us constantly, directly and profoundly.

And only if these information providers, the media, are themselves free, can we expect to have a chance to learn what is reasonably objective, reasonably accurate and also timely so that we may act wisely.

By the same token, we must have, and exercise, the opportunity to question the objectivity or accuracy or timeliness of information which gets transmitted to us by the media, and we have a right to expect accountability in return.

To protect our own freedoms individuals and families, we must allow and, in fact, appreciate the principle of essentially *absolute*, if often disagreeable, freedom of the media.

*Any form of censorship, under whatever guise and with whatever lofty intentions, that might be imposed places the very possibility of access to objective, accurate and timely information into jeopardy.*

And it raises the ominous spectre that *any* ideas, including our own, can be silenced no matter for what alleged reasons.

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I am proud to be here with you today, and to be able to participate, on behalf of all members of the Czechoslovak Society of Arts and Sciences, in this tribute to Karel Havlíček Borovský and to the spirit of freedom which his own life and work so well exemplified.

It is a privilege to join the American Sokol, the Czechoslovak Society of America and the Czechoslovak National Council of America in this moving reaffirmation of our never ending dedication to the value of human dignity and freedom.

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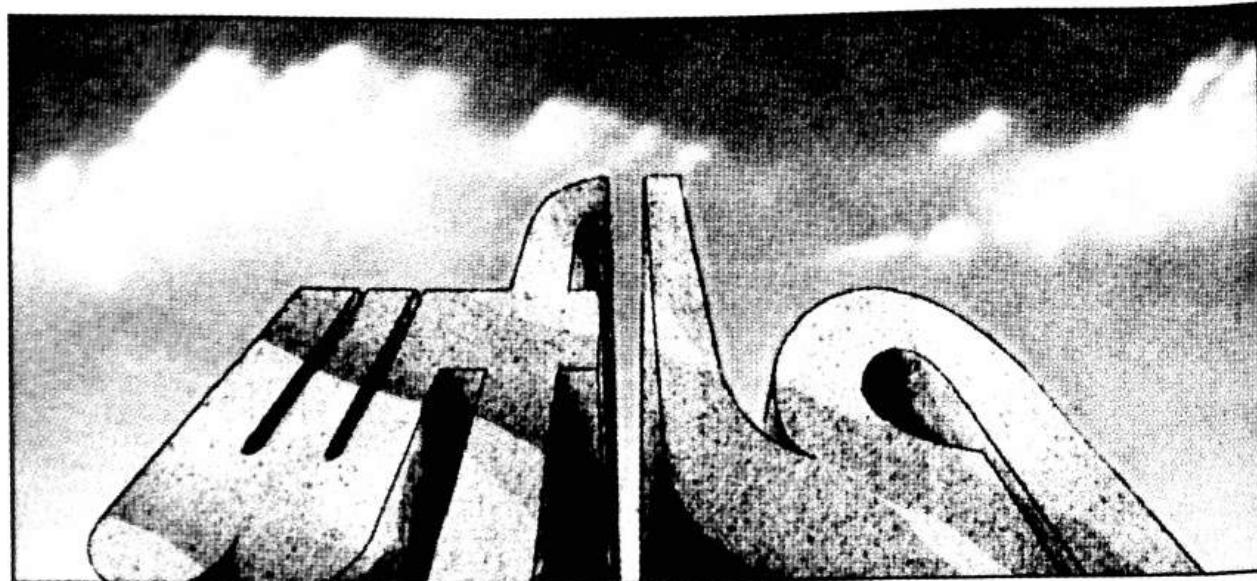
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