

AMERICAN SOKOL

PHYSICAL FIT
THROUGH GYM

Publication of the American Sokol
Educational & Physical Culture Organization



ALSO

Maria CHANSON DES SOKOLS - SOKOL' SONG.

f Ivi si-lou; vile-teri so-ko lim ku, pre-du kra-cej-me a
lou-ra-geux tels que: des li-ons, le-gers com-me fal-cons mar-
like-ll-ons in their strength we go, like fal-cons on the wing and

dra-he vfa-sti vo-be-ti sve si-ly sna-sej-me; a
chons prets, a lout sup-por-ter pour not-re chere nati-ort; Et
lo our coun-try dear our strength as off-er-ing we bring how-

byt i ce-sta da-le-ka, ta So-ko-li-fa ne-le-ka. Jen
si lon-que soit la rou-te, aux So-kols point de de-rou-te. En
er-er long may be the way its length no Sok-ol shall dis-may. But

ff muz-ne; stat-ne ku pre-du, vdyt draha vlast ce-ka.
a-vant, marchons vi-re-ment, car la pat-rie at-fend.
on-warb, on like men we go, our coun-try's call-to o-bey.

Cisťena se svoierim původního nakladatele fy Em. Stary, Praha-Smichov.

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EXECUTIVE BOARD ASO

Jackie Kourim, Secretary

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at ASO Office

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AMERICAN SOKOL
1989 SLET
PATCHES ARE
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Change of Address for American Sokol

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6424 West Cermak Road
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Sokol _____

Name _____

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Our Sokol Credo:

To build a healthy and beautiful human body —
To cultivate a harmonious and total person —
To develop firm character, a well rounded disposition and
A love of truth and justice —
To produce strong, lovely and honorable people,
That is the goal of a "Sokol" education.

What is a "Sokol"?
Sokol is falcon in Czech language,
it is our symbol of swiftness,
courage and strength.



*"Zdravé a krásné lidské tělo — souladné vypěstění celého člověka,
povahy ucelené, neoblomné, pravdymilovné a spravedlivé —
lidé silní, krásní a dobří — to je cíl sokolské výchovy."*

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIX

October — 1988 — Říjen

Číslo - No. 10

EXECUTIVE BOARD MINUTES

Special meeting of Executive Board and Mr. Vic Gutnam

August 16, 1988. Called to order by Pres. George C. Basta.

Vic Gutnam of Vic Gutnam & Associates presented his proposal for a Czechoslovak Festival to be held in conjunction with the XVII National Slet in Omaha. (The decision to consult with a P.R. firm was talked about after the last Slet and recommended at the District Directors conference.) Discussed the possibilities of advertising the Slet in advance to open peoples awareness of all the Slet activities. Newspapers will print articles only one month in advance. Dr. Bruce Garver of University of Nebraska volunteered to write an article for the Sunday magazine of the local paper. We should look at the Slet as something more than it has been. Up to now, the participants have been the ones with the most advantages. Since many people are non-participants, the event could be expanded to include other positive features of the SOKOL movement as originally conceived. For example, food preparation demonstrations, crafts, and dancing all designed to publicize the many contributions the Czechoslovak community has added to the American lifestyle. The present form of the Slet will not reach the general public; however, by exploring the many talents of the people we can reach out and bring the public in. A quality cultural event could attract 10,000 people plus corporate sponsorship, just as the Greek Festival and the Indian Art festival did in the Omaha area. Since most festivals run 2½ days and are very well supported in the area, a Czechoslovak Festival would be an event that could tie in well with the Slet. Best to look for several local and out-of-state corporate sponsorships. Our past ticket prices of \$5, \$6 and \$10 would be out of line with the Omaha area. A seat tax for the auditorium must be paid to the city. Mr. Gutnam suggested changing the Slet to Sunday, but this was not accepted. Details are as follows: 1. A member of the Slet committee will always accompany Mr. Gutnam to solicit corporate sponsorship. 2. Auditing of bills will be done through the ASO. 3. VGA will coordinate the entire festival. 4. Br. Walt Buresh, Slet comm. co-chairman will handle the festival end along with six volunteers. 5. The Slet activities will continue to be coordinated as in the past. 6. Income

from the sale of booth space to outside Czechoslovak groups would add to the total Slet income. 7. The festival concept should be considered for all future Slets. 8. VGA fee \$15,000, payable monthly \$1,500. Option to cancel by Dec. if not satisfied.

After one hour of open discussion, Mr. Gutnam excused himself and the regular meeting continued.

Members excused: Br. Milan, Satek, Jelinek and Sis. Ruzicka. Minutes received and reviewed. ASO minutes questioned.

CORRESPONDENCE: VIII Sokol Slet Montreal, 1988, commemorative ribbon received. \$700 credit to be received from Megafile. Information on special discount rates from United Airlines referred to Slet comm. Two letters from Sokol Omaha on the successful merger of the men & women units. Approval to take \$50 ad for the 49th Moravian Day sponsored by the Moravian Folklore Circle of the United Moravian Societies. Thank you from Mrs. Dorothy Novak for memorial for Bro. Rudy Svoboda. Update from Sis. Anne Roch, Pres. Sokol Women of Little Ferry. Copy of Sis. Marie Provaznikova's book "To Byl Sokol". Flyer advertising the SPJST Museum in Temple, Tx. Advertisement from the Brave Combo re: first compact disc. Info on the Walter Hosek roast and the Slovak Catholic souvenir book of pictures.

1989 SLET: List of names of organizations to send invitations to, discussed the following: prices for ad book subscribers, banquet menu, awards presentations, band, volleyball courts, "50's sock hop", "Grease Band" at cost of \$600, approved, minutes of last Slet meeting.

COMBINED DIRECTORS REPORT: Saturday July 9th meeting with Western District members Br. Joe Berka and Bud Benak and Sis. Sandy Benak. Purpose: to establish an understanding between the two boards and to define responsibility for each working committee. After very lengthy discussion, it was approved to hold to original plan of a Saturday evening Slet. Also approved that Sis. Benak and Bud Benak be representatives of the National BOI at the Slet committee meetings in Omaha and that all Technical details of the Slet be controlled by the National BOI. Motion made to have awards night at Sokol South Omaha instead of the Holiday Inn pending feasibility of adequate space. Approved — to present team medals to team trophy participants. Recommend asking Sis. Wostratsky and Anderson of Sokol Tabor to compose a

routine for the Slet Finale. All entry forms and fees will be handled by ASO office. Approved to use USGF sanctioned judges wherever Class IV compulsories are used. Approved that all field leaders wear Sokol caps for identification purposes. Audio system to be operated by union personnel along with a Sokol official. Comment to Slet committee: 50% of your minutes contain technical discussions. This should not be. Only decisions made here at the National BOI should be included in your minutes. The time should be spent working on other items that have to be handled.

COMBINED REPORT OF THE MEN'S and WOMEN'S DIRECTORS: Welcomed several new members to the board. Sis. Pros described several changes in the Tots uniform and with our approval the 1988-89 price list will be mailed to our units. Recommend that pictures be taken of each class uniform and parade uniform and then published in the official publication. Bro. Lebloch gave report on the Montreal Slet, 111 junior girls and boys and approx. 180 seniors participated. Also stressed the importance of continuing the Sokol Round Table discussions. 43 registered gymnasts for Ennis Instructors course. Uniform for the Indian Club member can be ordered through the ASO uniform div. Men's routines are been translated into Sokol terminology by Br. Benak and should be ready by August. Sis. Onni recommended rhythmic routines, approved. Artistic gymnastic routines will remain the same as the Washington Slet. All calisthenics are complete along with music. Video should be ready in November. Indian Club video received. Dist. Dir. conference November 4-6th in Baltimore. Br. Charles Kalat is Tournament Rules Chairman. Bills approved for payment.

MEMBERSHIP: 26 of 57 unit surveys returned.

EDUCATION: Copy of "Bohemian National Quadrille" sent to Sis. Ruzicka. Donations received and acknowledged from Wendie A. Polz, Annette Schabowski, Václav Ženíšek, Joan Sedlacek (includes a beautiful plaque in honor of Sis. Blanche and Bro. James Cihak) and Marie Husak. Br. Vladislav Slavik sent a copy of his final drafts "Czechoslovakia at 70". Honorary officers to be honored with dinner at Sokol Berwyn Nov. 19 with plaques to be presented. Attended Lidice memorial service. Represented Bro. Ptacek at Montreal Slet and Round Table discussion.

PUBLICITY — Czech: Central District Slet article and pictures published.

PUBLICITY — English: Sent letter to Amway Corporation for sponsorship of Slet events.

FINANCIAL SECRETARY: May, June, July reports passed out. ASO and Uniform Div. audited for second quarter, in order. Unit membership printouts are being mailed upon request. Attended Montreal Slet and Town of Lake's 100th.

TREASURER: Accounts in order.

EDITOR: Letter from Ellis Island Foundation. Should use the Ellis Island idea in our Slet program book to show pride of heritage.

SECRETARY: Regular and extraordinary duties attended to. Attended Montreal Slet and Town of Lake's 100th.

II. V. PRESIDENT: Brought sample of the porcelain busts of Fuegner and Tyrš, souvenirs are a district project, \$18 pair. Comment on cost that Southern District has incurred helping Sokol Houston clear up their many problems. They have done a tremendous job.

I. V. PRESIDENT: Montreal Round Table was an exchange of ideas. Sokol parade uniforms not prevalent in Montreal. Too bad.

PRESIDENT: Attended Western Slet and 100th of Sokol South Omaha. Presented plaques to South Omaha and Town of Lake. Helped with computer work.

UNFINISHED BUSINESS: Decision to be made on Vic Gutnam & Asso. Br. Roy Zitny motioned, and Bro. Paul Lebloch seconded that we retain VGA services. Lengthy discussion, 10 yes, 2 no, and 3 absentions.

Meeting adjourned: 11:20 p.m.

Are we losing our perfection? SHAPE UP!

*By: Bro. VÁCLAV ŽENÍŠEK
Central District Educational Director*

Watching the performance of our top gymnasts is always a pleasant show. But, in most cases, that show ends the moment the gymnast, after a beautiful execution on the apparatus, touches the floor.

Boy — what a difference! At that moment his arms hang loose, shoulders lean forward, his chest disappears between them and his backbone takes a shape like a band saw. His marching away from the apparatus is another story.

Just as well, we can say the same about our ball players who, in their hot winning pursuit, do not care about their physical posture. Isn't this proof how much they all need the rightly-directed calisthenics (or, if you like, "aerobics")?

The world is full of sports and strong will for winning, but not much care is given to real "physical education".

During the performance of our Senior calisthenics in Montreal, and at many other exhibitions and Slety as well, I realized how many participants are showing very incorrect behavior. While standing at attention, you should not care about a bug on your nose. **THIS IS OUR PHYSICAL TEST.** Put some power in your body and straighten up! Do not stand with your heels apart. Be properly prepared before marching onto the field; make sure your

pants will not be falling down so you don't have to be pulling them up. I saw a man bend down to tighten his shoes during the playing of the National Anthems — this is inexcusable carelessness!

Up to now our Men's calisthenics used to be a show of perfectness. It is the way the "Sokols" are showing the results of their physical education. Let us go back to our "old-fashioned" practicing style, with requiring and correcting postures. Gymnasts do not see themselves. They need to be corrected in their own interest to look perfect. This is what we have instructors for. Many times this care is missing.

Beautiful postures, elastic walking, straight body, synchronized movements, made together a perfect exhibition and prove what diligent training and honest preparation can be made from an originally sloppy body. This is what made SOKOL famous and every participant feeling very proud to be a part of it.

Rightly-directed calisthenics must leave a permanent mark in the appearance of any person, even while walking on the street. How many of our participants are coming into the classes at the last moment, just to join, but forget that this short time of preparation cannot give them the real usefulness and permanent results in shaping their bodies.

Our Sokol exhibitions are the best opportunity for every member to show how much he did gain from taking part in its year-long preparation, to learn not only how to memorize and coordinate, but to learn the positions, graceful movements and body control.

How much more beautiful our exhibitions and Slety would be if every participant and class instructor would take note. Stop saying, "Everything is going to be all right". Say instead, "SHAPE UP!"

Nazdar!

FUTURE SOKOL LEADERS FUND

AUGUST 1988

In memory of Sis. Elsie Wierer —
Mary Balsanek and family \$ 25.00

SEPTEMBER 1988

In memory of Louis and Christine Horak —
Marion L. Kulaas, daughter \$ 25.00

— Donations are tax exempt —

LIBRARY AND ARCHIVES FUND

No donations in September

— Donations are tax exempt —

— COVER —

VERITAS VINCIT

Ten Czechoslovak National Songs with pictures by
Jan Dědina.

Calendar of Events

- NOV. 5 — Sokol Baltimore — Vinobraní Dance
also Essex Ethnic Festival, 5th and 6th
- NOV. 6 — ZCJB Czech Play — Sokol Berwyn Hall
- NOV. 12 — Sokol Havlíček Tyrš Annual
Dinner Dance. Slovak Hall.
- NOV. 12 — Central District Men & Women B.O.I.
Meeting
- NOV. 13 — Central District Annual meeting at
Sokol Berwyn
- NOV. 13 — Sokol Baltimore Membership Mtg.
3 p.m.
- NOV. 20 — Sokol Havlíček Tyrš —
Milwaukee Folk Fair Trip
- NOV. 20 — Sokol St. Louis
Dramatic Club Dinner/Theater
- DEC. 4 — Sokol/Sokolice Detroit Czechoslovak
Dinner Party
- DEC. 10 — Sokol Los Angeles St. Nicholas —
Mikulášská, Dinner, Dancing
- DEC. 11 — Sokol Baltimore Mtg and
Christmas Party
- DEC. 15 — Sokol Baltimore Gymnasts'
Christmas Party
- DEC. 31 — Detroit — New Year's Eve Dance
- FEB. 5 — Detroit — Winter Gymnasticale
- APR. 7 — Sokol Slavsky Bunco & Card Party at
Mid America
- APR. 16 — Sokol Baltimore C.S.A. Spring Dance
- JUNE 20-24, 1989 — AMERICAN SOKOL
NATIONAL SLET, OMAHA, NEBRASKA

FUTURE EVENTS

MAY 5, 1990 — Sokol Slavsky 100th Anniversary,
William Tell Restaurant, Countryside

JULY 5, 1990 —

Czechoslovak Sokol Abroad

VII Slet, Paris, France



ASO FINANCIAL REPORT

JULY, 1988

RECEIPTS:

Dues	\$ 4,696.00
Advertising in "American Sokol"	200.00
Subscriptions to "American Sokol"	4.00
Slet patches	60.00
Membership Kits	60.00
U.P.S.	2.11
	<u>\$ 5,022.11</u>
A.S.O. Uniform Division - Rent, Salaries, etc.	607.43
Total Receipts	\$ 5,629.54

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 812.27
Salaries - Membership	9.00
F.I.C.A. & F.W.T. for June, 1988	246.02
I.W.T. - 2nd Quarter, 1988	69.34
Rent, Janitor Services, Phone, Electric	1,096.80
Postage	86.52
Travel Expense	270.05
Insurance (Plate Glass)	270.00
Computer - Consulting Fees	540.00
Annual filing fee - GNPCA	5.00
Miscellaneous	20.43
	<u>\$ 3,425.43</u>

BOARD OF INSTRUCTORS

Salaries	\$ 452.64
F.I.C.A. & F.W.T. for June, 1988	106.18
I.W.T. - 2nd Quarter, 1988	35.07
Editor "Sokol Gymnast"	30.00
Add'l. copies - "Sokol Gymnast"	58.00
Phone	4.36
Impolene tubing for 1st class girls	87.48
	<u>\$ 773.73</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 77.67
F.I.C.A. - June, 1988	31.54
I.W.T. - 2nd Quarter, 1988	11.86
Postage	2.55
	<u>\$ 123.62</u>

SOKOL PUBLICATION

Printing "American Sokol" - July-August issue	\$ 996.04
Editor "American Sokol" - July, 1988	125.00
Postage - "American Sokol" - June, 1988	669.98
Postage - "American Sokol" - July, 1988	683.65
Salaries - Computer - Mailing "American Sokol" - June, 1988	63.00
Delivery - "American Sokol" to P.O. - April, May and June, 1988	15.00
	<u>\$ 2,552.67</u>

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A., June, 1988, I.W.T. - 2nd Qtr., 1988 & phone	\$ 284.43
Future Sokol Leaders Fund - Postage	3.94
XVII A.S.O. Slet - Postage	1.55
XVII A.S.O. Slet - BOI dinner re: Slet meeting	133.00
	<u>\$ 422.92</u>
Total Disbursements	\$ 7,298.37

Balance brought forward:

Affiliated Bank/ Western National - Checking Account	\$ 4,427.22
Receipts - July, 1988	5,629.54
	<u>\$10,056.76</u>
Disbursements - July, 1988	7,298.37
	<u>\$ 2,758.39</u>

ASO FINANCIAL REPORT

AUGUST, 1988

RECEIPTS:

Dues	\$ 5,784.00
Convention Fund	18.00
Special Assessment - Western District	2.00
Subscription to "American Sokol"	4.00
Dividends & Interest	310.02
Video tapes	6.00
Souvenir plates	40.00
Canadian call	1.30
	<u>\$ 6,165.32</u>

A.S.O. Uniform Division - Rent, Salaries, etc.

	511.43
	<u>6,676.75</u>
Transfer of funds from Savings to Checking Account	2,953.50
Total Receipts	\$ 9,630.25

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 914.51
F.I.C.A. & F.W.T. for July, 1988	170.82
Rent, Janitor Services, Phone, Electric	1,071.49
Office Supplies	127.85
Stationery	480.00
Advertising	50.00
Postage	31.85
Travel Expense	250.05
Computer Supplies & Consulting	171.85
	<u>\$ 3,268.42</u>

BOARD OF INSTRUCTORS

Salaries	\$ 573.40
F.I.C.A. for July, 1988	85.34
Editor "Sokol Gymnast"	30.00
Office Supplies	86.04
Postage	41.65
Travel Expense - USGF Congress	577.18
Slet Expenses - Travel, Video tapes & Routines & Musical tapes	659.00
	<u>\$ 2,032.61</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 71.87
F.I.C.A. for July, 1988	12.92
Preserving Posters	27.82
	<u>\$ 112.61</u>

SOKOL PUBLICATION

Editor "American Sokol"	125.00
Labels	324.80
Salaries - Computer - Mailing Publication	144.00
	<u>\$ 593.80</u>

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A., July, 1988 & phone	\$ 393.64
Special Appropriations - Eastern District	1,065.00
- Central District	676.00
XVII Slet Exp. - Envelopes for Seals	67.50
	<u>\$ 2,202.14</u>
Total Disbursements	\$ 8,209.58

Balance brought forward:

Affiliated Bank/ Western National	\$ 2,758.39
Receipts - August, 1988	9,630.25
	<u>\$12,388.64</u>
Disbursements - August, 1988	8,209.58
	<u>\$ 4,179.06</u>

ARE YOUR DUES CURRENT?

AMERICAN SOKOL ORGANIZATION

GYMNAST

OCTOBER 1988

Editor: Frank H. Michalek — 10 S. 020 Lorraine Dr., Hinsdale, Illinois 60521

**. SOKOL .
THE FUTURE IS YOURS**

As we begin the new Sokol season, our thoughts are centering around the XVII National Slet to be held in Omaha, Nebraska, June 20th through the 25th, 1989.

Start making your plans now! Look forward to renewing old friendships and making new ones in the traditional Sokol way.

You will be taking part in all the Grand Sokol festivities, and will also enjoy the Czechoslovak Festival to be held in conjunction with our Slet, starting Friday, June 23rd through Sunday, June 25th.

Looking forward to seeing you all in Omaha next June.

SLETU ZDAR!

Richard Ptacek, Director of Men
Sylvia Pistorius, Director of Women

**XVII AMERICAN SOKOL SLET
A GYMNASTIC FESTIVAL
JUNE 20-24, 1989
IN OMAHA, NEBRASKA**

SOKOL GREATER CLEVELAND

Memorial Tribute to Sister Bertha Novotny Cerny

1907 — 1988



A large gathering of Sokols heard this tribute to Sis. Bertha Cerny July 10, 1988 at Sokol Greater Cleveland. The following is an edited version.

Sokol was Bertha's life. We were her family. With Bertha's passing a part of Sokol died with her... for she was Sokol.

Bertha left us a legacy... an example of good Sokol instruction, pride in executing a good routine and above all her love of kuzele or Indian Clubs which she passed on to us. When we needed advice we could count on Bertha. Her traditional Sokol views kept us Sokols in line. She would not let us falter from our Sokol traditions.

We can truly say that there was no better kuzele instructor than our Sister Bertha Cerny and we are proud that she was in our midst. Her first Indian Club instructor was Bro. Frank Havranek followed by Bro. Horica both of who were, at one time, men's directors of Sokol Čech-Havlíček. Bertha's Indian club skills were further developed by her attendance in 1926 Sokol Instructor's course in Prague, Czechoslovakia.

There are very few instructors left in our Sokol ranks who can review historic Sokol routines written in Czech, diligently study and translate them and then select and motivate gymnasts to perform them to their very best ability.

Bertha had the ability to instill pride in her gymnasts and taught her girls to be the best that they could be.

Born on March 9, 1907 in Czechoslovakia to Václav and Antonie Novotný, she was the second of 3 children. Immigrating to the United States her family settled in the Old Forest City Area of Cleveland's southeast side. Graduating from South High School in 1925 Bertha was given a choice of entering college and becoming a teacher of physical education or to travel to Czechoslovakia to attend the 1926 Sokol Slet and Sokol Course in Prague. Bertha chose the latter. Travel overseas was by ship and during the span of days on the high seas, the Cleveland delegation, and others from the various Sokol Districts of the United States, together, under the leadership of Jarka Jelínek, drilled and exercised on the deck of the ship in preparation for the participation of the American Sokols in the 8th Sokol Slet in Praha. Under the leadership of Jindra Vaníček as national leader, (předseda of the Česká Obec Sokolská), the delegation took part in the opening of the New Strahov Stadium, the first Sokol Slet to be held in this new Arena. These young men and women of the United States then

proceeded on to a Sokol "Kurs" under the direction of František Erben, then director of Sokol Instruction Schools in Czechoslovakia, held in Tyršův Dům, Praha.

Bertha Novotný returned to Cleveland to become actively involved in the Sokol movement and progressed from Womens' Instructor to Náčelnice of Sokol Čech-Havlíček and in due time Head Instructor (Náčelnice) of the Northeast District. Bertha served as Náčelnice during the National Slet held at the Cleveland Stadium June 23rd, 1935. Shortly thereafter, Bertha married Charles Černý, a member of an active Sokol family and who was also a musician in the Sokol Band.

Most of us remember Bertha at her best in 1976 as she prepared our kuzele women for the 1976 Sokols Abroad Slet in Zurich, Switzerland. Our women were to combine with 16 women from Austria under the direction of Sis. Soukupová and perform the 1948 Womens' Indian Club routine which was drilled at the last Slet in Prague. It was Bertha who suggested this trip and made it possible. In total, 63 Sokols from Cleveland and Detroit made the trip to Zurich.

We practiced 2 years for this trip on Sunday mornings. Our practices were run in true Sokol fashion. Bertha always started and finished with a Sokol march and Nazdar. Though the practices were demanding our pride grew stronger as did our friendships.

As an instructor, Bertha demanded a lot from her women only because she set the example. She did not demand any more from her women than from herself. She spent countless hours at home preparing and translating Czech calisthenics. Often during a practice break, she admitted with a smile that she had hit her ceiling at home several times while practicing a new part. During these practice breaks Bertha would also anxiously read to us correspondence from Sis. Soukupová of Austria, or tell us one of her new jokes.

As time went by our practices developed a motherly touch. Bertha made time for the little extras which helped cement our friendships. We each received pink roses for Mothers' Day... Homemade Christmas Cookies at Christmas... parties were held for special occasions and showers given for girls getting married. We were her Sokol Family.

We were never prouder and our hearts never felt a stronger emotion than on July 4th 1976 when we marched onto the Slet field in Zurich behind our American Flag. It was Bertha who inspired us and made this feeling possible. This was the highlight of Bertha's Sokol Career.

At the age of 71 Bertha once again served as Northeast District Womens' Director during the years 1977 to 79. She served her position well in addition to reteaching the Indian Club routine to more women for the upcoming 1977 Chicago Slet. It was also in 1977 that Bertha made the decision to transfer her membership from Sokol Cleveland Čech-Havlíček to Sokol Greater Cleveland.

The best moments, however, were when Bertha was in storytelling mood. Her stories of studying her Sokol material in the attic... and of selling kisses for \$1.00 at Sokol Čech-Havlíček to pay off the mortgage.

Although Bertha had many stories to tell... unlike many older people she looked ahead. She did not dwell on the past. She got involved. She always felt that age was a state of mind.

In the past 10 years Sokol Greater Cleveland was privileged to have Bertha teach the following special numbers:

- ... For our winter exhibition in 1979 a routine was drilled with wands, balls, ropes and kužele.
- ... In 1982 Bertha undertook two kužele routines simultaneously. The beginners were taught a routine from the year 1907 while the more advanced women were taught the Olympic winning 1940 London Indian Club drill. Both of these numbers were performed at our winter exhibition and also in October of 1982 for the District Director's Social held in our Bohemian National Hall.
- ... A new challenge for our women was a routine performed with 10 foot long wands or tyče. This was taught in 1984 to 16 women.
- ... Finally in 1985 Bertha started preparing us for the Kužele Number which was drilled at the 1986 Slet in Zurich, Switzerland.

It was Bertha's dream to return to Zurich in 1986 to relive the happy experiences of 10 years ago. It



was not to be. No one was more disappointed than she. But Bertha was there at the airport to see us off to Zurich and again to greet us when we returned.

Although Bertha was a very independent person, those who knew her knew that she would rather do for others than have others do for her. She did not like to call attention to herself. At exhibitions when her girls performed she often stood off to the side and always gave all the credit to her girls. Her reward was the satisfaction of knowing her girls had performed well.

Bertha believed that there was no way to properly describe the gratification one receives from working hard and being rewarded for those hours of work... nor is there any way to describe the feeling that you get when, after hundreds of hours of work you realize that you have finally corrected your weaknesses and that you are not only good — *you are the best!* This was the lesson she wanted her girls to remember the most. *It was this trademark that truly made her special numbers special.*

At the age of 80 Bertha still visited and took care of her friend Sis. Mana Nejedlý who is in a nursing home. She taught kužele, gymned in the Womens' Class, judged competitions, helped with the Newsletter mailing, worked the fish fries, helped with the Holiday Fair, and immaculately maintained her own home.

A final tribute was paid to Bertha in October 1987 at our 50 Year Recognition Day Banquet when Bertha was given a standing ovation. This was the last time most of us saw her.

Sister Bertha Cerny carried the banner Sokol through more than a half century.

Sister Bertha, for your legacy and Sokol work, we thank you.

To a very special teacher... We say Nazdar!

(Submitted by Georgia Jencik)

To: All District Directors

Dear Brother/Sister:

Bro. James Hartung has advised the American Sokol Organization that he will be representing a firm promoting the sale of gymnastic equipment and apparel.

In the course of his travels as Sales Representative, Bro. Hartung also plans to conduct gymnastic clinics; a 3½ hour clinic at \$5.00 per gymnast (\$250 minimum per clinic) and a 12 hour week-end clinic at \$20.00 per gymnast.

The BOI has offered their support in helping promote these clinics. If you are interested in holding a clinic, please contact Bro. Hartung at the address listed below:

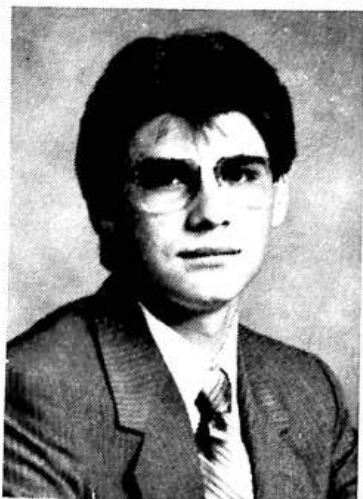
Bro. James Hartung, 6425 Tanglewood Lane, Lincoln, NE 68516. Phone (402) 432-8156.

Nazdar, American Sokol Organization
Board of Instructors

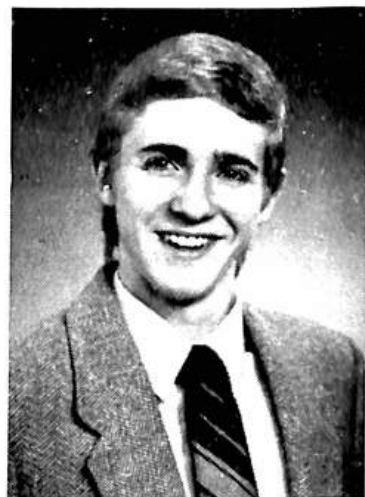
Sylvia Pistorius, Director of Women
Richard Ptacek, Director of Men

American Sokol Organization Merit Award for 1988-89

Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicant, 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.



CHARLES KALAT
Sokol Karel Havlíček Borovský
Southern District
North Texas University



DANIEL JIROUSEK
Sokol Greater Cleveland
Northeastern District



STACEY YOUNG
Sokolice Renata Tyršová
Western District
John Brown University



GLEN PETKO
Sokol Slavsky
Central District
University of Illinois



THOMAS PAJER
Sokol Slavsky
Central District
University of Illinois

RENEWALS

DEBBIE UNIJEWSKI
Sokol Slavsky
Central District
University of Illinois at Chicago

DAVID SATEK
Sokol Slavsky
Central District
Northern Illinois University

MERIT AWARD COMMITTEE

Sylvia Pistorius, Richard Ptacek, Marie Ptacek, Paul Lebloch, Steve Fischer, Anne Halik, Chairman

● District News and Views



SOKOL CORPUS CHRISTI'S gym classes had a successful year and competition, as this picture well reveals. These gymnasts love to climb so pyramids should be a natural in their special numbers!

A quote from SOKOL MIAMI'S newsletter reminds us all of our obligations as Sokol members and as caring persons, "We, of Miami Sokol, have 19 years of experience in the Sokol brotherhood among our people in Florida — and we feel we have done a great service in the community of Czechs and Slovaks in Southern Florida. Since the year 1969, without interruption, we have met weekly for educational, gymnastic and social activities. We have brought our members to recognize that in their retirement from their unit of younger days they have an open field to continue their lives in the goals of Tyrš and Fuegner. Dedicated leaders in charge of the children in the many units across the United States showed us that serving is caring, and we made good students and better citizens for this great country."

SOKOL FORT WORTH will celebrate their annual Spaghetti dinner in November with a famous U.S. World Class Gymnast. Who? Only Bros. Rome and Talon Milan know that as they return from the Orient, but the Class Photo is no secret. Past dinner guest have included Kathy Johnson and Kelly Garrison-Steves, both members of

past and present U.S. Gymnastic Olympic teams. The last time this publication printed their class photo, it covered a full page. This idea should start to spread to other units since Fort Worth's has been so successful! Other activities of the Fort Worth gymnasts are: advanced gymnasts performed at the Oktoberfest, all class exhibition at the state fair October 16th, and new cheerleading classes taught by ex-gymnast, Cheryl Beck.

Did you know that our upcoming National Slet in Omaha June 20-24 is sponsoring a fantastic Czechoslovak Festival? The Western District has been working overtime, double time and space time to bring us the greatest Sokol event. Actually, they really know how to put on an ethnic event second to none! There are no less than eleven Czechoslovak groups in the state of Nebraska that are eagerly preparing to show their many talents to the rest of the Sokol world. Of course, this BIG event is open to the public and we've been told by local sources that "ethnic" is IN in Omaha! At last count, over 12,000 visitors attended an Indian festival and

over 10,000 attended a Greek festival. Not to be outdone, the Czechoslovaks will be burning the midnight oil to prepare this great feast for June and we SOKOLS intend to show our stuff at the artistic, rhythmic, volleyball, and special number competitions right up to the big night, Saturday's Slet. Watch this publication monthly for information and updates so you and your Unit will be prepared for OMAHA!



From the PACIFIC DISTRICT we received a three page letter with great photos of their May District Exhibition and Competition. (See the gymnasts' section for results.) The adults and children performed a calisthenics routine written by Jiří Liška for the exhibition. The adults then performed the calisthenics from the Sokol U.S.A. Slet. The Fresno girls, dressed as "California Raisins", did a dance-gymnastic routine to "I Heard It From The Grapevine", and the Fresno boys demonstrated how "Bad" they were at pyramids! Los Angeles juniors joined in with a dance routine. After their competitions, the children were treated to a day at Knottsberry Farm.



Also from the Pacific District — keeping up with the World of Sokol, 15 healthy youngsters joined traveling instructors Rome (Cactus Jack?) Milan of Ft. Worth and Joe Vrzalik and Wendy Reyna of

Baltimore for a Progressions Clinic. "We all feel that these clinics are what makes our Sokol classes continue to grow and we intend to have one again sometime in the future", comments Sis. Cheri Riddle. Thanks, Cheri, for your warm letter.

1938 PRAGUE SLET participants and spectators — How many of you are still in our membership? Whoever you are, Sis. Emily Ruzicka would like to hear from you as soon as you read this. Please write her at 1215 N.E. 128th St., North Miami, Fl. 33161. A 50th celebration is in order and Omaha would be just the place for this event.

SENIOR CALL — There is a new senior group growing strong in the Central District (Slavsky and Stickney). This group is characterized by morning co-ed classes, many have strong instructor backgrounds, they tend to be vocal in their opinions, and they resist kneeling. Who is this new group? They are the ever increasing healthy, gregarious, mostly "50ish" men and women who want to continue their life's recreational goals. You can start a group in your district, if you haven't already, and join together at the 17th National Slet performing the Halik's Calisthenics. Ask your director for details!

Silver Screen stars Bros. Joe Vrzalik and Jeff Gurney and Sis. Annette Conlon, Kim Parizek, and Grace Cahlander of Sokol Baltimore, dressed as clowns, spent eight days as "extras" on the set of the new movie "Her Alibi" starring actor Tom Selleck. Ninety gymnasts created a scene that looked like 150 and our Sokols were in the midst of it all. The pie-in-the-face scene was worth all the hurry up and wait. In fact, Sis. Cahlander said the 8 days were a "piece of cake" considering all the Slets the Sokols have had to hurry up and wait through!

SOKOL NEW YORK has an attractive trifold brochure that list all class schedules and instructors with their individual qualifications. The last page is the clencher — "Do you know that — Sokol New York is older than the Statue of Liberty, the Boy Scouts of America, and the Oreo cookie... The Perrier bottle is fashioned after the Indian clubs. The founder of this company competed in this former men's event... Our president and instructor, Norma Zabka, served as U.S. rhythmic gymnastics judge in Seoul... Abie Grossfeld, the 1984 Olympic coach, remembers when he first 'broke novice competition' in our gymnasium... We've been around a long time — we must be doing something right!"

And with that positive statement, the newsletter portion says, NAZDAR!

Lynda

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OF THE PREVIOUS MONTH

Tribute to Leoš Janáček

(1854-1928)

The first North American Conference honoring Janáček, the Moravian composer, was held May 4-9, 1988 at Washington University in St. Louis, Mo.

U.S. audiences heard the North American premiere of his recently rediscovered "Danube" symphony plus several other of his works.

The biographical film "The Lion with a White Mane" was also shown at this international conference.

On the third of July, 1854 the 10th child of Amalia and Jiří Janáček was born in the school building of the small Moravian village of Hukvaldy. He was named Leoš Eugen Janáček and grew from this humble beginning to become one of the most beloved and famous of all Czech composers. His father, Jiří, was a school teacher and choir master, but his small salary was far from sufficient for the needs of his large family, Jiří Janáček was inspired by the revolutionary upheaval of the period around 1848 and soon founded a Czech singing and reading society in Hukvaldy. He stressed pride in their Czech heritage to his children and students. He died when his son Leoš was eleven, but the influence of his love of music played a great role in the course of Leoš life.

Young Janáček was an indifferent pupil in most of his early school years. The poverty in his family and the hard struggle for existence that the Moravian peasant people of the area led, made him totally lacking in gaiety. He was an unusually serious child, not much given to games or play.

In September 1865 Leoš entered St. Augustin Abbey in Brno to finish his primary schooling. With the encouragement of the musical director of St. Augustin, Pavel Krizkousky, and the financial contribution of Janáček's uncle, Jan, the boy was able to receive a fine education. He attended Brno's Teachers Training College next and impressed its director, Emilian Schultz, with his outstanding musical talent. With the assistance of Schultz, Janáček obtained admission to the Prague Organ School in September 1874. Although Leoš left Prague in July 1875, after only one year study, his intense hard work there had given him the equivalence of a three year course. In 1886 he obtained his state degree as music teacher and began teaching and composing. He taught at Brno until 1879 when with the help of Emilian Schultz he entered the Royal Conservatory of Music at Leipzig. The unfamiliar German environment and his sudden realization of his love for Zdeňka, the daughter of Emilian Schultz, caused him to return to Brno by the next spring. Although there were great differences in their economic back-

grounds and the girl was only 15 years old, they were married in 1881. Her uncommon intelligence and rare understanding gave inspiration to her husband. Now Janáček had visions of making Brno the musical center of the country. He founded a society for the promotion of church music in Moravia. In March 1882 an Organ School was founded that eventually developed into the leading music teaching institute of Moravia.

During these years a great spirit of nationalism was sweeping the Czech lands. Desiring to preserve the folk music of his native land, Janáček in collaboration with František Bartoš, began in 1888 to travel through the small village of Moravia. He wrote down the words and tunes of folk songs and their accompaniment on the Cymbalum, Bagpipes, etc. Also, he made note of the dances and the way they were danced by the village peasants. In 1899, Janáček published a volume "Národní Písň Moravské" that contained 2,057 songs and dances. He wrote many minor compositions during this period and also worked on his first opera "Šárka".

His second opera "Jenufa" received an enthusiastic reception at its first performance in Brno in 1904. The Brno Organ School moved into a splendid large building in 1906 and in a garden den at the rear, Janáček built his own simple house among the trees. It was almost like a country retreat, yet it was in the middle of town. Here he continued writing many patriotic choral pieces, piano and organ compositions, chamber music, cantatas and operas.

On October 28, 1918 the Czech nation declared its independence after 300 years of foreign domination. The new freedom inspired Janáček and gave him new vigor in building up the musical life of the nation.

In the year 1921 Janáček purchased a small cottage in a forest near his native village of Hukvaldy. Here he studied nature, observing the animals and listening to their sounds. His impressions of the lives of these creatures were incorporated into his very successful opera "The Cunning Little Vixen."

Many tributes were paid to Janáček on the occasion of his 70th birthday including a honorary Dr. of Philosophy degree from the Masaryk University in Brno. Also, many symphonies and theaters played Janáček's compositions throughout the year to honor him. It was at this time that Janáček began to be well known abroad. In the spring of 1926 Janáček was invited to visit England where his works were being performed quite often. At the height of his fame, in 1928, he had completed nine operas and hundreds of other compositions. During the summer of that year his life came to an unexpected end. A young boy had lost his way in a forest near Hukvaldy. Janáček went to look for the missing boy. Tired and overheated by hours of strenuous walking he sat down in a strong wind, became chilled and caught a cold which was to prove fatal.

On the 12th of August 1928, he passed away. His coffin was laid in state at the old Brno monastery of

St. Augustin. On August 15th, the coffin was carried out between a honor guard of members of the Sokol Gymnastic Association. Janáček had been an enthusiastic Sokol member since 1876. Thousands of Czech citizens, the mayor of Brno and many artists and performers walked with the long procession to the cemetery.

(Janáček composed the festive opening fanfare for the VIII Pan Sokol Slet in Prague in 1926. He wanted to "exalt free Czech man in his beauty, joy and strength".

Janáček could not limit himself to a fanfare, thus an astoundingly original five movement composite took shape called "Sinfonietta". The title "Sokol Fanfare" is sometimes applied to this work.)

Bro. Paul Lebloch, Educational Chairman

SOKOL PUBLICATION

Editor "American Sokol"	\$ 125.00
Printing "American Sokol" - September issue	961.04
Delivery of "American Sokol" to Post Office	5.00
	<u>\$ 1,091.04</u>

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A. & F.W.T. for August, 1988 and Phone	\$ 772.01
Special Appropriations - Western District	250.00
XVII Slet Expense	1,512.50
Future Sokol Leaders Fund - Postage	1.25
Merit Awards	1,400.00
	<u>\$ 3,935.76</u>

Total Disbursements	\$12,408.99
Balance brought forward:	
Affiliated Bank/Western National	\$ 4,179.06
Receipts - September, 1988	12,605.09
	<u>\$16,784.15</u>
Disbursements - September, 1988	12,408.99
	<u>\$ 4,375.16</u>

ASO FINANCIAL REPORT

SEPTEMBER, 1988

RECEIPTS:

Dues	\$ 3,522.00
T. G. Masaryk Dues	40.00
Dividends & Interest	100.89
Subscriptions "American Sokol"	36.00
Repayment - Southern District	7,500.00
Printing of labels	5.20
Sokol Button sold	1.00
	<u>\$11,205.09</u>
Transfer of funds from Savings to Checking Account - for Merit Awards	1,400.00
Total Receipts	<u>\$12,605.09</u>

DISBURSEMENTS:

ADMINISTRATIVE	
Salaries - Office Employees	\$1,362.64
Salaries - Membership	15.75
F.I.C.A. & F.W.T. for August, 1988	206.94
Rent, Janitor Services & Supplies, Phone, Electric	1,029.38
Office Supplies	139.82
Postage	41.95
U.P.S. Charges	90.02
Travel Expense	267.80
Advertising - Policemen's Fund raising	125.00
Service on Canon Copier	98.00
Computer Expense	247.99
A.S.O. Souvenirs	280.00
	<u>\$ 3,905.29</u>

BOARD OF INSTRUCTORS

Salaries	\$ 816.64
F.I.C.A. for August, 1988	100.82
Editor "Sokol Gymnast"	30.00
Add'l. copies "Sokol Gymnast"	58.00
Office supplies	431.20
U.P.S. Charges	101.92
Postage	29.65
Phone	5.15
District Directors' Conference	1,561.00
	<u>\$ 3,134.38</u>

EDUCATIONAL DEPARTMENT

Salary	\$ 101.99
F.I.C.A. for August, 1988	12.02
U.P.S. Charges	18.68
Postage	40.08
New Library Books	65.98
Miscellaneous	103.77
	<u>\$ 342.52</u>

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