

# AMERICAN SOKOL

VOL. XCII.—NO. 2

FEBRUARY, 1971

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## AN OPEN LETTER TO ALL SOKOL UNITS:

We, the members of all Chicagoland Sokol Units, active and inactive, are approaching a crossroads in our lives during which we must make a very important decision. Sooner or later all organizations face this responsibility—the FUTURE of the Organization. What we do about it affects our lives, the lives of our children, friends, and family, and the very life of that Organization.

Today; tomorrow; next week; next month; next year: Sokol members throughout this area must face the future of our Sokol and determine its course.

During the past several decades, we have witnessed many units fall by the wayside, discontinue activity, decrease in membership. Very few have risen to fill the void. This gap is OUR responsibility, just as it was our grandfathers' and fathers' responsibilities to perpetuate Sokol for us.

Ask yourself this question: "What have I done to promote and sustain Sokol during the past year?" For many of our members, the unfortunate answer is: "Nothing!" Far too many have become victims of that widespread disease known as "apathy". Far too many feel that their payment of a few dollars each year as dues is the only thing they owe Sokol and that by paying these dues, their part of the job is done—they have promoted Sokol. How sad a commentary. How wrong they are!

We all recognize that the majority of our members are elderly. This may have to govern their active participation in a gymnasium, but this does not have to dictate the active participation of their minds!

The Central District of the American Sokol Organization has formed an Organizational Sub-Committee to study the direction and future of Sokol and the Czech culture in Chicagoland. We will need your help, and if you have any interest at all in such a study and promotion—you, the members of our Sokol Units, must provide that help.

At a recent meeting of the Central District, bro. Paul Lebloch, District Men's Director, stated the problem, and where the solution lies very simply and very eloquently.

It is pioneering spirit we seek to help us on this Organizational Committee. We ask each Chicagoland Unit, active and inactive, to fur-

(Continued on page 16)

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## EDITOR

George Herink

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## OFFICE OF THE EXECUTIVE BOARD ASO.

June Pros, Secretary

6426 W. Cermak Rd., Berwyn, Illinois 60402

Tel.: 795-6671

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## Calendar of Events

FEB. 27th—SOKOL LOS ANGELES, CALIF.  
Masquerade Dance.  
FEB. 27th—SOKOL HAVLICEK-TYRS, CHICAGO,  
ILL. — Annual Masquerade Dance.  
FEB. 27th—SOKOL & SOKOLICE SO. OMAHA.  
Annual Večirek. — Members only.  
MAR. 6th—SOKOL BROOKFIELD, ILLINOIS.  
Annual Gymnastic Exhibition.  
MAR. 12th—SOKOL SO. OMAHA, NEBR.  
Chicken/Shrimp Dinner and Dance.  
MAR. 13th—SOKOL TABOR, BERWYN, ILL.  
Annual Gymnastic Exhibition.  
MAR. 14th—SOKOL STICKNEY, ILLINOIS.  
Corned Beef and Cabbage Dinner, 12-5 p.m.  
MAR. 14th—SOKOL SO. OMAHA, NEBR.  
Gym Club Card Party—2:00 P.M.  
MAR. 20th—SOKOL BALTIMORE, MARYLAND.  
Dozvuky.

MAR. 21st—SOKOL SLAVSKY, CICERO, ILL.  
Annual Gymnastic Exhibition, Cicero Stadium.  
MARCH 27th—SOKOL BERWYN, ILLINOIS.  
Annual Gymnastic Exhibition.  
MAR. 28th—SOKOL SO. OMAHA, NEBR.  
Building Committee Pancake Breakfast — 8:00  
A.M. to 1:00 P.M.  
MAR. 31st—SOKOLICE HAVLICEK-TYRS, CHI-  
CAGO, ILL. — Luncheon and table games.  
APR. 16th—SOKOL SO. OMAHA, NEBR.  
Chicken/Shrimp Dinner and Dance.  
APR. 17th—SOKOL STICKNEY, ILLINOIS.  
Annual Gymnastic Exhibition, Morton West High  
School, 7 p.m.  
APR. 17th—SOKOL BROOKFIELD, ILLINOIS.  
Chicken Dinner.  
APR. 18th—SOKOL HAVLICEK-TYRS, CHICAGO,  
Ill. — Annual Gymnastic Exhibition.  
APR. 24th—SOKOL STICKNEY, ILLINOIS.  
Pork Dinner, 12-5 p.m.  
MAY 2nd—SOKOL WEST SUBURBAN, Downers  
Grove, Ill. — Annual Gymnastic Exhibition.  
MAY 14th—SOKOL MILWAUKEE, WISCONSIN.  
Interclass Gym Meet.  
MAY 14th—SOKOL SO. OMAHA, NEBR.  
Chicken/Shrimp Dinner and Dance.  
MAY 15th—SOKOL MILWAUKEE, WISCONSIN.  
Interclass Track Meet — Lake Front.  
MAY 16th—SOKOL HAVLICEK-TYRS, CHICAGO,  
ILL. — Pork Dinner.  
MAY 21st—SOKOL BROOKFIELD, ILLINOIS.  
Card and Bunco Party.  
MAY 23rd—SOKOL MILWAUKEE, WISCONSIN.  
Annual Gymnastic Exhibition.  
JUNE 10th—SOKOLICE HAVLICEK-TYRS, CHI-  
CAGO, ILL. — Smorgasbord Luncheon.  
JUNE 13th—CENTRAL DISTRICT — ANNUAL  
GYMNASTIC EXHIBITION.  
JUNE 13th—WESTERN DISTRICT SOKOL SLET.

## Emanuel S. Kliment

Bro. Emanuel S. Kliment died unexpectedly on January 13th. He was born in Stribrne Hory, Czechoslovakia, in 1890 and came to this country at the age of fifteen. On August 13, 1909, he became a member of Sokol Baltimore and this began a constant activity of more than 61 years in the cause of our organization. For more than 35 years, he held the position of Treasurer and during these years, he missed few, if any, Sokol meetings. He was very active in the Dramatic Club and being very versatile, he acted in a variety of roles. He was also a member and assistant director of the choral group and served for many years on various committees.

We will remember bro. Kliment for the untold time and effort which he contributed to our Sokol Unit; for his cheerfulness and consideration. The Sokol slogan "Neither profit nor glory" had a real meaning to him.

We express our sincere sympathy to his family and we wish to assure them that we will always remember and respect him. The knowledge that so many friends of bro. Kliment's were with them in their sorrow and that everyone had only the words of highest praise for him, must have been a great consolation to them.

Ed Stetka

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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## SOKOL: PAST AND PRESENT

From the very beginning when the first Sokol unit was founded in St. Louis, Mo. in 1865 to the present day the story of the Sokol in America is a tale of resolution and resourcefulness. Countless numbers of neatly bound volumes repose on the shelves of our Sokol library attesting to the fact—mute testimony of courage and inspiration.

The American Sokol, our national publication, in its 92nd year has been a constant narrative of devotion, enthusiasm and untiring effort. Leafing through the hallowed pages are many descriptive passages relating of the trials and tribulations in establishing the Sokol in America.

"The Czech immigrants, imbued with the spirit of reawakening brought with them fire, ideals and culture of a new age. Here they found long sought freedom and democracy. Besides building of their own homes they ached for community centers where the many-sided training of their young could be carried on in the time honored precepts of Tyrš and Fügner. This they did through hard earned resources.

One marvels at the time and effort contributed by the thousands of individuals, men and women, throughout the past century—without remuneration or praise. It was a contribution of all—each giving wholeheartedly of self."

What noble deeds and sentiments. It's wonderful just to reminisce, to dream of years gone by, to revere in memories of yesteryear, but rudely we're awakened by the actualities of the present day.

Times have changed especially in the last decade—problems never envisioned by the founding fathers. Sophisticated rhetoric is not the answer. We cannot travel the same road or use the same ideas that were progressive 20 or 30 years ago. It is so vitally important that we adjust to the times, and it is most serious, in some instances a matter of ethnic survival.

Like all other organizations the Sokols are encountering new and unusual problems. Take our youth—basically honest, good, willing, straightforward, fine American young people. Their principle fault being naive, unfathomably ignorant, not having the slightest idea of the world we live in today, not knowing the consequences of their actions.

And another avenue of despair. In this day and age it is far more difficult to create the joys, the pleasures, the interests as in the olden days when there wasn't so much competition for a man's attention—movies, radio, television, and many other diversions clamoring for our time.

The nation's present economy, inflated costs, racial issues, changing neighborhoods, especially in the large metropolitan areas mark the present state of affairs.

Yes! That the Sokols are living in difficult times is an understatement indeed, as witnessed by the deterioration and loss of many units who were once the proud bulwark of Sokol in America.

If we are to re-ignite the flame of revival, and continue in our valiant struggle to maintain and expand our Sokol endeavor the time is NOW!

### THE UNCONQUERABLE MIND

If you think you'll lose, you've lost,  
For out in the world you'll find  
Success begins with a person's will  
It's all in the state of mind.

Life's battles don't always go  
To the stronger or faster man,  
But sooner or later the man who wins  
Is the fellow who thinks he can.

## An Open Letter To All Sokol Units:

(Continued from cover page)

nish one or two people to work on this committee. We need new ideas, opinions and alternatives—questions and answers—pros and cons. We ask only that you send people with the future of Sokol in mind and people who are not afraid to voice an opinion. We are not looking for “Yes-Men” or “No-Men”. We do want open-minded people with foresight and not hindsight; a courage of conviction and the willingness to speak that conviction.

The job can and must be started, or as surely as we are assembled today, the next decade will find us even fewer in number and the job far more monumental.

Please help! We need all the support we can muster.

May I close with one thought, not original, but which I feel befits Sokol as well as any other organization, and which could become our motto: “LEAD — FOLLOW — OR, STEP ASIDE.”

Nazdar!

Edward Schnabl, Chairman  
Central District  
Organizational Sub-Committee

## TESTIMONIAL BANQUET HONORING CHARLES M. PRCHAL'S 75th BIRTHDAY

A day long to be remembered, January 23, 1971, for it was on this day that the family, many friends and Sokol members, gathered to celebrate the 75th birthday of Charles Prchal, Honorary President of the American Sokol Organization.

The setting was Sokol Tabor. Tables were set for more than four hundred guests, flowers decorating each table, with a beautiful floral arrangement adorning the main table. The program opened with the Lyra Singing Society and the C.S.A. chorus, under the direction of bro. Kubina, singing our national anthems. Bro. Ed Linhart, national Director of Men, was toastmaster for the evening. As a souvenir of this occasion, glasses, bearing name and birth date of bro. Prchal, were a gift to each one present.

M.C.ing the ceremonies were bro. Stanley Barcal, President of the American Sokol Organization, and bro. Matthew Neuman, President of Sokol Washington, D. C. The following guests were introduced: bro. Vladimir Richter, Czechoslovak Orel in Exile; bro. Bob Vydra, Bohemian National Cemetery; bro. Frank Vodrazka, C.S.A.; bro. James

Krakora, Czechoslovak National Council; sis. Josephine Drnec, Unity of Czech Ladies and Men; bro. Antonin Hrebik, Czechoslovak Sokols Abroad; bro. John Bagel, Sokol USA; bro. Jerry Drahoval, Western Bohemian Fraternal Association; bro. Jerry Rabas, Alliance of Czechoslovak Exiles; bro. Emil Vacin, Mayor of Berwyn.

Also present were: Czechoslovak Legionnaires, Moravian Cultural Society, Baráčnici, Klub Vyšehrad, Yugoslav Sokols, Polish Falcons, Svobodná Obec. The following Sokols were represented: New York, Nová Vlast, Cleveland-Cech-Havlicek, Moravan, Detroit, Cedar Rapids, St. Louis, Milwaukee, Berwyn, Brookfield, Cechie, Chicago, Havlicek-Tyrs, Plzensky, Slavsky, Stickney, Town of Lake, West Suburban, Tabor and South Omaha.

Many letters and telegrams of greetings were received, including one from former President Harry S. Truman. Bro. Prchal was presented with a booklet depicting his career from the time of arrival in America; also plaques for his many years of service at Sokol Tabor, as honorary member of Sokol Washington, D. C., and on behalf of the entire American Sokol Organization. Sis. Mildred Prchal was also honored; for her assistance with the Sokol Gymnast publication.

Each of the notables previously mentioned made short congratulatory speeches. Bro. Tony Kopecky rendered several fine vocal numbers during the course of the evening. A welcome interlude was the unique performance of Julie Barcal, Sokol Slavsky, of free calisthenics flawlessly performed. She is the daughter of Stanley and Rose Barcal.

It was readily visible that bro. Prchal was deeply moved by the honors bestowed upon him by his many friends; thanking all present for their kindness, their work, their cooperation, and faith in the Sokol ideals. It was his hope that the Sokol philosophy will be passed on to succeeding generations and be perpetuated. Spoke of the Czechoslovak people and their belief in the future of the Czechoslovak Republic. Asked that we continue to be faithful to our country and our Sokol ideals—this is our heritage.

Betty Prener

## MEETING OF THE EXECUTIVE BOARD OF THE ASO.

Held January 26, 1971

Minutes of the 11/30/70 meeting accepted with the correction, expenses of sis. Prener, Sokol Miami Anniversary, should read \$84.00 plane fare and \$20.00 per diem which comprises the total of \$104.00.

Bro. Barcal extended our deepest sympathy in the passing of bro. Joseph Regner, all rose for a moment of silence in honor of bro. Regner. All members of the Board had met prior to the meeting at the funeral chapel to extend personal sympathies.

Reports: Eastern District Meeting minutes 12/7/70. Western District Meeting minutes 12/14/70. Western District Meeting minutes 1/11/71.

Sis. Pros noted the request for a representative to attend the Western District Slet. Letter to be sent informing them someone will attend, further information will be sent at a later date.

**Correspondence:** Letter received from the Southern District, bro. G. Prevratil, President, thanking the Executive Board for sending bro. E. Linhart to their District Board of Instructors meeting, who in turn answered many questions and explained many items which were not clear. An invitation by the Southern District on behalf of Sokol Karel Havlicek-Borovsky, Ennis, Texas, to have bro. Barcal attend the dedication of their new building, February 20-21, 1971, motion carried. Sis. Pros reported bro. Laznovsky contacted her regarding the placement of an article in the January issue of the American Sokol, due to the late arrival of the article, bro. Herink will place the announcement in the February issue. Letter from the Southern District regarding Sokol Praha and their attempts to contact and meet with them, no response as yet—also the plaque was received. Letter from sister Zraly, Eastern District, informing us many in their district did not receive the November issue of the American Sokol, additional copies were sent by sis. Pros. Card received from sis. Lier thanking us for the Citation of Merit Certificates for members of Sokol New York, which were requested. Letter from bro. Edward Babor, Sokol New York, requesting a copy of the Souvenir Journal of the Commemoration of the Sokol Stamp 1965, this will be complied with. Letter from the Czechoslovak Society of America thanking us for our letter which was sent to them expressing our appreciation for the inclusion of "Remember Me" on their radio program. Invitation from SPJST to the dedication of their new office building January 31, 1971, letter sent with regrets and congratulations.

**Old Business:** Bro. Barcal brought to the attention of the Board the laxity of the Pacific District in sending reports pertaining to their activities. Sis. Pros will contact them and request said information.

**By-Laws:** The 1970 By-Laws have been received at the office, 10,000 copies. Bro. Zraly, By-Laws Chairman, was contacted and sent copies, also requested his opinion as to distribution. Letter received from bro. Zraly, copies are well done and agree they should be sent one per family. The Board agrees this should and will be done. A letter will be sent to each Unit Secretary informing them of this. Extra copies may be ordered by the Units from the office, these for distribution to new members.

## REPORTS

**B.O.I.:** Bro. Linhart read the minutes of the combined meeting held 1/20/71. Recommend payment from the Special Assessment Fund: Central District \$30.00 for Judging Clinic Jr. Girls and Women, Southern District \$702.60 for Gym Clinic Girls and Women, and \$40.00 for Gym Clinic held at the University of Oklahoma, approved. Invitation received from the Canadian Sokols to their Slet and Czech Days July 3-4, 1971. This letter was late as it was lost in the mail. Invitation will be turned over to the Central District as each District is doing their own calisthenics and apparatus. Reports received from sis. Prchal, Congress of Coaches, U.S.G.F. and U.S. Olympic Committee, bro. Fina and sis. Palas, A.A.U. Recommend payment of \$281.60 to sis. Prchal for transportation and per

diem — \$194.00 to bro. Fina for convention fee, transportation and per diem, approved. Recommendation received to incorporate the Junior Olympic and U.S.G.F. compulsories into our Sokol program and used for competitions. Sis. Prchal recommends a man represent the American Sokol Organization on the U.S.G.F. Governing Council. Someone will be named at a later date. Sis. Schnabl and I met with bro. Herink, Editor of the American Sokol. Bro. Charles Kalat and sis. Sylvia Pistorious are Chairmen of the Gymnastic Skills Testing Program. This should be ready for distribution in September. The new men's Blazer Crest will be revised and a sample made. The women's new Parade Uniform pictures are being scheduled. Recommend additional A.S.O.-B.O.I. Patches be ordered for the new members of the B.O.I. The men's 1973 Low Division apparatus exercises will be tried in the Central District. Bro. Barcal extended an invitation to attend the Testimonial Dinner honoring the 75th birthday of bro. Prchal. Bro. Lebloch extended an invitation to attend the Central District Unit Directors Conference Sunday, February 7th, at Old Prague. Letter of thanks received from bro. James Berousek, Jr. and sis. Patricia Holub, two of the 1970 Merit Award winners.

Bro. Linhart reported he attended the installation of officers at Sokol Stickney, and was a member of the committee and attended the Testimonial Dinner honoring bro. Prchal. Sis. Schnabl reported she is sending follow-up letters to the District Directors pertaining to questions asked. Attended the Central District Women's B.O.I. meeting, Central District Annual meeting and the Testimonial Dinner for bro. Prchal. Worked with bro. Linhart in preparation of the Sokol Gymnast.

**Public Relations:** Sis. Basta was excused. Bro. Rabas stated he placed articles in the Hlasatel. Bro. Barcal reported a congratulatory ad was placed in the Hlasatel re bro. Prchal, suggest this be paid by the A.S.O., approved.

**Organization:** Sis. Prener stated sis. Ruzicka requested the address of bro. John Satek, Jr., which was sent. Sis. Ruzicka also recommends the By-Laws be read at Unit meetings. Bro. Barcal asked bro. Halik if he could take out the new items of the By-Laws and these be explained and discussed at meetings.

**Education:** Bro. Halik stated no meeting held as yet. Various items are being worked on. Received article from bro. Spanek which was turned over to bro. Herink. Bro. Barcal received article from bro. Cihak which he turned over to bro. Halik. Installed officers at Sokol Havlicek-Tyrs.

**Membership:** Bro. Svoboda reported no meeting as yet, will meet sometime in February.

**Editor:** Bro. Herink stated the January issue is ready for mailing. Asked if material could be sent in earlier. Request eulogy of bro. Joseph Regner, also history. Bro. Prchal will be contacted for the eulogy. Sis. Prener is writing an article about the Testimonial Dinner for bro. Prchal.

**Financial Secretary:** Sis. Sotka reported the filing of the 4th quarter of the Federal and State Tax. Mailed W2 forms to employees. Bro. Emil Nekuda, Financial Secy. of Sokol Los Angeles, is retiring, having served 30 years in many offices. Sokol Mladocech, Racine, Wisconsin, reported they

have changed their name to Sokol Racine. Letters sent to Sokol Scio, c/o E. S. Dobrkovsky, President, and bro. V. Salak, President of the Pacific District, regarding the dissolution of Sokol Scio. No response as yet. Still waiting for response from Sokol Zizka pertaining to the reimbursement of the travel expense paid to delegate John Kebrle for the Convention. Both Sokols Tabor and St. Louis have made restitution. Bro. Jan Babinec, delegate from Sokol New York, was notified he is entitled to travel expense, but no response as yet. Window cleaning raised to \$7.25. Books audited from June 1 thru Dec. 31, 1970, in order.

**Treasurer:** Bro. Basta stated he is in agreement with Financial Secretary. Reconciled bank statements for A.S.O., Uniform Div. and Excursion accounts. Reinvestments not completed as yet. Uniform Division is moving ahead and all feel this service is a needed item for our members. Recommend keeping the Excursion account open, approved. Received pictures from Miles Hinsley which were from his father. These were given to sis. Pros to keep in the archives.

**Secretary:** Sis. Pros reported all correspondence has been complied with. Received shipment of By-Laws. With the help of sis. Sotka and Falta all invitations were sent out for the Testimonial Dinner for bro. Prchal.

**Tour:** Sis. Pros reported total receipts of \$8,457.64, disbursements \$7,025.62, profit of \$1,432.03 for the tour to Sokol Miami, November 4-18, 1970.

**President:** Bro. Barcal reported on the working committee of the Testimonial Banquet for bro. Prchal. Members of the committee were: Bros. Barcal, Linhart, Matthew Neumann (Sokol Washington, D. C.), Frank Neumann, Frank Balsanek and sisters Falta, Sotka, Balsanek and Pros. Extended thanks for a job well done. The plaque presented by the American Sokol Organization will be paid for by us. The glasses which are left will be brought to the office. The new rug for the office, bill of \$37.50, approved. Met with members of the Executive Board regarding remuneration of our Directors both Men and Women, recommendation is to remain the same for the present and at the start of the Slet year this will be taken under reconsideration, approved. The Editorship of the Gymnast to remain the same for the present. Installed officers at Sokols Berwyn, Slavsky and Tabor.

Sis. Prener presented bro. Halik some suggestions from bro. Tesar which she received at the Annual Central District Meeting. Bro. Edward Pavoucek, President of the Western District, installed the officers of the Central District. Sis. Prener installed the officers of Sokolice Tabor.

## DISTRICT REPORTS

### WESTERN DISTRICT WOMEN'S B.O.I.

Dec. 14, 1970

Sis. Drozda received the monthly gym report from Crete, Wilber, St. Paul, Cedar Rapids and So. Omaha.

Received a phone call from Sokolice Cedar Rapids with the offer to conduct the F.I.G. Clinic which is to be held in Omaha on Feb. 6 and 7, 1971. Sisters Kveta Smith and Marge Nejdil will be the instructors.

The U.S.G.F. Gymnastics Workbooks were received. The Jr. Girls Low Division will do the apparatus routines of Group 3. The Jr. Girls Intermediate Division will do the apparatus routines of Group 4. The High Division Jr. Girls will do the apparatus routines of Group 2.

Sis. Bev. Kilborn motioned to change the shoulder roll of GROUP 2 to a head roll. Motion carried. Sis. Jirka will make the changes in each book and forward to the Units.

Motion carried to have sis. Gathye call the U. S. G. F. Office to inquire whether the music is available for the floor exercises for all 3 divisions selected.

PLEASE NOTE! — ONLY the routines and point values are to be used from the U.S.G.F. Workbooks.

### EXECUTIVE MEETING

**Correspondence**—Received the Unit Annual Report from St. Paul. Received letter from Vicki Hurt of the So. Omaha Sokol Gym Club thanking the District for the dinner given to the gymnasts who participated in the Wilson, Kansas Czech Festival.

**Quarterly Reports**—From Sokol Crete —2 members = 21; St. Paul has 45 men and 62 women; Wilber has 43 men and 61 women; Sokol Schuyler has 10 men and 10 women and Sokolice Omaha —2 = 168 members.

**Bills**—\$21.00 to U.S.G.F. for the Age Group Gymnastics Workbooks. Motion made all bills be paid. Motion made to pay for the call to the U.S.G.F. Office. Carried.

**Director of Women**, Bozena Drozda—Received the Gym Report from Sokolice Crete. They have 34 small girls, 10 juniors and 13 women.

Received notice that sis. Donna Minarik of So. Omaha Sokolice has received her Merit Award renewal. Bro. Pavoucek mentioned that bro. John Kocourek of Sokol So. Omaha also received the Merit Award.

Sis. Gathye to see if copies of the calisthenics that are to be used for the 1971 Western District Slet Women's Calisthenics are in the District lockers. Found enough copies and sis. Jirka will send same to the Units. ANY UNIT not having the music MUST write the District in order to receive the same.

Motioned carried to take the customary ad in the South Omaha Slet Program Book. The ad is \$50.00.

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### WESTERN DISTRICT COMBINED EXECUTIVE AND BOARD OF INSTRUCTORS MEETING

January 11, 1971

President Pavoucek opened the meeting of the combined groups.

Sis. Gathye reported that U.S.G.F. does not supply the music accompaniment for the floor exercises that are in the Age Group Gymnastic Workbook. She is preparing music for Low and Intermediate Divisions but at present has none for High Division. Sis. Jirka will check with bro. Benak for suggestions.

Sis. Drozda suggested asking bros. Vojmir Benak and Phil Cahoj whether they be willing to teach at the Workshop on the F.I.G. Rules for Men.

# SOKOL GYMNAST

February 1971

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 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS
 

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## WORLD VOLLEYBALL

### East Germany and USSR Win Volleyball Titles; U.S.A. Men's and Women's Teams Below Par

In the world Volleyball championships in Bulgaria, the USA men's team finished runner-up to France in the men's third pool for an overall 18th place finish while the USA national women's team wound up third in the second pool for an overall 11th place.

The men's competition attracted 24 teams and the women's competition drew 16 nations.

It was not unexpected when the Soviet Union women's team nosed out Japan for the gold medal, repeating the Soviet triumph in Mexico where the Nipponese were rudely jolted from the women's top rung of volleyball gained in Mexico.

As an illustration of the Soviet superiority in the final round-robin the only "game" lost by the champions was to runner-up Japan in a match that wound up three games to one. Aside from the

match with the Soviets, Japan had an 18-2 "games" record.

The most significant development in volleyball circles was the emergence of East Germany as a "power" in the men's game. In Mexico the order of finish was USSRx Japan, Czechoslovakia, East Germany, Poland, and Bulgaria.

When the smoke of battle had cleared in Sofia, East Germany had nipped Bulgaria for the gold medal. Each team had 6-1 records in the final round. The margin was in games won where East Germany sported a 20-6 mark, while Bulgaria was 20-7. In a head-to-head confrontation, East Germany narrowly defeated Bulgaria 3-2 in what proved to be the deciding match.

The USSR, Olympic men's champions, finished in the ruck in sixth place.

### SUMMARIES

#### Men's Championship

Championship Pool. 1. East Germany 6-1 (20-6); 2. Bulgaria 6-1 (20-7); 3. Japan 5-2; 4. Czechoslovakia 4-3; 5. Poland 3-4; 6. USSR 2-5; 7. Rumania 2-5; 8. Belgium 0-7.

Second Pool (Overall places 9-16). 9. North Korea 6-1; 10. Yugoslavia 5-2 (16-11); 11. Hungary 5-2 (18-13); 12. Brazil 4-3 (18-13); 13. Cuba 4-3 (14-13); 14. The Netherlands 3-4; 15. Italy 1-6; 16. Mongolia 0-7.

Third Pool (Overall places 17-24). 17. France 6-1; 18. USA 6-1; 19. Israel 4-3 (13-10); 20. Finland 4-3 (15-12); 21. Iran 4-3 (14-12); 22. Tunis 2-5; 23. Veneguella 1-1; 24. Guinea 1-1.

Note: In the preliminary round the USA had a 1-4 record in a Group which also included Czechoslovakia 5-0, Poland 4-1, Hungary 3-2, Brazil 2-3, and Finland 0-5.

Note: In the Third Pool Finals the results of the USA matches were: Tunis over USA 3-1; USA over Iran 3-2, over France 3-1, over Veneguella

3-1, over Israel 3-0, over Finland 3-2, over Guinea 3-0.

#### Women's Championship

Championship Pool: 1. USSR 7-0; 2. Japan 6-1; 3. North Korea 4-3 (14-11); 4. Hungary 4-3 (15-13); 5. Czechoslovakia 3-4 (12-16); 6. Bulgaria 3-4 (10-15); 7. Rumania 1-6; 8. Cuba 0-7.

Second Pool (Overall places 9-16). 9. Poland 7-0; 10. East Germany 6-1; 11. USA 5-2; 12. Mexico 4-3; 13. Brazil 3-4; 14. Peru 2-5; 15. The Netherlands 1-6; 16. Mongolia 0-7.

Note: In the preliminary round the USA had a 0-3 record in a Group which also included North Korea 3-0, Rumania 2-1, and Poland 1-2. Poland had finished third in the Olympic Games.

Note: In the Second Pool finals the results of the USA matches were Poland over USA 3-2, East Germany over USA 3-2; USA over Mongolia 3-0, over Peru 3-0, over Mexico 3-2, over The Netherlands 3-0, and over Brazil 3-1. In seven matches Poland won five by 3-0, one by 3-1 and were severely challenged by the USA before winning 3-2.

## President's Council Offers New Basic Exercise Book

PCPFS = PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS. Send to: 330 Independence Ave. S.W., Washington, D. C. 20201.

The PCPFS has prepared a new pamphlet to help adults, who have not exercised regularly for a period of years, along the road to physical fitness. Titled **An Introduction to Physical Fitness**, the pamphlet is available free, upon request, from the Council.

Designed for progress at a safe, steady pace, the pamphlet begins with self-testing activities—and the advice to have a medical checkup before beginning any exercise program. Graded exercises, consisting of warmup exercises, conditioning activities and a jogging program, are given for three levels of fitness. The pamphlet also includes a message from Captain James Lovell, the Apollo 13 astronaut who is Consultant to the President for Physical Fitness and Sports.



**JOHN KOCOUREK**  
Sokol Fuegner-Tyrs, So. Omaha

**MERIT  
AWARD  
FOR 1970-71**



**MICHAEL CALDWELL**  
Sokol Zizka, Dallas, Texas

**CENTRAL DISTRICT DIRECTORS CONFERENCE  
FEBRUARY 7, 1971**

The meeting was called to order by bro. Paul Lebloch, Director of Men, and sis. Carolee Michalek, Director of Women, at 9:15 a.m. at the Old Prague Restaurant. Present were Directors and representatives from Sokols Berwyn, Brookfield, Havlicek-Tyrs, Milwaukee, Racine, Slavsky, Stickney, Tabor, West Suburban. Excused was Sokol St. Louis.

Guests included were E. Linhart, Director of Men, American Sokol Organization, E. J. Schnabl, Director of Women, American Sokol Organization, and J. Drnec, President of the Central District.

Sis. Michalek reported on the Track Meet held for 2nd Class, Junior Girls and Women, also the Volleyball Tournament for Junior Girls and Women. Bro. Kulousek reported as Games Chairman, Basketball Tournament for Junior Boys and Men completed, Volleyball Tournament for Junior Boys completed. Men's Volleyball will be completed on February 14th.

Bro. Lebloch stated the Senior Men's and Women's All Star Games and Social will be held Friday, April 23rd, at Sokol Tabor. Tentative date for Junior Girls and Boys All Star and Social Friday, May 7th. The teams to be comprised of three girls and three boys.

Sis. Pros read the invitation from the Canadian Sokols to their Slet July 3rd and 4th in Toronto, Canada. Bro. Lebloch stated that other districts which will attend are using various calisthenic and apparatus exercises. The Central District could go using the Junior Boys and Men's calisthenics. Women could drill calisthenics with Sokol USA, but the Junior Girls have a different set of calisthenics and would have to drill alone. Bro. Schnabl stated that this invitation would have to be presented to the individual units for their approval. If the district decides to go, those who wish to compete may request copies of the apparatus exercises to be used.

Bro. Linhart reported on the Traveling Instructors Fund, the amount of the Central District fund, and gave explanation as to using these funds.

Br. Schnabl stated the requirements necessary for a Merit Award as per 1970 Convention. Answered all questions as to qualifications necessary.

Members for team competitions in the District were recommended to be changed to:

**Men and Junior Boys teams**

High 3-2 highest count  
Inter. 4-3 highest count  
Low 5-4 highest count

**2nd Class Girls**

High 5-4 highest count  
Low 6-5 highest count

**Junior Girls**

High 3-2 highest count  
Inter. 4-3 highest count  
Low 6-5 highest count

**Women**

High 3-2 highest count  
Inter. 4-3 highest count  
Low 5-4 highest count

Instructors Course: Potters Lake Camp will be contacted to hold a 2 week course. Bro. Linhart informed us other Districts are combining for courses. Bro. Zitny suggested perhaps we could work something out with another District.

Bro. Lebloch contacted bro. Ptacek to write a Special Number for the 1973 ASO Slet. Sis. Pros to send letter to both bro. Ptacek and sis. Halik to request their working on this. Number to be comprised of Junior and Senior Classes.

Bro. Halik reported the Central District Float Committee is working on a float display and a portable display booth which could be used at various places at which we participate.

Bro. Drnec asked all Units to stress the Memorial Day Parade at Bohemian National Cemetery, in which all units and classes participate.

Meeting adjourned at 12:00 noon after which the men had a short meeting and the women had a workshop for calisthenics for all classes at Sokol Berwyn.

J. P.

# SOKOL GYMNASSTIC COLUMN

## An Incredible Machine

By T. R. VAN DELLEN, M.D.

Reprinted, courtesy of the Chicago Tribune

A healthy body has tremendous recuperative powers and can tolerate an occasional bout of over-exertion. But it cannot do the same when it is over-worked for a long period, especially when fatigued.

Stress from constant tiredness may create changes in the body that lead to premature aging, hypertension and heart attacks. This applies to the business man, the athlete and the laborer. In this respect, it is harmful for the person to force himself when he is overly tired. Energy must come from somewhere, and in order to carry on when utterly exhausted, the system calls upon tissues and chemical processes that are not ordinarily used. The exception is when survival is at stake and "anything goes."

The heart, for example, compensates when pushed beyond its capacity but there is a limit on how much stress it will tolerate. Furthermore, a fatigued organ is an inefficient organ. No longer does it work in harmony with other structures. The body can take just so much and then it rebels.

FITNESS helps each of us to resist physical stress. The heart and other organs make adjustments and soon are accustomed to increasing amounts of physical activity. In time, they are capable of doing twice as much without undue strain. This allows the person to be more active and to adjust quickly to sudden emergency efforts. In addition, PHYSICAL FITNESS improves the feeling of well-being and appears to combat many factors that hasten the aging process.

Fatigue is relative. Some persons tire more easily than others. But when weariness is present for no apparent reason, especially when trivial exertion produces it, examination is in order. Anemia, infection or low metabolism may be responsible.

Emotional stress also must be considered; some believe it to be more debilitating than physical

stress. It has a secondary effect on certain organs and chemical processes. Many organic diseases are traced to this origin, especially when stress is prolonged. In addition, every person has his breaking point and herein lies the origin of mental disease.

## Gymnastic Calendar of Events:

- FEB. 28—Iowa AAU Championship for boys 18 and under. Des Moines, Iowa.  
 MARCH 6th—State Boys High School Tri Team Championship in New eJrsey.  
 MARCH 6th—Modern Gymnastic Meet at McLane High School, Fresno, Calif.  
 MARCH 6th—Metro YMCA Closed Invitational, St. Ann, Missouri.  
 MARCH 6th—Beginning Gym Open at Lathrop Chicago Boys Club.  
 MARCH 12-13—Illinois High School Finals at Addison Trail High School.  
 MARCH 13th—2nd Annual St. Paul Girls Open, St. Paul, Minnesota.  
 MARCH 13th—Central AAU Jr. and Sr. Championships at Palos Park Jr. High School, Ill.  
 MARCH 13th—Individual New Jersey Sectional Boys High School Championship.  
 MARCH 14th—Junior Olympic Developmental Level (Iowa District only), Des Moines, Iowa.  
 MARCH 20th—Boys Novice Compulsory Meet — Cicero Stadium, Illinois.  
 MARCH 20th—Eiche Invitational at Eiche Turners, Chicago, Ill.  
 MARCH 25, 26, 27—NCAA College Division at University of Ill. Circle Campus, Chicago, Ill.  
 MARCH 26, 27—1971 NJCAA invit. gym. champ. in Texas.  
 MARCH 27th—Jr. Olympic Novice, Peninsula KYS, Calif. (Pacific Assoc.)  
 APRIL 1-3—NCAA Gym. Championships at University of Michigan.  
 APRIL 3rd—YMCA City Championships — boys — Hyde Park YMCA, Chicago, Ill.  
 APRIL 8, 9, 10—National Intercollegiate Women's Champ. at Penn State U., Penna.

MILDRED PRCHAL

## ANNUAL MEETING U.S. GYMNASSTIC FEDERATION

### GOVERNING COUNCIL

Hilton Inn, Tucson, Arizona

In attendance were:

- Mr. Ray Ball, Colorado HSAA — National Fed. SHSAA.  
 Mr. Harry Fitzhugh, Illinois HSAA — National Fed. SHSAA.  
 Miss Sharon Wilch, Colorado HSAA — National Fed. SHSAA.  
 Mr. Ed Czekaj, Penn State University — National Collegiate Ath. A.  
 Mr. Gordon Chalmers, Indiana State Univ. — National Collegiate Ath. A.  
 Mr. William Meade, Southern Ill. Univ. — National Collegiate Ath. A.  
 Mr. Harold Frey, Univ. of California — National Collegiate Ath. A.

Mr. Sdward Badger, Wilbur Wright College, Illinois — National Jr. College AA.

Mrs. Mildred Prchal, Sokols, Illinois — American Sokols.

Mr. Bill Ballester, Chicago, Ill. — National HS Coaches Assoc.

Dr. Fran McGill, University of New Mexico — A.A.H.P.E.R. (DGWS).

Mr. Dick Clausen, University of Arizona — A.A.H.P.E.A. (Men).

Mr. Frank Wilcott, Springfield — National Coll. Coaches A.

American Turners have not assigned a delegate to date.

Mr. Ron Barak (Los Angeles, Calif., National Judges Association) and Mr. Vernon Elder (Wash-

ington, D. C., Young Men's Christian Assoc.) are here to present applications for organizational membership for their respective national groups.

Meeting called to order by President Chalmers at 9:15 a.m.

Mr. Chalmers called for consideration of the two organizational applications for membership received. The Director reported that the two forms were completed, constitutions on hand and check from the YMCA on hand, along with delegates from both of those organizations; both met requirements for such membership. Mr. Czekaj moved to accept the National Gymnastics Judges Assoc. and Mr. Ballesler moved that the Young Men's Christian Association be accepted. Both were seconded and carried.

President Chalmers called upon Mr. Bare for his report.

Mr. Bare reported briefly on the FIG action on accepting the U.S.G.F. to replace the A.A.U. as the official member of the FIG, at Ljubljana, Jugoslavia, in October 1970. There were no questions.

He then reported on the request of the U.S.G.F. to the U.S. Olympic Committee for membership in that body as the Group A (international franchise holder) member. Mr. Bare indicated the USOC Board was to meet in mid-January 1971, and the Biennial meeting of the USOC (which would approve new members) was set for March 1971.

The Executive Director then discussed at length a plan to organize the USGF Congress into a more meaningful meeting during which the various local, regional and state associations now in existence could attend and take an active part in decisions of a purely technical nature, not in conflict with the policy making or final decision role of the USGF Council. Discussion followed and a move that the national office be instructed to begin such action as is necessary to make the plan work was seconded and carried.

The Director called for the hiring of an administrative assistant to specialize in the area of publications. Discussion continued relative to the fact that this position was very important and a special committee should be appointed by the President to select such assistant.

Regarding the moving of the USGF Women's account to Tucson, the President suggested that the account be left in the Chicago area under the supervision of the Women's Committee Chairman, Mrs. Shirley Bryan, who would manage the account with the provision that expenditures over \$50.00 must be approved by the USGF Executive Director, prior to disbursement.

Doctoral dissertation is being prepared by Mr. Richard Lapstad at the University of Oregon at Eugene on the "History and Development of the U.S. Gymnastic Federation.

The USGF-USTFF Building was reported to be a hoped-for reality. The land was now available and was in the process of being re-zoned.

There was some discussion concerning the USGF Constitution and By-Laws, and need for changes therein.

Sunday, December 6, 1970. Meeting convened at 9:15 a.m.

Mrs. Bryan gave the USGF Women's Committee Report. Mrs. Uphues added further proposed activities and programs including a FIG judges course in Terre Haute, Indiana, next August.

Mr. Badger indicated the NJCAA will conduct their national gymnastics championships in Odessa, Texas, March 25, 26, and 27, 1971. He expected some 30 colleges to participate.

Dr. McGill (AAHPER) moved that the correctly worded changes to the USGF By-Laws as presented in writing by Mrs. Uphues to the recording secretary be adopted.

President Chalmers then proceeded to the election of officers.

Nominations for Vice-President for Men: Harold Frey, Bill Roetzheim, Rusty Mitchell. Mr. Harold Frey was elected (2 year term).

Secretary-Treasurer: Mr. Ed. Gagnier, Mrs. Shirley Bryan and Mr. Sid Drain. Mrs. Shirley Bryan elected (2 year term).

Two At-Large Executive Committee members were elected. Mr. Roetzheim (3 years) and Mr. Barak (2 years).

President Chalmers appointed Mr. Czekaj and Miss Wilch to be additional two members of the special committee along with the four USGF officers that will concern themselves with hiring an assistant to the director.

Motion calling for the national office to submit monthly reports to the Council members containing information applying to activities of the USGF. Seconded and passed.

Change in Constitution regarding Article X — Standing Committees: Delete word "technical" from the Women's Technical Committee.

Article VI in the By-Laws (page 13); section two, Par. G) shall be responsible for all technical regulations, judges training and certification, teacher education clinics, review of women's educational publications, rules and policies for competition on the Developmental and Elite Level, and implementation of the National Developmental Program for Artistic Gymnastics.

Paragraph h) remains the same.

Paragraph i) to be added:

i) The GYMNASIQUE MODERNE Women's Committee shall be responsible for all technical regulations, judges training and certification, teacher education clinics, review of women's educational publications, rules and policies for competition on the Developmental and Elite Level, and implementation of the National Developmental Program for Modern Gymnastics.

Acting on the direction of the Governing Council of the USGF women representatives are to be appointed to the USGF Foreign Relations Committee. Following is the panel appointed: Mr. Gene Wettstone, Gymnastics Coach, Penn State University, University Park, Pennsylvania 16802, Mrs. Ernestine Carter, Women's Physical Education, Clarion State College, Clarion, Pennsylvania, Mrs. Kitty Kjeldsen, Women's Physical Education, University of Massachusetts, Amherst, Massachusetts 01002, Mrs. Mildred Prchal, 2419 So. Scoville, Berwyn, Illinois 60402, Mrs. Jackie Uphues, 642 Dodge Ave., Evanston, Illinois 60202.

Meeting adjourned about 3:00 p.m.

**ANNUAL MEETING ITEMS FOR DISCUSSION**—Should the thief vault and head spring of the Women and Jr. Girls' Low Division routines be changed? Are the High Division routines too easy? (Women) Should those teaching at the Clinics be paid? (Men and Women) It was voted to set a figure of \$50.00 allowable toward the purchase of an ad in the Slet Program Book. It is now suggested that any Unit host should allow the District a full page ad for the \$50.00 allowable, no matter what the cost may be for the full page ad.

**WORKSHOP SCHEDULE:** Fri., Feb. 5, 1971—Workshop on routines. — Sat., Feb. 6, 1971—Sokol Judging Rules—F.I.G. Judging Rules—B.O.I. Annual Meeting—Social Hour.

There was extensive discussion on use of the Travel Instructors Fund so all of Western District could benefit. Sis. Jirka will write sis. Pros to obtain the amounts paid in by the Units for 1970 and for all 1970 disbursements.

Sis. Jirka will write Gus Sramek if Sokol Camp will be available in June 1971 after the Slet for an Instructors School.

Sis. Drozda received Gym Reports ONLY from Sokolice Crete. ALL UNITS please try to get those reports in on time.

**QUARTERLY REPORTS**—Sokol South Omaha gained 2 members totaling 367; Sokol Karel Jonas has 14 men and 15 women; Sokolice Crete gained 1 member and lost 1. The member lost was Fannie Borecky who, in Jan. would have been 50 years a Sokolice. The Unit has 60 members.

**CORRESPONDENCE**—Invitation to the Testimonial Banquet honoring the 75th birthday of bro. Charles M. Prchal. Motion carried, bro. and sis. Pavoucek represent the Western District at the banquet.

**DIRECTOR OF EDUCATION**—ALFRED SWOBODA—Prepared an educational booklet. Asked bro. Jirka to make additional copies.

**PUBLIC RELATIONS OFFICER**—This is usually held by a member of the Host Unit for the Slet. Bro. Pavoucek will contact active members and select a nominee to be presented at the Western District Annual Meeting.

**SLET REPORT**—Bea Pavoucek has received no reply from the A.S.O. as to who is going to be their representative at the District Slet.

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## CENTRAL DISTRICT

January 24, 1971

District President, bro. Joseph Drnec, opened the annual meeting. A total of 51 delegates representing 20 Units were present. Included were: bro. and sis. Edward Pavoucek, Sokol So. Omaha; bros. and sisters: Shanas, Jecmens and Triskas, Sokol Cedar Rapids; bros. and sisters: Shabart and Stankovsky, Sokol Milwaukee.

Letter received of progress in construction of the new Sokol Gymnastic Center, Ennis, Texas. Grand opening and dedication February 20-21, 1971.

District Directors BOI. reported conference will be held February 7, 1971, 9:00 A.M., at Old Prague Restaurant. First gymnastic exhibitions: Mar. 6, Sokol Brookfield; Mar. 13, Sokol Tabor; Mar. 21, Sokol Slavsky; Mar. 27, Sokol Berwyn. Bills presented for new basketball and referees. Paid.

The following matters were discussed: Purchasing of ads in program books, availability of a film, "We, the Czechs", District be a clearing house to avoid conflicting dates, possibility of a float for parades, stimulation of inactive Units, promotion of District Slet, and last, thoughts regarding the Kadlec Fund.

Other business: Introduction of George Herink, new editor of the American Sokol—feasibility of attending exhibitions in St. Louis, Milwaukee and Racine—bro. Shana reported upon the American Czech Educational Center in St. Louis.

The afternoon session began with the introduction of bro. Stanley Barcal, President of the ASO. The following gave their reports: bro. Janecka, educational director; bro. Lankas, treasurer; sis. Drozd, financial secretary; sis. Kmen, secretary; and bro. Drnec, president.

Sis. Betty Prener, past ASO Secretary, commented upon the Western District, and its active rising membership.

Bro. Tesar suggested: "Establishment of Sokol Family Workshop; programs of educational sketches, singing, social activities, to bring more life and joy into the gym."

Bro. Halik, Educational Director of the ASO., stated: "He needs help—committee to work on various phases—do something in the Chicago area. It has no Czech Cultural Center, no museum of Czech history. Older members pass away and the younger ones have no value of past history."

The newly elected officers for 1971 were installed by bro. Pavoucek, President of the Western District. They are: Pres., bro. Joseph Drnec; 1st vice-pres., bro. Joseph Janecka; 2nd vice-pres., bro. Edward Schnabl; secretary, sis. Louise Kmen; financial secretary, sis. Agnes Drozd; treasurer, bro. Otto Glaser; auditing committee, bro. Rudy Svoboda, bro. William Vrba, sis. Mildred Hajek; Czech correspondent, bro. Jan Tesar.

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## EASTERN DISTRICT

Dec. 7, 1970

Pres. bro. Charles Zraly presided. Due to the absence of several delegates at the October meeting it had to be canceled. It was decided that the next meeting be held on Dec. 7th since several delegates had planned to attend the First Anniversary of Sokol Miami on November 14th.

Present were: Bros. J. Babinec, A. Chaloupka, J. Petlicka, C. Zraly. Sisters: B. Hochner, L. Pribil, M. Provaznik, N. Zabka, B. Zraly. Excused: Bros. F. Capek, H. Vesely. Sisters: B. Kubat, J. Misek, B. Novotny.

**Correspondence**—Minutes from the Executive Board of the A.S.O. of 10-27-70.

Sis. Schnabl requests periodic reports from district directors.

Minutes from the Western, Central, Northeastern, Southern Districts.

By-laws are in the process of being printed.

Newsletters from Sokols New York, Little Ferry, Havlicek-Tyrs, Tabor, Baltimore, Omaha and Cleveland.

Minutes of the Southern Circuit of the Eastern District of Oct. 11 and Nov. 8, 1970.

Sokol Washington Exhibition scheduled for Dec. 6th.

Annual Wreath Laying Ceremony at Arlington National Cemetery to be held on Sunday, May 23, 1971.

Sis. Mildred Prchal will be contacted in regards to conducting a three day clinic on Modern Gymnastics.

A Sports Festival will be held on Sat. and Sun., May 1st and 2nd, in Belcamp. Events will be tennis, track and field, table tennis, bowling, volleyball, gymnastics and golf.

Letter of thanks from bro. and sis. Stransky for greetings sent from the delegation at the Annual Meeting.

Received notice of special assessment, traveling instructors fund, as approved at the XII American Sokol Convention of 1970 to 1975.

Invitation to participate in Sokol Slet at Toronto on July 4, 1971. A motion was made and passed that bro. Petlicka conduct a tour to Toronto. The Eastern District would derive a profit from the tour. The tour would probably start on Friday, July 2nd, and arrive home on July 5th. More details will be given at the next meeting.

Director of Men, bro. Capek—Urges the president of each unit to instruct their directors of gym classes to send in their reports each month. The directors are at a disadvantage when they do not know the attendance and activity of the units. Volleyball Tournament to be held in January or February.

Director of Women, sis. Zabka—All directors of units should send in reports of their activities each month. The junior and senior bowling tournaments were well attended. However it is necessary that the names and bowling averages be sent to the sports director in ample time so that teams may be arranged prior to the tournament.

The special number which will be performed at the Toronto Slet has been sent to all units.

President, bro. Zraly—Reported on the First Anniversary celebration of Sokol Miami. The Banquet and Exhibition was well attended.

A women's drill composed by sis. E. Ruzicka and a men's drill was composed by bro. A. Hron. Children of Sokol Miami and SGUS performed on the balance beam. The CSA drill team performed and the Czech Tourist Society of St. Petersburg danced the Beseda. The program was well organized. Sis. E. Ruzicka received an award for her work in organizing this unit.

Sis. Provaznik attended the 80th Anniversary of Sokolice Baltimore. Since she had represented the Eastern District a motion was made that her expenses be paid.

Sokol Units—New York Sokol bazaar and Christmas party to be held on Dec. 12th. Many improvements have been made on the hall. A New Year's Eve celebration will be held.

Sokol Fuegner held their nomination of officers. Will hold a children's Christmas party.

Sokol Little Ferry will have a New Year's Eve Ball. Their exhibition is scheduled for April 18, 1971.

Treasurer, bro. Chaloupka—Receipts \$145.05 — Disbursements \$190.00.

The next meeting of the Eastern District will be held Jan. 18, 1971, in Sokol Little Ferry.

## Financial Report A.S.O. January 1971

### INCOME:

Dues .....	\$ 4,527.50
Convention Fund .....	2,425.75
Special Assessment .....	4,898.00
Dividends and interest .....	147.01
Jewelry and plaques .....	207.80
Postage, luggage stickers, souvenirs ....	5.25
Reimbursement from Miami Tour .....	75.00
<b>Total Income .....</b>	<b>\$12,286.31</b>

### DISBURSEMENTS:

<b>Administrative Department</b>	
Salaries .....	\$ 452.95
F.I.C.A. & F.W.T. for Dec. ....	121.26
Ill. Withholding Tax—4th qtr. 1970 .....	42.22
Rental, janitor service, phone, electric .....	292.63
Advertising and fees .....	70.75
Printing By-Laws .....	1,636.40
Postage and freight .....	76.58
Machine maintenance .....	28.00
Office equipment .....	37.50
Jewelry .....	448.88
	<hr/>
	\$ 3,207.17

<b>Educational Department B.O.I.</b>	
Salaries .....	\$ 222.04
F.I.C.A. & F.W.T. for Dec. ....	38.40
Editor "Sokol Gymnast" .....	25.00
Add'l. copies "Sokol Gymnast" .....	28.00
Ill. Withholding Tax—4th qtr. 1970 .....	12.48
Postage .....	1.84
Travel expense .....	475.60
	<hr/>
	\$ 803.36

<b>Sokol Publication</b>	
Printing "American Sokol" ....	\$ 531.30
Editor "American Sokol" .....	75.00
Postage "American Sokol" — Jan. issue .....	42.74
	<hr/>
	\$ 649.04

<b>Miscellaneous</b>	
Uniform Division — Salary, phone .....	\$ 62.05
Gratuities .....	8.00
Special appropriations:	
Central District A.S.O. ....	30.00
Southern District A.S.O. ....	742.60
	<hr/>
	\$ 842.65

Total Disbursements .....

### BALANCE:

Total brought forward:	
Western National Bank of Cicero—check- ing account .....	\$ 1,412.33
Income — January 1971 .....	12,286.31
	<hr/>
	\$12,698.64
Disbursements — January 1971 .....	5,502.22
	<hr/>
	\$ 8,196.42

## Future Sokol Leaders Fund

Western Bohemian Fraternal Assn. ....	\$1,250.00
Svobodna Obec .....	100.00
Josephine Ceithaml .....	100.00
Anton Hron, in memory of Emil Benedikt and Anna Benedikt Hron .....	500.00
Virginia Machotka, in memory of husband, Charles .....	10.00
Charles and Lorraine Zdenek, in memory of Joseph Regner .....	10.00
In memory of Ludwig Wortner: Stefie Wortner, wife, and Ludwig, Jr., son .....	5.00
Emil and Louise Nekuda .....	5.00
Mr. and Mrs. Scott Piper .....	10.00
Mr. and Mrs. Allen Hawkins .....	10.00
In memory of Rose Nekolny: Ella Simaner .....	5.00
Anna Falta .....	10.00
	<hr/>
	\$2,015.00
Belle Savings & Loan—Dividend .....	1.25
Hoyne Savings & Loan—Dividend .....	143.75
	<hr/>
	\$2,160.00
Transfer of funds from Clyde Savings and Loan Assn. to Western National Bank of Cicero checking account for six Merit Awards .....	600.00
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	\$1,560.00

(Donations are tax exempt.)

## Joseph Regner

We feel keenly the great loss of Joseph Regner. Not only his immediate family, but a host of men and women, grieve deeply at the loss of our brother.

Brother Joseph Regner was born in September 1893, at Dolní Lukavice in the Pilsen District, Bohemia. Came to the United States in September 1912. Two months later joined Sokol Havlicek-Tyrs. There he attended classes taught by bro. Joseph Brouk.

In April 1917, when war was declared, bro. Regner was among the many members of Sokol Havlicek-Tyrs who volunteered in the U.S. Army. He received discharge as a sergeant June 19, 1919.

May 12th, 1923, he married sis. Mamie Husa, daughter of band director, bro. Vaclav Husa. Two daughters were born to them, Blanche and Helen, both were and are very active in the Sokol organization.

Upon return from the army he rejoined Sokol Havlicek-Tyrs and again became active in gymnastic work. In 1920 he became instructor of children's and junior classes, both boys and girls.

Bro. Regner was a tireless gymnast and competitor who took part in many Slet competitions. He was very active in the Amateur Athletic Federation. In 1924, as District Director organized and directed the first Sokol League in the Central District, first of its kind among the Sokols, in volleyball and basketball.

In September 1925, was selected as an instructor at Sokol Oak Park, Ill., which later merged with Sokol Tabor, Berwyn, Ill. There he stayed for 13 years.

In 1926, directed the Central District Slet in Milwaukee and after that many District Slets in Chicago and in Cedar Rapids, Iowa.

The same year he was delegated as a member of the representative team of the American Sokol Organization to the Slet in Prague. There he participated in the intermediate division competitions. After the Slet, he absolved a six-week course for instructors conducted by C.S.O.

In 1929 he resigned as District Director. Returned again in 1932. In 1933, 1937, 1941, 1947, 1953 took active part in the American Sokol Slets in Soldier Field in Chicago, and Mid-Slets in Cleveland in 1935, and in St. Louis, Missouri in 1955. In 1936 organized first competition of second class boys which now is held annually in the Central District.

In 1941 bro. Regner was instructor at Sokol Rozvoj and in 1943 became instructor of Sokol Slavsky.

Bro. Regner's leadership accounted for many outstanding gymnasts throughout the years. He was a leader of the Central District for more than 24 years with intervals when others held that position. He was Director of his Unit and member of the Technical Directors of the American Sokol. Composed many mass drills, namely for children and juniors which were used for District and A.S.O. Slets.

He was an American and he was a Czech. His heart glowed with love for his beloved America—and the nation and land from which he had come.

A fruitful life has rounded the rock of eternity. The tide carries him away. We can honor him best, if we too, march forward on the highway of service to Sokol improvement.

Charles Prchal

## Sokol Karel Havlicek-Borovsky, Ennis, Texas

Announced the grand opening of its new Sokol Gymnastic Center, February 20-21, 1971. The new Center and seven acres of land will belong totally to Sokol Ennis at an estimated value of \$150,000. The members of Sokol Karel Havlicek-Borovsky hope all Sokols will share their pride as the Sokol movement progresses in these United States.

## Sokol Tyrš, Cleveland, Ohio

Na nedávné valné hromadě jednoty Sokola Tyrš oznámila finanční tajemnice sestra Mae White-manová, že Internal Revenue Service vyrozuměla jednotu o udělení povolení, aby všechny peněžité dary (contributions) — Sokolu Tyrš směly být odpočitatelné z daní (tax deductible). Napříště si tedy mohou dárci jednotě Sokola Tyrš uvést příslušný obnos na daňové přiznání.

Odmítám komunism hospodářský, nevěřím v komunism duchový a odmítám komunism pohlavní a rodinný. — T. G. Masaryk.

Stálost, vytrvalost a neohroženost politická jsou vlastností, které nevyhnutelně národ mítí musí, chce-li upevnití svoje práva a svou svobodu. — K. Havlíček.

## Sokol Washington.

(Opožděná zpráva.)

Právě v den Sv. Mikuláše, uspořádal Sokol ve Washingtonu dětskou besídku k radosti dětí, rodičů i přátel dětí, kteří se v neděli 6. prosince sešli v sále Knights of Columbus na Desáté ulici. Sál byl naplněn i když ne přeplněn a ti, kdož nepřišli, ošidili sebe i své děti o kus dobré pohody, veselí a radostných zážitků. Od počátku až do konce atmosféru a tón akademie udaly děti ty nejmenší nejvíce — solovými výstupy, hrami, zpěvy a kurážním vystupováním, bez trémy, jak je tomu učí dirigentka sokolského a pěveckého a hudebního souboru sestra L. Brodenová. Taneční a zpěvní část českých a slovenských dětí byla první částí programu a hned po něm v plynulém sledu následovaly hry a počátky elementárního sokolského tělocviku těch nejmenších. Vystoupení družstva dorostenek — technická přesnost, vypěstot a ladnost připomínaly sokolské akademie z lepších časů — bratr F. Štoviček, cvičitel, náčelník, právem sklídl za svou práci potlesk i se svými cvičenkami. Zatím co drobtina se rozdávěla a "cucala" dárky Mikuláše, opovrhovala čertem a nevážila si anděla. Také ti "Poněkud starší" si přišli na své díky jitrnicím a jelitkám, jež br. starosta Matěj starostlivě opatřil v míře hojně. Jaký div, že v kuchyni bylo pilno a živo. S. R. Friedrichová tam nebyla ale sama, pomocných rukou dost, všichni se starali s radostí. Posléze k pianu zasedl mladý T. Bartoš a spustil moravské, slovenské a české písně. Zazpívat si přišli nejstarší únorové, ale také temperamentní "srpňáci" — a tož bylo veselo jak veselo kdysi v Kyjově bývalo — zatím co nejstarší Sokolové a Sokolky s radostí pozdravili veteránku Stázičku, které se také jako všem — nechtělo domů.

## Sokol Nová Vlast.

Jednota Sokol Nová Vlast konala dne 13. prosince m. r. valnou hromadu, které se zúčastnil velký počet členů. Po hladkém průběhu schůze, po zprávách zástupců župy, instruktorského sboru, Krajského výboru, Dámského odboru Nového Světa, České kulturní zahrady a z českých škol, obdrželi sokolské odznaky za 25 leté členství v Sokole přítomní bratři James Janek, Standa Chádim a sestry Elsie Janek a Amálie Bulanová.

Při volbách pro rok 1971 byli zvoleni následující úředníci: Přemek Kocián, starosta; John Galík, 1. místopředseda; Emil Hoch, 2. místopředseda; Milie Kolář, tajemnice; Evelyn Pliska, pokladní; June Brada, účetní. — Dále bylo zvoleno osm delegátů do župy Severovýchodní, šest do patronátu České síně Sokol na Clark Avenue a 26 do Amerického Sokola, Incorporated.

Po schůzi členstvo věnovalo plnou účast krátkému vánočnímu programu, ve kterém přítomným zpívaly koledy dcerušky bratra Mirka Plisky. Po programu byla volná zábava.

Dále se je třeba zmínit o mikulášské zábavě Sokola Nová Vlast, která se konala v sobotu, dne 12. prosince a která byla neméně úspěšnou. Taneční síň byla zaplněna tančícími, kteří vychutnávali nejen tanec, ale i hudbu Josefa Pavlaska. O jedenácté hodině "přijel na saních" sám pan "Mikuláš", který byl doprovázen nejkrásnějšími "andílky" jednoty, kteří přítomným rozdávali dárky. Bylo slyšet smích

ze všech stran, což bylo známkou dobré pohody. Sokol Nová Vlast děkuje všem, kteří přišli podpořit naše sokolky na západní straně. Nazdar!

P. K.

## Sokol Los Angeles.

Středisko krajského života v Los Angeles je sokolovna. V sokolovně je soustředěno několik krajských organizací. Ale první místo stále drží Sokol Los Angeles. V čele je už několik roků skutečně dobrý starosta, V. Salák. Letošní volby tam probíhaly ve znamení hesla: Mladí vpřed! a tak se mezi činovníky dostali jednak už osvědčení pracovníci a jednak nastoupilo to skutečné mládí. Místostarostou je J. Spinka, zapisovatelem J. Šeda, jednatel R. Raděj, pokladníkem Ed. Kelly, účetním J. Jakl, vzdělavatelem J. Bednář. U žen: starostkou je M. Půlpánová, místopředsedkou M. Hintnausová, jednatelkou H. Jaklová, pokladní M. Kelly, účetní Rita Tvrdék. Předsedou Inkorporace je stále oblíbený F. Gajda.

Náčelnice Ruth Santo a náčelník Luba Hintnaus. Je už náčelníkem několik roků a dělá to dobře. Nejkrásnější výsledek jeho sokolské výchovy je jeho dcera Dagmara, která na mezinárodních tělocvičných závodech sbírá zlaté medaile pro USA za své jedinečné výkony.

Na valné hromadě byl vypracován program činnosti, z něhož nejdůležitější je zakoupení prázdninového střediska (campu) pro členstvo a hlavně mládež.

## Sokolská župa Střední.

Župní konference, pracovní sjezd konané v neděli 24. ledna v sokolovně Havlíček-Tyrš se velmi podařil.

Všechny jednoty z Chicagoland, Milwaukee a St. Louis se sešly. Připravily pracovní program pro rok 1971 (workshop). Předkládaly náhledy, náměty a návrhy, atd.

Každý člen Sokola má právo, ba povinnost přemýšlet, co by prospělo sokolskému hnutí v USA a též přátele sokolské myšlenky měly by projevit zájem, radou i jinak. Všechno bude vzato v úvahu, co dobré a proveditelné bude přijato. Naše cesta jest: Přátelstvím k bratrství!

Sokolství mělo by se stát každému náboženstvím, vyznáním síly, krásy těla a ducha, odvahy a šlechtnosti, lásky ke všemu krásnému, pospolitosti sousedské a národní.

Miroslav Tyrš napsal: "Naše věc, sokolství, není pro strany, ale pro národ veškerý! Neříkejme, že to nejde; hledějme cesty a najdeme je, ale musíme chtít!" Paže k paži; mužně vpřed a nikdy zpět! Nazdar!

Jan Tesař.

## Sokol San Francisco.

Sokol San Francisco konal svou valnou hromadu. Starostou byl opět zvolen br. Jaromír Marek, jednatel M. Stangl, pokladníkem Lád'a Zrzavý, ředitelem budovy Jiří Špánek, vzdělavatelem Jan Kučera.

Po zadržil "Mikulášské" jednota pořádala vánoční nadílku pro děti a velkého Sylvestra. Jednota upevnila své základy v nové budově a jde z úspěchu do úspěchu.

Jiří Špánek.

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Women would be the most enchanting creatures on earth if in falling into their arms one didn't fall into their hands.

We would stand aside to let anyone pass who knows where he is going.

Most children are descended from a long line their mother once listened to.

Before marriage a guy tells his girl she's worth her weight in gold, but after marriage he finds it just did not pan out.

The unhappiest man is the one whose expenditure of speech is too great for his income of ideas.

The quickest way for a man to dry a woman's tears is to throw in the sponge.

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Jiří Špánek:

## Vraťme se více k Tyršovi.

Často velmi často v poslední době slyšíme, že se musíme odpoutat od tradice a musíme Americký Sokol přizpůsobit moderní době. Jak daleko to odpoutání má být? Každý rozumný Sokol ví, že žijeme v Americe a je nutné se přizpůsobit americkému prostředí. V jednotách mluvíme někde více anglicky, jinde více česky. To však ještě neznamená, že máme opustit zásadní Tyršovi myšlenky. V technice tělocviku jdeme ku předu. Na I. sokolském sletu v Praze před sto lety se společná cvičení cvičila na tempo úderem na desku. Dnes cvičíme při hudbě zvláště pro společná prostrná upravené. Cvičební nářadí se změnilo moderní technikou a často upravilo podle zdravotních požadavků. Cvičební rozvrh je zdokonalený, přibrány nové hry a cvičební prvky a přizpůsobeny mezinárodním závodním pravidlům. To všechno neznamená, že se prohřešujeme proti Tyršově soustavě. Tyrš chtěl pokrok a řekl, že stojatá voda hníje. My se však musíme vracet k Tyršovi v zásadách mravních, vlasteneckých a demokratických. Tyršovi zásady jsou stále platné a živé i pro dnešní dobu. My musíme v jednotách prohloubit sokolské bratrství. Často se stává, že jednota je jen společenským klubem, který i když prospívá, ztrácí sokolského ducha. Členové jeden druhého oslovují "pane" a zásady sokolského bratrství se ztrácí. V dobách minulých úřad vzdělavatele byl postaven na úroveň náčel-

níka. Dnes tento úřad se stává zbytečným. Jakmile vzdělavatel má několika minutový proslov, již jsou námitky, že to jsme již dávno slyšeli. Kněz v kostele neustále opakuje stejnou náboženskou morálku, stejně cituje bibli a věřící stále hřeší. I my potřebujeme si zopakovat Tyršovi zásady a vzdělavatel má udržovat našeho ducha tak jako cvičitel udržuje naše tělo.

## Sokol Slavsky, Cicero, III.

Presentation of membership pins was a highlight of recent installation ceremonies held by Sokol Slavsky. Membership Chairman Sylvia Freiberg made the presentations.

Receiving 50 year pins were Vlasta Kirchman, Marie Kott, Charles Bednar, James Pliml, Joseph Tomes and Betty Prener. Forty-year pins went to Therese Baxa, Blanche Dvorak, Ella Dvorak, Rose Jonas, Tillie Kacena, Marie Phillip, Ella Bastl, Joseph Bastl, Henry Cernota, Frank Drnc, Frank Sebek, Henry K. Weber and Laddie Zack.

Twenty-five year pin awards received by Elsie Cernota, Betty Draznik, Mary Seemann, Georgiann Verner, George F. Dvorak, Jerry Kaspar, William Martinek, John Mastustik, Jerry Mastustik, James Krakora, Richard Ptacek, Vojtech Svoboda, Laddie Vala, James Verner, Otto Vanek, Karel Vlasaty and Clar Wostratzky.

Rose Kubice Kettner, Bohuslav Blahut, George Dvorak, George Simonek and Bohumil Nekolny were presented with 10-year pins.

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