

AMERICAN SOKOL

VOL. XCII — NO. 4

APRIL, 1971

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

A MESSAGE FROM OUR SOKOL PRESIDENT

During the 1970 Cleveland Sokol Convention considerable time was devoted particularly to the activities in our Sokol Units. Inactivity was of the prime concern, receiving most attention.

However, in the last decade or so there have been the most healthy signs of encouragement—many Units across the nation embarking upon new building programs, the results most satisfying. The Units that had the initiative to build; to modernize their Sokol halls are meeting with the highest degree of success—in membership participation and acquiring new members.

It is most understandable; new economic problems were encountered—creating a challenge, but certainly a healthy situation. Sokol Zizka in Dallas, Texas, started the trend, followed by Sokol St. Louis. Since then Sokols Detroit, Houston, San Francisco, Karel Havlicek-Borovsky in Ennis, Texas entered upon similar undertakings. Sokol Corpus Christi, Sokol Baltimore, and the Units in Cleveland have also long range plans to build.

Due to vigorous leadership and cooperative partnership the Units in Omaha and the Western District had membership gains that were outstanding. Even some of our Units in rented facilities, like the newest in Miami, are meeting with a fine response.

In the great metropolitan areas, we're sorry to say, some of our Sokol halls have outlived their usefulness due to changing neighborhoods; creating impossible conditions. In order to continue on the road to success there is definite need of leadership, co-operation of all offices and committees, and paramount, support by the entire membership. We must be alert to changing times—satisfying physical fitness—cultural and social needs for our members and community. If we are to accomplish these requirements our proud Sokol Organization will continue to prosper and grow. NAZDAR!

STANLEY BARCAL

AMERICAN SOKOL

436

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by the

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EDITOR

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OFFICE OF THE EXECUTIVE BOARD ASO.

June Pros, Secretary

6426 W. Cermak Rd., Berwyn, Illinois 60402

Tel.: 795-6671

Calendar of Events

- APR. 24th—SOKOL OMAHA, NEBR. — Rummage Sale—9:00 A.M.—Sokol Auditorium.
APR. 25th—SOKOL SO. OMAHA, NEBR. Annual Gymnastical.
APR. 25th—SOKOL HAVLICEK-TYRS, CHICAGO, ILL. — Annual Gymnastic Exhibition, 3 P.M.
APR. 25th—SOKOL STICKNEY, ILLINOIS. Pork Dinner, 12-5 P.M.
APR. 28th—SOKOL DETROIT, MICHIGAN. Springtime Card Party.
MAY 1st—SOKOL RACINE, WISCONSIN. Annual Gymnastic Exhibition.
MAY 2nd—SOKOL OMAHA, NEBR. — Pork Dinner and Carnival—11:30 A.M. to 2 P.M. — Program and Crowning Czech Queen by Omaha Czech Club. — Sokol Auditorium.
MAY 2nd—SOKOL FUEGNER, LONG ISLAND CITY, N. Y. — Annual Exhibition.
MAY 2nd—SOKOL TABOR, BERWYN, ILL. Bohemian-American Concertina Club.
MAY 9th—SOKOL WEST SUBURBAN, DOWNERS GROVE, ILL. Annual Gymnastic Exhibition.
MAY 9th—SOKOL TYRS, CLEVELAND, OHIO. Mother's Day Pancake Breakfast.
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 17-20th—SOKOL DETROIT, MICHIGAN. Rummage Sale.
MAY 17th—SOKOL OMAHA, NEBR. — Annual Mother and Daughter Banquet—Sokol Auditorium.

- MAY 21st—SOKOL BROOKFIELD, ILLINOIS. Card and Bunco Party.
MAY 22nd—SOKOL TYRS, CLEVELAND, OHIO. Night in Prague.
MAY 23rd—SOKOL ST. LOUIS, MO. — Annual Gymnastic Exhibition.
MAY 23rd—SOKOL MILWAUKEE, WISCONSIN. Annual Gymnastic Exhibition.
MAY 23rd—PACIFIC DISTRICT SLET, LOS ANGELES, CAL.
JUNE 10th—SOKOLICE HAVLICEK-TYRS, CHICAGO, ILL. — Smorgasbord Luncheon.
JUNE 13th—CENTRAL DISTRICT — ANNUAL GYMNAS TIC EXHIBITION.
JUNE 13th—WESTERN DISTRICT SLET. Ryan High School, Omaha, Nebr.
JUNE 18th—SOKOL OMAHA, NEBR. — Falstaff Party—7:30 P.M.
JUNE 27th—NORTHEASTERN DISTRICT SLET. Odd Fellows Fresh Air Camp.
JULY 4—CANADIAN SOKOL SLET—TORONTO.
JULY 10th—SOKOL DETROIT, MICHIGAN. Northeastern District Competition for Small Boys and Girls.
JULY 11th—SOKOL DETROIT, MICHIGAN. Gymnastic Exhibition.
AUG. 22nd—SOKOL DETROIT, MICHIGAN. Summer Festival.
OCT. 23-24th—SOKOL DETROIT, MICHIGAN. Carnival-Bazaar.
NOV. 6th—SOKOL HAVLICEK-TYRS, CHICAGO, ILL. — 60th Anniversary Dinner-Dance.

Eugene Prostrednik



It is with regret we record the death of our Past President, Bro. Eugene Prostrednik, who passed away March 6th, 1971. Bro. Prostrednik was born in Racine, Wisconsin, August 5, 1885. He came to Philadelphia, Penn. at an early age, continuing his Sokol career which spanned a period of 57 years. During World War I, he served as Captain in the U.S. Army.

Bro. Prostrednik was truly a devoted and active member of Sokol Philadelphia, serving as instructor of women's classes for many years. He was also nacelnik, and President of Sokol Philadelphia for a long span of years. In later years acted as a judge at Sokol Slets. On many occasions represented his Unit as a delegate to the National Conventions and Annual District meetings. In 1969 received a 50 year

membership pin. Was made an honorary member in November 1970.

Bro. Prostrednik was also member of the Scottish Rite & Shrine, American Czechoslovak Engineers Society and the American Czechoslovak Philatelic Society.

We extend our condolences to his wife Sister Frances Prostrednik and his daughter Sis. Erma Janecka.

George Novak, Sokol Philadelphia

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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RECOMMENDATIONS TO INACTIVE UNITS

In his doctrines, Dr. Miroslav Tyrs, stressed the need for open expression—honest, forthright action—advocating that we, as true Sokols, be unafraid of self-criticism. It is along this vein of thought that the portrayal of existing conditions in many of our inactive Sokol Units is brought into the open—the sole intent—to impart, in some way, that lost spirit and enthusiasm that was once so prevalent in the days when these very Units were founded.

That the task ahead is perhaps insurmountable in some instances is quite true. It is heart-breaking—a sad commentary, indeed, to many of us who have witnessed of what had transpired in some of our large metropolitan areas—Chicago, Cleveland, Baltimore, etc. in the last decade. Many an ethnic group was uprooted due to a rapidly changing environment—several of our strongest Sokol centers included.

Although some of our inactive Units still retain some semblance of togetherness and unity; but without a Sokol focal point is like being without a right arm. Not much advice can be given. Perhaps the only salvation lies in being in the forefront in the establishment of Sokol Units in some new areas where our people now reside.

However there is somewhat of a ray of hope for the dormant Units not affected by the adverse conditions mentioned; if they only follow some of the splendid recommendations submitted by Sis. Emilie Welcl-Ruzicka in her pre-convention report of June 1970.

“Organizational work—a constant surveillance—must go on even in active Units before they begin to show a decline in gym classes, meetings, committees. It’s vitally important they have a well-rounded program of educational activities: lectures, dramas, exhibitions, outings, crafts, socials, athletic meets, all-around gym program, miscellaneous training in all age groups, from 6 to past retirement. Open our gyms to members not interested in apparatus work, and to those free in the afternoons. Organize activity programs for these groups—social, light gym work, crafts.”

Other suggestions: That the Organizational Dept. work more closely with the physical directors corps—exchange of delegates, including clinics and instructor courses—more attention be paid to administration of Units and Districts—and the Executive Board supervise and conduct a schedule where declining Units are assisted before it becomes too late.

Yes! These are all fine suggestions. Yet it takes people to put them into actual practice—visiting officers, instructors, organizers, lecturers, etc. Years ago we had traveling instructors in the field, renown Sokols like Bros. Kos, Prihoda, Kadlec, who performed all these various requisites. Today, almost all of our Sokol leaders are dependent upon full employment for a family livelihood. Sokol work was always done by dedicated volunteers, who gave their time and forfeited other income for the work they loved, but certainly there are limits to the amount of time a man can spare.

The Sokol Organization could well follow the time-worn formula of some of the foremost national fraternal organizations whose prime concern is not only increasing their membership rolls but to solidify their gains—established units remaining intact, and present membership secure.

G. H.

SOKOL KAREL HAVLICEK-BOROVSKY, ENNIS, TEXAS



The Grand Opening and Formal Dedication of the new Sokol Gymnastic Center in Ennis, Texas, was held on February 20th and 21st. Ground breaking ceremonies for the Sokol Karel Havlicek Borovsky's new center were held on August the 9th, 1970. Under the guidance of Building Committee Chairman, Bro. Eric Moucka, the building committee moved forward and our building was erected in record time. The committee members were: Brothers Jack Henning, Vice-Chairman; Larry Laznovsky, Secretary; Charlie Jurcik, Treasurer; and F. A. Laznovsky, Leslie Moucka, Len Gehrig, and Sis. Bettie Houdek. The building is of modern design, air-conditioned, has a large kitchen, club-room and game-room facilities and a large gym floor.

The two days of opening activities were a success from start to finish. Bro. Stanley Barcal, President, represented the American Sokol Organization headquarters at the opening.

Initial activities began with a dance on Saturday evening with music by Johnny Mensik and his playboys orchestra drawing a capacity crowd.

The ribbon cutting ceremony was held at 11:00 a.m. on Sunday. Educational Director, Jerry Laznovsky, presided. The United States Flag was raised by local Cub Scout Troop 211, including Lewis Zajic, a local gymnast. The flag had been presented to the Sokol the past week by the Ennis Veterans of Foreign Wars. The flag at one time had flown over the nation's capitol. The pledge of allegiance was led by gymnast Theresa Jurcik. Invocation by our member, Msgr. James L. Tucek, of the St. John's Parish, followed.

Brief addresses were given by Brother Edwin Laznovsky, President of Sokol Karel Havlicek Borovsky, Ennis; Brother George Prevratil, President of the Southern District; and Brother Stanley Barcal, President, American Sokol Organization. Each voiced great pleasure over the fine new facility and the new era opened for Sokol Ennis. The three presidents then cut the triple ribbons—red, white, and blue, respectively. Building Committee Chairman Moucka officially presented the key to the building to Bro. Laznovsky.

Our Sokol sisters served a delicious meal to hundreds of members and visitors. Many of our members and friends that were originally from Ennis, but had moved away through the years, came back to celebrate with us.

The formal dedication program followed at 1:30 p.m. with Bro. Jerry Laznovsky as master of ceremonies. The Star Spangled Banner and Kde Domov Muj were led by Sis. Bernice Hamilton. Guests for the dedication included city officials and officers and representatives of local and surrounding Sokols and fraternal lodges of SPJST, WBFA, RVOS, SVPS, KJT, and KJZT. Also recognized were Bro. Bob Zazvorka, our only living charter member; Bro. Joe Vytopil, past president and now honorary president; Bro. James Kostak, Bro. Jim Pavelka, who along with Brother Wesley Tupy, unable to be present, are the oldest 50 years or more members.

Brother Edwin Laznovsky expressed deep appreciation to all who, in any way, had contributed to the success of the building project, and brought a brief history of Sokol in Ennis and prediction of still greater years ahead.

Mayor Pro Tem Lloyd Adams, representing the city of Ennis, brought greetings and well-wishes from the mayor, and declared that he felt honored to be identified in such a worthy celebration, adding: "We are fortunate to have such fine neighbors as represented here. You stand for sound bodies and sound minds. Thank God for Sokol in our midst."

Bro. Sid Pokladnik of Dallas, SPJST District III director, highly congratulated the Ennis Sokol for erecting the fine hall. He added that the edifice is a monument to our praiseworthy forefathers.

Bro. Joe B. Hejny of Temple, Vice-President of the Supreme Lodge SPJST, a prominent Ennis-Ex and past president of our Sokol, declared—"This is a dream come true"—and brought greetings from fellow staff members of the SPJST.

Bro. Pokladnik then presented the SPJST's annual donation of \$1,000 to the Southern District to Bro. Prevratil. Bro. Prevratil expressed the district's appreciation of the annual donation and its assistance to the Sokol program in this area.

Bro. Prevratil, the next speaker, congratulated the Ennis Sokol on its great strength to the district, declaring: "It has further taken the challenge of progress with this fine modern facility." This, he added, is brilliantly looking forward to the future.

Bro. Barcal gave eloquent praise to the local unit for providing the fine gymnastic center and furthering the causes which are traditional for Sokol. "You will be proud of this fine step in line with our cherished heritage," he declared. He made two

gifts donated by Sokol Chicago—\$100 to the Ennis Sokol building fund and \$100 to Sokol Corpus Christi toward reconstruction of their storm damaged building.

Following the speakers, a gymnastic program was presented under the guidance of Director of Men, Bro. Larry Laznovsky; Director of Women, Sis. Sylvia Laznovsky, and assistant instructors Bro. Steve Zhannel and Sisters Rita Neff, Lil Laznovsky, and Jeanette Zajic. An oriental dance number was presented by a group of junior girls and women. Little girls then presented the mass calisthenics and looked like little dolls in their new red uniforms. The junior boys, men, women, and junior girls performed apparatus routines on the uneven bars, balance beam, horse vaulting, and long horse vaulting. Children's apparatus featured tumbling and the low balance beam. Advanced tumbling was presented by representatives of the junior boys and boys classes. The program concluded with the mass calisthenics presented by the junior girls and women.

Concluding entertainment of the occasion was music donated by the Eric Honza Orchestra, Polka Dots of Dallas, and Mikula Band of Ennis, with another great crowd turning out for this final phase of a spectacular weekend. Two hours of this entertainment was broadcast live on a polka program over Radio Station KBEC, Waxahachie, with Bro. Johnny Krajca, as Emcee. Bro. Jerry Milan, District Public Relations and Educational Director, spoke on Sokol.

Sokol in Ennis was organized in 1908 by a group of Czech immigrants, who transplanted the Sokol gymnastic movement from their native land of Czechoslovakia to Texas. There were 22 charter members. The first officers were: President—Alois Jurcik; Secretary—Karel Moucka; Men's Instructor—Karel Sosolik; Program Director—Jos. Zazvorka.

The first Sokol gymnasium was built in 1912. After only six months it burned. Another building was erected and it also burned. A third building was built and later torn down. The fourth building was built in 1936. Thus, in its first 28 years of existence, four Sokol gymnasiums were built in succession to prove that the idea of the first 22 members is an enduring one.

Through the years our gymnasts have participated in international, national, district, and local exhibitions. Presently, gymnastic classes are held twice a week. A well-balanced program of physical exercise and education is our goal.

As the oldest unit in the State of Texas, Sokol Karel Havlicek Borovsky is continuing to advance the physical, mental and cultural achievements of its members so that they may become well-developed members in their community and better citizens in our country. We are proud of our membership and its accomplishments.

Additional acreage adjoining our original property was purchased in 1969. Our dreams were realized as the plans for a new gymnasium—our fifth in 63 years—became a reality. Our building and seven acres of land belong totally to Sokol at an estimated value of \$150,000.

We wish to thank all of our Brother and Sister units, members, and friends for their contributions and their many well wishes and words of encour-

agement. Without your support our new home would not be possible.

As we open our new Sokol Gymnastic Center and with a bright future in view, Sokol Karel Havlicek Borovsky, Ennis, Texas, stands as a proud unit of the Southern District and the American Sokol Organization.

Nazdar!

Sylvia Laznovsky

MEETING OF THE EXECUTIVE BOARD OF THE A.S.O.

Held March 23, 1971

The meeting was called to order by Bro. S. Barcal, President.

Present: Bros. G. Basta, E. Linhart, G. Herink, J. Rabas, J. Drnec, E. Schnabl, E. Hlinka. Sisters B. Prener, J. Pros, A. Sotka, E.J. Schnabl, A. Basta, J. Drnec, L. Zdenek, A. Falta.

Bro. Barcal extended our deepest sympathy in the passing of Bro. Tichy, all rose for a moment of silence.

Reports: Western Dist. Annual Meeting 2/6/71. Southern Dist. Executive Committee Meeting 2/11/71. Northeastern Dist. Executive Committee Meeting 2/24/71. Eastern Dist. Executive Committee Meeting 3/15/71.

Correspondence: Request from Bro. Sebesta, Sokol Karel Jonas, for copies of the booklet Parliamentary Procedure, mailed same. Thank you for flowers, and a donation to the Future Sokol Leaders Fund from Sis. Prazakova in memory of Bro. Tichy. Letter of thanks for By-Laws and donation to the Future Sokol Leaders Fund from Bro. Benesh, Sokol Detroit, in memory of Bro. Tichy. Request for copies of the By-Laws from Sokol New York and Sokol Fuegner Tyrs, So. Omaha, sent. Request for membership and dues cards from Sokol St. Louis, sent. Letter and Convention Financial Report received from Bro. Robert Jirousek, Vice-Chairman XI Convention Committee. Sis. Prener stated an item amounting to \$34.16 was left out of Bro. Jirousek's report and felt this should be added to total bill. All items were gone over thoroughly, motion made and seconded to pay additional \$34.16, carried; motion made and seconded to pay entire amount of \$2,384.22, carried. Letter of thanks to be sent to Bro. Jirousek and the Committee.

Board of Instructors, Bro. Linhart—Letter received from Bro. Pokorny regarding his activities in the Pacific Dist. Letter from Bro. Jerry Milan requesting reimbursement of phone bill incurred for Olympic Committee activities, approved. Bro. Laznovsky called regarding a Sokol School. Sis. Drozda advised of the need for instructors for their Western Dist. Course. The Men's Board recommends the Western Dist. be reimbursed for gymnastic workshop, this will be presented to the Women's Board. Bro. Kalas reported on the Merit Award meeting held March 3, 1971, and presented the revised application form and rules, recommend these be printed, approved; Sis. Pros will order 200 copies. Pictures will be taken of all uniforms and compiled into a catalog, for the Uniform Div. The Blazer Crest was discussed and decision made

to use the emblem as it appears on the Pacific Dist. letterhead minus the Falcon, a symmetrical banner with "American Sokol" will be added under the emblem. The size to be the same as on letterhead, color gold crest on blue background. Other colors will be considered before a final decision is made. Bro. Lebloch will reproduce this crest and give it to Sis. Pros to obtain bids. Bro. Kalas reported on the gymnastic skills program. The Slet to be held in Toronto, Canada, was discussed, no new information received, the Eastern, Northeastern and Central Dist. are planning on attending. Bro. Schnabl reported on the Illinois High School Gymnastic Championship. Sokol Schools: Northeastern and Eastern Dist. will combine into one school. Sokol USA is planning a three week course starting June 28th at Potters Lake, Wisconsin. The Central and Western Dist. need instructors for their schools. Will contact Bro. Walko regarding the possibility of a combined course with Sokol USA, Central and Western Dist.

Sis. Schnabl and Bro. Linhart edited the March issue of the Sokol Gymnast. The April issue will contain revised rules of the Merit Award. Bro. Linhart stated Bros. Pokorny and Pridhoda have dedicated many years of activity and leadership to Sokol. Contacted the Eastern, Northeastern, Western and Southern Dist., having difficulty obtaining instructors for their courses.

Sis. Schnabl's report—Called Sis. Lizak and was informed the Pacific Dist. will hold Slet May 22nd and 23rd. Motion made, seconded and carried to have Bro. Linhart and Sis. Schnabl both attend the Pacific Dist. Slet, and meet with their Dist. and Unit officers. Sis. Prchal will attend the biennial meeting of the USOC in White Sulphur Springs, West Virginia, March 26, 27 and 28. Made copies of the 1953 calisthenics for all classes and sent them to Sis. Kerr, Sokolice Detroit, as requested. Received a number and tape for Jr. Girls from Sis. Peterka, Sokol Nova Vlast. Sis. Laznovsky sent various clippings from the Ennis newspapers regarding their Grand Opening. Both Boards recommend payment to the Southern Dist. for Volleyball Clinic, to the Western Dist. for seven USGF age group work books, approved. Also request payment for photos from Sis. Drozda, approved to pay from general fund. These will be available for future up to date cuts. Set date for April 1st to have pictures taken of the Women's Dept. Uniforms, at Sokol Berwyn.

Editor: Bro. Herink stated he received a fine article and pictures from Sokol Karel Havlicek Borovsky which will be printed.

Public Relations: Sis. Basta stated she contacted Riverside-Brookfield High School for the Central Dist. Sokol Day, June 13th.

Organization: Bro. Barcal stated Sis. Ruzicka called, she is very busy in Florida. Contacting West Texas regarding starting Unit. Will be in town next month and will attend meeting. Would like to meet with the Central Dist. Organizational Sub-Committee if Bro. Schnabl could set date.

Education: Bro. Halik excused. Bro. Barcal received material from Bro. J. Cihak which will be given to Bro. Halik.

Financial Secretary: Sis. Sotka stated she prepared February Financial Report and Future Sokol Leaders Fund listing for American Sokol. All

donations to Future Sokol Leaders Fund acknowledged and listed in Hlasatel. Federal Tax deposited. Check from Excursion Account for Miami Tour profit \$1,332.03 deposited, balance of \$100.00 left in Excursion Account. Approximately 50 copies of the By-Laws returned because of change of address by members. Re-mailing as they come in. Sent members address changes to 46 Units. Received \$5.00 donation from Bro. W. Zabransky, Jr. for American Sokol. Bro. Prchal books mailed to Units for their libraries. Received bill in the amount of \$120.10 from Sis. Prchal for travel expense to the USOC biennial meeting, approved for payment.

Treasurer: Bro. Basta stated he is in agreement with Financial Secretary's report, Reconciled bank statements for the following checking accounts, ASO, Uniform Div. and Excursion, all found in order. The bookkeeping machine approved at the 2/23/71 meeting was purchased and serviced and is in good working order. Set up General Ledger consisting of four parts (a) assets, (b) liabilities and reserve, (c) income, (d) expenses. The assets, liabilities and reserves were set up with balances which existed 12/31/70, since then all business for January and February has been posted. Next meeting will present the first quarterly statement for 1971. With this new system all accountings will be known immediately.

Membership: Bro. Svoboda was excused, Sis. Pros read his report; no meeting held this month. Received some literature on membership ways and means. Meeting will be held in the near future.

Uniform: Sis. Pros reported this month has been very busy. Received letter from Sis. Jirka regarding shipping, reply sent. Request meeting with the BOI at their combined meeting in April. Received and met with various manufacturers as per items needed.

Secretary: Sis. Pros stated letter was sent to Bro. Cihak, President Plzensky Sokol, as per 2/23/71 meeting. Mailed letter and Window Decal to all Unit Secretaries and Directors (164). Mailed Bro. Prchal book to 54 Unit Secretaries. Gave out same to 6 local Units. Letter sent to all Unit Secretaries regarding the mailing of By-Laws to members and availability of same for new members. Letter sent to Sis. Jansky re: 1921 Slet Flag. Sent letter to Sokols Detroit, St. Louis, Karel Havlicek Borovsky and Zizka as requested by Bro. Herink. Letter sent to Bro. Hrebik regarding the 1972 Slet to be held in Vienna, requested our meeting with their committee. Compiled 1971 Roster for March issue of American Sokol, the only Units not received were, Sokols Curtis Bay, Schenectady, Minneapolis, Praha and Scio, these will be printed using last year's officers. Received notification of the combining of Sokol and Sokolice Baltimore as of January 1971.

President: Bro. Barcal stated he attended the wake of Bro. Eugene Prostednik and gave eulogy. Attended all local exhibitions to date.

Financial Report A.S.O. March 1971

INCOME:

Dues	\$ 1,202.50
Convention Fund	313.25
Special Assessment	516.00
Dividends and interest	<u>1,246.79</u>

SOKOL GYMNAST

April 1971

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

MERIT AWARD - 1971-1975

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates at the XI American Sokol Organization Convention, held in Cleveland in June, 1970, approved Merit Awards to be paid from the Sokol Future Leaders Fund.

The Merit Award Committee is accepting applications of students who are planning a course or program in an accredited four-year college. Although physical education will not be a criteria, more consideration will be given to those who are training in the physical education field.

The amount to be awarded is to be \$200.00 per year to one student per district which has under 1,500 members and one additional student per district which has over 1,500 members. This award is renewable for a second year. In order to qualify for the second year, applicant must maintain a "C" average or better. Second year allocation is NOT automatic; applicant must file letter of intent to reapply for a second year, in which case the original application plus transcript of grades will be reviewed. The final selection is to be made by the Merit Award Committee, approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board.

The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Should have attended Sokol classes regularly for at least three years immediately prior to this application. Juniors may be included but must become adult members — girls at age 17 and boys at age 18.
2. Must have attended and successfully completed one Sokol District or American Sokol Organization Instructors' School.
3. Must have taught or assisted in Sokol gym classes.
4. Recommendation of high school Physical Education teacher.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of District Physical Director.
7. Approval of District President.

If the course for which the Merit Award was granted is completed, there is no obligation to repay the amount of the Merit Award. However, the recipient of the Merit Award and one member of his family shall be requested to sign a statement promising to repay the Merit Award in full, should the student fail to complete the course for which the Merit Award was granted.

The student agrees that he or she will not engage in any campus disorders or violent demonstrations and that he or she has no subversive connections or leanings. Any infractions of these understandings will be cause for complete revocation of the Merit Award and immediate repayment made.

Merit Awards will be made in September of each year. If the quota for the District is not filled, a review of all Merit Award applications, not previously approved, will be made and any restrictions imposed may be removed for that year.

The Merit Award is valid only if the student attends an accredited college or university.

**COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER
THAN AUGUST 1st, 1971**

(APPLICATION FOR MERIT AWARD ON NEXT PAGE)

MERIT AWARD COMMITTEE

George Kalas, Chairman

EllenJeanne Schnabl — Edward Linhart — Edward Schnabl — Lorraine Zdenek

1971 NATIONAL A. A. U. GYMNASTIC CHAMPIONSHIPS

May 6-8, 1971 — 2:00 p.m.-7:30 p.m.

Kennedy High School, Cedar Rapids, Iowa

This meet will serve as a qualifying meet for the final trials (squad) to select the USA Men's and Women's team for the 1971 Pan American Games. The 10 top men in the all-around qualify for the Men's final squad trials and the top 15 women in the all-around qualify for the Women's final squad trials.

On Thursday only the men will compete in their compulsory exercises; on Friday the men and women compete in optional exercises for all-around awards. On Saturday the competition will be the individual finals.

In the women's competition there will be NO required exercises, ONLY optional exercises. In the men's competition the compulsory exercises will be the official 1971 Pan-American compulsory exercises for men.

In the men's competition the top 15 in each event and the all-around shall be permitted into the optional exercises. This top 15 is based upon each gymnast's standing after the compulsory exercises. At the completion of the compulsory and optional exercises in the men's competition, the top six in each event will qualify for the individual finals. At the completion of the optional exercises in the women's competition, the all-around will be determined by the optional scores and the top six in each event will qualify for the individual finals for women.

The FIG system of team scoring will be used in that the best three scores in the compulsory and the three best scores in the optional exercises will count for the team score of that event. (NOTE—This eliminates the present rule that: "An athlete must compete in both optional and compulsory exercises for his score to count in team points.") Also an OFFICIAL TEAM must consist of a minimum of three (3) individuals.

E. C. L.

SOKOL GYMNAST COLUMN

Proper Posture

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

Reprinted, courtesy of the Chicago Tribune

Good posture is a habit that should be acquired early in life. It is greatly influenced by the age of the individual and it is unfair to use adult posture as the criterion of normality for posture in children. Gross deformities of the spine, such as a lateral curvature, are exceptions. Parents should examine the child's spine periodically to determine whether the contour is normal. When doing so the youngster should be partially disrobed and standing. Consult the physician if a C- or S-shaped curvature exists. In many instances, these defects can be corrected and the earlier treatment is begun, the better the outlook. Remedies include exercises, braces, and other supports. Now and then surgery is needed.

Round back (kyphosis) is detected from the side. It is most common in middle-aged or older persons but is seen also in children and young adults. Kyphosis may stem from carelessness, but mood and fatigue also may be causative. Unless the child cooperates by pulling back the shoulders, and lifting the chin, more drastic measures, such as postural exercises and braces may be needed.

All too often, the teen-ager becomes posture conscious not necessarily to improve his appearance but because he finds that his back aches if he slouches about. If poor posture continues for many years, permanent degenerative changes in the joints may ensue.

But this is only a part of the story. Faulty posture often is associated with defects of the shoulders, hips, knees, and feet. This is understandable because erectness calls for a normal spine, good feet, a firm abdominal and pelvic wall, and a high diaphragm. To raise the head, straighten out the shoulders, expand the chest, and pull in the abdomen, weaknesses in these areas must be corrected. Again, we emphasize the importance of early treatment.

AMERICAN SOKOL ORGANIZATION

Merit Award Committee
6426 West Cermak Road
Berwyn, Illinois 60402

I desire to make application for the American Sokol Organization Merit Award. Please mail application forms and all other instructions to:

Signature of Sokol member: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

My age is: _____ years. I am a member of Sokol _____

of the _____ District.

BEGINNERS EXERCISES FOR GIRLS

(Continued from March issue)

Balance Beam

1. Facing the L end of the beam, jump to a front support and immediately swing the R leg over beam to a momentary straddle sit, hands on beam in front of body. Continue lifting legs upward to V-sit; hands grasp beam behind body.
2. Bend right knee, move weight forward to squat stand with L foot in front, arms horizontally forward.
3. 180 degree turn R in a squat position, R arms opens sideward and finishes in second position. Rise to stand shifting weight to rear leg with R toes pointed on beam in front. Arms complete one full circle moving downward, upward through high 5th, and returning to second.
4. Chassé step R-L-R, L arm moves across body and returns to sideward. Hop on R foot, lifting the L knee in front. Step L, swing R leg forward, cross R foot against lower L leg with knee turned outward, and kick R leg horizontally forward into lunge on the R leg, arms sideward.
5. Move arms downward, backward, and upward to high 5th while pulling the L leg to the R in a tiptoe stand (releve).
6. 180 degree turn L on toes shifting weight to rear R foot (L leg extended forward, arms sideward). Step L while lowering arms to second, leap upward and forward landing on R foot, then step forward L.
7. With a swing of the straight R leg forward, jump forward to a half-squat with R foot in front, arms move to low rear oblique backward.
8. Low step onto L foot, move arms to the low oblique forward.
9. Step forward R into a deep scale with a continuing movement of the L arm circling backward upward and finishing parallel to the raised L leg. Hold.
10. Straighten body and swing the straight L leg horizontally forward, arms sideward. Single leg squat to sit, grasping the beam if necessary for balance, straighten the legs, lie back, grasp the beam over the head, and backward shoulder roll to a R knee scale. Hold.
11. Swing the L leg forward, bend L knee, and place L (toe) on beam, L arm upward to high rear oblique in line with arm in low forward oblique.
12. Shift weight to L foot standing. Simultaneously move L arm backward, downward, continue both arms upward to the high oblique backward, and at the same time step R into a half-lunge with L toe in rear on beam.
13. Bring the L foot to the R, quarter-turn to L on both feet as arms move to sideward. Squat and grasp the beam to support the weight momentarily while stretching the legs, L leg forward and R leg backward, into a split or stride sit.
14. Pause with a chest lift and rotate the L hand 180 degrees, heel of the hand facing forward. Shift the weight to the L arm, flank the R leg over the beam with a quarter-turn, bring the legs together in the air with arched body, and land with L side to beam.

MILDRED PRCHAL:

1971 BIENNIAL MEETING OF THE U.S. OLYMPIC COMMITTEE

Held at the Greenbrier, White Sulphur Springs, West Virginia, March 26, 27, and 28, 1971

The Greenbrier is a resort in the Allegheny Mountains and is indescribably beautiful. It is almost 200 years old. Accommodations, surroundings, service and food are excellent.

Registration started on Thursday evening, March 25th, and continued on Friday morning. Friday afternoon a style show for women featuring the 1971 U.S. Pan-American team parade dress and travel uniforms was presented by Sears Roebuck & Company, the official suppliers for the USOC.

Meetings of Committees in Olympic eligibility and memberships were held Friday afternoon. The Biennial Banquet on Friday evening was well organized; program consisted of anthem, benediction, speeches and films; (the latter was an excellent film by Bud Greenspan "The Ethiopians" featuring the Olympic marathon runners).

Saturday, March 27th, Biennial meetings were convened by President Clifford H. Buck at 9:00 a.m., after which report was presented by Lt. Gen. Henry W. Buse, Jr., USMC — ret., Secretary of the USOC and Chairman on Credentials.

Roll call of delegates and seating of new members were conducted. 14 organizations were not represented.

Motion was made and after short discussion, passed, that the Proposed Constitutional Amendments be considered before continuing with agenda concerning Review of Applications for membership in Groups A, B, C, D, and E, voting on applications, etc. One of these Amendments recommended the adoption of a new article concerning admission and reclassification of Member Organizations: "The Board of Directors, by the vote of two-thirds (2/3) of its members present at a duly called meeting of the full board, shall have the power to elect properly qualified members to Group A to E. . . ."

This Amendment was passed and the voting on the admission of 16 new member organizations was left in the hands of the Board of Directors.

At this point a standing ovation was given to Tug Wilson, who was present, on his 75th birthday.

Special Reports: Julian K. Roosevelt, Treasurer; Chairman USOC Committee on Finance, Charles W. Buck; Chairman USOC Committee on Site, Dates and Program for Biennial Meeting, George M. Wilson; Chairman USOC Committee on Olympic Development, 1st Vice President, Philip O. Krumm;

General Westmoreland of the United States Army presented a report on the promotion of team handball in military sports program.

At 1:30 p.m. another style show for Men's 1971 U.S. Pan American parade dress and travel uniforms presented by Sears, Roebuck & Co.

Pan American Games Seminar followed. Next Pan-American Games will be in 1971 at Cali, Colombia. Discussion of all phases of preparation, team selection, etc. Members of Games Planning Committee involved, also head coach and head manager of each sport team scheduled for the Pan-American Games. Agenda presided by 2nd Vice President Robert J. Kane; a) Responsibilities of Team Delegation members (athletes, coaches, managers, technical assistants, administrators), Jesse A. Pardue, Chairman of Committee on Administration. b) Outfitting the Pan American Team (Parade Dress, travel, apparel, competitive gear) and procedures. Willard N. Greim, Chairman of Committee on Apparel, Supplies and Equipment. c) Food and Housing Procedures at site of Games. Gen. Kenneth Wickham, USA-ret., Chairman of Committee on Food and Housing; Al Buckingham, Housing Supervisor; Hermann G. Rusch, Food Supervisor. d) Medical care for teams. Dr. Daniel F. Hanley, Chairman of Committee for Medical and Training Services. e) Admission to sports events at Games, Everett D. Barnes, Chairman of Committee for Ticket Services. f) Transporting the Team delegation, James Jack, Chairman of Committee for Transportation. g) Assembly for Team Delegation at Miami Beach, Florida, Arthur G. Lentz, USOC Executive Director. h) Entries for the 1971 Games, PASO regulations, etc. Richard S. Dunham, Olympic House.

Sunday, March 28th—9:00 a.m. Summary report on Saturday's Pan American Seminar by 2nd Vice President Robert J. Kane was brief—notes on this session were not available. He said it had been a long and profitable session—among discussions regarding teams, and delegation, were the importance of dress, cleanliness and appearance. Standards were to be set in order to avoid criticism. Administration Committee will have a bigger part than ever

THE INSTRUCTOR IN CLASS

The success or failure of a gymnastic class rests solely upon the manner with which its schedule is presented to the gymnasts by the instructor. The ability to retain the interest of a group in physical training depends upon the attitude and the enthusiasm of the teacher in presenting the program, the activity involved, and the variety of exercises included within the program.

The Sokol indoor gymnastic program has a duration of approximately eight months during which time a lively tempo must be maintained throughout each training period. The constant repetition of calisthenics and apparatus work, session upon session, begins to pall after a period of time with the inevitable result that gymnasts begin to lose interest in their gymnastic work.

It is important to have a well prepared schedule of varied activities to present to the gymnasts in order to avoid a monotonous repetition week after week.

A time limit imposed upon each performance of exercise keeps everyone alert and responsive

before—office to be open all day. Offers to help Colombia were questionable and no official policy was made. More is being done than for former Pan-American Games.

Housing for Pan-American Games in Cali, Colombia are not very promising. Brief comments were given regarding both housing and ticket sales. USOC will select agencies to handle both. So far it is impossible to reserve a sufficient number of rooms for the delegations; hotels are scarce. Housing for teams in Cali will be in a 4-story building; there will be double-decker beds.

The program of the 1971 Pan-American Games in Cali, Colombia, will consist of 20 sports; opening ceremony on July 30th at Guerrero Stadium, competitions in Gymnastics will begin on July 31st and will continue until August 5th; the site for all gymnastics will be Alberto Galindo Sports Center Gymnasium.

Mr. Lentz gave brief comments on Olympic preparations for Munich, Germany in 1972. Rooms will be farther from Olympic Games and the German Committee stresses transportation, especially underground transportation. An agency will also handle this. Gym teams will report to Miami University for training during the latter part of July 1972.

Opening ceremonies for the 1972 Games will be on August 26th; gymnastics competitions will be held August 27th to September 1st.

Special Report on Olympic Fund Raising by Mr. William E. Simon, Chairman of Fund Raising Committee; Col. F. Don Miller, Fund Raising Coordinator; 35 Regional Chairmen are working and more money is being raised than formerly.

The USOC Quadrennial Meeting will be held in February of 1973 in Salt Lake City, Utah.

It is always enlightening and awe inspiring to attend a meeting of this scope of the United States Olympic Committee. During my stay I had the opportunity to meet Bro. Jerry Hardy, of the New York Sokol, a prominent official in the National and International gymnastics for many years. We discussed the Sokol and its activities in today's world as compared with those of past years.

Nazdar!

throughout the period. The introductions bring forth a brisk and continuous combination of limbering-up, warm-ups, conditioning and strengthening exercises as a preparation for the heavier and more strenuous apparatus exercises. This is followed by a tapering-off period of games or contest of speed and skill.

The teaching of gymnastics must be demonstrative and systematic. The student must see and understand what his or her instructor wants him or her to perform. Of course, the demonstration of exercises can be made by one of the advanced gymnasts or leaders, but the instructions should come from the instructor.

Exercises which are demonstrated and clearly explained are readily grasped by the student, thus enabling him or her to progress much more quickly and derive the benefit of physical training at a much earlier date.

Skills can be developed by determined training and persistent practice and you as the instructor of this class, must put a great deal of emphasis on this training program.

A. H.

Contribution to American Sokol	5.00
Resale of Jewelry	100.20
Sokol Window Decals	137.20
Postage, Educational pamphlets	3.20
Refund—Convention delegate	142.80
Profit from Miami Tour—1970	1,332.03
Total Income	\$ 4,998.97

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 293.99
F.I.C.A. & F.W.T. for Feb. ...	146.74
Rental, Janitor Service, Phone, Electric	319.02
Maintenance Agreement and Machine parts	128.93
Office Supplies	70.46
Postage	47.86
Miscellaneous	92.52
	\$ 1,099.52

Educational Department B.O.I.	
Salaries	\$ 222.04
F.I.C.A. & F.W.T. for Feb. ...	36.80
Editor Sokol Gymnast	25.00
Add'l. copies Sokol Gymnast ..	28.00
Postage, Phone	32.92
Travel Expense	120.10
	\$ 464.86

Sokol Publication	
Printing and binding American Sokol	909.40
Editor American Sokol	75.00
Postage American Sokol	46.31
	\$ 1,030.71

Miscellaneous	
Uniform Division — Salary, Phone	\$ 222.30
Special Appropriations:	
Western District A.S.O.	21.00
Southern District A.S.O.	50.00
Convention Expense—June 1970.	2,384.22
	\$ 2,677.52

Total Disbursements	\$ 5,272.61
Balance brought forward:	
Western National Bank of Cicero—Check- ing Account	\$ 7,308.04
Income — March 1971	4,998.97
	\$12,307.01
Disbursements — March 1971	5,272.61
	\$ 7,034.40

Future Sokol Leaders Fund

Bro. Rudolph and Sis. Jennie Rejda, in mem- ory of Mrs. Anna K. Turnovec	\$ 5.00
Bro. Wm. and Sis. Kamilla Shana, in mem- ory of Bro. Joe Regner	5.00
Bro. Francis G. and Sis. Marie Wolf, Mr. and Mrs. Walter Jabczynski and Sis. Marie Vodak, in memory of Mr. J. Kubalek	20.00
In memory of Bro. John Tichy:	
Bro. & Sis. J. Smejsik and Charles Tomsik	15.00

Mr. & Mrs. James Kral	5.00
Mr. & Mrs. Josef Tichy, Mr. & Mrs. Joseph Tichy and Mr. & Mrs. Frank Tichy	30.00
Mr. & Mrs. K. Patlejch	10.00
Bro. & Sis. Voltaire Zizka	10.00
Bro. & Mrs. Milo Sanda	10.00
Mr. & Mrs. Frank Gordon	3.00
Bro. Anton Benesh	5.00
Sis. Blanche Janes, in memory of Bro. Lud- wig Wortner and Mr. Peter Mikesh	15.00
Ann Kara Murphy	10.00
	\$143.00

DISTRICT REPORTS

NORTHEASTERN DISTRICT

February 24, 1971

Bro. Gruber, substituting for the absent Bro. Pekar, called the meeting to order with 13 delegates present. Deceased Bros. Tichy and Polanka were remembered and a moment of silence in their memory. Minutes of January 17, 1971 meeting approved with correction—Bro. and Sis. Serpan and Bro. Jilek should have been also recognized as 50 yr. members.

B.O.I. Report was omitted due to the absence of Bro. Jirousek and Sis. Wagner. Favorable comments were made regarding the Winter Exhibition held February 7, 1971 at Community College. B.O.I. responsible for its success.

UNIT REPORT:

Sokol Detroit—No report.
Sokol Cleveland-Cech-Havlicek—No meeting was held. President and secretary of Unit not as yet elected. Card Party was successful.

Sokol Nova Vlast—Bro. Kocian states Unit meetings will be held every other month. Next meeting will be held March 14th. Reported the loss of 4 members: Bros. Hladovec, Tichy, Kumacek, Polanka. Fish Fry to be held April 16th—5:00-7:00 P.M.—\$1.50.

Sokol Tyrs—Bro. Voris reports Unit must vacate building by June 1st. Decided to purchase printing press for newsletter; all other Units invited to use it at nominal cost. Activities: April 1—Rummage Sale; April 17—Las Vegas Night; May 1—Waldenar Matuska entertaining; May 9—Mother's Day Pancake Breakfast; May 22—Night in Prague—last affair at Tyrs Hall.

Unfinished Business—Bro. Voris reports for the Convention Committee, unsettled bill will be presented to Chicago to be cleared. Motion approved that left-over beer mugs be advertised for sale in American Sokol for the original price to protect previous purchasers. Mugs to be sent to whoever orders them.

* * *

EASTERN DISTRICT

March 15, 1971

Pres. Bro. Charles Zraly presided. Present were: Bros. J. Babinec, J. Petlicka, H. Vesely. Sisters B. Hochner, L. Pribil, B. Zraly.

Correspondence—Letter from Bro George Novak of Sokol Philadelphia that, Bro. Eugene Prosted-

nik, former Pres. of that Unit, had passed away March 6th. He was a delegate to conventions, a director of gym classes, and a great Sokol. Deep sympathy is extended to the family of Bro. Eugene Prostednik. — Bro. Novak also informed the District that all their Unit meetings are held at the homes of members due to a fire that destroyed part of the Slovak Hall. — Sokol Washington sponsored show, "Kutna Hora", March 7th. — Telegram of sympathy sent to the family of late Bro. John Tichy, former President of the Northeastern District. Bro. Neumann represented the Eastern District at the funeral. — Bro. Don Otenasek of Sokol Baltimore stressed the need for more educational activities. Requested material for their Educational Director, Sis. Irene Hrdina-Vincent. Sokol and Sokolice Baltimore merged in January. Unit will celebrate 100th Anniversary Oct. 28, 1972.

Southern Circuit, Bro. Stetka—Bus companies contacted in regards to Toronto Slet. — Sis. Provaznik willing to go to the Southern Circuit to teach the special calisthenic drill. — Gymnastic competitions will be held in March or April. — Entry blanks for the Sports Festival will be sent all Units of the Circuit. Other organizations will be invited to participate in the Festival May 1-2.

Educator, Sis. Misek—Has not received any reports from Units.

UNIT REPORT

Sokol Miami, Sis. Ruzicka—Total membership, 147. Sent in dues for four quarters. Newly elected President is Bro. Frank Simpach. Physical Directors are: Bro. Frank Chmelir and Sis. Diane Butler.

Sokol Little Ferry, Bro. Vesely—Children will participate in Memorial Day Parade. Preparing for Toronto Slet. Exhibition April 18th.

Sokolice Little Ferry, Sis. Kubat—Candy sale successful. About 40 to 45 members attend meetings.

Sokol New York, Bro. Babinec—Jaternice Dinner and Dance March 27th. A Majales Dance will be held in May. Will participate in Memorial Day Parade.

Sokol Fuegner, Sis. Hochner—Preparing for Toronto Slet. Due to lack of space, Sokol Fuegner and D.A. Sokol have decided to combine all apparatus which will be owned jointly. Exhibition May 2nd.

Director of Men, Bro. Capek—Only report received was from Sokol Little Ferry. A practice period to be held in Belcamp March 27th. Preparations being made for U.S.O.E. competitions on apparatus for Jrs. and Srs. and team competitions for children.

Director of Women, Sister Zabka—Instructors Course will be held at Boonton Sokol Camp. District won volleyball tournaments. Requests Units send in their reports.

Publicity Director, Bro. Petlicka—Bus tour planned to Slet in Toronto. No reply to housing. Busses leave July 2nd, arrive home July 5th.

Financial Report, Sis. Pribil—Receipts, \$371.83.

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CENTRAL DISTRICT

March 24, 1971

Meeting was called to order by Pres. Bro. Drnec with 28 members present. New delegate Sis. Char-

lotte Novak from Sokol Tabor was welcomed. Letter received from Kiwanis Club of Brookfield, Ill. extending invitation to submit a candidate residing in that village for the "1971 Citizen of the Year". Bro. Svoboda, Pres. of Sokol Brookfield, will select someone from that Unit as candidate.

Sis. Krimmel stated Sokol Berwyn could not at this time show the film "We the Czechs". However, Sokol Slavsky will show the film after meeting April 7th. Sokol members are invited to attend.

B.O.I. Report—The following workshops will be held: Sokols Milwaukee and Racine, March 28th at Sokol Racine; Sokol St. Louis, April 2-4th; Sokol Berwyn, 2nd Class Girls, April 18th, 9:00 A.M.; Sokol Brookfield, Jr. Girls, April 26th, 7:00 P.M.; Sokol Tabor, Women, April 29th, 8:30 P.M. — Men concluded volleyball tournament; Chicago was first, Havlicek-Tyrs second, Tabor third. — Bro. Lebloch asked for advancement for workshop in St. Louis, Mo. — Sis. Basta stated Slet will be held June 13th. Contract signed. — Bro. Lebloch will be custodian of the District flags. — Bro. Drnec brought a new eagle for flag that needed it. — Bro. Krimmel will be the Slet Treasurer. — Slet tickets will now be printed. Letters will be sent to members of the District, which will include tickets, well-wisher form, and Bro. Schnabl's article "Open Letter To All Sokol Units".

Sister Pros, bussing chairman, had the following report: Sokol Racine exhibition May 1st. Bus would leave 5:00 P.M. Bus carries 39 passengers. Round trip, including exhibition, \$5.25. If 2nd bus needed, two week's notice required. — Sokol St. Louis exhibition May 23rd. Bus would leave 6:30 A.M. Return same day. Round trip, including exhibition, \$14.50. — Czech publicity by Bro. Tesar, English by Sis. Pros. — Too late to send letters announcing Racine bus tour. However, letters will be sent out regarding St. Louis trip.

Toronto Tour—Trip being planned, nothing definite. Would leave July 2nd. Leave for Niagara Falls July 5th, return homeward the next day. Cost for seniors and senior citizens—\$85.00 round trip, 4 nights, twin beds, Slet and Dance tickets. Two people in room. Niagara Falls, and tours included. — Juniors: Same group, separate busses—cost \$53.50 round trip, 4 in a room, tickets, Niagara Falls, fare for all tours included.

NO meals included in any of the prices.

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WESTERN DISTRICT

February 7, 1971

Bro. Pavoucek opened the annual meeting. Present were:

Sokolice Crete—Sisters Alice Kalkwarf, Blanch Heeren.

Sokol Omaha—Bros. Joseph Bures, James Velehradsky, Leo Mach, Ray Lastovica.

Sokolice Omaha—Sisters Bozena Drozda, Helen Karpisek, Blanche Masek, Beverly Kilborn.

Sokol South Omaha—Bros. Vojmir Benak, Victor Jirka, Henry Mertz, Anton Novotny, Alfred Svoboda.

Sokolice South Omaha—Sisters Bea Pavoucek, Barbara Svoboda, Anne Novotny, Phyllis Jirka.

Sokol Wilber—Bro. Alfred Chab and Sis. Olga Chab.

Instructors School—Sister Drozda motioned a course be held, carried. — Beginners Instructors School will be held at Sokol Omaha Camp at Valley, Nebr. June 13-18th. — Bro. Pomajzl requests tape for 1971 Men and Jr. Boys Slet Calisthenics. — Bro. Swoboda motioned Secy. write ASO regarding use of Travel Instructors Fund, carried. — Sokol So. Omaha will lend apparatus for the School. — Sis. Drozda motioned any teaching personnel at Clinic or Workshop be paid. Also, for those who travel, mileage will be paid. Approved.

Women's Report, Sis. Drozda—Tots 15, Class I 125, Class II 70, Jrs. 97, Women 22, others 18.

Men's Report, Bro. Lastovica—Tots 10, Small Boys 187, Jrs. 69, Men 31, others 26.

Director of Education, Bro. Swoboda—Encouraged reading articles on Gymnastics in American Sokol. — Prepared 6 booklets on Sokols.

Slet Report, Sis. Pavoucek—Distributed copy of minutes of last Slet meeting and list of housing preliminaries.

Historian, Sis. Heeren—History Book is up-to-date.

Auditors, Bros. Jershin and Jirka—Books in order.

Public Relations—Bro. and Sis. Prazan approved as Public Relations Co-Directors for the coming Slet.

UNIT REPORT:

Sokol Crete, Bro. Pomajzl—23 Small Boys, 4 Jrs., 2 Men.

Sokolice Crete, Sis. Heeren—60 members—Activities: Regular gym classes, Games Nites twice a month, Firemen's Dinner, Song-fests, Christmas Party. Classes: 6 Tots, 21 Small Girls, 10 Jrs., 3 Keep-fit.

Sokolice Omaha, Sis. Masek—170 members—Activities: Christmas Party for children, Bazaar, Rummage Sale, Fall Pork Dinner, Avon Party.

Sokol Omaha, Bro. Velehradsky—130 members—Activities: Gym Classes, Czech Festival, Halloween Masquerade, Public Dances and Bowling.

Sokol Schuyler, Bro. Varejcka—10 Men and 10 Women.

Sokol South Omaha, Bro. Jirka—369 members, increase of 133 in 1970—Activities: Membership Drive, Hosting 1971 Slet, Monthly Chicken Dinners, Weekly Games Nites, Garage Sale, Dinner/Theater Party, Family Picnic.

Sokolice South Omaha, Sis. Swoboda—154 members—Activities: Card Party, Label Refund project, acted as Hostesses at Joslyn Art Museum Czech Music Program.

Sokol South Omaha B.O.I., Bro. Benak and Sis. Jirka—36 Small Boys, 11 Jrs., 5 Men, 12 Keep-fit. 35 Class I Girls, 54 Class II Girls, 38 Jrs., 8 Women.

Sokol Wilber, Bro. Chab—104 members—Activities: Weekly Games Nites, Dances, Banquets, Celebrated Anniversaries, one 70th, one 50th. B.O.I. 19 Small Boys, 11 Small Girls, 8 Jr. Girls.

Sokol Caldwell—Donated to Slet Trophy Fund.

Sokol Hopkins—4 Men and 6 Women.

Sokol St. Paul, Sis. Buzicky—107 members—Activities: Children's Camp, Rummage Sale, Dinner, Bake Sale, Sokol Picnic, Gym Class Christmas Party.

Sokol St. Paul B.O.I., Sis. Vanyo—15 Tots, 9

Class I Girls, 16 Class II Girls, 2 Women, 11 Keep-fit.

Officers for 1971: President, Bro. Edward Pavoucek; Vice-Pres., Bro. James Velehradsky; Secy., Sis. Phyllis Jirka; Treasurer, Sis. Blanche Masek; Educational Director, Bro. Alfred Swoboda; Organizational Director, Sis. Barbara Swoboda; Women's Director, Sis. Bozena Drozda; Men's Director, Bro. Ray Lastovica; Historian, Sis. Blanche Heerin; Auditors, Bros. Victor Jirka, Joseph Bures; Guide, Bro. Alfred Chab.

* * *

SOUTHERN DISTRICT

February 11, 1971

Meeting was called to order by Bro. George Prevratil, president. Present were: Brothers Don Steinman, H. B. Smith, Jerry Milan, Joe Slovak, Larry Laznovsky. Sisters Marie Kane, Patsy Slovak and Sylvia Laznovsky.

Correspondence: From ASO — notifying the District and Sokol Ennis that Bro. Stanley Barcal, president, will attend the opening of Sokol Karel Havlicek Borovsky's new building, Feb. 20-21.

From resolution committee expressing appreciation to the District officers for their work for the past year.

From ASO — enclosing two checks for \$40 and \$702.60 to cover expense of tuition of 4 instructors attending clinic in Oklahoma, Oct. 2-3 and gym clinic (Rigby) held in Dallas, Nov. 28-29.

UNIT REPORT:

Dallas—January meeting attended by 32, February meeting will be held one week earlier due to Sokol Ennis dedication of building — Unit will host the Monterrey Gym Club, Mar. 13 — 3 junior girls are training and planning to enter the U.S. Junior National Olympic meet — gymnasts enrollment, 100.

Ennis—January meeting attended by 52 members, gained 2 regular and 2 associate members — Unit has agreed to hold the District course — Grand Opening of new building, scheduled for Feb. 20 and 21st — gymnasts enrollment, 80.

Fort Worth—January meeting attended by 12 members, gained 4 associate members — set the District Slet tentatively June 12-13 — participated in the volleyball clinic — 15 gymnasts entered recreation gym meet — purchased a new balance beam, crash pad and mini trampoline — gymnasts enrollment, 111.

Houston—January meeting attended by 28 — socials on Fridays and Sundays — 2 dances in Jan. — volleyball practice on Tuesdays, regular gym nights on Fridays — gymnasts enrollment, 50.

Reports of District Directors:

Sis. Laznovsky—Preparing report on volleyball clinic — tapes were made of free calisthenics routines for all Units — apparatus routines are in the process of being printed, subscribed to gymnasts magazines for each Unit.

Bro. Laznovsky—Volleyball clinic in Fort Worth was successful, approximately 60 gymnasts participated — preparing apparatus routines for the District Slet with the assistance of Bro. Milan — submit bills: \$5.01 for paper and staples, \$28.85 for film for the junior and women free calisthenics and

apparatus routines, \$50.00 as reimbursement to Sokol Fort Worth covering the volleyball instructors fee. All were approved for payment. Regarding the District course, Bro. Laznovsky suggests possibly holding a course on a larger scale with other Districts participating. Motion that the District Directors pursue the suggested idea, approved.

Report of Public Relations and Educational Director: Brother Milan—Preparing material regarding civil defense project — made inquires about a high school stadium as site for the Slet — SWAAU meet, Feb. 19-20 — Bro. Mike Caldwell of Sokol Zizka, Dallas, received Merit Award by the American Sokol Organization — David Milan of Fort Worth received a four year football scholarship at the University of Texas.

Discussions: Monterrey Gym Club and local gymnasts are scheduled to present a gymnastic program March 13, in Dallas.

Sokolice Vlasta

Ever since 1875 when our Sokolice Vlasta organized they have been closely wedded to our Men's Unit. In the 95 yrs. they have been a pillar of strength to the St. Louis Sokols, helping not only in their Sokol activities, but more often than the men, financially helping the Sokol to survive. They attended gym, took part in many dramatics, staffed the kitchen for all Sokol affairs, especially during the children's camping; sometimes as long as five weeks. During the first and second World Wars they greatly aided in the liberation movement of Czechoslovakia. Without Vlasta—St. Louis Sokol never would have reached its goal as one of the best Units in America.

At the present time, 95 yrs. after they were first founded, they show a membership of 246 women—129 of them belong to the American Sokol Organization as members of Sokol and Sokolice St. Louis, Mo.—101 being members of Vlasta only—16 of them being Honorary Members. In 1969 they donated to Sokol \$5,865.65—in 1970, \$3,100.00. Their greatest income is in presenting "Chicken Dinner Socials". In 1969 they brought a net profit of \$2,387.68—in 1970, \$2,210.13. They have proven to be real Sokolice, always giving more than receiving. Seeking no glory nor gain. All of us Sokols should be very proud of them and humbly grateful for all they have done for us.

Hats off to you, dear Sisters! Carry on, even to greater heights.

John Reiner, Sokol St. Louis

Karel Jareš.

Přišla smutná zpráva, že věrný člen sokolského bratrstva, Karel Jareš, zemřel 16. února 1971. Farmář na odpočinku, byl narozen 23. června 1898 v Československu a v Cedar Rapidsích žil po dvacet roků. Byl vysloužilým účetním Tělocvičné Jednoty Sokol v Cedar Rapidsích, členem družstva Českého Národního hřbitova, pokladníkem Sdružení Českých Spolků v Cedar Rapids, Iowa. Byl Sokol tělem i duší a věřil, že v jednotě je síla, nebo jak po sokolsku se praví: "Jedinec nic, celek vše!"

Zesnulý zanechává zde manželku Jeanne (Zdeňku), syna Jiří, bratra a sestru v Československu. Br. Jareš budeme postrádat v našem českém životě.

Washingtonský Majáles.

Washingtonští Češi a Slováci dokončují přípravy k letošnímu Majálesu a očekávají, že bude nejméně tak úspěšný, jako byl loňský. Má nás opět svolat dohromady k utvrzení starých a navázání nových přátelství, upozornit americkou veřejnost na československé záležitosti a získat finanční podporu československým uprchlíkům. MAJÁLES je název pro studentské květnové slavnosti.

Washingtonská odbočka Československé národní rady americké, která uvedla Majáles do Washingtonu poprvé v roce 1966, má rovněž vlastenecké důvody pro pořádání tohoto plesu. Bude výtěžek plesu rozdělen mezi Americký fond pro československé uprchlíky a Společnost pro vědy a umění. Majáles byl od svého počátku velkou společenskou událostí československého Washingtonu a nabývá na významu rok od roku. Sponsory plesu jsou vlivné osobnosti amerického veřejného i obchodního života, jakož i významní představitelé demokratických Čechů a Slováků v zahraničí.

Majáles se koná v sobotu, dne 1. května, o 9. hodině večerní v washingtonském hotelu SHOREHAM. Předsedkyní plesového výboru je paní Emillie Royco a o krátký baletní program večera se postarají paní Milica Šehlová-Hasalová.

Ludmila Němcová.

Župa Pacifická.

Dne 30. a 31. ledna 1971 Sokolská župa Pacifická konala výroční valnou hromadu v Sokolovně Los Angeles, za přítomnosti delegátů z jednot Los Angeles, San Francisca, Fresno a Seattle. V sobotu večer byla schůze cvičitelského sboru župy, který přehlédl tělocvičnou činnost jednot a připravil činnost a program na rok 1971. V neděli pak se konala valná hromada. Bylo již mnohokrát řečeno, že župa Pacifická vzhledem k velké vzdálenosti jednot mezi sebou, má velké organizační potíže. Ve velkých místech, kde je krajanská obec početná, jednoty udržují činnost, hůře je to však u jednot, kde nejsou naši krajané a nemají ani svých vlastních budov. V činnosti tělocvičné i společenské vede stále Sokol Los Angeles. V tělocvičně cvičí všechny složky včetně "nestárnoucí" staré gardy, jejímž perpetua mobile je br. Josef Pokorný. Jednota má velmi početné žactvo a ženský odbor a poněkud slabší počet mužů. Proč? To je všeobecná potíž všech sokolských jednot. Ženy chtějí udržet svoji linii a muži nedbají když jejich míra dosahuje 46. — Ještě tak hrát volleyball, ale narádí je nezajímá. To je na úkor cvičení na náradí. Patří to sice také do tělocvičné soustavy, ale pokud se hraje volleyball mimo pravidelné cvičení. Náčelník br. Luba Hintnaus a náčelnice ses. Ruth Santo svými schopnostmi udržují vysokou úroveň cvičení. Po stránce národně-společenské Sokol Los Angeles udržuje naši československou věc v Los Angeles. — Sokol San Francisco v nové budově vyvíjí dobrou činnost tělocvičnou a uspořádal také celou řadu veřejných podniků, které se těší pozornosti našich krajanů. Ve Fresno sokolští vedoucí br. a ses. Lezáková mají problémy malých sokolských jednot, udržet tělocvičnou činnost v pronajatých sálech.

Br. Stejskal z jednoty Seattle si stěžuje na stejné obtíže a ještě navíc, minulého roku když velké továrny, ve kterých pracuje mnoho našich krajanů, propouštěly ze zaměstnání, byla postižena nejen tě-

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Never by the leaves that fall.
Count your days by golden hours,
Don't remember clouds at all.
Count your nights by stars — not
shadows,
Count your life with smiles — not
tears.
And with joy through all your
lifetime,
Count your age by friends — not
years.

It is always wise to stop wish-
ing for things long enough to enjoy
the fragrance of those now flower-
ing.

With every right there is a re-
sponsibility. I wish someone would
demand his responsibility.

Truth has to change hands only
a few times to become fiction.

Baseball is almost the only
place in life where a sacrifice is
really appreciated.

We are such little men when the
stars come out.

The world is a book and he who
stays at home reads only one page.

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locvičná, ale i společenská činnost Sokola. — Na valné hromadě delegáti projednávali všechny tyto obtíže a župa se bude snažit nejen udržet činnost v jednotách, ale ji zvýšit. V tomto roce uspořádá župa slet v Los Angeles na Memorial Day. Bude opět uskutečněn letní dětský tábor, který minulého roku byl úspěšný, a i cvičitelský letní kurs.

Starostou župy byl opět zvolen br. Václav Salák, místostarostou br. Jerry Špinka, jednatelkou ses. Marie Pulpánová, pokladní ses. Louise Neku-dová, vzdělavatelem a organizátorem br. Jiří Špánek, náčelníkem br. Luba Hintnaus a náčelníci ses. M. Lezák.

Činnost našich jednot na pacifickém pobřeží by mohla být daleko větší, kdyby všichni ti nově přijetí přišli mezi nás a pomohli nám nahradit naše zestárlé sokolské pracovníky. Když se vrátíme do minulosti, přesvědčíme se, že po první světové válce to byli ti "nově přijetí", kteří přinesli novou krev do Amerického Sokola a udrželi tak mnoho sokolských jednot.

Jiří Špánek.

České slavnosti v Nebrasce.

Tradiční české programy v Nebrasce tohoto roku budou zahájeny v neděli 2. května v sokolském auditoriu v Omaze. Před tímto programem, který započne ve 2. hod. odpo., omažští sokolové budou mít společný oběd. V tutéž neděli organizuje Západní česká bratrská jednota v Gering český program. 15. května (sobota) má už druhý program české písničky, hudby a tance Záp. bratrská jed-

nota v Lincoln. 13. a 14. června je sokolský slet v Jižní Omaze, ve stejné dny bude mít české slavnosti agilní klub ve Verdigre. Na dny 25., 26. a 27. června připravují program krajané v Clarkson. 23., 24. a 25. července bohatý program ve Dwight. Naše slavnosti v Nebrasce vyvrcholí ve dnech 7. a 8. srpna ve Wilber. Krajané, pamatujte, připravte se a buďte našimi hosty na těchto manifestacích českého folkloru. — Kučera.

Something To Think About

One of the best and scientifically most perfect systems of gymnastics is the Sokol System. It differs from other systems in many respects. The most significant difference lies in the fact that the Sokol System was not destined for a few naturally gifted individuals, but its primary purpose is to enable large masses of people to participate in and profit by physical exercise.

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