

AMERICAN SOKOL

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MAY 1973

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

COME TO THE SLET

The Slet Days are fast approaching, the days of reckoning are near. All the preliminary groundwork has been laid; months and months of intensive preparations on the part of countless numbers of devoted Sokols and Sokolice. The American Sokol publication, too, has played its vital role, uninterruptedly, emphasizing the importance of our XIII A.S.O. Slet — extolling the snowballing interest and avid determination evidenced by Sokol Units all across the land.

With this particular issue, all the pre-Slet publicity in the American Sokol will have terminated. Our Slet will be history when you'll be receiving next month's copy. Now we eagerly await the response of the Czechoslovak people. In Europe, the Sokol Slet was celebrated as a "National Holiday" where a gay and festive air prevailed, and an entire nation became involved.

Our Slet should be receiving an identical reception, for this quadrennial festival of physical fitness is the greatest opportunity for all of us of Czechoslovak descent to demonstrate to the world the pride we so treasure in our noble heritage. Quite often, by means of T.V., radio and the news media, we've had opportunity to observe the traditional holidays of the various other nationalities — the Irish and their St. Patrick's Day Parades — Mexican Fiestas — Italian Festivals — and the Poles Independence Day celebration — all, invariably with thousands upon thousands in attendance.

Now is the time for all of us of Czechoslovak parenthood, and all our fraternal and cultural organizations to step forward and be counted — not by mere lip-service — but by actions — by attendance! Enthusiasm is manifested everywhere — mounting in fevered pitch — busload upon busload of gymnasts and spectators alike, scheduled to converge upon Chicago from all corners of the United States.

And now, our final responsibility — to let the world know at large — of Sokol's contribution to the free development of mankind — the assurance of liberty — individuality — and last, a strong and healthy America.



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Calendar of Events

MAY 31st—SOKOL HAVLICEK-TYRS, CHICAGO,
ILLINOIS.
Smorgasbord.

JUNE 3rd — NORTHEASTERN DISTRICT SLET.
A.M.L.A. Slovenian Recreation Center — Leroy
Township.

JUNE 8-10th — HOUSTON, TEXAS.
Southern District Slet.

JUNE 9th — SOKOL KAREL HAVLICEK-BO-
ROVSKY, ENNIS, TEXAS.
Dance — Jodie Mikula's Music.

JUNE 9th — SOKOL RIP, PITTSBURGH, PA.
100th Yr. Anniversary — Banquet (evening) at
Ruzemberok Grant Bar — Milvalle, Pa.

JUNE 10th — SOKOL MILWAUKEE, WIS.
Gymnastic Exhibition.

JUNE 10th — SOKOL SOUTH OMAHA, NEBR.
Czech Festival.

JUNE 17th — SOKOL DETROIT, MICH.
Summer Slet.

JUNE 21-24th — A.S.O. NATIONAL SLET DAYS.
CHICAGO, ILL.

JUNE 23rd — SOKOL KAREL HAVLICEK-BO-
ROVSKY, ENNIS, TEXAS.

Dance — Johnny Mensik's Music

JUNE 23rd — SOKOL HOUSTON, TEXAS.

Dance — Sounds of Night Life (Hawaiian).

JUNE 30th — SOKOL KAREL HAVLICEK-BO-
ROVSKY, ENNIS, TEXAS.

Dance — Charlie Jurcik's Music.

JULY 1st — SOKOL HOUSTON, TEXAS.

Anniversary — Barbecue — Dance.

AUG. 4th — SOKOL HOUSTON, TEXAS.

Dance — Jimmy Brosch Happy Country Boys
music.

SEPT. 2nd — SOKOL ST. LOUIS, MO.

Camp Hullabaloo — Imperial, Mo.

SEPT. 9th — SOKOL DETROIT, MICH.

Grape Festival — Sokol Camp.

OCT. 6th — SOKOL STICKNEY, ILL.

Farmer's Dance.

OCT. 6th — SOKOL DETROIT, MICH.

Mortgage Burning Party.

OCT. 11th — SOKOL ST. LOUIS, MO.

Vlasta — Chicken Dinner.

OCT. 13th — SOKOL HOUSTON, TEXAS.

Annual Sokol Circus — Barbeque — Dance.

OCT. 14th — SOKOL DETROIT, MICH.

Card & Bunco Party.

OCT. 20th — SOKOL BELCAMP, MD.

Grape Harvest Dance.

OCT. 27th — SOKOL ST. LOUIS, MO.

Camp Committee Halloween Party.

NOV. 8th—SOKOL ST. LOUIS, MO.

Vlasta — Chicken Dinner.

NOV. 11th — SOKOL DETROIT, MICH.

Czechoslovak Afternoon Dinner Party.

Our Country

Those who would destroy this Republic, its flag and its form of government, have predicted over and over again, that they would come to lead an army in which they would furnish the brains and the young, the non-whites and the workers would furnish the brawn. There never was such an army, except in the lively imaginations of some revolutionary theoreticians and "rip and read" newscasters.

Eagle Magazine

ZDAR XIII. SOKOLSKÉMU SLETU!

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. XCIV

May — 1973 — Květen

Číslo — No. 5

XIII A.S.O. SLET MEETING

March 28, 1973

The fifth meeting of the Slet Committee was presided by Bro. Stanley Barcal, chairman, with 39 members in attendance.

Director of Women, Sis. E.J. Schnabl: Revisions of Junior Girls & Women's calisthenics sent. — Rules set up for Unit & District Special Number competitions. — Meeting to be held of the Tournament Rules Committee. — Estimated list of trophies determined. Also, requirements for women on apparatus. — Necessary forms sent American Red Cross for the Slet Days. — Following Sisters heading various divisions: JUNIOR GIRLS — LOW A, M. Zeman, B. Drozda; LOW B, J. Kourim, J. Wagner; INTERMEDIATES — LOW, S. Laznovsky; HIGH, C. Strejc, N. Zabka; CHAMPIONSHIP, — M. Prchal; WOMEN — LOW A, H. Tuma, M. Lizak; LOW B, M. Ptacek, M. Lizak; INTERMEDIATE — L. Zdenek; HIGH, M. Zeman, N. Zabka; — CHAMPIONSHIP, — M. Prchal. — Sis. L. Wiesmeyer will be responsible for the contestants numbers. — Entry blanks for volleyball, 100 meter free-style swimming and bowling will be sent shortly. — Recommending Gymnastical with Unit Special Number competitions held Friday evening at Sokol Tabor. — Sis. Ruzicka's Senior Citizens' marching drill will soon be distributed to all Units.

Director of Men, Bro. E. Linhart: Changes in Schedule. FRIDAY, JUNE 22nd — Junior Volleyball at 8:00 A.M. — Senior Volleyball at 1:00 P.M. — Unit Special Number competition at 7:00 P.M. — Social Evening at 8:00 P.M. SATURDAY, JUNE 23rd. — Women's Swimming.

Finance, Sis. A. Sotka: Slet tickets proof-read. Soon to be ready for distribution. — A review of bookkeeping procedure was made. — Meeting of Finance & Management Committee to be held, April 2nd.

Banquet, Bro. J. Madera: Bro. Senator Hruska will attend banquet and Slet provided Senate is not in session.

Seals, Sis. B. Prener: Presented enlarged drawing of the twin seals. Delivery in early April. 15 thousand sheets ordered. Will be mailed early in April, 2 sheets to each member.

Program Book, Bro. G. Herink: Groundwork has been laid. Bro. J. Sotka working on layout. Sis. Pros stated cover-page designs received from Bros. Hessenauer, Sokol Baltimore; Hosek, Sokol Zizka; Stribrny, Sokol Town of Lake; Sis. Schabowski, Sokol Tabor. Will make final decision along with Bro. Sotka.

Display, Bro. E. Pirka: Preparing pylons. Needs material for uniform history, especially women's. Final report next meeting.

Housing, Bro. G. Vytlačil: All work completed. To date 6 buses arriving from Southern District. Housed at Holiday Inn, Oakbrook. Sokol South Omaha at the Chateau in Lyons.

Management, Bro. F. Hokr: Manning of refreshment stands to be decided at joint committee meeting, April 2nd.

Souvenirs, Bro. E. Schnabl: Has gathered information, 200 items to choose from. Will meet with committee to make final selections. Bro. Vytlačil will take over duties of committee after selections are finalized.

Posters, Bro. P. Lebloch: Final choice of poster design left to Executive Board to resolve. Also, 3 designs and prices for bumper sticker have been received.

Publicity, Bro. J. Rabas: Wrote article for Hlasatel and other out of state Czech newspapers. Starting in April, publicity will begin on a local radio station, Sis. Basta making contact with other publications and newspapers. Community Public Service will be contacted for radio and TV station announcements of neighborhood events.

Invitations and requests for greetings sent public notables. Several replies received. — Approximately 7,500 envelopes addressed for mailing seals, well-wisher and ad form ready for mailing. — Suggested Bro. Mayor Perk of Cleveland and Mr. Fred V. Malek, President Nixon's top assistants, be extended invitation to attend our Slet. — Central District will perform at the Chicago Civic Center, June 20th, from 12 to 2:30 P.M. Publicizing Sokol and the Slet. — It was approved that Sis. Pros go ahead and order 2,500 bumper stickers.

Goal Setting

"A lot of us are so busy trying to stave off small disasters that we lose sight of what could be the biggest disaster of all — lack of direction . . . It isn't always easy to find the time to sit down quietly and reaffirm long range objectives, to calcu-

late where you stand on the way to achieve these objectives, and to determine the next logical step to be taken. But it's well worth while to do so. Staying afloat may be urgent, but knowing where you're going is important."

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

April 24, 1973

Pres., Bro. Stanley Barcal presided. Present: Bros. R. Svoboda, G. Basta, E. Linhart, J. Janecka, G. Herink, E. Schnabl, Sisters B. Prener, J. Pros, A. Sotka, E. J. Schnabl.

Correspondence: Two bids received re; printing of Sokol Idea booklet. Awaiting 3rd bid. — Sokolice So. Omaha requests for pins and Citation of Merit; Sokol St. Louis information on bonding of officers; Sokol Los Angeles on information on By-Laws, also tests and Sokol Idea booklet. — Sokol USA Slet will be held June 29, 1975 in Binghamton, N.Y. — Sokol Orel will be unable to have full attendance at our Slet. Will send representative. — Sokol Milwaukee's 105th Anniversary, May 19th. George Basta will represent ASO. — Text for 1/2-page ad to the Polish Falcons Convention will be sent.

Director of Women, Sis. Schnabl: Reported on Combined BOI meeting, April 18th. — Sis. Strajc will conduct Clinic with Bro. Linhart in Omaha, April 28-29th. — Sis. Schnabl will conduct a Tournament Rules and Judging Course in Cleveland the same weekend. — Final reports received: Eastern District for travel, \$20.90; Southern District for Oklahoma Gymnastic Clinic, \$75.00; Southern District for equipment to be loaned to Units in need; Pacific District for Clinic in San Mateo, \$159.00; N.E. District for Cleveland Folk Dance Clinic, \$68.00.

Director of Men, Bro. Linhart: Conducted a Rules and Judging Clinic at Sokol Detroit, April 16th. — Will conduct Clinic in Cleveland, May 5-6th. — Bro. Paul Fina was elected to the Gymnastic Hall of Fame. — Movies of Boys and Mens Apparatus Exercises sent Bros. Walko, Laznovsky and Lebloch. — Discussion ensued regarding charge for said films, agreed on \$40.00 per film.

ASO Instructors Course: June 25 - July 7, 1973 at North Central College, Naperville, Ill. Approved, charge per student be \$130.00 plus \$5.00 registration fee; this includes material, room and board, transportation from Berwyn to Naperville and return. Bro. Linhart will be the Director and Sis. Zdenek as Financial Coordinator. A deposit of \$500.00 will be sent the College.

Educational Director, Bro. Janecka: Attended meeting of the Czechoslovak Societies. — Postal booth will be set up and Sokol cancelation available for Slet. — Philatelic evening, June 23rd, 6:30 to 9:00 p.m at Lincoln Federal.

Membership, Bro. Svoboda: Committee of officers will make final decision on awards. — Letters to be sent each Unit on new membership data. Deadline, June 1st.

Uniforms, Sis. Prener: Supplier's prices will be going up. Suggests ordering now!

Financial Sec'y., Sis. Sotka: Prepared Financial Report. Deposited Federal and Illinois Taxes. Made transfer of \$4,000.00 from checking account to certificate account. — Many changes on the mailing list.

Treasurer, Bro. Basta: In agreement with Financial Report. Displayed comparison chart for the last 12 months.

Secretary, Sis. Pros: Approved, to contact 3M Co. for prices on automatic photo copier. — Board agrees the ASO office is to be repainted. — Approved, new vacuum cleaner be purchased for office.

President, Bro. Barcal: Stated Fred V. Malek, President Nixon's assistant, will be contacted regarding attendance during Slet. Astronaut Cernan will be out of the country during Slet-time.

DISTRICT REPORTS Pacific District

May 24, 1973

Pres., Bro. Salak presided. Officers present: Bros. Spinka, Hintnaus. Sisters Nekuda, Haralik, Lizak. Delegates and guests in attendance: Sokol Los Angeles — Bros. Bednar, Nekuda. Sisters Santo, Pelc, Pokorny, Gedos, Bednar, Wortner, Hintnaus; Sokol San Francisco — Bro. Spanek and Sis. Meier; Sokol Fresno — Bro. and Sister Falls.

Correspondence: Scio High School Athletic Director requesting use of gymnastic equipment formerly property of Sokol Scio. Request approved. — Sokol San Francisco questioning source of Men's calisthenics for the XIII Slet. Referred to the ASO Executive Board. Upon receipt of ASO reply, it was approved to accept ASO decision. — As per ASO request, it was approved \$15.00 be sent for Slet trophy sponsorship. — Copy of minutes from Sokol Seattle meeting, Feb. 2nd.

Treasurer's Report: Checking Account - \$1,883.90. Savings Account - \$997.11.

President, Bro. Salak: Reported on District Presidents Conference in Chicago. A few highlights: Any expenses incurred by traveling instructors will be reimbursed by ASO from Special Assessment Fund. — Next Convention of ASO will be held in Detroit in July, 1975. — Any changes in Sokol By-Laws must be submitted in 90 days before the convention.

UNIT REPORTS —

Sokol San Francisco, Bro. Spanek, Sis. Meier: Sokol and Sokolice are now combined into one Unit. — Gave a very encouraging report on gymnastic activities. Children's classes very active in preparation to attend the XIII Slet. However, need for instructors is great. Gave thanks to Bro. & Sis. Hintnaus and daughter, Dagmar, for their help upon their visit to Sokol San Francisco.

Sokol Fresno, Sis. Lizak: Unit inactive at present time. Contacts on a social level.

Sokol Los Angeles, Sis. Santo: All gym work concentrating on coming Exhibition, May 6th. — Group of junior girls will attend XIII Slet.

* * *

New & Old Business: Sokol Children's Camp at Dinkey Creek will be held, August 12-19th. — Approved fees charge will be \$20.00 for children attending gym classes and \$50.00 for children not attending gym. — Motion approved each participant at the XIII Slet receive \$20.00 from the District. — A 5-day campout scheduled at Huntington Lake, Kokanee Camp Ground. All interested must apply by Aug. 13th. — Approved \$25.00 be advanced Bro. Salak for Telephone expenses. — Sis. Lizak returned traveling expense as a contribution to the XIII Slet Traveling Fund.

Northeastern District

March 28, 1973

Pres., Bro. Edwin Jirousek presided.

President, Bro. Jirousek: Received invitation from Sokol Toronto to the 24th Czechoslovak Day and Sokol Slet, June 30 — July 1st, in Scarborough. Referred to the B.O.I. — Attended ASI Dance, successful. — Bro. Box represented the District at the Slovenian Sokol Night. Program brief. — Pres. Jirousek stated Elmer Beeler, conductor of the Sokol Tyrs concert band, and his wife suffered serious injuries in an automobile accident. — Requested Units to send in their roster of officers and delegates to the B.O.D.

Treasurer, Bro. Galik: Reminded each Unit send him \$10.00 for pro rata ad in the XIII Slet Program Book. — Savings account remains the same. Checking account, \$202.31.

B.O.I., Bro. Dusek: Will distribute to all Juniors and Seniors the District B.O.I.'s calendar of events through June. — The District will have a Special Number, as will the Juniors with their Vaulting Number at the Slet in Chicago. — Bro. Box is handling the buses for the Slet. On Wednesday, June 20th, two 47-passenger buses will depart with gymnasts. That same evening a 41-passenger bus will be leaving, and on Saturday morning the same type of bus will be taking off. There may be some limited space available for spectators on the buses. Suggested each Unit check the number of spectators that will be going. — Re: Warm-up suits for Inaugural Parade; each B.O.I. to pay for uniform at \$16.25 each. — Sokols will be represented at the Lake Erie AAU Meet at Kent State. — Bro. Galik is visiting classes teaching Sokol history and Bro. Ranc and Sis. Khol teaching marching and anthems. — Activities: Week-end (March 31st), District social in conjunction with a Folk Dance Clinic; Judges Clinic, April 28-29th; NED Clinic and Workshop, May 5-6th, Bro. Edward Linhart will instruct; May 6th, Sokols will participate in Karlin Hall Parade. — All flyers and tickets ready for the Slet in June.

UNIT REPORT

Sokol Detroit, Bro. Kovar: Last payment made on Cultural Center. Mortgage burning ceremony will be announced. — Booster Committee to be active 2 more years. — Preparations underway for A.S.O. Convention, June 15-18, 1975. An exhibition to be held, June 15th, at the Sokol Camp. In addition, stated of arrangements for the banquet, housing, bus transportation, etc.

Sokol Cleveland-Cech-Havlicek, Bro. Kavan: At March meeting 2 new members installed. Members of long standing were recognized. — Pork Dinner will be held, May 6th. — Discussed problems encountered with the neighborhood.

Sokol Nova Vlast: 7 new members were installed. — Mother's Day program, May 13th. Films of the Olympics will be shown.

Sokol Tyrs, Bro. Jirousek: 7 new members accepted at March meeting. Films of the Olympics, taken by Bro. and Sis. Dusek, enjoyed by all. — Car-wash, April 14-15th, by the Junior Hobby Club. — Pancake breakfast, Sunday, May 13th. — Annual Tyrs picnic, Aug. 19th, at Odd Fellows Farm.

Old Business: Report of Combined Unit Exhibition in February. All bills turned in. Each Unit received \$300.00. Increase over previous years. Bro. Rich Rejna volunteered to be chairman for next winter exhibition. — Discussion ensued on membership pins for members over 50 years. After 50 years, members become honorary.

New Business: District donated \$25.00 to the trophy fund to the A.S.O. Slet Committee. — Suggested the Sokols have an information booth at the AMLA Center. — Each Unit requested for material for the XIII Slet Educational Display. — Bro. Karel Zahradnicek will dictate the history of the Sokols in Cleveland on tape.

Central District

March 28, 1973

Vice-Pres., Bro. Edwin Halik presided.

Correspondence: Check for \$21.91, District's share from the final audit of the 1972 Slet held in St. Louis, Mo. — Sokol West Suburban requested District check its inventory for a missing coffee urn borrowed by the District. — National Slet Committee outlining need for Trophy donations. — Reminder of Sokol Milwaukee's 105th Anniversary Dinner, May 19th.

Director of Women, Sis. Helen Tuma: Volleyball tournament completed, Sis. Carol Strejc will head a committee to set up next year's tournament. — In order to receive a certificate at the District's Course the following studies will be required: Apparatus and Calisthenics terminology, Marching, Spotting, Sokol Movement in the U.S.A. — Sis. EllenJeanne Schnabl offered to expand "Ribbons in Rhythm" number. — Also in consideration, a flag number written by Sis. Mildred Prchal.

Director of Men, Bro. Paul Lebloch: Requested deposit for forthcoming Slet Golf Tournament. Also the District pay for the meals of 3 members at the District Conference, April 8th, who are very involved promoting and running various activities. Also suggested the Units pay for the meals of their Men and Women Directors at this Conference. — Suggested a bus tour to the Slet in Toronto, Canada. If enough interest shown Sis. June Pros will make the necessary arrangements. — Wednesday, June 20th, was accepted as the date for the Chicago Civic Center Plaza Exhibition. Time will be 12:00 to 2:00 p.m.

New Business: Temporary withdrawal of \$175.00 from Slet account to pay bills approved. — Work on District Dance Group costumes will begin shortly. — Bro. Pirka stated three 1½-hour sessions of the course on Sokol History will be held April 14th and 21st and May 5th at Sokol Brookfield. — A committee was selected to review the proposal the District pay the expenses of its President and wife to all Unit anniversary celebrations. Question of sending other members of the Board was discussed. Committee will report its findings at a future meeting. — Ad for full page for the Slet Souvenir Book was approved.

• ENROLL A NEW SOKOL MEMBER •

Southern District

March 22, 1973

Vice-Pres., Bro. Don Steinman presided in absence of Bro. George Prevratil, unable to attend due to illness. Present: Bros. Jerry Milan, Larry Laznovsky, Oldrich Parma, H. B. Smith, Harrell Hamilton, Stuart Hamilton, Sisters Henrietta Milan, Rose Steinman, Sylvia Laznovsky, Bernice Hamilton, Vlasta Laznovsky.

Correspondence: Reimbursement of \$42. from the ASO covering traveling expense of District Director in attending gymnastic clinic in Austin, Texas. — Request from Sokol Corpus Christi on insurance coverage for gymnasts. Answered. — Sokol Houston's District's Slet Committee's information regarding Program Book.

UNIT REPORTS —

Sokol Corpus Christi: Gained 13 members. — Flea market held monthly. — Held Spaghetti dinner benefit for traveling fund. — Gymnasts attended AAU age-group meet at Del-Mar College. — Participated in volleyball tourney at Sokol Ennis, Feb. 3rd.

Sokol Zizka: Gained 5 regular and 21 associate members. — Held 4 dances. — Hosted AAU Junior Olympic meet, March 16-17th. — Exhibition of Monterrey and local area gymnasts was successful. — Chartered bus to Houston in attending Russian Team gymnastic program.

Sokol Karel Havlicek-Borovsky: Lost 2 members by death; Bros. Vytopil and Tupy, both members more than 50 years. — 2nd Anniversary celebration successful. — Making plans for Polka Festival. — Held 2 dances. — Swimming pool opening, May 17th. — Travelling fund progressing. — Ladies morning exercise class initiated.

Sokol Fort Worth: Gained 11 associate members. — Holding candy sales. — Held rummage sale, also parents meeting informing members of activities planned. — Chartered bus to Houston for Russian's exhibition.

Sokol Houston: Gained 4 regular, 2 associate members. — Western dance successful. — Held a St. Patrick's dance, a social, and a dinner dance scheduled for Mar. 25th. — Committee working hard for District Slet it will host, June 8-10th.

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Educational Director Bro. Parma: Gave lecture to Sokol Zizka gymnasts on history of Sokol and Slets. Same being mailed to Unit Educational Directors. — All Units received copies of article in Corpus Christi newspaper featuring Czech people and Sokol. — Received report from Sis. Thompson, Sokol Corpus Christi Educational Director.

Public Relations, Bro. Milan: Made copies of Slet Rules. Mailed to Units.

Director of Women, Sis. Laznovsky: Received tapes of all calisthenics. — Mailed Slet competition schedule to Units. — Reviewed Slet material with gymnasts from Sokol Houston, also assisted Sokols Dallas and Fort Worth on Slet competitive exercises. — Submitted report on Clinic in Oklahoma.

Director of Men, Bro. Laznovsky: Taught calisthenics and apparatus routines at Sokol Houston, Feb. 23-24th. — Taught Slet material at Sokol Zizka. — Witnessed Russian team exhibition. —

Met with Sokol Houston Slet Committee. — Volleyball tournament at Sokol Houston, April 21st.

General Discussions: District Slet, June 8-10th. Additional equipment needed for competitions. Inquiry on trophies and medals. — Approved, a \$50. full page ad in District Slet Program Book. — Units will be contacted by Educational Director to submit pictures of their building and write-ups for Educational display during Slet Days in Chicago. — Approved District donate \$30. towards 2 trophies, to be engraved in memory of Sis. Marie Kane. — Approved the District purchase a full page ad in the XIII Slet Program Book. — Plans for a meeting of all Unit Educational Directors, June 9th, in Houston.

Northeastern District B.O.I. Meeting

April 12, 1973

Pres., Bro. Pete Dusek presided.

With the cooperation of all Units, the first N.E. District Social held March 31st, was an unqualified success. The evening proved to be fun for seniors and juniors alike. At intermission, those who participated in the Folk Dance Clinic demonstrated their new found talents for the enjoyment of all. Bro. Dusek thanked those who made donations. Because of its success, another Social will be scheduled in the Fall. It is hoped more members will attend.

Preparations for the ASO Slet, June 21-24th, are underway. The mass calisthenics which was written by members of the Cleveland Units and performed at the Annual Exhibition, will be executed in Chicago as a District Special Number. The junior boys and girls of the District are preparing vaulting number for the Slet.

Sokol was well represented at the local AAU Meet held at Kent State University. Many of the participants performed well and placed high in the competitions.

The Cleveland Sokols will participate in the parade on May 5th, commemorating the opening of the new Karlin Hall. The Beseda Dance Group will also perform on the evenings of May 4-5th. All Sokols are urged to take part in these celebrations.

Letters of invitation have been sent to other Units to join the N.E. District in its Summer Slet to be held on June 3rd at AMLA, Leroy, Ohio. Plans for this day's events are being finalized. An excellent program is promised.

Sokol Houston

The Sokols at Texas are again flexing their muscles as they have for the past decade. We are planning the building of two more new Sokol Gymnasiums and one Unit is searching for land to build a second building after five years of growth beyond expectation. We hope to inform you in future issues of the activity that is occurring in the Southern District and Houston.

There will be a gigantic Slet at Sokol Houston on June 8-10th at Houston with gymnasts from Ft. Worth, Dallas, Ennis, Corpus Christi, Houston, and for the first time in many years, members from Yukon, Oklahoma. How about that? There

SOKOL GYMNAST

May 1973

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

AMERICAN SOKOL HOLIDAYS XIII AMERICAN SOKOL SLET June 20-24, 1973

PROGRAM (Revised)

WED. JUNE 20 — 7:30 p.m. Slet Judges Meeting
Sokol Berwyn, 6446 W. 27th Place, Berwyn, Ill.

THURSDAY, JUNE 21 — Junior Competition,
Morton West Gym

7:30 a.m. Judges briefing

JR. GIRLS

8 a.m. Low B Div.

10 a.m. Low A Div.

1 p.m. Inter. Div.

2 p.m. High Div.

JR. BOYS

8 a.m. Low Div.

10 a.m. Inter. Div.

10 a.m. High Div.

6:30 p.m. Sokol Banquet Dinner Dance,
(Reservations requested).

Lexington House, 7717 W. 95th Street
Hickory Hills, Ill.

7:30 p.m. Sokol Social Evening

Sokol Tabor, 16th and Clarence Avenue
Berwyn, Ill.

FRI. JUNE 22 — Senior Competition,
Morton West Gym

7:30 a.m. Judges briefing

WOMEN

8 a.m. Low B Div.

9 a.m. Low A Div.

10 a.m. Inter. Div.

11 a.m. High Div.

MEN

8 a.m. Low Div.

10 a.m. Inter. Div.

10 a.m. High Div.

OTHER ACTIVITIES:

8 a.m. Jr. Boys Volleyball — Morton H.S.
Field House

1 p.m. Men's Volleyball — Morton H.S. Field
House

10 a.m. Men & Women's Bowling — National
Bowl

Cermak Road and Home Ave., Berwyn

2 p.m. Jr. Grls and Women — Swimming
Morton H.S. Pool

7:30 p.m. Unit Spec. Number Competition —
Morton H.S. Gym

7:30 p.m. Sokol Social Evening — Sokol Tabor

SAT. JUNE 23

8 a.m. Women and Jr. Girls Volleyball —
Morton H.S. Gym

12 noon: Central District Golf Tournament —
Timber Trails Country Club
11350 Plainfield Rd.,
Lagrange, Ill.

1 p.m. American Sokol Championship Com-
petition Jrs. & Srs. — Morton H.S. Gym

8 p.m. Victory Dance — Sokol Havlicek Tyrs
26th Street and Lawndale Avenue, Chicago

SUN. JUNE 24 — Morton West — Hoffman Stadium

8:00 a.m. Leaders Meeting

9:00 a.m. Slet Rehearsal

1:00 p.m. Parade Assembly

2:00 p.m. Slet Program

5:00 Farewell Dinner — Dance — Sokol Berwyn

JUNE 25 — JULY 7th — American-Sokol Instruc-
tors School — North Central College
Naperville, Illinois

CORRECTIONS AND CHANGES

Junior Boys' and Men's Calisthenics and Apparatus Exercises

CALISTHENICS:

- Page 2 M VII Meas., 1-4 add - half bend left frontleg
 Page 4 M II Meas., -4- add — closearm
 Page 4 M VI Meas., 1-3 Thru front bow of trunk and upright — frontal circle of arms to left
 Page 6 M XIX Meas., 2-3 Dip support — push hips upward — arms stay straight
 Page 7 M II Meas., -3- Upright, add release hands, reararm
 Page 7 M V Meas., -3- Add, left hand thru frontarm
 Page 7 M VI Meas., -1- Add, rear lying support
 Page 9 M IV Meas., -4- Add, close left to closeheel stand
 Page 11 M XVI Meas., of men 1-3 omit — Hands on shoulders of front gymnast
 Page 11 M XVIII Meas. of Jr. Boys 1-4 same as XVI, omit — opposite gymnast — use same gymnast for roll to return to position

APPARATUS — JUNIOR BOYS

- Low Div:
 Page 2 — Parallel Bars #3 — Closeleg on shoulder stand
 Page 2 — Rings — use any amount of swings to start exercise, preferably front-back-front swing to bent hip hang
 Page 2 — Long Buck Vault — omitted 2 pts.

- for landing
 Page 3 — Side Horse — #6 correction — frontleg dismount to the left to stand right side to horse
 High Div.
 Page 6 — Rings #2 — benthip support instead of bentleg
 Page 7 — Side Horse #1 — 180° turn right, right handed and overpass right frontleg, regrab left to croup pommel to support strideleg right in front (single in)

MEN

- Low Div:
 Page 2 — Side Horse #7 — frontleg vault to right
 Page 2 — Horizontal Bar #6 & #7, change hands jointly
 Page 2 Parallel Bars #2, 6, 8, 9 — to support seat stradleg
 Inter. Div:
 Page 5 — Side Horse #5 — overpass left sideleg to rear and cycle flankway to right around right pommel
 Page 6 — Rings #6 — Stradleg dismount rearward to closeheel stand
 High Div:
 Page 8 — Side Horse #3 — to rear support in saddle — overpass right rearleg — overpass right sideleg outward over right pommel to support stradleg over right pommel.
 e.c.l.

FIRST AND SECOND CLASS BOYS' CALISTHENICS
NEW FINALE — XIII AMERICAN SOKOL SLET

- | | | | | |
|------|-----|--|------|--|
| I | 1 | Step left forward | 3-4 | Close right to closeheel stand, closearm |
| | 2 | Close right to closeheel stand | XI | 1-2 Half squat, reararm, palms in |
| | 3-4 | 2 steps in place, (left, right) | 3-4 | Uprise, closearm |
| II | 1 | Left rearstep | XII | 1 Gymnast #1 — Right sidestep |
| | 2 | Close right to closeheel stand | 2 | Close left to closeheel stand |
| | 3-4 | 2 steps in place, (left, right) | 3 | Right sidestep |
| III | 1-4 | 90° turn left, starting left, four steps in place | 4 | Close left to closeheel stand |
| IV | 1-2 | Sidearm, palms down | 1-4 | Gymnast #2 — 4 steps in place, starting left |
| | 3-4 | Closearm | 1 | Gymnast #1 — Left sidestep |
| V | 1-4 | 180° turn left, starting left, 4 steps in place | 2 | Close right to closeheel stand |
| VI | 1-2 | Sidearm, palms down | 3 | Left sidestep |
| | 3-4 | Closearm | 4 | Close right to closeheel stand |
| VII | 1-4 | 90° turn left, starting left, 4 steps in place | XIII | 1-4 Support squatting, close knee — head bow |
| VIII | 1-2 | Frontbow (level), closearm | XIV | 1-4 Hold |
| | 3-4 | Upright, closearm | XV | 1-4 Uprise, left frontarm upslant outward, right reararm, palms front, look up at left hand, stand on toes |
| IX | 1-2 | Left forestep, right reartouch, frontarm, palms in | XVI | 1-4 Closeheel stand, closearm |
| | 3-4 | Close left to closeheel stand, closearm | XVII | 1-4 Gymnast #1 — Kneel right, sidearm downslant |
| X | 1-2 | Right forestep, left reartouch, frontarm, palms in | | Gymnast #2 — Sidearm downslant |

- Gymnast #3 — Kneel left, sidearm
downslant
- XVIII 1-4 Gymnast #1 — Left sidearm upslant,
right sidearm downslant, palms down
Gymnast #2 — Stand on toes, uparm
outward, thru closearm, frontarm,
palms in, look up
Gymnast #3 — Right sidearm up-
slant, left sidearm downslant, palms
down
- XIX 1-4 Hold
- XX 1-4 Gymnast #1 and #3 — Uprise to
closeheel stand, closearm
Gymnast #2 — Closeheel stand, close-
arm thru frontway
- XXI 1 Gymnast #1 — Left sidestep
2 Close right to closeheel stand
3 Left sidestep
4 Close right to closeheel stand
1-4 Gymnast #2 — 4 steps in place,
starting left
1 Gymnast #3 — Right sidestep
2 Close left to closeheel stand

- 3 Right sidestep
4 Close left to closeheel stand
- XXII 1-4 Hold
- XXIII 1-4 Hold

SLET NOTES

SPECIAL NOTICE: Championship Division Junior Girls & Women: —

We will not require optional exercises for the rings.

EXTRA: All Junior Girls and Women will be allowed to wear flesh-colored panty hose for the competitions as a safety factor if needed. If the day is hot and sticky, no amount of chalk will alleviate the problem.

e.j.s.

FLAGS: Unit and District Flags should be brought to the XIII Slet for the main parade around the Stadium. Designate a specific person to be responsible for this flag. Have the Unit name, city, and state engraved on the staff, or suitably labeled in some way.

XIII AMERICAN SOKOL SLET Rules For Special Number Competition

DISTRICT LEVEL

- No less than 100 people may be in the drill.
1st Division: May be any combination of Junior Girls, Junior Boys, Women, Men
2nd Division: May be any combination of 1st Class Girls, 2nd Class Girls, 1st Class Boys, 2nd Class Boys.
- NOTE:** No one may participate in both divisions. He or she must be in the proper division. No one may participate in more than one division.
- No Beseda or square dancing allowed.
- The Special number must be composed to music. The group leader must furnish his or her own tape to be played.
- the length of time shall be no longer than 10 minutes, plus entry and retreat which may or may not be part of the whole number.
- All special number must be presented to the Slet in order to be eligible for an award.
- All participants must be in the Mass Calisthenics of the Slet.
- The special number may be one that is already composed, but preferably should be an original composition.
- The special number may be made up using different types of apparatus such as metal ring, platform, ladders, horse, parallel bars, etc., and/or hand apparatus, such as handkerchiefs, balls, Indian clubs, etc. It could include marching and/or dancing, and/or calisthenics.
- At least six judges will be required, one from each District, as decided upon by Directors of the American Sokol Organization Board of Instructors. Each District must submit names of qualified judges.
- Judging will be graded on a basis of 100 points. The highest and the lowest scores will be omitted and all middle scores added for a total score.
- Teams will be graded on: A) difficulty of movements, B) form of individuals, C) coordination as a group, D) timing with music, E) interpretation of the music, F) variety and precision of patterns, G) continuity in the composition. Twelve points each will be allotted for the above A thru G, plus an additional 16 points for General Impression.
- Points will be deducted for: A) obvious mistakes, B) lack of originality, C) monotony — predominance of certain moves, D.) lifeless performance.
- A minimum of two Districts must present entries in order for a competition to be held. In the eventuality that only one District special number is submitted, it will not be considered a competition.
- Deadline for entries shall be 30 days prior to the Slet.
- At least one award will be presented in each division each Slet that a Special Number Competition for Districts is held; maximum number of awards being left to the discretion of the committee in charge. In case of ties, duplicate awards shall be given.

AMERICAN SOKOL ORGANIZATION TOURNAMENT RULES COMMITTEE

Richard Ptacek, Chairman
EllenJeanne Schnabl, Director of Women, A.S.O.
Edward C. Linhart, Director of Men, A.S.O.

By Mildred Prchal

1973 WOMEN'S SLET CALISTHENICS

So far in Chicago and suburbs five unit annual exhibitions have been presented and by the time this will be printed the rest of the unit exhibitions will have followed.

We were pleased with the number of women who participated and the evident enthusiasm with which the Slet exercises were executed. As always the women's classes proved themselves dependable. It is obvious that the women's instructors and their assistants, with minor differences, carefully and conscientiously interpreted and taught the Slet composition; The individual class members made every effort to learn the many modern rhythmic body movements included throughout the exercises; with regular practice, with a desire to improve each movement, and an effort to combine arm, leg, body and head movements in one harmonious and beautiful whole, the presentation on the women's "number" should be a highlight in the program enjoyed by the audience and the participants as well. Hand in hand with the desire for physical excellence, however, is the spirit with which the whole composition is executed. Pleasure in the execution of each movement reflects upon the audience.

Now to repeat some important requirements: Posture — chest high, head high, shoulders drawn down and eyes straight ahead. Amplitude in all movements, stretch in all directions, especially when executing circles whether frontal or flankwise; when passing through uparm stretch as high as possible; legs stretched when extended; toes always strongly pointed. Movements should be free and expressive.

Memorize every part and keep alignment constantly — lightness, suppleness, and expression can only be achieved if the whole exercise is thoroughly memorized. Give each element its due. Dip half-squats, of which there are many, should not be sharp but soft and fluid.

All of the waltz movements in the first part, with the exception of waltz runs, should be given 3 counts. In many cases, they were executed on the last count and held for the other 2. This makes all movements "jerky" when they should be smooth and continuous. This fault also applies to the third part. Make an effort to divide the passage of the movement into 3 counts unless otherwise specified.

This year maintaining the spacing on the markers is very important for the successful presentation of the women's calisthenics. Since very few of our gymnasiums are large enough to allow for spacing of gymnasts $7\frac{1}{2}$ feet in depth and width while teaching, there are in most cases no markers, or they are arm distance apart. The distances to run into the two single files in Part I-B, the traveling necessary in the polka of Part II, and especially Part III-B depends upon each individual's care when traveling to designated places.

Part 3-B: Junior Girls and Women have the same exercises in this part. Although the steps are simple, the changing pattern requires concentration. When the lines of 12 form, gymnasts Nos. 6

and 7 become responsible for the development of the arcs; they travel forward up to the second marker in front of them (15 feet); Nos. 1 and 12 Women hold hands of Junior Girls Nos. 1 and 12 (Junior Girls face back while Women face front; during entire Part III-B and "Passage to Lines and Circles," Junior girls and Women have their hands joined forming continuous line across field) No. 2 Lines continue holding hands in kneel while No. 1 Lines release Junior Girls' hands and form circle. When arcs develop, arms are all stretched to sides (do not release hands until 8th measure when doing turn to face in opposite direction — (arms remain sidearm when turning 180°). Women and Junior Girls will find that the $7\frac{1}{2}$ marker require bigger steps than they have been accustomed to in the gymnasium. In "Passage to Lines and Circles" Meas. I-VIII Juniors and Women have one straight line across field — call attention to alignment. Nos. 1 and 12 do all steps in place (do not move from places while forming arcs).
NOS. 1 LINES OF 12'S.

Measures IX-XII 1.-12. Here again Nos 6 and 7 lead the line to rear marker beginning with L and executing 4 waltz steps (12 runs) dipping on each 1st count of meas. Nos. 1 and 12 do all steps in place.
NOS. 1 LINES OF ETs:

Measures XIII-XVI 1.12. Nos. 1 and 12 execute 4 waltz steps (12 runs) beginning L — these steps must be big and Nos. 1 and 12 join hands to complete circle facing inward opposite 6 and 7, 2 markers (15 feet apart).

XVII-XXIV: This is a climax and should be practiced until all steps are continuous. The 4 waltzes in circle clockwise starting L must be big as well as the 4 step hops which follow and without stopping.

XXIX-XXXII: 12 runs starting L to open circle: Nos. 6 and 7 return forward to their own line, while the end girls release hands and travel rearward on 12 runs and immediately the women and Junior Girls who joined first line at beginning of Part III-B do 3 runs starting L turning 180° in place to right (face back); then 6 runs diagonally forward to own marker, 2 more runs turning 180° again to right to face front.

Straight lines No. 2 do exactly the same as Line No. 1 throughout but execute all in place. Then women and Junior Girls who joined Line 2 also move back to their own markers in the same way as above.

From now on, please place $7\frac{1}{2}$ ' markers on your floor (small adhesive tape markers can easily be removed).

"Last but not least" do give special attention and time to practicing marching. Your entrance onto the field foretells the quality of your calisthenics presentation.

ZDAR to our XIIIth SOKOL SLET!

will be 400 gymnasts participating in this Slet, the largest we have had in about 45 years. This only tends to show growth of the Southern District and the potential growth that is possible in any Unit in the U.S. This growth can be attributed to the able leadership of the officers and members of the Units and the District.

The Houston Slet will start with a volleyball contest on Friday, June 8th, a full day of competition on Saturday, and the Slet program on Sunday. On Saturday a Victory Dance will be held at the Falcon Ballroom with music by the most popular orchestra of Harry Czarnek and the Texas Dutchmen. On Sunday the day will begin with a Texas-size Barbecue, followed by a program at 2 P.M., and a Dance at 5 P.M. with music by the Space City Dutchmen. This Slet will be a prelude to the National Slet to be held in Chicago in June and the competition should be the best.

There is another important factor to be considered in the entertainment to be offered at Houston, and this is the appearance of the Dallas Czech Concert Orchestra conducted by the talented Bro. Sid Pokladnik. The orchestra will entertain during the afternoon and during the program with its beautiful music. Bro. Sid has brought his talents to Houston as he had to most Southern District Slets for many years. This will be a professional orchestra featuring the best musicians from Dallas and the surrounding cities. We can compare this orchestra with the best in the Gulf Coast area for composition and quality. Don't miss the Houston Slet.

Houston is located in a fashion that you can really have an international vacation. The Gulf is only 50 miles away and Mexico about 400 miles. NASA is only 25 miles distance and fishing is the best in any direction from Houston. If you need information about Hotel and Motel reservations, or particulars about this Slet, write us. Remember, Houston has a Slet every five years and you may have to wait till then if you miss it on June 10th.

Emil Kuropata

Sokol Karel Havlicek-Borovsky

Ennis, Texas

Preparations for the annual Polka Festival in Ennis, Texas, were made by the various committees at the April meeting of the Unit. The members were honored with the presence of Bro. & Sis. Walter Hosek, both members of Sokol Zizka in Dallas. Bro. Hosek, originally of Ennis, moved to Dallas as a youth along with his parents. Last year's District Slet held in Dallas was dedicated in his honor for his untiring efforts on behalf of Sokol throughout all his years of membership.

The visit was fulfillment of a promise made to Bro. Larry Laznovsky, Sokol Ennis Physical Director, when the local members made the courageous move of a new Sokol Building at the present location. Bro. Hosek, an artist, promised a portrait painting — 3 ft. by 4 ft. — of Karel Havlicek-Borovsky, one of the founders of the Sokol movement. His presentation of the painting was received by a standing ovation. He then gave a short resume of Karel Havlicek-Borovsky, and his influence on the

charter members in adopting his name for the new Sokol Unit. The painting truly has added to the stature of the Ennis Sokol building.

An Easter bake-sale for the Junior Sokol Traveling Fund was a success. A volleyball tournament was held in Houston with 3 Ennis Sokol teams participating. The entire gym class is working diligently in anticipation of the District Slet in Houston and the XIII Slet in Chicago.

Mrs. Joseph A. Slovak

Sokol Baltimore

At the April 18th meeting the following were to receive their membership pins: 50-yr. pins — Bros. Rudolph Parizek, Jaroslav Hulla, Gustav Taborsky. Sisters Sylvia Peifer, Francis Belbot, Rose Hickman, Anna Pazdera; 40-yr. pins — Bros. Edwin Sikora, Anthony Cihlar, Theodore Michalik, Joseph Hulla, Anton Marek, Charles Marek, Edward Stetka, Sisters Sophia Kolomaznik, Marie Sochnurek, Mary Ott, Frances Mares, Marie Marek, Marie Michalek; 25-yr. pins — Bro. Arthur Pokorny, Frank Hejny, Jr., Anton Primus, Rudolph Tulacek, Stanley Taborsky, Albert Pokorny, John Stozek, Wilson Toulia, Edward Zeman, Bernard Marek, William Belbot, Joseph Pokorny, Vlast Koenigsmark, James Tomacek. Sisters Rose Cervin, Rose Cihlar, Marie Neuman, Marie Vitak, Vera Hulla, Bessie Bouda, Mary Hubbard, Marie Pokorny, Libby Woelker, Helen Hejny, Lillian Kamphaus, Anna Cesky, Blanche Ocenasek, Barbara Stepan, Elizabeth Spisak, Libby Vrzalik, Evelyn Belbot, Helen Bues, Betty Kilian, Mary Parizek, Viola Marek, Dorothy Pokorny, Antonia Stetka, Dolores Taborsky, Mildred Vrzalik, Emilie Martinek.

Sokol San Francisco

Our gymnastic classes are progressing in growth and in learning, currently working hard in preparation for the XIII American Sokol Slet. One Junior girls team, 2 Junior boys, and one adult all competing. Second class girls and boys and 3 adults will participate in the calisthenics. We're most proud of all our Sokol children, and especially those who have decided on taking part in the Slet, for it has been many years since Sokol San Francisco has been represented in competition at a Sokol Slet. We hope we can come home with a trophy.

Friday nights have been designated for regular gym classes. The Sokol Hall is buzzing with the voices of children and visiting adults. More than 30 have enrolled and we seem to be adding one or two each month.

The children along with their instructors are raising money for travel expense to the Slet, taking donations, selling candy and homemade items. Our goal is at least \$300., presently with a total of \$125. We are confident we'll reach our goal, as all the members and friends are supporting wholeheartedly.

We've been fortunate in having a Clinic in Los Angeles where we learned some of the calisthenics and apparatus drills. Five of us attended four Juniors and the Women's Director, Sis. Mary Meier. Another Clinic is scheduled for April with Bro.

V. Liska of Los Angeles coming to San Francisco to concentrate on the Boys classes. We appreciate the help these Clinics give us and hope they'll continue in the future.

Though gym classes are taking up much of our time we've also been occupied staging dances, in addition to the necessary repairs to our building. Our most current dance and program included Bro. Kryl and his songs. Truly a most enjoyable evening. We thank him for making San Francisco Sokol one of his "stops". Our annual May Dance will be held the 5th of that month. We know it will be another successful evening, both profitable and enjoyable.

Our Vestnik, issued monthly, has received fine comments from the members, included are small items of interest pertaining to our activities, meetings, children, adults, etc.

George Spanek

Central District Class Competitions

Second class boys and girls competitions are scheduled for Saturday, June 2nd. Boys will compete at Sokol Slavsky, and the girls at Sokol Tabor, both starting at 8:00 A.M. Presentation of awards will be made the next day, Sunday, June 3rd, at Sokol Stickney, at 3:00 P.M. A dinner is planned. A guest performance by Edward Slezak, National College Champion on the side horse, and an exhibition by the Sokol Folk Dancers will be part of the program.

XIII A.S.O. SLET SEAL



The American Sokol Organization has issued seals commemorating our various Slets. On this occasion the Slet Seal Committee has issued a Twin Seal — not only commemoration of our XIII American Sokol Slet, but the American Revolution Bicentennial, of which our Slet is a most important part . . . for on this 200th Anniversary of our country, our Sokol movement has taken an active part for 108 years. In this span of time Sokol has helped to build and mold the future of our American people.

We ask your support — use the seals on your correspondence. More are available at our American Sokol Organization office.

FINANCIAL REPORT American Sokol Organization April 1973

RECEIPTS	
Dues	\$3,194.75
Convention Fund	28.50
Special Assessment	57.00
Dividends and Interest	100.00
Subscriptions and Advertising "American Sokol"	504.00
Resale of Jewelry	154.50
Miscellaneous Income	10.42
Total Receipts	\$4,049.17
DISBURSEMENTS	
Administrative Department	
Salaries	\$ 515.41
F.I.C.A. & F.W.T.	135.68
Illinois Withholding Tax — 1st quarter 1973	50.72
Rental, Janitor Service, Phone ..	351.07
Office Equipment and Supplies ..	118.81
Service Contracts	52.50
Advertising	15.00
	<hr/>
	\$1,239.19
Educational Department BOI	
Salaries	208.82
F.I.C.A. & F.W.T. for March	51.64
Illinois Withholding Tax — 1st quarter 1973	12.48
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	28.00
Postage and Phone	22.35
	<hr/>
	348.29
Sokol Publication	
Editor "American Sokol"	\$ 75.00
Printing "American Sokol"	583.55
Postage — March 1973 issue	54.96
	<hr/>
	713.51
Miscellaneous	
Uniform Division — Salaries, F.I.C.A., I.W.T., Phone	\$ 303.70
XIII A.S.O. Slet Expense	130.60
Advance to A.S.O. Course	500.00
Special Appropriations:	
Eastern District	\$ 20.90
Northeastern District ..	68.00
Southern District	865.00
Pacific District	159.00
	<hr/>
	1,112.90
	<hr/>
	2,047.20
Total Disbursements	\$4,348.19
Balance brought forward:	
Western National Bank of Cicero — Checking Account	\$3,009.70
Receipts — April 1973	4,049.17
	<hr/>
	7,058.87
Disbursements — April 1973	4,348.19
	<hr/>
	\$2,710.68

FUTURE SOKOL LEADERS FUND

April 1973

Sokol Schenectary, in memory of	
Sis. Emma Cermak	\$ 5.00
John Martiny, in memory of his	
gym instructor, Rudolph Langer	5.00
Hoyne Savings & Loan Ass'n. — Dividend	143.75
	<hr/>
	\$153.75

Donations are tax exempt.

SUCCESS

"The three great essentials to achieve anything worthwhile are: first, hard work; second, stick-to-itiveness; third, common sense."

— Thomas A. Edison

In Memoriam ALBERT P. KALABZA

Brother Kalabza came to these shores more than 80 years ago, penniless, friendless, unable to speak the language. Safe at last! Free at last! — to think, to choose, to work according to his heart and mind. These first years in his new world were difficult indeed. But even as he labored by day he took part in Sokol activities and other social functions by night. His arduous schedule tested the endurance of the most stalwart. His belief in his adopted country prevailed, it is testimony to his undimmed vision, it symbolizes the patriotism, self reliance and resolution of millions of strangers to our shores who helped mold the national spirit and character.

Almost immediately upon arrival Brother Kalabza became active in the American Sokol Organization in the Chicago area. He represented his Unit as a competitor in the Slet held at the St. Louis World's Fair in 1901. He was also an instructor in the newly formed Slovak Gymnastic Union Sokol before the turn of the century. After coming east from Chicago he became a member of Sokol Fuegner, Long Island, and was very instrumental in reactivating a Unit whose gymnastic program had ceased. He became an instructor and physical director and put Sokol Fuegner back in action as one of our leading Units. He attended all the American Sokol Slets and the three Slets in Prague, Czechoslovakia. In 1935 at the age of 60 he participated at Madison Square Garden, New York, and in 1966, at the 75th Anniversary of the Slovak Gymnastic Union Sokols at the grand old age of 91 he marched in the Grand Assembly. These are only some of the highlights of Brother Kalabza's gymnastic activities.

His charitable acts on behalf of all Czechoslovak people were many. He was very active in supporting and sponsoring all types of Czechoslovak entertainment and social functions. He annually sent four or five children to a beautiful Masonic Camp in New York. In 1966 he sent 22 boys and girls to Sokol New York's summer Camp in East Haddam, Conn. for a period of two weeks. He assisted many refugees who came to these shores from Czechoslovakia after 1948. He was an accomplished musician and played the clarinet with the famous Mecca Temple, Shrine Band. He was also a leader in the

Graphic Arts Industry in New York City. Born in Czechoslovakia in 1875, he died in Florida in 1970. A true and great Sokol, he shall live in our hearts forever.

Charles Zraly

Editor's Note: — In the last will and testament of Brother Kalabza the American Sokol Organization was bequeathed a sum of \$10,000, for which it is eternally grateful.

XIII. Slet Americké Obce Sokolské

Po čtyřech letech připravuje Americká obec sokolská svůj nový slet.

Slet s novými přísliby, plány a programem. Navazuje na minulost prozářenou kouzelnou mocí nadšení, kázně, lásky a víry let minulých. Staví na bratrství, které zpevňovalo a sílilo Sokolstvo po 108 roků a roste dál v řadách sokolských.

Nastoupili jsme odhodlaně k dílu sletovému, s pevnými nervy, připraveni k obětem, ve vůli pro činy a pořádek, v neochvějné víře v porozumění a podporu celé naší veřejnosti. Tuto veřejnost chceme sletem sjednotit, nadchnout a rozohnit pro věc, která je nám posvátná a jediná: Americe příklad kázně, pořádku a práce. Uplatnění myšlenky vyrostlé v českých zemích, čistou ideu Tyršovu nesoucí se k tělesnému, mravnímu vychování členstva. Průkaz síly a zdatnosti této ideje leží v oduševnělé práci, v pravdě, spravedlnosti a výchově, nikoliv v násilí!

Obrovské, beztvárné davy působí občas velikým dojmem. Davy nejasné, neklidné, které chtějí jenom brát, se často mění v smečku, která šíří jakousi hrůzu! Jaký obrovský rozdíl uvádí krása společného vystoupení, kdy sta cvičenců rozčleněných v souměrných řadách — podrobené dobrovolně kázní se rytmicky pohybují.

Národu, v němž se zrodilo Sokolstvo: Nezměrnou láskou a vírou v ty, které Osud zavál do země svobody. Nejsme menší těch, kteří před námi vedli řady bratrské. Obstojíme před vlastním svědomím, silni v oddanosti a cti národa, který se v roce 1918 věnil do velikého svazu demokratických národů světa jako rovný s rovným. Jeho dnešní ponížení budeme zvedat před svědomí světa!

Ve dnech, kdy v tomto roce slunce dostoupí svého vrcholu, 20. až 24. června, Sokolstvo, shromážděné ve velkém Chicagu, důstojně a nezapomenutelně předvede ukázkou sokolské výchovy a sokolského snažení. Již nyní při veřejných cvičeních jednot se rýsuje jeho mohutnost. Vyhrad'te si tyto dny, abychom společně, ve spojeném úsilí, zajistili úspěch velkého podniku.

KMP

Sokol Tyrš

V poslední schůzi v březnu byla podaná zpráva, že opustili naši jednotu dvě sestry a jeden bratr, dlouholetí pracovníci v sokolské činnosti. Odešli tam odkud není návratu. Jsou to sestry A. Košťálová, Karla Racková a br. Ed. Žezulka. Ztráta tří členů během posledních tří měsíců, je úbytek v naší matrice, ale tato smutná zpráva byla zastíněna zprávou matrikářky jednoty ses. Mae Whitmano-

vou, když četla jména nových členů. Bylo v této schůzi přijato 16 nových členů.

Jednota operuje v mezích svých přímů a ne-sáhne na hotovost uloženou z prodeje budovy, ani na úroky vzešlé ze vkladů. Všechny třídy pilně cvičí a připravují se na slet do Chicaga. Budou vypravěny tři autobusy cvičících. Posledního podnikku jednoty a to "Večera v Praze", byl finančně velmi zdařilý. Šicí kroužek pracuje na několika prošíváných příkrývkách. Sokolská hudba bude účinkovat při otevření síně Karlín a také bude tančena Československá beseda.

Všichni jsme se pak odebrali do dolní místnosti, kde bratr Petr Dušek promítal jeho filmy z Mnichovské Olympiády. Br. Dušek zachytil to, co ho nejvíce zajímalo, a nás také — a to cvičení na náradí volná prostrná. Viděli jsme skvělé výkony. U mužů byli to Japonci, kteří jsou jakousi třídou pro sebe. Nebyla možná konkurence a věříme, že toto první místo v nárad'ovém tělocviku ještě dlouhá léta obhájí. Byl to pěkný večer v kruhu sokolské rodiny.

K.Z.

Milý dopis od vysloužilého Sokola

Měl bych jeden návrh a je to taková zasloužilá pozornost. Naše župa bude mít zvláštní číslo a jak jsem ho viděl, věřím, že udělá velký dojem. Mezi cvičícími bude také náš bratr John Kiml od Sokola Tyrš. Br. Kiml cvičí již 50 let a 16. května mu bude osmdesát roků. Není tam žádný starší cvičenec z naší župy, tak bych chtěl požádat br. Edwina Jirouška, našeho župního starostu, aby to po cvičení oznámil a kdyby náčelník obce neměl proti tomu námitek aby ho vyzval, aby po cvičení odvedl cvičící ze sletišť.

Zdali by si přál, napsal bych o něm malý článek do Sokola Amerického. Ještě jsem nevynechal žádný slet obce a na mnohé vzpomínám. Co však zůstalo v mojí duši, je IV. slet v Praze, kde jsem byl s otcem jako osmiletý kluk. To bylo v roce 1901 a dosud všechno vidím jako kdyby to bylo včera. Od nového roku uvedli jsme v našem Sokol Tyrš Newsletter také český článek a dostalo se nám hlavně od těch starších bratrů a sester uznání. Třeba, že dnes je jednání anglické, přece nesmíme úplně ignorovat tu mateřskou řeč sokola.

Karel Zahradníček

Sokol Los Angeles

Ne, to není apríl, máte-li před sebou na 1. dubna zpravodaj naší jednoty. Je to skutečný zpravodaj se skutečnými zprávami. Uplynula dlouhá doba od vydání posledního čísla, doba velmi rušná na události mimo i uvnitř jednoty. Mnoho se změnilo. Ne všichni naši členové mohli pravidelně navštěvovat schůze a všechny akce pořádané jednotou. Vzdálenosti a různá pracovní zaneprázdnění členů sokolské jednoty však nikterak nesnížily životaschopnost sokolské organizace. Dokazuje to jedině, že naše sokolská jednota má dobré jádro, jde správnou cestou a řídí se zdravými zásadami. Tyršovo heslo: "V zdravém těle — zdravý duch" je stále základem bohaté tělovýchovné činnosti. Je nádherný pohled na cvičící žactvo a dorost, kteří naplňují

sokolovnu každý pátek večer a sobotu dopoledne, jak se pilně připravují na své vrcholné vystoupení — veřejné cvičení v Los Angeles a na slet ASO v Chicagu.

Tyrš ve svém programu usiloval, aby Sokol byl vrcholnou celonárodní organizací. My, kteří jsme zde daleko od vlasti, měli bychom vytvořit ze Sokola vrcholnou krajskou organizaci slučující všechny poctivé a čestné lidi československého původu a ze sokolovny vytvořit středisko tělovýchovného a kulturního života. Tento bulletin chce této myšlence napomáhat informováním široké krajské veřejnosti o činnosti a programu Sokolské jednoty Los Angeles. Proto máte-li zájem, aby byl zaslán rovněž Vaším přátelům a známým, sdělte nám jejich adresy.

První krůček v opětovném vydávání zpravodaje je udělán a doufáme, že vzájemnou spoluprací dokážeme mnoho, na co sami jedinci nestačí.

Prozatímní redakce

* * *

ZPRÁVA NÁČELNÍKA

Co nevidět budeme mít za sebou zase jedno cvičební období, tentokrát 1972-73. Je ve znamení příprav na závody, veřejné cvičení a účast na XIII sletu ASO v Chicagu. Pro všechny naše cvičence, od nejmladších až po nejstarší, máme k dispozici pouze tři dny; úterý a pátek večer a sobotu dopoledne. Pro průměrnou návštěvu více než jednoho sta cvičenců v těchto třech dnech je cvičebních dnů velmi málo. Mělo by jich být správně dvakrát tolik, aby každý mohl cvičit dvakrát týdně.

Přesto naše přípravy pokračují — lépe řečeno, byly po Vánocích zahájeny. Podle současného stavu si zatím nejlépe vedou dorostenky a stará garda a potom ženy a žákyně. Muži a dorostenci se rozhýbávají jen pomalu, a ostatní nemají ještě zcela jasno. Jistě to ale bude něco zajímavého. Těšíme se na vystoupení skupiny národních tanců.

Cvičební hodiny se snažíme vést zajímavě. Já pak osobně se stále ještě nevzdávám naděje, že jednou dosáhneme toho, abychom: 1. měli možnost cvičit častěji; 2. uvedli v činnost moderní gymnastiku a pohybovou výchovu pro ženy a posilování pro muže; 3. sestavili dorostenecká družstva pro odbíjenou z našich pilných a ukázněných cvičenců; 4. prováděli pravidelné cvičení na čerstvém vzduchu v přírodě; 5. získali zájemce o turistiku a lyžování a z nich sestavili časem turistický a lyžařský oddíl.

Nestálo by to za námahu? Jistě že ano! Cvičení a sportování je nám prostředkem k dosažení a udržení zdraví a duševní vyrovnanosti. Proto i naše cvičební náplň potřebuje nutně zdokonalení. Nežlobte se na mne, když řeknu, že my zde v Los Angeles máme mnoho co dohánět, abychom si zasloužili mít svoji sokolovnu takovou, jaká je vedením jednoty plánována.

Jiří Liška

Gen. Joseph P. Eret

V br. gen. Eretovi ztratila naše jednota Sokola Washington člena, který je nenahraditelný. Mírný, avšak neústupný tam, kde se jednalo o dobro věc. Sokol a česká škola — zde stála jeho osoba vždy na prvním místě. Budiž mu věčná paměť.

Jan Klimeš

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Matice vyššího vzdělání

VÝROČNÍ ZPRÁVA 1971-72

Dne 30. června 1972 Matice dokončila sedmdesátý rok své činnosti a díky Vaší pomoci, ve školním roce 1971-72 poskytla bezúročně půjčky 18 studentům, 6 dívkám a 12 hochům; 6 studovalo výchovu (umění a vědy), 4 lékařství, 2 inženýrství, 2 obchodní vědy a ekonomii, 2 drama a umění, 1 mezinárodní vztahy a 1 hudbu. 15 bylo nových studentů a celkový počet studentů, od založení Matice v roce 1902, dosáhl čísla 623. Celková suma peněz vydaná v bezúročných půjčkách ve školním roce 1971-72, byla \$11,800.00.

Matice vzdává vřelý dík podpůrným spolkům, sokolským jednotám a všem jiným organizacím, českému a slovenskému tisku, jakož i jednotlivcům, kteří jak slovy tak skutky přispěli k tomu, aby americká mládež čs. původu dosáhla vyššího vzdělání.

Sletové nálepky Amerického Sokola

U příležitosti sokolských sletů vydá vždy Americká obec sokolská sletové nálepky, které mají připomínat slet a jsou současně upomínkou na ten či onen slet. Také letošního roku u příležitosti XIII. sletu byla vydána velmi vkusná sletová nálepka, tentokrát dvojité — za prvé v upomínku na XIII. slet a za druhé v upomínku na 200 leté výročí založení demokratické republiky Spojených států amerických.

Do programu těchto oslav, které začínají již tento rok byl také XIII. slet Amerického sokolstva zařazen. Je to jistě velká pocta, které se nám dostalo a které si musí všichni Češi a Slováci ve svobodném světě vážit.

Podpořte velké sokolské dílo a objednejte sletové nálepky pro vaši potřebu za dobrovolný příspěvek. Pište na adresu: American Sokol Organization, 6426 W. Cermak Rd., Berwyn, Ill. 60402.

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