

AMERICAN SOKOL

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Educational and Physical Culture Organization

A DREAM COME TRUE

"NOT THE END, BUT ONLY THE BEGINNING"

And so on . . . and on . . . further and higher fly Sokols, searching in the distant horizons and unreachable heights, seeking neither profit nor glory, only a place to perpetuate those lofty Sokol ideals.

With these thoughts, men and women crowded the Sokol Detroit hall the evening of October 6th. Warm congratulations, greetings and well wishes were exchanged. Many did not hide their obvious emotion. The air was filled with satisfaction and pride.

The ordinary gym hall had an unusual holiday tone. Slogan, "DREAM COME TRUE" appeared to be carved in the masonry wall with significant clarity as it would be determined to prove vividly that these Sokols have a home, "Home Free of Burden", where work of the forefathers can go on.

The whole assemblage, distinguished by an unmistakable will to hold on to principles of Sokol, noble in challenging difficult dreams and triumphant in achievements, sparkled with pride and satisfaction, moved with patriotic anthems and recognition of allegiance to the Flag. With moist eyes, men and women reflected in expectation of this holiday mood, sharing joy.

Fire consumed our financial commitment and the symbol of the fulfilled contract turned to ash. Hot flame flashed through it, fast, . . . faster than anyone could realize how much sweat it had cost.

"All for one, and one for all," in quest with unselfish dedication to conquer future with highest principles and discipline.

Particularly now when we find ourselves in the midst of social unrest, cultural revolution, and political disorder. History will speak about loud years as man breaks bonds with this earth, crossed the distant space and stepped on the moon.

We Sokols must help this nation to conquer the distance between man and man.

Valentina and Charles Novacek, Sokol Detroit

AMERICAN SOKOL



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Calendar of Events

- DEC. 2nd — SOKOL CLEVELAND-CECH-HAV-
LICEK, CLEVELAND, OHIO
Spaghetti Dinner.
- DEC. 8th — SOKOL MIAMI, FLA.
4th Anniversary Celebration — Dinner-Dance
St. Nicholas Nite (Mikulášská zábava).
- DEC. 8th — SOKOL NOVA VLAST, CLEVE-
LAND, OHIO
St. Nick's Dance.
- DEC. 9th — SOKOL WASHINGTON, D.C.
Oslava 100 let Karafiátových "Broučků".
- DEC. 31st — SOKOL DETROIT, MICH.
New Year's Eve Party.
- DEC. 31st — SOKOL ST. LOUIS, MO.
New Year's Eve Party.

FEB. 3rd — SOKOL DETROIT, MICH.

Gymnasticale.

FEB. 3rd — COMBINED SOKOL WINTER EX-
HIBITION, CLEVELAND, OHIO
Cleveland State University.

FEB. 9th — SOKOL WASHINGTON, D.C.
Šibřinky (Masquerade)

FEB. 10th — SOKOL MILWAUKEE, WIS.
Czech Jaternice Dinner.

APRIL 28th — SOKOL ST. LOUIS, MO.
Choral Group's Afternoon Czech Dinner Party.

SOKOL MIAMI

Our Group that came to Berwyn for the Slet had a fine trip Each one going as they desired — by plane, bus or car — and we had a good time. We met with our members "up North" at a luncheon get-together at Old Prague restaurant. About 72 were in attendance, including ASO Pres., Bro. Stanley Barcal and his wife, and editor of the American Sokol publication, Bro. George Herink and his wife.

The Slet days will be long remembered. They come only once every 4 years. It was a "first" for many members of Sokol Miami. Sis. Emilie Ruzicka attended her first Slet as a Junior girl at the Coliseum in Chicago. Sokol Miami had 2 Junior girls in the rhythmic calisthenics. There were 26 ladies and men participating in the "Special Sixteens". Sokol Los Angeles and Sokol St. Louis each had a full "16". Performers from Sokols Tabor, Omaha, Fuegner and the CSA Glee Club filled out the last "16". Had a few over but couldn't fill out another 16.

The Slet had many highlights. It was thrilling to take part in it. The Special number from the Southern District was one of the best — especially with the cow-girl on horseback riding in the number at great speed — and the final number with more than a 1,000 boys and girls in it. Our special Hoop Drill was performed Friday night on the polished floor of the Morton gymnasium. It is such a vast hall — and the place was sold out. Six of us did our best and got a big hand.

We received many compliments upon the "Special Sixteen" drill. It is the beginning of a new line of thought in the Sokol organization, and a reminder that Sokol training is good for people in all age groups. Keep physically fit. Go through exercises daily — at home, at meetings and gatherings. You will feel and look better — and above all, live longer!

Emilie Ruzicka

What Is Sokol?

Sokol is an organization which develops its members into men and women who are physically sound, morally strong, mentally alert, and live the principles of real BROTHERHOOD. The basis of Sokol principles is: physical, moral, national and democratic education. The Sokol symbol is the brisk and daring Falcon in flight. Sokol is the Czech word for the bird Falcon.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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THE FIRST 100 YEARS OF THE SOKOL GYMNASTIC ASSOCIATION OF CEDAR RAPIDS, IOWA

The Sokol idea was brought to this country in 1865, only three years after its founding in what is now Czechoslovakia. The first Sokol Unit in the U.S. being Sokol St. Louis. In Cedar Rapids the Czech Reading Society (Čtenářský Spolek), founded in 1868, and the oldest Czech organization in that city, is often referred to as the father of their Sokol. The Readers' Sokol branch came into being on June 8, 1873.

This newly organized Sokol group was very active, not only in the gymnasium but also became engaged in a variety of social activities, as picnics, dances and dramatic activities; providing the newly arrived the means of getting acclimated to the New World.

The location of this Sokol branch was in a building at 5th Avenue and 1st Street, S.E. After functioning for a period of 8 years, as the branch of the Readers, it became independent, July 3, 1881, taking the name, Telocvicna Jednota Tyrs, in honor of the Sokol founder, Dr. Miroslav Tyrs.

A second Sokol Unit was organized, April 2, 1876, under the name of Cedar Rapids Sokol. The reason for this is not known. It is theorized that there were individuals who felt this Sokol should be independent, and not a branch of another organization. Their home was in the Magnav Hall, on 10th Ave. and 1st Street, S.E.

As these two organizations functioned independently, it became apparent they'd be better off in joining ranks. Efforts towards this end were started and continued for some time. Finally, on March 13, 1888, the two Units merged and became incorporated under the name, Jednota Tyrs, Cedar Rapids Sokol. The resultant organization was stronger and more able to pursue the Sokol goals.

Both of the Cedar Rapids Sokol Units were among the first ten that formed the first national organization in 1878, the Narodni Jednota Sokolska. This was the beginning of Sokol in the U.S. to organize on a national level.

The early gym activities involved mostly men, as in those days the climate was not quite right for the wholesale participation of women. They were there nevertheless, and certainly did their share to advance Sokol and organizing women's Sokol Units along those of the men. Sokolice Renata Tyrs became into being in 1900.

As was often the case, dedicated and knowledgeable teachers were hard to get, so the work in most cases was carried on by staff members, and such is the case today. Without these seldom men-

tioned individuals the activity in the gyms would be sadly lacking.

However, there were individuals whose contribution was noted in history: Ferda Engerthaler, Karel Jedrnicek, Bohdan Trefny, Frank Jirasek, Frank Visek and Franta Filip. Bro. Filip's, a prominent Sokol personality, gymnast and teacher, contributions to the Sokol in many areas of activity are well recognized.

In the first few years of the 1900's the classes were at a high level of competence. At the National Slet competition in New York, Aug. 27-28, 1909, the Men's team won first place; reaching its highest plateau in 1910, winning the National AAU Championship, thus becoming the champions of the United States.

In 1921 the need for an instructor became a pressing one. At that time a Czech Men's representative team was in this country for the American Sokol Slet. Bro. Machovsky was prevailed to become instructor at the Sokol in Cedar Rapids, making the move to this country with his family, Sept., 1922.

Bro. Machovsky was a very talented individual in many respects; not only was he a top notch gymnast and technician with great ability to compose special numbers, but also an efficient organizer. He also possessed a highly developed theatrical talent, and when time permitted, he often helped out in dramatic productions of the local dramatic societies. He was well liked, and the gym activities improved. He taught all the classes, men and women.

His death, Feb. 26, 1943, was a real blow to all who had depended upon him for so many things. He was head of the Technical Dept. for nearly 29 years. His death, and the letdown due to war, with many in service made it most difficult, and the slackening was evident. There was mounting evidence that another Machovsky, that would have his type of dedication would never be found. This became true as time went by.

The running of the classes now fell upon the shoulders of Frank Sykora, Joseph Pazour, Karel Vavra, with the help of other staff members.

The present Sokol building was completed in 1908. The land purchase was \$14,500. With the estimated cost of \$50,000 levied, the Society had a staggering debt to carry. In the mid-forties a move came about to remodel the building's basement. This was accomplished and the facilities served their purpose well.

The idea of having an outdoor facility, a sort of outdoor summer gym, with swimming facilities gained support. In 1931 it became a reality when some 20 acres near the Cedar River, 3½ miles south of Center Point, were donated to the Sokol by Bro. John Hrbek. The grounds were very attractive and the fine sandy beach was ideal for swimming. There were some great times at the "Camp", which were to last for many years. Around the early 60's the Camp gradually became inoperative, and interest in that facility neared the vanishing point. The camp was sold to the Wildlife Outdoor Club in 1965.

It was indeed a century of hard work by the membership and friends, and the work speaks for itself. Had the Sokol purpose been faulty, it would have fallen by the wayside long ago. With renewed public interest in physical fitness, a new and perhaps better record is in the making, and the problems of tomorrow will find individuals coping with them, and carry our Sokol forward.

Editor's Note: — Above are excerpts from the Program Book of the Cedar Rapids Centennial Banquet when the Sokol in that city celebrated its 100th Anniversary, Saturday, October 20, 1973.

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

OCTOBER 23, 1973

Pres., Bro. Stanley Barcal presided. Present: Bros. E. Linhart, J. Janecka, G. Herink, J. Drnec, E. Schnabl. Sisters B. Prener, J. Pros, A. Sotka, E. J. Schnabl, A. Basta, J. Drnec, L. Zdenek, A. Falta. Guest, Bro. E. Pirka.

Correspondence: Copy of revised By-Laws from Sokol Baltimore for the Executive Board's approval. — Southern District's inquiry of its material used for the Slet Exhibit which had not been returned. Sis. Zdenek will see this is done. — Sokol Milwaukee's request for various materials and information regarding insurance. — Invitation to Western Fraternal Lodge No. 270 re: 50th Anniversary, Nov. 10th, at the Milwaukee Inn.

Merit Award, Bro. G. Kalas: Due to the poor response of applications from 5 of the Districts the committee requested permission to allow the spaces not utilized by said Districts be granted to qualified applicants of the Central District. After lengthy discussion the approval was granted.

Director of Men, Bro. Linhart: No quorum at the BOI meeting. All decisions will be ratified at the next meeting. — Bro. Kalas gave detailed report of Merit Award Committee. Was requested to appear at the Executive Board to give explanations and receive directives from said body. — A new director of the Gymnastic Skills program will be selected. A new series of skills will be looked into. — Sis. Palas was asked to represent the ASO at the AAU Convention. — The USGF Congress of Coaches will be held in St. Louis, Nov. 3-4th. Bro. Fina will attend. — Mailed all Districts USA apparatus moves for II Class and Junior Boys, which are to be used for 2 yrs. — Attended ASO Tour to Sokol Cedar Rapids 100th Anniversary.

Director of Women, Sis. Schnabl: Held first BOI meeting of the new season. Following are on the

ASO-BOI: Sisters L. Zdenek, M. Prchal, A. Halik, M. Zeman, C. Strejc, J. Kourim, S. Pistorius. — Attended Merit Award Committee meeting. — Submitted slides to be used on TV Channel 44, Oct. 9th. — Approved: Northeastern District, \$3,120.00 for students attending ASO School; Central District, \$3,510.00 for students attending ASO School and \$25.40 for Clinic held in Milwaukee. — Presented awards to Junior Girls at Sokol West Suburban's Awards Nite, Oct. 17th. — Only 10 Units responded to the Gymnastic Skills program. Letter will be sent requesting each Unit's interest and intent towards this program.

Publicity, Sis. Basta: Letter to be sent Morton High School regarding the dropping of the Boy's Gymnastic Team.

Educational, Bro. Janecka: Presented NASA Flag to the people of Mexico while attending the Philatelic Convention there.

Educational Committee, Sis. Prener: Two meetings held. — Decision was made to continue with projects in motion. — New material to be prepared, aimed at various classes, question and answer type. — Essay Contest to be considered. — Publicity pamphlet to be updated, new pictures. Approved, to have 10,000 printed.

Uniform, Sis. Prener: Shoes on order. — A new supplier being considered. — No doubt prices will have to be increased. — Other organizations are using our items.

Tour, Sis. Pros: 25 members and guests participated in Tour to Sokol Cedar Rapids 100th Anniversary. Also included were visits to Amana Colonies and Herbert Hoover Library.

Financial Sec'y., Sis. Sotka: Prepared all tax reports. — Requests coming in for "Sokol and the Sokol Idea" booklet, 2,500 ordered for printing. — Received new supply of membership cards. — Savings Certificate purchased with the donation from Sokol Detroit for the Future Leaders Fund. — Attended Tour to Cedar Rapids. — Slet financial report prepared. (Editor's note — Report will appear in next month's American Sokol publication.)

Sec'y., Sis. Pros: Conducted Tour to Cedar Rapids. — Sent letter of appreciation to Sokol Detroit.

President, Bro. Barcal: Attended Sokol Detroit's Mortgage Burning Ceremony, Oct. 7th; only 6 yrs. after Grand Opening. Large delegation attending from Cleveland. — Attended Sokol Milwaukee's Recognition Dinner, Sept. 13th, along with Sis. Barcal, Bro. and Sis. Drnec. Bro. Charles Richter was honored upon retiring as Instructor after 48 yrs. of teaching. — Attended Tour to Cedar Rapids. — ASO Committee will meet with Bohemian National Cemetery Board to discuss proposed Sokol Memorial. — Bro. Salak, Pres. of the Pacific Dist., requested information on rental of the Slet film; there are 2 Super 8mm reels, deposit of \$50.00, when returned in good order a refund to be made of \$35.00. Slet Slides will rent at the same price with additional cost for lost slides.

HELP OUR SOKOL GROW

DISTRICT REPORTS**Western District**

SEPTEMBER 10, 1973

Pres., Bro. Edward Pavoucek presided. Sis. Hamann, newly elected District Director of Women from Sokolice South Omaha, was introduced. — It was announced Bro. Karel Forman is the new delegate to the District, representing Sokol South Omaha. — Bros. Benak and Masek submitted tentative rules for handling of the Slets. These rules will be sent all Units.

Sokol Cedar Rapids will celebrate its 100th Anniversary, Oct. 20th. Approved to send the 6 principle officers of the District to the celebration. — District flags were in need of repair. Approved to have these repairs made. — It was stressed that all Units incorporate marching tactics in their regular gym activities.

B.O.I.: Sis. Drozda submitted form to the Traveling Instructors Fund for the Instructors School. — Bros. Lastovica and Mach attended Sokol Crete meeting regarding tentative Slet plans. — It was suggested the possibility of conducting an F.I.C. Judging Clinic along with a Sokol Judging Clinic. Bro. Lastovica will write Bro. Fina regarding Men's F.I.C. Judging.

Southern District

SEPTEMBER 27, 1973

Pres. Bro. George Prevratil presided. Present: Bros. Don Steinman, Oldrich Parma, Larry Laznovsky, Harrell Hamilton, H. B. Smith, Stuart Hamilton, Miro Jurcik, Sisters Bernice Hamilton, Sylvia Laznovsky, Rose Steinman, Vlasta Laznovsky. Guests, Bro. F. Laznovsky, Sisters M. Laznovsky, R. Neff, H. Parma.

UNIT REPORT

Sokol Corpus Christi: Benefit dance for needy family, Sept. 16th. — Held Flea market. — Barbeque Social, Oct. 11th. — 3 instructors and 5 gymnasts attended District week-end course in Ennis.

Sokol Zizka: Sept. meeting, 26 in attendance. — Gained 4 regular, 5 associate members. — Annual meeting, Nov. 18th. — Preparing for Czech Day at the Fair. — Held 2 dances and 2 other functions. — 10 instructors and gymnasts attended course in Ennis. — Special number "Vltava" will be performed at the Fair.

Sokol Fort Worth: Gained 53 associate members. — Gymnasts performed at the Miss Flame Contest in Fort Worth. — 10 attended course in Ennis. — Advanced Team banquet, Oct. 14th. — Rehearsals for the Czech Day at the Fair and the Polka Festival in Fort Worth (Oct. 21st). — Signed contract with architect to start on new building.

Karel Havlicek-Borovsky: September meeting, 32. Gained 3 regular and 32 associate members. — 65th Anniversary celebration well attended. — Bro. Jerry Laznovsky received wrist watch in the Membership Drive. — Gymnasts presented special number at the Dallas Cowboys game. — Will participate in gymnastic program at the Fair.

Sokol Houston: Gained 6 regular members. — Held dances, Aug. 4th and 19th. — Dinner-dance,

Sept. 8th. — Circus, spaghetti supper and dance, Oct. 13th. — Dance, Oct. 20th. — Several Gymnasts attended course in Ennis.

Educational Director, Bro. Parma: Made copies of gym class commands in Czech and English for directors and instructors. Suggests Units use the Czech commands in their gym classes in order to maintain the Sokol tradition.

District Directors, Sis. & Bro. Laznovsky: 50 students attended District week-end course in Ennis, Aug. 25-26th. All Texas Units represented. — Finalizing plans for program at Fair. — District Special number "Texas Roundup" was a pre-game presentation before the Cowboy football game, Sept. 24th. Announcer explained Sokol to the spectators. Favorable comments received. — Classes at Sokol Yukon resumed early in Sept. with 65 of various ages in attendance. With considerable increase in following weeks. Adopted insurance for gymnasts. A need for more apparatus. Approved, the Directors and Assistant Directors visit Unit and assist in utilizing apparatus available and survey needs for additional equipment.

President, Bro. Prevratil: Spoke at 65th Anniversary celebration at Sokol Zizka. — Received acknowledgement from Senator Tower's secretary regarding his letter.

Treasurer, Sis. Hamilton: Receipts, \$220.60. Expense, \$232.95. Balance, \$2,101.58.

EASTERN DISTRICT ANNUAL MEETING

SEPTEMBER 30, 1973

Pres., Bro. Charles Zraly presided. Delegates present: Sokol Baltimore — Bro. Don Otenasek, Sis. Libby Vrzalik; Sokol Belcamp — Bro. Frank Novak; Sokol Fuegner — Bro. Anton Chaloupka, Sisters Bertha Hochner, Blanche Zraly; Sokol & Sokolice Little Ferry — Bros. Richard Novotny, Frank Donovan, Sisters Helen Schroeder, Beatrice Novotny; Sokol Miami — Sis. Emilie Ruzicka; Sokol Newark — Bros. Frank Bartell, Joseph Votapka, Sisters Anna Votapka, Ella Bartell; Sokol New York — Bros. Jan Babinec, Jan Hanus, Sis. Lillian Pribil; Sokol Philadelphia — Bro. George Novak, Sis. Josephine Tunkl; Sokol Washington — Bros. Mathew Neumann, Jerry Friedrich, Sis. Rose Friedrich.

Correspondence: Request for donation to Czechoslovak Radio Hour. Approved, an \$85. donation. — Invitation to 80th Anniversary of Slovak Sokol of New York. District President and Secretary to represent the District.

Secretary, Sis. Zraly: Reported on her activities in past year. Has held this office 17 years.

President, Bro. Zraly: District has not done as well as in previous years. Stressed the need for closer association amongst the Units.

Treasurer, Bro. Chaloupka: District suffered no financial loss or gain during term, Sept. 1972 to Aug. 1973.

Financial Sec'y., Sis. Pribil: Total membership, 1,358. Gain of 12 members in past year.

Director of Men, Bro. Frank Capek: Greatest efforts went toward the ASO Sokol Set.— District

participated in many events. — Praised Bro. Stovicek for his fine work with the classes at Sokol Washington, D.C. — Also Sis. Ruzicka in composing and performing the Senior Citizens Drill at the Slet. — Stated the XIII Sokol Slet was one of the best in many years.

Director of Women, Sis. Norma Zabka: District had 96 participants in the Slet in Berwyn. — The site of the ASO Instructors School was excellent. Stated the school should be for advanced students only. Beginners schools should be held within District areas. — Suggested week-end clinics during the year. — Czech Song Book will be published soon. — Requests Units send in their monthly reports. Very important to her. — District was victorious in many events. — Hopes for improvement in coming year.

Southern District, Bro. Edward Stetka: Gym classes re-activated in Sokol Belcamp under direction of Bro. Martin Lago. — Competitions were held at Sokol Belcamp. — Had chartered bus to ASO Slet. — Annual Wreath Laying ceremony at "Tomb of the Unknowns", May 27th.

Organizational Committee, Sis. Ruzicka: Visited Sokols Belcamp and Little Ferry in the Spring to instruct refresher course. — Stated older members should not be neglected. Units with Sokol Halls should have daytime activities for the Senior Citizens. — Asks those with skills to give their assistance, or hire instructors.

UNIT REPORT

Sokol Baltimore, Bro. Otenasek: 100th Anniversary celebration in October was tremendous success. — Unit received ASO Membership Drive award. — Were awarded Judges trophy on "I am an American Day". — Held many social activities.

Sokol Belcamp, Bro. Novak: Held many events. Hopes to have more activity in the gym classes.

Sokol Fuegner, Sis. Hochner: Gym classes progressing. — Lacking some instructors. — Difficult to have fund-raising affairs due to high rental of hall. — 6 gymnasts participated in ASO Slet.

Sokol Little Ferry, Bro. Novotny: Very few members attend meetings. — Invited members to picnic at Boonton Sokol Camp, Oct. 13th. — Was praised on the successful 75th Anniversary of Unit.

Sokolice Little Ferry, Sis. Schroeder: Women's division is very active. — Held many fund-raising affairs. — Gave a gift of \$2,000. to the Men's division on its 75th Anniversary. — Gym classes progressing nicely under direction of Sis. Audrey Benda.

Sokol Miami, Sis. Ruzicka: 32 members participated in ASO Slet. — Receive many donations. — Have only a few children in gym classes. Must have hall and apparatus. Drill on lawn and beach. — Take active part in all ethnic group meetings. — Had bus tours to St. Petersburg and Baltimore. — Invited members to attend the Sokol's St. Nicholas Dance, Dec. 8th.

Sokol Newark, Sis. Votapek: Meet at homes of members. Total membership is 25.

Sokol Curtis Bay: No representation. Active socially.

Sokol New York, Sis. Pribil: Membership is 218. 10 gymnasts participated in ASO Slet and 3 attended the Instructors School.

Sokol Philadelphia, Bro. Novak: Hold social activities. — Combine affairs with Slovak Sokols.

Sokol Schenectady: No representation. — Hold social activities. — Cater many affairs.

Sokol Washington, Sis. Friedrich: Held annual Wreath Laying ceremony at the "Tomb of Unknowns". — 10 members took part in the ASO Slet. — Hold many events during the year. — Were praised on their 25th Anniversary celebration.

Technical Committee, Sis. Tessie Mastik: An Akademie will be held in Little Ferry, Nov. 18th. — Suggested only the best children compete as a District team in the United Sokols of the East competitions. — Week-end clinics and courses will be held. — It was noted more activity be planned for those not active in gymnastics. — Clinics should be alternated among Units. — Was suggested, family memberships, to enroll their children in gym classes the parents must join Sokol. — All gymnasts should dress alike at competitions.

XIII ASO Slet: Executive Board praised on the Slet. — Southern District complimented on its numbers at the Akademie and also at the Slet. — Sokol Detroit's number also received praise. — Complaints were: Too much time consumed in the awarding of the trophies; housing was too far from the Slet. Poor transportation in many instances; failure to recognize personnel and organizations at Slet banquet.

Announcements: Winners of the annual drawing were Sokol Philadelphia, \$100.; Sis. Kubicek of Sokol Little Ferry, \$50.; Sis. Link of Sokol Baltimore, 2 Czech dolls. — New Technical Committee officers are: Director of Men, Bro. Frank Capek; Assistants, Bros. Edward Stetka and Stanley Mergl; Director of Women, Sis. Norma Zabka; Assistants, Sisters Marie Pokorny, Ginny Belsen, Pat Di Donato; Secretary, Sis. Tessie Mastik. — New District officers are: Pres., Bro. Charles Zraly; Vice-Presidents, Bros. Mathew Neumann, Frank Capek, Sis. Bertha Hochner; Sec'y., Sis. Blanche Zraly; Treasurer, Bro. Anton Chaloupka; Financial Sec'y., Sis. Lillian Pribil; Public Relations, Bro. Edward Stetka; Organizational Director, Sis. Emilie Ruzicka.

Treasurer's Report, Bro. Chaloupka: Receipts, \$268.50. Disbursements, \$1,040.00.

Northeastern District

SEPTEMBER 26, 1973

Pres., Bro. Edward Jirousek presided with 22 members in attendance.

Correspondence: Announcement from Patronat of Bohemian National Hall on its coming 75th Anniversary celebration. Approved, the purchase of 2 tickets and 1/2-page ad in their anniversary booklet. — Appeal from the Cotillion Ball Committee for help for the Ball, Febr. 16th. — Sokol Detroit appealing for the purchase of the book "In the Shadow of Tyranny", by Peter Vicko.

President, Bro. Jirousek: Attended All Nations Fair, Aug. 9th; Dozinky at DTJ Farm, Aug. 12th; Sokol Tyrs' picnic, Aug. 19th. — Was present at

SOKOL GYMNAST

November 1973

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

U.S.G.F. Holds Congress in St. Louis

Paul E. Fina

About 300 ardent gymnastics officials attended the USGF Congress in St. Louis during November 2-4, 1973. The setting was excellent. Several of our Sokol members were in attendance coming from Texas, Nebraska, and Illinois.

The important fact behind the congress is the updating of our officials on what is going on throughout our country and in other countries. Frank Bare, the USGF Executive direct. and Frank Cumiskey his able assistant and Technical Director, reported on world and local affairs. A schedule of coming events and visiting teams were tentatively given. The approval of many new policies will be held off till the council meeting in Tucson in December. At that time all items will be confirmed and will be totally reported to our Sokol membership.

Some highlights of the congress is as follows:

The World Games in Moscow (last summer) were well conducted but considerable problems occurred during the period. It appears that there were transportation problems. It is wondered if Moscow should be given the Olympics in 1980. They have too many restrictions to overcome.

The Men's and Women's Olympic Committees met and there will be official reports from our representatives.

Something new to the congress are lectures on the scientific aspects of gymnastics. The subject matter is listed below.

U.S.G.F. BIOMECHANICAL TASK FORCE PRESENTATION

Director Gerald George

- Dr. Gerald F. Calkin, Eastern Kentucky University
Topic — "Mechanical Analysis of Human Motion"
— What it Can Tell Us"
- Ms. Kitty Kjeldsen, University of Massachusetts
Topic — "Application of the Elevator Principles to Vaulting and Aerial Tumbling"
- Dr. Gerald S. George, Old Dominion University
Topic — "Comparative Analysis of Five Selected Vaulting Boards"
- Dr. James Hay, University of Iowa
Topic — "Biomechanics of Vaulting"

- Mr. Tom Ecker, Cedar Rapids School System
Topic — "Rotational Concepts in Gymnastics"
- Dr. Patrick J. Bird, University of Virginia
Topic — "Mechanics of Twisting in Gymnastics"
- Mr. George Hery, Nissen Corporation
Topic — "Mechanical Analysis of Somersaulting, Twisting, and Somersaulting while Twisting"
- Dr. Arno Lascari, University of British Columbia
Topic — "The Early vs. Late Drop Technique on Parallel Bars".

While the above was going on, concurrent meetings were in effect. The women reviewed the national age group compulsory routines. Mildred Prchal related the progress made on the Modern Rhythmic Gymnastics program. She is the official representative for USGF to the F.I.G. Congress to be held in Rotterdam during November.

The men's and women's National judges associations met during the afternoon and reviewed the potential changes that will be in effect for the coming Olympic Games in Montreal.

Another important feature conducted by the men and women separately was the latest in coaching and teaching techniques. Various successful teachers gave their versions on each piece of equipment.

New is the formation of a national structure for the independent or private clubs. The clubs held several meetings and intend to submit a request to have representation to the USGF Council.

The annual USGF Council meeting will be held in Tucson in December 1974. A report will be made by your representative on all actions and decisions. If there are recommendations on ways and means of improving gymnastics in the U.S.A., please submit them to our B.O.I. Even though they may not be in time for the council meeting, the recommendations will be submitted through the B.O.I. to the U.S.G.F.

The next congress will be held in Denver in November, 1974.

A final point — the USGF is planning a tour to the World Games to be held in Varna, Bulgaria. The games will be in October of 1974. Should anyone be interested in attending at an approximate cost of \$600.00 let the B.O.I. know. The tour includes two weeks of all expenses and tickets to the World Championships.

BASIC TUMBLING

(PART III)

By Marian Peterka with Peter Dusek

BACKWARD ROLL

The backward roll is another very important basic skill. It is also a stunt many gymnasts have difficulty doing properly. Here are a few pointers that may benefit the beginner.

Backward roll — from squat to squat:

From squat — closearm — head bowed. Lean on fingertips push off and swing arms swiftly to bent uparm and immediately foldroll rearward to squat.

Reasons:

Stressing that the gymnast swing both arms up, gets both hands in the proper position for the push-off.

Faults:

Watch that both arms swing up together. If the student does a shoulder roll, chances are one hand is slower than the other, the head is being turned to one side or an arm is being dropped to the mat. If the gymnast cannot complete the roll, have them move through it quickly. Be sure the hands are open and palms flat on the mat or tumbling surface, point the fingers in the direction from which you have started and lift the hips.

Teaching suggestions:

From a squat position, have the student roll to his back swinging his arms into the proper position, raising the hips up without completing the roll. This practice with the arms will insure better arm and body position during the roll. Also emphasize keeping the elbows up and in. Another exercise that may be tried is a tucked rocker. — Have the gymnast sit on the mat in a tucked position, hands holding shins. Then have him roll (rock) from the seat to the back of the neck several times. This keeps the tight tuck that is necessary for a good backward roll.

Variations:**Backward roll to straddle:**

From squat — closearm, foldroll rearward to stand straddle.

Reasons:

Teaches variations in a basic stunt.
May be used as a floor exercise move.

Faults:

When completing the roll to straddle, many young children tend to bend the knees or end on one knee. Point out that the knees should be kept straight and to come down on both feet evenly. Lift the hips.

Teaching suggestions:

Have the student lie on the mat in a roll position with legs in straddle over the head. Stand behind the student and lift the hips to a stand straddle position.

Backward roll — from straddle to straddle:

From straddle to straddle — frontbow — arms reach rearward between legs to support straddle and foldroll rearward to straddle stand.

Reasons:

Good basic stunt that can be done in a series of the same move. Move that beginners and children catch on to fast.

Faults:

When going into the roll some students tend to bend the knees. Get them to reach back farther and use more hand support.

Teaching suggestions:

If a student has trouble getting into the roll have him stand in the straddle reach back position. Stand behind the gymnast, grasp the waist and assist in lowering to a seat support. Roll cannot be performed while being spotted in this manner. Only the stand straddle to straddle seat.

Backward roll to stoop:

From squat — foldroll rearward to close heel stand front bow.

Reasons:

Variations in a basic stunt.
May be used in floor exercise or on balance beam.

Faults:

Legs should be kept straight upon completion of the roll. I have found some gymnast who have trouble completing this stunt because they end up with their feet too far away from their hands. This can be avoided if you tell them to hold a tighter pike during the roll. Instruct them to keep their nose to their knees. This seems to be something they all understand. Also lift hips and keep elbows in on the push.

Teaching suggestions:

You might try the same principal we used on the straddle roll. Have them lie on the mat and set them up in the proper hand and body position. However, you would have to spot from the side.

Backward roll — from stoop to stoop:

From closeheel stand — frontbow, reach rearward, sit rearward with closed straight legs and foldroll rearward to closeheel stand — frontbow.

Reasons:

Excellent floor exercise moves. Many variations in finishing the roll are possible.

Faults:

The faults in this one are basically the same as in the straddle roll and should be corrected in much the same manner.

Teaching suggestions:

Press legs straight, sit back, keep thighs close to chest, lift the hips and place the feet as close behind the head as possible, keep the elbows up.

One thing I would like to point out is that in basic tumbling, spotting should be used as little as possible. Over spotting, especially on the basics, can be more of a hindrance than a help. The student should learn to handle a basic stunt on his own as quickly as possible, even if it isn't done perfectly. Voice coaching is much more effective.

(Continued on page 136)

1973 SOUTHERN DISTRICT SOKOL SLET COMPETITIONS

Held at Sokol Houston, Texas

MEN — INTERMEDIATE DIVISION

Name and Unit	Pts.
1. Gary Johnson, Dallas	151.1
2. Jimmy Marek, Houston	138.1

MEN — LOW DIVISION

Name and Unit	Pts.
1. Ed Elsbugd, Dallas	128.4
2. Stuart Hamilton, Ennis	114.9

JUNIOR BOYS — HIGH DIVISION

Name and Unit	Pts.
1. Chuck Cerny, Dallas	138.8

JUNIOR BOYS — INTERMEDIATE DIVISION

Name and Unit	Pts.
1. David Houdek, Ennis	155.1
2. Jackie Henning, Ennis	139.4
3. Jimmy Bily, Houston	122.3
4. Perry Hill, Ennis	115.9
5. Martin Brazil, Ennis	104.9
Team Award — Ennis	

JUNIOR BOYS — LOW DIVISION

Name and Unit	Pts.
1. Gary Archer, Dallas	158.5
2. Joel Henning, Ennis	149.4
3. Randy Sijansky, Corpus Christi	148.5
4. Des Amick, Dallas	144.5
5. Allan Stansbury, Dallas	143.9
10 individuals competed	

TEAMS

1. Dallas — 446.9
2. Ennis — 433.9
4. Ft. Worth — 404.4
5. Houston — 398.2

CLASS II BOYS

Name and Unit	Pts.
1. Beau Sill, Dallas	142.4
2. Ray Omid, Dallas	138.3
3. Araen Connor, Dallas	134.2
4. Stevt Chudej, Ennis	131.9
5. Mark Coldrich, Houston	125.0
19 individuals competed	

TEAMS

1. Ennis — 485.0
2. Houston — 479.4

CLASS I BOYS

Name and Unit	Pts.
1. Jeff Howard, Carpus Christi	139.5
2. Steve Hudspeth, Ennis	134.6
3. Bart Urban, Dallas	132.2
4. Mark Connor, Dallas	130.1
5. Rodney Houdek, Ennis	129.5
22 individuals competed	

TEAMS

1. Dallas — 389.9
2. Ennis Team I — 386.9
3. Fort Worth — 370.0
4. Ennis Team II — 349.7

WOMEN INTERMEDIATE DIVISION

Name and Unit	Pts.
1. Barbara Hansel, Houston	152.0
2. Vicki Elsberg — Dallas	145.6

WOMEN — LOW A DIVISION

Name and Unit	Pts.
1. Sylvia Laznovsky, Ennis	151.0
2. Rita Neff, Ennis	132.0
3. Claudine Orman, Ennis	131.3
4. Robin Bailey, Ennis	127.9
5. Reeda Peel, Ennis	124.8
6. Bernice Hamilton, Ennis	115.6

TEAMS

1. Ennis Team I — 410.9
2. Ennis Team II — 371.7

JUNIOR GIRLS — HIGH DIVISION

Name and Unit	Pts.
1. Brenna Vaughter, Dallas	156.8
2. Carol Olsovsky, Dallas — 135.3	

JUNIOR GIRLS — INTERMEDIATE DIVISION

Name and Unit	Pts.
1. Kim Marshall, Fort Worth	158.4
2. Cynthia Hardee, Fort Worth	1156.6
3. Lori Hileman, Fort Worth	154.6
4. Lori Hajek, Fort Worth	152.5
5. Kerri Phipps, Fort Worth	149.1
23 individuals competed	

TEAMS

1. Fort Worth Team I — 467.5
2. Fort Worth Team II — 449.3
3. Dallas Team I — 416.4
4. Fort Worth Team IV — 393.0
5. Fort Worth Team III — 389.5
6. Dallas Team II — 375.5

JUNIOR GIRLS — LOW DIVISION

Name and Unit	Pts.
1. Nancy Newcom, Fort Worth	153.7
2. Diane Roman, Dallas	147.1
3. Laurie Pulliam, Dallas	146.9
4. Stephanit Cox, Ennis	1455.4
Annette Baker, Fort Worth	145.4
5. Perrienne Clark, Fort Worth	144.3
31 individuals competed	

TEAMS

1. Fort Worth Team I — 443.4
2. Dallas Team II — 428.1
3. Dallas Team III — 422.9
4. Ennis Team I — 409.2
5. Corpups Christi — 407.5
6. Ennis Team II — 390.8
7. Fort Worth Team II — 357.9

JUNIOR GIRLS — LOW B DIVISION

Name and Unit	Pts.
1. Judy Jensen, Fort Worth	147.5
2. Dana Calhoun, Ennis	137.5
3. Joni Radford, Fort Worth	136.0
4. Diane Zhanel, Ennis	135.3
5. Brenda Bozek, Ennis	134.5
Melina Newcom, Fort Worth	134.5
17 individuals competed	

TEAMS

1. Fort Worth Team I — 411.5
2. Ennis — 407.3
3. Fort Worth Team II — 387.2
4. Corpus Christi — 384.4
5. Fort Worth — 365.4

CLASS I GIRLS — HIGH DIVISION

Name and Unit	Pts.
1. Kelly Stoeppelman, Fort Worth	154.1
2. Sharon Gibson, Fort Worth	151.4
3. Cheryl Btck, Fort Worth	140.0
4. Annette Mikeska, Houston	138.7
5. Susan Sill, Dallas	137.1

13 individuals competed

TEAMS

1. Houston — 533.1
2. Dallas — 527.9

CLASS I GIRLS — LOW DIVISION

Name and Unit	Pts.
1. Sharon Snider, Houston	136.8
2. Robin Peel, Ennis	131.4
3. Barbie Kozel, Fort Worth	131.1
4. Dana Whittington, Ennis	129.9
5. Becky Mach, Ennis	129.3

32 individuals competed

TEAMS

1. Ennis Team I — 519.1
2. Fort Worth Team I — 511.6
3. Dallas — 444.5
4. Ennis Team III — 420.7
5. Corpus Christi — 372.8
6. Ennis Team II — 350.9

CLASS II GIRLS — HIGH DIVISION

Name and Unit	Pts.
1. Paula Stansbury, Dallas	158.3
2. Vicki Polachek, Fort Worth	157.3
3. Susan Aspach, Dallas	147.0
4. Kelly Eilert, Fort Worth	146.5
5. Ester Lockhart, Fort Worth	142.8

14 individuals competed

TEAMS

1. Fort Worth — 588.8
2. Dallas Team I — 582.5
3. Dallas Team II — 544.1

CLASS II GIRLS — LOW DIVISION

Name and Unit	Pts.
1. Diane Janca, Fort Worth	144.3
2. Donna Liska, Ennis	143.4
3. Cindy Whittington, Ennis	140.7
4. Amy Casteberry, Fort Worth	140.6
5. Lanna Liska, Ennis	136.7

35 individuals competed

TEAMS

1. Ennis Team I — 556.7
2. Fort Worth — 533.7
3. Ennis Team II — 500.0
4. Corpus Christi — 487.5
5. Ennis Team III — 453.3
6. Dallas — 452.8

SKYLAB CREW SAYS:**More Exercise Would Help Speed Readjustment**

On their return from 28 days in space, the three members of the first Skylab crew recommended that future crews do more exercise while in the weightless state to prepare for their return to earth. As it was, NASA physicians said the 30 minutes a day the three astronauts spent on a stationary bicycle contributed significantly to the crew's relatively good health.

In 1970 a Russian crew spent 18 days in a spacecraft which did not allow them room to exercise. They had to be helped from the craft upon landing.

The Skylab astronauts returned to work two days after their splashdown in the Pacific, but medical tests showed that their hearts had been temporarily weakened and that their pulse had increased from 10 to 50 beats a minute over the pre-flight rates.

Exercise emerged as a key factor in the way each man responded to weightlessness. Conrad, for example, exercised the most, felt the best during flight and experienced the least difficulty after flight. On the other hand, Dr. Joseph P. Kerwin exercised the least and had the most problems.

The crew suggested that subsequent Skylab crews, who will spend 56 days in the orbiting space station, work one and one-half hours a day on the bicycle and also do special exercises for the back and legs.

BASIC TUMBLING

(Continued from page 134)

The following is a list of ten forward and backward roll skills reviewed in this and previous articles.

1. Two forward rolls from stand to stand — two dive forward rolls.
2. Backward roll from squat to squat in a series.
3. A series of backward rolls from straddle to straddle.
4. A series of backward rolls from stoop to stoop.
5. From squat backward roll to squat, from squat backward roll to straddle, from straddle backward roll to stoop.
6. Dive forward roll — uphop with 180° turn — stoop backward roll — uphop with 180° turn — dive forward roll etc.
7. Forward straddle roll — turn right to splits, face forward and forward straddle roll — turn left to splits etc.
8. Forward roll from lunge to lunge alternating lead legs.
9. Forward roll from stand followed by consecutive tuck rolls.
10. Forward roll — arched leap, forward roll — jump tuck, forward roll — jump straddle, forward roll — jump pike.

the ceremony for the 5 yr. commemoration of Jan Palach.

Vice-Pres., Bro. Robert Janousek: Narrated at the 3rd Annual Blossom Festival. The Sokols were represented by the Beseda Dance Group which performed and also the presentation of the Sokol Special Number.

Treasurer's Report: Savings Account — \$6,356.10. Checking Account — \$527.59.

Director of Men, Bro. Peter Dusek: Reported on BOI meeting, Sept. 15th. Listed all the new officers. — Captive Nations represented by Sokols at the mall and rotunda. — St. Wenceslaus 50th Anniversary Celebration, Sept. 30th. Sokols urged to participate in parade. New banner by Bro. Bert Box will be used. — Cleveland State University Building Dedication, Oct. 20th. Beseda Dance Group will perform. Girls to perform on balance beam and bars. Another number and tumbling performance. — District Social, Oct. 27th. — ASO turned in payment for Clinic. — All classes in District now in session.

Director of Women, Sis. Georgia Jencik: Women will compete sometime in May. — District Competition for Junior Girls this year. — Little Girls to go to Detroit. — Posters and flyers on order for Winter Exhibition.

UNIT REPORTS

Sokol Detroit: Mortgage Burning, "A Dream Come True", Oct. 6th. — Since Bingo is now legal in Detroit they have weekly turn-away crowds.

Sokol Cleveland-Cech-Havlicek: Penny Supper, Oct. 14th; Card Party, Nov. 11th; Spaghetti Dinner, Dec. 2nd.

Sokol Nova Vlast: St. Nick Party, Dec. 8th.

Sokol Tyrs: Sokol Tyrs served pancakes at Karlin Hall. — Harold's Night, Oct. 13th. — Tyrs Band staged 45-minute concert at All Nations Fair, and was also to appear at Tanglewood Shopping Center.

American Sokol Inc.: More than 1,000 persons attended the Beer Festival. — 250 Club Dinner held at Al Koran Mosque. Another 250 Club is being organized.

Northeastern District B.O.I.

Summer is behind us all. Gym classes are now in full swing. The calendars are filled with upcoming events to keep the membership actively alive. In some instances there was the need to limit the class sizes due to space and the necessity for more individual attention and improvement. Men's Director, Bro. Pete Dusek, felt all leaders should impress upon the gymnasts to excel in their skills and strive for quality.

New Directors for this year are: Director of Men, Bro. Dusek; Assistants, Bros. Edward Jirousek, Don Kotlan, Carl Johnson. Director of Women, Sis. Georgia Jenicek; Assistants, Sisters Betty Hosticka, Betty Stribrny, Jean Dusek, Mary Ann Maly, Millie Kolar.

Many money-making events were scheduled and closed successfully. Of course, the traditional picnics, all age groups attending, never a generation gap, cherishing each other's company. The District Board didn't lose much time in getting things underway.

The All Nations Festival, Aug. 9-10th, on the Mall in downtown Cleveland attracted huge crowds on both days. Representing the Czech community at this civic function were Sokols from the N.E. District. The Sokol Tyrs Concert Band staged a 45-minute concert of Czech marches and songs during the Festival. On both days the Sokols served potatoe pancakes and sausages, with people standing in long lines. The demand far exceeded the supply.

The 8th Annual Beer Festival sponsored by the American Sokol, Inc. held on Sept. 8th, was blessed with ideal fall weather attracting more than 1,000 persons. The committee did an outstanding job of planning, and most of all, the dedicated workers made another Beer Festival successful.

On Sept. 9th, Sokol Detroit held its annual Grape Festival. The highlight of the warm afternoon were the alert Key-Stone Kops, arresting anyone for stealing grapes or for possession.

The Sokols of Cleveland made a fine showing, Sept. 30th, in the 50th Annual St. Wenceslaus Celebration, marching proudly along with the Sokol Tyrs Band.

Sokol Detroit held its Mortgage Burning Celebration, Oct. 6th, appropriately entitled "A Dream Come True". A memorable evening — a historic program of gymnastics and ideals, morals, and beliefs of Sokol leaders both past and present. All this accomplished through hard work, personal sacrifices, and most of all, SUPPORT AND CO-OPERATION.

Sokol Tyrs was to hold its 2nd Annual Harold's Club Night, Oct. 13th. An evening with games of chance. The idea behind this all, to make it only a social gathering, no fund-raising involved.

Sokol Cleveland-Cech-Havlicek scheduled its Penny Supper, Oct. 14th, with food favorites for all Sokol members and their families.

Cleveland State University was to dedicate its new Physical Education Building, Oct. 27th. The Sokols of Cleveland were invited to partake in the program along with the open house and festivities.

In the Spring, Bro. Kala came to Cleveland to teach folk dancing. At the District Social the folk dancers performed before a favorable audience. A good thing must be repeated, so another such Social was set for Oct. 27th. Admission was free and polka music was to fill the air.

Patti Vencel

Central District

SEPTEMBER 26, 1973

Pres., Bro. Joseph Drnec presided with 21 members in attendance.

Correspondence: An ASO check for \$265. for week-end courses held at Sokols Tabor, Stickney and Brookfield. Also another for \$40., reimbursing the District in transporting the gymnasts to the Civic Center Plaza during the Slet. — Sis. June Pros' outline of the coming tour to Cedar Rapids, Oct. 19-21st, for the Sokol's 100th Anniversary celebration. — Sokol St. Louis advising the District to accept only combined reports and correspondence from that Unit. — Invitation from Sokol Milwaukee to its Recognition Dinner, Oct. 13th. Also

a complaint regarding the Course recently held in Naperville, Ill. — Czechoslovak National Council's request for purchase of seals. Approved, \$10. for purchase of the same. — Sis. Agnes Pajer's appreciation to the District in making the 2nd Class Awards Night a success.

Director of Men, Bro. Paul Lebloch: Reported on Sept. 17th BOI meeting. Was re-elected District Director. His assistants are Bros. James Berousek and Edward Jelinek. Bro. Joseph Placek is Games Director. — Received very warm welcome at Masaryk Memorial on the Tour to Toronto. — Folk Dancers performed at Oak Brook, Sept. 23rd, and again at the Moravian Day program at Sokol Havlicek-Tyrs. — A Junior Boys and Men's Volleyball Tournament will be held. Also a Basketball Tourney if enough interest is shown. — BOI selected a drill for the District Slet that was performed in 1953 involving 4 classes. — Was suggested looking ahead to the 1977 ASO Slet. Maybe select a drill written by an American Sokol, or to hold a contest encouraging the writing of some American Drills. — Folk Dance Group continuing to meet with Bro. Fred Kala as instructor. — Vaulting Team will continue under guidance of Bro. Edward Linhart. — A letter of appreciation to be sent Bro. & Sis. Charles Kalat upon their untiring efforts in behalf of Sokol.

New Business: Acting upon complaint of Sokol Milwaukee regarding the lack of communication. Not being aware of the number of their youngsters eligible to the Course with expenses paid, and the changing of time of graduation. A letter will be sent including the minutes of the BOI District Director Annual Meeting which contained all the information as to the number of students each Unit was allowed. Changing of time of graduation was referred to Bro. Linhart. — The following payments were approved: All expenses for Bro. & Sis. Drnec to Sokol Milwaukee's Recognition Dinner, and also to Sokol Cedar Rapids 100th Anniversary Dinner; to Bro. Kalat, travel expenses to Sokol Milwaukee in teaching the drill; Bro. Lebloch and Sis. Pros' expenses to Toronto; and compensation to Br. Linhart for his time at the rate of \$5.00 per hour. — Approved, a Recognition Night honoring Bro. Linhart and Sis. Pros. A committee was selected. — Milwaukee Folk Fair will be again held. District will sponsor a bus tour, Nov. 18th. — Approved, a fund-raising Masked Ball to defray expenses of travel for the Folk Dancers. The Ball to be held sometime in February. — A letter to be sent all Units asking they submit the dates of their activities. The purpose, to avoid conflicting Unit activities. — Art work and plates for the Seals honoring Sis. Mildred Prchal are ready. Will be printed and distributed to all Sokol Units and all District members. — Bro. Ernest Pirka is cataloging all the books in the District's library. Traveling exhibit will be ready in a few months.

Bro. Halik, District By-Laws Chairman, received permission to call a meeting of all Units to prepare any amendments or revisions of the National By-Laws; to be acted upon at the National Convention. — Slet Committee will meet in October when the full report of the ASO Slet will be given.

Sokol South Omaha's Queen

The Sokol Unit found itself in a most embarrassing situation after its 1973 Queen Contest. At the time the records were being filed and final audit made, it was discovered that during the tallying of scores certain omissions were made which reversed the position of the Queen and the first place runner-up.

The 1973 "Miss Sokol South Omaha" should have been announced as Deborah Ann Slezak, age 17. The most difficult part of this situation is the disappointment being experienced by the young ladies. Sincere apologies were extended to them and to their parents.

Debbie is the oldest daughter of Bro. and Sis. Joseph and Betty Slezak. Her first Sokol competition was in 1969 in Chicago in the ASO Slet, placing 4th in Jr. Girls Low Division. In the 1973 ASO competitions in Chicago, she received 8th place Intermediate Division. She has attended Sokol gym classes for the past five years, and is now an instructor for a class of small girls.

She attends South High School, being very active in cheerleading, Pep Club, Swim Team, gymnastics and the Variety Show. She is a member of a church choir. An ardent polka music fan. Has created many dance routines. Has designed numerous costumes. Has modeled for Chapman-Spittler and appeared on the front page of Mutual of Omaha's promotional magazine.

FINANCIAL REPORT American Sokol Organization October 1973

RECEIPTS:

Dues	\$3,830.25
Dividends and Interest	201.11
Subscriptions to "American Sokol"	6.00
Resale of Jewelry	9.00
T. J. Masaryk Dues	10.00
Sokol Manuals, Membership Kits	16.00
Postage	18.41
Miscellaneous Income	10.50
ASO-BOI Instructors Course at North Central College	260.00
Cedar Rapids Tour — Profit	56.54
Balance of Profit from A.S.O. Slet	245.37
Total Receipts	\$4,663.18

DISBURSEMENTS:

Administrative Department	
Salaries	\$384.36
F.I.C.A. & F.W.T. for September ..	104.76
Illinois Withholding Tax —	
3rd quarter 1973	43.71
Rental, Janitor Service, Phone	263.83
Office Furniture	901.29
Office Supplies	57.16
Travel Expense	136.27
Donations, Subscriptions	53.00
Miscellaneous Expense	148.91

\$2,093.29

Educational Department BOI

Salaries	\$208.82
F.I.C.A. & F.W.T. for September ..	51.64
Illinois Withholding Tax —	
3rd quarter 1973	12.48
Editor "Sokol Gymnast"	25.00
Add'l copies "Sokol Gymnast" ..	28.00
Office Supplies, Postage, Phone ..	8.68
	<hr/>

334.62

Sokol Publication

Printing "American Sokol"	\$595.26
Editor "American Sokol"	75.00
Postage — October 1973	60.25
	<hr/>

730.51

Miscellaneous

Uniform Div. — Salaries, F.I.C.A., I.W.T., Phone	\$297.91
Special Appropriation —	
Central District	25.40
	<hr/>

323.31

Total Disbursements

Balance brought forward:

Western National Bank of Cicero —	
Checking Account	\$2,291.78
Receipts — October 1973	4,663.18
	<hr/>

6,954.96

Disbursements — October 1973

3,481.73

\$3,473.23

**FUTURE SOKOL LEADERS FUND
October 1973**

Sokol Detroit	\$1,000.00
Bro. and Mrs. George Kautzky	5.00
Hoyne Savings & Loan Ass'n. —	
Dividend 10/30/73	150.93
	<hr/>

\$1,155.93

JAROMIRA SMIDL

Passed away suddenly Sunday Oct. 21st, and laid to rest Oct. 24th, 1973, in Sarasota, Florida, where she lived with her husband Henry J. Smidl, for fifteen years after retirement. She was a member of Sokolice Chicago for the past fifty years. Her husband is also a member of Sokol Chicago for more than fifty years. She attended gym classes from early childhood, as her mother Marie Stepanek, was an ardent worker in the Executive Board. Sympathy is extended to her husband, daughter Myrtle and the bereaved family.

Ella Smidl

Address by Bro. Joseph Janečka

Bro. Joseph Janečka, American Sokol Educational Director pro tem, addressed the 7th Congress of the Areophilatelic Federation of The Americas in Mexico City, Mexico, Sept. 23, 1973.

Mr. President, Officers of The Areophilatelic Federation of the Americas, Honored Guests, Ladies and Gentlemen:

This evening it is a great privilege for my wife

and I, and for my club which is a new member of the Aerophilatelic Federation, along with the philatelists, to stand upon the soil of the earliest civilization of this American continent.

I am happy to be here, and to have such a fine audience. I was honored when asked to present the American moon flag to the people of Mexico from the people of the United States. This flag, in color, is autographed by Astronaut, Eugene Cernan, who stepped upon the moon last December. I have known the Cernan family for many years, especially the mother. I am sincerely proud since the astronaut's father and my father were both born in the little country of Czechoslovakia.

We American philatelists come here as friends in peace, truthful peace. The oldest postage stamp is 133 yrs. old. To my knowledge I have never heard of war being declared over a postage stamp. We have had too many statesmen and politicians yelling peace, peace, peace! In the meantime being shareholders of munitions plants.

The First Czechoslovak Philatelic Club of America has issued 250 numbered sets of covers honoring Eugene Cernan, Ronald E. Evans and Harrison M. Schmitt on their trip to the moon. Sets of these covers are part of this presentation. Americans are proud of their sons. I am sure that the people of Mexico are as equally proud of their sons as well as of their forefathers.

With the landing on the moon we are just scratching the Universe. In January, 1971, a book was published "Chariots of the Gods". The author, Erick Von Daniken. One page is devoted to a land known today as Mexico. There is almost 100% probability that launching of space ships took place on this soil as far back as 40,000 yrs. ago. In our lifetime this is a long time ago but in the calendar of the Universe it is relatively a very short time.

The Universe runs on 4 basic principles — 1. light and energy — 2. temperature difference — 3. magnetic pulsation — 4. constant movement. There is absolutely nothing in this Universe that remains motionless. At this moment we are moving in many different motions — 1. around the axis — 2. tilting of the axis, giving us the 4 seasons — 3. movement around the Sun — tilting in our Solar System — 5. movement in our Milky Way; and probably tilting and movement of the entire Universe.

Several months ago I had the privilege to talk with Dr. Allyn Hynek, Professor of Astronomy at Northwestern University. He believes there is life somewhere in the Universe. In my own opinion there must be at least one planet like ours with each live star in that great outer space. So, we are talking about millions of planets like our own earth. My theory on life is that the Universe gave man the right to give life, not to take it away.

How did you like my first speech in Spanish. It was first written by me in English, translated to Spanish, and read to you in Spanish. I used the Czechoslovak alphabet to record and write the sound as close as possible, because the Czech alphabet is based upon the sound of every human on this earth. You are witnesses of this first such experiment and you are the judges.

I am willing to make this experiment at any University, any country and any language around

the world. I don't say the Czech language should be international, but this alphabet is unique and in a class with the metric system.

This is the presentation The Aerophilatelic Federation of The Americas is making to the host country for the hospitality, friendship and cooperation with philatelists of the entire Americas — honoring Eugene Cernan, who has spent 568 hours in outer space.

Joseph Janecka

SOKOL NOVÁ VLAST

Jednota Sokol Nová Vlast a sokolská župa Severovýchodní se v minulých dnech rozloučily se sestrou náčelníci Jeanette Wagnerovou, která byla služebně přeložena do Tampa, Florida. — Ses. Wagnerovou doprovázejí vřelě díky uznání za její dlouholetou práci v Sokole.

Novou náčelníci župy Severovýchodní je ses. Jiřina Jenčíková (Sokol Cleveland-Čech-Havlíček). Sestra Jenčíková, profesorka tělocviku na South High škole, je nejen výbornou cvičitelkou, ale také obětavou Sokolkou!

Novou náčelníci jednoty Sokol Nová Vlast je ses. Doris Bachnová.

Jednota Sokol Nová Vlast obdržela plaketu od Americké obce sokolské z Chicaga jako uznání za úspěšný nábor nových členů.

Nový Svět

ANN MALÝ-KOZÁK

V pátek 21. září 1973 odešla z našich řad jedna z nejlepších našich cvičitelek ve Sokole Cleveland-Čech-Havlíček, ses. Ann Malý-Kozák.

Sokol byl jí celým životem, třída dorostenek byla její láskou. Byla tichá, skromná, tělocvik byl u ní vrozený, neměla žádné kurzy, cvičení si skládala sama, měla vždycky pěkné třídy dorostenek.

Vedla i zábavní výbor; to bylo obědů, co naplánovala, těch nákupů a všechno to dokázala. Manžel Charles a dceruška Ann jí pomáhali. — Maminka, čtyři sestry a bratr, jsou všichni dobrými členy Sokola a doplňují tu pěknou rodinu. Byla členkou Sokola 49 let. Sokolovna jí byla druhým domovem.

Projevují celé rodině hlubokou soustrast za všechny, kteří jsme ji znali, za cvičenky, které měla tolik ráda. Dceruška Mary Ann bude pokračovat, kde jsi přestala. . .

Máňa Nejedlý

WILLIAM L. CHALOUPKA

Bratr Chaloupka odešel tam, odkud není návratu. Byl členem jednoty naší celých 40 let. Do jednoty Sokol Tyrš vstoupil 1933 a byl dlouhá léta účetním jednoty. Byl velmi svědomitý úředník a nevynechal ani jednu schůzi, ať již členskou, anebo správního výboru. Do jednoty docházel pravidelně až nemoc mu návštěvy omezila. Bratr Chaloupka byl člověk klidný, který šel vyrovnaně životem. Každý v jednotě si vážil bratra Chaloupka a proto celá jednota želí jeho odchodu a pozůstale rodině vyslovujeme upřímnou soustrast.

K.Z.

LADISLAV KIML

Opět odešel zaslužilý clevelandský sokol, legionář a vlastenec, bratr Lada Kiml. Zemřel 3. října 1973. Byl zakladatelem zdejší družiny legionářů, byl zakladatelem Krajského Výboru, odbočky Národní Rady a byl zakladatelem denníku Nový Svět. Br. Kiml přišel do Ameriky v roce 1912. Bylo mu 17 let, když opustil rodné Lidice.

Bojoval za samostatnost rodné země v první světové válce. Po válce se jeho vlastenectví činně projevovalo v Clevelandu celé půl století. Byl Sokolem tělem i duší — a svoji věrnost v jednotě Tyrš projevili prací a radou, když bylo obětavostí členstva nejvíc zapotřebí.

Krátce po založení Krajského výboru, Československá národní rada americká byla v červnu 1948 přijata prezidentem Trumanem. Za Krajský výbor a československé legionáře jel br. Kiml do Bílého domu.

Se svojí paní vykonání pro založení a udržení Nového Světa zůstane zlatým hřebem životního díla české rodiny v Clevelandu.

Jeho manželce Stázi, synu Lady, dceře Jiřina a celé rodině vyslovujem vroucně citěnou soustrast.

Nový Svět

Slet v Chicagu

Účast Sokola San Francisco na posledním sletě v Chicagu byla velmi početná, tak jako již dlouho před tím. Cvičila naše mládež, naše ženy, stará garda, ale mladá garda zůstala doma! — Slet byl jeden z nejlepších z posledních sletů, z něhož vidíme, že žijem. Zvláště některé jednoty na východě ukázaly nám krásné cvičení i účast na závodech. Ses. Mary Francis Meier měla velké starosti ubytovat své svěřence, vozit je na sletišť, a zpříjemnit jim sletové dny. Naše mládež jistě bude na slet dlouho vzpomínat.

28. říjen v San Franciscu

Sokol San Francisco a odbočka Čs.N.R.A. tradičně vzpomněli 28. října. Program večera byl velmi důstojný. Československou a americkou hymnu zazpívala 18ti členná skupina amerických vojáků armádní vojenské jazykové školy v Monterey. (12 mužů a 6 žen). Bylo velké překvapení u našich krajanů, když američtí vojáci zazpívali československé písně s krásným přízvukem. Není mnoho krajských sborů, které by nacvičili obtížnou píseň Josefa Stelibského: "Praha je krásná." Nadšeně nebralo konce, když zazpívali čs. vojensko-pochodovou píseň "Pluku zdar!" — Jaromír Marek připravil recitační pásmo na téma: "Masarykovy práce v Americe za I. světové války." Eliška Buršíková a Jan Kučera recitovali pásmo velmi procítěně. — Dvořákovi Slovenské Tance zahrál mistrně J. Stibor. Dalším překvapením bylo tělocvičné vystoupení naší sokolské mládeže. Různosti měly akrobatickou úroveň. Sokolská mládež dnešně začíná se zajímat o olympický výcvik. — Byl to krásný večer.

Jiří Špánek

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The turtle gets nowhere until it sticks its head out.

Today there are three types of people: the few who make things happen, the many who watch things happen and the big majority who have no idea of what happened.

Home is where a man may say what he pleases because nobody pays any attention to him.

In this world, it is not what we take up, but what we give up, that makes us rich.

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Vyplnil se sen detroitských sokolských jednot!

S velkou radostí a chloubou oznamují, že v sobotu dne 6. října bylo pálení jejich "Mortgage" na novém Sokolském středisku. Mnohým z nás to zní jako pohádka, že po jen tak krátké době docílili v Detroit takového finančního úspěchu. Sokol a Sokolice Detroit dokázaly pravdivost Tyršova rčení, že "Tam svět se hne, kam se síla záprě." Tážeme se, jak takového úspěchu mohli docílit? Odpověď může být jen jedna: byla jen prací a zase prací. K práci je však třeba ještě dobrého základu a jím byla láska k sokolské myšlence a k jejich vlastní jednotě. Měli několik odborů, které ke splnění tohoto odvážného snu pracovaly. Pracovali všichni od těch nejmenších do těch nejstarších. A ti, kdo nejvíce pochybovali, že to nové středisko bude skutečně jejich.

Nebylo měsíce, aby se nepořádal nějaký podnik pro pokladnu jednoty; cvičení, bazáry, sbírky pápíru a prodej růzností. Byly to karetní zábavy,

obědy a přátelské večírky, na kterých Sokolice měly hlavní podíl. Bylo zde však něco před čím se musíme s obdivem pozastavit: velké pochopení členstva, že kromě pravidelných příspěvků se všichni uvolil k dobrovolné peněžní části a tu každý rok dávali do fondu na zaplacení hypotéky. V detroitských jednotách se ujal záslužný zvyk, že členové při úmrtí člena místo květin dávali peněžitě dary do stavebního fondu. Tyto dary činily každým rokem sumu o čtyřech číslicích.

Z malého, čtyřstránkového časopisu dokázali udělat jejich dnešní Sokol Detroit News, jednu z předních sokolských publikací. Tímto na sebe upozornili a získali také americkou veřejnost.

Sen detroitských jednot se vyplnil a sokolské jednoty, sdružené v župě Severovýchodní, mohou jim z upřímného srdce gratulovat a těšit se z jejich velkého úspěchu. Celá americká sokolská rodina je na Vás detroitské hrda, a v další práci ve Vašem Sokolském středisku Vám přeje mnoho zdaru v Tyršově hesle "Stále výš, až k metám nejvyšším!"

K.Z.

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