

AMERICAN SOKOL

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Educational and Physical Culture Organization

Growth of Sokol in Yukon, Oklahoma

Following a period of some 24 years with no gymnastic activity at Sokol Karel Havlicek in Yukon, Oklahoma, the Southern District Executive Board took action in 1972 to revive gymnastic action in that Unit. The membership was willing and the facilities were available. Only the instructors, the equipment and gymnasts were missing.

The District contacted Sis. Gail Fletcher, formerly Gail Stribrny, a championship gymnast from Cleveland, Ohio. Sis. Fletcher readily accepted the challenge to renew Sokol gym classes in Yukon. Even though she resided in Norman, Oklahoma, 30 miles away, she willingly made the trip each week for this purpose. As interest grew, she received more and more assistance. With the cooperation of the members and parents activity grew and grew. Today, the Sokol boasts an Instructor's Staff which has done much to improve its capabilities.

This year, as Sis. Fletcher's family increased, she took a leave of absence. Bro. Loren and Sis. Evelyn Skarky, with many helpers are now directing the classes. Although Bro. and Sis. Skarky are new to Sokol and gymnastics, they conduct a well organized program with the limited equipment on hand.

The membership of Sokol in Yukon is to be commended for the support given to the revival of gymnastics in its Unit. At present, enrollment is over 100 — with a waiting list. All the instructors, without too many years of experience under their belts, deserve great praise for an outstanding job. Two of the students attended the American Sokol's Instructor Course in Naperville, Ill., following the XIII. Slet. These two young people are being used to their fullest abilities.

Congratulations to Sokol Karel Havlicek, Yukon, Oklahoma, on your progress!

Southern District's Board of Instructors.



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EDITOR

George Herink

1823 Scoville Ave. Berwyn, Ill. 60402

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June Pros, Secretary

Tel.: 795-6671

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Calendar of Events

APRIL 5th — SOKOL SOUTH OMAHA, NEBR.
Chicken — Shrimp Dinner.
APRIL 11th — SOKOLICE ST. LOUIS, MO.
Chicken Dinner Social.
APRIL 20th — SOKOL SAN FRANCISCO, CAL.
An Evening with Jára Kohout, Czech Comic.
APRIL 27th — SOKOL DETROIT, MICH.
Spring Dance.
APRIL 27th — SOKOL STICKNEY, ILL.
Gymnastic Exhibition — Morton West High
School.

APRIL 28th — SOKOL ST. LOUIS, MO.
Choral Group's Afternoon Czech Dinner Party.
APRIL 29th — SOKOL OMAHA, NEBR.
Mother & Daughter Banquet.
MAY 4th — SOKOL WEST SUBURBAN, ILL.
Gymnastic Exhibition.
MAY 5th — SOKOL SOUTH OMAHA, NEBR.
Annual Gymnasticale.
MAY 5th — SOKOL OMAHA, NEBR.
Spring Pork Dinner — Crowning Omaha Czech
Queen.
MAY 9th — SOKOLICE ST. LOUIS, MO.
Chicken Dinner Social.
MAY 10th — SOKOL SOUTH OMAHA, NEBR.
Chicken—Shrimp Dinner.
MAY 17th — SOKOL OMAHA, NEBR.
Falstaff Party.
MAY 19th — SOKOL MILWAUKEE, WIS.
Sokolice 75th Anniversary.
MAY 25-26th — PACIFIC DISTRICT SLET,
SAN FRANCISCO, CAL.
Sokol San Francisco 70th Anniversary (Host).
JUNE 2nd — EASTERN DISTRICT (SOUTHERN
CIRCUIT)
Wreath-Laying Ceremony at Arlington National
Cemetery.
JUNE 2nd — SOKOL MILWAUKEE, WIS.
Annual Gymnastic Exhibition.
JUNE 2nd — NORTHEASTERN DISTRICT SLET.
A.M.L.A. Slovenian Recreation Center — Leroy
Township, Ohio.
JUNE 7-9th — SOUTHERN DISTRICT SLET.
Sokol Karel Havlicek Borovsky, Ennis, Texas
(Host).
JUNE 8-9th — SOKOL SO. OMAHA, NEBR.
Sokol's Czech Festival.
JUNE 21-23rd — WESTERN DISTRICT SLET
Sokols Wilber and Crete, Co-Hosts.
JUNE 23rd — CENTRAL DISTRICT SLET,
RIVERSIDE, ILL.
Riverside-Brookfield High School Stadium.
JUNE 23rd — SOKOL DETROIT, MICH.
Summer Gymnastic Exhibition.
SEPT. 15th — SOKOL DETROIT, MICH.
Grape Festival.
OCT. 5th — SOKOL SLAVSKY, CICERO, ILL.
Dinner Dance — Peacock Room — Olympic
Building.
OCT. 5th — SOKOL STICKNEY, ILL.
Farmer's Dance.
OCT. 10th — SOKOLICE ST. LOUIS, MO.
Chicken Dinner Social.
NOV. 10th — SOKOL DETROIT, MICH.
Czechoslovak Afternoon Dinner Party.

Sokol Camp, Pine City, Minn.

Fellow Sokols, from all the Sokol Districts, are invited to enjoy the fresh air, clean water and the companionship of Minnesota Sokols at their Camp and its cabin on Cross Lake — near Pine City, Minnesota.

For remaining available dates and extremely low rates write: Mrs. Albert Buzicky, 1709 Rome Ave., St. Paul, Minn. 55116.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. XCV

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Číslo—No. 3

C. M. Prchal

JINDRICH FUEGNER

(Conclusion)

More important than the numerical growth was the fact that the Sokol thus began to get accustomed to greater and more impressive conditions. Thus stimulated, the Sokols were imbued with the thought of elevating the Bohemian mode of physical culture with gymnastics to the level in other European countries; if possible to even excel above them. Thus broader views, more far reaching intentions and bolder, noble efforts became deep-rooted in the Sokol Ideals. This is perhaps the greatest accomplishment to Fuegner's credit. This did not change even after their Apollo Hall was purchased by a church order of nuns and the Sokol had to move to the dark and less inviting halls of the old Konvikt. Unfortunately the owner was able to lease the premises to the Sokol for only a short period of time. Once again the problem of suitable quarters presented itself. There was no acceptable spot to be had and the committee was again searching for a new SOKOL home.

During these troublesome days Fuegner was seen walking about, deep in thought, opposing every decision the committee entertained. Finally, Fuegner found what he considered a good piece of property. At this point informing the members that he, personally, would build a suitable hall for the SOKOL. Those in close contact with him were actually frightened by such a bold gesture. In vain they tried to point out other buildings could be converted to SOKOL quarters at relatively lower cost. It was no use pointing out to Fuegner the great financial burden he would face trying to build a new SOKOL HALL from the ground up. Fuegner adamantly rejected all motions pertaining to what he called "obscure, out of the way places". He repeated and emphasized: "All SOKOL problems are National problems and as such must be properly provided for."

Thus motivated, Fuegner purchased the parcel of land. In order not to delay the SOKOL activity succeeded in building the Sokol quarters within six months. Its facilities and apparatus were unequalled in any of Europe. Unfortunately under the present regime the hall has been allowed to deteriorate.) On December 9th, 1863, the building was opened wide to begin the systematic SOKOL gymnastic training. Thus an individual completed a gigantic task which is usually the responsibility of the entire organization. As soon as the building was completed Fuegner moved in and was

able to attend gymnastic activities daily and take active part in the fencing sessions.

In 1865 Fuegner became seriously ill; undoubtedly due to the worries of external occurrences and problems of the growing organization and also aggravated further by the death of his friend, Zvonar. It was with this old friend that he enjoyed his deep involvement in music. His loss gravely affected Fuegner's health. In spite of this he never lost his cheerful outlook. Not one of his friends was aware that the end was so near. Thus the news that Fuegner died, November 15th, 1865, shocked all of Prague and its effect quickly spread to all parts of Bohemia. The nation as a whole never before felt such genuine anguish, such deep rooted sincere grief. The entire city of Prague, Bohemians and Germans alike, joined in an endless procession of mourners moving silently into the SOKOL Hall. It was there that the casket rested on a high catafalque awaiting the funeral services which were conducted, November 19th, 1865. Sokol units from Prague and from all over Bohemia came to pay their respects to Jindrich Fuegner.

Four years later on June 18th, 1869, an impressive granite monument, erected by the Prague Sokol, was formally dedicated and once again brought almost all Sokol Units and individuals to pay their respects to the memory of the man whose name is entwined inseparably with the history of the SOKOL. Even today it is conceded that the Prague Sokol never found and never again will find a President to equal Fuegner's majestic personality.

Jindrich Fuegner was of a high slender physique, elegant in appearance with noble, spirited features. He was exceptionally well educated, possessed of most interesting speaking ability, a keen observer known for his good-natured sense of humor, yet fearless in all of his dealings. All through his life Fuegner was associated with the Rationalist movement, and adhered to his free-thinking ideals even during the days of the most throttling reactionary government. He was firm in his convictions and consistent in all his moves.

He best proved his persistence when in spite of all the warnings and urgings of his many friends and relatives he clung to his ideal, the Prague Sokol. It is interesting to note that Fuegner was a good Czech, not by birth, his father being German. He learned to speak Czech quite well. But

Fuegner's Czech idealism was deeper than by mere birth. It was based on highly moral convictions. He saw all the injustice and persecution heaped upon the Czech people. This was sufficient motivation for him to defend them and to join their ranks as an unyielding warrior, and to become a Czech in the fullest meaning of the word.

With all his bravery and energetic commitment to his ideal Fuegner was known to have a soft and kind heart. Those who knew him best have always asserted that Fuegner maintained this sort of inner sensitiveness to his very dying day. To him Democracy was not a mere hollow motto inherited from some outside sphere; and his concepts of equality and brotherhood were the natural outpouring of his noble and humane heart.

It can safely be said, with Miroslav Tyrs, no one ever loved his nation as warmly and with such self-sacrificing ardor as Jindrich Fuegner. Yet, he never sought any personal gains for himself, and in his mind, the very thought of gratitude and reward merely served to soil the purity of patriotic emotions. "Neither Gain nor Glory", Fuegner's lifelong motto appears on the man's photograph. Although he never actually proclaimed this motto we do not know today who of all people has a greater right to claim it as his own.

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

FEBRUARY 26, 1974

Pres., Bro. Stanley Barcal presided. Present: Bros. R. Svoboda, G. Basta, E. Linhart, J. Rabas. Sisters B. Prener, J. Pros, A. Sotka, E.J. Schnabl, A. Basta, J. Drnec, L. Zdenek, A. Falta.

Correspondence: Letter and a contribution of \$1,500.00 from the Western Fraternal Life Insurance to the Future Sokol Leaders Fund. Letter of appreciation will be sent. — Request for "ad" from the Lyra on its 104th Anniversary Concert. Approved, to purchase a full-page at \$40.00. — Letter informing that Sokol Portland is no longer active. — Southern District Slet to be held, June 7-9th, in Ennis, Texas. Bro. Barcal will be the ASO representative to the Slet. — Pacific District Slet, May 25-26th, will be held at Sokol San Francisco, who at the time will be marking its 70th Anniversary. Bro. Barcal will again represent the ASO. — Sokol Los Angeles seeking information on insurance. — Appreciation from Sokol St. Louis for information received from the ASO. — Form sent Kent State University for ethnic studies. — Letter from Bro. Joseph Sotka returning the \$50.00 remuneration he received for work done in the Sokol office. Money will be placed into the General Fund. Letter of appreciation will be sent him. — Congratulations from Sokol Paris on the success of the XIII. Slet, including a \$10.00 donation.

Director of Women: Sis. Schnabl: Attended the Central District's Annual Unit Directors Conference. — Reworked II Class Girls exercises, and conducted workshop for same. — Judged a Morton High School gym meet. — Received appreciation from Sue Hynek and Dennis Gilbert, Merit Award recipients. — Gave the President's Council on Phys-

ical Fitness information on our ASO. — Attended Educational Committee meeting. — Song Book completed by Sis. Zdenek, should be ready in 2 weeks. — In process of sorting and filing stencils into the new file.

Director of Men, Bro. Linhart: Received North-eastern District report. — Also Central District's final report form in the amount of \$795.00.— Sokol USA sent apparatus exercises for Jr. Boys and Men. — Gymnastic Skills program approved for another term. — Bro. Fina reported on controversy between AAU and USGF on the Jr. Olympics program. — Brother Fina will conduct courses on Spotting for Sokol St. Louis, and Judging for the Western District. — Merit Awards for 1973-1974 are completed; applications for the 1974-75 awards will appear in the April Gymnast. — Reproduction of additional Slet film completed at a cost of \$68.00 for 400 ft.

Membership, Bro. Svoboda: New Drive will run from Jan. 1, 1974 to March 31, 1975. Results to be given at the Convention in Detroit. Letters prepared. Will be sent to all Units. Bros. Robert Michalek and John Satek are the other members on the committee. There is a need for an additional member versed in writing.

Educational Committee, Sis. Prener: Committee very active. — Bro. Janecka submitted his resignation from the committee which was accepted. — Approved, to have 1,500 copies of the Song Book printed. Approved, the books to be sold at \$2.25, including postage. — A portion of the revised Educational Pamphlets ordered was received.

Uniform, Sis. Prener: Orders picking up as exhibitions grow nearer. Some increase in prices as of March 1st. (JGA, \$5.00 — WHG, \$2.20).

Financial Sec'y., Sis. Sotka: Tax reports prepared and federal taxes deposited. — Received refund of \$13.13 for unexpired service contract from 3M Co. — 354 changes on mailing list. — Received information on possibility of having our mailing list computerized. This will be looked into. — Sokol sign being repaired. — New office drapes being replaced.

Treasurer, Bro. Basta: In agreement with Financial Sec'y. report. Office re-decorating to date, \$832.42. All agree it a vast improvement.

Auditing Committee, Sis. Falta: All books found in good order.

President, Bro. Barcal: Sokol Memorial at the Bohemian National Cemetery in process of being put to scale. A meeting with the granite workers and the Cemetery Board will follow. Bro. Prchal is drawing the plan to scale, which should be completed by the end of the month.

General Business: Approved, \$30.00 be paid for stripping and waxing the Sokol office floor. — Various Jr. boys and young seniors helped with the moving, cleaning and other duties needed in the office. — Bro. Miles Pros, Jr. will do the electrical work, installing the Sokol sign and the lighting in the basement. — Sis. Sotka and Bro. Barcal also did a great deal during the remodeling process. — Saunders & Co. donated a Gestetner 366 stencil duplicator; letter of thanks will be sent. — Sis. Schnabl was hired on a part-time basis for various office duties, since Sis. Pros is available only one day a week and some evenings.

DISTRICT REPORTS

Eastern District

JANUARY 21, 1974

Pres., Bro. Charles Zraly presided. Present: Bros. J. Babinec, F. Capek, A. Chaloupka, J. Donovan, R. Novotný. Sisters B. Hochner, B. Novotny, L. Pribil, N. Zabka.

President, Bro. Zraly: Attended the Christmas Dinner and Dance at Sokol Miami, Dec. 19th, in company with Sis. Zraly and Bro. & Sis. Kalabza. — Installed several members of Sokol Miami. — Bro. & Sis. Ruzicka are to be commended on the success of Sokol Miami. — Sokol Miami had asked, if possible, to have reprints of the Senior Citizens special number in the XIII. Sokol Slet film to be made into slides. The Unit would absorb the cost. — The same Unit received 60 chance books from the Eastern District. Its election of officers was held, Dec. 28th.

Director of Women, Sis. Zabka: Attendance reports from Sokols Baltimore and Belcamp were received. — Attendance and activity is very good. — Jr. Girls of Sokols Little Ferry and Fuegner won team trophies at the United Sokols of the East Bowling Tournament. — Eastern District won 4 trophies in the Women's Division of the United Sokols Volleyball Tournament. — Attended the Modern Rhythmic Gymnastic World Championship in Rotterdam, Holland, in November. — During the same month attended USFG Conference as Sokol representative to the Olympic Gymnastic Committee, and the U.S. Rhythmic Gymnastic Committee. — Sis. Mary Rose Schroeder's Merit Award was renewed. — Requests the Merit Award Committee should get approval from the District Directors before renewing this award.

Director of Men, Bro. Capek: Received reports from Sokols Belcamp, Baltimore and Little Ferry. — Since Sokol Baltimore had most participants in the Track & Field meet, suggested the trophy won by the District be awarded to that same Unit. — A total of \$23.00 for the track and field meet, and \$20.00 for volleyball fees are to be paid to the United Sokols. The \$45.00 entry fee for the apparatus competition has been paid. — Very few in participation in the Men's Division at the Bowling Tournament. — The District Exhibition held in November was a success considering the short time for preparations. Appreciation was given to Sokol Little Ferry in making this exhibition successful. A profit of \$165.00 was realized. — It was suggested these District Exhibitions be continued, possibly at Sokol Belcamp at the time of the Sept. Annual Meeting.

Sokol Little Ferry: Held election of officers. Same officers elected with exception of Bro. Henry Meyer who retired after 52 yrs. as Financial Sec'y. — Had a guest speaker at their last meeting.

Sokolice Little Ferry: Very active. Have large attendance at meetings.

Sokol New York: Winter months' meetings held on Sundays. — Will show film of the Sokol Slet in Vienna, Feb. 3rd. — Sibrinky will be held Feb. 23rd.

Sokol Fuegner: Meetings now on the 4th Tuesday of each month. — Same officers elected. — Sis. Stika was elected as Organizer.

Treasurer, Bro. Chaloupka: Receipts — \$155.45. Disbursements — \$83.29.

Northeastern District B.O.I.

The Cleveland Sokol Units again combined forces to present an outstanding exhibition at Cleveland State University, Feb. 3rd. On the same day Sokol Detroit held its annual Winter Gymnastic. Both events were well attended and extremely successful.

The District's Annual BOI Meeting was held at Sokol Detroit, Jan. 20th, with 32 members present. — Another Social is planned for March or April, hopefully that Bro. Fred Kala of Sokol Berwyn will again be present. — The ASO refunded each Unit for the Course following the XIII. Slet. — A District Course is being planned for August, to be held at Sokol Nova Vlast in Cleveland. It will consist of 5 evenings, with one full day covering the following areas: teaching and spotting, apparatus and tumbling, judging, terminology, folk dancing, marching, first aid, singing, etc. This is intended as an advance course directed toward present and future instructors who have attended a previous Sokol Course and who wish to join the teaching staff in Sokol.

Olympic films and projector are available for all Units. — It was suggested the ASO prepare new Educational literature. — Sokol Detroit is urging its younger members to join its Choral Group. — The Cleveland Dance Group has been very successful and has attracted all ages in dancing.

All Units reported on their class sizes. — Sokol Nova Vlast is having financial problems with its building. — Sokol Detroit received a donation from the Dearborn Czechoslovak Club. Also, it received 31 awards for Gymnastic Tests done last March and April.

Men's Competitions in Low A, Low B, and Optional will be held, May 4th, at Sokol Cleveland-Cech-Havlicek. Marching and calisthenics, June 2nd. — Women's Competition, May 4th, at Sokol Nova Vlast. — Jr. Boys and Jr Girls, June 1st at Sokol Nova Vlast. Little Boys, May 31st, at Sokol Nova Vlast. Little Girls, May 31st, at Sokol Cleveland-Cech-Havlicek. — Certificates of Recognition will be ready for distribution at the time of all competitions.

Bro. Peter Dusek, District Director of Men, presented an informative and very complete annual report. — Bro. Dennis Jirousek conducted discussion on the problems of finding insurance agencies, since the national insurance covering all Sokols has been cancelled. — Following the meeting films of the XIII. Slet and Competitions were shown.

An upcoming event, March 31st, will be the Lake Erie AAU Meet at Kent State University under the chairmanship of Bro. Dennis Jirousek. — There is still a search of people who possess a Czech outfit (kroj) that will join in parades and summer exhibition. They are to contact Sis. Betty Hosticka.

Patti Vencl

Southern District Annual Meeting

JANUARY 26, 1974

Pres., Bro. George Prevratil presided. Officers present: Vice-Presidents Bros. Charles Petrzelka (Houston), Don Steinman (Fort Worth); Sec'y., Sis. Vlasta Laznovsky (Ennis); Treasurer, Sis. Bernice Hamilton (Ennis); Educational Director, Bro. Oldrich Parma (Dallas); Public Relations, Bro. Jerry Milan (Fort Worth); Director of Men, Bro. Larry Laznovsky (Ennis); Director of Women, Sis. Sylvia Laznovsky (Ennis). Delegates: Bro. & Sis. Joseph Dudzienski (Corpus Christi); Sis. Helen Parma, Bros. H. B. Smith, Emil Kuropata (Dallas); Bros. Frank Laznovsky, Charles Jurcik, Harrell and Stuart Hamilton. Sisters Mary Laznovsky, Annastazia Jurcik (Ennis). Brothers Charles Petrzelka, Edwin Kuropata (Houston). Sokol Yukon was represented by Bros. Don York (Ennis), Frank Veselka (Corpus Christi). Sis. Henrietta Milan and Bro. Stoeppelman (Fort Worth).

Unit Report: Each Unit gave its annual report as to its activity, program, financial status and the officers for 1974. Reports were all good, and all Units progressing. District showed a gain in membership, total both regular and associate, 1662.

B.O.I. Annual Meeting: Held Nov. 18, 1973. — Agenda covered: 1974 District Slet, competitions, apparatus routines, rules, volleyball, tabulating, modern gymnastics, judging, area meets, course, week-end clinics, educational program and publications. Recommendations approved: District Course to be held at the Sokol in Ennis; Continued affiliation with the AAU and the Gymnastic Teachers Ass'n. of Texas; District to hold Gym and Judging Clinics; District to continue subscribing to the Gymnasts magazine for each Unit; District to appropriate \$150. to each of the Directors of Men and Women attending any Gym Clinic approved by the BOI. — BOI officers for 1974 are Bro. Larry Laznovsky, Director of Men. Assistants are Bros. Jerry Milan, Jerry Sijansky. Sis. Sylvia Laznovsky, Director of Women. Assistants are Sisters Henrietta Milan, Sandra Howard.

Directors of Men and Women, Bro. and Sis. Laznovsky: Participated in volleyball tournaments at Ennis, Houston, Corpus Christi. — Made several trips to Houston, Corpus Christi and Dallas teaching Slet routines. — Conducted clinics at Ennis and Corpus Christi. — Participated in Ennis' Polka Festival, also in the Texas Roundup special number at the District and ASO Slets and Dallas Cowboy football game. — Traveled to Yukon, Oklahoma, attended meeting with the membership and instructors there. — Participated in the Czech Day at the Fair, and also at the 65th Anniversary of Sokol in Ennis, and the dedication of Dallas' Convention Center.

1973 District Slet: Held in Houston, June 8-10th. — Volleyball and apparatus competitions. — 252 competitors (Jr. & Sr.). — Victory Dance. — Slet exhibition, about 300 participating. — Children's special numbers presented by Sokols Fort Worth and Ennis. The latter the winner. — Bro. Kuropata's financial report showed the percentage to the District was \$650.89.

XIII. ASO Slet: More than 100 gymnasts from the 6 Units represented the District. — Unit special number was won by Sokol Zizka, Sokol Fort Worth was second. Sokol of Ennis also competed. — The District's special number "Texas Roundup" was the winner, with 61 participants. — District financial assistance to the Slet was provided for 105 adults, 8 children. — 15 students attended the ASO Course following the Slet; all 6 Units being represented.

Educational Director, Bro. Parma: All District Units have such directors. — Served on the Slet guide-line committee. — Gave address at the Czech Day at the Fair. — Held meeting of Educational Directors. — Addressed the Texas Health, Physical Education and Recreation Convention. — Mailed various material during the year.

Public Relations, Bro. Milan: Attended both Slets. — Was instructor at the ASO Course. — Attended the Gym Teachers Convention in Austin, Gym Coaches Congress, Olympic meetings representing Sokol, Certified Judges meeting, SWAAU meeting. Judged various local gym meets, arranged for the District number at the Dallas football game. — Conducted Sokol's participation at the Dallas Convention Center. — Participated in Fort Worth's Polka Festival. — Announced that Bro. Walter Hosek received a plaque from the Gymnastic Ass'n. of Texas for his promotion of gymnastics.

Old Business: Slet guidelines reviewed. Recommendations to be submitted to committee for study. — Discussion on membership dues to the District. — 1967 Mid-Slet film damaged. Bro. Milan will splice and edit the said film.

Resolutions Committee: All resolutions approved as read. Will be sent to the ASO Executive Board, SPJST Supreme Lodge, Slovonic Mutual Fire Ass'n., Vestnik publication, WFLA, Sokols Fort Worth and Houston.

Auditing Committee: Books in very good order.

Nominating Committee: The entire slate of officers was re-elected by acclamation.

New Business: Approved, each Unit have a minimum of 2 delegates to the 1975 annual meeting. — Units urged to pay closer attention to the District monthly minutes mailed them. — Indications are there will be a large attendance at the 1974 District Slet. Gymnasts will sing at the Slet. — A member of the ASO Board will be requested to attend the District Slet. — Bro. Prevratil will represent the District at the Czech Day at the Fair meetings. — Approved, the District continue purchasing volleyball traveling trophies in the future. — Next annual meeting will be held at Sokol Zizka, in Dallas, Jan. 26, 1975.

Western District B.O.I. Meetings

DECEMBER 10, 1973

Sis. Bozena Drozda presided. Additional District Slet plans received from Sis. Logsdon. — Each Unit urged to send in the Physical Fitness Test form so the ASO know the feeling on the same. — Approved, that Sis. Jolene Hamann be permitted to compete in the Women's Intermediate Division. — Letter to be sent the Omaha Public Schools clarifying that the Sokols are willing to aid the schools

in planning any of their gymnastic programing but credit must be given where it is due. — \$5.00 donation to the Council of Higher Education. — Bro. Benak noted the Floor-exercise music is for all divisions.

JANUARY 14, 1974

Letter from ASO indicating it will not award duplicate trophies for the Men's High Division. Approved, the District will purchase duplicate trophies on its own. — One dozen USGF Men's Judging guides will be purchased for use in the District. — Discussion ensued as to the decision of the ASO Merit Award Committee awarding 5 additional merit awards to applicants of the Central District as to 2 to each other District. — Sokolice Omaha will celebrate their 85th Anniversary, March 9th. — Quarterly reports: Sokol Cedar Rapids, 158; Sokolice Crete, 58; Sokol Omaha, 129; Sokolice Omaha, 156; Sokol So. Omaha, 427; Sokolice So. Omaha, 199; Sokol Wilson, 23. No reports from the other Units.

SOKOL APPRECIATION

At the January meeting of Sokolice Cedar Rapids Sis. Mana Zlatohlavek was surprised in being presented with a certificate of appreciation "for a lifetime of devotion and service to Sokol in all areas, both in gymnastics and in the Unit". Sis. Mana has been active in the Sokol since she arrived from Kolin, Bohemia, at the age of 7, along with her parents and sister, Vera. Her father, Frank Machovsky, was our long time instructor. Sis. Mana is beginning her 9th yr. as Secretary of the Unit, the longest that anyone has held that office consecutively. The certificate was artistically done by Sis. Marge Nejd, incorporating Mana's favorite emblem (the falcon), and beautifully lettered in red, blue, and gold.

Libbie Melsha

SOKOL DETROIT'S GYMNASTICAL

All of the hard work put into composing the numbers and teaching them to the gymnasts during the fall and winter season was evident in our Gymnastical held Feb. 3rd. All the calisthenics numbers were originals, composed and written by our various class instructors. Many hours were spent in making the costumes which made the program so colorful. One of our most dedicated gymnasts, Bro. Louis Teichman, taught and composed the Men's calisthenic number with fencing foils.

Well over 550 admissions were paid. A total of 146 gymnasts participated. All classes were represented with the exception of the Tots Class which performs at the Summer Exhibition only. Many fine comments were heard regarding the presentation of numbers. Bro. John Belavek and Sis. Mary Ann Kerr extend their appreciation to all the Class Leaders and Instructors for a job well done. The same to Sis. Lillian Jaroch for her piano accompaniment during the program.

Charles Bares

OUR 65th YEAR

With the end of 1973, Sokol Karel Havlicek Borovsky, Ennis, Texas, has completed its 65th year of existence. Organized in 1908, the Sokol in Ennis was the first Unit in Texas. Twenty-two charter members were instrumental in guiding it through its initial years. For four years meetings were held in the SPJST National Hall. In 1912 the first Sokol building was built. After only six months it was destroyed by fire. Another building was erected, and it too was gutted by flame in a short time. A 3rd building was built in 1917. Eventually it was torn down and a 4th Sokol Hall went up in 1936.

As ancestors of the original founders continued to carry out the Sokol ideas, we outgrew our "Sokolovna" and in 1971 our modern air-conditioned Sokol Gymnastic Center was constructed. We are most proud of our "Home", of which we are the sole owners.

Our 65th year has been among the most eventful and successful. And, the Sokol idea is stronger than ever as we boast a record number of 745 regular and associate members at the close of the last quarter.

Gymnastic registration was the highest ever in 1973. Our Instructors Staff is also the largest ever. Its assistance and dedication to progress is an inspiration. Even though we have many other facilities for our large membership in our Unit — gymnastics is second to none. Our membership is proud of its gymnasts and provides them full support.

Traveling fund activities in the past year were many as we prepared for the XIII. American Sokol Slet. Dinners, raffles and bake sales were scheduled. As a result of our efforts we were able to charter a bus and pay expenses for 42 gymnasts plus chaperones. A total of 52 gymnasts and members from our Unit attended the Slet.

Ninety-four gymnasts participated in the District Slet in Houston. Our staff did a tremendous job in preparing the gymnasts for these slets.

Czech Day at the State Fair of Texas is always one of our largest events, as our Unit sent 110 participants this year.

Prior to the District and National Slets, we presented two outstanding programs — one at the 2nd Anniversary of the opening of our building, and the other at the Ennis National Polka Festival. Following the Slets, we had another great event — our 65th Anniversary, the celebration being enjoyed by all. 1973 also saw the first full season of our Tyrs pool. Swimming classes were offered.

We have a very active Executive Board which handles many of the administrative details associated with the building and the Sokol organization. Our staff of officers is also very dedicated.

One of our proudest experiences as Sokols was our participation in the Texas Roundup. It was a grand experience and especially gratifying to see our youngsters devoting so much time to its success. Our participation was not limited to the juniors. But the seniors were right in there too!

In 1974 we begin another era, with many plans, we will host the District Slet 7, 8, and 9th of June.

Sylvia Laznovsky

SOKOL BELCAMP, MARYLAND

Sokol Belcamp held its Annual Meeting Sunday, Jan. 20th. Pres., Bro. Frank Novak presided with 25 members in attendance. In his Annual address to the members he thanked all for their splendid cooperation and support in the past year. He outlined two major tasks for the membership to work upon in the new Sokol Year of 1974.

"1. We have to concentrate today, more than ever before, and give our greatest and devoted attention to the young generation of the U.S. Let us teach them to love Sokol work — because only from these young men and women can we expect the birth of a new era — making a new landmark for our Sokol organization.

2. We, Sokols in the free democratic world, must use our influence as individuals, and as group, to bring about renovation of full personal freedom in Czechoslovakia. We have to make our American Government aware of the necessity of having free elections in Czechoslovakia under the supervision of the United Nations."

He concluded: "To be a good Sokol you must attend gym classes, seek a good education, be brave, face the truth, discipline yourself, love your country — and be a patriot. If all of us become better Sokols, we are going to become better Americans."

The Secretary had all the Sokol activities during the past year in print, and made announcements of events of the Units of the Southern Circuit during Spring, 1974.

The Treasurer presented a printed financial statement, showing a small loss during the past year.

Bro. Martin Lago reported on the BOI. Gym classes increased 300% compared to last year. Bro. Ron Anderson is the Director of Men; Sis. Rose Krajca, Director of Women; Bros. Thomas Hafer, Martin Lago, and Sis. Linda Abraham, Assistant Directors.

Good of the Order: It was proposed that a new room for equipment be prepared in the near future. — Bro. Thomas Dolina suggested the Unit hold a Bazaar and Exhibit of Czechoslovak art, glassware, etc., in the near future. This is to be the Unit's ethnic group contribution to the American Bicentennial. Bros. Vachek, Fejfar, Klatil, Hybner, Ulehla, Goetzl, Svoboda and Stein were appointed by Pres. Bro. Novak on the committee for this event.

Officers for 1974 installed were: Pres., Bro. Frank Novak; Vice-Pres., Bro. Thomas Dolina; Sec'y., Bro. J. Hesoun; Treasurer, Bro. V. Vrba; Educator, Bro. J. Werback; Auditors, Bros. F. Hladky, J. Vachek.

SOKOL BERWYN

At the Unit's Annual Meeting held, January 13th, the following members were honored, receiving Sokol Membership Pins: 50 yrs. — Bro. Fred Vydra, Sis. Mildred Hodoval; 40 yrs. — Sis. Mildred Peroutka; 25 yrs. — Sis. EllenJeanne Schnabl; 10 yrs. — Shrofe and Robert Nicklas, Jr.; 5 yrs. — Bro. Bud Theisen, Sisters Betsy Moulis, Vicky Swanson, Mary Drenth.

SOKOL - SOKOLICE ST. LOUIS ANNUAL MEETING

The weather man was kind to favor Sokol St. Louis with a nice sunny day for its 109th Anniversary meeting. Very little regular business was to be transacted, so this segment of the meeting was soon disposed of. The program opened with a pyramid number by the gymnasts. Then Bro. John Reiner was presented with a plaque for his 60 years of activity in Sokol. Brother Charles Novak was honored with a 50 yr. pin, having spent almost his whole life in the Sokol gymnasium. Bros. Frank Janosik and Frank Susek also received 50 yr. pins. Bro. William Shana was honored for his many years in Sokol; namely as Past President, in the Gymnasium, and most of all, in the Camp.

Receiving 25 yr. pins were: Bros. Robert Gerwitz, William Hlavac, William Matula, James Vaclavik and Fred Smid. Sisters of Sokolice and Vlasta receiving 50 yr. pins were: Frances Florian, Ann Krebec, Marie Koester, Emily Pehm, Marie Mazanec, Florence Kounovsky, Stella Novak, and Camille Shana. Sisters Marie Krobot, Rose Sitner and Agnes Garden were cited of being over 80 yrs. of age and being members in the Vlasta.

Bro. Bud Kalal presented a well prepared speech on organizing a Senior Citizens group which would include the Sokol, Sokolice Vlasta, J.C.D. and C.S.A. Bro. Charles Jerabek read the Board of Directors report as to repairs, improvements and plans for the future. With a few more words of comment, Pres., Bro. Ronnie Triska adjourned the meeting

FINANCIAL REPORT American Sokol Organization

February 1974

RECEIPTS:

Dues	\$ 1,157.50
Convention Fund	542.50
Special assessment	1,085.00
Jewelry, Plaques	91.00
Membership Kits, Postage	83.62
Slet Film Deposits	50.00
Refund, Donations	73.13
Miscellaneous	7.50

Total Receipts\$ 3,090.25

DISBURSEMENTS:

Administrative Department	
Salaries	\$388.47
F.I.C.A. & F.W.T. for January	89.60
Rental, Janitor Service & Cleaning Supplies, Phone	371.77
Service Contracts and Fees	137.00
Office Supplies	207.72
Postage	7.21
Office Furniture	97.05
General Office Repairs	37.61
Miscellaneous	9.93

\$ 1,346.36

Educational Department BOI

Salaries	\$208.82	
F.I.C.A. & F.W.T. for January	51.64	
Editor "Sokol Gymnast"	25.00	
Add'l. copies "Sokol Gymnast" ..	28.00	
Postage	11.72	
		325.18

Sokol Publication

Printing "American Sokol"	\$683.63	
Editor "American Sokol"	75.00	
		758.63

Miscellaneous

Uniform Division - Salaries, F.I.C.A., F.W.T., Phone, Office Equip. ..	\$415.67	
Slet Film	68.00	
Special Appropriations — Central District A.S.O.	795.00	
		1,278.67

Total Disbursements	\$ 3,708.84	
Balance brought forward:		
Western National Bank of Cicero —		
Checking Account	\$12,005.03	
Receipts — February 1974	3,090.25	
		15,095.28
Disbursements — February 1974	3,708.48	
		\$11,386.44

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**FUTURE SOKOL LEADERS FUND
February 1974**

Mr. Lillian Lindstrom & Mrs. Anna Zajicek in memory of Marie Dolejsi	\$ 25.00	
Western Fraternal Association	1,500.00	
		\$1,525.00

Donations are tax exempt.

**BRO. PETER J. DUSEK, JR.,
A GREAT SOKOL LEADER**

Bro. Jeter Dusek, Jr. was born and raised in Cleveland, Ohio, and is a member of Sokol Tyrs. Has many degrees in Health and Physical Education and has been teaching and coaching in public schools, colleges, clinics, gym clubs, YMCA, etc. Has served as Department Chairman, Faculty Manager, Athletic Director and Gymnastic Leader. Currently is in his 6th year of teaching at Cuyahoga Community College where he is coach of the Varsity Gym Team, now in its 3rd yr. of competition. He is a qualified judge of gymnastics on the approved list in the Big Ten Conference and has officiated at different conference meets around the country. During the past few years he has conducted several weekend gymnastic clinics for the Cleveland area Sokols (also attended by some of the Detroit Sokols).

Much of his early training was received at Sokol Tyrs. He attended 3 consecutive Sokol Courses. The first in 1948 at Sokol Camp, Sandy Bottom Lake, Detroit, Michigan, and the other two

held in Cleveland, 1949 and 1950. At Sokol Tyrs he served as Instructor of the Little Boys Class (5 yrs.), currently holding this position. In Sept. 1971, was elected Northeastern District Director of Men.

Bro. Dusek participated in numerous exhibitions and competitions throughout the U.S. and Canada, and competed in gymnastics on local and national level. Some of the people who influenced his career were: Bro. Edward Jirousek, now President of the Northeastern District; Joseph Kotys, of the Cleveland Swiss Turners, who was a member of the Olympic, World and Pan American teams representing the U.S.; through him Bro. Dusek received much gymnastic training for competition; and last, the members of his Sokol family, who because of their interest in his gymnastics, backed him in his efforts.

When time permits, enjoys swimming, fishing, hunting, and has interest in music, playing the trumpet. Enjoys travel. Future plans include traveling as much as possible, here and abroad, in an effort to broaden his background in gymnastics.

While on a European trip, witnessed the Spartakiada in Prague, Czechoslovakia, and the Gymnastriada in Vienna, Austria. At one point in his travels (April thru August, 1968) resided at Nippon Physical Education College in Tokyo, Japan, completing an independent study of gymnastics, concentrating on the areas of training, organizing, methods and techniques and spotting. This experience proved to be most informative and served to broaden his knowledge and coaching skill in physical education, especially in the field of gymnastics. He traveled to Munich, Germany to witness the Gymnastic competitions of the 1972 Olympic Games.

Bro. Dusek was married to his wife, Jean, in 1971 (a member of Sokol Nova Vlast and Jr. Girls Instructor). They presently reside in Brooklyn, a suburb of Cleveland.

He taught the ASO Course at North Central College, Naperville, Ill. in July of last year and that's where this article began, but since that time, with his wife, and others, traveled through Czechoslovakia and Central Europe.

Jackie Becker, Sokolice Detroit

**697 Million Yule Cards . . .
Not One for Her**

Since 1949 the United Nations International Children's Emergency Fund (UNICEF) has sold 697 million Christmas cards, but the artist who started it all has never received one. And although such big names as Pablo Picasso and Salvadore Dali have followed in her footsteps as designers of the UNICEF cards, Mrs. Jitka Samova Vajdova remains virtually unknown.

"People don't believe I got nothing out of it," said Mrs. Vajdova, a pert 32-year-old blond in Czechoslovakia, whose cheerful painting of children dancing around a may-pole was selected by UNICEF for its first card.

"I never received a single crown (cent) — not even a Christmas card. All I have to show for it is a photo-copy of my original painting and a

trip to Switzerland four years ago to attend the 25th anniversary celebrations of UNICEF," she said.

Mrs. Vajdova was a 7-year-old schoolgirl when she painted her picture on glass because there was no paper in her village. Children sent their paintings to UNICEF to thank the organization for providing milk to replace the loss caused by the Nazis slaughter of her village's dairy cattle.

UNICEF chose Mrs. Vajdova's design for its first card, which sold 4,000 copies. The organization now makes \$3 million a year from card sales. Funds are used to buy milk, medicine & textbooks for the underprivileged children of the world.

A typical Czech housewife and mother of two boys, Mrs. Vajdova works 7 hours a day on an assembly line in a ballpoint pen factory. She gave up painting long ago. "Who knows," she said, smiling "Maybe this year someone will send me a UNICEF Christmas card."

Her address: Komenskeho 28, Ceske Budejovice, Czechoslovakia.

Jennie Pazdernik, Sokolice, Detroit

General Suggestions Regarding Duties of Officers:

1. Perform all the duties of the office as outlined in the By-Laws.
2. Attend all meetings of the Unit. Then attend the meetings of the District if possible.
3. Make reports promptly, as required, and file them as part of the record of the Unit.
4. Answer correspondence promptly, and keep complete correspondence files.
5. Encourage chairmen and other workers to keep informed by reading the publications of the organization.
6. Transmit records, reports, and other materials promptly to succeeding officers, and in good order.
7. Keep books to pass on to succeeding officers.

ANY MEMBER WHO ACCEPTS AN OFFICE —

1. Recognizes the importance of cooperation in achieving Unit Goals.
2. Takes advantage of opportunities to learn about Sokol leadership.
3. Discovers and makes use of the special interests and abilities of his fellow members.
4. Delegates responsibility; supervises and gives assistance and encouragement whenever necessary.
5. Helps to establish good working relationship among the members and promotes cooperative relationship between Unit members and members of the gym classes.
6. Recognizes the importance of pooling ideas, and encourages full and free discussion before final decision are made.
7. Appreciates and respects the attitudes of other people and gives them credit where credit is due.

American Sokol Educational Committee

HELP OUR SOKOL GROW

Law Enforcement

"The ancient scholars said that 'Justice must be swift and certain.' These are not idle words," writes University of Miami law school dean Frederick D. Lewis. "The greatest single deterrent to crime is fear of apprehension and conviction. The more certain apprehension and conviction becomes the more effective will be our control over crime. Most criminals do that which they think they can get by with."

GAINING SELF-CONFIDENCE THROUGH PHYSICAL TRAINING

It is now generally assumed that success and achievement depend to a great deal upon our self-image. The image which is a true reflection of our physical status and the capabilities determined by it.

Let us follow the inroads to this assumption, and examine briefly the inter-relation of the self-image and physical training.

So, — at the time of national upheavals in the 18th century Europe — from the time of Guts Muth, the grandfather of German gymnastics up to the time of Per Ling, the founder of Swedish gymnastics, several other physical training systems had been founded. The singular objective of all these systems has been the development of a strong manhood to safeguard the national sovereignty.

For the next hundred years or more — during the period of vast educational reforms, a search to find the concomitant values of the physical training had been initiated. Dr. Miroslav Tyrs, was undoubtedly the fore-runner in this effort. Since the whole concept of his philosophy the Sokol Educational Program has been not only the development of the physical, but also the development of the moral and spiritual properties through his program.

And today? — The search is going on. The earlier belief of the concomitant body and mind development is gaining general acceptance, and in addition the development of the specific personality traits are being identified. The mainstay of which is the concept of "self-ideal" simply: what we think about ourselves, and how we see ourselves. The personality traits such as: self-discovery; self-realization; self-respect; self-image; all taken together begets "Self-confidence".

At this very point, the physical training plays an important role throughout our life, from the earliest childhood. Have we not all had a chance, to witness a baby's first steps, or youngster winning his race, or succeeding in his first "kip", and to see the glow of his emotional satisfaction on his face, when he could say: "I won"; "I mastered it".

Each such similar deed correlates very closely with the awareness of the ability to go on to further achievements, to progress to a higher rung on the ladder of the personality development.

A recognition of this "cause and effect" has led the educational authorities to recommend: that

SOKOL GYMNAST

March 1974

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

WHY SPORTS SKILLS?

Sports and other forms of recreation, once thought of largely as pleasant diversions, are recognized as an essential part of healthful living in the modern world.

This new attitude is a result of technological advances, which are shortening working hours and reducing the necessity for muscular effort at an accelerating pace. Thirty or forty years ago, few people could spare the time or energy for bowling, hiking or tennis.

Today, such activities offer a pleasant and practical means of occupying leisure time and getting the exercise our job no longer provides. Experts who are wondering how today's youngsters will cope with an automated world increasingly are turning to participation in sports as one of the most helpful answers.

Participation in sports does far more than fill otherwise empty hours, or maintain physical fitness. It also increases social contact and opportunities, and recently there has been growing recognition of the role it plays in education and emotional adjustment.

Dr. Will C. Menninger, the famed psychiatrist, has expressed the opinion that people find release in active play which contributes to their mental health. "Their satisfaction from these activities," he adds, "meets deep-seated psychological demands, quite beyond the superficial rationalization and enjoyment. By comparison with two generations ago, there is today a greater need for recreative play. People now have little opportunity to express their aggressive needs, to pioneer, or to explore."

Byron R. White, Associate Justice of the U.S. Supreme Court, believes participation in sports is an essential part of the preparation for adult life.

"Sports and other forms of vigorous physical activity," he has written, "provide educational experiences which cannot be duplicated in the classroom. They are an uncompromising laboratory in which we must think and act quickly and efficiently under pressure, and they force us to meet our own inadequacies face to face — and to do something about them — as nothing else does.

"In any athletic activity, we are thrown upon our resources to succeed or fail in the face of a strong and immediate challenge. Games resemble life in

capsule form, and the participant quickly learns that his performance depends upon the development of strength, stamina, self-discipline, and a sure and steady judgment."

The President's Council on Physical Fitness believes all boys and girls should develop skills in several sports at an early age. Most teachers and coaches believe the years from nine through 12 are the period when youngsters most readily imitate and grasp sports skills, and early success is the key to a lifetime of fun and fitness. Muscles have good memories, and people who learn to play a game in their youth find that their mastery and enjoyment of it quickly returns even after a layoff of several years.

Physical education programs offer the best means of teaching skills in a variety of sports.

Through the cooperative efforts of schools, civic organizations and interested citizens, our nation has developed an increasingly effective physical fitness program.

The development of physical fitness long has been a major objective of physical education. Today it is increasingly concerned with preparing and motivating students to keep themselves fit through life. Teaching sports skills, in a program which gives priority to development and conditioning activities, offers and effective means of achieving this goal.

Sokol Gymnasts!

- ATTEND YOUR CLASSES REGULARLY
- PARTICIPATE IN YOUR UNIT EXHIBITION
- ENGAGE IN YOUR DISTRICT'S COMPETITIONS

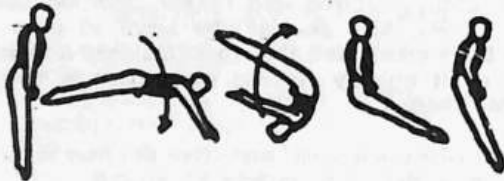
THE EASIER B MOVES PER F.I.G.

by Br. Paul E. Fina

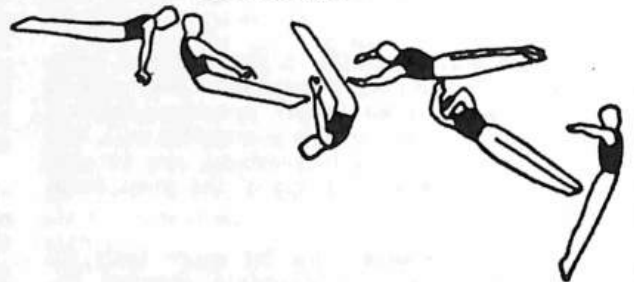
The International Gymnastics Federation (FIG) has rated practically every move in gymnastics. This must have been an enormous task with many discussions as to the merits and values of each trick or move. The categories for move evaluation are: (1) Moves of no value, (not contributing to the progress on an exercise, (2) A Moves (basic), (3) B Moves (requiring a degree of skill), and (4) C Moves (moves of greater difficulty). Though the moves have been rated, it should be mentioned that no move is an exact B or C. There are easier B's or say more difficult C's all within the B or C category. So the purpose of this article is to point some easier B's for the sake of teaching. All the moves illustrated are easier B's.

HORIZONTAL BAR

Forward hip circle without hands

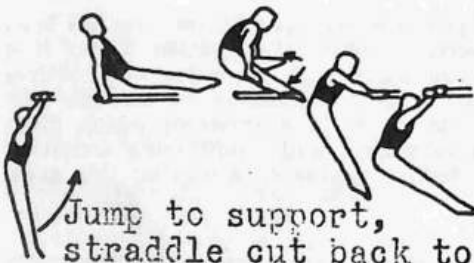


Underswing with a full twist dismount



PARALLEL BARS

Jump to support, straddle cut back to hang

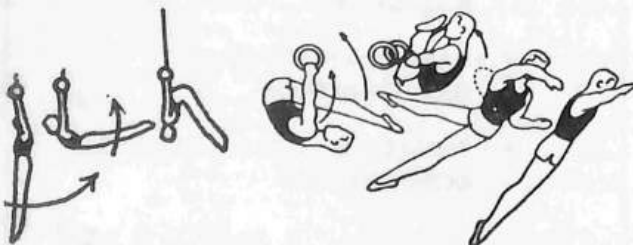


Back rise straddle to "L"

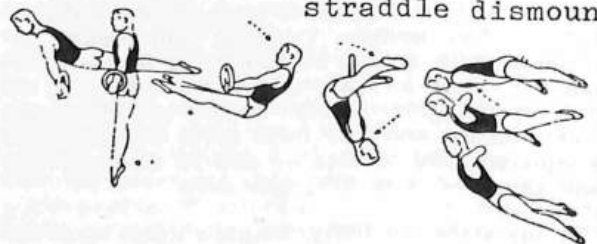


RINGS

Inlocate, forward straddle
1/2 twist dismount



Support: Roll backward to straddle dismount



THE SLET FOLLOW-THROUGH

Organize The "1,000 Point Club" In Your Gym

O. J. Kudrnovsky

(Continued from October)

THE SKILL ACHIEVEMENT TEST:

Purpose and list of exercises:

The skill achievement test aids in determining the present gymnastic ability of each class member, and his progress. In this test the exercise is either completed or not completed; judged without any reference to the form or execution.

The following exercises are listed to a large extent, according to their difficulty.

TERMINOLOGY NOTE:

Front: — A position in which the gymnast faces the apparatus.

Rear: — A position in which the rear side of the gymnast's body is toward an apparatus.

Fore: — Stands for the forward movement.

Back: — Stands for the backward movement.

Afore: — Indicates a placement of bodily parts ahead of hands, apparatus or the main body segment.

Aback: — Indicates a placement of bodily parts behind hands, apparatus or the main body segment.

Hang-stand position: — Is a combined hang in which the gymnast's body weight is born largely, by feet.

Hang-lying position: — is a combined hang in which the gymnast's body weight is held up largely, by hands.

Support-stand &

Lying support: — are combined supports in which the gymnast's body weight is held up largely, by hands and arms.

Straddle: — This term is used for the leg abduction sideway.

Riding: — The term indicates a fore-back abduction of legs.

A. Low Horizontal Bar.

Exercise:

Starting position:

1. Hang-squat stand: turn-over backward & forward via squat through 3. times.
2. Front hang-stand: hip-swing-up.
3. Right knee-hand-hang: Right knee-swing-up
4. Front support: back hip-circle
5. Riding seat right afore: Back knee-circle
6. The same as 5: but the circle forward
7. Close-seat support: 2 knee back circle
8. The same as 7: but circle forward
9. Kip position rearway: rear hip-swing-up to rear support
10. Front support: fore hip-circle

11. Front hang-stand: walk via squat-hang to hang-lying position afore and beat off & right knee-swing-up.
12. The same as 11, but rear hip-swing-up to rear support
13. The same as 11: but kip-up
14. The same as 11: but crotch-swing-up (Right)
15. Front hang-stand: from a jump start: kip-up
16. Frt Support: drop kip-up
17. Frt support: a) Flank-vault b) fore-vault
18. Frt support: a) Squat vault b) Straddle vault
19. Front hang-stand: bent-hip fore-swing kip-up (glide kip-up)
20. Frt support: free hip-circle-off to stand.

B. Low P-Bars:

Starting position:

1. At bars beginning: jump to support: fore-swing to stradle seat: transgrasp afore, swing-in and repeat straddle-seat; and end up the ex. with fore-vault
2. The same as 1. but: fore hand-travel, one hand at the time, to mid-bars: fore swing, back-swing & back vault
3. Straddle seat: fore roll to straddle seat
4. The same as 3.: but: back roll
5. Straddle seat: shoulder-stand
6. Mid-bars; side, frt-lying support: Flank-vault; Squat vault; Fore-vault; Straddle-vault.
7. The same as 6.

C. P-Bars, shoulder high

8. Under-arm support: fore-swing, back-swing, fore swing to kip pos. 3x
9. Under-arm support: fore-swing, back-swing, fore-swing & fore-rise to straddle seat
10. Under-arm support swing: kip to straddle seat
11. The same as 10.: but: back rise to support
12. The same as 10.: but: kip to support
13. The same as 10.: but: back-roll to straddle-seat
14. Shoulder-stand: back-roll to straddle seat
15. Under-arm support swing: back-roll to under-arm support
16. straddle seat: press-up bent-arm hand-stand
17. At bars beginning: from a jump start: kip-up
18. Swing in support: 2) 1-flank vault
19. Mid-bars: bent-hip fore-swing kip-up (glide kip-up)
20. Swing at bars end: hand-stand: turn-over to stand.

D. Side Horse

From a run 2/1-foot take off.

1. Flank-vault right & left.
2. Back-vault right & left.
3. Squat-vault.
4. Fore-vault right & left.
5. Straddle-vault.
6. Stoop-vault (Knees straight, hips bent)

7. Sheep vault. (Hips straight, knees bent)
8. Bent-arm, bent-hip hand-spring

E. Long Horse

9. From a run a single-foot take-off on left or right side: Fore-vault right & left.
10. From a run; 2/1-foot take-off: flank-vault left with ½ turn right; and the opposite side.
11. -20. From a run 2/1-foot take off
11. Jump to stand position on croup: fore-roll-off neck.
12. The same start as 11.; but: squat-vault off neck.
13. The same start as 11.: but: straddle-vault off neck.
14. The same start as 11: but bent-arm, bent-hip hand-spring off neck.
15. The same start as 11: but hand-spring of neck.
16. Giant straddle-vault.
17. Giant-squat-vault.
18. Giant fore-roll.
19. Giant stoop-vault.
20. Giant sheep-vault.

F. Tumbling

1. Fore-roll, series.
2. Back-roll, series.
3. Dive-roll.
4. Cartwheel right & left.
5. Head-stand.
6. Round-off.
7. Head-spring.
8. Neck-spring.
9. Hand-stand walk, 4 steps.
10. Bent-arm hand-spring
11. Straight-arm hand-spring.
12. Front flip.
13. Back flip.
14. Back hand-spring.
15. Back roll: back hand-spring.
16. Round-off: back hand-spring.
17. Back hand-spring, series.
18. Round-off: back flip.
19. Dive-roll: frt flip.
20. Hand-spring: head-spring: neckspring: dive-roll.

THE "BIG-HEARTED" ATHLETE

Athletes may have bigger hearts than other persons, but this is no indication that there is anything wrong, according to the Committee on the Medical Aspects of Sports of the American Medical Association. The American Medical Association Committee (formerly known as the Committee on Injury in Sports) pointed out that the heart, like any other muscle of the body, becomes larger as the result of physical activity. But this does not mean that it is damaged in any way by the exercise.

There is no evidence to show that exercise has ever damaged a healthy heart in a properly conditioned athlete. In fact, the athlete's heart will not only become larger but it will also become stronger, the Committee said. The myth of "athletic heart" has been exploded long ago, but the belief persists in some circles. Hearts are damaged by disease and not by participating in athletics, it was stated. The heart weakened by disease in some cases is ballooned-out, but this has no relationship to the large heart of an athlete, the walls of which, as a result of exercise, have been strengthened and built up in muscular bulk. The functioning of every heart presents an individual problem, and thus heart disease is also a highly individual matter.

Coaches and leaders of athletics and recreational sports should watch for the following signs and encourage to report such symptoms themselves: (a) breathlessness, rapid pounding heart, or extreme weakness or shadiness that lasts for more than ten minutes after exercise; (b) broken sleep or unusual restlessness during the night following strenuous exercise; or (c) a definite sense of fatigue that holds over through the next day. When such signs or symptoms are reported by the player or observed by the coach or leader, referral to a physician for careful examination is in order.

UNIFORM DIVISION American Sokol Organization

Effective March 1, 1974, the price of the ROYAL BLUE SLEEVELESS NYLON LEOTARDS — JGA, will be \$5.00.

LAMPWICK HANDGUARDS have also been increased to \$2.20.

We will keep you informed of any changes.

Helpful Hints —

If you have a Zig Zag sewing attachment on your sewing machine, sew through the WHITE STRIPE of BELT on Junior Boys' shorts, Women's and Men's shorts. This will keep the elastic in the belt from twisting and curling. Try it!

every child shall receive early training in physical well-known educational authority: "A child's self-education. Here with, according to Dr. Brower, an image and his social interaction with others depend to a large extent on, how he sees himself, his body, and what he can do with it. Through increasing individual's range of movement, his control over his body in performance, and his confidence and interest in attempting new activities, he will perhaps see himself, and others in his environment in a different light. Furthermore, through good programs in elementary physical education, children formerly known as slow learners have shown vast improvements in learning ability."

Likewise, Dr. Hartley Price, the former director of the physical training program of the Naval Pre-Flight School, recognized a whole personality metamorphosis of the cadets participating in the program. The principal cause of this noticeable personality change was due to the bulk increase of those biceps and pectorals.

Here below, are a few more acknowledgements of the personality development attributed, to physical training:

"Our body-image is very important to our self-esteem — it makes us feel more competent and confident in dealing with other people."

"People who are above average in their physical make-up, are also more assertive than the individuals with the average or below average physical make-up."

"As a rule, we treat physically strong people differently than the weak ones."

"People who have a negative body-image usually have a low self-esteem."

In summing up, let us drive some of these findings to our home ground.

Have we ever stopped to think:

How many thousands, even millions of men, women and our Sokol youth (including you and me) benefited from the participation in the Sokol Educational Program since its founding one hundred and twelve years ago.

How we carry over personality traits such as, perseverance; the ability to meet the challenge; success-image and never ending urge for self-improvement, from our gymnasium to our every day life, and how all of these in total aspect are being assimilated into faith in ourselves, to go on to our new horizons and to our more meaningful and fuller existence?

And, if all this being so — why not as parents, should we not open wide, the gates of our Sokol gymnasiums to all our children, to give them an early start and a longer exposure to experience that will substantiate the flowering of their personality?

* * *

"Creating of moral and physical values is something sustained from birth to our death. As we build it today, tomorrow and day after tomorrow: it will act, react and express itself, throughout our entire life."

(An excerpt from: The Sokol Slet — The Harvest Time. Souvenir Book, XIII. ASO Slet)

O. J. Kudrnovsky

SOKOL SAN FRANCISCO

Our Sokol San Francisco Unit was founded in 1904 and has always been dedicated to physical, mental, cultural, and democratic education; not only of its members, but all Czechoslovak patriots in the San Francisco Bay Area.

Since its foundation, Sokol San Francisco represented the democratic and free Czechoslovakia to the American people.

Our Unit is still alive, and where there is life, there is action, movement and constant change. We want to work better for our Sokol Organization and for American Democracy, therefore we call all our members to action!

Sokol San Francisco News-Letter

Společnému veřejnému cvičení clevelandských Sokolů

Veřejné společné zimní cvičení všech tří clevelandských jednot: Sokola Cleveland-Čech-Havlíček, Sokola Tyrš a Sokola Nová Vlast — pořádané v neděli 3. února odpoledne v nové tělocvičně Cleveland State University bylo skvělou přehlídkou sokolské vyspělosti, ale také pozoruhodného zájmu. Vystoupení 400 cvičenců totiž přihlíželo více než 1,500 diváků! Je to důkaz projevu zasloužilého uznání sokolským činovníkům i cvičencům naší krajiny, ale také zvědavosti mladých Američanů, kterých jsme našli tolik v publiku. Milým překvapením byla též velká účast dětí.

Před zahájením cvičení vyhrávala sokolské pochody koncertní hudba Sokola Tyrš pod taktovkou Elmera Bielera, která byla odměněna potleskem obecnosti za pěkný přednes i během cvičení.

Sokolským pracovníkům i všem cvičencům srdečně gratulujeme k zasloužilému úspěchu a do další činnosti přejeme hodně zdaru!

Nový Svět

BRATR FRANTIŠEK PŘÍHODA OSMDESÁTNÍKEM

Náš bratr František Příhoda 23. ledna 1974 dožil se 80ti let jeho plodného života, který většinou věnoval Sokolstvu a sokolské myšlence. Od jeho pěti let stáří, kdy vstoupil v Praze do tělocvičny až do dnešní doby, kdy i přes jeho stáří cvičí naše ženy druhé třídy a je členem cvičitelského sboru. Br. Příhoda, bývalý mezinárodní závodník a šampion Amerického Sokolstva, sloužil jako náš stálý cvičitel plných 38 roků, déle nežli každý předešlý cvičitel v dlouhé historii Sokola St. Louis, Mo. Přijel k nám do St. Louisu v roce 1936, by sloužil co náš cvičitel pouze na jeden rok a je mezi námi ještě dnes. Co náš cvičitel vychoval sta a sta sokolské mládeže v náuce Tyršově a ještě dnes když potká někoho z jeho bývalých žáků a žákyň, co dospělé muže a ženy oni radostně ho zdraví "Hi Teach!" Oni v něm stále vidí svého mládí. Jeho největší oporou je jeho milující manželka Mařenka, věrná a nadšená to sokolice, s kterou žije ve šťastném manželství plných dvacet roků a která ho podporuje v každé jeho snaze. Máme si stále vážit těch, kteří si toho zaslouží za

živa a ne až po smrti, když už je snad pozdě a mezi nimi můžeme řaditi i našeho Františka. Oceňujme si ho, pokud je mezi námi a bud' me hrdí toho vědomí, že nám bylo dopřáno žít po tak dlouhá léta ve společnosti s tak velkým sokolem a drahým našim bratrem, jakým je on. My, kteří tak činíme, milujeme tě bratře Franto, a přejeme sobě, aby jsi nám ještě dlouhá léta byl zachován.

John Reiner

KDO JEST JAN TOMEŠ?

Nadšený Sokol, bývalý cvičitel a vychovatel Sokola Slávského.

Dle vypravování sestry Marie Kottové, dlouholeté a zasloužilé členkyně Sokola Slávského.

Bylo to po válce na Balkáně — kdy opět válečné mraky se stahovaly v předzvesti nové válečné bouře — v době kdy Woodrow Wilson, tvůrce 14ti mírových bodů, mezi nimiž bod o sebe-určení národů osamostatnil Československo, vstoupil v úřad 27ho presidenta Spojených států amerických. — Bylo to po slavném návratu americké sokolské výpravy ze VI. Vsesokolského Sletu v Praze, kdy bratr Jan Tomeš přistál k břehům Spojených států.

Bratr Jan Tomeš, ihned po jeho příjezdu do Chicaga, vstoupil do Sokola Slávského, kde později stal se cvičitelem Sokolic a Sokolů Slávských, v siní CSPS ve staré Plzni.

Věren zásadám Tyrše a Fuegnera, Jan dal přednost šíření sokolského učení oproti jeho velmi výnosného zaměstnání. A tak, zasvětil své životní poslání výchově zdravého, zdatného a vpravdě dokonalého člověka; zajištění lepší budoucnosti příštího pokolení.

Bratr Jan Tomeš, vždy a všude hájil dobré jméno Sokola Slávského. Sokolské jednoty od těch nejskromnějších začátků až do toho největšího rozkvětu — vzestupu, z několika desítek členů tisícič se v pronajaté síni do vyše 900 členů a milionové budovy Sokola Slávského, hrdě se vypínající v tom snad nejpříhodnějším sokolském prostředí.

Po celou jeho působnost cvičitel bratr Tomeš byl zářivým vzorem a tak velmi prospěšně ovlivňoval život všech svých svěřenců. Na poli tvůrčí činnosti dobyl si vůdčího místa: Jeho 50tka na oslavu 50ti letého výročí jednoty; jeho kůžele, obruče a jiné originální skladby krásnily po dobu jeho cvičitelské činnosti, veřejná cvičení Slávských, Župní Slety, Slety AOS, i Slet ČOS v Praze.

Dnes bratr Jan Tomeš, nadšený Sokol, dožívá se 83 let svého plodného života. Ironií osudu, není mu dopřáno dožítí všech svých let v té tělesné dokonalosti, k jejíž dosažení u všech svých svěřenců, své nejlepší životní úsilí věnoval. A snad jen ta sokolsky vypěstovaná houževnatost dovoluje mu dnes, po jeho tragickém postihu, snášeti důsledky amputačního zákroku.

A tak, milý bratře Tomeš — necht' ozařuje Tě i nadále i v Tvém stáří idea sokolská, které jsi vždy tak věrně sloužil a to Sokolství, co jsi snad v životě měl nejraději.

Tato malá vzpomínka a stisk ruky jest vděk všech Tvých bývalých svěřenců Sokola Slávského i všech těch bratrů a sester amerického Sokolstva z blízka i z dálí. A tomu naše sokolské Zdar!

ŽIVÝ POMNÍK NÁRODA

Svobodná Obec a Organizace československých spolků ve Velkém Chicagu, ve které je zastoupena i Americká Obec Sokolská a Československé Spolky v Americe, uspořádaly v sobotu odpoledne 26. ledna t.r. společný autobusový zájezd na chicagskou universitu k prohlídce československé části univerzitní knihovny za odborného vedení a výkladu jejího knihovníka dr. Václava Lašky a dr. Zdenka Hrubana.

Zúčastnila se ho pěkná skupina milovníků české knihy a nikdo z přítomných své účasti nelitoval, ba naopak, litovalo se, že prohlídka pro nedostatek času nemohla trvati déle. Prohlídka za odborného výkladu byla jedinečná svého druhu a srdce návštěvníků nepřestávalo plesat nad všemi těmi historickými písemnostmi, doklady naší větve v Americe, které jsou tam uloženy vedle skvostů naší literatury z doby prastaré, staré, novější i dnešní. Vše je tam krásně odborně srovnáno a seřazeno a slouží svému poslání.

Děk dr. Laškovi, se výpravě dostalo povolení shlédnout i historický archiv, do kterého né každému je vstup dovolen. Archiv je umístěn v přízemí knihovny a jsou v něm uloženy ty nejstarší předražené knihy a cenné historické písemnosti, které jsou pěkně srovnány ve zvláště k tomu vyrobených krabicích, uskladněných pod kontrolovanou vzduchovou teplotou, aby papír tiskovin tak rychle nepodléhal zubu času. Tam jsou uloženy i věci od prof. Lad. Klácela a Františka B. Zdrůbka, zakladatele Svobodné Obce a Českého národního hřbitova a tam se rodí již i archiv celého našeho Sokolstva. Česká a slovenská literatura je umístěna ve čtvrtém poschodí knihovny, je ve vzácném pořádku a návštěvník tam snadno a rychle najde svou věc, kterou hledá.

V tom, co výprava mohla za tak krátký čas své prohlídky shlédnout, je skrytý velký kus životní práce, trpělivosti, houževnatosti, lásky i něhy, jak dr. Václava Lašky, tak i dr. Zdenka Hrubana, kteří, jak dobře víme, chodí po našich krajanech a prosí o staré knihy a časopisy, mezi kterými néjednou najdou i nějaký zapomenutý písemný skvost, který pak rádně ošetří a zařadí mezi ostatní, né k úschově neb k odpočinku, ale k tomu, aby sloužil tomu, k čemu byl opravdu určen. Tak zde tito dva vzácní vlastenci pilně a trpělivě řadí do řadu knížku za knížkou a spis za spisem až z toho vyrostl hotový živý pomník národa českého, za který jim celý národ doma i za hranicemi musí být vděčen,

Obracíme se znovu na naše krajany s prosbou: neničte staré knihy a časopisy! Snad se může stát, že odhodíte do uličky knihu, neb časopis, který v knihovně ještě chybí a za co vám knihovna a všichni ti, kteří přijdou po nás budou vděční. Domníváte-li se, že máte nějakou takovou vzácnost, prosíme, zavolejte neb napište na adresu:

Dr. Vaclav Laška,
Bibliographer, Slavonic Studies,
Regenstein Library
110 E. 57th Str.
Chicago, Ill. 60637

Karel M. Prchal
Vlasta Matelová

Directory of the American Sokol Organization

EXECUTIVE BOARD ASO.:

Meetings fourth Tuesday, 6426 W. Cermak Road, Berwyn, Ill. 60402. President: Stanley Barcal, 2437 Harvey Ave., Berwyn, Ill. 60402. Secretary: June Pros, 1606 East Ave., Berwyn, Ill. 60402. Financial Secretary: Agnes Sotka, 1516 Cuyler Ave., Berwyn, Ill. 60402. Kindly make all checks and Money Orders payable to the AMERICAN SOKOL ORGANIZATION, 6426 W. Cermak Road, Berwyn, Ill. 60402.

BOARD OF INSTRUCTORS ASO.:

Combined meetings every 3rd month at Sokol office, 6426 West Cermak Road, Berwyn, Ill. 60402.

Director of Men: Edward Linhart, 1820 Ridgeland Ave., Berwyn, Ill. 60402.

Ass't. Director: Richard Ptacek, 4330 S. Clinton Ave., Berwyn, Ill. 60402.

Secretary: Paul Lebloch, 512 Redondo Dr. Unit 107, Downers Grove, IL 60515.

Director of Women: EllenJeanne Schnabl, 2503 Harvey Ave., Berwyn, Ill. 60402.

Ass't. Director: Mildred Zeman, 224 N. Warwick, Westmont, IL 60559.

Secretary: Lorraine Zdenek, 9709 So. Mason, Oak Lawn, Ill. 60453.

BY-LAWS COMMITTEE:

Address all mail to American Sokol Organization, 6426 W. Cermak Road, Berwyn, Illinois 60402.

PUBLIC RELATIONS COMMITTEE:

Chairman: Anna Basta, 2629 Maple Ave., Brookfield, Ill. 60513.

ORGANIZATION CHAIRMAN: Emilie Ruzicka, 50 NE 131st St., No. Miami, FL 33161.

MEMBERSHIP CHAIRMAN: Rudolph Svoboda, 2343 S. 14th Ave., No. Riverside, Ill. 60546.

EASTERN DISTRICT, NEW YORK, N. Y.

Headquarters Sokol Hall, 420 East 71st St., N. Y. C., N. Y. 10021. Meetings 3rd Monday, alternating between Little Ferry, Fugner. President: Charles Zraly. Secretary: Blanche Zraly, both 29 Holland Court, Valley Stream, N.Y. 11580. Director of Men: Frank Capek, 39 Barnes Dr., Ridgefield Park, N.J. 07660. Director of Women: Norma Zabka, 6600 Boulevard East, West New York, N.J. 07093. Public Relations: Ed Stetka, 318 Upper Landing Rd. Baltimore, MD 21221. Organization: Emilie Ruzicka, 50 NE 131st St., N. Miami, FL 33161.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Cleveland Cech-Havlicek Hall, 20110 Harvard Av., Warrensville Hts., OH 44122. President: Edwin Jirousek, 16214 Maplewood Ct., Maple Hts. OH 14137. Sec'y: Olga Nemecek, 11412 St. Mark Ave., Cleveland, OH 44111. Director of Men: Peter Dusek, 4095 Apple Creek Drive, Cleveland, OH 44144. Director of Women: Georgia Jencik, 16684 Libby Rd., Maple Hts., OH 44137. Educational Director: Emil Pekar, 6801 Glenella Dr., Seven Hills, OH 44131. Public Relations: Elsie Khol, 13212 Maple-row, Cleveland, OH 44105. Organization Chairman: Gladys Jirousek, 18424 Chargin Blvd., Shaker Hts., OH 44122.

CENTRAL DISTRICT, CHICAGO, ILLINOIS

Meetings 4th Wednesday, Sokol Berwyn, 6445 W. 27th Place, Berwyn, IL 60402. — President: Joseph F. Drnc. 5715 West 23rd Street, Cicero, Illinois 60650. Secretary: Mildred Pavek, 2720 Highland Ave., Berwyn, IL 60402. Director of Men: Paul Lebloch, 512 Redondo Dr Unit 107, Downers Grove IL 60515. Director of Women: Carolee Michalek, 4342 Wisconsin Ave., Stickney IL 60402. Educational Director: Ernest Pir-

ka, 1248 W. Addison St., Chicago, IL 60613. Public Relations: June Pros, 1606 East Ave., Berwyn, IL 60402.

WESTERN DISTRICT, OMAHA, NEBRASKA

Meetings 2nd Monday, Sokol Auditorium, 2234 So. 13th Street, Omaha, Nebr. 68108. — President: Edward Pavoucek, 2306 Jefferson, Bellevue, Nebr. 68005. Secretary: Phyllis Jirka, 6514 So. 45th Street, Omaha, Nebr. 68117. Director of Men: Raymond Lastovica, 109 E. 16th Ave., Bellevue, NE 68005. — Director of Women: Bozena Drozda, 2627 No. 102nd Ave., Omaha, NE 68134. Educational Director: Robert Bastyr, 930 Chippwa, St. Paul, MN 55118. Organization: Phil Cahoy, 5822 S. 17th, Omaha, NE 68107.

SOUTHERN DISTRICT, DALLAS, TEXAS

Meetings either at Dallas, Ennis, or Ft. Worth. — President: George Prevratil, 11212 Yorkmont, Dallas, Texas 75218. Secretary: Vlasta Laznovsky, 5514 Gregg St., Dallas, Tex. 75235. Director of Men: Larry Laznovsky, Route 1, Ennis, Texas 75119. Director of Women: Sylvia Laznovsky, Route 1, Ennis, TX 75119. Educational Director: Oldrich Parma, 6418 Maple Ave., Dallas, TX 75235. Public Relations: Jerry Milan, 6208 Lakeside Dr., Ft. Worth, TX 76135.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Meetings every 2nd month, in Sokol Hall, 500 No. Western Ave., Los Angeles, CA 90004. President: V. Salak, 518 N. Niagara St., Burbank, CA 91505. Secretary: Louise Kis, 10740 Rhodesia Ave., Sunland, CA 91040. Director of Men: Luba Hintnaus, 1321 — 21st St., Manhattan Beach, CA 90267. Director of Women: Mary Frances Meier, 1216 Balboa, Burlingame, CA 94010. Educational Director and Organizer: George Spanek, 1364 Drake Ave., Burlingame, CA 94010.

Directory of Units

EASTERN DISTRICT, NEW YORK, N. Y.

Sokol Baltimore, Maryland. — Meeting 2nd Sun. of the month, no meeting in July and August, American Sokol Center, 2931 E. Madison St., Baltimore MD 21205. President: Henry Vrzalik, 201 Lyndale Ave., Baltimore, MD 21236. Sec'y.: Marie Pokorny, 9812 Gun-

forge Rd., Perry Hall, MD 21128. Financial Sec'y.: Edward Stetka, 318 Upperlanding Rd., Baltimore, MD 21221. Director of Men: John Cervin, Jr., 2811 E. Monument St., Baltimore, MD 21205. Director of Women: Lelani Sain, Box 57, Fork, MD 21051. Educational Dir.: Irene Vincent, 6623 Bonnie Ridge Dr., Pikesville, MD 21210.

Sokol Belcamp, Md. — Meetings 1st Wednesday, Belcamp Community Center, Belcamp, Md. 21017. President: Frank G. Novak, P. O. Box 65, Belcamp, MD 21017. Secretary: James Hesoun, PO Box 44, Belcamp, MD 21017. — Financial Secretary: Valentine Vrba, P.O. Box 52, Belcamp, MD 21017. Director of Men: Ronald Anderson 1760 Meadwood Ct., Edgewood,

MD 21040. Director of Women: Rosemary Krajca, Long Bar Harbor, Abingdon, MD 21009. Educational Director: John Werback, Belcamp, MD 21017. Organization: James Hesoun, P.O.Box 44, Belcamp, MD 21017.

Sokol Curtis Bay, Md. — Meetings: 3rd Wednesday, 1605 Ceddox Street, Baltimore, MD 21226. — President: James F. Zaruba, 4705 Virginia Ave., Baltimore, Maryland 21225. Secretary: Frank Zamostny, 216 Werner Rd., Baltimore, MD 21226. Financial Secretary: Frances Simon, 3549—3rd Street, Baltimore, MD 21225.

Sokol Fuegner, L.I.C., N. Y. Meetings 4th Tuesday, Bohemian Hall, 29-19 24th Ave., L. I. City, N. Y. 11105. President: Charles Zraly, 29 Holland Court, Valley Stream, L. I. C., N. Y. 11580. Secretary: Bertha Hochner, 45-35 Utopia Pkwy., Flushing, N. Y. 11358. Financial Secretary: Jane Cerny, 23-71 37th Street, Astoria, N. Y. 11105. Director of Men: Richard Kotmel, 43-25 160th St., Flushing, N. Y. 11358. Director of Women: Virginia Belsan, 41-35 49th St., Sunnyside, N. Y. 11104.

Sokol Little Ferry, New Jersey. — Meetings: 2nd Monday, Sokol Hall, 14 Garden Street, Little Ferry, New Jersey 07643. President: Richard Novotny, 43 E. Joseph St., Moonachie, NJ 07074. Secretary: John F. Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. Financial Sec'y.: Jerry Komarek, 101 Mehrhof Rd., Little Ferry, NJ 07643. Director of Men: George Janakis, 15 Beech Street, Little Ferry, NJ 07643. Organization: Richard Novotny, 43 E. Joseph St., Moonachie, NJ 07074. Educational Director: John Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. Public Relations: John Donovan.

Sokolice Little Ferry, New Jersey. — Meetings 4th Wednesday, Sokol Hall, Main and Garden Streets, Little Ferry, N. J. 07643. President: Helen Schroeder, 41 Prospect Ave., Little Ferry, N.J. 07643. Secretary: Rosalind Farquhar, 50 Columbus Ave., Little Ferry, N.J. 07643. Financial Secretary: Elsie Machotka, 26 Center St., Little Ferry, N.J. 07643. Director of Women: Audrey Benda, 34 Brandt Street, Little Ferry, N.J. 07643.

Sokol Miami, Florida. — Meetings 4th Mon. 150th & No. Miami Ave., Biscayne Gardens Civic Center, No. Miami, Fla. 33161. President: Frank Ruzicka, 50 N.E.

131st St., No. Miami, FL 33161. Secretary: Emilie Ruzicka, 50 N.E. 131st St., No. Miami, FL 33161. Financial Secretary: Annette Sloboda, 2607 Roosevelt St., Hollywood, FL 33020. Please forward all mail to Secretary.

Sokol Newark, New Jersey. — Meetings 3rd Saturday at homes of members. President: Frank Bartell, 646 E. Pt. Pleasant Ave., Ocean Gate, N. J. 08740. Secretary: Barbara Kotlan, 54 Cleremont Ave., Irvington, N. J. 07111. Financial Secretary: Anna Votapek, 664 Valley St., Orange, N. J. 07050.

Sokol New York, N. Y. — Meetings 4th Thursday, Sokol Hall, 420-424 East 71st Street, New York, NY 10021. President: John Babinec, 98-40 64th Ave., Forest Hills, NY 11374. Secretary: Dorothy Hudecek, 34-19 33rd St. Astoria, New York, 11106. Financial Secretary: Marie V. Lier, 65-42 — 48th Avenue, Woodside, N.Y. 11377. Director of Men: Stanley Mergl, 1278 — 1st Avenue, New York City, N. Y. 10021. Director of Women: Pat Koval, 33-25 — 92nd St., Jackson Heights, N. Y. 11372. Educational Director: Marie Provaznik, 2564 35th St., Astoria, NY 11103.

Sokol Philadelphia, Pa. — Meetings 1st Friday, — Slovak Hall, 1150-54 N. 4th St., Philadelphia, Pa. 19123. President: Josephine Tunkl, 5836 Akron St., Philadelphia, Pa. 19141. — Secretary: George B. Novak, 2003 E. Elkhart St., Philadelphia, Pa. 19134. Financial Secretary: Elsie Novak, 2003 E. Elkhart Street, Philadelphia, PA 19134. Educat. Director: George B. Novak.

Sokol Schenectady, New York. — Meetings 1st Wednesday, Czech-American Sokol Hall, 1309 Fifth Ave., Schenectady, N. Y. 12303. President: Fred Guthan, 2351 Consaul Rd., Schenectady, N. Y. 12304. Secretary: Antonia Guthan, 2351 Consaul Road, Schenectady, N. Y. 12304. Financial Secretary for Women: Julia Kverek, 1541 Altamont Avenue, Schenectady, N. Y. 12303. Financial Secretary for Men: Alice Matura, 1 Larkin St., Scotia, N. Y. 12302. Director of Men: Frank Prokop, 1005 — 6th Street, Carmen, Schenectady, N. Y. 12303. Director of Women: Caroline Jordan, 1302 — 2nd Ave., Schenectady, N. Y. 12303. Educational Director: Frank Prokop. — Organization: Henry Novotny, 1238 4th Ave., Schenectady, NY 12303. Public Relations: Louis Matousek, 1010 Lakeview, Schenectady, NY 12303.

Sokol Washington, D. C. — Meetings 1st Friday, Barton House, 2225 Barton St. and 10th Street. N. Arlington, Virginia. President: Matthew Neuman, 2071 Park Road N.W., Washington, D. C. 20010. Secretary: Jerry Friedrich, 13421 Bartlett Street, Rockville, Md. 20853. Financial Secretary: Gerta Manhal, 3636 16th St. N.W., Washington, D. C. 20010. Director of Men: Frank Stovicek, 2059 Park Road N.W., Washington, D. C. 20010. Director of Women: Margaret Sue Dillon, 4514 Connecticut Ave. N.W., Washington, DC 20008. Educational Director: Vavro Rysavy, 6061 Munson Hill Rd., Falls Church, Va. 22044.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Sokol Cleveland Cech-Havlicek, Cleveland, Ohio. — Meetings 1st Sunday, Sokol Cleveland Cech-Havlicek Hall, 20110 Harvard Av., Warrensville Heights, Ohio 44122. — President: Frank Kavan, 4800 Westburne Rd., Lyndhurst, OH 44124. Secretary: Wilma Sevcik, 4102 Fulton Dr. Apt. G33 Cleveland, OH 44144. Fin. Sec'y.: Bertha Cihula, 31713 White Rd., Willoughby Hills, OH 44092. Dir. of Men: Richard Rejna, 17020 Libby Rd., Cleveland, OH 44137. Director of Women: Ann Skoda, 1541 East 191st, Apt. 549, Euclid, OH 44119.

Sokol Detroit, Mich. — Meetings 1st Thursday, Sokol Cultural Center, 23600 West Warren, Dearborn Heights, MI 48127. President: George Eisenstein, Forest Lane Apts., 535-D1, 6200 N. Wayne Rd., Westland, MI 48185. Secretary: Henry Seidel, 10001 Pierson, Detroit, MI 48228. Financial Secretary: Joseph Wimmer, 241 S. Franklin, Dearborn MI 48124. Dues Secretary: Henry Vrbensky, 24232 Audrey, Warren, MI 48091. Director of Men: John Belavek, 52861 Brenton Dr., Rochester, MI 48063. Educational Dir.: Charles Novacek, 22295 Maplewood Drive, Southfield, MI 48075. Organizational Chairman: Peter Vlcko, 773 Farmhan, Lincoln Pk., MI 48146.

Sokolice Detroit, Mich. — Meetings 1st Thursday, Sokol Cultural Center, 23600 West Warren, Dearborn Heights, Mich. 48127. President: Jarmila Zboril, 10319 So. Morrow Circle, Dearborn, MI 48126. Secretary: Ellen Kostoff, 6629 Rockland, Dearborn Heights, MI 48127. Financial Secretary: Josephine Kopecky, 15154 Susanna, Livonia, MI 48154. Dir. of Women: Mary Anne Kerr, 940 S. Gully Rd., Dearborn Hts., MI 481225. Educational Director: Vera Cohen,

3085 Bloomfield Shores Dr., Orchard Lake, MI 48033.

Sokol Moravan, Toledo, Ohio. — Meetings 2nd Sunday. Playdium Hall, 1958 Front St., Toledo, OH 43605. President: Fred Bartos, 3444 St. Bernard St., Toledo, OH 43606. Secretary: Elizabeth Penovich, 2130 Nevada, Toledo, OH 43605. Financial Secretary: Don Saleta, 1809 Rivard Rd., Toledo, OH 43615.

Sokol Nova Vlast, Cleveland, O. — Meetings 2nd Sunday, Czech Hall, 4314 Clark Avenue, Cleveland, O. 44109. President: James Kocian, 12204 Longmead Ave., Cleveland, OH 44135. Secretary: Mildred Kolar, 3527 W. 97th St., Cleveland, O. 44102. Financial Secretary: June Brada, 4425 Streetsboro Rd., Richfield, Ohio 44286. Director of Men: Don Kotlan, 3405 W. 41st St., Cleveland, OH 44109. Director of Women: Doris Bachna, 2112 West 103rd St. Cleveland, OH 44102. Educational Director: Emil Pekar, 6801 Glenela Dr., Seven Hills, OH 44131. Organizational Chairman: Gene Koerber, 8416 Kenton Ave. Parma, OH 44129.

Sokol Rip, Pittsburgh, Pa. — Meetings, 1st or 2nd Friday every other month at Ruzomberka Restaurant, Grant Ave., Pittsburgh, PA 15209. President: Joseph A. Ciz 8140 Remington Drive, Pittsburgh, PA 15237. Sec'y.: Charles W. Bastl, 8234 Elaine Dr., Pittsburgh, Pa. 15237. Financial Sec'y.: James Leder, 133 Mason Dr., Glenshaw, PA 15116.

Sokol Tyrns Cleveland, Ohio. — Meeting every other month, Board of Directors, 2nd Thursday each month, 20110 Harvard Ave., Warrensville Hts., OH 44122. Pres.: Richard Franks, 2576 S. Taylor Rd., Cleveland Hts. OH 44118. Secretary: Sally Stepnicka, 750 Northfield Rd. Bedford, OH 44146. Fin. Secretary: Lada Voris, 4250 Bexley Blvd., S. Euclid, OH 44121. Director of Men: Dennis Jirousek, 18424 Chagrin Blvd., Shaker Hts., OH 44122. Director of Women: Norma Eckhoff, 9304 Garfield Blvd., Cleveland, OH 44125. Public Relations: Joseph Kocab, Jr. 4501 Cullen Dr., Cleveland, OH 44105.

CENTRAL DISTRICT, CHICAGO, ILLINOIS

Sokol Americky, Chicago, Ill. — Meetings, semi-annual at Old Prague Restaurant. President: Rose Spale, 317 N. River Dr., Al-

gonquin, IL 60102. Secretary: Hilda Jelinek, 119 E. Lake St., Barrington, IL 60010. Financial Secretary: Mary Doubek, 1536 West 18th Street, Chicago, Ill. 60608.

Sokol Berwyn, Illinois. — Meetings 2nd Thursday, Sokol Berwyn, 6445 W. 27th Place, Berwyn, Ill. 60402. President: Edward Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. — Secretary: Marie Knez, 6513 W. 27th Place, Berwyn, Ill. 60402. Financial Secretary: Stana Ziemba, 327 Herrick Road, Riverside, IL 60546. Director of Men: Eddie Jelinek, 3619 Weno-nah Ave., Berwyn, IL 60402. — Director of Women: Carol Strejc, 4133 S. Harlem Ave. Apt. 2, Stickney, IL 60402. Educational Director: Fred Kala, 6512 W. 27th St., Berwyn, Il. 60402.

Sokol Brookfield, Ill. — Meetings 1st Wednesday, National Hall, 3909 Prairie Ave., Brookfield, Ill. 60513. President: Roy Zitny, 4332 Arthur Ave., Brookfield, IL 60513. Secretary: Doris Barda, 3436 Arden, Brookfield, IL 60513. Fin. Sec'y.: Rose Fritsch, 3921 Forest, Brookfield, IL 60513. Director of Women: MaryJane Nevratil, 2323 S. 14th, No. Riverside, IL 60546. Educational Director: Ernest Pirkka, 1248 W. Addison, Chicago, IL 60613.

Sokol Cechie, Chicago, Illinois. — Meetings 3rd Tuesday, National Hall, 1643 N. Cicero Ave., Chicago, Ill. 60639. — President: Otto Glasser, 587 E. Parkway Rd., Riverside, IL 60546. Secretary: Miss Roselyn J. Bergman, 7827 Niles Center Rd. Skokie, IL 60076. Educational Director: Anne Glas-ser, 587 E. Parkway Rd., Riverside, IL 60546.

Sokol Chicago, Ill. — Meetings 3rd Monday, Sokol Berwyn, 6445 W. 27th Pl., Berwyn, Ill. 60402. President: Stanley Barcal, 2437 S. Harvey Ave., Berwyn, Ill. 60402. Secretary: Charles Zdenek, 9709 S. Mason, Oak Lawn, Ill. 60453. Fin. Secretary: Robert Barcal, 1522 S. 58th Court, Cicero, Illinois 60650.

Sokolice Chicago, Ill. — Meetings 3rd Monday, Sokol Berwyn, 6445 West 27th Place, Berwyn, Ill. 60402. President: Ann Falta, 2540 S. St. Louis Ave., Chicago, Ill. 60623. Secretary: Rose Barcal, 2437 Harvey Ave., Berwyn, Ill. 60402. Financial Secretary: Sylvia Murphy, 2416 So. Grove Ave., Berwyn, IL 60402. Educational Director: Lorraine Zdenek, 9709 S. Mason Ave., Oaklawn, IL 60453.

Sokol Fugner, Ill. — Meetings 3rd Friday, 10756 Green Bay Ave., Chicago, IL 60617. President: Gene

Johnson, 10433 Ave. "F", Chicago, IL 60617. Secretary and Financial Secretary: Ken Williams, 10546 Ave. "F", Chicago, IL 60617.

Sokol Havlicek-Tyrns, Chicago, Illinois. — Meetings 4th Monday at Sokol Berwyn. President: Laddie Vyskocil, 964 S. Milwaukee, Wheeling, IL 60090. Secretary: George Herink, 1823 Scoville Ave., Berwyn, IL 60402. Financial Secy.: Vaclav Zenisek, 3142 Highland Ave., Berwyn, IL 60402. Director of Men: Joseph Rus, 3834 Clinton Ave., Berwyn, IL 60402. Educational Director: Frank Michalek, 4342 Wisconsin Ave., Stickney, IL 60402.

Sokolice Havlicek-Tyrns, Chicago, Illinois. — Meetings 4th Monday at Sokol Berwyn. President: Anna Basta., 2629 S. Maple Ave., Brookfield, IL 60513. Sec'y.: Zdenka Tintera, 2900 Lincoln Ave., North Riverside, Ill. 60546. Financial Secretary: Louise Hladik, 5511 W. 23rd Place, Cicero, Ill. 60650. Director of Women: Helen Tuma, 5122 W. 29th Pl., Cicero, Ill. 60650. Organizational Chairman: Louise Kmen, 2520 S. Harding Ave., Chicago, IL 60623.

Sokol Milwaukee, Wisconsin. — Meetings 1st Thursday, International Institute, Milwaukee, Wis. President: Rudy Richter, 5518 W. Roosevelt Dr., Milwaukee, WI 53216. Sec'y.: Fred C. Stankovsky, 14325 Sun Valley Dr., New Berlin, Wis. 53151. Financial Secretary: Charles Richter, 5459 No. 38th St., Milwaukee, Wis. 53209. Director of Men: Fred C. Stankovsky, 14325 Sun Valley Dr., New Berlin, Wis. 43151. Educational Director: Henry Zelenka, 2852 N. 78th Street, Milwaukee, WI 53222. Organizational Chairman: Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151.

Sokolice Milwaukee, Wisconsin. — Meetings 1st Thursday, International Institute, Milwaukee, Wis. President: Lillian Funk, 4817 N. Hollywood Ave., Whitefish Bay WI 53217. Secretary: Christine Greiner, 3206 E. Grange Ave., Cudahy, Wis. 53110. Financial Secretary: Helen Pilger, 2974 N. 45th St., Milwaukee, WI 53210. Director of Women: Emily Falarsh, 4427 N. 91st St., Milwaukee, WI 53225.

Pizensky Sokol of Chicago, Ill. — Meetings 2nd Thursday, CSA Building, 2137 Lombard Avenue, Cicero, IL 60650. President: John Solin, 717 Spring St., LaGrange, IL. 60525. Secretary: Alice Cordes, 300 Marion St., Elmhurst, IL

60126. **Financial Secretary:** Joseph Kilberger, 3735 Arthur Ave., Brookfield, IL 60513.

Sokol Racine, Racine, Wisconsin. — Meetings last Wednesday, Sokol Racine Hall, 1313 Lincoln St., Racine, Wis. 53402. **President:** James J. Fetek, 4905 James Ave., Racine, Wis. 53402. **Secretary:** Steve J. Mostenan, 7914 — 20th Ave., Kenosha, Wis. 53140. **Fin. Secretary:** Frank Groulik, 2044 Erie Street, Racine, Wis. 53402. **Director of Men:** Steve J. Mostenan.

Sokolice Racine, Racine, Wis. — Meetings last Wednesday of March, June, Sept., Dec., Sokol Racine Hall, 1313 Lincoln St., Racine, Wis. 53402. **President:** Helen David, 1305 Carlisle Ave., Racine, WI 53404. **Secretary:** Dolly Mostenan, 7914 — 20th Ave., Kenosha, WI 53140. **Financial Secretary:** Lois Nikl, 900 Romaine Ave., Racine, WI 53402. **Director of Women:** Alice Larson, 1834 Polaris Ave., Racine, Wis. 53404.

Sokol Rozvoj, Chicago, Illinois. — Meetings 2nd Thursday every 3rd month. Danish American Athletic Center, 4624 N. Pulaski Road, Chicago, Illinois 60630. — **President:** Rudolph Gurtler, 6416 W. 28th St., Berwyn, Ill. 60402. **Secretary:** Hedvika Vrba, 2135 S. Kenilworth Ave., Berwyn, Illinois 60402. **Financial Secretary:** Ann Bagel, 4906 West Berwyn, Chicago, Ill. 60630.

Sokol Slavsky, Cicero, Illinois. — Meetings 1st Wednesday, Gold Room, Olympic Bldg., 2138 S. 61st Court, Cicero, IL 60650. — **President:** John M. Satek, 5310 W. 24th St. Cicero, IL 60650. **Secretary:** Linda Pinc, 3629 57th Ave., Cicero, IL 60650. **Director of Men:** Dick Ptacek, 4330 S. Clinton Ave., Berwyn, IL 60402. **Director of Women:** Agnes Pajer, 2426 S. Oak Park Ave., Berwyn, IL 60402. **Ed. Director:** May Konecny, 6713 19th St., Berwyn, IL. 60402. **Organization Chairman:** Jerry Zitko, 1603 61st Ct., Cicero, IL 60650.

Sokol St. Louis, Mo. — Meetings 4th Monday, — American-Czech Educational Center, 4690 Lansdowne, St. Louis, Mo. 63116. **President:** Ronald Triska, 7029 Mardel St., St. Louis, MO 63109. **Secretary:** Lawrence Ryll, Jr., 3709 S. Spring Ave., St. Louis, MO 63116. **Fin. Secretary:** Henry Rak, 4201 Heidelberg Ave., St. Louis, Mo. 63123. **Director of Men:** Norman Ulrich, R.R. 1, St. Clair, MO 63077. **Educational Director:**

William Shana 9145 Desmond St., Louis, MO 63126.

Sokolice St. Louis, Mo. — Meetings 4th Mon. American Czech Educational Center, 4690 Lansdowne, St. Louis, MO 63116. **President:** Camilla Ulrich, 4225 Gannett, St. Louis, MO 63116. **Secretary:** Kamilla Shana, 9145 Desmond, St. Louis, MO 63126. **Financial Secretary:** Sophia Dostal, 4504 Minnesota, St. Louis, MO 63111. **Director of Women:** Helen Pescoat, 6401 Mardel, St. Louis, MO 63109.

Sokol Stickney, Illinois. — Meetings 1st Wednesday, except July and August. Sokol Stickney, 4131 S. Home Avenue, Stickney, Illinois 60402. **President:** William Meyer, 3928 Home Ave., Stickney, IL 60402. **Secretary:** Margaret Sheridan, 3939 Clarence Avenue, Stickney, Ill. 60402. **Fin. Secretary:** Ann Muzik, 9030 Rochester, Brookfield, IL 60513. **Director of Men:** Richard Vachata, 8030 W. 46th St., Lyons, IL 60534. **Director of Women:** Franci Sosnowski, 3807 S. 61st Ave., Cicero, IL 60650. **Education. Director:** Charles Borvansky, 4542 Hawthorne, Lyons, IL 60534.

Sokol Tabor, Berwyn, Illinois. — Meetings 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. **President:** Leo Pajer, 2843 Maple Ave., Berwyn, IL 60402. **Secretary:** Joseph Moravec, Jr., 1346 Kenilworth Ave., Berwyn, IL 60402. **Financial Secretary:** Tom Sotka, 245 Walnut Creek Lane, Apt. 1205, Lisle, IL 60532. — **Educational Director:** Charles Prchal, 2419 Scoville Ave., Berwyn, IL 60402.

Sokolice Tabor, Berwyn, Illinois. — Meetings 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. **President:** Anne Kratky, 1639 Elmwood Ave., Berwyn, IL 60402. **Secretary:** Camille Pekarek, 1538 Harvey Ave., Berwyn, IL 60402. **Financial Sec'y:** Marilyn Russell, 283 Addison Rd., Riverside, IL 60546. **Director of Women:** Joyce Bona, 1824 Wesley, Berwyn, IL 60402. **Public Relations:** Judy Pajer.

Sokol Town of Lake, Chicago, Ill. — Meetings 2nd Wednesday, Polish Highlander Hall, 3035 W. 51st Street, Chicago, Ill. 60632. **President:** George Vytlačil, 12515 Harold Ave., Palos Hts., Ill. 60463. **Secretary:** Anton Smunt, 5342 So. Fairfield Ave., Chicago, Ill. 60632. **Fin. Secretary:** James Jansky, 1517

Ostrander Ave., La Grange Park, Ill. 60525. **Educational Director:** James L. Cihak, 405—50th Pl., Western Springs, Ill. 60558.

Sokolice Town of Lake, Chicago, Illinois. — Meetings 2nd Wednesday every other month, Polish Highlander Hall, 3035 W. 51st Street, Chicago, Ill. 60632. **President:** Irene Ruzicka, 3308 West 66th Street, Chicago, Illinois 60629. **Secretary:** Harriet Jansky, 1517 Ostrander Ave., LaGrange Pk., IL 60525. **Financial Secretary:** Blanche J. Cihak, 405 50th Place, Western Springs, IL 60558.

Sokol West Suburban, Downers Grove, Ill. — Meetings 4th Tuesday. Mailing address: Sokol West Suburban, P.O. Box 181, Downers Grove, IL 60515. **President:** Barbara Donda, 22W507 Sycamore, Glen Ellyn, IL 60137. **Secretary:** Evelyne Behounek, 4827 Cornell, Downers Grove, IL 60515. **Treas.:** Sylvia Pistorius, 342 Naperville Rd., Westmont, Ill. 60559. **Director of Men:** James Jindra, 749 Hitchcock, Lisle, IL 60532. **Director of Women:** Sylvia Pistorius, 342 W. Naperville Rd., Westmont, IL 60559. **Public Relations:** Myrtle Adamec, 1556 W. 61st St., Downers Grove, IL 60515.

WESTERN DISTRICT, OMAHA, NEBRASKA

Sokol Cedar Rapids, Iowa. — Meetings 1st Monday, Sokol Hall, 415 — 3rd St. S.E., Cedar Rapids, IA 52401. **President:** Fred Anthony 932 Daniels NE, Cedar Rapids, IA 52402. **Secretary:** Don Pulkkrab, 2436 - 1st St. SW, Cedar Rapids, IA 52404. **Fin. Sec'y:** Dennis Hrabak, 1731 Hamilton SW, Cedar Rapids, IA 52404. **Director of Men:** Rick. Bartunek, 2709 Primrose Lane SW, Cedar Rapids, IA 52404. **Educational Director:** Theodore Hlubucek, 137—37th St. NE, Cedar Rapids, IA 52402. **Organizational Chairman:** John Kuba, 1035 2nd St. SE, Cedar Rapids, IA 52403.

Sokolice Renata Tyrsova, Cedar Rapids, Iowa. — Meetings 1st Monday, Sokol Hall, 415 — 3rd Street S.E., Cedar Rapids, Iowa 52401. **President:** Libbie Stastny, 67—21st Ave., SW, Cedar Rapids, IA 52404. — **Secretary:** Mana Zlatohlavek, 392 — 16th Avenue S.W., Cedar Rapids, Iowa 52404. **Financial Secretary:** Mary Ann Pochobradsky, 2419 Victoria Dr. S.W. Cedar Rapids, IA 52404. **Director of Women:** Kveta Smith, 1940 Washington S.E. Cedar Rapids IA 52403. **Educational Director:**

Kveta E. Smith, 1940 Washington Ave. S.E., Cedar Rapids, IA 52403. Organizational Chairman: Barbara Pulkrab, 2436 — 1st St., SW, Cedar Rapids, IA 52404.

Sokol Crete, Nebraska. — Meetings 1st Wednesday, Sokol Auditorium, 12th and Norman St., Crete, Nebr. 68333. President: Steve E. Pomajzl. RFD 2, Wilber, NE 68465. Secretary and Fin. Sec'y.: Lester Bruns, 1444 Kingwood Ave., Crete, NE 68333. Director of Men and Educational Director: Elmer G. Pomajzl, 1117 Oak St., Crete, Nebr. 68333.

Sokolice Libuse, Crete, Nebr. — Meetings 1st Wednesday, Sokol Hall, 136 West 12th Street, Crete, Nebraska 68333. President: Alice Kalkwarf, 807 Oak Street, Crete, Nebr. 68333. Secretary: Blanche Heeren, R. R. 1, Box 136, Crete, Nebr. 68333. Financial Secretary: Alice Kovarik, 729 Norman, Crete, Nebr. 68333. Director of Women: Jean Logsdon, Rt. 1, Crete, NE 68333. Educational Director: Jean Logsdon, Rt. 1, Crete, NE 68333.

Sokol Fuegner-Tyrs, So. Omaha, Nebraska. — Meetings 1st Monday, So. Omaha Sokol Hall, 5601 S. 21st Street, Omaha, Nebr. 68107. President: Joe Hermanek, 3328 Pine St., Omaha, NE 68105. Secretary: Jim O'Brien, 1526 Bellevue Blvd., N. Bellevue, NE 68005. — Financial Secretary: Victor F. Novotny, 4621 Valley, Omaha, Nebr. 68105. Director of Men: Vojmir Benak, 5919 S. 15th Street, Omaha, NE 68107. Educational Director: Jerry Divoky, 1511 9th North Bellevue, NE 68005. — Organization: Jerry Divoky, 1511 9th North, Bellevue, NE 68005.

Sokolice South Omaha, Nebraska. — Meetings 2nd Tuesday, So. Omaha Sokol Hall, 5601 South 21st Street, Omaha, Nebraska 68107. President: Emma Benak, 5919 S. 15th St., Omaha, NE 68107. Secretary: Virginia Patera, 4426 Madison St., Omaha, NE 68107. Financial Secretary: Mary Lou Dalton, 2219 Monroe St., Omaha, NE 68107. Director of Women: Jolene Hamann, Plattsmouth, NE 68048. Educational Director: Phyllis Jirka, 6514 S. 45th St., NE 68117.

Sokol Omaha, Nebr. — Meetings, 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, Nebr. 68108. President: James Velehradsky, 1322 "U" St., Omaha, Nebr. 68107. Secretary: Joseph Susterka, 3920 Wright St., Omaha, Nebr. 68105. Financial Secretary: Gustav Cisar, 3106 Vinton, Omaha,

NE 68105. Director of Men: Gary Masek, 4048 S. 13th St., Omaha, NE 68107.

Sokolice Omaha, Nebraska. — Meetings 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. President: Helen Karpisek, 2205 S. — 6th, Omaha, NE 68108. Secretary: Violet Callaway, 513 Bellevue Blvd., N. Bellevue, NE 68005. — Financial Secretary: Mildred Krejci, 2428 S. 14th Street, Omaha, Nebr. 68108. Director of Women: Beverly Kilborn, 1505 Polk Street, Omaha, Nebr. 68107. — Educational Director: Janice Gathye, 14706 Holmes, Omaha, NE 68137. Organizational Chairman: Blanche Masek, 4048 S. 13th St., Omaha, NE 68107.

Sokol Schuyler, Nebraska. — Meetings 2nd Wednesday, Ed Vajrejcka's Home, 418 East 14th Street. President: Jaroslav Schmid, 509 East 15th. Secretary: Ed Vajrejcka, 418 East 14th. Financial Secretary: John Krca, 1009 East "A" Street. All in Schulyer, NE 68661.

Sokol Wilber, Nebr. — Meetings 1st Monday, Sokol Auditorium. Wilber, Nebraska. — President: Lois Havel, 724 School, Wilber, NE 68465. Secretary: Doris Behrens, 304 N. Railroad, Wilber, NE 68465. Financial Secretary: Lillie Kovar, 303 N. Main, Wilber, NE 68465. Women Director: Albina Banks, 1006 W. 3rd, Wilber, NE 68465. Men Director: Robert Stehlik, 315 W. 4th, Wilber, NE 68465.

NORTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Hopkins, Minnesota. — Meetings 2nd Saturday at members homes. President: Josephine Krusina, 4237 Oak Drive Lane, Hopkins, Minn. 55343. Secretary and Fin. Secretary: Ludmila Kaminsky, 11401 N. Oakvale Road, Hopkins, Minn. 55343.

Sokol Minneapolis, Minnesota. — Meetings 2nd Saturday every other month. — President: Edward Andrie, 4827 N. Bryant Ave., Minneapolis, Minn. 55430. Secretary: Frances Hosek, 3350 Upton Ave. No., Minneapolis, Minn. 55412. Financial Secretary: Luella Greb, 3514 Utah Ave. S., St. Louis Park, MN 55426.

Sokol St. Paul, Minnesota. — Meetings 4th Friday, 381 Michigan, St. Paul, Minn. 55102. President: Donald J. Andrie, 2492 N. Oxford St., St. Paul, MN 55113. Secretary: Eleanor Reider, 397

View, St., St. Paul, MN 55102. Fin. Secretary: Shirley M. Bastyr, 930 Chippewa Ave., St. Paul, MN 55118. Men's Director: Robert Bastyr, 930 Chippewa, St. Paul, MN 55118. Director of Women: Pauline J. Vanyo, 364 Goodhue St., S. Paul, MN 55102. Educational Director: Jerry Roch, 1791 Tatum St., St. Paul, MN 55113.

SOUTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Caldwell, Kansas. — Meetings 1st Sunday, Sokol Hall, 12 miles west of Caldwell, Kansas 67018. President: Joseph Netahla, Route 1, Bluff City, Kansas 67018. Secretary: Carrie Anton, Bluff City, Kansas 67018. Fin. Secretary: Louise Skeen, Bluff City, KS 67018.

Sokol Karel Jonas, Wilson, Kansas. - Meetings 1st Sunday every 3rd month, Wilson Opera House, Wilson, KS 67490. President: Joe Sebesta, Wilson, KS 67490. — Sec'y.: Alice Sula, Wilson, KS 67490. Treasurer: Joe Adamek, Wilson, Kansas 67490.

SOUTHERN DISTRICT, DALLAS, TEXAS

Sokol Corpus Christi, Texas. — Meetings 2nd Sunday, Sokol Hall, 5440 Kostoryz Rd., Corpus Christi, TX 78415. President: Frank W. Veselka, 4633 Stonegate Way, Corpus Christi, TX 78411. Secretary: Frank L. Sacky, 4105 Dublin Dr., Corpus Christi, TX 78413. Fin. Secretary: Adela Sijansky, Route 3, Box 277, Corpus Christi, TX 78415. Director of Men: Jerry Sijansky, 1233 Belmeade Dr., Corpus Christi, TX 78412. Director of Women: Sandra Howard, 5833 Rio Vista Dr., Corpus Christi, TX 78412. Educational Director: Frank W. Veselka, 4633 Stonegate Way, Corpus Christi, TX 78411.

Sokol Fort Worth, Tex. — Meetings 4th Tuesday, Sokol Hall, 3221 NW 28th Street, Ft. Worth, TX 76106. President: Donald D. Steinman, 1700 NW 20th St., Ft. Worth TX 76114. Secretary: James W. Mason, Jr., 6009 Ten Mile Bridge Rd. Ft. Worth, TX 76135. Fin. Secretary: Jeannie Mason, 2319 Loving, Fort Worth, TX 76106. Director of Men: Jerry Milan, 6208 Lakeside Drive, Fort Worth, TX 76135. Director of Women: Henrietta Milan, 6208 Lakeside Drive, Fort Worth, TX 76135. — Educational Director: Henry E. Grote, 1701 Brittain St. Ft. Worth, TX 76111.

Sokol Houston, Texas. — Meetings 1st Monday, Sokol Houston Hall, 1314 West Patton, Houston, TX 77429. President: Emil Kuro-pata, 5319 Kansas, Houston, TX 77007. Secretary: Sharon Bily, 15302 Jersey Drive, Houston, TX 77040. Financial Secretary: Elsie Svec, 9602 Airline Dr., Houston, TX 77037. Director of Men: Sidney Soukup, 3142 Fondren, LaPorte, TX 77571. Director of Women: Carrie Vodehnal, 1706 Haverhill, Houston, TX 77008. Educational Director: Bill Petrzela, Rt. 1, Box 79, Cypress, TX 77429. Organization-Membership: Elsie Svec, 9602 Airline, Houston, TX 77037.

Sokol Karel Havlicek-Borovsky, Ennis, Tex. — Meetings 4th Sunday, Sokol Hall, Rt. 2, Ennis, TX 75119. President: Edwin Laznovsky, Route 2. Secretary: Jeannette Zajic, 407 N. Preston, Apt. B2, Ennis, TX 75119. Financial Sec'y.: Bernice Hamilton, Rt. 2, Italy, TX 76651. — Director of Men: Lawrence Laznovsky, Rt. 1. — Director of Women: Sylvia Laznovsky, Route 1. Educational Director: Jerry Laznovsky, Route 2, All Ennis, TX 75119.

Sokol Karel Havlicek, Yukon, Oklahoma. — Meetings 1st Sunday, Czech Hall, Rt. 3, 2½ miles South of Yukon, Okla. 73099. President: John Kouba, Rt. 2, Box 101, El Reno, OK 73099. — Secretary: Anna Smrcka, Route 3, Box 140, Yukon, Okla. 73099. Financial Secretary: Willie Kouba, 3835 W. Liberty, Oklahoma City, Okla. 73107. Director of Men: Loren Skarky, 7730 N.W. 25th, Bethany, OK 73008. Director of Women: Gail Fletcher, 817 McCall, Norman, OK 73069. Educational Director: Loren Skarky, 7730 NW 25th, Bethany, OK 73008.

Sokol Praha, Prague, Okla. — Meetings 1st Tuesday. Sokol Hall, Main and Avenue A, Prague, Okla. 74864. President: James Pospisil,

Rt. 2. Secretary: Leonard Walenta, Route 1. Director of Men: Frank Sefcik. All Prague, Okla. 74864.

Sokol Zizka, Dallas, Texas. — Meeting 3rd Sunday, Sokol Athletic Center, 7448 Greenville Ave., Dallas TX 75231. President: Richard R. Toberny, 922 S. Franklin, Dallas, TX 75211. — Secretary: David Nesuda, 16 Eastcreek, Plano, TX 75074. Financial Sec'y.: Marie Janousek, 11221 Desdemona Dallas, TX 75228. Director of Men: Joe Ehrenberger, 10411 Maple-ridge, Dallas, TX 75238. Director of Women: Frances McClure, 1423 Lebanon, Dallas, TX 75208. Educational Director: Oldrich Parma, 6418 Maple Ave. Dallas, TX 75235. Organizational Charman: Jerry Stransky, 6536 Sondra Dr., Dallas, TX 75214.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Sokol Fresno, Calif. — Meetings 2nd Sunday each month, in different homes. President: Albert Filgas, 5359 E. White, Fresno, CA 93727. Secretary: Olga Pokorny, 4533 E. Ness, Clovis, CA 93612. Financial Secretary: John Pokorny, Jr., 5333 E. Teague, Clovis, CA 93612. Director of Men: Lew Duzi, 1706 W. Dayton, Fresno, CA 93705. Director of Women: Marty Lizak, 419 Williams Ave., Madera, CA 93637. Educational Director: Louise Muzer, 4896 E. University, Fresno, CA 93793. Organizational Chairman: Joseph Maslowski, 5184 E. Madison, Fresno, CA 93727.

Sokol Los Angeles, California. — Meetings 2nd Saturday, Sokol Hall, 500 N. Western Ave., Los Angeles, CA 90004. — President: Adolf Dusil, 807 S. Euclid Ave., Pasadena, CA 91106. Secretary: Marie Pulpan, 417 Mt. Washington Dr., Los Angeles, CA 90065.

Financial Secretary: Louise Nekuda, 12242 Magnolia Blvd., No. Hollywood, CA 91607. Director of Men: Jiri Liska, 10778 Chalon Rd., Los Angeles, CA 90024. Director of Women: Iva Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. Educational Director: Jiri Liska, 10778 Chalon Rd., Los Angeles, CA 90024.

Sokol Portland, Oregon. — Meetings 2nd Sunday at Cherney residence. — President: Alois Spousta, 13525 S.W. Bend Rd., Tigard, OR 97223. — Secretary: Helen Havel, 1914 NE 67th Ave., Portland, OR 97213. Fin. Secretary: Julia Cepica, 4224 N.E. 20th Ave., Portland, OR 97211. Educational Director: James Bubenik, 6117 S.E. Monroe, Portland, OR 97222.

Sokol San Francisco, Calif. — Meetings: Second Monday, 847 No. San Mateo Dr., San Mateo, CA 94401. President: George Spanek, Sr., 1364 Drake Ave., Burlingame, CA 94010. Secretary: Elizabeth Josifek, P.O. Box 175, Montara, CA 94037. Financial Secretary: Elizabeth Bele, 11 Fairview, Millbrae, CA 94030. Educational Director: Karel Samal, 351 41st Ave., San Mateo, CA 94403. Director of Men: Al Meier 1216 Balboa, Burlingame, CA 94010. Director of Women: Mary Frances Meier. — Organizational Chairman: George Spanek, Sr., 1364 Drake Ave., Burlingame, CA 94010.

Sokol Seattle, Washington. — Meetings once every 2 months. — President: Jaroslav Zimiek, 4015 Ashworth, Seattle, WA 98103. — Secretary: Jerry Korvas, 1701 SE 18th Pl., Renton, WA 98055. Fin. Secretary: Vilma Vojta, 8475 West Mercer Way, Mercer Island, WA 98040.

Masarykovy myšlenky - stále aktuální

Dne 7. března 1850 se narodil T. G. Masaryk — největší osobnost moderních dějin Československa. Připomínáme-li našim čtenářům některé jeho výroky, činíme tak proto, abychom ukázali, jak je Masaryk stále aktuální a jak jeho dílo nepřestává být ani dnes důležitým zdrojem myšlenkovým a mravním. Masaryk je trvalou součástí národního vědomí Čechů a Slováků a s jeho jménem je spojena jedna z nejslavnějších kapitol v dějinách Československa. Nejednou byl Masaryk v posledních desetiletích přehlížen či dokonce potlačován. Po dobu více jak pětadvacet let zmizelo jeho jméno z československých učebnic, jeho knihy bylo zakázáno vydávat a jeho názory byly prohlášeny za nežádoucí. Masaryk však zapomenut nebyl a kdyko-

liv se objevila možnost se k němu znovu veřejně hlásit — naposledy v roce 1968 — stalo se tak. Dnes je Masaryk ve své vlastní zemi opět zatracován a pro nové vládcy, z milosti Moskvy dosazené, se stal znovu nepohodlným. Není to však poprvé, kdy totalitní režim zakazuje československému lidu přístup k Masarykovu odkazu a víme, že ani tentokrát Masaryk zapomenut nebude. Nové generace ho znovu objeví a budou studovat jeho dílo se zájmem stejně velkým a upřímným jako generace předchozí. Vždyť i jim půjde o uskutečňování ideálu humanitního a o překonání propastního rozdílu, který dnes v Československu panuje mezi politikou a mravností.

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BRATR EVŽEN KOPPL - 70.

28. března oslaví sedmdesáté narozeniny osvědčený přítel Amerického Sokolstva bratr Evžen Koppl. Jisté se na něj pamatují všichni američtí návštěvníci posledních dvou všesokolských sletů v Praze, jejichž byl jednatelem.

Přes to, že řízení příprav a administrativy matutního podniku, jako byly pražské slety, kladlo nesmírné nároky na nervy a výkonnost všech, kdo nesli za ně zodpovědnost, našel bratr Koppl vždycky trochu času na setkání s americkými hosty, kteří se zdáli být jeho nejmilejší. Tato přátelství ještě upevnil zájezd Československé obce sokolské do Ameriky roku 1947 s úkolem poděkovat americkému bratrstvu za pomoc poskytnutou Československu za války i po ní, a zároveň pozvat obě americké sokolské organizace, českou i slovenskou, na XI. slet. Tenkrát ani bratr Koppl, ani řada jiných netušili, že brzy bude Amerika jejich domovem.

Sletové jednatelství ovšem nebylo jedinou činností Evžena, na kterou dnes vzpomínáme. Od roku 1935,

kdy byl prvně zvolen členem předsednictva ČOS, byl také jejím jednatelem a jednatelem svazu Slovanské Sokolstvo. Obě funkce byly přerušeny, když 10. února r. 1940 byl zatčen Gestapem pro odbojovou činnost proti nacistům. Pobyl si v koncentračním táboře víc než 5 let, až do vítězství spojenců nad Hitlerem v květnu 1945. Hned po návratu do Prahy se znovu chopil sokolské práce jako jednatel ČOS. A když v prosinci téhož roku se výbor ČOS usnesl uspořádat r. 1948 XI. Slet, byl také zvolen jeho jednatelem. Jaká to byla slast, naznačil v dovětku k Památníku XI. Sletu, který byl nedávno přetištěn v měsíčníku Čsl. Sokol v zahraničí.

Když tuším roku 1953 o vlas unikl zatčení komunisty odchodem do exilu, kam jinam by se byl obrátil, než do Ameriky, s jejímiž bratry a sestrami tak rád spolupracoval? A ačkoli mu jeho zaměstnání nedovolovalo přijmout spolkovou funkci, našel si často příležitost pomáhat anonymně a psát pod pseudonymem do sokolských časopisů.

Přejeme mu do dalších let hodně zdraví a hodně radosti z rodiny a ze sokolské práce.

Marie Provazníková

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