

# AMERICAN SOKOL

VOL. XCVI - NO. 3

MARCH 1975

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## OUR SOKOL - TODAY AND TOMORROW

With the XII. A.S.O. Convention just several months away, two very timely messages appeared in last month's Sokol publication. One by our A.S.O. President, Bro. Stanley Barcal with thoughts and suggestions for the delegates to ponder before the Convention convenes in Detroit, Michigan. The other by Bro. Karel Vavra of Cleveland, extolling the rich heritage handed down to us by our Sokol forefathers; and our obligations to the future.

The delegates to the Convention will surely encounter the most formidable of responsibilities - in the words of Bro. Barcal: "To adopt a common course of action for the next five years." Many of the Units face severe challenges.

The problems of the present day are vastly different from those encountered by our predecessors. True, there has always been the continued struggle for a livelihood and the perpetual difficulties in maintaining a Sokol hall, but today's situation is entirely of another nature. The changing neighborhood in the large urban centers and the de-centralization of our Czechoslovak community has taken a heavy toll of the once throbbing Sokol Halls in those areas.

Another detrimental factor, one that has now been with us for many years, was the advent of television. Another, the modern and sophisticated present means of travel have opened new vistas of activity never envisioned by our people of yesteryear. And last, the failure of the present day's generation, especially amongst the young Sokol males, to remain true and steadfast in our organization as they mature into manhood. This has been perhaps one of our greatest disappointments.

Our eyes are always focused on the Sokol Units in Dallas, Ennis and Houston, Texas; in St. Louis, Mo.; and Detroit, Mich. - for they are the very embodiment of what our present day Sokol should encompass - new modern buildings, ample gymnastic facilities, active programs adhering to the precepts of our Sokol founders.

The Units mentioned are of the mold that Bro. Karel Vavra must have envisioned when he stated: "A tremendous job is awaiting us, to apply the wisdom to create, to mobilize those willing to roll up their sleeves and work, whatever their place and ability be. That will be what we bequeath to those who follow us." These Units in Texas, Missouri and Michigan have left us with a legacy to follow - imagination, boldness, determination - truly shining stars on the Sokol horizon.

Other positive movement on the Sokol front in the last decade or so has been the formation of a new Sokol Unit in Miami, Fla. - Sokol San Francisco's move to San Mateo - Sokol Fort Worth's land acquisition - Plans for re-building on the part of Sokol Corpus Christi - Formation of American Sokol, Inc., in Cleveland; presently deterred from the construction of a new Sokol Center due to local zoning ordinances - and the latest, a movement in the Chicago area, with Sokol Havlicek Tyrs spearheading efforts to unite all the dormant Units in a combined building program.

What about the many other Units across the nation where there is no sign of gymnastic activity? Many disposed of their facilities without thought of ever building anew, content to remain as social groups. Many other Sokol Units have only token gymnastic programs. Needless to say, all have suffered a serious decline in interest and also membership.

Another phase of Sokol operations that has seen failure is the Organizational department. The success of the foremost fraternal, veteran, etc. organizations can be measured

(Cont. next page)



# AMERICAN SOKOL



Published Monthly  
(Except Bi-Monthly July and August)  
by the

**AMERICAN SOKOL ORGANIZATION**  
6426 West Cermak Road, Berwyn, Illinois 60402  
Subscription: \$3.00 per year

---

## EDITOR

George Herink  
1823 Scoville Avenue Berwyn, Illinois 60402  
Editor must receive copy for publication by the  
26th of the month, preceding publication date.

---

## OFFICE OF THE EXECUTIVE BOARD ASO.

June Pros, Secretary  
6426 W. Cermak Rd. Berwyn, Ill. 60402  
Tel.: 795-6671

---

## EXECUTIVE BOARD:

President - STANLEY BARCAL  
I Vice-President - BETTY PRENER  
II Vice-President - RUDOLPH SVOBODA  
Secretary - JUNE PROS  
Financial Secretary - AGNES SOTKA  
Treasurer - GEORGE BASTA  
Director of Men - EDWARD LINHART  
Director of Women - ELLENJEANNE SCHNABL  
Editor - GEORGE HERINK  
Educational Committee - STANLEY BARCAL and  
BETTY PRENER, Co-Chairman  
Organization - EMILIE WELCL-RUZICKA  
Public Relations - ANN BASTA  
By-Laws Chairman - CHARLES ZRALY  
Members of the Board - JERRY RABAS, JOSEPHINE  
DRNEC, JOSEPH DRNEC, EDWARD SCHNABL  
Alternates - LORRAINE ZDENEK, EDWARD HLINKA

## Calendar of Events

- APRIL 10th - SOKOLICE ST. LOUIS, MO.  
Chicken Dinner
- APRIL 12th - SOKOL LOS ANGELES, CAL.  
Hollywood 75 - Cabaret and Dance.
- APRIL 13th - SOKOL LITTLE FERRY, N.J.  
Gymnastic Exhibition.
- APRIL 20th - SOKOL FUEGNER, L.I.C., N.Y.  
Gymnastic Exhibition.
- APRIL 26th - SOKOL STICKNEY, ILL.  
Gymnastic Exhibition

MAY 3rd - SOKOL WEST SUBURBAN, DOWNERS  
GROVE, ILL.

Gymnastic Exhibition - Herrick Jr. High School  
Downers Grove, Ill.

MAY 8th - SOKOLICE ST. LOUIS, MO.  
Chicken Dinner

MAY 11th - SOKOL TYRS, CLEVELAND, OHIO  
Pancake Breakfast

MAY 18th - SOKOL ST. LOUIS, MO.  
Gymnastic Exhibition

MAY 18th - SOKOL BALTIMORE, MD.  
Gymnastic Exhibition

MAY 18th - SOKOL LOS ANGELES, CAL.  
Gymnastic Exhibition and Dance - L.A. City College  
and Sokol Hall.

MAY 21-22nd - SOKOLICE DETROIT, MICH.  
Rummage Sale

JUNE 1st - NORTHEASTERN DISTRICT SLET.  
A.M.L.A. Recreation Center - Leroy Township, Ohio

JUNE 1st - EASTERN DISTRICT (SO. CIRCUIT).  
Wreath-Laying Ceremony - Arlington National  
Cemetery.

JUNE 8th - SOKOL SOUTH OMAHA, NEBR.  
Annual Festival

JUNE 15th - SOKOL DETROIT, MICH.  
Summer Gymnastic Exhibition

JUNE 16-18th - SOKOL DETROIT, MICH.  
A.S.O. Convention

JUNE 27-29th - SOKOL USA SLET,  
BINGHAMTON, N.Y.  
National Slet - New York State University.

AUG. 10th - SOKOL DETROIT, MICH.  
Accordion Jamboree

SEPT. 14th - SOKOL DETROIT, MICH.  
Grape Festival

NOV. 1st - SOKOL DETROIT, MICH.  
100th Anniversary Celebration

## Our Sokol - Today and Tomorrow

(Continued from Front Page)

by the emphasis placed on membership, founding  
new chapters and construction of modern buildings  
Our Sokol could borrow a page from their book.

Many of the other Sokol programs must be carefully  
analyzed - By-Laws, publications, uniform division  
educational programs, B.O.I., etc. - the whole gamut  
If our Sokol is to prepare a master-plan for the next  
five years it will have to adjust to the times and ever  
anticipate into the future.

These many random thoughts have been presented  
not with any critical intent, but with a constructive  
approach - pleading, admonishing, exhorting - on to  
greater effort!

George Herink

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVI

March - 1975 - Březen

Číslo - No. 3

## THOMAS GARRIGUE MASARYK

President Liberator of Czechoslovakia

March 7, 1850 - September 14, 1937

The principal figure in the creation of the Czechoslovak Republic after World War I was Thomas Garrigue Masaryk.

Of humble origin, Masaryk, by virtue of his own diligence and perseverance, was a Professor of Philosophy, a humanitarian, a politician and finally, at the age of 68, the first President of a free and independent Czechoslovakia. He was an uncompromising foe in the fight for truth and a champion of the realistic dream which he saw fulfilled during his lifetime: The rebirth of an independent and free nation.

The first President of Czechoslovakia is already known as the "President Liberator" and "Champion of Liberty" and as such was honored when the United States Postal Service issued a commemorative stamp in 1960.

Masaryk, although not a churchgoer, throughout his life advocated religious tolerance and the right to worship according to the beliefs of the individual. He

deplored Communist philosophy and was quick to condemn Marxism-Leninism. He defended the rights of every individual within the law, the equality of all men of all races, of all religious beliefs and all social classes. He valued each person solely by human qualities: Sincerity, unselfishness and the desire to follow the path of truth, no matter the final consequence.

The twenty years of a truly democratic Czechoslovakia were the result of his unceasing efforts. He died shortly before World War II, before Czechoslovakia fell victim to political appeasements; before the tragic Munich Treaty. He was, and remains still, the spokesman for free Czechoslovakia and for all people who believe in an intensely human and moral philosophy, in the insistence of strictest integrity, and in championing self-government and democracy based on respect for the dignity of each human being and national self-determination. Let Thomas Masaryk forever be remembered as a symbol of Humanity, Democracy and Freedom with his adopted motto "Truth Prevails."

## Cleveland Leads the Way

For many years we have observed the problems of our gymnastic instructor schools. The schools are not fulfilling their purpose; to supply the Units with a steady flow of newly educated teachers. Some Sokol Districts are unable to organize the schools regularly; at least once a year. Besides, the students are immature. Children 13-14 years of age are unable to comprehend and practically apply curricular materials.

We question why? Why are the instructor schools that were once satisfactory now outdated? Of course the world changes. In today's competitive job market it is difficult for employees to obtain time off, and there are few who are willing to attend instructor's courses during their regular vacation period. The teen-agers are a minority in the schools. From the age fourteen and up, vacation means the time to earn money for their college studies. The children in instructor's schools make only nominal use of them. As a result, the quality and quantity of our Boards of Instructors is steadily declining. In the American Sokol publication we read of Units considering hiring professional, non-Sokol instructors who do not

understand the true meaning of Sokol's ideals, goals and standards of physical education. How can they educate our future Sokols? They would transform Sokol Units into social clubs without ideals and educational goals. This would be the end of Sokol. We would like to avoid such a consequence by improving the quality of the Boards of Instructors through well-planned reforms of instructor's schools. Our world is fast paced and we must change our methods in order to preserve the essence of the Sokol movement.

One way to improve the quality of the Boards of Instructors was demonstrated this summer by the Northeastern District. The sessions were held daily in the evenings after working hours, for five consecutive days, with an extended session on Saturday. I am under the impression that the purpose of the School was intended to:

... be an Advanced School, geared to the development of our present and older instructors, so they may become better and more proficient teachers and capable of developing our young and future leaders.

. . . for those who have attended a Sokol School and have shown qualities of leadership, ability, and a desire to continue to serve in the Sokol Program and who wish to acquire additional training and experience.

. . . for those who have been actively teaching in the Sokol Program without the benefit of having attended a Sokol School and have sufficient interest, ability and the desire to continue to serve and who wish to acquire additional training and experience.

The class sessions emphasized new forms of gymnastics. Surprisingly, many of the instructors were newcomers, older Junior boys and girls as well as seasoned instructors. The fifty participants were drilling and absorbing the new techniques with enthusiasm and diligence. It was my pleasure to teach such a group of instructors who displayed such vigor and eagerness. With this versatile training, the students were able to master new movements and interpretations with intelligence and interest. I have no doubts that this school will enrich the Northeastern District more than the longer courses filled with children-instructors.

Why cannot a school be organized on the same basis for assistant instructors? It could be of brief duration with two or three sessions in the evenings, weekends, or a combination of both.

In Europe, the Viennese District held an instructor's school on weekends (eight hours a day, Saturday and Sunday) and four hours daily in the evenings. The total time of instruction was fifty-two hours, which is approximately half the time of a regular two-week session.

It would be financially advantageous to organize more schools in one District, thus benefitting all Sokol Units in the District.

We must not remain or become stagnant. We must implement Tyr's command: "Whatever we achieve or how far we progress should not restrain us from searching further for something better."

Marie Provazniková

## DISTRICT REPORTS

### Southern District Annual Meeting

January 26, 1975

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); Director of Men, Bro. Larry Laznovsky and Director of Women, Sis. Sylvia Laznovsky (Ennis); Public Relations, Bro. Jerry Milan (Fort Worth). - Delegates: Sokol Corpus Christi - Bro. Jerry and Sis. Jill Sijansky. Sokol Zizka - Bros. Frank Cechan, Miro Jurcik, H. B. Smith. Sokol Karel Havlicek Borovsky - Bros. Harrell and Stuart Hamilton,

Larry Orman, Don York. Sis. Claudine Orman. Sokol Fort Worth - Bro. John Stoppleman, Sis. Henrietta Milan. Sokol Houston - Bros. Leonard Kasowski, George Kodelka, William Svec. Sokol Karel Havlicek - Bros. Roy Smith, Albert Stejskal.

Meeting opened with the observance in memory of the District's departed brothers and sisters. - Receipt of ASO Special Assessment check for \$2,550.72 covering visual aids, travel expense, instructor's salaries, clinics. District's instructor course, tuition assistance to students.

Annual reports of the Units were given, their slate of officers, future plans, financial report, etc. All Units very active. District's membership, regular and associate, 1696. - Bro. Cyril Pokladnik of Sokol Zizka and a Director of SPJST, spoke briefly and stated the Lodge's annual donation is in the mail.

Director of Women, Sis. Laznovsky: Reported on the annual BOI meeting, Nov. 2nd. Main discussion was the District Slet, June 6-8th, Sokol Corpus Christi host. Also discussed were the ASO Convention in Detroit in June and the Bi-Centennial celebration. BOI motions approved: A District Course be held in 1975, continued affiliation with the AAU and the Gymnastic Ass'n. of Texas, continued subscription of the Gymnast magazine for each Unit, purchase of another gym manual for each Unit, continue the volleyball traveling trophies and clinic funds be made available with Executive Board's approval. - 1975 officers: Director of Women, Sis. Laznovsky; Assistants, Sisters Milan and Sandra Howard. - Gave a month by month report of her District participation.

Director of Men, Bro. Laznovsky: Reported upon 1974 District Slet. - Reported upon the annual BOI meeting. 1975 officers: Director of Men, Bro. Laznovsky; Assistants, Bros. Joseph Ehrenberger and Jerry Sijansky. - Gave complete report upon his year's District activities.

Public Relations, Bro. Milan: Gave report of his District activities. Was instructor at the Southern and Northeastern District courses. Participated in Dallas and Ennis clinics. Secured and edited 1948 Prague Slet film. Now available to the Units, with no fee charged, only that it be insured and returned within 30 days. Other Sokol films available.

Educational Director: Bro. Oldrich Parma presently hospitalized, was unable to be in attendance. Gave regular monthly reports. Attended all but one District meeting. Is very active at Sokol Zizka.

President, Bro. Prevratil: Reported upon his year's District activity. - Met with group organizing a new Unit in Corpus Christi during October, gave them all the necessary information in accordance to the By-Laws. No District action taken since. Was informed in December that interest had subsided. - Delivered eulogy for Sis. Albina Stasa in Corpus Christi. Reported upon property inherited jointly by the District and Sokol Zizka, as willed by Sis. Rendel of Corpus Christi. Oversees repairs of the property.

Vice-President, Bro. Petrzelka: Due to distance did not attend all District meetings. Promotes the Sokol organization in his area. Judged in various divisions at the District Slet.

By-Laws: Unit committees are requested to submit their recommendations to the District by March 15th.

Auditing Committee: Books found in proper order. Gave report on Checking and Savings Accounts.

Nominating Committee: Submitted recommendation of present slate of officers. Approved.

Good of the Order: SPJST Lodge 154 in Fort Worth will construct a new building. Construction scheduled the following week. Sokol Fort Worth donated 10 acres of land and will participate in use of the facilities and financial responsibilities. - Paul Ziert, gym coach at University of Oklahoma, is willing to help instructors at Sokol in Yukon. The Unit will be contacted. - Approved, the District donate \$200.00 to each of the Sokol Corpus Christi and Sokol Fort Worth building funds. - Bro. Sijansky was reimbursed for the tape recordings made of Bro. Dusek's clinic. Copies were made for each Unit. - A limit of \$200.00 for a hospitality room at the ASO Convention was approved. - Approved, Sokol in Ennis to host the District course. - Approved, a minimum of 2 delegates and a maximum of 5 attend the District's annual meetings. - District's checking account will be transferred near the Treasurer's residency.

## Northeastern District B.O.I. Annual Meeting

January 19, 1975

The meeting was opened by Bro. Pete Dusek with a warm welcome to representatives from Sokol Detroit. Annual Reports of Bro. Dusek and Sis. Jencik were approved by the Board.

The District has been fortunate in obtaining the teaching talents of Mrs. Hanna Christie who is an active judge and performer of rhythmic gymnastics. She has conducted two clinics showing the use of ribbons, balls, jump ropes, and hoops. Similar clinics have been held at Sokol Detroit under the guidance of Sis. Kerr. Plans for future sessions are being formulated.

Educational classes are being held in all Units stressing Sokol history and singing. Sokol Detroit has published historical articles in its Newsletter and has organized a singing group. The District would like to obtain any historical books or other materials pertaining to the culture of the Czechoslovak people. Donations of material of this nature will be greatly appreciated.

All Units will concentrate their efforts on preparing their teams for the Spring competitions which were to begin with the Cleveland Men's apparatus competitions, Jan. 31st. District competitions for men and women will be held, April 27th.

## Pacific District Annual Meeting

January 19, 1976

Pres., Bro. Salak presided. Officers present: Bros. Spanek, Hintnaus. Sisters Meier, Kis, Pelc, Nekuda. - Delegates: Sokol Los Angeles, Bro. Dusil; Sokol San Francisco, Bros. Meier, Josifec; Sokol Fresno, Bro. Filgas. Sis. Falls. - Guests, Bros. Nekuda, Johnson, Meier, Bagatelo, Falls. Sisters Clark, Johnson, Filgas.

Director of Men, Bro. Hintnaus: Sokol San Francisco, according to Bro. Meier, had a very good year. Combined District Exhibition, May 25-26, 1974, was a huge success. - Dinky Creek Camp and Clinic for the children was a wonderful experience. - Gym classes are increasing. - Acquired new Hi-low bars, a good used horse and belts for use in tumbling. Amount raised for equipment to date, \$1,017.00. - Sokol Fresno, as reported by Bro. Filgas, has a good volleyball team. Renewed interest in gymnastics. Need a gymnasium. - Sokol Los Angeles' Old Guard going strong. - Volleyball team plays once a week on Thursdays. - Combined gym activities on Fridays with separate hours for children, juniors, men and women. Children classes increasing, with much interest shown. - 62 participants enjoyed the Dinky Creek Camp and Clinic. Sis. Nekuda's financial report showed a profit of \$230.13 plus \$883.20 reimbursement from the ASO Special Fund for the Clinic. 7 girls and 4 boys were each refunded \$10.00 for serving as camp counselors. - Future Clinics will feature Sisters Provaznik, Prchal and Zabka. - 1975 BOI Officers: Director of Men, Bro. Hintnaus; Assistants, Bros. Meier and Duzi. Director of Women, Sis. Meier; Assistants, Sisters Pelc and Lizak.

Director of Women, Sis. Meier: The District's Exhibition had 60 participants for competition. More than 100 took part in the Sunday afternoon program. - Sokol San Francisco showed an increase in adult and children attendance at the camp. - Sokols San Francisco and Los Angeles continue to be very active. - Unhappy other of the District's Units have no gym classes. These Units must strive to renew their gymnastic programs. District will help them get started again if they need help. - It is hoped some of the District's gymnasts will participate in the 1975 Slet in New York and also attend a Sokol Course. - 1976 is the Nation's Bi-Centennial Year. Now is the time for preparation for Sokol's participation in these events.

Treasurer, Sis. Nekuda: Checking account, \$1,843.81. Savings account, \$1,099.18.

Discussions: Bro. Dusil, Pres. of Sokol Los Angeles, reported on the remodeling of their Sokol. Need more people to get involved and more cooperation. - Bro. Filgas, Pres. of Sokol Fresno, need a site as a meeting place. Have parallel bars, are available to some local gymnastic group. - Dinky Creek camp site is not available this summer, having already been taken.

Other sites will be investigated. Hume Lake camp site was obtained for the Labor Day week-end. - Bro. Spanek commented on the lack of interest in Sokols Portland and Seattle. An official letter will again be sent them offering any help to stimulate interest in their Sokol activities. - District headquarters will remain in Los Angeles. - Suggestions made to have the District's activities and pictures in the Sokol Gymnast publication. - Sokol Fresno will host the March District meeting.

1975 District Officers: Pres., Bros. Salak; Vice-Pres., Bro. Filgas; Sec'y., Sis. Kis; Treasurer, Sis. Nekuda; Educational Director, Bro. Spanek.

## Sokol Detroit

The Winter Gymnasticale presented by the gymnasts of the Sokol Detroit Cultural Center on Feb. 2nd. was a tremendous success. The entire program was outstanding. If this is an indication of things to come, the Unit should have a great 100th Anniversary Year. Several high ranking government officials were in the audience. The honored guests were presented with carnation boutonnieres and 100th Anniversary buttons. - Bro. Louis Teichman's goal is to field 100 men at the Summer Exhibition, June 15th, to commemorate Sokol Detroit's 100 yrs. of existence.

Bro. Petr Peska, Unit Director, has instituted a Friday evening Czech language class - 16 teens and 24 adults are in the class. Registration is now closed. It is hoped to have an advance class and possibly another beginners course in the Fall.

The Sokolice are not idle by no means. Their membership numbers 242. A Rhythmic Clinic has been scheduled for March 16th. And their fund-raising project is a Rummage Sale, May 21-22nd. - The Sokol Choral Group performed at the Gymnasticale. Preparations are now in full progress for the big program in June. Rehearsals are held once a month. - The Juniors are looking forward to their participation in the Sokol USA Slet in Binghamton, N.Y. Their Travel Fund was greatly increased with a donation of \$420.00 from Bro. Frank Turchan in the sale of Jaternice that he and his helpers made last November.

Sokol Detroit News-Letter

## Sokol St. Louis

The New Year's Eve Dance at the Sokol St. Louis Center was a resounding success with 514 paid admissions, netting the Unit a handsome profit. - The fund-raising Barn Dance, Feb. 1st, was another great event with more than 500 people in attendance, the proceeds went into the "Sokol Actives" Travel Fund.

The Camp Committee announced the following schedule: Sokol Picnic, June 15th; Children's Camping, July 13-27th; Board of Directors Picnic, Aug. 10th; Hullabaloo, Aug. 31st. - The Senior Citizens Club Tour to New Orleans and Florida was enjoyed by all,

especially when each of the tourists received a \$50.00 refund after all expenses were paid. Bro. Frank Ulrich has been the Tour Director, making all the arrangements for the various trips made by the group. Four tours have already been scheduled for the "Happy Wanderers": June 10th, Bagnell Dam - Lake of the Ozarks; June 24th, Sokol Childrens Camp, Imperia Mo.; July 16th, Barr South County Show Tour; August 5th, (4 days) Amana Colonies - Wisconsin Dells.

Sokol St. Louis News-Letter

## Sokol South Omaha

On March 1st the Unit was to stage its annual Večirek - a dinner and dance - free to the members having their 1975 dues paid. No guests were to be allowed. - On Nov. 22nd, the Sokol embarked upon a new venture - dances held every Friday night. The experiment was tried and it proved to be most successful over a period of 10 weeks. So, another 10 dances have been scheduled, only that they will be held every other Friday night, with several Sundays included.

The January Chicken-Shrimp Dinner was cancelled due to the heavy snowfall. Omaha experienced 14" of snow and Bellevue had 19". - April 5-6th has been selected for the first annual South Omaha Invitational Gymnastics Meet, at Bryan High School. More than 50 independent gymnastics clubs from 10 states have been invited with the hopes of bringing to Omaha many fine young boys and girls with exceptional gymnastics ability. This will be the first gymnastics meet of its kind ever held in Omaha.

At the December meeting, Bro. Rudy Rejda was honored for all his faithful service on behalf of Sokol and his 50 yrs. as member of Sokol South Omaha. - The Unit was most proud of its young people with James Riha, Vicki Hurt and Geri Wilson receiving the ASO Merit Award.

Sokol South Omaha News-Letter

## Sokol West Suburban Downers Grove, Ill.

Preparation for the Unit's Gymnastic Exhibition on May 3rd at the Herrick Jr. High School required a most difficult schedule and the greatest of cooperation on the part of all the gymnasts. Since November the Unit has had only one night available each week for all the gym classes, necessitating the boys and girls sharing the apparatus between them. At the same time calisthenics were being taught, competition moves on all apparatus were being perfected and special numbers rehearsed. All of this had to be achieved within an hour and a quarter with the minimum of 90 gymnasts per hour. The truly dedicated Sokol instructors planned their class schedules very well, working together in advance to insure that their respective classes all get their fair share. This situation could not have worked without complete cooperation. Gratitude is expressed to all the

student instructors and advanced instructors, and especially to Sis. Barbara Donda in the teaching of calisthenics to the 1st and 2nd Class Boys.

The newly elected officers were installed at the Unit's Annual Meeting in January: Pres., Bro. James Jindra; Vice-Pres., Bro. Rudy Behounek; Sec'y., Sis. Mildred Bruno; Treasurer, Sis. Evelyne Behounek; Publicity and Historian, Sis. Myrtle Adamec.

The Jr. Girls and Boys classes are eagerly making plans to raise funds towards their trip to Binghamton, N.Y., June 27-29th, to participate in the competitions and program during the Sokol USA Slet. Their first fund-raising event was to be a Swim Party, Feb. 8th, at the Downers Grove YMCA.

Sokol West Suburban News-Letter

## Sokol Baltimore

The 103rd annual Sibrinky (Masquerade), Feb. 8th, passed into history. While the attendance was below normal, it was one of the best affairs held in many years, truly a gala event. - "Dozvuky", another of the traditional events at the Sokol was to be held, March 8th. - A Family Dinner, goulash, turkey, etc., was on the agenda for March 16th.

A week-end Instructors School was to be held at the Sokol, March 1-2nd. - The annual Southern Circuit competitions for boys and girls were scheduled for March 23rd at Sokol Baltimore. - Arrangements for chartered buses to the Sokol USA Slet in Binghamton, N.Y. have been made. Bus fare is \$17.00. - Lodging in the college dormitory, \$6.00 per night. - Meals, \$6.00 per day. - The Sokol's Exhibition will be held, May 18th. - On June 1st the Unit will participate in the Wreath Laying Ceremonies at the Tomb of the Unknowns, Arlington National Cemetery. Picnic to follow.

Sokol Baltimore Topix

## Financial Report

### AMERICAN SOKOL ORGANIZATION

February 1975

#### RECEIPTS:

Dues .....	\$ 861.00
Convention Fund .....	539.00
Special Assessment .....	1,078.00
Advertising in "American Sokol" .....	180.00
Resale of Jewelry .....	1.50
Sokol T. G. Masaryk Dues .....	9.00
Sale of Song Books .....	150.00
Resale of "Progressive Czech" .....	210.00
Office Supplies, Postage .....	20.67
Membership Kits, Souvenirs .....	15.05
	<u>3,064.22</u>
A.S.O. Uniform Division - Payment toward Advances .....	1,750.00
<b>Total Receipts</b>	<b>\$4,814.22</b>

#### DISBURSEMENTS:

##### Administrative

Salaries .....	\$ 298.35
F.I.C.A., F.W.T. for January .....	118.78
Rental, Janitor Service and Supplies, Phone .....	303.04
Office Supplies, Postage .....	67.98
Service Contract .....	135.00
Travel Expense .....	163.46
Miscellaneous .....	<u>12.72</u>

\$1,099.33

##### 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
Travel Expense, Postage .....	<u>40.70</u>

354.16

##### Sokol Publication

Printing "American Sokol" .....	\$ 848.95
Editor "American Sokol" .....	75.00
Postage "American Sokol" .....	<u>53.18</u>

977.13

##### Miscellaneous

Uniform Division - Salaries, F.I.C.A., F.W.T., Phone ...	\$ 336.66
Special Appropriations:	
Southern District A.S.O. ...	1,186.56
Eastern District A.S.O. ...	399.24
Dues Refund .....	<u>31.50</u>

1,953.96

##### Total Disbursements

\$4,384.58

##### Balance:

Western National Bank of Cicero - Checking Account	\$8,765.89
Receipts - February 1975	<u>4,814.22</u>
	13,580.11
Disbursements - February 1975	<u>4,384.58</u>
	\$9,195.53

### FUTURE SOKOL LEADERS FUND

February 1975

John Scheffel family, in memory of William Stepan .....	\$ 15.00
Agnes Zadrazil, in honor of her 88th birthday .....	<u>10.00</u>
	\$ 25.00

Donations are tax exempt

## What is Life?

"None of us are what we want to be. Very few of us are what we think we are. And yet fewer of us are what we could be. So we try. And this . . . the trying . . . is called life."

Bobby Stevens, Chicago poet

## Slovak Sokol Camp

### Potters Lake . . . East Troy, Wisconsin

The Camp will open in Mid-June and close on Labor Day. An invitation is extended to all Sokols and Sokol friends to visit the beautiful camp-grounds for breakfast, lunch or dinner and spend the whole day at the Camp. Weekly rates have also been announced.

There are many activities to enjoy, a swimming pool, the beach, boating, fishing, horse-shoes, playground, etc. For further information or reservations: Contact Bro. Robert Komerec - 1810 28th Street, Kenosha, Wis. 53140 - Phone, Area Code 414-654-9042.

## Cleveland Czech Folk Dancers

With great enthusiasm the Folk Dancers started their "road" career on Jan. 26th, as they traveled to Swanton, Ohio, with 2 busloads of Karlin Hall members to attend a dance for the benefit of the Swanton Dancers. Sis. Dolly Baca started their part of the program with a short narration on Sokol history. Then the Hanácká Beseda was performed, followed by a brief fashion show and a history of costumes (kroje) by a few of the more elegant(?) dancers. In closing, the group staged the Chodská Polka which gave the audience opportunity to become actively involved. The finale of the program proved to everyone that the Dancers are actually a gymnastic group.

The Dancers were again in top shape for their Feb. 1st performance at the St. Mary's Czech Night. The warm reception and the friendly atmosphere prevailing throughout the evening made this a most rewarding experience.

On Feb. 9th, the Dancers performed at the Winter Exhibition staged by the 3 Sokol Units in Cleveland. Needless to say they again were received with great acclamation. The live musical accompaniment by Sis. Dusek at all these affairs had added a great deal of color to the overall performance of the group.

## American Sokol, Inc.

The American Sokol, Inc. had originally purchased 19 and one-half acres of land on Rockside Road in the Village of Valley View in June of 1970. This organization, after presenting its requests before the Valley View Planning Commission and the Valley View Council, had been unable to secure the proper zoning, in order to begin constructing a new Sokol Cultural Center, as was initially planned. During 1973, it was decided to submit a zoning change, by taking our case under a referendum vote directly to the people of Valley View. Following the defeat by the electorate in November of 1973, the American Sokol, Inc. had to evaluate the possibilities of resubmitting our request to

the residents of the Village in either May or November of 1974. The decision was reached to again seek favorable support of our request under a referendum vote for rezoning our parcel of land during the election to be held in November of 1974. With considerable time and energy used in promoting our cause, the electorate by a 327 to 237 vote, rejected the proposed ordinance change regarding the rezoning of our acreage. For the second year in succession, it was very hard for our membership to believe that our fond hopes of constructing a beautiful Sokol Cultural Center, which would most definitely be an asset to the Village of Valley View, would be turned down by the residents.

Because of these unforeseen delays over a four year period, together with the steady rise in material and labor costs, plus the inflationary rates of borrowing additional and needed funds, forced the American Sokol, Inc. to seek possible alternate directions and solutions to satisfy our everyday needs.

During the early months of 1974, it was brought to the attention of the American Sokol, Inc., that the Bohemian National Hall on Broadway Avenue in Cleveland, Ohio, could possibly be purchased. We had received reports that the Trustees operating that Hall would favorably consider the Sokols in this area as prospective buyers. From the standpoint of the American Sokol, Inc., the tremendous amount of space in this 75 year old building and the possibilities of housing all of the Sokols in the Greater Cleveland area under one roof, were factors that should be carefully studied and evaluated. During April of last year, a resolution was proposed and passed, authorizing a small Committee to begin to investigate the potential purchase of the Bohemian National Hall. The fact was stressed that the possible purchase of this Hall would in no way cancel our original intentions to erect a new Sokol Cultural Center, when and if feasible. During October of 1974, the Negotiating Committee meeting with the Trustees from Bohemian National Hall, finally reached a satisfactory agreement. After securing the necessary approval of the general membership of the American Sokol, Inc. a purchase agreement was prepared by our attorney, which was temporarily held up, pending further investigations of certain conditions regarding the proposed transfer of ownership.

On February 1st of 1975, the American Sokol, Inc. entered into a purchase agreement with the Trustees of the Bohemian National Hall, contingent on exercising an option which expires on June 1st of 1975. It is the fond hope of the American Sokol, Inc., based on detailed and careful evaluation of the Bohemian National Hall, that there is sufficient space to house all of the Sokols in the Greater Cleveland area under one roof. In addition, this can be carefully planned over a period of time, be accomplished without displacing any of the present tenants or lodges or clubs that have utilized that Hall for many years. The transfer of ownership if it materializes from its present owners known as "Patronat Ceske Narodni Sin", to the

American Sokol, Inc., which also is of Czech background and descent, must certainly meet with the approval and blessing of most of the Czech community in this area.

The tremendous task facing the American Sokol, Inc. will be to revitalize the day by day activities and to instill a social atmosphere that will be beneficial to all of the occupants who meet and frequent the Bohemian National Hall. This Hall, located at 4939 Broadway Avenue was notified on January 20th, 1975, that it has been given final approval by the Ohio Historic Site Preservation Advisory Board as qualified for inclusion in the National Register of Historic Places of the National Park Service, United States Department of the Interior. The nomination forms are now being sent to Washington, D.C. for federal approval.

The movement of the Sokols to the Bohemian National Hall with their continued efforts and endeavors in preserving the Czech culture and Czech heritage, and in promoting the Sokol ideology in gymnastics, presents a challenge to their present day administrative and technical leadership. The problems facing the Sokols in this move to the inner city are many and varied, but they certainly are not insurmountable. With cooperation not only from the Sokols but from all of the lodges and clubs involved, the Czech community should and must feel justifiably proud of the Sokols in Cleveland in this proposed acquisition of the Bohemian National Hall.

Robert E. Jirousek, President  
Elsie Suster, Secretary

## Tribute to Sister Mildred Prchal

The Central District of the American Sokol Organization feels very proud to have the opportunity to express its sincere appreciation to Sis. Mildred Prchal, for the many years of devotion and unending enthusiasm to the Sokol Organization and the nation through her contributions in the field of gymnastics.

Sis. Prchal began teaching in 1914 with just a handful of devoted Czech women. She started her first class at Sokol Havlicek-Tyrs in 1918. Formed the first Women's Board of Instructors at Sokol Havlicek-Tyrs, continuing on through District and National levels.

Her work has always been far advanced of the times with her entire life devoted to the teaching and guiding of any and all of those interested. Her instructions have guided the majority of the National Sokol Slets and schools, beginning with the first A.S.O. Slet at the Chicago Coliseum in 1921, her spectacular pageant at the International Amphitheater in 1938 and on to the present.

She holds the title of Honorary Women's Director of the American Sokol Organization. Not only has she been a great asset to the Sokols, but her unending efforts have been extended throughout the country with

her leadership in Modern Gymnastics with the U.S.G.F. Her compositions of drills, calisthenics, dances and all forms of gymnastic skills are far too numerous to mention.

In 1969 she was chosen by the United States National Gymnastic Committee to represent the USA in the World Gymnastic Modern Championship in Bulgaria.

She is the USGF Chairman of Modern Rhythmic Gymnastics and for the past six years has devoted much time and effort in the preparation of this event in the United States. She is the author and illustrator of many articles. Her book "Artistic Gymnastics, Floor Exercise for Women" was first published in 1964, reprinted in 1966, and again in 1970. She compiled and illustrated the modern rhythmic compulsory exercises for 1971-1973 and led the delegation to Holland for the VI World Championships in this field.

She has officiated at numerous competitions as judge throughout our country and Europe. A great event for Sis. Prchal, was receiving the first "USGF Master of Sports Award" in November 1974.

This was presented to her by Mr. Frank Bare, President of the USGF at the Congress of Coaches Banquet, held in Chicago. Over 550 people were present at this event, and all joined in a standing ovation for Sis. Prchal. This award was given for the man or the woman with the most years of dedicated teaching in the United States, in the varied field of gymnastics. Mr Bare in his presentation stated: "With Mrs. Prchal all people come first, therefore it was not difficult choosing Mrs. Prchal, as there are very few throughout the country who have given so much to so many."

This is a very short history of Sis. Prchal's gymnastic life but it would take many many pages to list all her contributions in this field, but we in our small way want Sis. Prchal to know we, the Central District of the American Sokol Organization are very proud and honored to have her as a member of our organization. Perhaps because she is always so willing to lend her talents, we are lax in extending our appreciation, but we do want her to know we do thank her and need her with all our hearts.

Her understanding and thoughtfulness through these many years has been a guideline in the past and will continue on through the future.

To Sis. Mildred Prchal - Our hearty Sokol NAZDAR!

June Pros

Assisted by Jane Jurew and Zdenka Tintera

## TV and Divorce

"Thousands of marriages could be saved if husband and wives would just shut off their TV sets for an hour each night and talk to one another. Television is more dangerous to our society than the atomic bomb. It's the greatest poison to marriage."

Dr. Lawrence Friedman,  
Los Angeles psychiatrist-author



## AMERICAN SOKOL MEMORIAL

### BOHEMIAN NATIONAL CEMETERY, Chicago, Illinois

January 28th, 1975

Pictured above is an artist's rendition of the proposed Sokol Memorial to be erected at the Bohemian National Cemetery in Chicago, Ill. The committee that worked on the design had but one criteria: "Simplicity is Elegance".

The plot of land chosen is long and triangular in shape, perhaps 30 feet wide at the western base of the plot, with the tip of the triangle east of this base, over 60 feet away. The plot has a road completely around it.

The memorial itself is to be a large, conically-shaped, rough granite rock, resembling a mountain. Mountains are simple, majestic and rugged, and hold an esthetic beauty because of these attributes. Ruggedness portrays the Sokol; roughness symbolizes the path of the Sokol movement, which has never been an easy one; and the majesty and enduring beauty of a mountain symbolize the Sokol ideal and its lasting greatness.

The granite stone will be approximately 10 feet in height and 5 to 6 feet at the base. On the front or west side will be a Sokol Emblem of the modern style we have adopted, carved either in the pink granite of the Masaryk Memorial Mausoleum located near the Sokol site, or cast in bronze. On top will be a bronze falcon.

A simple white marble stone will sit at the base of the memorial with a bronze dedication plaque. Three flag poles will surround the memorial, and on designated

**Written by and designed by: Edward W. Schnabl**  
days, the American, Czech and Sokol flags will be flown.

The landscaping will be simple, largely grass, with low shrubs around and behind the memorial, several pathways in front, and Linden trees behind.

It is our feeling that this type of memorial would have the necessary lasting beauty we seek, the simplicity of the design we want, and would portray all the lasting qualities of the Sokol movement. Because a minimal amount of sculpture or carving is required, the main monument being left in the rough form, the end result would be a large enough monument to be impressive without incurring the cost of a totally carved rock monument of the kind and style usually seen. It would be entirely unique and in total keeping with the mood we wish to create and with the general area we have selected as a site.

The cost of this memorial is estimated at \$25,000.00. It has been in the planning stages for months, and in that time, all costs have increased. It seems prudent, therefore, to proceed with this project before additional costs are incurred, and the A.S.O. Executive Board has voted to do so. We feel certain our entire Sokol family will be proud of this undertaking and will want to be a part of it. Any and all donations will be gratefully accepted to help finance this lasting remembrance to the greatness of Sokols everywhere.

AMERICAN SOKOL  
**SOKOL GYMNAST**

MARCH 1975

---

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

---

**THE AMERICAN SOKOL B.O.I.**

*ANNOUNCES*

*THE FIRST ANNUAL*

**AMERICAN SOKOL  
GYMNASTIC CAMP**

**August 10 - 16, 1975**

**at**

**NORTH CENTRAL COLLEGE  
Naperville, Illinois**

The finest in gymnastic training will be provided for in this session. Enrollment is for male and female, minimum age is 12 - a selected teaching staff, including college coaches with their assistants will provide necessary teaching skills. All gymnasts - Beginners - Intermediate - Elite, will have supervised training. Open to all gymnastic enthusiasts. Registration SUNDAY, AUGUST 10th. - Further information to follow.

# INTERMEDIATE TRAMPOLINE SKILLS

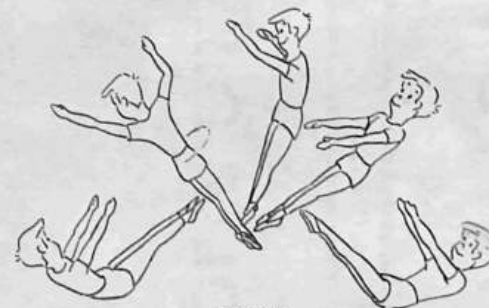
(COURTESY OF  
NISEN)

## IMPORTANT

Each member of the class should have instruction on the tumbling mat covering the fundamental body positions required for elementary trampoline skills. The floor mat is not only a safer place to acquire these positions, but it also permits the entire class to participate at one time. All of the basic body positions should be learned in mat drills before they are attempted on the trampoline. In addition, these positions should be experienced on the trampoline before progressing to low, controlled bouncing. From that point the student can begin learning the basic landings from the feet.



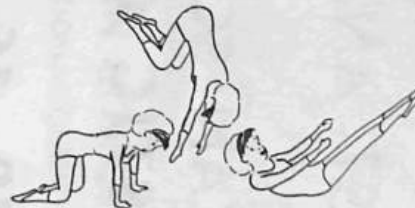
SWIVEL HIPS



CRADLE



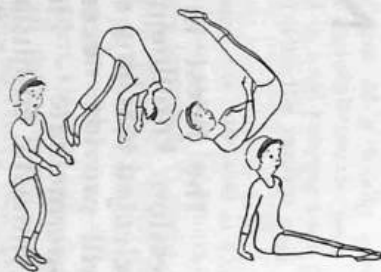
FRONT DROP, HALF TURN  
TO FRONT DROP



HANDS AND KNEES, TURNOVER  
TO BACK DROP



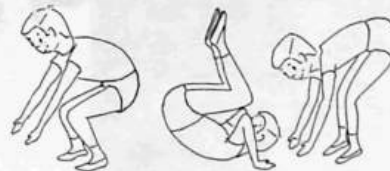
FORWARD TURNOVER



FRONT SOMERSAULT TO SEAT



FRONT SOMERSAULT



BACK PULLOVER



BACK PULLOVER



### SOUTHERN DISTRICT SPONSORS CLINIC AND ANNUAL MEETING

The Southern District sponsored an Instructor's Clinic in November. The Clinic began on Friday evening, at Sokol Zizka, Dallas. Activities on the 2nd and 3rd were held at Sokol Karel Havlicek Borovsky, Ennis, Texas.

Head Clinician was Bro. Peter Dusek, Director of Men, Northeastern District. He covered many teaching techniques in warm-ups, tumbling, and men's apparatus. Approximately 60 adult and junior instructors from the Units of Corpus Christi, Houston, Fort Worth, Dallas, and Ennis attended the three-day Clinic.

Bill Willis, coach of Sokol Zizka's advanced team, and Bro. Jerry and Sis. Henrietta Milan of Sokol Fort Worth, provided additional apparatus instructions to the women instructors. Bro. Eugene Collins of Sokol Houston conducted a session in ballet.

The Annual Meeting of the Southern District Board of Instructors was held Saturday evening, the 2nd of November, in Ennis. Plans were made for the current gym year, including the 1975 District Slet to be held in Corpus Christi, Texas. Bro. Dusek, a special guest at the meeting, was presented a "Texas Cowboy Hat" in appreciation for his help at the Clinic. Board of Instructors elected for the new year were: Larry Laznovsky, Ennis - Director of Men; Joe Ehrenberger,

Zizka - 1st Assistant; Jerry Sijansky, Corpus Christi - 2nd Assistant; Sylvia Laznovsky, Ennis - Director of Women; Henrietta Milan, Fort Worth - 1st Assistant; and Sandra Howard, Corpus Christi - 2nd Assistant. Sylvia Laznovsky, Dist. Director

## Midwest Gymnastic Symposium

### Elite Coaches Suggested Daily Warm-Up

By Jane Jurew

15-20 mins. of stretching (work for strength, flexibility).

15-20 mins. of tumbling.

15-20 mins. of bars.

15-20 mins. of Floor Ex. - done with two girls at a time, one does all the tumbling, the other does the pattern (compulsories or optionals). After floor ex is completed, girls immediately do 4 laps of jogging without a rest. This builds up stamina for last passage of floor ex.

15-20 mins. of vaulting.

No girl is allowed to sit for one minute - if apparatus is busy, she should tumble. If anyone is found sitting at anytime, she must do 25 laps of gym before going home. - Each and every girl must condition herself not only physically, but mentally at each workout. A series of 20 vaults per night - 1st compulsory, 2nd optional.

10 mins. of Jump Rope.

60 mins. on Beam - Run - run drills of 10 lengths - no stop.

Run, run, stop, hit a pose. They must use a different pose each time - therefore, if they lose balance during their routine, they can hit a pose. Each turn at ends of beam must also be different. Then 10 lengths of skipping, then chasses.

### Gymnastic Isometric Stretching Exercises

These exercises only produce flexibility, not strength. In order to have any effect, they must be done every day or they will not work. Mind thought (thinking about what you are doing) is just as important in isometrics as it is in actual workout.

**Front leg stretch** - Done with partners. One girl doing the work; the other applies pressure and holding working leg. Girl stands against wall with heels, seat and shoulders touching wall. Start in L position.

I. Instructor or partner hold leg under thigh and ankle. Gymnast then applies downward pressure and partner pushes upward. Relax leg and lift to higher degree. Repeat isometric push, relax, lift. Do as often and as high as each individual stretch allows. Keep hips forward at all times.

II. Repeat above process, only this time instructor or partner holds on top of leg, pressing downward as gymnast pulls upward.

**Side leg stretch** - Repeat same as front leg stretch only to side. Keep hips forward and heel of foot to front.

**Back stretch (flexibility)** - Do same as front and side stretch, only lay on table with feet off end of table. Lay on stomach, arms at sides and hands under hips. Keep head centered. Back bend, keep feet straight forward not turned out with heels on the floor and push up into a back bend. Gymnast pushes only hips as partner pushes downward. Then reverse so gymnast is applying a pull and push.

#### Crotch stretch -

I. Chinese split - grasp or hold ankles and rest on floor.

II. Lay on back and keep seat on floor at all times and gymnast does straddle split herself.

III. Same as II. only now done in partners and apply isometrics as explained in above exercises.

**Walkover stretch** - Done in partners.

I. Partner holds leg stretched frontward overhead.

II. Gymnast does walkover and as she hits the split partner holds gymnast as gymnast pulls up rib cage.

III. Leg comes down as partner again holds leg high and overhead. In other words, start and finish in same position. Reverse and do on opposite leg.

## Fundamental Floor Exercise Moves

By Bro. Edward David, Northeastern District

### ROLLS

Back\*  
Front\*  
Back Straddle  
Front Straddle  
Back Extension  
Dive\*

### CARTWHEELS

Left\*  
Right\*  
One Hand\*  
Dive or Fast  
Aerial

### HANDSTANDS

Stag\*  
Splits\*  
Yoga\*  
Forward Roll\*  
Yoga to Walk-Over\*

### SPLITS

Left\*  
Right\*  
Changeover  
Russian\*  
One-half Splits

### GLIDES (Chasse)

Forward\*  
Sideward\*  
Backward\*

### LUNGE

Forward\*  
Sideward\*

### LEAPS

Stag - Side\*  
Stag - Front\*  
Split or Swan\*  
Tour zete  
Cat Leap\*  
Front Hitch Kick\*  
Back Hitch Kick\*  
Bells - Front\*  
Side  
Back  
Kick Turn-180 deg.\*  
Bunny Hop\*  
Close Leg\*  
Change Legs\*  
Jump Splits\*

### ARABESQUE

Standing\*  
Kneeling\*  
Deep Bend\*

### WALK-OVERS

Front\*  
Back\*  
Stag\*  
Yoga\*  
Split\*  
To Splits  
Forward  
Sideward  
Squat Thru Arms  
Change Legs  
Fast

### ELBOW STAND

Roll Forward  
Limber  
Fishflop

### Round-Off

Limber  
Push-up Back Bend  
Headstand\*  
Handstand\*  
English Handstand\*  
Handstand Snapdown  
(Mule Kick)  
Spins\*  
Chaîne Turns\*  
Sissone  
Glissade  
"V" Seat\*  
Valdez\*

### BOWS

Standing\*  
Kneeling\*

### HANDSPRINGS

Bent Arm  
Kip-up Layout  
Front Layout  
Back Layout  
Round-Off Back  
Round-Off Flip  
Round-Off Layout  
Illusion

\* - Can Also Be Used On Balance Beam.

## Sokol Organization

The Greek's "A sound mind in a healthy body" was the foundation upon which the Sokol idea was built. Physical training, when practiced under qualified supervision, is a magnificent tool that serves a dual purpose. While it develops a strong and healthy body it unconsciously instills the characteristics of perseverance, thinking, patience and teamwork. The training that we give to the youth and our members is not intended to make champions or professionals out of a few, but is for the benefit of all so that they can become and remain physically fit.

Therefore, we strive first and foremost, to meet the needs of the people as a whole, but we also recognize the right of the individual and provide every opportunity for each person to rise as high as their ability will take them. Sokol is not opposed to spectator sports, but come from "taking part" and not "watching". Sokol strives to create in each member a continuing state of physical fitness. It strives toward mental, physical and moral fitness through a comprehensive course of physical education. Sokol aims at building "A sound mind in a sound body" through a wholesome program of physical education and through other social, cultural and educational activities.

Institutions do not survive through the years by accident; they live only through the possession and operation of everlasting principles. The Sokol Organization, with persons of all rank in its membership, proudly marches forward!

## Sokol Slets and Spartakiada

Is there a difference between them? Perhaps many readers tell themselves: "What kind of difference? There are calisthenics at both, so what makes them any different?" The answer is simple. Public performance is only the outer manifestation, which calls for a necessary look inwards, and understand, that more than a public performance is at stake.

It is Sokol that always arranged Slets since its foundation, that it is their creator. A volunteer organization brought them to life, the will-power of hundreds of thousands of men and women, believers in the fundamental Sokol ideal, which required a person bodily, spiritually and morally strong, a devoted believer in democratic thought, a defender for Czechoslovak independence. That was every Sokol member's credo. The Sokol organization grew into such an important force in national life, that it became indispensable to the Czechoslovak people in their struggle for freedom, as in the building of the republic.

Thus did Sokol serve the country. The Slets always paid homage to the nation. Spontaneity among members was so great, that it was necessary to choose between athletes on the basis of special examinations,

so that only the best would appear. And so, elite performers got to the Slet.

No prodding was necessary, every Sokol considered participation in a Slet as a distinction. Members began saving funds a long time before, since everyone paid their own way. The entire Slet was financed strictly by Sokol funds - without any government subsidy.

As soon as Czechoslovak freedom was extinguished, the Spartakiada became the inheritor of the athletic education of the communist party from the days of the first republic. No volunteer organization promoting physical education arranges the Spartakiada, but the communist leadership.

The Spartakiada takes place to make the impression abroad, that the nation fully supports it. The propaganda apparatus works on it with state money and with the help of its lackeys in the schools, factories, bureaucracies, agricultural associations, communist youth groups, various labor sectors, professions and the army. Everyone must participate, so as to form a mass, because those who take part must be dazzled by the numbers. No homage is paid to the nation, but to the communist regime.

Sokol Slets were always a reinforcement to the ideal of the Czech statehood. They gained the world's sympathy and propagated Czechoslovak democracy around the globe. President Masaryk himself acknowledged that the Sokols were the best envoys of the republic.

We are preparing for the IV. Slet of Czechoslovakian Sokols Abroad, which will take place July 1976, in Switzerland. We invite all of our Sokol brethren in the free world, so that we might demonstrate our solidarity and brotherhood in these troubled times.

Jarmila Uhlírova

## Youth

Youth needs proper physical training to prepare itself for its struggle through life. You have heard and read these words many times before. They are constantly repeated down the line by presidents, educators and enlightened citizens. Recent U.S. presidents have created a special "President's Council on Youth Fitness" because: The strength of our democracy is not greater than the collective well-being of our people. The vigor of our country is no stronger than the vitality and will of all our countrymen. The level of physical, mental, moral and spiritual fitness of every American citizen must be our constant concern.

So the need for increased attention to the physical fitness of our youth is clearly established. Like a growing plant, youth must receive a certain amount of cultivation which will enable it to blossom into its fullest beauty and not be ignored and permitted to grow like weeds by the roadside. Proper training must consist of a planned program in which prepared exercises are

utilized for the purpose of developing the muscular and mental capacities of the young growing body to the greatest advantage.

It is very difficult for children to understand whether or not they receive any benefit from undisciplined activities. They are easily drawn in by some sort of "glitter" appeal. Presently, also, a wide variety of competitive games, sports and recreation programs, and with today's decline in the moral values of our youth, it seems that anyone who has good intentions of helping the young people to occupy their time with physical activities will, in most cases, extend a helping hand with some type of game. This, in most popular understanding, is sufficient to provide the necessary physical training for our youth.

It is, however, very evident that the preponderant reliance on ball games, etc., as a way of providing physical education for the youth, in the past has proved totally insufficient. This statement is in no way a criticism of ball games in themselves because they are definitely beneficial to youth because of the physical activity involved. The argument here is a criticism of the practice of employing these means solely as the means of providing a program of physical education for the American youth.

Some time ago one American educator emphasized: Our nation may pay a high price because it has substituted spectator sport, television and mechanical transportation for regular participation in indoor and outdoor physical training, work and play. He further stated that "our aversion to walking, our carelessness in correcting defects, our "sweet tooth" and our inclination to luxury living will seriously effect the national level of physical fitness. We are failing our youth if we do not provide it with the opportunities for gaining at least the minimum physical and recreational skills needed for effective living."

It is very unfortunate that the members of Sokol cannot be brought to a sharp realization of the absolute need of an effective program of physical training for the youth of our Sokol families; a program which will provide the opportunities for gaining at least the minimum physical and recreational skills needed for effective living. The Sokol, a grain of sand in this vast country of ours, has been trying since its inception to fulfill these requirements and our predecessors made the utmost effort in maintaining a physical training program for their children and neighbor's children based on gymnastics and partly on sport and recreational activities. They were fully involved in this work and utilized every means to support this endeavor.

Condensed from the SOKOL TIMES

## Julia Novotny

Sis. Julia Novotny died in Bellevue, Nebr., at the age of 83. Was born April 2, 1891 in Brno, Moravia. She was preceded in death by her husband, Bro. Anton Novotny, Sr., in 1954.

Sis. Novotny was a member of South Omaha Sokolice for many years. She and her late husband were devoted Sokol members, giving of themselves whenever possible. Sis. Novotny was a very willing contributor to the many Bazaars of past years and made many fine articles of handwork. The couple's devoted Sokol life and the true spirit of teamwork was inspired into their family, their 3 sons have been dedicated Sokol members, having and serving as Unit officers, Hall Board of Directors and the Sokol Park Board for many, many years. Daughter, Doris, is a member of the Sokolice.

Sis. Novotny was also a member of the South Omaha Mother's Club and ZCBJ Lodge Jiri Podebradsky No. 72.

Survivors include: sons, Anton J., Victor F. and Milas J.; daughter, Sis. Doris Ettlín; sister-in-law, Sis. Theresa Novotny, 11 grandchildren and 4 great-grandchildren.

## Louis J. Klovrza

Bro. Louis Klovrza, a member of Sokol Fuegner, Long Island, N.Y., passed away on December 27, 1974, at the age of 92, in Gainesville, Florida. He was born July 26, 1882, in Bohemia, and migrated to the U.S. in the early 1900's. He and his wife settled in Astoria, N.Y. Shortly thereafter he joined Sokol Fuegner.

Bro. Klovrza, who was affectionately known as "Pop" to his friends and family, was a member of Sokol Fuegner for more than 60 yrs. He had been an active worker on various committees and served faithfully for many, many years as Trustee.

Bertha Hochner

## Marie Gahura

Sister Marie Gahura, wife of the late Anton Gahura, passed away, October 19, 1974 in Fresno, Cal. Was born in Moravia, Czechoslovakia, June 28, 1892. Arrived in the U.S. at the age of 14 yrs. to reside with her brother, Ignac Senkyrik, in West, Texas. Was wed to Anton Gahura in 1907. Moved to California in 1920. In 1957 they celebrated their 50th wedding anniversary. Bro. Gahura died in 1965.

Sister and Brother Gahura were devoted charter members of Sokol Fresno, helped to organize it and devoted much time and effort for its continued growth. Sis. Gahura traveled with the U.S. Sokol delegation to Europe in 1962, placed a plaque there in memory of Dr. Miroslav Tyrs, and attended the Vienna Slet. Sis. Gahura was a 60 yr. member of SPJST Texas Lodge. Also 30 yrs. with the International Institute Women's Club in Fresno, Cal.

Survivors are: Anton F. Gahura, son; Sis. Mary Falls and Ann Gibeson, daughters.

Mary Falls

# 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 W. 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, Ill. 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 S. Mason, Oak Lawn, IL 60453.

## BY-LAWS COMMITTEE:

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

## PUBLIC RELATIONS COMMITTEE:

**Chairman:** Anna Basta, 2629 Maple Ave., Brookfield, IL 60513.

## ORGANIZATION CHAIRMAN:

Emilie Ruzicka, 1215 NE 128th St., No. Miami, FL 33161.

## MEMBERSHIP CHAIRMAN:

Rudolph Svoboda, 2343 S. 14th Ave., No. Riverside IL 60546.

## EASTERN DISTRICT, NEW YORK, N.Y.

Headquarters Sokol Hall, 420 East 71st St., New York City, NY 10021. Meetings 3rd Monday, alternating between Little Ferry and Astoria Sokol Hall and Bohemian Hall. President: Charles Zraly. Secretary: Blanche Zraly, both 29 Holland Court, Valley Stream, NY 11580. Director of Men: Frank Capek, 39 Barnes Dr., Ridgefield Park NJ 07660. Director of Women: Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643. Public Relations: Ed Stetka, 318 Upper Landing Rd., Baltimore, MD 21221. Organization: Emilie Ruzicka, 1215 NE 128th St., No. Miami, FL 33161.

## NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Cleveland Cech-Havlicek Hall, 20110 Harvard Ave., 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: Karel Zahradnick, 12710 Holborn Ave., Cleveland, OH 44105. Public Relations: Elsie Kohl, 30625 Woodall Rd., Cleveland, OH 44139. Organization Chairman: Gladys Jirousek, 18424 Chargin Blvd., Shaker Hts., OH 44122.

## CENTRAL DISTRICT, CHICAGO, ILL.

Meetings 4th Wednesday, Sokol Brookfield, 3909 Prairie Ave. - President: Joseph F. Drnec, 5715 West 23rd St., Cicero, IL 60650. Secretary Ann Basta, 2629 Maple Ave., Brookfield IL 60513. 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 Pirka, 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, 2243 So. 13th St., Omaha, NE 68108. - President: Edward Pavoucek, 2306 Jefferson, Bellevue, NE 68005. Secretary: Phyllis Jirka, 6514 So. 45th Street, Omaha, NE 68117. Director of Men: Raymond Lastovicka, 109 E. 16th Ave., Bellevue, NE 68005. Director of Women: Bozena Drozda, 2627 No. 102nd Ave., Omaha, NE 68134. Educational Director: Robert Vanyo, 446 Bay St., St. Paul, MN 55102. 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, TX 75218. Secretary: Vlasta Laznovsky, 5514 Gregg St., Dallas, TX 75235. Director of Men: Larry Laznovsky, Route 1, Ennis, TX 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 held quarterly at different units. 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 Sunday 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. Secretary: Marie Pokorny, 9812 Gunforge Rd., Perry Hall, MD 21128. Fin. Secretary: 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 Director: Norma Svejda, 700 N. Collington Ave., Baltimore, MD 21205.

**Sokol Belcamp, Md.** - Meetings 1st Wednesday, Belcamp Community Center, Belcamp, MD 21017. President: Frank G. Novak, 241 Graceford Dr., Aberdeen, MD 21001. Secretary: Miroslav Jurny, PO Box 211, Belcamp, MD 21017. Financial Secretary: Valentine Vrba, P.O. Box 52, Belcamp, MD 21017. Director of Women: Rosemary Krajca, Long Bar Harbor, Abingdon, MD 21009. Educational Director: George Vojtech, 4000 Baker Ave., Abingdon, MD 21009. Organization: Jerry Valcik, 711 Long Bar Harbor, Abingdon, MD 21009.

**Sokol Curtis Bay, Md.** - Meetings: Curtis Bay Athletic Club Mall, 1603 Cereal St., Curtis Bay, MD 21226. President: Frank J. Zaruba, 4705 Virginia Ave., Baltimore, MD 21225. Secretary: Frank Zamostny, 216 Werner Rd., Baltimore, MD 21226. Fin. 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., NY 11580. Secretary: Bertha Hoehner, 45-35 Utopia Pkwy., Flushing, NY 11358. Financial Secretary: Jane Cerny, 23-71 37th Street, Astoria, NY 11105. Director of Men: Richard Kotmel, 43-25 160th St., Flushing, NY 11358. Director of Women: Virginia Belsan, 41-35 49th St., Sunnyside, NY 11104. Organizational Chairman: Marie Stika, 28-05 43rd St., Long Island City NY 11103.

**Sokol Little Ferry, New Jersey.** - Meetings: 2nd Monday, Sokol Hall, 14 Garden Street, Little Ferry, NJ 07643. President: Richard Novotny, 16 Griswold Pl., Glen Rock, NJ 07452. Secretary: John F. Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. Financial Secretary: Jerry Komarek, 101 Merhof Rd., Little Ferry, NJ 07643. Director of Men: Frank

J. Capek, 39 Barnes Dr., Ridgefield Park NJ 07660. Director of Women: Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643. Organization: Richard Novotny, 16 Griswold Pl., Glen Rock, NJ 07452. Educational Director: James Kirsch, 54 St. John St., Little Ferry, NJ 07643. Public Relations: John Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643.

**Sokol Little Ferry, New Jersey.** - Meetings 4th Wednesday at Sokol Hall, Main and Garden Streets, Little Ferry, NJ 07643. President: Georgiana Zabransky, 756 Schiarras Dr., Oradell, NJ 07649. Secretary: Joan Donovan, 279 Liberty Street, Apt. 33, Little Ferry, NJ 07643. Financial Secretary: Elsie Machotka, 26 Center St., Little Ferry, NJ 07643. Director of Women: Audrey Benda, 34 Brandt Street, Little Ferry, NJ 07643.

**Sokol Miami, Florida.** - Meetings 4th Friday, First Federal Bldg., 9th Ave. and NE 125th St., Miami, FL 33161. President: Frank Ruzicka, 1215 NE 128th St., No. Miami, FL 33161. Secretary: Emilie Ruzicka, 1215 NE 128th St., No. Miami, FL 33161. Financial Secretary: Mary Klicpera, 157 NE 10th St., Miami Shores, FL 33138. Educational Director: Vlasta Hron, 1125 NW 108th St., Miami, FL 33168. 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, NJ 08740. Secretary: Barbara Kotlan, 54 Clermont Ave., Irvington, NJ 07111. Financial Secretary: Anna Votapek, Acacia Lumberton Manor, E. Landing St., Apt. 8H, Lumberton, NJ 08048.

**Sokol New York, N.Y.** - Meetings last Sunday in winter; last Thursday in summer, Sokol Hall, 420-424 East 71st Street, New York, NY 10021. President: John Babinec, 98-40 64th Ave., Forest Hills, NY 11374. Secretary: Marie V. Leir, 65-42 48th Ave., Woodside, NY 11377. Fin. Secretary: Miroslava Jurnik, 338 E. 65th St., New York, NY 10021. Director of Men: Vernon Holy, 9 E. 96th St., New York, NY 10028. Director of Women: Pat Koval, 33-25 - 92nd St., Jackson Heights, NY 11372.

**Sokol Philadelphia, Pa.** - Meetings 3rd Friday, Slovak Hall, 1150-54 N. 4th Street, Philadelphia, PA 19123. President: Josephine Tunkl, 5836 Akron St., Philadelphia, PA 19141. - Secretary: George B. Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Fin. Secretary: Elsie Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Educational Director: George B. Novak.

**Sokol Schenectady, New York.** - Meetings 1st Wednesday, Czech-American Sokol Hall, 1309 Fifth Ave., Schenectady, NY 12303. President: Fred Guthan, 2351 Consaul Rd., Schenectady, NY 12304. Secretary: Caroline Jordan, 1302 Second Ave., Schenectady, NY 12303. Fin. Secretary for Women: Julia Kverek, 1541 Altamont Ave., Schenectady, NY 12303. Fin. Secretary for Men: Alice Matura, 1 Larkin St., Scotia, NY 12302. Organization: Henry Novotny, 1238 4th Ave., Schenectady, NY 12303.

**Sokol Washington, D.C.** - Meetings 1st Friday, Barton House, 2525 10th Street, North Arlington, VA. President: Matthew Neuman, 2071 Park Road, NW, Washington, DC 20010. Secretary: Jerry Friedrich, 13421 Bartlett Street, Rockville, MD 20853. Financial Sec'y.: Gerta Manhal, 3636 16th St. NW, Apt. A-601, Washington, DC 20010. Director of Men: Patrick Logsdon, 201 Pierce Mill Rd. NW., Washington, DC 20010. Director of Women: Catherine Hill, 11701 Beekman Pl., Potomac, MD 20854. 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 Ave., Warrensville Hts., OH 44122. - President: Frank Kavan, 4800 Westburne Rd., Lyndhurst, OH 44124. Secretary: Wilma Sevcik, 4102 Fulton Dr. Apt. G33, Cleveland OH 44144. Financial Secretary: Bertha Cihula, 31713 White Road, Wickliffe, OH 44092. Director of Men: Richard Rejna, 1702 Libby Road, 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 Hts., MI 48127. President: George Eisenstein, 16581 Henry Ruff Rd., Livonia, MI 48154. Secretary: Henry Seidel, 10001 Pierson, Detroit, MI 48228. Financial Secretary: Edward Sabados, 43911 Orleans Ct., Plymouth, MI 48170. Director of Men: John

Belavek, 52861 Brenton Dr., Rochester, MI 48063. Educational Director: Petr Peska, 8285 West Point, Taylor, MI 48180. Organizational Chairman: Peter Vicko, 773 Farmhan, Lincoln Park, MI 48146.

**Sokolice Detroit, Mich.** - Meetings 1st Thursday, Sokol Cultural Center, 23600 West Warren, Dearborn Heights, MI 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. Director of Women: Mary Anne Kerr, 940 S. Gulley Rd., Dearborn Hts., MI 48125. Educational Dir.: 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, Ohio.** - Meetings 2nd Sunday, Czech Hall, 4314 Clark Ave., Cleveland, OH 44109. President: George Kotlan, 7017 Brookside Rd., Independence, OH 44131. Secretary: Mildred Kolar, 3527 W. 97th St., Cleveland, OH 44102. Financial Secretary: June Brada, 4425 Streetsboro Rd., Richfield, OH 44286. Director of Men: Don Kotlan, 3405 W. 41st St., Cleveland, OH 44109. Director of Women: Doris Kotlan, 2112 West 103rd St., Cleveland, OH 44102. Educational Director: Mary Jane Kotlan, 7017 Brookside Rd., Independence, OH 44131.

**Sokol Rip, Pittsburgh, Pa.** - Meetings every other month at Ruzomberka Restaurant, Grant Ave., Pittsburgh, PA 15209. President: Joseph A. Ciz, 8140 Remington Drive, Pittsburgh, PA 15237. Secretary: Charles W. Bastl, 8234 Elaine Dr., Pittsburgh, PA 15237. Financial Secretary: James Leder, 133 Mason Dr., Glenshaw, PA 15116.

**Sokol Tyrs, Cleveland, Ohio.** - Meeting every other month. Board of Directors, 3rd Wednesday, 20110 Harvard Avenue, Warrensville Hts., OH 44122. President: Richard Franks, 2576 So. 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 Americký, Chicago, Ill.** - Meetings, semi-annual at Old Prague Restaurant. President: Rose Spale, 317 N. River Dr., Algonquin, IL 60102. Secretary: Hilda Jelinek, 119 E. Lake St., Barrington, IL 60010. Financial Secretary: Mary Doubek, 1536 West 18th Street, Chicago, IL 60608.

**Sokol Berwyn, Illinois** - Meetings 2nd Thursday, Sokol Berwyn, 6445 W. 27th Place, Berwyn, IL 60402. President: Edward Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. Secretary: Marie Knez, 6513 W. 27th Place, Berwyn, IL 60402. Financial Secretary: Stana Ziemba, 327 Herrick Road, Riverside, IL

60546. Director of Men: Eddie Jelinek, 3619 Wenonah 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 Street, Berwyn, IL 60402.

**Sokol Brookfield, Illinois.** - Meetings 1st Wednesday, National Hall, 3909 Prairie Ave., Brookfield, IL 60513. President: Roy Zitny, 4332 Arthur Ave., Brookfield, IL 60513. Secretary: Doris Barda, 3436 Arden, Brookfield, IL 60513. Financial Secretary: Rose Fritsch, 3921 Forest, Brookfield, IL 60513. Director of Men: Joseph Domansky, 1433 Alima Terrace, LaGrange Park, IL 60525. Director of Women: MaryJane Nevratil, 2323 S. 14th, No. Riverside, IL 60546. Educational Director: Ernest Pirka, 1248 W. Addison, Chicago, IL 60613.

**Sokol Cechie, Chicago, Illinois.** - Meetings 1st Friday of March, June, Sept., Dec., National Hall, 1643 N. Cicero Ave., Chicago, IL 60639. President: Otto Glasser, 587 E. Parkway Rd., Riverside, IL 60546. Secretary: Miss Roselyn J. Bergman, 2141 Ridge Ave., Evanston, IL 60201. Educational Director: Anne Glasser, 587 E. Parkway Rd., Riverside, IL 60546.

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

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

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

**Sokol Milwaukee, Wisconsin.** - Meetings 1st Thursday, International Institute, Milwaukee, WI. President: Rudy Richter, 5518 W. Roosevelt Dr., Milwaukee, WI 53216. Sec'y.:

Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Financial Secretary: Charles Richter, 5459 N. 38th St., Milwaukee, WI 53209. Director of Men: Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. 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: Helen Knuth, 3121 S. 49th St., Milwaukee, WI 53219. Secretary: Christine Greiner, 3206 E. Grange Ave., Cudahy, WI 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, Illinois.** - Meetings 2nd Thursday, Olympic Building, 2137 Lombard Ave., Cicero, IL 60650. President: John Solin, 717 Spring Street, 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, WI 53402. President: James J. Fetek, 4905 James Ave., Racine, WI 53402. Secretary: Steve J. Mostenan, 7914 - 20th Ave., Kenosha, WI 53140. Financial Secretary: Frank Groulik, 2044 Erie Street, Racine, WI 53402. Director of Men: Steve J. Mostenan.

**Sokolice Racine, Racine, Wisconsin.** - Meetings last Wednesday of March, June, Sept., Dec., Sokol Racine Hall, 1313 Lincoln St., Racine WI 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, 1843 Polaris Ave., Racine, WI 53404.

**Sokol Rozvoj, Chicago, Illinois.** - Meetings 2nd Thursday every 3rd month, Danish American Athletic Center, 4624 N. Pulaski Rd., Chicago, IL 60630. - President: Rudolph Gurtler, 6416 W. 28th St., Berwyn, IL 60402. Secretary: Hedvika Vrba, 2135 S. Kenilworth Ave., Berwyn, IL 60402. Financial Secretary: Ann Bagel, 4906 W. Berwyn, Chicago, IL 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 Pine, 3629 57th Ave., Cicero, IL 60650. Financial Secretary: Jerry Marecek, 416 S. Kenilworth, Oak Park, IL 60302. Director of Men: Ray Lutha, 1800 S. 61st Ct., Cicero, IL 60650. Organization Chairman: Jerry Zitko, 1603 61st Ct., Cicero, IL 60650.

**Sokol and Sokolice St. Louis, Missouri.** - Meetings: 4th Monday, American-Czech Educational Center, 4690 Lansdowne, St. Louis, MO 63116. President: Joseph Sulz, 3635 Bamberger, St. Louis, MO 63116. Secretary: David Stasa, 501 Arborwood, Ballwin, MO 53011. Financial Secretary: Henry Rak, 4201 Heidelberg Ave., St. Louis, MO 63123. Director of Men: Norman Ulrich, R.R. 1, St. Clair, MO 63077. Director of Women: Helen Pesoat, 6401

Mardel, St. Louis, MO 63109. Educational Director: William Shana, 9145 Desmond St., St. Louis, MO 63126.

**Sokol Stiekney, Illinois.** - Meetings 1st Wednesday, except July and August. Sokol Stiekney, 4131 S. Home Ave., Stiekney, IL 60402. President: William Meyer, 3928 Home Ave., Stiekney, IL 60402. Secretary: Margaret Sheridan, 3939 Clarence Ave., Stiekney, IL 60402. Financial Secretary: Ann Muzik, 9030 Rochester, Brookfield, IL 60513. Director of Men: Charles Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534. Director of Women: Kim Rus, 3834 Clinton Ave., Berwyn, IL 60402. Educational Director: Helen Sindelar, 7112 W. 40th Place, Stiekney, IL 60402.

**Sokol Tabor, Berwyn, Illinois.** - Meetings 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. President: Leo Pajer, 2823 Maple Ave., Berwyn, IL 60402. Secretary: Allan Brown, 1246 Highland Ave., Berwyn, IL 60402. Financial Secretary: Adam Kasper, 1621 S. 61st Ct., Cicero, IL 60650. Educational Director: Charles Prchal, 2419 Scoville Ave., Berwyn, IL 60402.

**Sokolice Tabor, Berwyn, Illinois.** - Meetings 1st Friday, 1602 S. Clarence Ave., Berwyn, IL 60402. President: Anne Kratky, 1639 Elmwood Ave., Berwyn, IL 60402. Secretary: Lynda Filipello, 1536 Harvey Ave., Berwyn, IL 60402. Financial Secretary: Marilyn Russel, 283 Addison Rd., Riverside, IL 60546. Director of Women: Ruth Reise, 1416 Alima Terr., LaGrange Park, IL 60525.

**Sokol Town of Lake, Chicago, Illinois.** - Meetings 2nd Wednesday, months of Jan., Mar., May, June, Sept., Nov., Polish Highlander Hall 3035 W. 51st St., Chicago, IL 60632. President: George Vytlacil, 12515 Harold Ave., Palos Hts., IL 60463. Secretary: Anton Smunt, 5342 So. Fairfield Ave., Chicago, IL 60632. Fin. Secretary: James Jansky, 1517 Ostrander Ave., LaGrange Park, IL 60525. Educational Director: James L. Cihak, 405 - 50th Pl., Western Springs, IL 60558.

**Sokolice Town of Lake, Chicago, Illinois.** - Meetings 2nd Wednesday, months of Jan., Mar., May, June, Sept., Nov., Polish Highlander Hall, 3035 W. 51st Street, Chicago, IL 60632. President: Irene Ruzicka, 11231 Cherry Court, Palos Hills, IL 60465. Secretary: Harriet Jansky, 1517 Ostrander Ave., La Grange Park, IL 60525. Financial Secretary: Blanche J. Cihak, 405 50th Place, Western Springs, IL 60558.

**Sokol West Suburban, Downers Grove, Illinois.** - Meetings 4th Tuesday. Mailing address: Sokol West Suburban, P.O. Box 181, Downers Grove, IL 60515. President: James Jindra, 749 Hitchcock, Lisle, IL 60532. Secretary: Mildred Bruno, 307 W. Naperville Rd., Westmont, IL 60559. Treasurer: Evelyne Behounek, 4827 Cornell, Downers Grove, IL 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, N.E., Cedar Rapids, IA 52402.

Secretary: Don Pulkrab, 2436 - 1st St., S.W., Cedar Rapids, IA 52404. Financial Secretary: Dennis Hrabak, 1731 Hamilton S.W., Cedar Rapids, IA 52404. Director of Men: Richard Kittrell, 1527 48th St. N.E., Cedar Rapids, IA 52402. Educational Director: Theodore Hlubucek, 137 - 37th St., N.E., Cedar Rapids, IA 52402. Organizational Chairman: John Kuba, 1035 2nd St., S.E., Cedar Rapids, IA 52403.

**Sokolice Renata Tyrsova, Cedar Rapids, Iowa.** - Meetings 1st Monday, Sokol Hall, 415 - 3rd Street, S.E., Cedar Rapids, IA 52401. President: Libbie Stastny, 67 - 21st Ave., S.W., Cedar Rapids, IA 52404. Secretary: Mana Zlatohlavek, 392 - 16th Avenue S.W., Cedar Rapids, IA 52404. Financial Secretary: Mary Ann Pochobradsky, 2419 Victoria Dr., S.W., Cedar Rapids, IA 52404. Director of Women: Barbara Pulkrab, 2436 First St., S.W., Cedar Rapids, IA 52404. Educational Director: Kveta E. Smith, 1940 Washington Ave., S.E., Cedar Rapids, IA 52403. Organizational Chairman: Barbara Pulkrab, 2436 - 1st St., S.W., Cedar Rapids, IA 52404.

**Sokol Crete, Nebraska.** - Meetings 1st Wednesday, Sokol Auditorium, 12th and Norman St., Crete, NE 68333. President: Steve E. Pomajzl, RFD 2, Wilber, NE 68465. Secretary and Fin. Secretary: Lester Bruns, 1444 Kingwood Ave., Crete, NE 68333. Director of Men: Jan Juren, 612 Hawthorne, Crete, NE 68333.

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

**Sokol Fugner-Tyrs, So. Omaha, Nebraska.** - Meetings 1st Monday, So. Omaha Sokol Hall, 5601 S. 21st St., Omaha, NE 68107. President: Mickey Dalton, 2219 Monroe St., Omaha, NE 68107. Secretary: Jim O'Brien, 1526 Bellevue Blvd., N. Bellevue, NE 68005. Financial Secretary: Victor F. Novotny, 4621 Valley, Omaha, NE 68105. Director of Men: Vojmir Benak, 5919 S. 15th St., Omaha NE 68107. Educational Director: Mickey Dalton, 2219 Monroe Street, Omaha, NE 68107. Organization: Jerry Divoky, 1511 9th North, Bellevue, NE 68005.

**Sokolice South Omaha, Nebraska.** - Meetings 2nd Tuesday, So. Omaha Sokol Hall, 5601 So. 21st Street, Omaha, NE 68107. President: Emma Benak, 5919 S. 15th St., Omaha, NE 68107. Secretary: Martha Talmon, 7203 So. 30th, Omaha, NE 68147. 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 Street, Omaha, NE 68117.

**Sokol Omaha, Nebraska.** - Meetings, 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. President: James Velehradsky, Sr., 1322 "U" St., Omaha, NE 68107. Secretary: Elmer Wollberg, 4959 S. 41st St., Omaha, NE 68107. Financial Secretary: James J. Velehradsky, Jr., 1322 "U" St., Omaha, NE

68107. Educational Director: James Hartung, 2735 S. 46TH Ave., Omaha, NE 68106. Director of Men: Gary Masek, 4048 S. 13th St., Omaha, NE 68107. Send all correspondence to Officers care of Sokol Auditorium.

**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, NE 68108. Director of Women: Janice Gathye, 14706 Holmes St., Omaha, NE 68137. Educational Director: Janice Gathye, 14706 Holmes, Omaha, NE 68137.

**Sokol Schuyler, Nebraska.** - Meetings 2nd Wednesday, Ed Varejcka's Home, 418 East 14th Street. - President: Jaroslav Schmid, 1503 Denver. Secretary: Ed Varejcka, 418 East 14th. Financial Secretary: Vaclav Hruban, 2022 Colfax, Educational Director: Anna Kral, 1503 Denver. - All in Schuyler, NE 68661.

**Sokol Wilber, Nebraska.** - Meetings 1st Monday, Sokol Auditorium, Wilber, Nebraska. - President: Lois Havel, 724 School, Wilber NE 68465. Secretary: Doris Begrens, 304 No. Railroad, Wilber, NE 68465. Fin. Secretary: Lillie Kovar, 303 N. Main, Wilber, NE 68465. Director of Women: Doris Behrens, Wilber, NE 68565. Director of Men: 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, MN 55343. Secretary and Fin. Secretary: Ludmila Kaminsky, 11401 N. Oakvale Road, Hopkins, MN 55343.

**Sokol Minneapolis, Minnesota.** - Meetings 2nd Saturday every other month. - President: Edward Andrie, 4827 N. Bryant Ave., Minneapolis, MN 55430. Secretary: Frances Hosek, 3350 Upton Ave., No. Minneapolis, MN 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, MN 55102. - President: Henry Jansen, 1279 S. Cleveland Ave., St. Paul, MN 55116. Secretary: Lucille Pavlicek, 1461 Edgcomb Road, St. Paul, MN 55116. Fin. Secretary: Donald Haselbauer, 1273 S. Cleveland Ave., St. Paul, MN 55116. Director of Men: Robert Bastyr, 930 Chippewa, St. Paul, MN 55118. Director of Women: Pauline Fisher, 2390 W. 7th, St. Paul, MN 55116. Educational Dir.: Georgiana Buzicky, 1709 Rome Ave., St. Paul, MN 55116.

#### 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, KS 67018. Secretary: Carrie Anton, Bluff City, KS 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. Secretary: Alice Sula, Wilson, KS 67490. Treasurer: Joe Adamek, Wilson, KS 67490.

#### SOUTHERN DISTRICT, DALLAS, TEXAS

**Sokol Corpus Christi, Texas.** - Meetings 2nd Sunday, Sokol Hall, 5440 Kostoryz Rd., Corpus Christi, TX 78415. President: Monta Foster, 4041 Greengrove, Corpus Christi, TX 78415. Secretary: Nedra Sullivan, 4622 Schanen, Corpus Christi, TX 78413. Financial Secretary: Anna Marie Moss, 5006 Brandesky, 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: Randy Sijansky, Rte 3, Box 277, Corpus Christi, TX 78415.

**Sokol Fort Worth, Texas.** - Meetings 3rd Tuesday, Sokol Hall, 3221 NW 28th St., Ft. Worth, TX 76106. President: Charles N. Renfro, Rt. 10, Box 613, Ft. Worth, TX 76135. Secretary: James W. Mason, Jr., 6009 Ten Mile Bridge Rd., Ft. Worth, TX 76135. Financial Secretary: Jeannie Mason, 2319 Loving, Ft. Worth, TX 76106. Director of Men: Jerry Milan, 6208 Lakeside Drive, Ft. 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 Kurokata, 5319 Kansas, Houston TX 77007. Secretary: Mary Walker, 9715 Ella Blvd., Houston, TX 77038. Financial Secretary: Elsie Svec, 9602 Airline Drive, Houston TX 77037. Director of Men: Phil Cresap, 712 Merrill, Houston, TX 77009. Director of Women: Carrie Vodehnal, 1706 Haverhill, Houston, TX 77008. Educational Director: Bill Petrzalka, Rt. 1, Box 79, Cypress, TX 77429.

**Sokol Karel Havlicek-Borovsky, Ennis, Tex.** Meetings 4th Sunday, Sokol Hall, Hwy 34E, Ennis, TX 75119. President: Edwin Laznovsky, Tellico Road, Secretary: Jeannette Zajic, 703 W. Tyler, Ennis, TX 75119. Financial Secretary: Bernice Hamilton, Rt. 2, Italy, TX 76651. Director of Men: Lawrence Laznovsky, Rt. 1. - Director of Women: Sylvia Laznovsky, Rt. 1. Educational Director: Jerry Laznovsky, Hwy 34 - all Ennis, TX 75119.

**Sokol Karel Havlicek, Yukon, Oklahoma.** - Meetings 1st Sunday, Czech Hall, Rt. 3, 2 and one-half miles south of Yukon, OK 73099. President: John Kouba, Rt. 2, Box 101, El Reno, OK 73099. Secretary: Anna Smrcka, Rt. 3, Box 140, Yukon, OK 73099. Financial Secretary: Willie Kouba, 3835 W. Liberty, Oklahoma City, OK 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 N.W. 25th, Bethany, OK 73008.

**Sokol Praha, Prague, Oklahoma.** - Meetings 1st Tuesday, Sokol Hall, Main and Avenue A,

Prague, OK 74864. President: James Pospisil, Rt. 2. Secretary: Leonard Walenta, Route 1. Director of Men: Frank Sefcik. All Prague, OK 74864.

**Sokol Zizka, Dallas, Texas.** - Meetings 3rd Sunday, Sokol Athletic Center, 7448 Greenville Ave., Dallas TX 75231. President: Richard R. Toberny, 922 S. Franklin, Dallas, TX 75211. Secretary: Katherine Baker, 8835 Larchwood, Dallas, TX 75238. Fin. Secretary: Marie Janousek, 11221 Desdemona, Dallas, TX 75228. Director of Men: Joe Ehrenberger, 10411 Mapleridge, Dallas, TX 75238. Director of Women: Frances McClure, 1423 Lebanon, Dallas, TX 75208. Educational Director: Oldrich Parma, 6418 Maple Ave., Dallas, TX 75235. Organizational Chairman: 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: Bessie Filgas, 4426 E. Olive, Fresno, CA 93702.

**Sokol Los Angeles, California.** - Meetings 2nd Saturday, Sokol Hall, 500 No. Western Ave., Los Angeles, CA 90004. President: Ada Dusil, 3800 Valley Lights Drive, 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 Road, Tigard, OR 97223. Secretary: Helen Havel, 1914 NE 67th Ave., Portland, OR 97213. Financial Secretary: Julia Cepica, 4224 N.E. 20th Ave., Portland, OR 97211. Educational Dir.: James Bubenik, 6117 S.E. Monroe, Portland, OR 97222.

**Sokol San Francisco, California.** - Meetings, 2nd 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: Jan Kucera, 1914 11th Ave., San Francisco, CA 94116. Director of Men: Al Meier, 1216 Balboa, Burlingame, CA 94010.

**Sokol Seattle, Washington.** - Meetings once every 2 months. - President: Jaroslav Zimiek, 4015 Ashworth, Seattle, WA 98103. - Secretary: Jerry Korvas, 1701 S.E. 18th Place, Renton, WA 98055. Financial Secretary: Vilma Vojta, 8475 West Mercer Way, Mercer Island, WA 98040.

**Enroll That New Sokol Member NOW!**

## Sokol Berwyn, III.

Únorovou schůzi zahájil br. Schnabl. Přítomní vzdali čest zesulé sestře Fr. Sýkorové, zakládající člence naší jednoty, která zemřela ve věku 92 let. Ses. Sýkorová navštěvovala naše schůze pravidelně až krátce před její smrtí. - Sestra Anna Suchý, t.č. v Kalifornii, obdržela padesátiletý odznak členství.

Náčelnice ses. Gilbert a náčelník br. Sptrel podali zprávy z přípravy našeho veřejného cvičení, které se bude konat 22. března v Morton East High School. - K uctění památky zemřelé ses. Ella Vydra a br. Henry Vydra jednota obdržela mnoho darů od členů. - Jednota má nového správce budovy.

M. Hodoval

## Sokol Washington, D.C.

Starosta br. Neumann zahájil první schůzi Jednoty po Novém roce. Přivítal sestru Dankuličovou, která se vrátila po třech letech zpět do Washingtonu. Zprávy jednatele br. Friedricha, pokladní sestry Friedrichové a účetní sestry Maňhalové byly schváleny.

Br. Dr. Petr Zenkl byl obdarován čestným odznakem Jednoty za své dvacetipětileté členství v Jednotě. - Masarykovy narozeniny budou oslaveny 9. března. Zpěvního programu má na starosti sestra Lída Brodenová. Budou účinkovat v Čechové básni "Ve stínu lípy" sestry a bratří z Nového Yorku v čele sestrou Snižkovou. - Jednota položí věnec k hrobu Neznámého vojáka 1. června a po tomto pietním obřadu bude odpoledne téhož dne tradiční picnic.

Byla rozvířena dlouho spící otázka vlastní sokolské budovy v hlavním městě Spojených států. Br. Stoklas byl zvolen předsedou stavebního odboru a později oznámí, kteří členové Jednoty se budou podílet na tomto podniku ve stavebním výboru. - Sokolské Šibřinky, v pořadí již patnácté, měly krásný průběh.

Jan Klimeš

## Sokol Los Angeles

Návštěvníci naší Silvestrovské zábavy sotva věřili svým očím - tak se naše budova změnila! Konečně, po mnohých debatách a plánování, byla remodelována v druhé polovině prosince a slavnostně znovuotevřena v poslední den minulého roku. Příchod Nového Roku oslavilo v Sokolovně kolem 250 návštěvníků.

Počítáme, že remodelování nám zumožní projímání za vyšší poplatek, příjemný pobyt pravidelným návštěvníkům a snad i přiláká nové členy, které vždy uvítáme.

Náš oblíbený starosta Ada Dusil, který nese hlavní zásluhu na znovuzrození naší budovy byl opět zvolen starostou na rok 1975.

V prvních dvou měsících nového roku jsme mimo novoroční taneční zábavu pořádali 25. ledna v Sokolovně tradiční novoroční ples, 26. ledna jsme

promítli film "C.K. Polní Maršálek" s kterým diváci také shlédli dokumentární záběry z posledního sokolského sletu v roce 1948. Nyní připravujeme na 22. února maškarní bál "Šibřinky".

Každý pátek se cvičí a připravujeme se pilně na Veřejné cvičení v květnu. Děti mají též vyučování v českém jazyce. Ve čtvrtek se pravidelně hraje volejbal. Také vydáváme měsíčník "Sokol Notes", který slouží nejen našim členům, ale celé krajské veřejnosti v okolí Los Angeles.

Ukončujeme úpravu haly, teď již jen detaily, a dáváme do pořádku všechny naše záležitosti -, inventuru majetku, knihovny, atd. Rok 1975 v jednotě Los Angeles začíná opravdu slibně.

Yvonna Polakovičová

## Ze Severovýchodní župy

Cvičitelství sbor sokolské župy Severovýchodní konal svoji výroční schůzi 19. ledna. Byly přijaty celoroční zprávy náčelníka bratra Petra Duška i sestrou Georgie Jenčíkové. Sbor měl štěstí že se mu podařilo získat Mrs. Hanu Christie pro dvě nácvičné hodiny. Ona je odbornicí a učitelkou rytmického tělocviku, jako je cvičení se stuhami, míči, švihadly a kruhy. Podobnou nácvičnou hodinu uspořádali také v Detroit za vedení ses. Kerr.

Je velké nadšení pro taneční skupiny, které vede ses. Dolly Baca. Sbor převzal také vzdělávací činnost mezi cvičícími. Jsou pořádány přednášky z dějin Sokola a také se pomýšlí na založení pěveckého sboru. Jednoty detroitské v jejich měsíčníku již po delší dobu uveřejňují články z dějin Sokola a také mají velmi početný pěvecký sbor.

Clevelandské jednoty se připravují na zimní veřejné cvičení 9. února, které bude opět v Cleveland State University.

K.Z.

## Veřejné cvičení Clevelandských sokolských jednot

Velmi nepříjemné zimní počasí neovlivnilo návštěvu společného zimního veřejného cvičení všech tří clevelandských jednot 9. února v prostorné tělocvičně Cleveland State University. Návštěva byla rekordní. V hledišti přihlíželo přes 1,200 osob a cvičenců bylo přes 300.

Nástup začal přesně pod taktovkou Elmera Bielera a koncertní hudby Sokola Tyrš. Shromáždění přivítal starosta župy severovýchodní br. Edwin Jiroušek, český br. Přemek Kocián. Starosta města Clevelandu br. sokol Ralph Perk srdečně pozdravil cvičence a všechny přítomné. Pak předal jménem města diplomy zvláštního uznání za léta záslužné práce pro Sokol a celý Cleveland br. župnímu starostovi Edwinu Jirouškovi a býv. starostovi župy br. Emilu Pekarovi.

Nejzácnějším hostem clevelandských Sokolů však byla sestra Marie Provozničková, bývalá náčelnice Čs.

obce sokolské a náčelnice Čs. Sokolstva v zahraničí. Cvičení bylo věnováno sestře Provazníkové. Také přijel do Clevelandu náčelník Americké obce Sokolské br. Edward Linhart z Chicaga.

Před cvičební částí pořadu byli představeni br. župní náčelník Petr Dušek a ses. župní náčelnice Georgie Jenčíková. Cvičení řídili náčelník Sokola Tyrš br. Dennis Jiroušek a náčelnice ses. Norma Eckhoff. Průvodní slovo ke všem výstupům měl br. Petr Sykora. Vystoupili cvičenci jednot Sokola Cleveland-Čech-Havlíček, Nová Vlast a Tyrš.

Mohutným zakončením odpoledne byl společný nástup všech cvičenců za zpěvu sokolských písní a hudbě Sokola Tyrš.

Nový Svět

## Matice vyššího vzdělání

Výroční zpráva 1973-1974

Dne 30. června 1974 MATICE dokončila 72. rok své činnosti a díky Vaší pomoci, ve školním roce 1973-74 poskytla bezúročné půjčky 14 studentům (5 dívek a 9 hochů); 6 studovalo výchovu (umění a vědy) a z toho 2 studovali slavistiku, 3 lékařství, 2 obchodní vědy a ekonomiku, 1 inženýrství a 1 divadlo. Tři byli noví studenti a celkový počet studentů od založení MATICE dostoupil čísla 641. MATICE vzdává vřelý dík podpůrným spolkům, sokolským jednotám a všem jiným organizacím, českému a slovenskému tisku, jakož i jednotlivcům, kteří tak skutky přispěli k tomu, aby americká mládež čs. původu dosáhla vyššího vzdělání.

### Hovorkova nadace

Šestý rok činnosti Hovorkovy nadace je následující: 58 studentů (26 dívek a 32 hochů) dostali stipendia ve výši \$19,600.00. 18 studovalo výchovu (umění a vědy) a z toho 5 studovalo slavistiku, 9 chemii a biologii, 6 obchodní vědy a ekonomii, 4 inženýrství, 4 lékařství, 4 umění a divadlo, 3 politické vědy, 3 sociální vědy, 2 hudbu, 1 klinickou psychologii, 1 lesnictví, 1 knihovnictví, 1 nemocniční ošetřovatelství a 1 teologii. Bylo podporováno 242 studentů a celková suma peněz vydaná na stipendia byla \$124,048.00.

Žádosti přijímá v červnu až do 1. července tajemník Dr. Jan Mička, 2408 Oak Park Ave., Berwyn, Ill. 60402. "Transcript of Grades" musí být přiložen k žádosti.

## Vynikající postavy v listech vzpomínek

Během těch desíti úspěšných let administrativní správy České Útulny měl jsem ve své péči řadu vynikajících postav z českého národního a kulturního života. Nikdy na ně nezapomenu. Byla to na prvním místě dcera prvního čl. presidenta Tomáše G. Masaryka - Alice, s kterou jsem měl celou řadu intimních rozhovorů většinou o její rodině - dětství a ovšem nezlomné její víře v návrat

svobody a důstojné samostatnosti pro její drahý národ. A kdykoliv mluvila o České Útulně, říkala - "Dobře, velmi dobře to tady děláte." A dodávala, že její otec měl to samé na mysli při tvoření Masarykových Domovů v Krči nad Prahou. Druhou nezapomenutelnou postavou byl náš bratr Jarka Košar, dlouholetý vzdělávatel A.O.S. a redaktor Sokola Amerického. Drobounká postava, ale to jeho velké sokolské srdce! I s ním jsem hovořil o budoucnosti Sokola za mořem i zde. Také Jarka věřil že Sokol má před sebou velké úkoly vzdělávací a národní. Vzpomínám, jak během koncertů populární Zelinovy kapely byla mu kapelníkem předána taktovka s kterou řídil svůj zamilovaný pochod "Kolíně, Kolíně". Oči mu jen hrály a nohou si přidával taktu.

Mimo členů pěveckého sboru "Lyry" - vysloužilých pracovníků ČSA, ZČBJ, JČD a P., a Českého Národního hřbitova byla tu také manželka vynikajícího kapelníka Bohumila Kryla a na tu mám zvláště zajímavou vzpomínku. Právě jsme stavěli Chrástkovu Infirmary - nemocniční křídlo Útulny když telefonoval p. Kryl a sděloval, že chce dát ze své bohaté sbírky originálních obrazů jeden pro tuto budovu. Jel jsem do jeho bytu poblíž Michigan boulevardu a když jsem viděl nepřehlednou galerii maleb od podlahy až k stropu, nevěděl jsem co vybrat. Se želmovským úsměvem p. Kryl povídá: "Na který obraz prstem ukážete, ten bude váš . . ." - Oči klouzaly z jednoho na druhý až konečně spočinuly u historického obrazu v pestřích barvách. Pan Kryl přistoupil ke mě a povídá: "Vy jistě nerozumíte umění, vidíte?" Přiznal jsem poctivě, že moc o tom nevím a ptám se proč. Vysvětluje, že za obraz vedle toho co jsem vybral zaplatil půl druhého sta tisíce dolarů ale za ten "můj" od německého malíře Josefa Israela nazvaný "Matka" - "jenom patnáct tisíc". - Litovat jsem však nemusel, protože můj výběr s obrazem matky s nohou na kolébce s dítětem odpovídal mnohem lépe těm mým babičkám, nežli rytířské úbory ze starověku.

A těch nezapomenutelných postav byla dlouhá řada zahrnuje v to p. Štorkana, jehož štedrý dar umožnil remodelaci druhého poschodí pro osadníky potřebující denní pomoci. S každým prchlým rokem vzpomínky nabývají živějších barev a zvyšují uspokojení nad těmi desíti lety mezi bezmála dvěma sty dobrých českých žen a mužů z jejich práce, mozolů, víry a nadšení vyrostla dnešní Amerika, která se stala naším druhým domovem.

T. B. Hlubeček

## O Sokolu v Československu

Br. Fred Anthony ze Cedar Rapids, Iowa, se velmi mylí když soudí, že nikoliv komunisté, ale Nazisti jsou zodpovědní za zničení sokolského ducha. Ano, oni zastavili činnost Čsl. Obce Sokolské a její jednot, ale nezničili ani jejich majetek, tělocvičny, hřiště, budovy a j. neboť téměř vše bylo po válce jednotám i ústředí vráceno zpět. Tím méně zničili, jak se domnívá, sokolského ducha (spirit). Nezničili ho, naopak utrpením jeho nositelů posílili odpor proti okupantům. Obnovená sokolská organizace, po válce měla na 1,200,000 příslušníků, počet před tím nikdy nedosa-

**What you EARN during your lifetime isn't important,  
but the amount you SAVE is important!**

Secure an insured savings plan with a Modern Society in its second century of FRATERNAL INSURANCE SERVICE to American Families offering a complete new portfolio of popular policies for Adult and Junior members of the family.

- : LIFE
- : ACCIDENT and SICKNESS
- : JUVENILE ESTATE BUILDER



- : FAMILY PROTECTION
- : RETIREMENT
- : MORTGAGE REDEMPTION

Be Modern - Go Modern - Join and insure with

**CZECHOSLOVAK SOCIETY of AMERICA**

"Pioneer of Fraternal Life Insurance"

C.S.A. BUILDING

2701 SOUTH HARLEM AVENUE

BERWYN, IL 60402

**At' Jedete kamkoliv**

**vlakem, lodí nebo letadlem,**

po celém světě nebo jen po Americe, vždy pojedete nejlépe od

**HEGER TRAVEL BUREAU**

6118 W. Cermak Road  
Cicero, Illinois 60650

Townhall 3-4774

Anyone who is bored these days is just not paying attention.

The man who rolls up his sleeves, seldom loses his shirt.

A person doesn't get very far if he has to spend a lot of time covering his tracks.

When a man reaches the top of the ladder, he forgets who held it steady for him.

A well-adjusted person is one who makes the same mistake twice without getting nervous.

The heaviest load you can carry is a grudge.

A friend is one who will knock before he enters, but never after he leaves.

Let us not pray for lighter burdens, but for stronger backs.

You might lose your shirt if you put too much on the cuff.

Make sure that what you want is worth wanting, for when you get it, you may find it wanting.

**SPRING and SUMMER GRAVE DECORATION**

should be ordered NOW!

Those who shall order first, shall be so served.

Single, Double Depth and Companion

**Garden Crypts**

are available on pre-need sale basis for cash or on easy terms

EARTH BURIALS  
CREMATION

**BOHEMIAN NATIONAL CEMETERY**

5255 No. Pulaski Road  
Phone: KEystone 9-8442  
STANley 8-8442

žený. Tato obnovená ČOS bojovala po tři roky veřejně a úspěšně s komunistickým podvodem - sjednocením československé tělovýchovy a udržela svoji nezávislost až do komunistického násilného převratu v roce 1948. K zrušení a zániku původní sokolské organizace došlo až po sletu 1948, který byl jedinou a poslední celonárodní demonstrací proti komunistickému režimu. Br. Anthony sotva ví, že tehdy byly tisíce Sokolů souzeno, zbaveno zaměstnání a vězněno. Byl to také sokolský národní spirit, který udržoval p celou dobu nacistické okupace udržoval své vyznavače v podzemním i zahraničním odboji. Dr. Beneš, Jan Masaryk a desítky dalších vedoucích odboje byli Sokoly. Nacisté ubili a popravili tisíce významných pracovníků, zmrzačilo další. Odboj však nepotlačili. Byl to sokolský spirit, který vytvořil při zahraničních vojenských jednotkách sokolské jednoty z nichž vyšli ti nejobětavější čl. letci a vojáci bojující na všech spojeneckých frontách proti nacistům. Byli to sokolští lidé, kteří umožnili svojí odvahou a později smrtí našim parašutistům z Anglie, provést odvážný

atentát na Heydricha a dodávat s jinými důležité zprávy z Československa pro naši zahraniční vládu v Londýně. Tisíce se za to nedožili svobody. Gestapo nepovažovalo zbytečně, členství v Sokole, za přitěžující okolnost. Na 93 proc. vedoucích pracovníků ČOS zašlo v koncentracích a na popravišti. Umírali statečně. Ti všichni, v čele se starostou ČOS a náčelníkem i mnoha dalšími, dokazovali nejlépe, že sokolský spirit nezašel. Celý domácí i zahraniční odboj byl dalším dokladem životnosti sokolské myšlenky. Nacisti organizaci nezničili, ale komunisté, lidé vlastní krve, ale v cizích službách to provedli. Režim se sokolství bojí. Proto zrušili organizaci, ale neubili a věříme, že nikdy neubijí ducha. Věříme, že i organizace bude jednou zase obnovena. Američtí Sokolové by tomu měli zejména napomáhat a to zejména odhalováním a odsuzováním úsilí komunistů s poukazováním na neslučitelnost zásad Tyršova sokolství s jejich násilnou, nelidskou a nesvobodnou ideologií, ve službách cizáků.

E. C. Koeppel

Váš cestovní program Vám spolehlivě a přesně vyřídí

## WEBER TRAVEL AGENCY, Inc.

- Foreign and Domestic Tours -

PI 9-1333

6805 W. Cermak Rd., Berwyn, Ill. 60402

BI 2-1512

JERRY A. RABAS, Pres.

(New Location)

TUZEX Service

**77th**  
SUCCESSFUL  
**YEAR**

of

Fraternal  
Life Insurance  
**PROTECTION**

**Western Fraternal  
Life Association**  
Západní Česko-Bratrská Jednota

LARGEST  
CZECH-AMERICAN  
ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 insured members in 8 states. - Now licensed in 20 states, over 60,000 certificates, has over \$100,000,000 of insurance in force. Total assets over \$32,000,000. - Offers Legal Reserve Fraternal Life Insurance to Juveniles and Adults to age 65.

Home Office

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402