

AMERICAN SOKOL

VOL. XCVI - NO. 7 - 8

JULY - AUGUST 1975

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



A Message from Our New A.S.O. President

The A.S.O. Board's farewell message, as it appeared in the June 1975 issue of the "American Sokol" is a legacy passed on to the new Executive Board.

The XII. Convention is now history. For the first time in its history, incumbent officers having served for two consecutive terms, could not, by our By-laws, serve for a third term in their respective offices.

Our Sokol Organization has become much stronger. Financially we are sound - but more important - our gymnasiums are healthier and flourishing with spirit, determination and enthusiasm.

The challenge confronting the new Executive Board is great - for, as successful as the accomplishments of the past Executive Board have been - we must continue to provide the continuity of leadership as displayed these past years.

I am sure the ensuing term of the new Executive Board will encounter challenges unlike others have ever experienced. I am equally confident that these challenges will be met and overcome as they have been in the past.

We accepted the responsibilities given us willingly, enthusiastically, and above all, prideful of our "Sokol and Czech Heritage".

The Great City of Chicago has a motto - "I Will" - let ours be - "We Will!"

Nazdar!

Roy Zitny

AMERICAN SOKOL

436

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by the

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1823 Scoville Avenue Berwyn, Illinois 60402

Editor must receive copy for publication by the
3rd of the month.

OFFICE OF THE EXECUTIVE BOARD ASO.

EllenJeanne Schnabl, Secretary

6426 W. Cermak Rd. Berwyn, Ill. 60402

Tel.: 795-6671

EXECUTIVE BOARD:

President - ROY ZITNY
I Vice President - BETTY PRENER
II Vice President - RUDOLPH SVOBODA
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Executive Board - EDWARD SCHNABL,
JAMES JINDRA, LORRAINE ZDENEK
Alternates - GEORGE SIMONEK,
WILLIAM MEYER, RICHARD VACHATA

ATTENTION

Please notify the A.S.O. Office immediately
upon change of address.

Calendar of Events

- AUG. 22nd - SOKOL SOUTH OMAHA, NEBR.
Pot Luck Dinner - Sokol Park
- SEPT. 6th - CESKA SIN SOKOL, CLEVELAND,
OHIO
Sokol Beer Festival
- SEPT. 14th - SOKOL DETROIT, MICH.
Grape Festival
- SEPT. 20th - SOKOL MILWAUKEE, WIS.
Membership and Recognition Dinner

OCT. 5th - SOKOL BALTIMORE, MD.

Bull Roast

OCT. 18th - SOKOLICE RENATA TYRISOVA,
CEDAR RAPIDS, IOWA

75th Anniversary Celebration

OCT. 18th - SOKOL SLAVSKY, CICERO, ILL.
Dinner-Dance - Peacock Room, Cicero, Ill.

OCT. 25th - SOKOL BELCAMP, MD.
Vinobrání (Harvest Dance)

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

NOV. 8th - SOKOL HAVLICEK TYRS,
BERWYN, ILL.

Fall Sokol Social - Sokol Brookfield

NOV. 8th - SOKOL WEST SUBURBAN, ILL.
Czech Polka Party - Laborer's Hall - Westmont, Ill.

NOV. 16th - SOKOL ST. LOUIS, MO.
110th Anniversary and Celebration

NOV. 21-23rd - SOKOL MILWAUKEE, WIS.
Holiday Folk Fair

DEC. 7th - SOKOL DETROIT, MICH.
Czechoslovak Afternoon Dinner Party.

Why Competitions?

We compete because: It is here that we are always faced with a learning situation, and learning is one of the most powerful things in the world. Here we find training in leadership, cooperation and unselfishness.

Here we grow and develop; here we can evaluate ourselves and the extent of our skills.

It is here that we can enjoy, in the same instant, a release from the tensions of the outside world - and yet an uncontrollable feeling of excitement of competing.

Here must be loyalty, fairness, courage and alertness. Here is the satisfaction of a need for physical activity and exercise.

Here we find the fulfillment of a desire to win. It is here that we progress - another step forward has been taken in the struggle of personality development. Here is a sort of suffering, and the constant longing for perfection.

Here is a chance to belong and to become a part of a group - a group working together for the same end. It is here that we learn respect, admiration and responsibility.

Here is a common belief in the health and social values of physical training. Here is the best that we have, and the satisfaction of a thing well done.

Here we should find the highest standards of sportsmanship, and a well-defined system of values.

Here is an opportunity and experience - so vital to every human life.

Here is the very soul of gymnastics, athletics, of sports and games, and without it they could not exist.

And yet, in the midst of this, there is defeat. But is it not because of defeat that we turn and compete again and again?

A. Wayman
Sokol USA.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVI

July - August - 1975 - Červenec - Srpen

Číslo - No. 7 - 8

XII. AMERICAN SOKOL ORGANIZATION CONVENTION

June 1975

On Saturday, June 14th, the Convention delegates began arriving in Detroit, Michigan. The By-laws Committee and the Board of Directors were already there in conference. The balance of the delegates arrived early the following morning.

At 10:00 A.M. Sunday, special buses departed from the motels to Sokol Detroit's Camp, where old acquaintances were renewed and new ones made. An excellent meal was served and preparations made to witness Sokol Detroit's Summer Gymnastic Exhibition. However, a steady rainfall started during the lunch hour and continued throughout the afternoon, necessitating a change in plans.

During the rain, Sokol Detroit did perform one number commemorating the 100th Anniversary of Sokol Detroit. This number was very symbolic and well executed. Hundreds of spectators stood in the rain watching the spectacle.

That Sunday evening all met at Sokol Detroit's new Cultural Center where the delegate credentials were processed and information given during the get-acquainted social.

On Monday, June 16th, the Convention was called to order at 9:00 A.M. and proceeded according to the agenda. Bro. George Eisenstein of Sokol Detroit was elected Convention Chairman. Bro. Charles Zraly, Eastern District; Bro. Joseph Drnec, Central District; Sis. Jarmila Zboril, Northeastern District; and Sis. Louise Nekuda, Pacific District; were elected Vice-chairmen. Following the luncheon period all the Convention Committees met in session; making every effort to complete their agenda.

The Convention proceeded very smoothly and all goals were accomplished. It was most encouraging to witness so many delegates representing their Units and such marked enthusiasm for our Sokol organization.

On Tuesday, again at 9:00 A.M., various Convention Committee Reports and their recommendations were made. Most of them were approved. Several guest organizations extended greetings to the American Sokol Organization. An Honorary Membership in the American Sokol Organization was bestowed to Sis. Mildred Prchal for her contribution to the Sokol Movement in the field of Gymnastics.

In the evening, Sokol Detroit hosted the delegates with an enjoyable program presented by their Choral Group and a brief Gymnastic exhibition. Social dancing and the serving of refreshments followed.

On Wednesday at 8:00 A.M., the balance of the Committee Reports were given, followed by the election of officers. The Convention came to a close at 12:00 o'clock noon, right on schedule.

To Sokol and Sokolice Detroit we owe a deep debt of gratitude for their fine and efficient Secretarial Pool, for being the most gracious of hosts, and for providing such outstanding facilities.

To the Delegates and the Convention Committee our thanks for a Convention well done.

Nazdar!

Stanley Barcal

A.S.O. EXECUTIVE BOARD OFFICERS



EllenJeanne Schnabl
Secretary



Agnes Sotka
Financial Secretary



George Basta
Treasurer

CONDENSED MINUTES OF THE XII. NATIONAL CONVENTION OF THE A.S.O.

June 16, 17 and 18, 1975

MONDAY MORNING SESSION - JUNE 16, 1975

The opening session was called to order by Pres., Bro. Stanley Barcal. Then came the Presentation of Colors, the singing of the National Anthems by the Sokol Cultural Center Choral Group, and the Pledge of Allegiance, followed by a tribute to the deceased Sokol brothers and sisters.

Mayor John Harris of Dearborn Heights, Mich., gave a short address of welcome to the delegates. Also introduced were: Bro. Edwin Jirousek, President of the Northeastern District; Bro. George Eisenstein, President of Sokol Detroit; and Sis. Jarmila Zboril, President of the Sokol Detroit Ladies Auxiliary. And finally, all the members of the A.S.O. Executive Board. All introductions were made by Bro. Barcal.

The members of the Credentials Committee from each District made their individual reports as to the attendance of their delegates to the Convention.

Bro. Joseph Kovar, President of the Convention Committee, was introduced. He then proceeded to give a complete agenda for the entire 3-day period as to: housing, bus transportation, noon luncheons, special evening events, etc.

Then came the selection of the Convention Chairman. The following were nominated: Bros. Joseph Drnec (Central District), George Eisenstein (N.E. District), Charles Zraly (Eastern District), Sisters Louise Nekuda (Pacific District) and Jarmila Zboril (N.E. District). Bro. Eisenstein was elected as Chairman. All the others automatically became Vice-Chairmen.

The following were nominated and approved as Parliamentarians: Bros. Charles Zraly (Eastern District), Joseph Drnec and Edward Schnabl (Central District). Bro. John Satek (Central District) was approved as Sergeant-at-Arms.

Berwyn, Ill. was again selected by the Convention delegates as the headquarters of the A.S.O.

Under Special Order of Business, greetings were received from: Gerald R. Ford, President of the United States; Bro. James Fetek, President of Sokol Racine; Bro. and Sis. Mildred and Charles Prchal, Honorary National Women's Director and Past President of the A.S.O., respectively; Senator Bro. Roman L. Hruska of Nebraska; Governor William G. Milliken of Michigan; and Bro. and Sis. Albert and Bea Walko of the Sokol USA. A giant birthday card was received from the Southern District.

Each of the District Presidents presented their list of delegates which were designated for the various convention committees. The committees were to meet immediately following the noon luncheon.

MONDAY AFTERNOON SESSION - JUNE 16, 1975

All the convention committees spent the entire afternoon in individual meetings.

TUESDAY MORNING SESSION - JUNE 17, 1975

Convention Chairman, Bro. Eisenstein, called the convention to order. All the Districts reported on their delegates' attendance at this session.

Bro. Andrew Venglarcik, President of Sokol USA, was introduced. He extended greetings to all delegates and wished them a most successful convention.

Bro. Jerry Drahovzal extended greetings of the Western Fraternal Life Association. He mentioned one of their functions is to support the Sokol organizations and share in the common concept of brotherhood. Bro. Barcal then informed the delegates of their substantial donations. On behalf of all members of Sokol he expressed appreciation of the generous contributions received each year from the Western Fraternal Life Association.

Numerous changes were made from the minutes of the previous day. The changes were to be reproduced and then given each delegate.

Bro. Edward Schnabl extended greetings from the Bohemian National Cemetery Association. He referred to the March, 1975 ASO publication wherein it contained a drawing of the proposed erection of a Sokol Memorial at the Bohemian National Cemetery in Chicago. He presented the proposed drawing for the members' consideration and comment. Since there was much discussion from the floor on this matter it was proposed that it be set aside for a later date because of more immediate pressing matters.

Bro. Charles Zraly, Chairman of the By-Laws Committee, stated his committee met 4 days prior to the convention, June 11-14, 1975. Many By-Law changes were proposed. Only the changes were to be read. Committee reports with their recommended changes were to be submitted at the afternoon session for incorporation in the proposed By-Law changes. Bros. Robert Jirousek (N.E. District) and George Prevratil (Southern District) assisted Bro. Zraly in the reading of the By-Laws.

A telegram conveying best wishes from Sis. Kate Danko, Honorary National Director of Women, was read.

The convention adjourned for the noon luncheon.

TUESDAY AFTERNOON SESSION - JUNE 17, 1975

Convention Chairman, Bro. Eisenstein, called the convention to order. All the Districts reported on their delegates attendance at this session.

Bro. Eisenstein brought it to the attention of the delegates of several changes in the Souvenir Booklet. It was stated in the Booklet any corrections which arrived after May 1, 1975 were not included in the program and the editors disclaimed all responsibility for same.

Bro. Schnabl stated the parliamentarians met prior to this session and suggested that all convention committees be heard first. That the convention then act upon the committee recommendations and then refer them to the By-Laws Committee for study and presentation the following day. The chair took these recommendations under advisement.

Bro. Eisenstein then began introducing the reports of the convention committees.

Educational Committee - Sis. Betty Prener (Central District) proceeded to read the minutes of the committee meeting. At this time a motion was made

and approved that reports not be read verbatim and the respective chairmen give only a brief synopsis of same.

Board of Appeals - Sis. Bea Pavoucek (Western District) gave a brief summary of the committee's meeting.

Publicity Committee - Sis. Ann Basta (Central District) reported upon this committee's meeting. The convention approved its recommendation that \$2,000. be appropriated per year for advertising, radio, newspaper, TV and other promotion.

Rules of Order - Bro. Robert Jirousek (N.E. District) gave a summary of their report.

Financial Committee - Bro. Richard Kittrell (Western District) gave a synopsis of the committee's meeting. The following committee recommendations were acted upon by the delegates: 1. - Quarterly reports from Units would show changes only when members are expelled. Approved. 2. - Setting of salaries is the prerogative of the Executive Board. No objection. 3. - A yearly audit be made by a Certified Public Accountant. No objections. 4. - Expenses allowed delegates to the National Convention be \$25.00 per diem and 15c per mile. Carried. 5. - Convention fund assessment be increased to \$1.00 per year per member. Approved. 6. - Reducing the number of delegates to the National Convention was not adopted. 7. - No objections were voiced that the financial reports carry more detail. 8. - After much discussion pro and con it was approved that the Executive Board have authority to change the Fiscal Year to Calendar Year.

A.S.O. Publication Committee - Bro. George Herink (Central District) gave a summary of its committee meeting. Its recommendation that the "Sokol Gymnast" be eliminated from the American Sokol and be published by the National B.O.I. and be distributed to the Districts and local B.O.I.'s was rejected. All other recommendations, including the context and Czech portion of the publication remain as is, and possibilities of new methods of printing be investigated in the future, were accepted.

B.O.I. - Bro. Edward Linhart (Central District) reported on motions and requests. He made one oral addition to the B.O.I. minutes: That District Directors meet annually and that the B.O.I. recommends a National Slet be held in 1977 even though the By-Laws do not state so. No Slet site has been set. The report was accepted.

Organizational Committee - Brother Karel Zahradnick (N.E. District) stated resolutions would be sent to the President of the U.S., Governor of Michigan, Mayor of Dearborn Heights and Senator Hruska of Nebraska. Bro. Matthew Neumann then read an inspiring message in the Czech language remembering the great work of Sokols of the past. This article will appear in all Czech papers and any other media available. The report was accepted.

Membership Committee - Bro. John Satek (Central District) reported on the committee's meeting. An objection was voiced on membership pins being presented every five years. This was left to the discretion of the Executive Board.

Special Order of Business - It was approved that letters be sent: Sis. Kate Danko, Honorary Director of Women; Bro. O. J. Kudrnovsky, Honorary Director of Men; and Bro. William Zabransky (Eastern District).

Bro. Jan and Sis. Vlasta Wauldauf of Sokol Toronto and Directors of Sokol Abroad were introduced. Bro. Wauldauf dramatically addressed the assembly. He spoke of the Democratic strength of the U.S. and the historic significance to the future of Sokol, and the responsibility of the American Sokols that Tyr's Ideals be passed on to future generations. At the conclusion of his address it was moved that this inspiring message be reprinted in the American Sokol publication.

Greetings were read from the Unity of Czech Ladies and Men; Slovanic Benevolent Order of Texas; Czechoslovak National Council of America; U.S. Senators Phillip A. Hart and Robert T. Griffen of Michigan.

A special presentation of flowers was made to Sis. Schnabl and Bro. Linhart in recognition of their devotion on behalf of Sokol by the Southern District.

Bro. Frank Vodrazka, President of the Czechoslovak Society of America, was introduced. He spoke to the convention in Czech and English. He stressed the fine cooperation between the Sokol and the C.S.A.

Report of Officers - Bro. David Stasa's committee's report was accepted as a whole.

Special Order of Business - Sis. Prener read a moving tribute to Sis. Mildred Prchal. At the conclusion, the Executive Board requested that an Honorary Membership be bestowed upon Sis. Prchal. This was unanimously accepted with a standing ovation.

Bro. Barcal presented 100 year awards to the following Sokol Units: Sokol St. Louis, 1865-1975. Bro. William Shana accepting; Sokol Tabor, 1867. Bro. Leo Pajer accepting, along with Bro. Linhart and Sis. Anne Kratky; Sokol New York, Bro. Jan Babinec and Sis. Lily Pribyl accepting; Sokol Milwaukee, 1868. Bro. Fred Stankovsky accepting; Sokol Baltimore, 1874. Bro. Henry Vrzalik accepting; Sokol Cedar Rapids, 1873. Bro. Don Pulkrab accepting; Sokol Detroit, 1875. Bro. Eisenstein accepting.

Thus, the session adjourned.

WEDNESDAY MORNING SESSION - JUNE 18, 1975

Convention Chairman, Bro. Eisenstein, called the convention to order. All the districts reported on their delegates attendance at this session.

Corrections to the minutes of the previous two days were approved by the delegates.

Bro. Zraly, Chairman of the By-Laws Committee, stated his group had met the day previous and took into consideration the changes requested by the various committee reports, and changes were made. An additional change came off the floor. At this point, all the changes made this day were approved by the assembly.

Bro. Eisenstein then referred to the proposal previously made for an American Sokol Memorial. Much discussion was had on this matter. Bro. Barcal's

motion that this be referred back to the Executive Board was carried.

Sis. Prener then read a tribute to Sokol members as presented by Hon. Henry Heltski of New Jersey before the House of Representatives, May 15, 1975. The tribute will be incorporated in the minutes. (Editor's note.-This address will be printed in its entirety in a subsequent issue of the American Sokol.)

A recommendation was made that the By-Laws be printed. A motion was approved that this matter be turned over to the discretion of the Executive Board.

Bro. George Basta, A.S.O. Treasurer, stated in studying the budget a number of items had to be reconsidered. He then called for an immediate meeting of the Finance Committee. Upon return, Bro. Kittrell appraised the delegates of the changes in the proposed budget, as per the amendment to the financial sheet. A motion that the proposed budget with the above changes be accepted was carried.

Bro. Edward Pavoucek (Western District) then proceeded to read the report of the Nominating Committee:

President	Roy Zitny
Vice President	Betty Prener
2nd Vice President	Rudolph Svoboda
Secretary	EllenJeane Schnabl
Financial Secretary	Agnes Sotka
Treasurer	George Basta
Educational Director	Stanley Barcal
Editor	To be named by Executive Board
Public Relations	
Czech	Jerry Rabas
American	Sylvia Pistorius
Organizational Director	Ann Basta
Executive Board	Edward Schnabl
	James Jindra
	Lorraine Zdenek
Alternates	George Simonek
	William Meyer
	Richard Vachata
Auditing Committee	Helen Prener
	James Berousek
	Ann Fara
	Gerri Domanski
	Irene Ruzicka

There were no further nominations off the floor. The recommendations of the Nominating Committee for the above posts were approved by the delegates.

Bro. Paul Lebloch (Central District) was elected to the office of Director of Men. Sis. Marie Ptacek (Central District) was elected as Director of Women. Both were unanimously approved by the convention.

Bro. Karel Zahradnick (N.E. District) was requested to install the officers, and this he did.

The following were elected to the Standing By-Laws Committee: Bro. Charles Zraly, Chairman (Eastern District); Bro. Jerry Milan (Southern District); Bro. Edwin Halik (Central District); Bro. Robert Jirousek (N.E. District); Bro. Vladimir Cymbal (Pacific District); Bro. Richard Kittrell (Western District).

Bro. Zraly praised the outstanding work done by his committee members in preparing the By-Laws recommendations for this convention. They were: Bros. Edwin Halik, Robert Jirousek, George Spanek (Pacific District), George Prevratil (Southern District) and Sis. Barbara Benda (Western District). They received a standing ovation for their fine efforts.

Bro. Barcal was recognized for his work and leadership, and was so honored by the delegation.

Sis. EllenJeanne Schnabl was made an Honorary Women's Director, as was Bro. Edward Linhart, Honorary Men's Director.

Sis. Emilie Ruzicka was acknowledged for her many years of service on the Executive Board, as was Sis. Agnes Sotka for her outstanding work as Financial Secretary.

Bro. Eisenstein received great praise for his work as Convention Chairman.

Sokol and Sokolice Detroit, under the capable leadership of Bro. Joseph Kovar, and his committees, also received a standing ovation for all their outstanding preparations in hosting the XII. A.S.O. National Convention. Bro. Barcal stated he was proud of the manner in which the convention was conducted. On behalf of the entire membership, he thanked everyone.

Sis. Libbie Stastny (Western District), offered to have the next convention in Cedar Rapids, Iowa. It was so approved.

The convention then proceeded to the retiring of colors and all stood and sang a stirring Sokol song led by Sis. Jarmila Zboril.

Financial Report A.S.O.

May 1975

RECEIPTS:

Dues	\$1,715.00
Convention Fund	1.00
Special Assessment	120.00
Dividends and Interest	468.75
Resale of Jewelry	17.50
T. G. Masaryk Sokol Dues	10.00
Sale of Song Books	140.00
Miscellaneous	181.30
	<u>2,653.55</u>

A.S.O. Uniform Division - Payment toward Advances	1,234.21
Total Receipts	<u>\$3,887.76</u>

DISBURSEMENTS:

Administrative

Salaries	\$445.01
F.I.C.A. - F.W.T. for April	108.24
Rental, Janitor Service, Phone, Electric	358.91
Office Supplies, Postage	125.76
	<u>\$1,037.92</u>

Educational Department BOI

Salaries	\$231.22
F.I.C.A. - F.W.T. for April	51.64
Editor "Sokol Gymnast"	25.00

Add'l. copies "Sokol Gymnast"	28.00
Office Supplies, Postage, Phone	48.49
	<u>384.35</u>

Sokol Publication

Printing "American Sokol"	\$854.88
Editor "American Sokol"	75.00
Postage "American Sokol"	47.47
	<u>977.35</u>

Miscellaneous

Uniform Division - Salaries, F.I.C.A., F.W.T., Phone	\$429.71
Miscellaneous	176.80
	<u>606.51</u>
Total Disbursements	<u>\$3,006.13</u>

Balance:

Western National Bank of Checking Account	\$14,817.15
Receipts - May 1975	3,887.76
	<u>18,704.91</u>
Disbursements - May 1975	3,006.13
	<u>\$15,698.78</u>

FUTURE SOKOL LEADERS FUND

Placek Family, in memory of Mary Placek Nohejl	\$20.00
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June 1975

RECEIPTS:

Dues	\$ 1,325.50
Convention Fund	69.50
Special Assessment	135.00
Dividends and Interest	1,217.80
Resale of Jewelry	25.00
Sale of Song Books	25.50
Educational Pamphlets, Postage	3.90
Miscellaneous Income	23.40
	<u>2,825.60</u>

A.S.O. Uniform Division - Payment toward Advances	762.47
Transfer of funds from Savings account	13,000.00
Total Receipts	<u>\$16,588.07</u>

DISBURSEMENTS:

Administrative

Salaries	\$534.83
F.I.C.A. - F.W.T. for May	101.56
Rental, Janitor Service and Supplies, Phone	318.97
Office Supplies, Postage	18.71
Printing	13.00
Travel Expense	82.73
Plaques for 100-year Units	323.50
	<u>\$ 1,393.30</u>

Educational Department BOI

Salaries	\$231.22
F.I.C.A. for May	29.24
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" and "Gymnastic Camp"	39.50

Office Supplies, Postage, Phone	15.63
Travel Expense	<u>209.00</u>
	549.59

Sokol Publication

Printing "American Sokol"	\$931.30
Editor "American Sokol"	75.00
Postage "American Sokol"	<u>58.37</u>
	1,064.67

Miscellaneous

Convention Expense	\$25,036.62
Uniform Division - Salaries, F.I.C.A., Phone	441.04
Special Appropriations - Central District A.S.O.	<u>432.69</u>
	25,910.35

Total Disbursements \$28,917.91

Balance:

Western National Bank of Cicero - Checking Account	\$15,698.78
Receipts - June 1975	<u>16,588.07</u>
	32,286.85
Disbursements - June 1975	<u>28,917.91</u>
	\$ 3,368.94

FUTURE SOKOL LEADERS FUND

In memory of Jerry R. Madera: Charlie and Irene Ruzicka	\$25.00
Blanche and James Cihak	<u>10.00</u>
	\$35.00
In memory of Marie Boucek: Walter and LaVerne Bahr and family	\$10.00
Jack and Rose Tintera	10.00
Milton and Arlene Vocelka and family	<u>10.00</u>
	30.00
Interest Earned - June 1975	<u>284.35</u>
	\$349.35

Donations are tax exempt

Central District

May 28, 1975

Pres., Bro. Joseph Drnec presided with 17 members present. A moment of silence was observed on behalf of departed Bro. Jerry Madera of Sokol Town of Lake.

Correspondence: Pacific District suggesting 2-term limit be suspended at the National Convention (for this one time only) to re-elect Bro. Stanley Barcal for another term as ASO President. - Moravian Cultural Society, Czechoslovak Beseda, Národopisný Kroužek and the Ústředna Moravských Spolků, all accepted invitation to participate in the District Slet. - Sis. EllenJeanne Schnabl's request to address delegates, stating the position of National Women's Director is open for ensuing term, and asked of any recommendations to be presented at the Convention.

Director of Women, Sis. Carolee Michalek: Awards Banquet and Special Number Competition successful. -

Memorial Services and Parade to be held May 30th at the Bohemian National Cemetery. - District Slet to be held, June 8th, at Riverside-Brookfield High School, followed by a Victory Dance at Sokol Tabor. - Monies turned in: Special Number Competition, \$110.00; Women's Competition, \$66.00; Awards Banquet, \$544.82; 2nd Class Competition, \$143.00.

Director of Men, Bro. Paul Lebloch: Gave results of Special Competitions. Meet Director was Bro. Ron. Lutha. BOI recommends high division be added to accomodate previous winners and more advanced gymnasts. Also, that Men's BOI have representation on dinner committee. - Present trophy committee be retained for 1975-76. - Total cost for trophies was \$674.00. - Sokol Racine was praised for its fine gymnastic exhibition. - A long discussion ensued on sending youngsters to Sokol sponsored Courses.

District Slet: Sis. Ann Basta reported upon apparatus available at Riverside-Brookfield High School. Also, stated her efforts to obtain additional parking facilities. - Bro. Edwin Halik announced the Program Book ready to be printed. Will need help in collecting ad fees and distribution to advertisers. - Arrangements to be made with Sokol Tabor regarding the serving of food at the Victory Dance. - Souvenir key rings will be sold throughout the day.

Announcements: The District's Convention delegates will meet, June 7th, at Sokol Stickney. - A report was made on the progress of the Chicago-land Sokol Ass'n. - Approved, that the National Convention standardize the size of its Sokol ribbons.

Treasurer: Balance on hand: \$356.59.

Southern District

May 22, 1975

Pres., Bro. George Prevratil presided with 13 members present.

Correspondence: Announcement of the Grand Opening of the Eagle Mountain Athletic Center (Sokol Fort Worth), July 25-27th. - Sokol Corpus Christi's donation of \$21.48 towards the traveling fund. - Sokol Yukon contacted university coach, had no reply.

UNIT REPORT

Sokol Karel Havlicek Borovsky: Ennis Polka Festival very successful. Sokol Float won 2nd place. Gym program well attended. - Swimming pool open for the season. - Little boys and girls, junior girls and women's competitions were successful.

Sokol Fort Worth: Held several training sessions of women judges for Unit Meet and District Slet. - 102 participants in Unit competitions and program. - News-letters being distributed. - Tumbling and mini-trampoline demonstration and Beseda presented at the May Fest in Fort Worth before a large audience.

Sokol Houston: May meeting, 28 in attendance. - Dinner and Dance held, May 11th. - Plans for a Czech Day celebration, July 5-6th.

* * *

Director of Men, Bro. Laznovsky: Attended traveling fund benefit at Sokol Zizka, also assisted in Slet routines and calisthenics while there. - Met with Slet

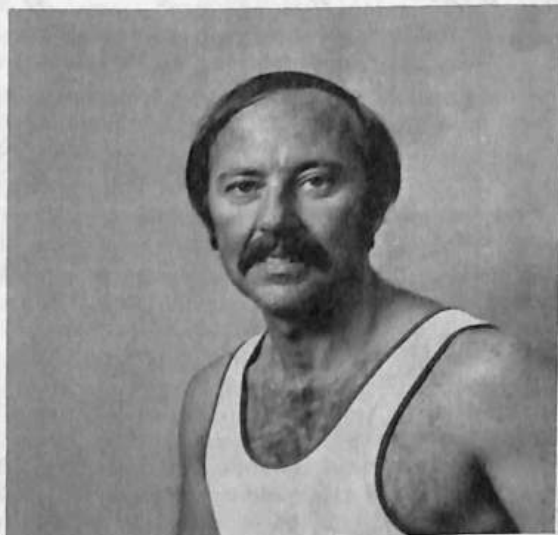
AMERICAN SOKOL

SOKOL GYMNAST

JULY - AUGUST 1975

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

The New National Directors of the AMERICAN SOKOL



BROTHERS AND SISTERS:

As we begin our term of office, we are both humbled by the great names that have preceded us.

Collectively our organization has magnificent talent and know-how unsurpassed by any other group. We actively seek your talents and help.

We pledge close cooperation between the Men's and Women's Board of Instructors. We will seek close ties with our District Directors and their respective Board of Instructors.

As we approach our Nation's Bi-Centennial, we believe that Sokol is one of the greatest and most respected gifts given to America by our Czech forefathers.

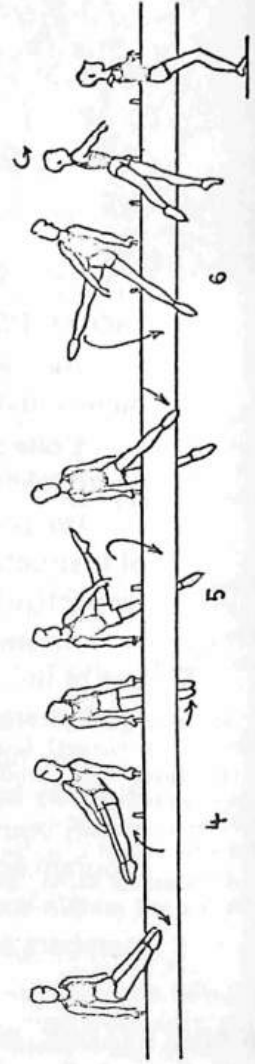
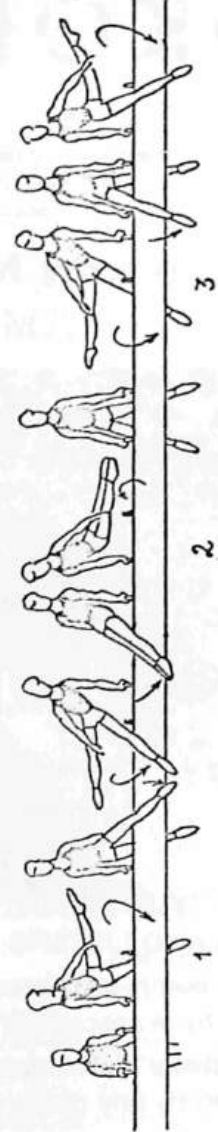
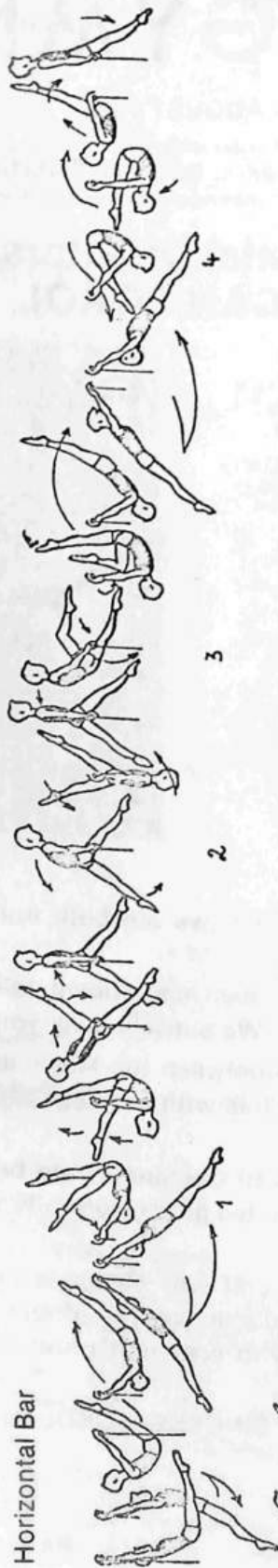
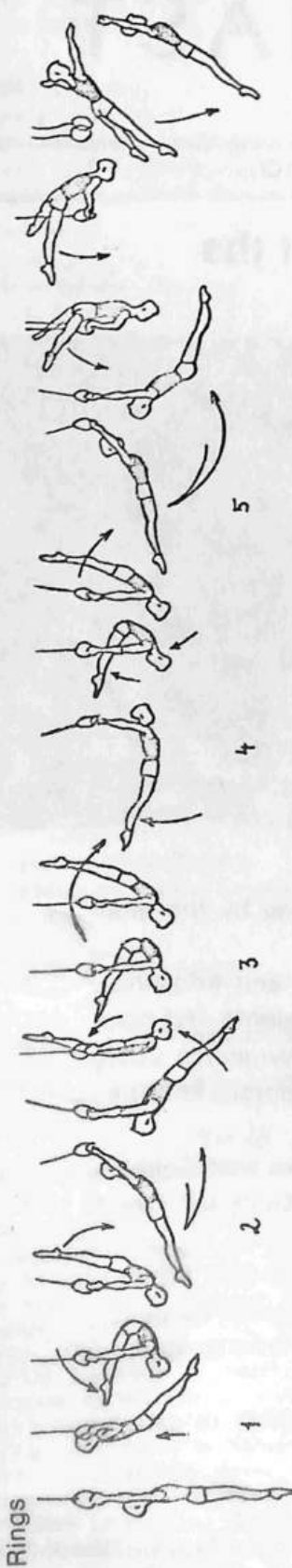
We hope each member and unit will pledge a gift to our Nation's Birthday by becoming gymnastically active, i.e. attending class regularly, giving your talents in assisting with your unit's and district's gymnastic program and activities.

We extend greetings and a SINCERE SOKOL NAZDAR to all our members and gymnasts.

MARIE PTACEK, Director of Women

PAUL LEBLOCH, Director of Men

APPARATUS EXERCISES FOR LOW DIVISION JUNIOR BOYS



Side Horse

The Gymnast and the Doctor

By Dr. John D. Webber

Reprinted, courtesy of
"Gymnast" magazine

Coaches, like doctors, often recommend weight loss, but neglect to provide guidelines for its accomplishment. Your coach has your best interests in mind, for excess fat can only be dead-weight and an anchor to an aspiring gymnast. No matter how strong you may become, excess weight will slow your effort to move your body through a wide range of motion with speed and agility. Because of increased demand on circulation, the overweight gymnast may experience decreased endurance. Susceptibility to athletic injury may be increased. Coaches, also, risk back and shoulder injury when spotting overweight athletes.

Inactivity can be more important than overeating as a contributor to obesity. Normal-weight high school girls have been found to be active, and consume an average of 2700 calories daily; contrast these active girls with their overweight classmates, who consumed only 1965 calories daily, but were relatively inactive. It was the difference in activity, not diet, which made the difference in weight.

Dr. Moorehouse at UCLA has recommended that overweight athletes increase their activity outside of regular team workouts, make do with one hour less sleep daily, and step up energy expenditure by dealing with daily commitments on a tighter schedule. Food intake is not necessarily increased by increased activity, so those interested in weight loss can step up their activity and still keep those calories down.

Self-control and diet are still important; here are some guidelines to use in your athletic weight reduction program:

Don't skip breakfast! An example of a good weight-reducing breakfast for the Gymnast:

G - Grapefruit-half or juice
Y - Yolk (egg) boiled or poached
M - Milk, tea, or coffee
N - Natural cereal
A - And
S - Strip of bacon
T - Toast, one buttered slice

Keep away from sweets, colas, and other carbohydrates! Not only high in calories, but will make you crave more food in a short time.

Have regular mealtimes, and try to distribute your daily food intake evenly, rather than in one large meal.

Sleep less, perhaps making do with one less hour of sleep per day.

Increase your physical activity during the day, in addition to regular team workouts.

Beware of crash-diets, starvation or fad food programs! Your athletic performance depends on a continuing intake of necessary nutrients and vitamins.

Incidentally, those interested in gaining weight should reverse some of the above guidelines; while maintaining a well-balanced diet of high-calorie, high-protein foods, try a large evening meal, and night-time snack, sleep about an hour more each night, and try not to expend unnecessary energy during the day. All this, of course, in addition to daily workouts and team practices.

Proper athletic weight control utilizes a balance of overall physical activity, physical exercise at workouts, and adequate nutrients for maximal athletic performance. Ask your coach, librarian or school nurse to recommend a short basic chapter on nutrition; remember, you don't want to be a dietitian, only learn what foods are in a balanced diet. There are many weight-reducing diets available, all of which strive to decrease caloric intake while maintaining a healthy balance of nutrients. If you have special medical problems, you should seek the advice of your physician.

ANNOUNCEMENT

American Sokol Gymnastic Camp

AMERICAN SOKOL ORGANIZATION ANNOUNCES THAT ITS PLANS TO HOLD A GYMNASTIC CAMP AT NORTH CENTRAL COLLEGE IN NAPERVILLE, ILLINOIS, HAD TO BE CANCELLED.

1975 - Central District Jrs. Competitions

JUNIOR GIRLS - HIGH DIVISION

Team Place	Points
1. Sokol West Suburban	152.2
Ind. Place	
1. Linda Schaeffer - West Sub.	82.5
2. Reggie Heble - West Sub.	69.7
3. Donna Brown - Tabor	68.9
4. Marianne Picha - Slavsky	68.3
5. Pat Palkovic - Stickney	63.4
1 Team - 5 Participants	

INTERMEDIATE

Team Place	Points
1. Ludevit Stur I	215.8
2. West Suburban I	215.4
3. Slavsky I	205.2
4. Brookfield I	201.6
Ind. Place	
1. Jean Bagel - Lud. Stur	82.5
2. Anita Jessen - West Sub.	79.0
3. Sarah Coonrod - West Sub.	73.3
4. Kathy Babka - Slavsky	73.1
5. D. Schabowski - Tabor	72.8
4 Teams - 16 Participants	

JUNIOR GIRLS - LOW A

Team Place	Points
1. Sokol West Suburban I	420.5
2. Sokol Berwyn I	420.0
3. Sokol Brookfield I	408.0
4. Tabor I	405.4
5. St. Louis I	403.9
6. Ludevit Stur I	382.9
7. Sokol Racine I	352.7
Ind. Place	
1. Pam Satek - Slavsky	88.0
2. Tracy Callahan - West Sub.	87.9
3. Anita Schnabl - Berwyn	86.6
4. Janet Pistorius - West Sub.	85.5
5. Peggy Gilbert - Berwyn	84.9
53 Contestants - 7 Teams	

JUNIOR GIRLS - LOW B

Team Place	Points
1. Sokol St. Louis	408.1
2. Sokol Stickney	405.8
3. Sokol West Suburban	404.0
4. Sokol Slavsky	403.5
5. Sokol Brookfield	383.0
Ind. Place	
1. Mary Macino - Stickney	86.4
2. Beverly Rericha - St. Louis	85.5
3. Michelle Bellinger - St. Louis	85.2
4. June Samars - Slavsky	84.6
5. Lisa Moulis - Berwyn	83.6
36 Contestants - 5 Teams	
Meet Director: Sis. Lillian Jindra	
Sis. Carolee Michalek, District Director	

JUNIOR BOYS INTERMEDIATE DIVISION

Ind. Place	Points
1. James Mugavero - Tabor	122.1
2. Frank Navratil - Brookfield	121.8
3. Edward Kuser - Slavsky	120.6
4. John Mugavero - Tabor	120.1
5. George Kulhanek - Tabor	118.9
6. William Rericha - St. Louis	113.4
7. Nick Gerhardt - Tabor	110.4

LOW DIVISION

Team Place	Points
1. Sokol St. Louis	475.1
2. Sokol Berwyn I	458.3
3. Sokol Slavsky	441.8
4. Sokol Berwyn II	410.9
Ind. Place	
1. James Hadraba - Berwyn	126.8
2. Dan Sulc - St. Louis	125.6
3. Stephen Sulc - St. Louis	123.3
4. Bill May - Berwyn	121.7
5. Kurt Olson - Slavsky	120.1
6. Robert Newcomer - St. Louis	119.6
7. Paul Vanek - Brookfield	117.2
22 Participants	
Meet Director: Denis Gilbert	

CONGRATULATIONS TO:

SLOVAK GYMNASTIC UNION SOKOL SOKOL U.S.A.

ON COMPLETION OF THEIR VERY SUCCESSFUL SLET IN
BINGHAMTON, NEW YORK

SUNDAY, JUNE 29th, 1975

AMERICAN SOKOL ORGANIZATION

committee in Corpus Christi. Preparations progressing very well. Victory Dance will be held at the Moravian Hall. - Approved, District Course to be held in late August.

Director of Women, Sis. Sylvia Laznovsky: Prepared Slet competition forms. - Submitted Slet publicity in the SPJST Vestnik.

Educational Director, Bro. Oldrich Parma: 1948 Prague Slet film shown at traveling fund benefit. - 1974 District Slet film is now ready. - Gave report on ASO Essay Contest.

Treasurer, Sis. Bernice Hamilton: Receipts, \$65.58. Expenses, \$113.92.

Discussions: Czech Day at the Fair will be Oct. 12th. Activities to be at the coliseum, band shell, Texas stage, women's building and the front of the Hall of State building. - Approved, District purchase a full page ad (\$100.00) for the Sokol Fort Worth souvenir book. - Proceeds from the traveling fund benefit hosted by Sokol Zizka were \$483.31.

ASO Convention: Bro. Don Steinman will be delegate from the District. - Approved, District delegates be supplemented \$15.00 per day in addition to the per diem allocated by the Convention. - Bro. Laznovsky will be in charge of the hospitality room.

American Sokol, Inc.

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 of 120 days or terminating on June 1st, 1975. On May 19th, a letter of acceptance exercising the option was forwarded to the Secretary of Bohemian National Hall with a request, if at all possible, that the American Sokol, Inc. assume ownership on July 1st, 1975. On this date, the American Sokol, Inc. was notified by the Title Company acting as Escrow Agent, that the necessary papers were filed and that the ownership of Bohemian National Hall was transferred to the American Sokol, Inc.

This culminated approximately eighteen months of investigation and evaluation of the various possibilities in this Hall and eventually the negotiation of a satisfactory agreement between the two involved parties. The Trustees who had operated the Bohemian National Hall had previously let it be known, that they would favorably consider the Sokols in this area as prospective buyers.

Because of the unforeseen delays over a four-year period, in trying to get our parcel of land on Rockside Road in the Village of Valley View, properly rezoned in order to begin constructing a new Sokol Cultural Center, the American Sokol, Inc. had to seek alternate directions and solutions to satisfy our everyday needs. This was a frustrating experience of trying to convince the Valley View Planning Commission and the Valley View Council and the Valley View electorate, that the construction of a beautiful Sokol Cultural Center would most definitely be an asset to their Village. Our zoning requests were initially rejected by the elected or appointed officials of Valley View and subsequently were turned by the residents, so that the American

Sokol, Inc. had to alter their intentions from constructing a new Hall in Valley View to purchasing an existing Hall in Cleveland, Ohio.

The transfer of ownership from the Patronat of Ceska Narodni Sin to the American Sokol, Inc., which is also 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 the occupants who meet and frequent the Bohemian National Hall.

This Hall, located at 4939 Broadway Avenue, will subsequently be deeded to the Sokol Tyrns Gymnastic and Educational Organization, who at a Special Membership Meeting in April of this year, voted almost unanimously, to move all of their gymnastic and cultural activities to this new location. Sokol Tyrns will implement a systematic program of maintaining the Bohemian National Hall and making it suitable for gymnastic purposes.

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 Sokol in this move to the Inner City are many and varied, but they are not insurmountable. Hopefully, the City officials as well as the residents in the immediate area of East 49th Street and Broadway Avenue, will favorably accept the Sokols as new owners and occupants. With cooperation not only from the Sokols, but from all the lodges and clubs involved, the Czech community should and must feel proud of the Sokols in the acquisition of the Bohemian National Hall. May the original builders and all of the predecessors of this building feel safely assured that the Sokols are dedicated to preserving and honoring the excellent past history of this hall and will continue to promote the Czech culture and Czech heritage for the enrichment of the entire community.

Robert E. Jirousek - President
Elsie Suster - Secretary

Sokol Houston

Sokol Houston recently presented a Czech Fine Arts Society program of beautiful Czechoslovak cultural-educational films in color and English language, preceded by a short, but highly informative and interesting address and commentary by Bro. John J. Pech on the subject of the ancient, medieval, and present century history of the Czech nation, including some highlights of the nation's contributions to the culture of the world and to our own great American culture. His very scholarly and thought-provoking presentation was most appreciated and instilled great pride in the hearts of many of us Czech-Americans. Bro. Pech's words of the great Czech cultural heritages, made our children proud to be the descendants of our forefathers, the Czech-American pioneers.

The films shown were thoroughly enjoyed by everyone in the capacity audience, the size of which we were not prepared for and almost had limited room to accommodate, because we moved all of our gymnastic apparatus to the rear of our auditorium and thus preoccupied about one third of the space. But everything turned out all right. Next time we will make provisions for an even larger audience that so much applauded this primarily adult educational activity at the Sokol Houston Auditorium.

The event was in charge of the chairman of the Czech Fine Arts Society, Sis. Birdie Hilsher, who together with the ladies of the Sokol, SPJST, and KJZT societies prepared all the sandwiches, pastries and special fruit punch and coffee that was served. All enjoyed the opening night in a series of cultural presentations.

Besides the many, many requests for the continuance of these evenings every month, many also expressed desire for a full lecture by Bro. Pech on the fabulous Czech history and cultural heritage.

Many beautiful film programs are in preparation at Sokol Houston.

Emil Kuropata,
SPJST Vestnik

The History of the Baltimore Sokol Unit

The history of our Baltimore Sokol unit begins in 1860. In this year, numerous endeavors were made to organize a social club among Bohemian immigrants. However, there was no success. In 1870, Adolf Melchers, the bookkeeper of a factory opened by Mister Kremlberg, suggested that the Bohemian employees unite to form an organization. On Sunday, July 7, 1872, sixteen persons met in Mr. Melcher's office. This became the first official meeting of the Sokolska Jednota Blesk. At this meeting, Vaclav J. Simek was elected president, Frantisek Matkaus, vice-president, Joseph Sip, secretary, and Jan Medlin, treasurer. The others who attended this meeting were Adolf Melchers, Joseph Karas, V. Hirsauer, Joseph Skimik, Frank Stetka, Joseph Houska, Stepan Skock, Jan Degenhard, A. Chotek, Joseph Frolian, Anton Matkaus, and Joseph Matkaus. In 1873, J. Rejzik was elected physical director.

The organization grew so much that in two month's time it was necessary to move to Kopecky's on Chew Street. By December, the Sokolska Jednota Blesk was once again forced to move, this time to Brother Pejrla's Hall on Washington Street. Here the gym classes and singing groups were organized.

Sokols soon decided that uniforms were a necessity, so the uniform of a Czech Sokol was adopted. Then, in July of 1873, we proudly participated in a parade and were judged to have the finest uniform of all the participating groups. The first gymnastic competition in Baltimore was sponsored by Sokolská Jednota Blesk in 1881. It was held in Forwairts gym. Sokol New York participated and had one team to represent them. In 1882, the Sokols moved to a new building, named Bohemia, where a Sokol convention was held. It was

here that the National Sokol Organization was divided into the Eastern and Western Districts. The Eastern District competitions were held in Baltimore in 1889. In 1890, Baltimorska Jednota Sokolic, which was the women's unit, was organized, and women's gymnastic classes began soon after. In 1897, the Board of Instructors suggested building a Sokol gym, and in early 1902, an architect was hired to make plans. September 6, 1902, was the grand opening of this \$18,000.00 building, accompanied by Eastern District exhibitions and competitions, held in Darley Park. In 1906, we took part in the 175th anniversary of Baltimore parade, which was the first time that the Sokols had appeared in public. The convention of the National Sokol Organization was held in Baltimore in August of 1913. It was here that plans were made for the way American Sokol is today. Sokols played a small part in World War I, by raising money for war-time services. In 1927, the Eastern District Slet was held in Baltimore Stadium while the competitions were held in Patterson Park.

Sokols also had a drama club, which usually had at least eight plays a year. They appeared in Philadelphia several times and was thought to be one of the better drama clubs in the United States.

During World War II, there were very few gym classes and after the war the Augustine Herman Czech School was temporarily used for Sokol activities. However, it was found that enlarging was impossible, so once again, the Sokol unit was forced to move. In November of 1951, the unit purchased a lot, and on July 16, 1953, construction began. The grand opening took place on January 16, 1954. This is the site of our present building. An exhibition was held the following day, with members of the Southern Circuit of the Eastern District taking part. In January of 1962, the name of our unit was changed to Sokol Baltimore, and in 1971, Sokol Baltimore and Baltimorska Jednota Sokolic combined to become one strong unit.

After writing this essay, I am very proud to be a member of Sokol. Now I realize why our instructors are so willing to give of themselves. It seems to have started at the beginning of our Baltimore Sokol unit. I hope you enjoyed reading this essay as much as I enjoyed writing it.

Jodie Amrhein, Sokol Baltimore -
First Place III. Division - A.S.O. Essay Contest

Meeting of the Executive Board of the A.S.O.

June 24, 1975

Bro. Stanley Barcal opened this special meeting of the Executive Board. Present: Bros. George Basta, Roy Zitny, James Jindra, Richard Vachata, William Meyer, Paul Lebloch, Edward Linhart, Rudy Svoboda, George Herink, Sisters EllenJeanne Schnabl, Marie Ptacek, Agnes Sotka and Ann Basta. - Bro. Barcal stated the

business of the old Executive Board is being concluded, except for a few minor details.

Correspondence: Western District congratulations and thanks to the 1970-75 Executive Board, and also, congratulations and pledge of support to the new Executive Board. - Receipt of a check for \$640.25 from Sokol Fuegner of Chicago for past dues and assessments. Attached was a list of their officers. - Sis. L. Jindra, Central District's Women's Director, contacted Sokol Fuegner in hopes of activating a Women's Division.

Old Business: Since the deadline for an "ad" in the Sokol USA's Slet program book had passed, a telegram of greetings will be sent instead. Sis. Schnabl and Bro. Zitny will represent the ASO at the Slet. - The ASO Gymnastic Camp will not be held. A letter will be sent cancelling the agreement with the North Central College in Naperville, Ill. The 2 contracted instructors will also be notified of the cancellation. - A final BOI report was reviewed. - Final settlement of the Folk Dance sessions from March, 1974 through April, 1975 was approved.

Financial Sec'y. Sis. Sotka: Submitted May Financial Report. - Stated Convention cost was less than originally estimated. - New names of President, Secretary, Treasurer and Financial Secretary will appear on the bank accounts and checking account, effective July 1, 1975.

Treasurer, Bro. Basta: Agreed with the Financial Report. - Also made a few additional comments on the budget as proposed by the Convention.

At this time Bro. Barcal, Honorary ASO President, turned the meeting over to Bro. Roy Zitny, newly-elected ASO President. - Bro. Zitny asked for cooperation and assistance so that our organization would be a well-running one.

New Business: The present 5-yr lease on the present ASO office headquarters will expire. It will be due in September. A study will be made whether or not to lease this space annually. - Letters of appreciation will be sent Sokol Detroit, Sokolice Detroit and Bro. Joseph Kovar, Committee Chairman, for the fine cooperation during the ASO Convention. - Several copies of the new By-laws were received for proof-reading as suggested by Bro. Charles Zitny. Bids from a number of printers will be requested. There will be a need for 12 to 24 additional pages. - Bro. Barcal will represent the ASO at Sokol Fort Worth's Grand Opening festivities, July 25-27th. - Request from the Southern District for return of its display material from the 1973 ASO Slet. Bro. Pirka will be contacted for an answer. - New letterheads will be ordered. - Regular meetings of the Executive Board will again be held the 4th Tuesday of the month. - Following a vacation period a reorganization of the ASO office will be made. A list of the Slet committees and other pertinent information will be compiled. - It was approved that the ASO Slet be held in Chicago-land as proposed by the Convention BOI. - Bro. Herink will

remain as editor during the interim period until another could be found. - Bro. Linhart will edit the July-August issue of the Sokol Gymnast, and was asked to remain at that post by the new Directors. - Bro. Jindra was to take pictures of the Board members for publication in the American Sokol.

A Convention Message From Czechoslovak Sokol Abroad

Your XII. Convention is held at a time when crucial decisions must be made in the United States - not only by Sokol here at this Convention but also by the people and the Government of the United States. The impact of these decisions will be felt for many years to come and far beyond the borders of your great country.

At a time in history when our democratic way of life faces unprecedented danger from world Communism, the destiny of mankind depends on the strength and resolve of the United States - the only remaining barrier to Communist expansion.

The deliberations of your Convention are also taking place at a moment in historic significance to the future of Sokol. At a time when Sokol in the country of its origin - in Czechoslovakia - has again been brutally silenced, Sokol in America bears added responsibility for safeguarding the Sokol idea. It is in large measure up to you, our American Sokol brothers and sisters, to assure that the time honored and proven ideals of our founders Tyrš and Fuegner are passed on to future generations and that they be passed on untarnished by the turbulent, violent and at times immoral and evil influences so much in evidence all around us these days.

Fortunately, the American Sokol is uniquely qualified for this task. Born "amidst thunder of cannons and guns", as recorded at the time, surviving the stormy period following the end of Civil war and the assassination of President Lincoln, Sokol in America progressively gained strength and confidence enabling it to render invaluable service to the people of Czechoslovakia at times of their greatest need. Your contribution to the struggle for freedom and independence of Czechoslovakia during both World Wars is well known, documented and was attested to publicly on numerous occasions by Czechoslovakia's democratic presidents Masaryk and Beneš. The attainment of freedom and happiness for Czechoslovakia has always been an important part of efforts of American Sokols. Twice in your history have you fulfilled the role of guardian of Sokol and Czechoslovak national ideals with great honor and distinction. We are indeed most grateful to you and are confident that you will again perform as magnificently this time.

Throughout Sokol history the ties between American and Czechoslovak Sokol grew stronger and more enduring. Their most visible expression took place at the mutual visits at Sokol Slets. The enthusiastic participation by American Sokols at Slets in Prague,

dating back to the days of Tyrš, are well known and remembered with fondness by all those here and in Czechoslovakia who were fortunate to witness those truly magnificent expressions of national joy by the Czechoslovak people in happier days of their freedom and independence.

It is therefore a great satisfaction and source of strength to us to know that this tradition of mutual visits at Slets continues - the participation of American Sokols at our Slets, especially those held in Vienna and Montreal, made them the success they were. I wish to take this opportunity to express herewith our sincere thanks for your excellent support in the past and our hope that this spirit of true brotherly cooperation will continue in the future. We also hope that we will have the privilege and pleasure of welcoming you next year at our IV. Slet of Czechoslovak Sokol Abroad in Zurich, Switzerland.

The record of 110 years of Sokol in the United States is one of proud and distinguished achievements. However, as Tyrš said 105 years ago: no past, however glorious, guarantees a future; only a strong, healthy and vigorous present can assure it. These words are as valid today as they were a century ago. Equally applicable and, in a sense echoing those of Tyrš, are the remarks made by your President Gerald Ford just recently when he said at Fort Benning, Ga.: "In today's world weakness is provocation to attack. It took strength to win freedom; it will take strength to keep it!"

Your Convention is eloquent proof of the strength and vitality of Sokol movement in America. We are therefore confident that your deliberations will result in your organization becoming even stronger and fully capable of dealing effectively with many problems and difficulties and of taking advantage of the many opportunities available to those living in your great Republic.

Through your activities, your steadfast adherence to democratic freedom loving and humanistic ideals of Sokol and your unceasing dedication to physical as well as moral fitness of individuals and the nation, you have built in America a proud monument to our founder Dr. Miroslav Tyrš. The activities in your second century whose aims you are re-defining and confirming at this Convention will undoubtedly add further adornment to this impressive monument to Tyrš in the United States.

Please accept our best wishes for a most successful Convention.

Na zdar!

Jan Waldauf, náčelník -
Czechoslovak Sokol Abroad

Historical Dates

MAY:

- 1, 1707 Great Britain formed by the union of England and Scotland.
- 3, 1848 In Paris, the French National Assembly announced the creation of the French Republic.

- 6, 1887 The Second gymnastic meet of the Sokols was forbidden by the Police of Prague. The first Sokol contingent sent by America to participate in the meet nevertheless arrived on June 16.
- 10, 1869 Building of the Pacific Railroad finished. This railroad spanned the entire width of the North-American continent.
- 11, 1911 Czech Sokols won first place in the international gymnastic contests held in Turin, Italy.
- 15, 1618 Kepler, an astronomer, announced the law governing the movement of the planets.
- 15, 1627 Emperor Ferdinand II proclaimed the equality of the Czech and German languages in all lands under the jurisdiction of the Czech crown.
- 16, 1703 Czar Peter the Great founded the city of St. Petersburg (today known as Leningrad).
- 23, 1415 Jerome of Prague was apprehended and imprisoned in Constance.
- 28, 1884 Dr. Edvard Beneš was born.
- 30, 1416 Jerome of Prague was sent to the funeral pyre in Constance.
- 31, 1781 Czech authorities abolished villenage, or the service due from a tenant to a landlord.

JUNE:

- 3, 1940 Italy declared war and invaded France.
- 9, 1369 John Hus was born in Husinec.
- 16, 1887 The First expedition of Sokols of America arrived for the Second Slet.
- 16, 1929 The Second Slet of the American Sokol Federation (Czech and Slovak) held in Chicago. This was the Third Slet of the American Sokol Union (now Organization). The Third delegation of the Czechoslovak Sokol Organization in Prague participated.
- 24, 1925 First Slet of the American Sokol Federation held in Chicago.
- 25, 1933 Fourth Slet of the American Sokol Union (now Organization) held during World's Fair ("Century of Progress Exposition") in Chicago. The Fourth delegation of Czechoslovak Sokol Organization in Prague participated.
- 27, 1936 Franklin Delano Roosevelt was renominated for the presidency of the United States.
- 29, 1947 Seventh Slet of the American Sokols held in Chicago. A group of 60 Czech Sokols from Europe participated in this Slet; with them was a representative of the city of Prague.

AFRAID TO FAIL?

"We pay a heavy price for our fear of failure. It's a powerful obstacle to growth," writes **John W. Gardner** in his book, *Self-Renewal*. "There is no learning without some difficulty and fumbling. If you want to keep on learning, you must keep on risking failure. It's as simple as that."

Our Task, Direction and Goal

BROTHERS AND FELLOWMEN!

WE HAVE STARTED ON OUR JOURNEY.
WHAT IS OUR TASK?

IN WHAT DIRECTION ARE WE PROCEEDING?
WHERE ARE WE GOING - AND, WHAT IS OUR
JOURNEY'S GOAL?

These were the opening words of the program thesis "Our Task, Direction, and Goal", written by Dr. Miroslav Tyrš.

This program thesis and multitude of his other essays on the totality of the Sokol education through organized physical activities provides an insight into the philosophy of the Sokol Movement. Moreover they reveal, that Tyrš throughout his philosophy recognized the interdependence of the physical, intellectual, emotional and spiritual capacities, the foursome facet of the unity of man. Since man is "all-in-all", body-mind an inseparable entity, as all his physical actions contain mental elements, and his mental activities are bound to organic functions.

In accordance with these scientific findings and disclosures, Tyrš formulated the Sokol Educational Program. Consequently through this program he pursued not only the development of the physical substance for its own sake, but rather modeling body and mind according to the "classical ideal" of the physicomoral excellence, balance and harmony of human nature.

Such an ideal translated in terms of modern knowledge in the field of health and education portrays a Sokol member in an image:

. . . of a human body perfectly and beautifully developed and proportioned, comprising stamina, harmony and suppleness of muscles, free from all curable diseases and remediable defects -

. . . a trained mind willing to undertake and continue in every phase of educational and cultural pursuit -

. . . a mind posture responsive to all esthetic and creative experiences, arousing the emotions in terms of joy and gladness, and serve as an instrument to self-fulfillment -

. . . a mind strengthened to bear fatigue, sorrow and anxiety -

. . . an attitude of enthusiasm, and feeling of being with other Sokol members a part of every important endeavor, and bringing personal sacrifice and devotion to the noble cause of the Sokol organization.

Postscript: Miroslav Tyrš (1832-1884) was a Doctor of Philosophy, University Professor, learned student of the classical Greek Hellenic Culture, most reputable critic of Arts of his time, Parliamentary Representative, extensive traveler, a man of letters, and most knowledgeable in all departments of science.

Dr. Miroslav Tyrš was the co-founder of the Sokol Movement, the vehicle for the classical ideal of the

harmonious development of human nature, which became a dream - hope - and promise for the day, when Czech liberty lost by defeat at White Mountain, might be regained.

O. J. Kudrnovsky

"Tyrš přímo geniálním a uměleckým počinem harmonicky sloučil antický ideál krásy a dobra s našim národním programem, žádajícím syntési ušlechtilého česství s čistým lidstvem. Tyrš vytvořil sokolskou obec a vstúpil jí tu sílu a mužnost, která stejně se vyhýbá hrubosti a násilnosti jak sentimentalitě slabošského bratříkářství; veliké vzory naší slavné minulosti, Žižka a jeho nezlomná chrabrost v obraně pravdy a národa, a Chelčického nekompromisní pacifism, našly v ideji sokolské harminecký výraz."

- T. G. Masaryk

XII. Sjezd A.O.S.

XII. sjezd Americké obce sokolské se konal od 16. do 18. června t.r. v Detroit, Mich. Zúčastnit se sokolského sjezdu to má pro nás Sokoly stejný význam a stejný historický okamžik jako zúčastnit se sokolského sletu.

Sokolský slet je přehlídkou tělesné zdatnosti, sokolský sjezd je přehlídkou organizační a ideové zdatnosti Sokolstva. Každý sokolský sjezd již od dávných dob byl vždy mezníkem v sokolské historii. Často když se člen zúčastní sjezdu jako delegát své jednoty je překvapen tou spleťitou a poctivou přípravou schůzování a každé malé podrobnosti.

Tentokrátě hostitelem XII. sjezdu byl Sokol Detroit, který připravil pobyt delegátům i průběh sjezdu velmi pečlivě jak to jen možností této jednoty dovolovaly.

"Sokol Cultural Center" je krásná moderní sokolovna v předměstí Detroit, Dearborn Heights. Tak jako v každé lidské společnosti, setkali jsme se i na sjezdu s různou povahou delegátů. I když všichni to myslí dobře se sokolskou myšlenkou, každý to projevuje svým způsobem. Někdo se rozčilí sebemenší maličkostí, která se mu nelíbí a druhý opět je klidný a rozvážný a proto je třeba zvolit předsedu sjezdu, který by udržel delegáty na úzdě.

To se podařilo Jiřímu Eisensteinovi, starostovi Sokola Detroit.

Různé odbory podaly zajímavé zprávy o minulé činnosti a přinesly návrhy jak by to ještě lépe mohlo být. Stanovní odbor nejenže vzal v úvahu změny některých článků stanov, ale snažil se znova upravit stanovy tak, aby každý člen jim rozuměl. Důležitým bodem sjezdu je zvolení nových úředníků, kteří by opět po dobu pěti let vedli Americké Sokolstvo. Není to nikdy snadné, protože vzdálenější delegáti od Chicaga, kde je sídlo AOS, neznají dobře navržené úředníky a vznikne na sjezdu zákulisní debata "kdo je kdo". Tentokrátě volby prošly velmi klidně. Starostou byl zvolen br. Roy Žitný, I. místostarostkou ses. Betty Prenerová, II. místostarostou br. Rud. Svoboda, jednatelkou ses. EllenJeanne Schnabl, náčelníkem br. Paul Lebloch, náčelníci ses. Marie Ptáčková, vzdělavatelem br. St. Barcal.

Zajímavým poznatkem bylo, že 75 procent delegátů rozumí česky a většina i dobře česky mluví. Bude tím

uchována historická linie Amerického Sokolstva a neodkloní se od svého původu.

Nesmíme zapomenout, že stále jsme ethnickou organizací i když se jmenujeme Americký Sokol. Bude záležet také na sokolských jednotách, aby si českou tradici uchovaly.

Jiří Španěk

Každé dítě patří do Sokola!

Každý otec a matka chce pro své dítě to nejlepší. Především si přeje, aby bylo zdravé, aby mělo lépe postaráno o budoucnost než měli rodiče. Ve zdraví a síle je základ života. Radost ze života přináší jen síla a zdraví.

Sokol napomáhá rodině i škole při výchově mládeže. V Sokole je mládež bezpečná a chráněná před zkázou, která číhá na dítě, mimo rodiny a školy. Sokol poskytuje tolik dobrých a krásných možností, aby se dítě mohlo těšit ze života. Pohyb, radost z pohybu, nejpřirozenější vlastnosti mládí, poskytuje Sokol dětem hrou, ukázněným cvičením, poučováním pro život. Dítě získává obratnost, utužuje tělo i ducha, stává se statečným, silným, je odolnější proti nemocem, je uchráněno před zkázou ulice a společnosti, která může mít zhoubný vliv na duši dítěte. Proto, vy otcové a matky, máte-li své děti rádi, pošlete je do Sokola!

Vy příslušníci sokolského bratrstva, buďte vzorem a pamatujte na své děti. Upozorněte ve svém okolí rodiče-krajany na přednosti sokolské výchovy a pošlete je do nejbližší sokolovny.

V mládeži je naše budoucnost! Sokol vám pomůže ochránit vaše děti. Sokol vám otuží vaše chlapce a dívky, aby byli odolnější a zdravější! Sokol dá vašim dětem radost ze života!

Pošlete vaše děti do Sokola! Upozorněte rodiče, vaše přátelé, na Sokol!

Každé dítě patří do Sokola!

Vlasta Matelová

Gratulujeme!

Sokol Los Angeles nově upravil svou sokolovnu. Zorganizovali na to slavnost za účasti široké krajanské veřejnosti. Na stěně sálu byla odhalena velká nástěnná mapa znázorňující sokolské ideály. Dílo vytvořil mistr Jiří Kargel. Na výzdobu celé sokolovny přispěli umělci žijící v Los Angeles: Akademický malíř Lecoque-Kohout, výtvarníci Jiří Zavřel, Otto Kovářik, Jaroslav Gebr, sochařka L. Durdáková a Mageret Jelínková. Sokolovna byla renovována za pomoci našich krajanů.

Jiří Španěk

Zdařilý slet župy Severovýchodní

Nikdo z návštěvníků letošního sletu župy Severovýchodní 1. června v A.M.L.A. Recreation Center v Leroy, Ohio, nelitoval vyjíždky. Počasí se vyjasnilo, slunce vesele pozdravilo sokolské cvičence i diváky na travnatém svahu nad cvičištem. Návštěva byla nad očekávání dobrá.

Župního sletu v Clevelandě se zúčastnily všechny jednoty clevelandské, Sokol Cleveland-Čech-Havlíček, Sokol Nová Vlast, Sokol Tyrš. Z přespolních zde cvičili Sokol a Sokolice Detroit, Mich., členstvo kanadského Sokola z Toronta a Sokola USA.

Koncertní hudba Sokola Tyrš vyhrávala sokolské pochody k společnému nástupu cvičících. Státní hymny, americkou, československou a kanadskou zazpíval br. Don Ranc.

Cvičence pozdravil a jejich vedoucím srdečně poděkoval za přípravu na slet župní starosta br. Edwin Jiroušek. Shromážděně pozdravil starosta Americké obce sokolské br. Stanley Barcal. Jednotu amerického Sokolstva zdůraznil br. Barcal připomínkou o pořádání letních župních sletů po celé Americe a výzvu k společně účasti na sletu Čs. sokolstva v zahraničí ve švýcarském Curychu v létě 1976.

Br. Jiroušek pak předal br. S. Barcalovi plaketu v uznání jeho celoživotních služeb Sokolstvu a druhou stejnou plaketu předal br. Johnu Galíkovi ze Sokola Nová Vlast.

Rízení sletu se pak ujali župní náčelníci br. Peter Dušek a ses. Jiřina Jenčíková.

Sletový program zahájila krojovaná skupina sokolských tanečníků živým vystoupením na motivy národních písní.

Celý sletový pořad, prostná i cviky na nářadí, jakož celá jeho organizace a pružnost, s jakou byl slet veden odpovídaly sokolské tradici. - Shlédlí jsme výkony vysoké úrovně a kázně, jaké lze docílit jen solidní přípravou a společným úsilím vedoucích i cvičenců.

Nový Svět

Článek bratra ze Sokola Belcamp

Utekla pěkná řada let co jsme opustili a ztratili naši starou, drahou matku, vlast československou, které jsme s úspěchem používali, a používáme v naší nové vlasti U.S.A., která nás přijala za své občany a kde jsou naše kořeny hluboko zapuštěny.

Každý z nás pamatuje jak jsme byli rádi, když jsme našli velice dobré přátele, a přátelské lidi, naše krajany v našem sousedním městě Baltimore, dlouhou dobu zde usazené. Kteří nás přijali mezi sebe s otevřenou náručí.

Sokolové a sokolice, tehdy velice prosperující jednota Baltimore; kde se pilně cvičilo - závodilo - tančilo - hrála krásná, obdivuhodná, česká divadla - cos jsme velice rádi navštěvovali a byli hrdí na naše krajany - kteří nikdy také neopominuli na pomoc své staré vlasti. Baltimorští nás navštěvovali a zvali mezi ně. Bývali jsme jak jedna rodina. Nežli jsme založili jednotu v Belcampu, někteří jsme byli členové v Baltimore. Vždy jsme spolupracovali. Baltimorští mohou být hrdí na svojí práci, vykonanou během dlouhých let.

Víme, že tam jest a bylo mnoho rodin, které věnovali svůj čas a příjem sokolské jednotě a práci pro starou vlast.

Při cestování touto naší novou vlastí, vzpomínám si jak mě vzal muj přítel do krásné budovy a krásně uvnitř zařízené na večeri, vše jsem obdivoval. Při odchodu

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Never start an argument with a woman when she is tired - or when she is rested.

While it's pleasant to sleep until noon, it ruins a person's afternoon nap.

When you make your mark in the world, watch out for the guy with the erasers.

It's not the minutes you take at the table that make you overweight - it's the seconds.

A chip on your shoulder adds weight to your burden.

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venku jsem se opět zastavil a budovu prohlížel. Právě jsem, to jest krásná a krásně zařízená budova - či jest to? On mě na moji otázku hrdě odpověděl: "Toto jest naše budova." Poněvadž byla krásná a veliká - ptám se poznovu: "Koho? Vašeho podniku?"

"Ne! Naši organisace! Stále otevřená - můžeme sem přijít, nebo naše ženy, kdykoliv se cítíme unavení, si odpočinouti, pookfát, najísti se." Nechtěl jsem ani svým očím a uším věřiti, že jest to možné.

Ale pro dobré, bratrské a sesterské spolupráci jest vše možné a každý jistě jest hrdý na toto dílo společné! "Jednotlivec nic - celek vše!" Toto mě přišlo na moji mysl. Když jsem viděl na našem pěkném sokolském časopise "Topix".

SOKOL BALTIMORE ***** SOKOL BELCAMP

5 hvězd mezi jmény jednot, které se mi zdá, chtějí ubírat, nebo se ubírají stejnou cestou.

Jest nejvyšší čas, abychom všichni společně a nerozlučně byly nejenom mezi jmény "Happy Birthday - Happy Birthday". . . Ale stále mezi těmi, kteří jsou na

stránce "Building Fund - Building Fund" a přispívali často a částkou co možno nejvyšší, na budoucí krásnou a krásně vybavenou budovu, o které také každý z nás bude moci s hrdostí říci jednoho dne v blízké budoucnosti: "Toto jest naše budova - moje budova." Tak jako ten, o kterém jsem se zmínil prve. Býti hrdy na to co se dokáže krásného vybudovati.

Sestry, buďte v tomto směru naší oporou, neboť na vás záleží nejvíce.

Pomožte nyní všichni dle své možnosti k nové, krásně vybavené budově na kterou budete všichni hrdí.

Sokol, Bratři - Sestry a celá krajanská společnost dokázala postavit krásný živý pomník před stoletím na polovině city blocku, Svatováclavský chrám a 2 sokolovny, při velkém osobním odříkání; které dnes není zapotřebí - jen dobrá vůle!

S sebou do hrobu žádný nic si nevezmeš. Krásná budova - krásně zařízená - živý pomník po Vás, s Vaším jménem zustane.

Joseph Fejfar

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