

# AMERICAN SOKOL

VO. XCVII - NO. 1

JANUARY 1976

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization



## SALUTE TO OUR BICENTENNIAL YEAR . . .

As we enter this - Our Bicentennial Year of the founding of our Country - let our thoughts remember those who have made this celebration possible.

We should be part of that celebration in every community where Sokol is located.

Let ourselves be recognized as a part of - nay - as LEADERS of the multitudes of Bicentennial Celebrations throughout the land.

We are proud of our one hundred and eleven years of loyalty, dedication, service and sacrifice to this great country.

Let us remember those who have laid the cornerstone and did build upon it this Nation - be thankful for this bountiful land and the freedom we so enjoy and take for granted today - and let us individually and collectively, as Sokols, re-dedicate ourselves to the future of these - our United States of America.

ROY S. ZITNY, President



# AMERICAN SOKOL



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**AMERICAN SOKOL ORGANIZATION**  
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6426 West Cermak Rd. Berwyn, Illinois 60402

Copy for publication must be received by the  
3rd of the month.

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### ATTENTION

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

## Calendar of Events

JAN. 31st - SOKOL SOUTH OMAHA, NEBR.  
Gym Club's Annual Polka Dance  
FEB. 1st - SOKOL DETROIT, MICH.  
Winter Gymnasticale  
FEB. 1st - CLEVELAND SOKOLS  
Winter Gym Exhibition - Cleveland State University  
FEB. 7th - SOKOL BROOKFIELD, ILL.  
Spaghetti Dinner  
FEB. 14th - SOKOL WASHINGTON, D.C.  
Annual Šibřinky (Masquerade)

FEB. 28th - SOKOL BALTIMORE, MD.  
104th Annual Šibřinky (Masquerade)  
FEB. 28th - SOKOL SOUTH OMAHA, NEBR.  
Annual Večirek  
FEB. 28th - SOKOL CEDAR RAPIDS, IOWA  
Masquerade Party (Šibřinky)  
FEB. 28th - SOKOL ST. PAUL, MINN.  
Šibřinky Dance (Masquerade)  
MAR. 13th - SOKOL TABOR, BERWYN, ILL.  
Gymnastic Exhibition  
MAR. 20th - SOKOL BROOKFIELD, ILL.  
Gymnastic Exhibition.  
MAR. 21st - SOKOL SLAVSKY, CICERO, ILL.  
Gymnastic Exhibition  
MAR. 27TH - SOKOL BERWYN, BERWYN, ILL.  
Gymnastic Exhibition  
MAR. 27th - SOKOL BALTIMORE, MD.  
Dozvuky  
APRIL 10th - SOKOL STICKNEY, ILL.  
Annual Exhibition  
MAY 8th - SOKOL WEST SUBURBAN,  
DOWNERS GROVE, ILL.  
Annual Gymnastic Exhibition - Hinsdale So. High  
School  
MAY 9th - SOKOL TYRS, CLEVELAND, OHIO  
Jr. Hobby Club's Mother's Day Pancake Breakfast

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## Sokol Educator

The immigration of the Czech and Moravian people followed the movement of the Moravian Church (Unitas Fratrum) in the eighteenth century. As previously stated, the immigrants of the seventeenth century settled with or near the English or Dutch. The followers of Hus (Protestants) continued to practice clandestinely their religious belief in Bohemia and Moravia. Many of these emigrated to Saxony on the estate of Count Zinzendorf. Here their settlement was called Herrenhut. Many of these emigrants and or their families immigrated to the United States as members of the Moravian Church, hence the eighteenth century immigrant has closer ties with the Teutons.

Under British auspices, the first attempt at missions by the Moravians was in Georgia as early as 1734. The second colony was founded in Pennsylvania. In Bucks County, Pa., the Moravians purchased 500 acres of land and 5,000 acres at Nazareth in 1741. The members of the Moravian Church are also credited with the founding of Bethlehem and Nazareth in Pennsylvania. Many of their old customs are still adhered to, and their Christmas services in Bethlehem are known throughout the U.S. Between 1741 and 1762 over 700 individuals of the Moravian Church immigrated and settled in Pennsylvania.

John W. Kittera, a member of Congress from 1791 to 1801, was appointed in 1801 as U.S. District Attorney for the Eastern District of Pennsylvania.

SOURCES: Register of Members of the Moravian Church. (Also contains historical notes).

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVII

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Číslo - No. 1

## TRAGEDY STRIKES

On the morning of December 22nd, 1975, a neighbor of Sokol South Omaha left her warm home to start up her car before going to work. Horrified, she saw flames in the Sokol Hall. She raced over to awaken the caretakers who had just enough time to escape from the burning building with the clothing they were wearing.

The Fire Department was called and two and one-half hours later, the fire was "officially" under control.

Eighty-seven years of devoted effort by its multitudes of members - eighty-seven years of dedicated community service - struck down by a member of that community - WHY?

Was Sokol South Omaha an obstacle to "Progress"? What is Progress - if not dedication and service to its community - as given by Sokol South Omaha.

Was it an eye-sore? How can that be when a remodeling and renovation program was completed six years ago.

Or was it because it was there - an edifice reflecting the pride of an "ethnic group"? Whatever the reason, the loss is great - for the members and for the community.

What precipitated this act? As we know them, the following are events preceding the catastrophe:

For the past year, approximately 20-30 fires were started in the dumpster adjacent to the building. In August, 1975, a fire was seen by a passing motorist and the fire department called. The blaze was extinguished with several thousands of dollars damage.

On another occasion a young man was seen attempting to ignite the curtains, was chased, but not apprehended. The evening of December 22nd someone stole into the basement through a window and lit a trash container, which did minor damage to a pillar, and was extinguished.

Finally, Monday morning the final act was successfully committed! We are sure that the loss has saddened the membership of Sokol South Omaha as it has the entire Sokol family. That sadness too must generate anger - anger against the person or persons responsible. But, let that anger swell - **into resolve**. A resolve to rebuild - to rededicate ourselves to Sokol and our Czech heritage - nay - not rebuild, but build for the future generations that which has been given by your founders and all that followed them. Let that resolve say "WE WILL" - We will build upon the ruins! A regeneration of our Sokol heritage will give a re-birth TO SOKOL SOUTH OMAHA!

Roy Zitny

## Recognition Dinner Honoring Sister Mildred Prchal

At our convention held in Detroit in June 1975, it was unanimously agreed that a lifetime honorary membership in the American Sokol Organization be awarded to Sister Mildred Prchal. This is the highest honor that the American Sokol Organization has to offer, and only the sixth bestowed in our entire history.

On November 22, 1975 the Executive Board sponsored a dinner at Sokol Tabor, Berwyn, Illinois, to

formally make this presentation. This dinner was attended by 300 sister and brother Sokols and friends. Many congratulatory telegrams and messages were received from our Sokol units, the Sokol U.S.A., the USGF and others.

Sister Prchal was born on August 24, 1895 in Chicago. She began her Sokol training at the age of five years. In the years that followed she was a competitor,

representing the American Sokol Organization at the VII. Slet in Prague. She became a women's instructor, and organized the first women's B.O.I. in Sokol Havlicek-Tyrs, also in the District, and then went on to become the National Director of Women. She prepared herself for this career by attending many courses and clinics, including gymnastic courses in Prague and dancing classes in Paris. During this span in time she composed many special numbers for units and Slet calisthenics.

She was the author and illustrator of a book published in 1964 entitled Artistic Gymnastics, three books on Compulsory Modern Rhythmic Exercises for women in 1973-75, and a new edition for 1976-77. She is active in the AAU, the Olympic Committee and the USGF, where she is chairman of the Modern Gymnastic Committee.

At this time she is composing the calisthenics that will be performed by our Sokol women at our 1977 Slet in Chicago. While Sister Prechal has been awarded many honors and is recognized throughout the United States and Europe as an authority on women's gymnastics, she is most proud of the honorary membership in the American Sokol Organization.

This briefly represents a lifetime of dedication and fulfillment.

S. Barcal

## Central District

November 26, 1975

Pres., Bro. Joseph Drnec presided. Only 10 members were present due to the inclement weather. - No meeting will be held during December. - Annual Meeting will be held, Jan. 18th.

Correspondence: Receipt of Seals from Czech National Council. Purchase of same approved. - Ordering of standard ASO Uniform Division Unit ribbons postponed until Annual Meeting.

Director of Women, Sis. Jindra: USGF routine clinic will be held Dec. 13th at Morton East High School for Junior and Women's beginner and intermediate divisions. Each Unit to send an instructor along with 2 best gymnasts for each division. - Volleyball tournament had 3 Jr. Class A teams, 7 Jr. B teams, and 7 Women's teams. Entry fee totaled \$275.00; hall rental was \$125.00; no trophies, only awards to members of the winning teams. - With the reported high costs for the USGF routines filmed in all divisions, plus the need for a special projector, it was approved to film the routines at the coming clinic. If successful they would be adequate for the needs at a much lower cost. - Compulsory routines are to be tried and then reviewed at the next meeting. - New Class C meet was approved for those over 30 who have not competed for years. - Various bills, totaling \$269.00, including travel expense to Racine, Wis., were approved for payment. - A survey was made on volleyball clinics, games and courses. - Exhibition dates: Sokol Brookfield, March 20th; Sokol Slavsky, March 21st; Sokol Berwyn, March 27th; Sokol Stickney at Morton West, April 10th; Sokol West Suburban, May 8th, at Hinsdale South.

Director of Men, Bro. Gilbert: Only Sokol Tabor and Brookfield plus the 3 local teams competed in the St. Louis-volleyball tournament. Next year Sokol St. Louis will make it an invitational meet with many local teams entered. - Basketball play will begin shortly. - Swim parties not as successful as hoped. Last 3 scheduled dates will be cancelled. - Men and Boys calisthenics routines mailed out.

President, Bro. Drnec: Reported on Sokol St. Louis' 110th Anniversary Celebration which he attended, Nov. 16th. The entire program was well planned. - Represented the District at Sis. Prechal's Recognition Dinner. - Will install the officers at Sokol Stickney, Jan. 24th, and also at Sokol Slavsky, Jan. 4th.

Folk Dancers, Bro. Kala: Performed at Sokol USA hody, Sokol Brookfield Harvest-fest, and at the Scottish Old Peoples Home. - Future plans: Performances during half-time programs at Roosevelt University basketball games and the British Old Peoples Home.

Old Business: Bro. Jindra reported on obtaining many books from Sokol Racine's library. Some were very rare, as an 1871 publication of the Czech Sokol Organization of Prague. Book cases will be hauled at a later date. - Sokol Racine's gym equipment will be sold locally. - There is still hope to meet with the Sokol Racine membership to discuss their plans. - Bros. Halik and Jindra visited Sokol Fuegner in South Chicago. Their efforts in discussing Sokol principles and teachings were appreciated. There is hope to start gym classes for children.

New Business: Bro. Stankovsky of Sokol Milwaukee requested a meeting with the District sometime in June. - All the Units were to submit important items of business for discussion at the District's Annual Meeting in January.

Treasurer, Bro. Svoboda: Balance on hand - \$1,068.10. Expenses - \$1,225.31. Leaving a deficit of \$157.21 pending deposit of money collected on the sale of District Seals.

## Western District

November 10, 1975

Pres., Bro. Edward Pavoucek presided with 10 members in attendance. - Since no District Sec'y. has as yet been selected, Sis. Phyllis Svoboda volunteered to serve in that capacity for this meeting. - Sister Pavoucek gave her report as Organizational Chairman. - Discussion again ensued on the best method to be used for the reproduction of the minutes of this meeting. No solution has been found. - A report was given upon the 75th Anniversary Celebration of Sokolice Renata Tyrs of Cedar Rapids, Iowa. The evening was well planned, with many Sokol people in attendance. - No further details were received concerning Sokol Wilber's 50th Anniversary.

1976 District Slet: The Slet outline was approved as written. - No report was given by the Omaha members, since they have been busy with other activities. - It was decided to refer to the USGF Handbook of National Compulsory Routines for any clarification needed

concerning any part of any routine. - A decision must be made whether the women's routines should be completely different from the junior girl routines, or the same. A response from all Units must be made immediately in order to come to a decision.

## Northeastern District

October 22, 1975

Pres., Bro. Edwin Jirousek presided, with 10 members present.

Bro. Edwin Jirousek reported receiving an invitation from the American Sokol Executive Board to attend the Recognition Dinner honoring Sis. Mildred Prchal. Recommended that Bro. Jirousek and his wife attend, representing Northeastern District.

B.O.I.: Report that Winter Exhibition will be held February 1, 1976. - 38 Sokol members will attend Sokol Detroit's 100-year Anniversary Banquet. - The women are busily practicing the Indian Club number for Zurich. - Sis. Georgia Jencik purchased Indian Clubs while in Europe.

### UNIT REPORTS

Sokol Detroit: Three girls received scholarships. The financial report of the Convention was sent to the ASO in Chicago. - On November 1, 1975, at the 100-year Anniversary Banquet, Sokol Detroit will display the contents of the cornerstone from their original Sokol building on Butternut and Tillman. Bro. Edwin Jirousek complimented Sokol Detroit on its work at the Convention.

Sokol Cleveland Cech-Havlicek: Thanked all who patronized their Chicken Dinner.

Sokol Nova Vlast and Sokol Tyrs: Working on merger of the units.

Committee Report: Kenny Vencl received Bicentennial Flag from Bicentennial Committee for Northeastern District.

## Central District Sokol Seals

During the past several years the Central District has greatly expanded its gymnastic and cultural programs for our Sokol youth.

The District vaulting team, gymnasts and folk dancers have made many public appearances promoting Sokol and the Czechoslovak heritage. They have participated in Slets in Chicago; St. Louis, Missouri; East Troy, Wisconsin; Toronto, Canada; and Vienna, Austria; as well as the Czech Day festivities in Nebraska towns. Locally they have appeared before thousands of spectators in the Chicago Stadium, Chicago Civic Center Plaza, McCormick Place, Oakbrook Polo grounds, Yorktown and Ford City shopping centers plus numerous appearances before fraternal and civic organizations and Sokol units.

As a result of these activities, the District has a large core of dedicated young Sokol members and leaders. The goal is to continue and expand these programs. For

this there is a need for additional financial help, therefore, as a fund-raising project the District has embarked upon the sale of Sokol seals depicting the new international gymnastic event - "Modern Rhythmic Gymnastics" - which combines rhythmic and use of hand apparatus.

It is felt this theme is most appropriate since the leader in Modern Gymnastics in the U.S. is a Central District member and former National Director of Women of the American Sokol - Sister Mildred Prchal. She is internationally known in this field, having judged many meets in Europe and had conducted clinics and meets in the U.S. For her efforts she has gained the highest honor, receiving the Master of Sports Award from the U.S. Gymnastic Federation.

Our Sokols know her for the many calisthenics she had composed for many Sokol Slets. Her special numbers were spectaculars. She is truly outstanding in her field, and the Sokol Organization is most proud of her accomplishments.

Ann Basta, Secretary

Joseph Drnec, President

## Sokol Tabor Girl Makes USA Team for Modern Rhythmic Gymnastics



Sis. Kathy Brym, member of Sokol Tabor, Central District ASO, one of three girls of the United States Modern Rhythmic Gymnastics Team for the VII World Championship, held in Madrid, Spain, November 1975.

Kathy competed in all three National Meets in the USA, the VI World Championship in Rotterdam, and attended the invitational meet in Czechoslovakia.

For years many countries have included rhythmic in the education and development of girls and women. Competitive Modern Rhythmic Gymnastics originated

in Russia in 1936. This new form of gymnastics was formulated by combining ballet, accompanied by hand apparatus (hoop, rope, ball, ribbon, clubs, etc.), set to musical accompaniment. This new event caught on slowly. The European countries, already teaching rhythmic, decided the competitive field definitely had a future. It was in Budapest in 1963 that the first World Championship was held. Today, Modern Rhythmic Gymnastics is very popular in Europe and some Eastern countries, and is rapidly becoming so throughout the world.

After years of research and attending European Clinics, Sis. Mildred Prchal, member of Sokol Tabor, brought this event to the United States and formed a National Committee for the USGF. The Committee was able to create enough interest in the United States to branch out and organize Regional, State and Local Chairmen, with a clinical and testing program for judges. The gymnast competing in Modern Rhythmic Gymnastics must have all the grace and movement of a beautiful dancer, and, at the same time, manipulate a hand apparatus to a smooth-flowing original routine.

Sis. Brym was the only girl on the team from the Midwest. This goal is not easy to reach. It took hours and months of training, musical scores - continually re-arranged, more difficulty and high risks added each day, exhaustion and stamina build-up, but throughout all of this is an inward drive. Sis. Brym has had good coaching, first from Sis. Mildred Prchal and more recently from Sis. Jane Jurew of Sokol Tabor. Many hours of their time and effort have gone into her training. But this is what champions are made of and Kathy is championship material.

June Pros, Sokol Tabor

## Sokol Baltimore

At the January meeting term pins were awarded, to those present, for 50, 40, and 25-year membership. The ceremonies were impressive as is the list below:

50-year: Stepan Tuma, Dominic Zelenka, Frank Hejny, Otto Hershel, Charles Huebel, Sylvia Peifer, Frances Belbot, Rose Hickman, Anna Pazdera, Gustav Taborsky, Sophie Kolomaznik, Edwin Sikora, Anthony Cihlar and Marie Sochurek.

40-year: Mary Ott, Theodore Michalek, Joseph Hulla, Anton Marek, Frances Mares, Dr. Charles Marek, Marie Marek, Edward Stetka, Marie Michalek, Rose Cihlar, Rose Cervin, Marie Neuman, Marie Vitak, Frank Hejny, Jr., Vera Hulla, Arthur Pokorny, Anton Primus, Dr. Rudolph Tulacek.

25-year: Albert Pokorny, John Stozek, Bessie Bouda, Edward Zeman, May Hubbard, Libby Voelker, Helen Hejny, Lillian Kamphaus, Anna Cesky, Blazena Otenasek, Barbara Stepan, William Belbot, Marie Pokorny, Libbie Vrzalik, Helen Bues, Evelyn Belbot, Betty Kilian, Mary Parizek, Vlasta Loenigsmark, Viola Marek, Dorothy Pokorny, Antonia Stetka, Dolores Taborsky, Mildred Vrzalik, Emilie Martinek, Gloria Durham, and Irene Vincent.

These are true and dedicated Sokol members!

## Sokol Slavsky

The installation of Officers and Committees for 1976 Bicentennial Year was held January 4. Bro. John Satek, President, awarded term pins to the following:

25-year membership: William Holman.

40-year membership: Mildred Cermak, Vlasta Schlehofer, and Mildred Urban.

50-year membership: Theresa Baxa, Josephine Slovacek, Martha Vesecky, Anna Zilka, and Joseph Bastl.

Citation of Merit Certificates were awarded to the following: for 55-years - Joseph Tomes, Marie Kott, Vlasta Kirchman; 56-years - James Pliml; 57-years - May Konecny; 58-years - Vlasta Lindquist; and 61-years - Marie Brichta, Frank Michl, and Charles Kulisek.

## Sokol South Omaha

Gymnastic Sokol Society Fuegner-Tyrs and Sokolice Libuse - better known to the Sokol family as Sokol South Omaha.

On July 1st, 1888, Gymnastic Sokol Society Fuegner-Tyrs was organized by twenty-three members and in January, 1902, Sokolice Libuse was organized by Joseph Sterba and his wife, Louise, with twenty women.

Both groups maintained gym activities in various halls. Then in 1904, Fuegner-Tyrs, with a Czech Lodge, built the Bohemian National Hall. The first public exhibition was held here and in 1905 Sokol became the sole owner. In this same year, Sokolice Libuse started drilling in the hall.

Sokol South Omaha has sponsored gymnasts to all District and National functions and is well-known throughout our Sokol ranks for their fine gymnasts.

On December 22nd, 1975, their gymnasium was destroyed by fire.

## Sokolice Renata Tyrsova - Cedar Rapids

At a recent meeting Sokolice Renata Tyrsova honored members for their length of service and membership. Receiving 50-year pins were: Sisters Vlasta Kosek, Bessie Novotny; 40-year pins received by Sis. Libbie Stastny, Vicki Polehna, Frances Secl, and Lillian Stejskal.

Honored for 25 years were: Sisters Jane Haerther, Irene Hamous, Joanne Melsha, Julia Webster; 10-year pins were received by Sis. Cheryl Bartunek, Patricia Beer, Marilyn Chmelicek, Dorris Dyal, Emily Jedlicka, Josephine Kuba and Lois Novak. Congratulations to all of you for your dedication to Sokol ideals.

Their Cookbook Committee reports the first Sokol cookbook in 75 years is now underway. The Committee is busy editing recipes received for publication. It is planned to make this a Bicentennial issue.

# SOKOL GYMNAST

JANUARY 1976

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Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402

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## American Sokol Organization Merit Award for 1975-76

Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicants, the following Merit Awards have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should re-apply next year.



**MICHAEL ECKHOFF**  
Sokol Tyrs  
Northeastern District  
Kent State



**KIM RUS**  
Sokol Stickney  
Central District  
Triton College



**JAMES JANA**  
Sokol Nova Vlast  
Northeastern District  
Cleveland State

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### MERIT AWARD COMMITTEE

Lorraine Zdenek, Chairman

Marie Ptacek

Paul Lebloch

Lillian Jindra

Dennis Gilbert

Ed. Linhart



HELEN BARBARA PELC  
Sokol Los Angeles  
Pacific District  
Univ. of Cal. Irvine



VICKIE REIDER  
Sokol St. Paul  
Western District  
Col. of St. Catherine



JO ANN HANTAK  
Sokol Brookfield  
Central District  
Triton College



LYNNE MARIE SATORIE  
Sokol South Omaha  
Western District  
Metropolitan Tech.  
Community College



ELIZABETH ANNE SCHROEDER  
Sokolice Little Ferry  
Eastern District  
Rutger Univ.

#### RENEWALS FOR 1975-76

JANICE WOSTRATZKY  
Sokol Stickney

RICHARD LINHART  
Sokol Tabor

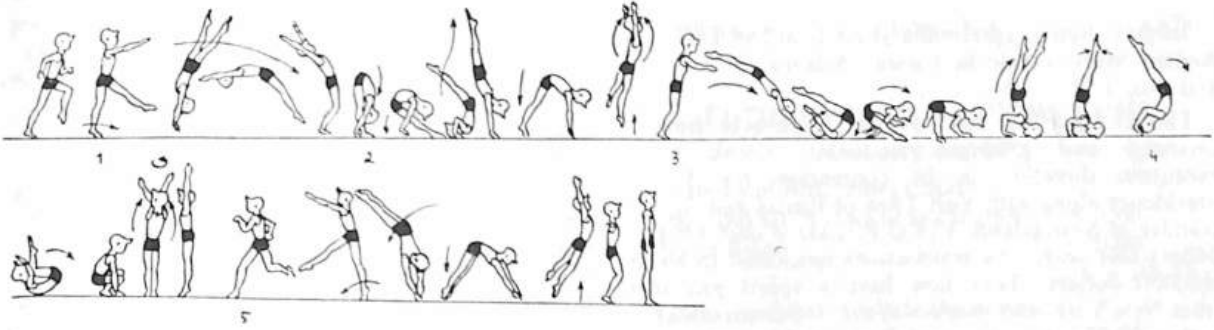
JAMES HRON, JR.  
Sokol Milwaukee

JAMES RIHA  
Sokol South Omaha

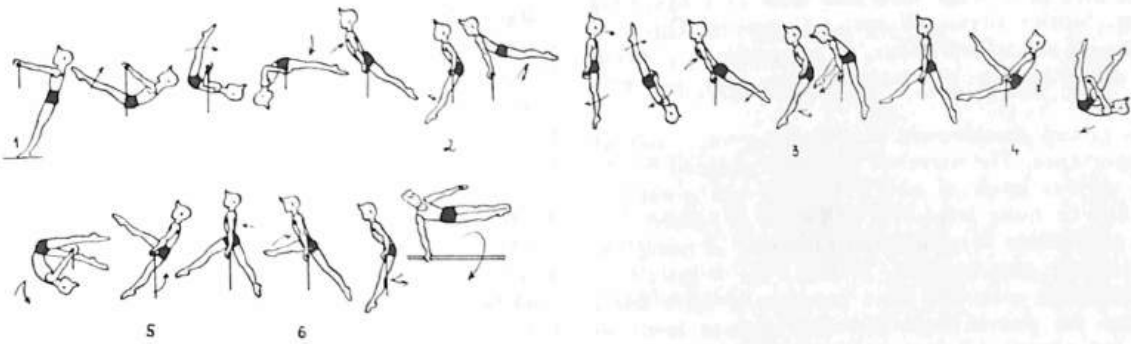
DAVID HOUDEK  
Sokol Karel Hav. Borovsky

APPARATUS EXERCISES FOR BOYS

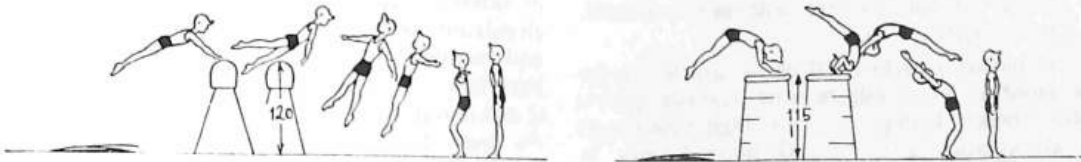
Free Exercises



Low Horizontal Bar



Vaulting



Low Parallel Bars



## U.S.G.F. Report to A.O.S.

## Why Exercise?

From Paul E. Fina, Delegate

Subject: Report (preliminary) on Board of Directors Annual Meeting held in Tucson, Arizona on Oct. 7, 8 and 9th, 1975.

The U.S.G.F. is in the best shape ever from a financial and prestige standpoint. Frank Bare, executive director, is in contention for F.I.G. presidency along with Yuri Titov of Russia and Arthur Gander of Switzerland. U.S.G.F. cleared over 125,000 dollars last year. The transactions amounted to about 500,000 dollars. They now have a sports promoter from New York who receives about 10 percent of net.

The budget for the coming fiscal year is 550,000 dollars. In addition, the budget for the women is about 50,000 dollars. This is a separate fund since Shirley Bryan lives in Chicago area and must have operating money. Shirley Bryan, Women's Committee Director, handles all educational films, all competitions, printing and dissemination of materials, etc. for women's gymnastics.

Age Group development of gymnastics was a subject of importance. The exercises will be broadened out to meet various levels of ability in each age grouping. This can be quite helpful to A.S.O. It is desired that all organizations in gymnastics cooperate in using the forthcoming exercises. At present, the women's is complete, the men only have exercises at three levels whereas the women have exercises at three levels in each age group. All exercises are developed with an educational progression in mind. They are international in scope.

### TOURS AND TRIPS

A number of tours to the U.S.A. are in mind. Russia, Roumania, New Zealand, are some. Russian men and women will come in January.

Trips outside of the country will be to Russia, France, Japan, England, etc.

There will be two matches with two countries in the next few months. They will be with Canada (there) and Russia (here). Unless we score high enough we will not be competing in the Olympic Games in Montreal. Only the top 12 teams in the world will be competing in gymnastics.

Elections - all existing positions were retained.

The Congress of Coaches in Denver, held on November, 14, 15, 16, will be the key event in obtaining the general feeling of the gymnastics world and the future of gymnastics at all levels. This was strongly brought out at the Tucson meeting.

Nazdar,

P.E.F.

### THE WAY TO HAPPINESS

Keep your heart free from hate,

Your mind free from worry . . .

Live simply . . . Expect little . . . Give much.

Wherever there is muscle there is need of movement. The human body contains more than 600 muscles; overall, it is more than half muscle.

Muscles make possible every overt motion. They also push food along the digestive tract, suck air into the lungs, tighten blood vessels to raise blood pressure when you need more pressure to meet an emergency. The heart itself is a muscular pump.

Technological advances have changed our way of living, have made strenuous physical exertion largely unnecessary. The word "chore" has virtually gone out of use.

But the needs of the human body have not changed. Muscles are meant to be used. When they are not used, or not used enough, they deteriorate. If we are habitually inactive - if we succumb to the philosophy of easy living - we must then pay the price in decreased efficiency.

Research support for regular physical activity as an essential for healthful and vigorous living is increasing constantly.

That we are, to a great degree, what our muscles make us - weak or strong, vigorous or lethargic - is a growing conviction among medical men.

A survey of a cross section of physicians - nearly 4,000 - showed that almost all now believe strongly that positive health benefits, both physical and mental, accompany physical fitness resulting from regular, moderate exercise. It also revealed that the great majority have come to favor the inclusion of tests of physical fitness in periodic health examinations - and are convinced that physical fitness programs, which have been largely aimed at children, are even more necessary for adults.

An obvious effect of regular exercise is the firming of flabby muscles. In addition, research indicates that exercise produces beneficial changes in the functioning of internal organs - especially the heart, lungs and circulatory system. The heart beat becomes stronger and steadier, breathing becomes deeper and circulation improves.

Continual inactivity produces muscular atrophy and the individual soon becomes under-muscled for his weight. The result: he lacks the strength and endurance to do his daily work easily and efficiently.

There is strong authoritative support for the concept that regular exercise can help prevent degenerative disease and slow down the physical deterioration that accompanies aging.

The evidence is conclusive: individuals who consistently engage in proper physical activity have better job performance records, fewer degenerative diseases, and probably a longer life expectancy than the population at large. By delaying the aging process, proper exercise also prolongs your active years.

## Help Our Sokol Grow

# ASO FINANCIAL REPORT

December 1975

**RECEIPTS:**

Dues .....	\$ 1,139.25
Convention Fund .....	520.00
Special Assessment .....	542.50
Dividends and Interest .....	1,926.15
Subscriptions to "American Sokol" .....	10.00
Resale of Jewelry .....	29.50
Sale of Song Books .....	33.00
Membership Kits, Educational Pamphlets, Postage .....	15.33
Miscellaneous .....	12.20
	<u>4,227.93</u>
A.S.O. Uniform Division - Payment toward Advances .....	308.72
Transfer of funds for Merit Awards and Special Assessment requests .....	6,054.85
<b>Total Receipts</b>	<b>\$10,591.50</b>

**DISBURSEMENTS:**

**Administrative**

Salaries .....	\$ 504.97
F.I.C.A. - F.W.T. for November ..	123.80
Rental, Janitor Service, Phone ....	316.09
Office Supplies, Postage and UPS charges .....	103.89
Donations, Subscriptions, Box Rental .....	39.50
Repairs to Office Machines .....	43.98
Travel Expense .....	233.48
Miscellaneous .....	74.90
	<u>\$1,440.61</u>

**Educational Department BOI**

Salaries .....	\$ 245.93
F.I.C.A. for November .....	29.24
Editor "Sokol Gymnast" .....	55.00
Add'l. copies "Sokol Gymnast" ..	33.60
Office Supplies, Postage and UPS charges .....	40.59
	<u>404.36</u>

**Sokol Publication**

Printing "American Sokol" .....	\$ 769.13
Editor "American Sokol" .....	100.00
Postage "American Sokol" .....	2.79
	<u>871.92</u>

**Miscellaneous**

A.S.O. Uniform Division - Salaries, F.I.C.A., Phone .....	\$ 403.99
Special Appropriations - Northeastern District .....	171.53
Central District .....	40.00
Eastern District .....	1,171.01
Pacific District .....	2,423.10
Merit Awards .....	2,600.00
	<u>6,809.63</u>
<b>Total Disbursements</b>	<b>\$ 9,526.52</b>

Balance brought forward:

Western National Bank of Cicero Checking Account	\$ 1,006.06
Receipts - December 1975	<u>10,591.50</u>
	11,597.56
Disbursements - December 1975	<u>9,526.52</u>
	\$ 2,071.04

## FUTURE SOKOL LEADERS FUND

December 1975

In memory of Bro. James Cihak: Bro. and Sis. Sopoci of Sokol USA	\$ 5.00
Stella Reigel	<u>10.00</u>
	\$ 15.00
In memory of Sis. Adela Seidelmann: Walter and LaVerne Bahr	10.00
Jack and Rose Tintera	10.00
Milton and Arlene Vocelka	<u>10.00</u>
	30.00
In memory of Sis. Anna Kuchler: Al and Ann Barzyk	5.00
Joe and Agnes Sotka	<u>5.00</u>
	10.00
In memory of Emily Sadlo: Frank and Camilla Ulrich	5.00
Stanley and Stella Ruzicka	5.00
Irvin and Agnes Frankenreiter	5.00
Tony and Cathy Kylian	5.00
Ollie Kylian	<u>5.00</u>
	25.00
In memory of Joe Chalupny: Frank Susek	<u>10.00</u>
	10.00
In honor of Milo Trenk's 75th Birthday: Anton and Anna Smunt	<u>10.00</u>
	100.00
Dividends Earned	<u>381.23</u>
	\$481.23
Transfer of funds from Savings to Checking for Merit Awards	\$2,600.00
Advance to A.S.O. General Fund	\$3,000.00
<b>Donations are tax exempt</b>	

## Providing New and Better Facilities

Because of the ever-changing conditions of modern society, the needs of a progressive Sokol Unit will never be fully satisfied. The membership will continuously be challenged to plan new activities, new programs and to provide new and better facilities. To ignore the challenges that is, the needs of the Unit, is to stop progress and cause the Unit to degenerate.

Sokol Baltimore TOPIX

## "The History of My Own Unit"

The Unit of Sokol Stickney was conceived June 5, 1927, at a Board of Instructors meeting. They agreed to carry the name Sokol Stickney. The first class was held October 7, 1927, at Mejda's Hall with a total of 10 children gymnasts. Mejda's Hall was the Headquarters for Sokol Stickney. It was located at Pershing Road and Clinton Avenue.

Sokol Slavsky helped Sokol Stickney by donating some apparatus to get our unit started,

On November 12, 1927 Bro. Ondrus announced that the attendance had risen to 143 gymnasts and members. The first exhibition of the Stickney unit was held at Mejda's Hall on May 27, 1928. It was a successful exhibition. Mejda's Hall was used for the Sokol Stickney gymnasium until 1936. The 10th of June, 1928, Bro. Loudin applied for a charter from the State of Illinois and officially made Sokol Stickney a chartered body by the State. The charter was granted October 28, 1928.

In November of 1929 a lot of 80x180 was purchased from Mr. Koutemeho for a sum of \$1500.00. The building started after many delays because of the lack of funds during the depression years. The work began in October of 1935. The cornerstone was laid for Sokol Stickney in that month of October. The Sokol Stickney building was completed on October 4th of 1936. Not only wood and brick were constructed into a Sokol building but the membership of Sokol Stickney also used the ideals and customs of the Sokol tradition as well as the building materials. Sokol Stickney still stands today at 4131 South Home Avenue, Stickney, Illinois 60402.

There were fourteen presidents for Sokol Stickney during the years 1928 to 1974. They are:

Brother Anton Mrazek	1927 to 1929
Brother Anton Konecny	1929 to 1930
Brother Frank Skroch	1931 to 1932
Brother James Plocar	1932 to 1933
Brother Frank Cada	1934 to 1935
Brother Thomas Spatny	1935 to 1936
Brother Frank Cada	1936 to 1937
Brother James Mejda	1937 to 1938
Brother Frank Cada	1938 to 1939
Brother Joseph Bican	1939 to 1940
Brother Joseph Vitek	1940 to 1941
Brother Frank Cada	1941 to 1958
Brother William Vrba	1958 to 1972
And our present president of Sokol Stickney,	
Brother William Meyer	1973 to 1975

Our Sokol building was remodeled in 1968 to improve the facilities like the bathroom, shower room, kitchen, chalk room, meeting room and bar. The gymnasium was remodeled beautifully also. It serves for the future Sokol people.

At this point there are approximately fifty-six tot gymnasts ages three to five; fifty-six 1st class girl gymnasts ages six to nine; twenty-nine 1st class boy gymnasts ages six to nine; sixty-two 2nd class girl

gymnasts ages nine to twelve; fifteen 2nd class boy gymnasts ages nine to twelve; twenty-four Junior girl gymnasts ages thirteen to seventeen; five Junior boy gymnasts ages thirteen to seventeen; nine Senior Women ages eighteen and over; twelve Senior Men ages eighteen and over that are enrolled in Sokol Stickney. So there are 268 members and gymnasts at Sokol Stickney altogether.

SECOND PLACE WINNER, ESSAY CONTEST

III. Division

Geri Michalik, Sokol Stickney

## Czech at the University of Houston

Czech classes at the University of Houston have done well this semester with an enrollment of 51 students. The slight difficulty of getting textbooks was quickly resolved.

In the classroom not only the language is covered, but also the culture, thus enabling the students to better understand their heritage. In addition to the text, tapes are available to the students in the language laboratory. In the library there is a collection of over 300 books to aid the Czech student. This is quite a growth from the 20 or so books of two years ago.

- Věstník - SPJST

## What Is The True Meaning of Competition and What It Means to Me

Competition is sort of a "friendly" rivalry between girls from different Sokols, and you try your best to win. You really should be glad even though you don't win, because you've tried your best and you hope the other girls have also.

What it means to me is that you be a "good sport". A good sport is a person who, when competing against another, doesn't pout or get angry because she comes in second or even third. She knows she has tried her best, and wishes the other competitor well. It also means that you don't give up even though you've lost, but continue to practice harder to improve the skills you are taught, so that maybe in the next event you are able to be in first place, not only for your own glory, but for the Sokol you are a member of.

When you are in competition, **Concentration** is of great importance. If you are not concentrating on what you are doing and watching someone else's routine, you will not be able to do your best.

So I guess the three key words that mean **Competition** to me are **Rivalry**, **Good Sportsmanship** and **Concentration**. If you really understand and follow the meaning of these words, you can be a good competitor, which is a necessary part of being a member of Sokol.

1975 A.S.O. ESSAY CONTEST

THIRD PLACE WINNER - TIE

Kathleen Mary Macalik, Sokol Berwyn

## The True Meaning of Competition and What It Means to Me

Competition to me is hard work and the chance to meet many new friends and to renew old friendships.

Even though I did not compete in the Slet in Chicago, I did attend and participate in the final days' festivities. The spirit and emotions of competition were everywhere. Some cried because they won and some cried because they lost.

Then last May, Sokol San Francisco held a competition between Los Angeles and San Francisco. We had two of the Los Angeles gymnasts stay at our home. Their names were Samon and Janet. We had so much fun together and when it came time to compete in the different exercises, even though I wanted to win, I found myself cheering for my new friend.

But now I am looking forward to competing against Los Angeles again.

That's what competition means to me.

**1975 A.S.O. ESSAY CONTEST**

**THIRD PLACE WINNER - TIE**

**II. Division**

**Cyndi Curbishley, Sokol San Francisco**

## Why I Go to Sokol

I go to Sokol because it's fun, you learn stunts, I like to belong to a club. When I go somewhere, like to a different club, I know what at ease, right face, left face, and different steps mean. I know how to support myself on apparatus. It helps me get stronger, and it also helps my body. It makes me happy that I can do the splits, backward walkovers, frontward walkovers, my bad side of a cartwheel. All those things I learned at Sokol. I meet new friends at Sokol like Gail, Judy, Kim, Diane, Illean. I like Sokol.

**1975 A.S.O. ESSAY CONTEST**

**THIRD PLACE WINNER**

**I. Division**

**Debbie Bala, Sokol West Suburban**

## February 1775

**February 3, 1775**

Two hundred years ago today, a young British deserter found the "good life" in South Carolina.

He'd run away from his regiment in Boston, sure that his trip south would be tough. But patriots he met along the way welcomed him. They fed him and they offered him their best horses.

And when the deserter got to South Carolina he was given a plot of land, a good house, and a pension!

The young man wrote home to England praising Americans! "I find Americans to be the best-hearted, most generous people in the world."

Patriots actively campaigned to get British soldiers to desert. Colonists were preparing for war, and each deserter meant there'd be one less British soldier they'd have to fight.

That's the way it was.

presented by Richard Dawson

"Bicentennial Minutes" reprinted through courtesy of the Shell Oil Co.

**February 5, 1775**

Two hundred years ago today, Abigail Adams heard the latest news from London and knew that war was coming.

King George III had ordered rebellious Americans put in their place. Mrs. Adams wrote: "The die is cast! It seems to me the sword is our only alternative."

Like her husband, John, Mrs. Adams was a Boston radical. But he still believed there was a chance for political settlement. She didn't.

Mrs. Adams saw the alternative clearly. She said: "Patriots must choose to die as the last British freeman, rather than live as the first British slaves."

He became the second President of the United States and she was his outspoken first lady.

That's the way it was.

presented by Lee Grant

"Bicentennial Minutes" reprinted through the courtesy of the Shell Oil Co.

**February 11, 1775**

Two hundred years ago today, real estate promoters were promising comforts of civilization at frontier prices.

Developers advertised their plan for a brand-new town - to be called Bethel - in the backwoods of Virginia.

They said they'd planned every detail. The James River provided cheap, reliable transportation; food was inexpensive; brewery, rope factory and linen mill were planned to provide jobs.

And, as a bonus, with every building lot promoters would throw in free lumber for a house.

Planned towns along the frontier were designed to soften rugged frontier life. But many settlements, including Bethel, didn't survive. Even the most careful planning couldn't keep drought, Indian attacks - and loneliness - from driving settlers back to civilization.

That's the way it was.

presented by Merle Haggard

"Bicentennial Minutes" reprinted through the courtesy of the Shell Oil Co.

**February 16, 1775**

Two hundred years ago today, thousands of battle-ready British troops were shipping out for America.

Four thousand redcoats were already in Boston. Now, 6000 newly recruited and freshly trained regulars were on the way.

To command them, Britain's War Ministry was sending three ranking generals . . . Howe, Clinton, and Burgoyne.

Britain was prepared for full-scale war. The British regulars were well-trained. Their officers used the most up-to-date Prussian military manuals.

The training was good - but for the wrong enemy. The Americans were getting ready to fight Indian-style, hit and run war, something Prussian military manuals just didn't cover!

That's the way it was.

presented by Lloyd Bochner  
"Bicentennial Minutes" reprinted through  
the courtesy of the Shell Oil Co.

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## Help Our Sokol Grow

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### Training for The Zurich Slet

On Saturday or Sunday mornings women are learning the Indian Club number for the Zurich Slet. Practices recently have been held at Sokol Tyrs hall with floor markers and almost enough floor space. Official Indian clubs are being used, brought from Europe by sis. Georgia Jencik. Under the capable leadership of sis. Bertha Cerny, instructor, the Indian Club number will soon be entering the "polishing" period. The skills of handling the clubs have almost been mastered and many other unique talents have been acquired. The sisters from Ladies Auxiliary Detroit, have participated occasionally in practice, either in Detroit or Cleveland. The Northeastern District will have 16 women representing American Sokol Organization women at the Zurich Slet.

### Frank J. Kilian

It is with deep regret that Sokol Baltimore announces the passing of Bro. Frank J. Kilian who passed away on December 7, 1975 at the age of 94. Brother Kilian was born in Bělčice, Bohemia (Czechoslovakia) on April 2, 1881 and came to this country in 1898. He became a member of Sokol Baltimore on November 16, 1900 and was a very dedicated Sokol. During his membership of 75 years, he rarely missed a regular meeting of the Unit and was active on several committees, including správní výbor and the entertainment committee. He attended the Sokol Slet in Prague in 1926.

A true and respected Sokol, he shall live in our hearts for many years. To the bereaved family, we offer our deepest sympathy.

Edward Stetka

## George Svoboda, Jr.

Sokol St. Louis lost another good member when Bro. Svoboda passed away, October 2nd, at the age of 73. His death was a shock to everyone, for there was no report of his ailing. He took over the Moydell Funeral Home. He often contributed financially to both the Sokol and the Board of Directors of the Hall. He was a wonderful person, always ready with a kind word, always with a smile, with a helping hand to those in need. He will be missed by all who were fortunate to have known him and called him their friend. To his dear wife and sons, we offer deepest sympathy.

John Reiner

## Something to Think About

A communications analyst has observed that oftentimes when two groups have a discussion only a neutral observer notices that the participants do not understand one another. Each side has an inaccurate and distorted image of what the other side feels and believes. Unless the fundamental misconceptions are corrected, the potential for conflict remains. The ineffective communications networks, which exist and are maintained by a few, do not help matters.

- Sokol Tyrs Newsletter

## Organisace Čs. spolků ve Velkém Chicagu

Výstavní výbor Organizace československých spolků ve Velkém Chicagu Vám přeje hodně zdraví a spokojenosti do Nového roku.

Zároveň Vám děkuje za příspěvní a pomoc, prokázanou u příležitosti výstavy českého a slovenského umění ve dnech 26. října až 9. listopadu 1975, kterou se nám za Vašeho příspěvní, podařilo vykonat zase kus dobré národní práce.

Tentokrát jsme za Vaší pomoci hlavně upozornili na sokolské hnutí, jak ve staré vlasti, tak i zde ve Spojených státech, které se stalo tím nejlepším přínosem našich otců, jakého kdy mohli od svých přistěhovačů dostat. Na to se nesmí zapomenout a právě v dnešní době, při 200 letém výročí americké neodvislosti se to musí zdůraznit.

Výbor má do budoucna naplánované ještě jiné podniky, kterými chce stále připomínat světu naši starou vlast a ono bezpráví, páchané na národě z něhož jsme vzešli a proto Vás prosí, uchovejte i nadále svou přízeň a až zase zaklepe na Vaše dveře, podejte mu svou pomocnou ruku.

S pozdravem za výstavní výbor Organizace československých spolků ve Velkém Chicagu

Karel M. Prchal, předseda  
Vlasta Matelová, tajemnice



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Poise: The art of raising the  
eyebrows instead of the roof.

"I wouldn't say he was stingy - just  
economical in a very obnoxious  
way."

Those at war with others are  
seldom at peace with themselves.

FASHIONABLE: The art of  
looking ridiculous as everyone else.

LOVE: It is the condition of mind  
when the mind is out of condition.

If we all bury the hatchet, there  
would be no axe to grind.

Good resolutions and babies crying  
in church are a lot alike. Both should  
be carried out immediately.

Old age isn't so bad - when you  
consider the alternative.

We blame bad luck on others but  
take credit for good luck ourselves.

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## Naše nová tělocvična - Sokol Tyrš

Většina práce s renovováním čtvrtého poschodí (tělocvična) jest hotova, a br. Robert Jiroušek, pokladník jednoty, je s dosavadní prací spokojen. Ani se nám nechce věřit, že něco tak moderního je v této staré budově. Stěny jsou obloženy dřevem, byl pořízen nový strop, a na podlaze je zvláštní druh nového "Carpetinku." Nové velmi účelné osvětlení a nové vytápění. Až veškeré práce budou ukončeny, bude mít jednota nejmodernější tělocvičnu a také nejprostornější v celé Obci. Velké práce jsou ještě v projektu.

To nehlavnější je mít tělocvičnu, neb jednota bez evičicích je mrtvá. Bude se pokračovat v úpravě divadelního sálu, který má jedno z největších jevišť města Clevelandu. Pracuje se již na úpravě knihovny, pak je zde schodiště, a jiné a jiné místnosti. Tuto práci konají bratři a sestry s nadšením vedeni tím "Věcný

ruch - věčná spokojenost" v té sokolské víře, že: Tam se svět nahne - kde síla se napře!

Víme, až bude tento nový domov jednoty v té historické Národní Síni ukončen, že každý bude spokojen a řekne: Udělali jste dobrou práci! K tomu naše sokolské Zdar!

K.Z. - Sokol Tyrš

## Proč se říká Nobelova cena?

Alfréd Bernard Nobel (1833-1896) byl švédský průmyslový podnikatel v oboru výbušnin.

Na sklonku svého života vytvořil fond 32 milionů švédských korun, z něhož je každým rokem udělována cena za objevy z oboru fyziky, chemie, lékařství, literatury a za práci pro mír.

Poprvé byla tato cena udělena v roce 1901.

- Denní Hlasatel

Váš cestovní program Vám spolehlivě a přesně vyřídí

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