

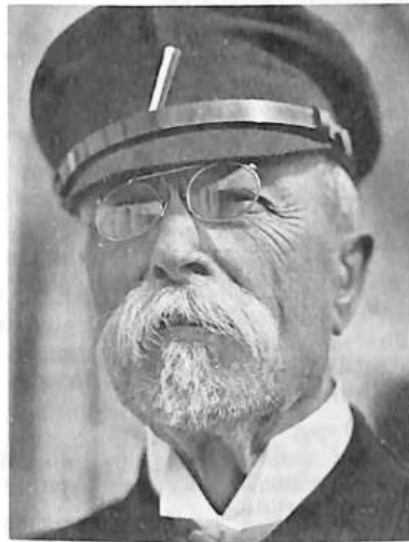
AMERICAN SOKOL

VOL. XCVII - NO. 3

MARCH 1976

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

AS WE REMEMBER . . .



Born March 7, 1850

Died Sept. 14, 1937

THOMAS GARRIGUE MASARYK
President of Czechoslovakia

Thomas Masaryk fled Austria in 1914 and, in strenuous propaganda in European Allied countries and the United States, fought for Czechoslovak independence. The Allies in 1918 recognized his National Council as the government of a new State of Czechoslovakia. It was during this time he visited Chicago.

We remember . . . when as children from Bohemian Schools in the Chicago area, we greeted him and heard him speak at the Blackstone Hotel. Little did we know then that we were listening to the future President of Czechoslovakia.

We remember . . . a most memorable day during the IX Sokol Slet in Prague, when the group of American Sokol gymnasts were the guests of President Masaryk at a Tea given in the gardens of Hradčany. The President, in his kindly manner, greeted us individually and spent some time chatting with us. It was most pleasant talking with so great a statesman on such a friendly footing. Reluctantly we watched him go on to greet his other guests.

Yes - so we remember . . . a great philosopher, Liberator, and President.



AMERICAN SOKOL



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ATTENTION

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

Calendar of Events

MAR. 25th - SOKOL MIAMI'S BIG PICNIC

Haulover Beach Park
155th Street on Ocean

MAR. 27TH - SOKOL BERWYN, BERWYN, ILL.

Gymnastic Exhibition

MAR. 27th - SOKOL BALTIMORE, MD.

Dozvuky

APRIL 4th - SOKOL LITTLE FERRY, N.J.

Annual Gymnastic Exhibition

APRIL 4th -

Small girls and boys
Competitions - Baltimore

APRIL 10th - SOKOL STICKNEY, ILL.

Annual Exhibition

APRIL 25th - SOKOL FUEGNER, L.I., N.Y.

Annual Exhibition

MAY 1st - SOKOL BELCAMP, MD.

35th Anniversary Banquet

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

MAY 16th - SOKOL BALTIMORE, MD.

Gymnastic Exhibition

JUNE 4, 5, 6 - SOUTHERN DISTRICT SLET

Fort Worth

JUNE 6th - CENTRAL DISTRICT SLET

Riverside-Brookfield High School Stadium

JUNE 11, 12, 13 - WESTERN DISTRICT SLET

University of Nebraska

Omaha

JUNE 19th - SOKOL SOUTH OMAHA

Večirek - Sokol Park

SEPT. 12th - SOKOL SOUTH OMAHA

Czech Festival

OCT. 23rd - SOKOL BELCAMP'S

Annual Vinobraní (Grape Harvest)

NOV. 13th - SOKOL BROOKFIELD

45th Anniversary

TO THE POINT . . .

His egotism is a plain case of
mistaken nonentity.

* * *

The top of the ladder is a nice
place . . . but very lonesome!

* * *

"Influence is what you think you
have, until you try to use it.

* * *

Pessimist: A person who takes life
with a grain of sulk.

* * *

It's inflation when you have to pay
\$5.00 for the \$2.00 haircut you used
to get for \$1.00 when you had hair.

* * *

Did you hear about the angry
inchworm? He was told to convert to
the metric system.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVII

March - 1976 - Březen

Číslo - No. 3

Our Anthems

Contrary to general opinion, the song America, which was our national anthem up to 1931, is not a copy of the British anthem "God Save the King." The melody is old, very old. It was sung in Geneva at least as early as 1603. It has found a place in music both in Holland and Denmark, and Mandel himself made use of it.

The great American poem was written by Dr. Samuel Francis Smith in 1832. Lincoln was a Captain in the Blackhawk War when it was written. Strangely, it was from a German source that Smith copied the tune. Said he: "Looking at the German words at the bottom of the page, I saw they were patriotic, and I was instantly inspired to write a patriotic hymn of my own. Seizing a scrap of paper, I began to write, and in half an hour the words stood upon it substantially. I did not know at the time that the tune was the British, 'God Save the King,' and I do not share the regret of those who deem it unfortunate that the national tune of Britain and America should be the same."

The hymn took hold rapidly, but it was the fervor of the Civil War that fixed it forever in our national consciousness.

We should never forget the words of that anthem - repeat them to ourselves, and be thankful that we live in the Land of the Free, in the sweet land of Liberty.

By an act of Congress in 1931, the Star Spangled Banner became our national anthem.

The War of 1812 was going badly for the Americans. The British Admirals Ross and Cockburn had captured

the nation's capitol and burned both the Capitol and the White House. So suddenly did the enemy come that President Madison and his wife, Dolly, had time only to carry away their most intimate belongings. The British fleet sailed northward toward Baltimore. A few miles south of the city was Fort McHenry on a point jutting out between a river and the narrowest bay. The British stood to attack.

Among the captives aboard the fleet was Dr. William Beanes, friend of Francis Scott Key. Armed with proof that Beanes was a non-combatant, Key set out in a small boat under a flag of truce to secure his release. The Admiral was willing, but a battle was imminent, and he refused to let the boat return, though he placed both men aboard the little boat together with a guard.

Spread across the bay in an arc, the British pounded Fort McHenry, September 13 - 14, 1814, all through the night. There was no sleep aboard the little boat, and as morning lifted, Key and Beanes strained their eyes to see if the "flag was still there." A land attack was attempted, but the boats in the river defeated it, killing Admiral Ross. The British then sailed away south, and Key hurried to Baltimore where he finished the song he had started on the boat.

That night in a Baltimore theatre, Ferdinand Durang sang the song amid wild enthusiasm. To Durang goes the honor of being the first to sing the great American national anthem - The Star Spangled Banner.

May Konecny - Sokol Slavsky

Questions and Answers About the Sokol Organization

(Continued)

The end of all Sokol learning is to know the nature of the Sokol Organization in all its aspects - its objectives and principles, and translate this knowledge into action for the highest attainments and conquests, in one's well-being, health, and total fitness.

O. J. Kudrnovsky
Honorary Director of Men ASO

7. Who are the officers of the American Sokol Organization?

A. President, bro. Roy Zitny; Director of Men, bro. Paul Lebloch; Director of Women, sis. Marie Ptacek; Educational Director, bro. Stanley Barcal.

B. Organizational Structure of the American Sokol Organization and other similar organizations.

1. What is the structure of the American Sokol Organization?

A. Sokol Unit; Sokol District; American Sokol Organization.

2. Explain the organization within each body mentioned above.

A. The individual members are organized in the Sokol Unit. The Sokol Units are regionally associated, for organizational purposes, in the Sokol Districts. The American Sokol Organization is composed of Sokol Units.

3. What is the function of the organization called the Czechoslovak Sokol Abroad?

A. It organizes all Sokol Units outside of Czechoslovakia - in Canada, Austria, France, Switzerland and a few other countries, excepting the United States of America.

4. What other organizations in the United States are patterned somewhat after the original Sokol Organization?

A. Slovak Gymnastic Union Sokol, also known as Sokol U.S.A.; American Workingmen's Gymnastic Association, known as D.A. Sokols; Catholic Sokol; Sokol Orel; Roman and Greek Catholic Sokol; Polish Falcons and a few others.

C. Tyrš' Inspiration - Influence - Creative Thought - Democratic Rule - Ultimate Goal, Aims and Objectives

1. What was Tyrš' original source of inspiration preceding the birth of the first Sokol Organization?

A. Tyrš' initial inspiration came from his study of the Ancient Greek history - the physical, moral and spiritual balance of an individual. From the standpoint of biological sciences, many of the principles of Darwin's Theory of Evolution became the salient points to Tyrš in formulating his program. He had further been influenced by the "enlightened age" in the New World - in a great measure by Abraham Lincoln's pure democratic ideal, and by the theory of "Natural Rights" of individuals and nations to liberty, sovereignty and resistance to oppression which had been held by the English philosopher John Locke, the French philosopher and political theorist Jean Jacques Rousseau, and others. However, strongest impulse came from the midst of the 19th century surge of the national spirit, which looked toward the day when Czech liberty, lost by defeat at the White Mountain (Bílá Hora), might be regained.

2. What does the name "Sokol" mean?

A. It means a falcon, a bird which has always been a symbol of heroism and hope among the Slav people. To Tyrš it meant a combination of beauty and dignity in man.

3. Explain the democratic rule of the Sokol Organization.

A. The Sokol is open to anyone, who voluntarily accepts the obligations of membership, and shows that his qualifications merit approval of acceptance. All members are equal under their Unit's laws, regardless of differences that might separate them in the daily walks of life. They have a voice in the Unit governing system, and the right to vote and be elected. Through their Unit delegacy they have the same rights in their Sokol Districts and in the National body, the American Sokol Organization.

4. What is the ultimate goal of the Sokol Educational and Training Program?

A. The optimum development and growth of physical, moral and spiritual powers of each Sokol member.

5. Name some of the specific aims of the Sokol Program.

- A. a) to attain good posture, general body growth and development
 b) to cultivate a sense of rhythm
 c) to aid in promotion of individual expression and creativity
 d) to promote the recognition of self as a part of a group
 e) to increase organic power, strength, vim, vigor and vitality
 f) to develop body mechanics
 g) to aid in the development of desirable personal traits such as courage, perseverance, image of success and quick nerve-muscle reaction
 h) to aid in the development of desirable character traits
 i) to develop a sense of teamwork; a recognition of the contribution that an individual may make toward the success of the group endeavor
 j) to develop self-assurance and courage by the use of elements of danger and challenge
 k) to aid in securing a balanced living regimen, especially in regard to exercise, nutrition, sleep, rest and relaxation.

6. What are some of the objectives of the Sokol program stated in terms of every-day living?

- A. a) keeping in good health
 b) maintaining physical, moral and spiritual fitness
 c) developing cultural and intellectual interests
 d) wholesome use of leisure
 e) making friends, both young and old, men and women
 f) getting ahead in business and occupation
 g) taking a more effective part in making a better home and community.

D. Sokol Slets

1. What is the English counterpart to the word Slet?

A. Flightgather; Sokol Festival; Sokol Festival of Sports and Physical Fitness.

2. What are some similarities and differences between the Modern Olympic Games and Sokol Slets?

A. They are both revivals of the ancient Olympiads and are modeled after them. However, the Modern Olympic Games consist of athletic and sport contests based entirely on an individual and team participation. In contrast, the Sokol Slets, in addition to the athletic and sport competitions, consist of events with mass participation. Compare a trifling 4,100 participants at the XI Olympic Games in London to 275,000 participants at the XI Sokol Slet in Praha. Moreover, the Modern Olympic Games view their contests mainly as a spectacle, where the strongest win, and not necessarily the ones of the best form and harmonious development.

Contrarily, the Sokol Slets signify aesthetic pursuits, with special emphasis placed on beauty of form and precision, physical perfection and dexterity. Furthermore, the Sokol Slets are milestones in the progress, advancement and extension of the Sokol program - they are huge manifestations of devotion of the entire Sokol

brotherhood to the Sokol ideals - they tell the glory of the Sokol system - and of the splendid heritage of our Sokol Founders, Tyrš and Fuegner.

3. Who are the current champions of the XIII American Sokol Slet competitions held in 1973?

A. Men: James Hurban, Sokol Omaha; Women: Ellen Kovac, Lodge 12, Sokol U.S.A.; Junior Boys: James Svoboda, Sokol South Omaha; Junior Girls: Cindy Malinchak, Lodge 47, Sokol U.S.A.

Endquote:

"What all men know not - no one knows
What all men master not - no one masters
What all men conquer not - no one conquers."

- Tyrš

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

February 24, 1976

Pres. Roy Zitny presided. Present: bros. Svoboda, Lebloch, Rabas, Jindra, Simonek; sis. Prener, Schnabl, Sotka, Ptacek, Basta, Pistorius, Zdenek. Excused: bros. Basta, Barcal and Schnabl.

Honoring the memory of bro. Bretislav Vanek, who passed away, the members observed a moment of silence. Bro. Vanek was an active Sokol. He was President of Central District 1948-1953; I. Vice-President of American Sokol Organization 1946-1950; Chairman Finance Committee of X. Slet (1961), and Secretary of XI. Slet (1965).

District minutes received and discussed: North-eastern, 1-18; Southern - Annual, 1-25; Pacific - Annual, 1-25.

Correspondence: Letter from - Sokol Belcamp "thank you" for historical information; announcing new members, also dual membership; - bro. Frank Michl, Sokol Slavsky "thank you" for Citation of Merit received. - Letter from sis. Lier, Sokol New York re: roster; - Letter and articles from bro. Wm. Zabransky, Jr.; - Greetings from bro. and sis. Joe and Agnes Sotka on Florida vacation; - bill from United States Olympic Committee for 1976 dues \$10.00. Payment approved. - Cermak Road Business Assn. notice of meeting, 7th Annual Houby Festival March 2nd. - Southern District: greetings from annual meeting. Resolution expressing gratitude to officers for the betterment and the constancy to the purpose and goals of the Sokol Organization. Extended invitation to bro. Zitny to attend their Slet, June 4, 5, 6. Accepted. - Request we contact Sokol USA to discuss matter of their 1979 Slet. Southern District would host a Mid-Slet. Consented to approach Sokol USA. - Western District: Sokol Omaha hosting Western District Slet June 11, 12, 13, 1976 extending invitation to bro. Zitny to attend. Matter tabled for one month. - Letter from bro. George Herink to bro. Zitny advising of his health status. Letter accepted only as a leave of absence and bro. Herink will be so

advised. - Bro. K. Vavra called regarding merger of Sokols Tyrš and Nova Vlast. Letter sanctioning merger sent to both Units.

Old Business: ASO By-Laws have been proof-read, corrected and sent to printer. - Bro. J. Jindra reported Sokol Fuegner, South Chicago, have revised their by-laws and will submit copy. A gym program is scheduled Friday, March 5, at Rowan Park School. - Minutes of Pacific District indicate bro. Vojta of Sokol Seattle will visit Portland.

Reports: Women's Director, sis. M. Ptacek - answered correspondence. Apparatus exercises for Junior Girls and Women for 1977 Slet received and will be reviewed. - **Final Report forms:** from Northeastern District for Sokol History Class held January 10, 1976, 42 students. Instructor sis. M. Provaznik. Total \$151.90. - from Western District for Modern Rhythmic Gymnastic Clinic held September 26-27, 1976 for 32 students. Instructors sis. M. Prchal and K. Brym, assisted by sis. J. Gathye, J. Hamann, and B. Drozda. Total: \$735.19. Both reports approved for payment. - BOI booklet containing names, addresses of BOI members, also forms and rules, has been compiled and distributed to BOI members including one for ASO Office. - National School Board meeting held February 7. - All American Sokol members will march under one flag at Zurich Slet. - Progress made in calisthenic compositions for 1977 Slet. - National Directors' Conference being considered for October. - Postage for \$11.57; approved. - Attended Central District Directors' Conference.

Men's Director, bro. P. Lebloch - competition exercises for 1977 Slet received. Will be given to committee for review. Attended Central District Annual BOI meeting. Two final report forms, Western District, held pending clarification. - Presented corrected minutes of National School Board meeting. Minutes will be mailed to all District Directors. Full scope of Sokol activity discussed; a curriculum set up, and priorities listed. - Need translation and reprinting of Czech technical and educational materials. Need for National technical library; will check costs of back issues of Modern Gymnast. - Suggests subscriptions to Modern Gymnast, Czech gymnastic periodicals and books. - Bills presented for payment and approved: Sis. Jolene Hamann \$121.63; bro. Bud Benak \$104.73; sis. Norma Zabka \$210.98; bro. J. Milan \$168.00; bro. P. Dusek \$101.73; lunch at Old Prague \$68.05 (payable to bro. Zitny). - Excerpts of minutes to appear in American Sokol. - Recommendation that ASO investigate possibility of Mr. Robert Dvorak composing an "American Sokol" March for 1977 Slet. Secretary will contact him.

Merit Award: Sis. L. Zdenek reported receipt of proper renewal forms for Vickie Hurt of Omaha (previously approved). Check and letters will be sent by sis. Sotka and Schnabl.

Membership: Bro. R. Svoboda, Chairman. Meeting held Feb. 16. New idea being developed. Plan to start in Central District area contacting all Czech organizations. Visit their meetings to get more members. Will work on "universal plan" to obtain members. Drive to be publicized in American Sokol publication.

Educational Committee: Sis. L. Zdenek reported working on pamphlets of Unit Officers' job descriptions. Bicentennial flag purchased and bill for \$21.60 approved. Educational Directors' semi-annual reports slow in coming in.

Editorial Staff: Sis. B. Prener - worked on February issue. Editorial policy discussed by staff. March issue in preparation. Sis. Schnabl has roster of Units and Districts almost completed.

Publicity: Czech, bro. J. Rabas. Prepared article on Chicagoland Sokol Association installation of Officers for Denni Hlasatel. - Prepared article congratulating bro. A. Jurcik, new President of Denni Hlasatel. Working on material for 1977 Slet.

English, sis. A. Pistorius. Article written for Life Newspapers concerning American Sokol National School Board meeting. Retyping booklet "What is Publicity" - will soon be ready for distribution.

Organization: Sis. A. Basta. Received request from Sokol Little Ferry regarding duties of Unit Organizer. Research necessary.

Financial Secretary: Sis. A. Sotka. Prepared January 1976 financial report - deposited Federal payroll taxes. - Filled orders for pins for Sokols South Omaha and Racine; inventories getting low. - Bill for \$135.00 annual service maintenance on bookkeeping machine approved for payment.

Uniform Div.: Sis. B. Prener. Orders coming in nicely; have orders from Europe; awaiting items from suppliers. Art Teen sending sample Warm-up suit. Will arrange for Executive Board and Board of Instructors I.D. ribbons.

Office: Sis. B. Prener. New typewriter in on trial basis. Several pieces office furniture received at no cost. - Desk and typewriter procured for Board of Instructors.

Secretary: Sis. E.J. Schnabl. Minutes written and distributed; answered all correspondence. - Arranged for floral tribute and letter of sympathy be sent on passing of bro. Jerry Drahovzal, member Sokol Cedar Rapids and National Secretary of Western Fraternal Life Association. Acknowledgement received from sis. Drahovzal. - Letter of congratulations to Mr. A. Jurcik as President of Denni Hlasatel. - Acknowledgement sent to bro. G. Herink for contribution to Future Sokol Leaders' Fund. To Western Fraternal Life Association letter of acknowledgement and thanks for their donation; - a "thank you" letter to the Bohemian Funeral Directors' Association for their donation. - Arranged printing of formal acknowledgements for contributors. - Presented cost information and literature on newer model Royal copier; also trade-in of old copier. Approved purchase of new copier and trade-in of old.

President: Bro. R. Zitny - attended: National School Board meeting; Central District Board of Instructors annual meeting; Chicagoland Building Association meeting; will install officers, Feb. 29. Kept in close touch with Office.

Bro. J. Rabas reports the Central District tour to Zurich is sold out. Maintaining a waiting list.

Slet: Bros. Barcal and Zitny, Co-Chairmen, have tentative list of committee chairmen. Discussed possible "package deal" suitable for our needs - housing, banquet facilities, awards night, Slet Headquarters, and conference rooms. Working on Slet Theme.

FINANCIAL REPORT

February 1976

RECEIPTS:

Dues	\$ 755.25
T. G. Masaryk Dues	19.00
Convention Fund	630.50
Special Assessment	578.00
Resale of Jewelry	151.50
Sale of Songbooks and "Progressive Czech"	81.00
Educational Pamphlets, Membership Kits, Postage	60.26
Donations	200.00
Miscellaneous Income	7.15
	<u>2,482.66</u>

A.S.O. Uniform Division - Payment
toward Advances

449.17

TOTAL RECEIPTS

\$2,931.83

DISBURSEMENTS:

Administrative

Salaries	\$422.79
F.I.C.A. & F.W.T. for January ..	139.24
Rental, Janitor Service, Phone ...	320.78
Office Supplies, Postage	85.26
Service Contracts	135.00
Insurance	103.00
Office Furniture Refinishing	8.24
Bicentennial Flag	21.60
Refunds	13.50
	<u>\$1,249.41</u>

\$1,249.41

Educational Department

Salary	\$ 16.11
F.I.C.A. for January	2.46
Postage99
	<u>19.56</u>

19.56

BOI

Salaries	\$354.47
F.I.C.A. for January	43.76
Editor "Sokol Gymnast"	30.00
Add'l. copies "Sokol Gymnast" ..	28.00
Postage and Tapes	15.76
Dues	10.00
	<u>481.99</u>

481.99

Sokol Publication

Printing "American Sokol"	\$802.76
Editor "American Sokol"	100.00
Postage "American Sokol"	64.31
	<u>967.07</u>

967.07

Miscellaneous

A.S.O. Uniform Division - Salaries, F.I.C.A., Phone	\$517.65
Special Appropriations -	
Northeastern District A.S.O.	151.90
Central District A.S.O.....	197.70
Western District A.S.O.....	735.19
National School Board.....	775.12
Merit Award	200.00
	<u>2,577.56</u>
TOTAL DISBURSEMENTS	\$5,295.59

Balance:

Western National Bank of Cicero - Checking Account	\$13,793.96
Receipts - February 1976	2,931.83
	<u>16,725.79</u>
Disbursements - February 1976	5,295.59
	<u>\$11,430.20</u>

FUTURE SOKOL LEADERS FUND

February 1976

George and Rose Herink	\$25.00
The George Pistorius Family, in memory of bro. Bretislav Vanek	10.00
George and Rose Vytlačil: In memory of bro. Bretislav Vanek	\$10.00
In memory of Frank and Camilla Vytlačil and Agnes and Joseph Vyskocil, par- ents of George and Rose Vytlačil	20.00
	<u>30.00</u>
	\$65.00

Donations are tax exempt

Southern District

ANNUAL MEETING - FORT WORTH

January 25, 1976

Bro. George Prevratil, Pres., presided and extended warm welcome to all.

Roll call of District Officers - all present. - Roll call of Units - indicated all Units fully represented as per membership.

Observance held in memory of deceased members.

Annual reports of Units covered the activities for past year, financial reports, slate of officers for 1976 and future plans. Units were very active. District total membership: 1,037.

Bro. George Prevratil appointed Nominating Committee.

Annual reports of District Officers presented.

Recommendations submitted to hold a District Course in 1976; continue to affiliate with AAU and Gymnastic Association of Texas. - Appropriate to each Unit \$25.00 for technical gym material, accounting to

be submitted of what was purchased. - District Course to be held in Fort Worth. - Modern Rhythmic Gymnastic Clinic arrangements made to hold at Sokol Fort Worth, and a separate clinic in Houston.

Afternoon session. Bro. Prevratil called for reports of committees: Auditing Committee, bro. Kodelka reported books checked and found in good order. - Resolutions, read by bro. Stuart Hamilton. - Nominating Committee recommendations: President, George Prevratil; I. Vice Pres., Charlie Petrzelka; II. Vice Pres., Don Steinman; Secretary, Vlasta Laznovsky; Treasurer, Bernice Hamilton; Educational Director, Oldrich Parma; Public Relations, Jerry Milan. - Result - approval of committee report. - The Board of Instructors was approved as submitted.

Bro. G. Prevratil to represent the Southern District at the SPJST Convention, bro. Steinman, alternate.

Travelling mileage increased from 10c to 15c per mile, approved.

Sokol Karel Havlicek Borovsky, Ennis, extends invitation to hold next annual meeting; approved and meeting scheduled for January 30, 1977 at 8:30 a.m. Regular monthly meetings to be held 4th Thursday of the month. Bro. Prevratil thanked Sokol Fort Worth for hosting this meeting. Meeting adjourned with "Spějme dál," led by bro. Jurcik.

Pacific District

January 25, 1976

Pres. bro. Salak presided with 18 present.

Bro. Hintnaus advised Hume Lake Camp site secured for Labor Day week-end, due to efforts of Sokol Fresno.

Reports: Los Angeles - bro. Cymbal approved as new delegate to By-Laws committee. - Sokol Seattle, held dinner. Rented high school gym for volleyball. - Bro. Vojta will travel to Sokol Portland. - San Francisco - bro. G. Spanek reports have no delegate. Activities are gymnastic and social. Bro. and sis. Meier resigned their office on Board of Instructors. Have one paid instructor. Bro. Hintnaus asked number of boys and girls in classes. Would like copies of apparatus moves. - Fresno - Bro. Filgas reports primarily have social activities, picnics and pot luck suppers. Play volleyball. Sent 3 boys and 2 adults to Pacific District Camp and Clinic. Working under limited conditions, but have spirit and will do all possible for betterment of all concerned. - Los Angeles - Bro. Liska reports all classes working out regularly; have 2 paid instructors. - Course directed by sis. M. Provaznik very successful. All age groups work well together. - Travel Fund established for Zurich. - Bro. Dusil reports membership growing; will take part in Bicentennial celebration.

Headquarters of Pacific District will be located in Los Angeles.

Board of Instructors elections - bro. Hintnaus, Dir. of Men; sis. Pelc, Dir. of Women; sis. Linda Wortner, Secretary.

Election of District Officers - sis. Louise Nekuda, Pres.; bro. Filgas (Fresno) I. Vice Pres.; bro. V. Salak,

II. Vice Pres.; sis. Louise Kis, Secretary; sis. B. Haralik, Treasurer; bro. G. Spanek, Organizer; bro. Liska, Educational Director. All newly elected officers installed by bro. Nekuda. - Discussed future Childrens Camp and Clinic. - Concentrate on ASO Slet in Chicago in 1977. - Bro. Filgas thanked Sokol Los Angeles for their hospitality.

Northeastern District

ANNUAL MEETING

January 18, 1976

Meeting held at Bohemian National Hall. President, bro. Edwin Jirousek presided with 32 delegates present and 6 excused,

A moment of silence was held for members who passed away in 1975.

President's report: bro. Edwin Jirousek reported that sis. Marie Provaznikova presented a mini-seminar at Bohemian National Hall, January 10th. - Verifications received on two ASO Merit Awards (Jim Jana and Mike Eckhoff). Received invitation to attend Sokol Tabor's 110th Anniversary.

Unit reports: Sokol Detroit. Bro. George Eisenstein reported hosting the National Convention. - Celebrated 100th Anniversary. - Started Czech School in January with an excellent instructor. - Membership remained stable throughout the year. - Have a Scholarship Fund. - Have a Sokol Blood Bank, which has worked out very well. - Bro. Schamanek is new District Representative.

Sokolice Detroit. Sis. Jarmila Zboril stated as of January membership stands at 251. - Unit received the State of Michigan Flag. - Gymnasticale was well received. - Choral Group meets every Thursday. - Sis. Libby Schmanek is new representative to District. - The Sokol Detroit News is self-sustaining. - Have 250 non-member subscribers.

Sokol Cleveland Cech-Havlicek. Sis. Ann Kunc reported unit had 181 members end of 1975. Have purchased new equipment and the hall interior was painted.

Sokol Nova Vlast. Bro. George Kotlan stated 42 members went to Binghamton. - Open gym classes were held in summer. - Membership is at 214.

Sokol Tyrns. Bro. J. J. Vencl welcomed all to "our place." Purchased new printing machine. - Voted to move to Bohemian National Hall. Made many improvements. - Thanked Sokol Cleveland Cech-Havlicek for housing their unit four years. - Concert Band active in many events. - Published 10 issues of News Letter. - Membership stands at 318. - A.S.I. transferred title of Bohemian National Hall to Sokol Tyrns. - New president is bro. Karel Vavra.

Sokol Moravan. Bro. Edwin Jirousek read letter received from Sokol Moravan stating meetings are held at various homes. Financial Secretary resigned, - new one was appointed.

Committee reports. A.S.I. Bro. Robert Jirousek gave brief resume of events leading to purchase of Bohemian National Hall. - In November A.S.I.

transferred title of Bohemian National Hall to Sokol Tyrns.

Library. The library will serve all units.

Adjourned for luncheon.

Afternoon session - bro. Edwin Jirousek welcomed the B.O.I., and thanked bro. Lad Voris for arranging the luncheon.

B.O.I. Bro. Peter Dusek introduced District Instructors and gave a comprehensive Annual Report. - Sis. Georgia Jencik introduced Mary Ann Covert, acting náčelnice of Sokol Detroit and other instructors. Gave annual report which was accepted as read.

Mr. and Mrs. Frank Pliska were introduced as guests and offered words of encouragement to the assembly.

Nominating Committee. Sis. Gladys Jirousek presented slate of officers for 1976: President, bro. Edwin Jirousek; Vice Presidents bros. Frank Kavan, Schamanek, Robert Jirousek, and George Kotlan; Treasurer, bro. John Galik; Secretary, sis. Wilma Sevcik. The slate was accepted, carried.

Bros. Emil Pekar and Joseph Kovar were thanked by the President for jobs "well done."

Installation of officers. Bro. Frank Pliska thanked all outgoing officers for work accomplished. He then greeted and with words of encouragement installed the new officers for 1976.

Sokol Detroit will host next Annual Meeting.

The Emil Pekars are leaving Cleveland for Hemet, Calif. Welcome was extended to all present to visit them.

Spreading Responsibilities

"Keep committees important and working," writes Sons of Norway president Roy Eide, "Spread the responsibilities around so you do not burn out the willing or scare away the able. A coach must use his players so that all possible strength and effort can be used toward a fixed plan."

Our Country

"This country is not where it is today on account of any one man. It is here on account of the real common sense of the Big Normal Majority . . . No one is going to spoil this country but the people. No one man can do it and all the people are not going to do it, so it's going to run in spite of all the mistakes that can happen to it."

- Will Rogers, the cowboy philosopher

**Enroll That New
Sokol Member
NOW!**

EDUCATOR

Flag Etiquette

It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstaves in the open. However, the flag may be displayed at night upon special occasions when it is desired to produce a patriotic effect.

The flag should be hoisted briskly and lowered ceremoniously.

The flag should be displayed daily, weather permitting, on or near the main administration building of every public institution. The flag should be displayed in or near every polling place on election day and should be displayed during school days in or near every schoolhouse.

No other flag or pennant should be placed above or, if on the same level, to the right of the flag of the United States of America, except during church services conducted by naval chaplains at sea, when the church pennant may be flown above the flag during church services for the personnel of the Navy.

The flag should form a distinctive feature of the ceremony of unveiling a statue or monument, but it should never be used as the covering for the statue or monument.

The flag, when flown at half-staff, should first be hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day. By "Half-staff" is meant lowering the flag to one-half the distance between the top and bottom of the staff.

That no disrespect should be shown to the flag of the United States of America, the flag should not be dipped to any person or thing. Regimental colors, State flags, and organization or institutional flags are to be dipped as a mark of honor.

The flag should never be displayed with the union down save as a signal of dire distress.

The flag should never touch anything beneath it, such as the ground, the floor or water.

The flag should never be carried flat or horizontally, but always aloft and free.

The flag should never be used as a drapery of any sort whatsoever, never festooned, drawn back, nor up, in folds, but always allowed to fall free. Bunting of blue, white and red, always arranged with the blue above the white in the middle, and the red below, should be used for covering a speaker's desk, draping the front of a platform, and for decorations in general.

During the ceremony of hoisting or lowering the flag or when the flag is passing in parade or in a review, all persons present should face the flag, stand at attention, and salute. Those present in uniform should render the military salute. When not in uniform, men should remove the head-dress with the right hand holding it at the left shoulder, the hand being over the heart. Men without hats should salute in the same

manner. Aliens should stand at attention. Women should salute by placing the right hand over the heart. The salute to the flag in the moving column should be rendered at the moment the flag passes.

When the National Anthem is played and the flag is not displayed, all present should stand and face toward the music. Those in uniform should salute at the first note of the anthem, retaining this position until the last note. All others should stand at attention, men removing their head-dress. When the flag is displayed, all present should face the flag and salute.

Bicentennial Year 1976

This is our Bicentennial year when all citizens, organizations, cities, and states will be celebrating the 200th anniversary of the founding of the United States of America.

Every citizen of this country has good reason to be proud of what the founders and their followers have achieved in two short centuries. It should always be remembered that all this was reached by the struggle and endurance of an infant nation, by the basic values of hard work, self sacrifice, ambition, and trust in the democratic way of life.

However, I admit to being somewhat disheartened by the latest gloomy mood of America. The spiritual values of this nation have changed. The communication media - television, radio and newspapers, are constantly feeding the nation with negative and disturbing news of mistrust against the leaders of government. Judging by the volume of publicity it seems to me that the greatest heroes today are political terrorists and kidnapers. As for the problems of recession, we are trying to resolve them, but we should remember that what we call recession would be looked upon as prosperity elsewhere in the world.

It seems that now is a good, perhaps ideal time, to revive the spirit of 1776. We have to start teaching patriotism in the schools and other institutions. We American citizens are a good people. We have been and are a hardworking and productive society made up of a mosaic of nations, come to this land to enrich its culture. If we are to endure, we must return to the basic values established 200 years ago. Americans in the past had wisdom to choose great leaders and honest, reliable public servants. That was because they, themselves were dedicated and patriotic people who cared. That is how this nation was built.

It is my wish, at this 200th year anniversary of our young nation, that we restore and re-dedicate ourselves and all peoples to the ideals of mankind's most noble experiment - freedom.

Jan Kucera, Educational Director

April 1775

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

APRIL 1, 1775

Two hundred years ago today, 65 delegates were making plans to go to Philadelphia for the Second Continental Congress.

It wouldn't be an easy trip. From New England, it could take three weeks over rough roads.

Elephet Dyer of Connecticut wrote to see if he could catch a ride in another delegate's comfortable carriage.

"We can chat, we can sing, we can dispute everything, scold and make friends every half hour, which will make the time pass easily and ye road smoothly."

Travel to Philadelphia by boat would have been faster, but more dangerous. British patrols were stopping Yankee ships and looking for known rebels. Dyer was in no hurry. "I would rather tarry a little longer before I have the honor of being hanged for my country."

That's the way it was.

presented by Peter Haskell

APRIL 14, 1775

Two hundred years ago today, a handful of outspoken Quakers organized the first anti-slavery committee in the colonies.

One of the men at the meeting in Philadelphia's Sun Tavern was Anthony Benezet, a Quaker teacher who'd been campaigning for abolition for 20 years.

At first Benezet's crusade met with angry opposition. But over the years he won important converts to the cause. To set examples, many of Philadelphia's leading Quakers set their own slaves free.

The anti-slavery society didn't survive the confusion of the revolution. It soon fell apart, as leading members took part in the struggle with Britain.

But Benezet's society was formed again after the war to lead the way in the anti-slavery crusade.

That's the way it was.

presented by Maya Angelou

APRIL 16, 1775

Two hundred years ago today, my ancestor, Paul Revere, slipped his small boat into Boston's Back Bay and started across the mile and a quarter to Charlestown.

He thought the British were getting ready to move after rebel leaders hiding out at Lexington or even to try to seize arms stored at Concord.

Crack British units had suddenly been relieved of ordinary duty and troop-carrying boats were in the Charles River.

Once across, Revere rode to Lexington to warn Sam Adams and John Hancock.

Then Revere rode back to Charlestown, and arranged for a sharp watch for a signal from Boston.

"If the British went out by water, we would show two lanterns in the North Church steeple; and if by land, one . . ."

That's the way it was.

presented by William Christopher.

"American Sokol Sings"

Get Your Copy Now!

ASO OFFICE

The Golden Era of Sokol St. Louis

The year 1940 has been written with letters of gold in the history of Sokol St. Louis. We were at the peak of our strength and Sokol activities as we celebrated the 75th anniversary of American Sokol in the U.S.A. with a glorious Slet of the Central District of the American Sokol Organization. Since then almost a whole generation of Sokols has answered the call of Edgar Allan Poe's The Raven "Never More" . . . but those of us who were witnesses, and are still living, will always hold those great moments in fond memory. Sokols, not only from Chicago, but from many parts of our country, came to pay homage to the cradle where American Sokol was born.

The program of June 29th, at the City Opera House, was witnessed by an audience of 2,500 people. Featured was the presentation of the Czech Opera "In the Well" (V Studni) by Blodek, with a mixed chorus from Sokol St. Louis of 75 men and women in beautiful national Czech costumes, with members of the St. Louis Symphony accompanying, and with Prof. Stanovsky directing. The program was further enriched by the songs of the Lyra Singing Society of Chicago, and several special gymnastic numbers of Sokol units from Chicago.

A colorful parade, many blocks long, started at the old National Hall and ended at the City Auditorium. Buses and street cars were re-routed. The parade included Czech Sokols, Slovak Sokols, Polish Falcons, Yugoslav Sokol Dalmacians, Montenegrins (in national costumes), Legionnaires, Baráčníci, C.S.A., and Unity of Czech Ladies and Men. It was the greatest parade ever organized in Czech St. Louis. More than 7,500 people attended. The Mayor of St. Louis honored us with his presence. The greatest historical moment for our Sokol organization was at hand, for one of the speakers was Harry S. Truman, the U.S. Senator from Missouri, who later became president of the United States. What an honor this was for our entire Sokol Organization and for posterity!

SOKOL GYMNAST

March 1976

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

YOUR BODY

Your Appearance

Your appearance is controlled by the bony frame of your body, and by the proportions of fat and muscle which you have added to it. You cannot do anything about your skeleton, but you can, and should, do something about the fat and muscle.

All of us require a certain amount of fat on and in our bodies for functional reasons. Fat softens the body contours of the body; it helps keep the body temperature constant; and it acts as an energy storage vault. Fat appears in layers on the outside of the body, covers and lines the internal organs - the heart and blood vessels, for example - and it also makes up a part of the muscle.

Except for certain neurotic or glandular conditions, people are overly FAT because they over EAT and under EXERCISE.

Muscle is the other controllable factor in the appearance. When we are young we are fairly active; the muscles of our bodies are used and they retain that pleasing firmness - MUSCLE TONE. The less we exercise muscles the softer and more flabby they become. They become small with disuse, less elastic, and much weaker. Much of what is considered fatness in the abdominal region is nothing more than weak stomach muscles which permit the internal organs to sag forward. Your muscles perform the same function as a girdle - keep them as resilient as your foundation garment.

Because the condition of your muscles is so important to the way you look and feel, diet alone is not the best method for trying to improve your body measurements. The best method is a combination of diet and exercise. A thigh that is made up of little muscle and a lot of fat may have the same measurement as one that has firm muscle and a light fat layer, but - let's face it - it is just not the same thigh.

Do not confuse good muscle tone with bulky, unsightly muscles. A good program is designed to firm your muscles - not to convert you into a muscled person.

Weight Control

The major purpose of weight control is to reduce the amount of fat on the body and to increase the amount of muscle. It is, in reality, a program of fat control rather than weight control. This control can be exerted only by coupling a sensible dietary program with a regular, balanced program of exercise.

When we eat, the food is used, stored, or discarded. The body stores fuel, or calories, as fat. The more fuel we consume, and the less of it we use, then the more of it that is stored in the body in the form of fat. The human body is not like a car's gas tank that will overflow when full. Our bodies accept all the calories that we put into them, and store those which we do not use.

For example, if you eat food that has a value of 3,000 calories and use only 2,600 of them in your activity, then the remaining 400 calories are stored in the body. Every time you accumulate about 4,000 of these calories you will notice an extra pound of weight on the scales.

When you exercise you burn calories. Energy used in this way will result in muscle development. As muscle is slightly heavier than fat, you may very well notice an increase in your weight rather than a reduction. However, it must be stressed that this muscle weight is useful weight and will improve the way you look and feel.

Research has shown clearly that the most effective way of taking off weight and keeping it off is through a program which combines exercise and diet.

Sokol Gymnasts Prepare for Your District Slets!

COMPETE IN THE

Slet in Zurich,
Switzerland

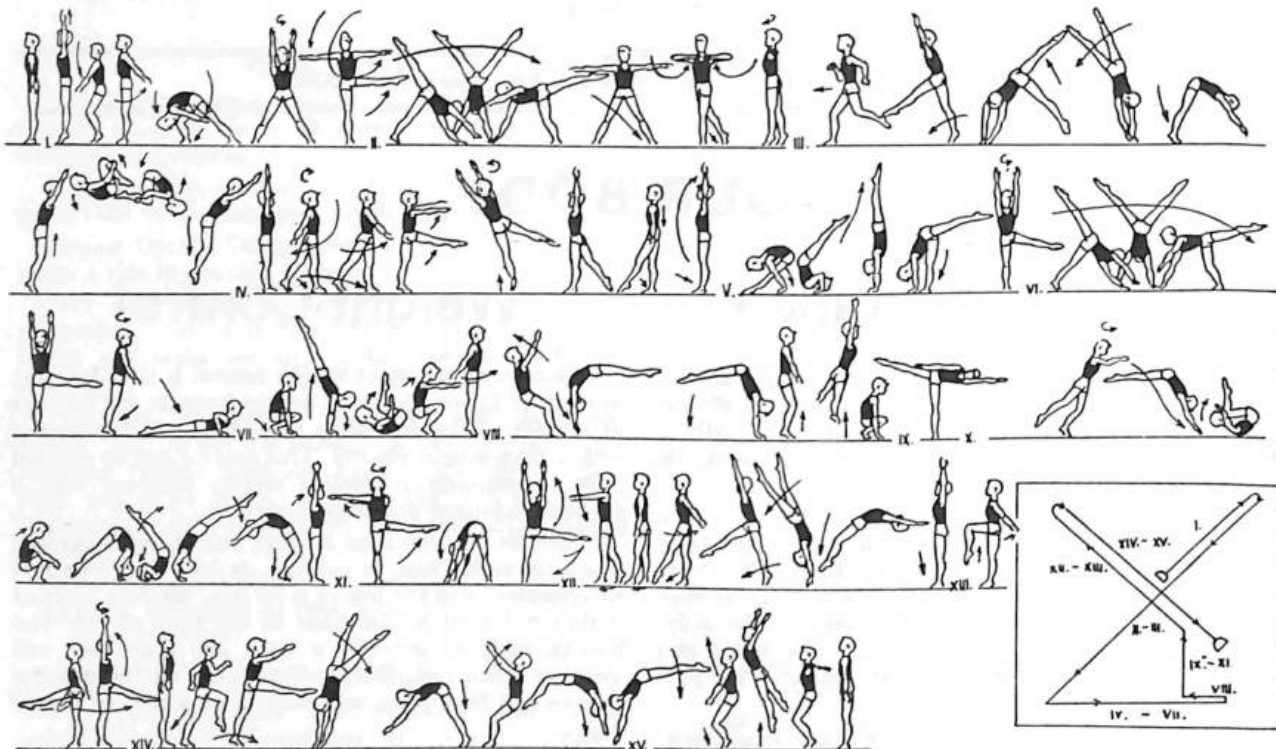
WITH THE

Czechoslovak Sokol Abroad

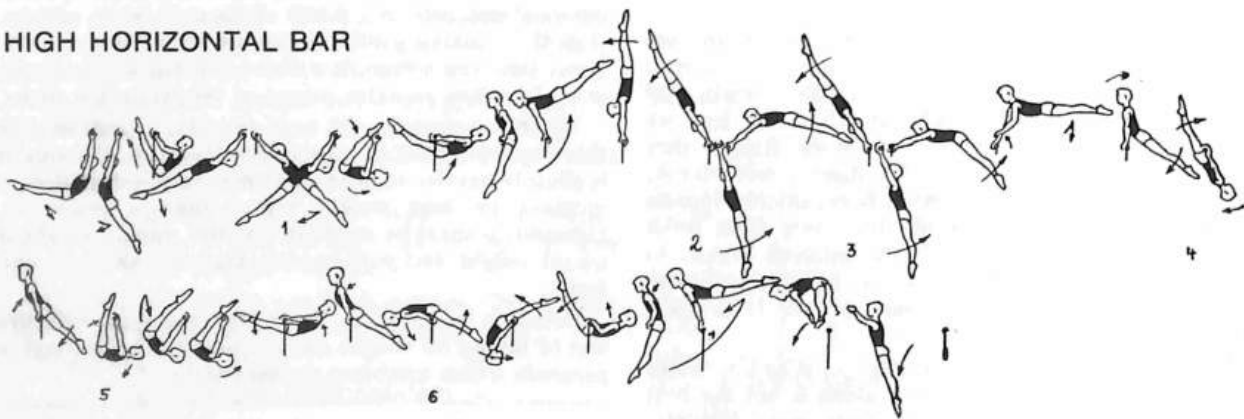
Help Our Sokol Grow

Apparatus Exercise for Junior Boys

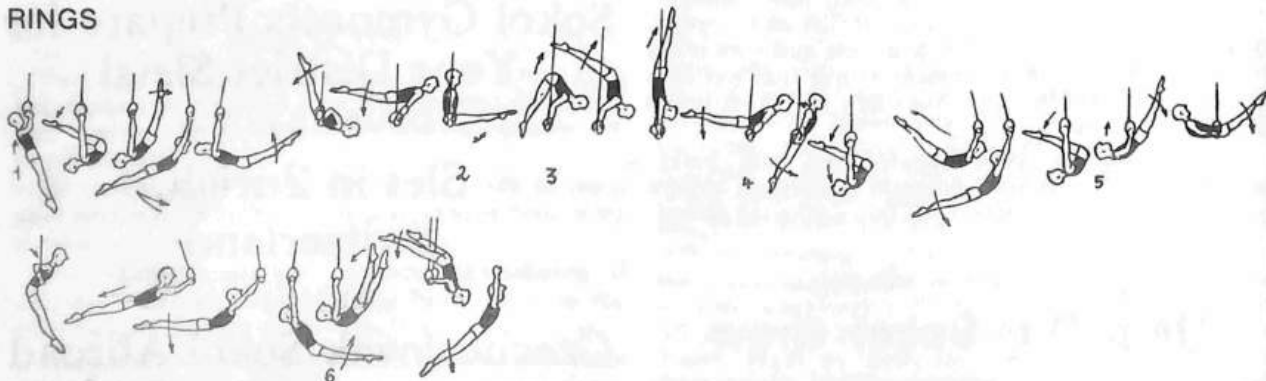
FREE EXERCISE



HIGH HORIZONTAL BAR



RINGS



Rescue Breathing to Save a Life

A Simple First Aid Procedure

Some accidents or sickness can cause a person to stop breathing. A baby may suffocate if a plastic bag is over his head. A child may stop breathing if he is locked in an old refrigerator. An older person may have a heart attack. He may get a bad electric shock. Perhaps he may drown.

You may be able to save a life if you begin rescue breathing immediately. This article will tell you how to do it.



IS THE PERSON BREATHING?

You must find out if the person has stopped breathing. If you think he is not breathing, place him flat on his back. Put your ear close to his mouth and look at his chest. If he is breathing, you can feel the air on your cheek. You can see his chest move up and down. If you do not feel the air or see the chest move, he is not breathing.



OPEN THE AIRWAY

Lift up his neck with one hand and push down on his forehead with the other. This opens the airway. Sometimes doing this will let the person breathe again by himself. If it does not, begin rescue breathing.

BEGIN RESCUE BREATHING



Keep one hand under the person's neck so his head is pushed backward with his chin up in the air. With your other hand, pinch his nose shut. Next, open your mouth and put it very tightly over the mouth of the person. Then blow air into his mouth. If you see his chest move up, then you are doing it right. After the chest has moved up, take your mouth away and let the chest go down by itself. Take another deep breath and blow into his mouth again. Keep doing this once every five seconds until help comes.

FOR A BABY OR SMALL CHILD



If a baby or small child cannot breathe, keep his head tilted backward. Cover both his nose and his mouth with your mouth. Blow the air into him with little puffs. Do not blow too hard because his lungs are small. Puff the air into his nose and mouth once every three seconds.

IF SOMETHING IS STUCK IN THE THROAT



If an infant or small child is not breathing because something is stuck in his throat, pick him up and turn him upside down over your arm. Then hit him between the shoulder blades. Remove whatever he swallowed from his mouth. If he is still not breathing, begin rescue breathing.

For an adult, roll him onto one side. Then hit him hard between the shoulder blades. Take out what he had in his throat and begin rescue breathing.

Remember . . .

1. Find out if the person is breathing.
2. If he is not, open the airway by tilting his head backward.
3. If he is still not breathing, begin rescue breathing:
Keep his head tilted backward
Pinch his nose shut.
Put your mouth tightly over his mouth.
Blow into his mouth once every five seconds.

DO NOT STOP RESCUE BREATHING UNTIL HELP COMES.

Sokol Gymnasts!

- ATTEND YOUR CLASSES REGULARLY
- PARTICIPATE IN YOUR UNIT EXHIBITION
- ENGAGE IN YOUR UNIT'S COMPETITIONS
- PREPARE FOR THE SLET

ATTENTION INSTRUCTORS!

The National Sokol School Board is interested in compiling a list of instructors who may be available to help teach at clinics or courses (weekend, 1 week or 2 weeks.)

Please submit names of qualified persons and indicate how they can be of service. Please submit as many names as possible.

NAME:

ADDRESS:

..... Tel. No.....

Subjects especially qualified to teach:

.....

Would also be interested in teaching:

.....

NATIONAL SOKOL SCHOOL BOARD
Jerry Milan, Chairman
6208 Lakeside Drive
Fort Worth, Texas 76135

The Slet program was again enriched by the singing of Lyra under the able direction of Prof. Frank Kubina; - various gymnastic and dance numbers - with 1,500 men, women, juniors and children participating - including 229 from Sokol St. Louis. The highlight was the St. Louis "75" composed and directed by our gym instructor, bro. Frank Prihoda, honoring the 75th anniversary of Sokol St. Louis. Other special numbers were the Slovak Beseda by Sokol Ludevít Stur from Chicago, Mazurka by the Polish Falcons of St. Louis, Czech Beseda by the Baráčníci of Chicago, and the quadrille by the second class of Sokolice of Sokol St. Louis, a total of 52 all dressed in beautiful Czechoslovak costumes, which were made in a convent and furnished by sis. Moydell.

Those were, indeed, great days for Sokol St. Louis, as well as for the entire Central District of the American Sokol Organization.

John Reiner

Sokol Fuegner Tyrs, So. Omaha

Time has a way of marching on. However, for continued membership in the South Omaha Sokol Unit, the following members were presented with 40 yr. pins for 40 years of continued membership: - Joseph Bezdek, Jess Kubin, Frank Sklenicka, Edward Kutilek, Frank Melichar, Jr., Joseph Nechodom, Joseph Pipal, Tom Zacek, Joe L. Slezak, Erwin Tetiva and John Ourada.

Then there was another group, having completed 25 years of continuous membership, were presented with 25-year pins: - Frank Calta, George Pochop, and Victor Jirka.

These members are to be commended on their support of our Sokol organization.

Award Presented to Sis. Rose Marie Krajca



Sister Rose Marie Krajca receiving "Citation of Merit" of the American Sokol Organization. Shown at presentation are (from left): A. Huber and J. Cervin, Physical Directors from Sokol Baltimore; Martin Lago, Secretary; Rose Marie Krajca, Physical Director; and James V. Hesoun, President of Sokol Belcamp.

Sokol Belcamp, Md., Educational and Physical Organization, assisting the athletic development of youngsters in Harford County, Md., presented sis. Rose Marie Krajca, Physical Director, with a special award from the American Sokol Organization. The "Citation

of Merit" was presented to sis. Krajca for outstanding technical work instructing Belcamp youths in Physical Fitness classes without any serious accidents. Sis. Krajca is a member of Sokol Baltimore and has been instructing gymnasts at Belcamp for the past four years.

Nová Sokolská Akce



Účastníci schůze při podpisu charteru Chicagoland Sokol Building Association, od leva: Frank Michálek, John Šátek, Edwin Halík, st., Frank Flossman, Laddie Vyskočil, Rudolph Běhounek, Charles Zděnek, George Herink, Jerry Rabas, a James Jindra.



Zakládající listinu (charter) Chicagoland Sokol Building Association podepsali za účasti právníka George Boučka, - Stanley Barcal, Laddie Vyskočil, John Šátek, a James Jindra.

Neděle 29. února, byla významným dnem v našem sokolském a krajanském životě. Tuto neděli konala se první velká společná schůze čtyř sokolských jednot, které vytvořily **Chicagoland Sokol Building Association**, kterážto organizace si vzala za úkol vybudovat novou moderní sokolskou budovu v západních předměstích pro tělovýchovné, kulturní a společenské potřeby naší krajanské větve. Schůze byla svolána do Sokola Stickney.

Byly podány zprávy o přípravných jednání pro zakoupení stavebního pozemku, pro náborovou finanční akci, pro přípravu stavebních plánů a řada dalších podrobností. Po zprávách a rozpravě starosta Americké

Obce Sokolské, bratr Žitný, nastolil úředníci této nové sokolské instituce: Laddie Vyskočil, starosta; James Jindra, místo-star.; Frank Michálek, taj.; a Frank Flossman, pokl.

Brzy po prodání budovy Sokola Havlíček-Tyrš, rozhodla se tato jednota k akci vybudovat novou moderní sokolskou budovu. Rozhodla se také přizvat k této akci další sokolské jednoty. Po delších jednáních přistoupily k akci Sokola Havlíček-Tyrš další tři jednoty, které složily základní finanční podíl \$5,000 - a vytvořily loňského roku na jaře Chicagoland Sokol Building Association. Jsou to Sokol Chicago, Sokol West Suburban a Sokol Slávský. Loňského roku na jaře

byla podepsána žádost o nový charter pro tuto instituci a byly zahájeny přípravné práce. Delegáti jednotlivých jednot, které spolu se zvolenými úředníky tvoří výkonný orgán nové instituce, scházejí se pravidelně každý měsíc v Sokole Berwyn a přípravné práce pokračují sice opatrně, ale úspěšně. Je to velká průkopnická práce ve prospěch budoucnosti sokolského hnutí v chicagské metropolitní oblasti, která bude v budoucnu jistě oceněna. Tato akce sokolských pracovníků zasluhuje plného uznání a rovněž i podpory naší celé sokolské a krajanské veřejnosti.

Přinášíme dva obrázky ze schůze, na které byla podepsána žádost o vydání charteru (spolkové zakládající listiny státu Illinois).

J.R.

Life Can Be Educational

if we try to study it and its lessons as we travel down its meandering pathway. For instance, it can be observed from life's lesson that:

The person who feels that people are not very important cannot have very much deep-down self-respect and self-regard... for he himself is "people" and with what judgment he considers others, he himself is unwittingly judged in his own mind.

And no man or woman can lead a full, productive life hating himself, ridden with guilt and having feelings of inadequacy.

An employer who treats the men and women who work for him as machines and cannot see that they are worthwhile individuals with hopes and fears and ambitions of their own, eventually comes to think of himself in the same way. It is as inevitable as night following day.

We see, then, that feeling worthwhile ourselves starts with feeling that other people are worthwhile. We can't believe in our own dignity unless we are able to believe in the dignity of other people. It's very simple but true. The way we treat other people is determined to a great extent by what we subconsciously feel about ourselves. If someone is ever unreasonably mean to you, it might give you some solace to realize he is, undoubtedly, mean to himself.

Happiness begins not by respecting ourselves, but by respecting other people. If we want to feel that we have individual worth and dignity, we must begin by believing in the individual worth and dignity of other people, life, indeed, would not be a joy to live. Think about it!

Věstník - SPJST

Don't Despair

"Not as many people have lost faith in America as you might think. An awful lot of them still sign up for a thirty-year mortgage. Meanwhile inflation marches on, making it possible for people in all walks of life to live in a more expensive neighborhood without even moving. Don't despair. Even the sun has a sinking spell every night, but rises again in the morning."

110 let Sokola Tábor 1866 - 1976

V sobotu 24. ledna 1976 oslavil Sokol Tábor 110 let svého trvání banketem provázeným programem a následovaným taneční zábavou.

Při této příležitosti byla provedena také dedikace přístavku sokolovny. Bylo vzpomenuo narozenin jednoho z největších amerických sokolů, čestného člena AOS a bývalého dlouholetého starosty, bra. Karla Prchala, které oslavil v úterý 20. ledna.

K oslavě se družila výstavka historických dokladů z přebohaté sokolské činnosti br. Prchala, kterou pomohli upravit členové výstavního výboru Organizace Československých Spolků ve Velkém Chicagu za vedení Ferdý Kussla, který provedl také vkusnou výzdobu jeviště.

Ceremoniářem večera byl předseda pořadatelského výboru, br. Karel Prchal. Program byl zahájen vnesením a umístěním vlajek. Za doprovodu br. Tonýho Kopeckého byly zazpívány národní hymny, a přednesen slib věrnosti americké vlajce. Br. Prchal přivítal přítomné a byl pronesen přípitek na zdar Sokola Tábor.

Po večeri ses. Lillian Kašpaříková-Chorvátová za doprovodu na piano prof. Frant. Kubiny, zazpívala směs sokolských písní a Kmochoových písní. Br. Roy Zitný, starosta Americké Obce Sokolské, v procítěné řeči vyzdvihl bohatou činnost jednoty s přáním mnoho úspěšné práce k docílení metám ještě vyšších. Následovalo představení hostů a čtení nejdůležitějších zdavic a pozdravů. Na prvním místě srdečný pozdrav od bývalého tajemníka Československé Obce Sokolské br. Evžena Kopla z Washingtonu; presidenta Spojených států, který zaslal dopis a potom z obavy, že by dopis nepřišel včas, zaslal telegram; a dopis od místopresidenta Spojených států. Taneční skupina župy Střední zatančila Moravskou besedu a ses. Vlasta Matelová přednesla Sokolský slib, načež byla provedena slavnostní dedikace přístavku a předán klíč od hlavních dveří sokolovny. Dedikaci provedl br. Linhart, čestný náčelník Americké Obce Sokolské; architekt přístavby br. Karel Prchal; a stavitel přístavku br. Ján Juna. Živé obrazy, které pak následovaly byly sestaveny a nacvičeny ses. Miladou Prchalovou. Katka Brymová předvedla pěkné ukázky moderní gymnastiky, cvičení se stuhou a s obručí, br. E. Linhart promluvil o naší mládeži a br. Tony Kopecký zazpíval několik anglických a českých písní.

Jako čestný host promluvil starosta města Berwynu, Emil Vacín, který byl se svou manželkou rovněž přítomen. Mezi přítomnými byli kromě zástupců sokolských jednot a spolků i představitelé našeho národního života v Chicagu.

Po programu následoval tanec, který se protáhl až do časných hodin druhého dne.

Tím se uzavřelo jedno století a jedno desetiletí plodné činnosti tělocvičné jednoty Tábor, která svému jménu dělá opravdu čest.

Anton S. Jurčik, předsedou Denního Hlasatele

Minulý měsíc byl zvolen předsedou vydavatelstva Denního Hlasatele Anton S. Jurčik. Do služeb Denního Hlasatele vstoupil v r. 1935 a od té doby nepřetržitě tam pracuje. Prošel mnohými funkcemi v provozu a vydávání novin a můžeme říci celý provoz úplně ovládat. Později byl zvolen tajemníkem a byl pravou rukou zesnulého předsedy M. Tůmy. Jeho zvolení předsedou je jistě velkým oceněním jeho houževnaté práce pro udržení českého denního tisku. Pro jeho příjemnou a snášenlivou povahu a jeho mimořádnou ochotu ve všem a všude pomoci je velmi oblíben v našem krajanském životě. Byl vždy také přívržencem a podporovatelem našeho sokolského hnutí a ochotně nám vždy vycházel vstříc. Máme opravdovou radost z jeho zvolení předsedou vydavatelstva a upřímně mu k této poctě gratulujeme.

Výkonný Výbor
Americké Obce Sokolské

IN MEMORIAM

David M. Stasa

Born - April 10, 1942 - Died - January 24, 1976

David Stasa transferred from Sokol Detroit to Sokol St. Louis in 1972. In 1973 he became our recording secretary. Never were our minutes so well written.

At the same time he started research for his doctor's degree. In his dissertation he compared our Sokol unit to the Detroit unit. His undertaking was probably the first of its kind in American Sokol Organization's 111-year history. In reading his dissertation any dedicated Sokol member anywhere in the U.S. would gain a better understanding about our organization.

Dave was a delegate from our Sokol unit to the XII National Convention of the American Sokol Organization in Detroit last summer. He was selected Chairman of the "Reports of Officers" committee. His summaries were comprehensive, brief, and to the point. His recommendations were well received by many delegates. He was not only a great asset to our delegation, but to the whole Sokol movement.

In the latter part of 1975 Dave was appointed Chairman of a committee to look into the matter of better utilizing our Camp. After several meetings and some special work, a new swimming pool was started in January 1976.

Dave liked all aspects of his Czech heritage, but his greatest love was music. He became Director of a singing group, later known as "The Friday Night Singers." Through his efforts they were able to give many performances and give much pleasure and enjoyment to many people from Chicago to St. Louis. But it was not only his musical talent that enabled his singers to perform. It was the love and respect he had

for each member of this group. When he said "Zpívejte," it wasn't a command. It was an invitation for everyone to sing out with enjoyment and love.

Never before has any member of our Czech community achieved so much for so many in such a short time. It seems that his willingness to help, his ability to achieve, and his capacity to love other people was limitless.

Dave is gone from our midst. He will no longer record minutes at our meeting . . . never again will he sit at a piano and say, "Tak zpívejte." He will not see the new swimming pool already under construction at our camp. But his spirit will be with us for the rest of our lives and his achievements will benefit not only our generation but also future generations. He will live in our hearts forever.

Budiž Ti země lehká. Odpočívej v pokoji.

Joseph Sulz, Sokol St. Louis

J. P. Drahovzal

We were saddened to receive the news that bro. Jerry Drahovzal, National Secretary of the Western Fraternal Life Association passed away in Cedar Rapids Sunday, February 1, 1976. He was a dedicated Sokol. Many of us will remember him as he presented the greetings and brotherly message from the Western Fraternal Life Assn. at our ASO Convention in Detroit (Dearborn Heights) last June. He will be missed by those who were fortunate to have known him.

To his dear wife we offer our deepest sympathy.

American Sokol Organization
Executive Board

Frank Sluka, Sr.

It is with deep sorrow that we must apprise you of the loss of our esteemed bro. Frank Sluka, Sr., who died on January 5th, 1976.

He had been President Emeritus of Sokol Orel Gymnastic Society of New York since his retirement from active involvement in 1972.

Bro. Sluka joined Sokol Orel in 1910 and, because of his active and dedicated participation, was elected Physical Director in 1919, a position he held through 1937, at which time he was elected President.

Bro. Sluka, along with the late bro. Joseph Sazama (American Sokol), bro. Karol Bednar (Sokol U.S.A.), and bro. Vaclav Pechar (D.A. Sokol), founded the United Sokols of the East in 1938.

After 34 years of service as President, he relinquished his office in 1972, so as to enjoy a well deserved retirement. A grateful Sokol Orel elected him as Honorary President.

Bro. Sluka was a dedicated, active and hardworking member during his many years of Sokol service, and he will be sorely missed by all.

Requiescat in pace.

Zdař Bůh!

Bro. Ed Babor, Jr.

Directory of the American Sokol Organization

1976

EXECUTIVE BOARD ASO.:

Meetings 4th Tuesday, 6426 W. Cermak Rd., Berwyn, IL 60402.

Pres.: Roy Zitny, 4332 Arthur Ave., Brookfield, IL 60513.

I. Vice-Pres.: Betty Prener, 4102 Roslyn Rd., Downers Grove, IL 60515.

II. Vice-Pres., Membership Chmn.: Rudolph Svoboda, 2343 S. 14th Ave., No. Riverside, IL 60546.

Sec'y.: EllenJeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402.

Fin. Sec'y.: Agnes Sotka, 1516 S. Cuyler Ave., Berwyn, IL 60402.

Treas.: George C. Basta, 2629 S. Maple Ave., Brookfield, IL 60513.

Dir. of Women: Marie Ptacek, 4330 S. Clinton Ave., Berwyn, IL 60402.

Dir. of Men: Paul Lebloch, 512 Redondo Dr., Unit 107, Downers Grove, IL 60515.

Educ. Dir.: Stanley Barcal, 2437 S. Harvey Ave., Berwyn, IL 60402.

Organizational Chmn.: Ann Basta, 2629 S. Maple Ave., Brookfield, IL 60513.

Engl. Pub.: Sylvia Pistorius, 342 Naperville Rd., Westmont, IL 60559.

Czech Pub.: Jerry Rabas, 1647 S. Euclid Ave., Berwyn, IL 60402.

By-Laws Chmn.: Charles Zraly, 29 Holland Ct., Valley Stream, NY 11580. Address all mail to American Sokol Organization, 6426 W. Cermak Rd., Berwyn, IL 60402.

EASTERN DISTRICT, NEW YORK, N.Y.

Headquarters Sokol Hall, 424 East 71st St., New York City, NY 10021. Meetings 3rd Monday, alternating between Little Ferry and Astoria Sokol Hall and Bohemian Hall. President: Charles Zraly. Secretary: Blanche Zraly, both 29 Holland Court, Valley Stream,

EASTERN DISTRICT, NEW YORK, N.Y.

Sokol Baltimore, Maryland. Meeting 2nd Sunday of the month, no meeting in July and August, American Sokol Center, 2931 E. Madison St., Baltimore, MD 21205. President: Don Otenasek, 8231 Old Philadelphia Rd., Baltimore, MD 21237. Corresp. Sec.: Debra Heitzer, 3578 Juneway, Baltimore, MD 21213. Fin. Sec.: Edward Stetka, 318 Upperland Rd., Baltimore, MD 21221. Rec. Sec.: Marie Pokorny, 9812 Gunforge Rd., Perry Hall, MD 21128. Dir. of Men: John Cervin, Jr., 2811 E. Monument St., Baltimore, MD 21205. Dir. of Women: Lelani Sain, Box 57, Fork, MD 21051. Ed. Dir.: Edward Stetka, 318 Upperland Rd., Baltimore, MD 21221.

Sokol Belcamp, Md. - Mtgs.: 1st Thursday, Belcamp Community Center, Belcamp, MD 21017. Pres.: J. V. Hesoun, P.O. Box 44, Belcamp, MD 21027. Sec.: Martin Lago, 118 Meeks Dr., Aberdeen, MD 21001. Fin. Sec.: Valentine Vrba, P.O. Box 52, Belcamp, MD 21017. Dir. of Women: Rosemary Krajca, Long Bar Harbor, Abingdon, MD 21009. Ed. Dir. and Org. Chmn.: Frank Novak, 241 Graceford Dr., Aberdeen, MD 21001.

NY 11580. Director of Men: Frank Capek, 39 Barnes Dr., Ridgefield Park, NJ 07660. Director of Women: Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643. Public Relations: Ed Stetka, 318 Upper Landing Rd., Baltimore, MD 21221. Organization: Emilie Ruzicka, 1215 NE 128th St., No. Miami, FL 33161.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Sokol Tyrš Bohemian National Hall, 4939 Broadway, Cleveland, OH 44127. Mtgs. 4th Wed. Pres.: Edwin Jirousek, 16214 Maplewood Ct., Maple Hts., OH 44137. Sec'y.: Wilma Sevcik, 4102 Fulton Rd., Cleveland, OH 44144. Dir. of Men: Peter Dusek, 4095 Apple Creek Drive, Cleveland, OH 44144. Dir. of Women: Georgia Jencik, 16684 Libby Rd., Maple Hts., OH 44137. Ed. Dir.: Emil Pekar, 6801 Glenella Dr., Seven Hills, OH 44131. Public Relations (Czech): Karel Zahradnick, 12710 Holborn Ave., Cleveland, OH 44105; (English): Joseph Kocab, 4501 Cullen Dr., Cleveland, OH 44105. Org. Chmn.: George Kotlan, 7017 Brookside, Cleveland, OH 44144.

CENTRAL DISTRICT, CHICAGO, ILL.

Mtgs. 4th Wed., Sokol Brookfield, 3909 Prairie Ave. - Pres.: Edwin J. Halik, 3643 S. Ridgeland Ave., Berwyn, IL 60402. Rec. Sec.: Ann Basta, 2629 Maple Ave., Brookfield, IL 60513. Corresp. Sec.: Zdenka Tintera, 2900 Lincoln Ave., No. Riverside, IL 60546. Dir. of Men: Dennis Gilbert, 1415 S. Harlem Ave., Berwyn, IL 60402. Dir. of Women: Lillian Jindra, 749 Hitchcock Ave., Lisle, IL 60532. Ed. Dir. Co-Chmn.: Fred Kala, 6512 W. 27th St., Berwyn, IL 60402 and Ernest Pirka, 1248 W. Addison St., Chicago, IL 60613. Public Relations (English): Jane Jurew, 710 S. Humphrey Ave., Oak Park, IL 60304.

Directory of Units

Sokol Curtis Bay, Md. - Mtgs.: 3rd Wed. Curtis Bay Athletic Club Mall, 1603 Cereal St., Curtis Bay, MD 21226. Pres.: Frank J. Zaruba, 4705 Virginia Ave., Baltimore, MD 21225. Sec.: Frank Zamostny, 216 Werner Rd., Baltimore, MD 21226. Fin. Sec.: Frances Simon, 3549 - 3rd St., Baltimore, MD 21225.

Sokol Fuegner, L.I.C., N.Y. - Meetings 4th Tuesday, Bohemian Hall, 29-19 24th Ave., L.I. City, N.Y. 11105. President: Charles Zraly, 29 Holland Court, Valley Stream, L.I.C., NY 11580. Secretary: Bertha Hochner, 45-35 Utopia Pkwy., Flushing, NY 11358. Financial Secretary: Jane Cerny, 23-71 37th Street, Astoria, NY 11105. Dir. of Men: John Kolnik, 26-28 30th St., Long Island City, NY 11102. Director of Women: Virginia Belsan, 41-35 49th St., Sunnyside, NY 11104. Organizational Chairman: Marie Stika, 28-05 43rd St., Long Island City NY 11103.

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

WESTERN DISTRICT, OMAHA, NEBRASKA

Meetings 2nd Monday, Sokol Auditorium, 2243 So. 13th St., Omaha, NE 68108. - President: Edward Pavoucek, 2306 Jefferson, Bellevue, NE 68005. Sec.: Helen Karpisek, 2205 S. 6th St., Omaha, NE 68108. Dir. of Men: Raymond Lastovicka, R.R. 4, Omaha, NE 68137. Dir. of Women: Bozena Drozda, 2627 No. 102nd Ave., Omaha, NE 68134. Educ. Dir.: Robert Vanyo, 446 Bay St., St. Paul, MN 55102. Organization: Bea Pavoucek, 2306 Jefferson St., Bellevue, NE 68005.

SOUTHERN DISTRICT, DALLAS, TEXAS

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

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Meetings held quarterly at different units. Pres.: Louise Nekuda, 12242 Magnolia, No. Hollywood, CA 91607. Sec'y.: Louise Kis, 10740 Rhodesia Ave., Sunland, CA 91040. Dir. of Men: Luba Hintnaus, 1321 - 21st St., Manhattan Beach, CA 90267. Dir. of Women: Libby Pelc, 1330 N. Lima St., Burbank, CA 91505. Ed. Dir.: Jiri Liska, 10778 Chalon Rd., Los Angeles, CA 90024.

Little Ferry, NJ 07643. Director of Men: Frank J. Capek, 39 Barnes Drive, Ridgefield Park, NJ 07660. - Organizational Director: John Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. Ed. Dir.: James Kirsch, 54 St. John St., Little Ferry, NJ 07643. Public Relations (English): Richard Novotny, 16 Griswold Pl., Glen Rock, NJ 07452.

Sokol Little Ferry, New Jersey. - Meetings 4th Wednesday at Sokol Hall, Main and Garden Streets, Little Ferry, NJ 07643. President: Georgiana Zabransky, 756 Schiarra Dr., Oradell, NJ 07649. Rec. Sec.: Joan Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. Corresp. Sec.: Helen Rhode, 34 Grove St., Little Ferry, NJ 07643. Fin. Sec.: Elsie Machotka, 26 Center St., Little Ferry, NJ 07643. Dir. of Women: Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643.

Sokol Miami, Florida. - Meetings 4th Friday, First Federal Bldg., 9th Ave. and NE 125th St., Miami, FL 33161. President: Frank Ruzicka, 1215 NE 128th St., No. Miami, FL 33161. Rec. Sec.: Lillian Sturdik, 200 NE 162nd St., Miami, FL 33162. Corresp. Sec.: Emilie Ruzicka, 1215 NE 128th St., No. Miami, FL 33161. Fin. Sec.: Mary Klicpera, 157 NE 10th St., Miami Shores, FL 33138. Ed. Dir.: Vlasta

Hron, 1125 NW 108th St., Miami, FL 33168. Please forward all mail to Corresp. Sec'y.

Sokol Newark, New Jersey. - President: Frank Bartell, 646 E. Pt. Pleasant Ave., Ocean Gate, NJ 08740. Secretary: Barbara Kotlan, 54 Cleremont Ave., Irvington, NJ 07111. Financial Secretary: Anna Votapek, Acacia Lumberton Manor, E. Landing St., Apt. 8H, Lumberton, NJ 08048.

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

Sokol Philadelphia, Pa. - Meetings 3rd Friday, 2003 East Elkhart St., Philadelphia, PA 19134. Pres.: Josephine Tunkl, 5836 Akron St., Philadelphia, PA 19141. Sec.: George B. Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Fin. Sec.: Elsie Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Ed. Dir.: George B. Novak.

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

Sokol Washington, D.C. - Meetings 1st Friday, Barton House, 2525 10th Street, North Arlington, VA. President: Matthew Neuman, 2071 Park Road, NW, Washington, DC 20010. Secretary: Jerry Friedrich, 13421 Bartlett Street, Rockville, MD 20853. Financial Sec'y.: Gerta Manhal, 3636 16th St. NW, Apt. A-601, Washington, DC 20010. Director of Men: Patrick Logsdon, 201 Pierce Mill Rd. NW., Washington, DC 20010. Director of Women: Catherine Hill, 11701 Beekman Pl., Potomac, MD 20854. Educational Director: Vavro Rysavy, 6061 Munson Hill Rd., Falls Church, VA 22044.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

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

Sokol Detroit, Mich. - Meetings 1st Thursday, Sokol Cultural Center, 23600 West Warren, Dearborn Hts., MI 48127. President: Frank Kalivoda, 19506 Archer, Detroit, MI 48219. Sec.: Henry Seidel, 10001 Pierson, Detroit MI 48228. Dues. Sec.: Eugene Kopecky, 15154 Susanna, Livonia, MI 48154. Fin. Sec.: Edward Sabados, 43911 Orleans Ct.,

Plymouth, MI 48170. Dir. of Men: James Kalivoda, 6533 Arcola, Garden City, MI 48135. Ed. Dir.: Petr Peska, 8285 West Point, Taylor, MI 48180. Org. Chmn.: Peter Vlcko, 773 Farmhan, Lincoln Park, MI 48146.

Sokolice Detroit, Mich. - Meetings 1st Thursday, Sokol Cultural Center, 23600 West Warren, Dearborn Heights, MI 48127. President: Jarmila Zboril, 10319 So. Morrow circle, Dearborn, MI 48126. Sec.: Beverly St. Thomas, 6625 Yale, Apt. 725, Westland, MI 48185. Fin. Sec.: Josephine Kopecky, 15154 Susanna, Livonia, MI 48154. Dir. of Women: Maryann Covert, 16453 Ira Dr., Apt. 6, Taylor, MI 48180. Ed. Dir.: Blanka Sedlacek, 19505 Parker, Livonia, MI 48152.

Sokol Moravan, Toledo, Ohio. - Meetings 2nd Sunday. - Pres. Fred Bartos, 3444 St. Bernard St., Toledo, OH 43606. Sec.: Elizabeth Penovich, 2130 Nevada, Toledo, OH 43605. Fin. Sec.: John Reisner, Jr., 2128 Maryland Pl., Toledo, OH 43605.

Sokol Nova Vlast, Cleveland, Ohio. - Meetings 2nd Sunday, Czech Hall, 4314 Clark Ave., Cleveland, OH 44109. President: George Kotlan, 7017 Brookside Rd., Independence, OH 44131. Secretary: Mildred Kolar, 3527 W. 97th St., Cleveland, OH 44102. Financial Secretary: June Brada, 4425 Streetsboro Rd., Richfield, OH 44286. Director of Men: Don Kotlan, 3405 W. 41st St., Cleveland, OH 44109. Director of Women: Doris Kotlan, 2112 West 103rd St., Cleveland, OH 44102. Educational Director: Mary Jane Kotlan, 7017 Brookside Rd., Independence, OH 44131.

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

Sokol Tyrs, Cleveland, Ohio. - Meeting every other month, Board of Directors, 3rd Wednesday, 20110 Harvard Avenue, Warrensville Hts., OH 44122. President: Richard Franks, 2576 So. Taylor Rd., Cleveland Hts., OH 44118. Secretary: Sally Stepnicka, 750 Northfield Rd., Bedford, OH 44146. Fin. Secretary: Lada Voris, 4250 Bexley Blvd., S. Euclid, OH 44121. Director of Men: Dennis Jirousek, 18424 Chagrin Blvd., Shaker Hts., OH 44122. Director of Women: Norma Eckhoff, 9304 Garfield Blvd., Cleveland, OH 44125. Public Relations: Joseph Kocab, Jr., 4501 Cullen Dr., Cleveland, OH 44105.

CENTRAL DISTRICT, CHICAGO, ILLINOIS

Sokol Americky, Chicago, Ill. - Meetings, semi-annual at Old Prague Restaurant. Pres.: Tillie Kvasnicka, 2913 Buckingham Ave., Westchester, IL 60153. Sec.: Hilda Jelinek, 119 E. Lake St., Barrington, IL 60010. Fin. Sec.: Mary Doubek, 1536 West 18th Street, Chicago, IL 60608.

Sokol Berwyn, Illinois - Meetings 2nd Thursday, Sokol Berwyn, 6445 W. 27th Place, Berwyn, IL 60402. President: Edward Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. Secretary: Marie Knez, 6513 W. 27th Place, Berwyn, IL 60402. Fin. Sec.: Anne Dusek, 256 W. Butterfield Rd., Elmhurst, IL 60126. Dir.

of Men: James Kratochvil, 2619 S. Avers Ave., Chicago, IL 60623. Dir. of Women: Patricia Gilbert, 6539 W. 27th Pl., Berwyn, IL 60402. Ed. Dir.: Fred Kala, 6512 W. 27th St., Berwyn, IL 60402.

Sokol Brookfield, Illinois. - Meetings 1st Wednesday, National Hall, 3909 Prairie Ave., Brookfield, IL 60513. Pres.: Laddie Vanek, 1234 Forest Rd., LaGrange Park, IL 60525. Secretary: Doris Barda, 3436 Arden, Brookfield, IL 60513. Financial Secretary: Rose Fritsch, 3921 Forest, Brookfield, IL 60513. Director of Men: Joseph Domansky, 1433 Alima Terrace, LaGrange Park, IL 60525. Dir. of Women: Sandy Morgan, 2234 - 17th Ave., No. Riverside, IL 60546. - Educational Director: Ernest Pirka, 1248 W. Addison, Chicago, IL 60613.

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

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

Sokolice Chicago, Illinois. - Meetings 3rd Monday, Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. President: Ann Falta, 2632 S. Millard Ave., Chicago, IL 60623. Secretary: Rose Barcal, 2437 S. Harvey Ave., Berwyn, IL 60402. Financial Secretary: Sylvia Murphy, 2416 S. Grove Ave., Berwyn, IL 60402. Educational Director: Lorraine Zdenek, 9709 S. Mason Ave., Oaklawn, IL 60453.

Sokol Fuegner, Ill. - Meetings 3rd Friday, 10756 Green Bay Abve., Chicago, IL 60617. President: Gene Johnson, 10433 Ave. "F", Chicago, IL 60617. Secretary and Financial Secretary: Ken Williams, 10546 Ave "F", Chicago, IL 60617.

Sokol Havlicek-Tyrs, Chicago, Illinois. - Meetings 4th Monday at Sokol Berwyn. President: Laddie Vyskocil, 964 S. Milwaukee, Wheeling, IL 60090. Secretary: George Herink, 1823 Scoville Ave., Berwyn, IL 60402. Financial Secretary: Vaclav Zenisek, 3142 Highland Ave., Berwyn, IL 60402. Director of Men: Joseph Rus, 3834 Clinton Ave., Berwyn, IL 60402. Educational Director: Frank Michalek, 10 S. 020 Lorraine Drive, Hinsdale, IL 60521.

Sokolice Havlicek-Tyrs, Chicago, Illinois. - Meetings 4th Monday at Sokol Berwyn. President: Anna Basta, 2629 S. Maple Ave., Brookfield, IL 60513. Secretary: Zdenka Tintera, 2900 Lincoln Ave., North Riverside, IL 60546. Financial Secretary: Louise Hladik, 5511 W. 23rd Place, Cicero, IL 60650.

Sokol Milwaukee, Wisconsin. - Meetings 1st Thursday, International Institute, Milwaukee, WI. President: Rudy Richter, 5518 W. Roosevelt Dr., Milwaukee, WI 53216. Sec'y.: Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Financial Secretary: Charles Richter, 5459 N. 38th St., Milwaukee, WI 53209. Director of Men: Fred C. Stankov

sky, 14325 W. Sun Valley Dr., New Berlin, WI 43151. Educational Director: Henry Zelenka, 2852 N. 78th Street, Milwaukee, WI 53222. Organizational Chairman: Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151.

Sokolice Milwaukee, Wisconsin. - Meetings 1st Thursday, International Institute, Milwaukee, Wis. - President: Helen Knuth, 3121 S. 49th St., Milwaukee, WI 53219. Secretary: Christine Greiner, 3206 E. Grange Ave., Cudahy, WI 53110. Financial Secretary: Helen Pilger, 2974 N. 45th St., Milwaukee, WI 53210. Director of Women: Emily Falarsh, 4427 N. 91st St., Milwaukee, WI 53225.

Plezsky Sokol of Chicago, Illinois. - Meetings 2nd Thursday, Olympic Building, 2137 Lombard Ave., Cicero, IL 60650. Pres.: Harry Voyta, 812 S. LaGrange Rd., LaGrange, IL 60525. Sec.: Dawn Lomperski, 1806 McAdam Rd., Darien, IL 60559. Fin. Sec.: Joseph Kilberger, 3735 Arthur Ave., Brookfield, IL 60513.

Sokol Racine, Racine, Wisconsin. - Meetings last Wednesday, Sokol Racine Hall, 1313 Lincoln St., Racine, WI 53402. Pres.: Melvin Smerchek, Rt. 1 - 2506 - S-1/2 Mile Rd., Racine, WI 53402. Sec.: Steve J. Mostenan, 7914 - 20th Ave., Kenosha, WI 53140. Fin. Sec.: Frank Groulik, 2044 Erie Street, Racine, WI 53402.

Sokolice Racine, Racine, Wisconsin. - Meetings last Wednesday of March, June, Sept., Dec., Sokol Racine Hall, 1313 Lincoln St., Racine WI 53402. President: Helen David, 1305 Carlisle Ave., Racine, WI 53404. Secretary: Dolly Mostenan, 7914 - 20th Ave., Kenosha, WI 53140. Financial Secretary: Lois Nikl, 900 Romaine Ave., Racine, WI 53402.

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

Sokol Slavsky, Cicero, Illinois. - Meetings 1st Wednesday, Gold Room, Olympic Bldg., 2138 S. 61st Court, Cicero, IL 60650. - President: John M. Satek, 5310 W. 24th St., Cicero, IL 60650. Secretary: Linda Pinc, 3629 57th Ave., Cicero, IL 60650. Fin. Sec.: Agnes Drozd, 1611 S. 57th Ct., Cicero, IL 60650. Dir. of Men: George Simonek, 1911 S. 61st Ave., Cicero, IL 60650. Org. Chmn.: Jerry Zitko, 1603 61st Ct., Cicero, IL 60650.

Sokol and Sokolice St. Louis, Missouri. - Meetings: 4th Monday, American-Czech Educational Center, 4690 Lansdowne, St. Louis, MO 63116. President: Joseph Sulz, 3635 Bamberger, St. Louis, MO 63116. Sec'y: John E. Burian, 5300 Lindenwood, St. Louis, MO 63109. Financial Secretary: Henry Rak, 4201 Heidelberg Ave., St. Louis, MO 63123. Director of Men: Norman Ulrich, R.R. 1, St. Clair, MO 63077. Director of Women: Helen Psoat, 6401 Mardel, St. Louis, MO 63109. Educational Director: William Shana, 9145 Desmond St., St. Louis, MO 63126.

Sokol Stickney, Illinois. - Meetings 1st Wednesday, except July and August, Sokol Stickney, 4131 S. Home Ave., Stickney, IL

60402. President: William Meyer, 3928 Home Ave., Stickney, IL 60402. Rec. Sec.: Beverly Pohanka, 3920 S. Clinton Ave., Stickney, IL 60402. Corresp. Sec.: Sharon Karovic, 3935 S. Clinton Ave., Stickney, IL 60402. Fin. Sec.: Ann Muzik, 9030 Rochester, Brookfield, IL 60513. Dir. of Men: Charles Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534. Dir. of Women: Kim Rus, 3834 Clinton Ave., Berwyn IL 60402. Ed. Dir.: Helen Sindelar, 7112 W. 40th Place, Stickney, IL 60402.

Sokol Tabor, Berwyn, Illinois. - Meetings 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres.: Joseph Moravec, Sr., 1346 S. Kenilworth Ave., Berwyn, IL 60402. Sec.: Allan Brown, 1246 Highland Ave., Berwyn, IL 60402. Fin. Sec.: Adam Kasper, 1621 S. 61st Ct., Cicero, IL 60650. Educational Director: Charles Prehal, 2419 Scoville Ave., Berwyn, IL 60402.

Sokolice Tabor, Berwyn, Illinois. - Meetings 1st Friday, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres.: Mary Balsanek, 3636 S. Lombard Ave., Berwyn, IL 60402. Sec.: Lynda Filipello, 1536 Harvey Ave., Berwyn, IL 60402. Financial Secretary: Marilyn Russell, 283 Addison Rd., Riverside, IL 60546. Director of Women: Joyce Kress, 1824 S. Wesley Ave., Berwyn, IL 60402.

Sokol Town of Lake, Chicago, Illinois. - Meetings 2nd Wednesday, months of Jan., Mar., May, June, Sept., Nov., American Legion Hall, 5249 So. Kedzie Ave., Chicago, IL 60632. President: George Vytlaclil, 12515 Harold Ave., Palos Hts., IL 60463. Secretary: Anton Smunt, 5342 So. Fairfield Ave., Chicago, IL 60632. Fin. Secretary: James Jansky, 1517 Ostrander Ave., LaGrange Park, IL 60525.

Sokolice Town of Lake, Chicago, Illinois. - Meetings 2nd Wednesday, months of Jan., Mar., May, June, Sept., Nov., American Legion Hall, 5249 S. Kedzie Ave., Chicago, IL 60632. President: Irene Ruzicka, 11231 Cherry Court, Palos Hills, IL 60465. Secretary: Harriet Jansky, 1517 Ostrander Ave., LaGrange Park, IL 60525. Financial Secretary: Blanche J. Cihak, 405 50th Place, Western Springs, IL 60558.

Sokol West Suburban, Downers Grove, Illinois. - Meetings 4th Tuesday. Mailing address: Sokol West Suburban, P.O. Box 181, Downers Grove, IL 60515. President: James Jindra, 749 Hitchcock, Lisle, IL 60532. Secretary: Mildred Bruno, 307 W. Naperville Rd., Westmont, IL 60559. Treasurer: Evelyn Behounek, 4827 Cornell, Downers Grove, IL 60559. Director of Men: James Jindra, 749 Hitchcock, Lisle, IL 60532. Director of Women: Sylvia Pistorius, 342 W. Naperville Rd., Westmont, IL 60559. Public Relations: Myrtle Adamec, 1556 W. 61st St., Downers Grove, IL 60515.

WESTERN DISTRICT, OMAHA, NEBRASKA

Sokol Cedar Rapids, Iowa. - Meetings 1st Monday, Sokol Hall, 415 - 3rd St., S.E., Cedar Rapids, IA 52401. President: Fred Anthony, 932 Daniels, N.E., Cedar Rapids, IA 52402. Secretary: Don Pulkrab, 2436 - 1st St., S.W., Cedar Rapids, IA 52404. Financial Secretary: Dennis Hrabak, 1731 Hamilton S.W., Cedar

Rapids, IA 52404. Dir. of Men: Mel Novak, 1834 Hamilton S.W., Cedar Rapids, IA 52404. Educational Dir.: Theodore Hlubucek, 137 - 37th St., N.E., Cedar Rapids, IA 52402. Organizational Chairman: John Kuba, 1035 2nd St., S.E., Cedar Rapids, IA 52403.

Sokolice Renata Tyrsova, Cedar Rapids, Iowa. - Meetings 1st Monday, Sokol Hall, 415 - 3rd Street, S.E., Cedar Rapids, IA 52401. Pres.: Julia Webster, 504 Wilder Dr., S.E., Cedar Rapids, IA 52403. Secretary: Mana Zlatohlavek, 392 - 16th Avenue S.W., Cedar Rapids, IA 52404. Financial Secretary: Mary Ann Pochobradsky, 2419 Victoria Dr., S.W., Cedar Rapids, IA 52404. Director of Women: Barbara Pulkrab, 2436 First St., S.W., Cedar Rapids, IA 52404. Educational Director: Kveta E. Smith, 1940 Washington Ave., S.E., Cedar Rapids, IA 52403. Org. Chmn.: Kveta Smith.

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

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

Sokol Fuegner-Tyrs, So. Omaha, Nebraska. - Meetings 1st Monday, So. Omaha Sokol Hall, 5601 S. 21st St., Omaha, NE 68107. President: Richard Awender, 207 Orchard, Bellevue, NE 68005. Corresp. Sec.: Fred Altic, 3611 S. 88th St., Omaha, NE 68124. Rec. Sec.: Michael DeLeo, 10012 Evens St., Omaha, NE 68134. Fin. Sec.: Victor F. Novotny, 4621 Valley, Omaha, NE 68105. Director of Men: Vojmir Benak, 5919 S. 15th St., Omaha, NE 68107. Educational Director: Mickey Dalton, 2219 Monroe Street, Omaha, NE 68107. Organization: Jerry Divoky, 1511 9th North, Bellevue, NE 68005.

Sokolice South Omaha, Nebraska. - Meetings 2nd Tuesday, So. Omaha Sokol Hall, 5601 So. 21st Street, Omaha, NE 68107. President: Emma Benak, 5919 S. 15th St., Omaha, NE 68107. Secretary: Martha Talmon, 7203 So. 30th, Omaha, NE 68147. Financial Secretary: Evelyn Weiss, 6211 So. 41st Street, Omaha, NE 68107. Dir. of Women: Jolene Hamann, Plattsmouth, NE 68048. Educational Director: Phyllis Jirka, 6514 S. 45th Street, Omaha, NE 68117.

Sokol Omaha, Nebraska. - Meetings, 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. President: James Velehradsky, Sr., 1322 "U" St., Omaha, NE 68107. Sec'y: Jerry Velehradsky, 3717 S. 68th Ct., Apt. 123, Omaha, NE 68106. Fin. Sec.: Elmer Wollberg, 4959 So. 41st., Omaha, NE 68107. Educational Director: James Hartung, 2735 S. 46th Ave., Omaha, NE 68106. Director of Men: Gary Masek, 4048 S. 13th St., Omaha, NE 68107. Send all correspondence to Officers care of Sokol Auditorium.

Sokolice Omaha, Nebraska. - Meetings 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. President: Helen Karpisek, 2205 S. - 6th, Omaha, NE 68108. Secretary: Violet Callaway, 513 Bellevue Blvd., N. Bellevue, NE 68005. Financial Secretary: Mildred Krejci, 2428 S. 14th Street, Omaha, NE 68108. Dir. of Women: Beverly Kilborn, 1515 Polk St., Omaha, NE 68107. Educational Director: Janice Gathye, 14706 Holmes, Omaha, NE 68137.

Sokol Schuyler, Nebraska. - Meetings 2nd Wednesday, Ed Varejcka's Home, 418 East 14th Street. - President: Jaroslav Schmid, 209 E. 15th. Secretary: Ed Varejcka, 418 E. 14th. Financial Secretary: Vaclav Hruban, 2022 Colfax. - All in Schuyler, NE 68661.

Sokol Wilber, Nebraska. - Meetings 1st Monday, Sokol Auditorium, Wilber, Nebraska. - President: Lois Havel, 724 School, Wilber NE 68465. Secretary: Doris Begrens, 304 No. Railroad, Wilber, NE 68465. Fin. Secretary: Lillie Kovar, 303 N. Main, Wilber, NE 68465. Director of Women: Doris Behrens, Wilber, NE 68465. Director of Men: Robert Stehlik, 315 W. 4th, Wilber, NE 68465.

NORTHERN CIRCUIT OF WESTERN DISTRICT

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

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

Sokol St. Paul, Minnesota. - Meetings 4th Friday, 381 Michigan, St. Paul, MN 55102. - President: Henry Jansen, 1279 S. Cleveland Ave., St. Paul, MN 55116. Secretary: Lucille Pavlicek, 1461 Edgecumb Road, St. Paul, MN 55116. Fin. Secretary: Donald Haselbauer, 1273 S. Cleveland Ave., St. Paul, MN 55116. Dir. of Men: Richard Gilson, 2745 E. Laurie Rd., Maplewood, MN 55109. Dir. of Women: Georgiana Dolejsi, Box 484, Rte. 2, Mound, MN 55364. Ed. Dir.: Ronald Andrie, 255 NE Rice Creek Blvd., Fridley, MN 55432.

SOUTHERN CIRCUIT OF WESTERN DISTRICT

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

Sokol Karel Jonas, Wilson, Kansas. - Meetings 1st Sunday every 3rd month, Wilson

Opera House, Wilson KS 67490. President: Joe Sebesta, Wilson, KS 67490. Secretary: Alice Sula, Wilson, KS 67490. Treasurer: Joe Adamek, Wilson, KS 67490.

SOUTHERN DISTRICT, DALLAS, TEXAS

Sokol Corpus Christi, Texas. - Meetings 2nd Sunday, Sokol Hall, 5440 Kostoryz Rd., Corpus Christi, TX 78415. President: Monta Foster, 4041 Greengrove, Corpus Christi, TX 78415. Sec.: Jill Sijansky, 1233 Belmeade, Corpus Christi, TX 78412. Fin. Sec.: Anna Marie Moss, 5006 Bradensky, Corpus Christi, TX 78415. Dir. of Men: Jerry Sijansky, 1233 Belmeade Dr., Corpus Christi, TX 78412. Dir. of Women: Sandra Howard, 5833 Rio Vista Dr., Corpus Christi, TX 78412. Ed. Dir.: Randy Sijansky, Rte. 3, Box 277, Corpus Christi, TX 78415.

Sokol Fort Worth, Texas. - Meetings 3rd Tuesday, Sokol Hall, 3221 NW 28th St., Ft. Worth, TX 76106. Pres.: Bill Renfro, Route 10, Box 613, Ft. Worth, TX 76135. Sec.: Gay Williams, 5012 Glade, Ft. Worth, TX. Fin. Sec.: Jeannie Mason, 2319 Loving, Ft. Worth, TX 76106. Dir. of Men: Jerry Milan, 6208 Lakeside Drive, Ft. Worth, TX 76135. Director of Women: Henrietta Milan, 6208 Lakeside Drive, Fort Worth, TX 76135. - Ed. Dir.: Henry Grote, 801 Lemont St., Ft. Worth, TX.

Sokol Houston, Texas. - Meetings 1st Monday, Sokol Houston Hall, 1314 West Patton, Houston, TX 77429. President: Emil Kurokata, 5319 Kansas, Houston TX 77007. Secretary: Mary Walker, 9715 Ella Blvd., Houston, TX 77038. Fin. Sec.: Ann Kurokata, 4518 Randwick, Houston, TX 77018. Dir. of Men: Sidney Soukup, 3142 Fondren, LaPorte, TX 77571. Dir. of Women: Carrie Vodehnal, 1706 Haverhill, Houston, TX 77008. Ed. Dir.: Sidney Soukup.

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

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

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

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

Sokol Zizka, Dallas, Texas. - Meetings 3rd Sunday, Sokol Athletic Center, 7448 Greenville Ave., Dallas TX 75231. President: Richard R. Toberny, 922 S. Franklin, Dallas, TX 75211. Secretary: Katherine Baker, 8835 Larchwood, Dallas, TX 75238. Fin. Secretary: Marie Janosek, 11221 Desdemona, Dallas, TX 75228. Director of Men: Joe Ehrenberger, 10411 Mapleridge, Dallas, TX 75238. Director of Women: Frances McClure, 1423 Lebanon, Dallas, TX 75208. Educational Director: Oldrich Parma, 6418 Maple Ave., Dallas, TX 75235. Organizational Chairman: Jerry Strassky, 6536 Sondra Dr., Dallas, TX 75214.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Sokol Fresno, Calif. - Meetings 2nd Sunday each month, in different homes. Pres.: Mary Falls, 8395 No. Peach, Clovis, CA 93612. Sec.: Sonia Maslowski, 5184 E. Madison, Fresno, CA 93727. Fin. Sec.: John Pokorny, 4533 E. Nees, Clovis, CA 93612. Dir. of Men: Lew Duzi, 6357 E. Dolores, Fresno, CA 93705. Dir. of Women: Marty Lizak, 419 Williams Ave., Madera, CA 93637. Ed. Dir.: Bessie Filgas, 4426 E. Olive, Fresno, CA 93702.

Sokol Los Angeles, California. - Meetings 2nd Saturday, Sokol Hall, 500 No. Western Ave., Los Angeles, CA 90004. President, Ada Dusil, 3800 Valley Lights Drive, Pasadena, CA 91106. Secretary: Marie Pulpan, 417 MI Washington Dr., Los Angeles, CA 90065. Financial Secretary: Louise Nekuda, 12242 Magnolia Blvd., No. Hollywood, CA 91607. Director of Men: Jiri Liska, 10778 Chalton Rd., Los Angeles, CA 90024. Director of Women: Iva Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. Educational Director: Jiri Liska, 10778 Chalton Rd., Los Angeles, CA 90024.

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

Sokol San Francisco, California. - Meetings 2nd Monday, 847 No. San Mateo Dr., San Mateo, CA 94401. President: George Spanek, Sr., 1364 Drake Ave., Burlingame, CA 94010. Rec. Sec.: Edwin Keith, 250 Molino Dr., San Francisco, CA 94127. Corresp. Sec.: Elizabeth Jozifek, P.O. Box 175, Montara, CA 94037. Fin. Sec.: Elizabeth Bele, 11 Fairview, Millbrae, CA 94030. Ed. Dir.: Jan Kucera, 1914 11th Ave., San Francisco, CA 94116.

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

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1975 Iowa Boys Open Gym Meet

Seven Sokol boys, ages 12-16, from Sokol Cedar Rapids, journeyed to Waterloo to compete in the 1975 Boys Iowa Open Invitational Gymnastic Meet on Dec. 7th, held at the Blackhawk Gymnastic Club. The meet was sanctioned by the AAU and the USGF.

This was the first open competition for six of the boys (12-13 yr. olds), and they found out in a hurry how tough open competition is. Teams from all over Iowa, and also from Kansas City and Chicago entered the meet. Sokol Boys, coached by Terry Johnson, did an outstanding job, but the only younger boy to place was Mike Johnson, being 5th on the pommel horse. In the Senior Division, Mark Johnson, state Hi School all-around champion, re-injured his foot during warm up, and had to scratch two events. Even though barely able to walk, Mark won three gold medals, and one silver medal in the four events he was able to enter. This is the true Sokol spirit we like to see.

The boys competing were: Mark Johnson, Mike Johnson, Mike Pulkrab, Reid Boyer, Karl Kinch, Chris Sliger, and Vance McKinnon.

Sokol System

The Sokol system does not train persons to have strong arms, but weak legs. Rather, it concentrates upon exercises for all parts of the body - its purpose is to bring up men and women with strong and beautiful bodies, and clean, alert minds. In other words - the Sokol system was formed to help young people grow up to be good citizens with strong and healthy minds and bodies.

We must understand strength, not as the coarse strength of the muscles, but the strength of the entire body, together with moral strength.

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- Topix

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