

AMERICAN SOKOL

VOL. XCVII - NO. 6

JUNE 1976

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

To Our Youth United States of America.

The greatest treasures of any nation are its children, its young men and women, the heirs of all it possesses and the future leaders of its destiny.

If by some magical method we could transfer to your hands all of this bounty enmass, you would grasp immediately not only the tremendous riches that shall be yours, but also the responsibility for its wise use, protection, and ultimate transfer to those who shall follow you.

The material things are simple to relate. The homes, automobiles, the luxuries great and small, the necessities that were luxuries not too long ago, the education you get, the opportunities you have to enjoy life, to be useful, yes even to become great, these you can see, feel or appreciate through your mind.

Much harder will it be for us to enumerate the greater blessings that are yours now and that it shall be your duty to cherish, to protect, to develop, so that when it shall be your turn to pass them on, they shall be even more valuable than when you received them from us.

These are the treasures of the spirit. We do not blame you too much because you do not appreciate them now. We were young once ourselves. What we do ask of you, is to value them because we learned through a life of intense living to value them; — to cherish them, because we feel they are worthy of your highest esteem; — to protect them, because we fought for them, used them to enrich our lives, and out of respect and reverence for those who gave them to us, we hold them sacred. Life without them would be a return to the laws of the jungle.

These spiritual gems are the freedom of a land, conceived by the greatest assembly of men of genius, daring and patriotic ardor that history has ever known. These gems are the keys to a greater and finer life. They are the magic that unlock the heart and mind of man so fully that his spirit can soar to the heavens, see all the beauty below, and, descending to rise again, see new vistas, new paths, new horizons, that fill the soul with awe. You also have the great cultural heritage of the land of your forefathers. The finest part of this culture has become a vital part of our life here.

When written down or spoken they may seem common. But don't forget it took thousands of years and the accumulated thinking of millions of minds, great and small, to develop them so that we in our generation could find out that they are the greatest gift that has ever been given to man.

They are: — liberty, justice, equality, truth and love for ones fellow man. We, assembled here at the cradle of our great Sokol idealistic organization, fully conscious of the great treasures we bequeath to you, ask merely that you accept them and cherish them as the Sokols who preceeded you have done for over one hundred years.

Nazdar!
American Sokol Organization

AMERICAN SOKOL



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by the

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EDITORIAL STAFF

6426 West Cermak Rd. Berwyn, Illinois 60402

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OFFICE OF THE EXECUTIVE BOARD ASO.

EllenJeanne Schnabl, Secretary

6426 W. Cermak Rd. Berwyn, Ill. 60402

Tel.: 795-6671

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ATTENTION

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

Calendar of Events

JUNE 20th - SOKOL DETROIT

Summer Gymnastics at Sokol Detroit Camp

JUNE 20th - DEPARTURE FOR ZURICH SLET
FROM CHICAGO - CENTRAL DISTRICT

JUNE 27th - SOKOL MIAMI EXHIBIT

Polka Dance Group
Fontainebleau Hotel, Miami Beach
National Educational Assn. Convention

JUNE 29th - DEPARTURE FOR ZURICH SLET
FROM CLEVELAND (N.E. DISTRICT)

JUNE 30th - SOKOL MIAMI - DEPARTURE FOR
ZURICH SLET - Itinerary Vienna, Budapest, Praha

JULY 31st - PLZENSKY SOKOL "POUT"
Camp Sokol, New Buffalo, Mich.

AUG. 8th - SOKOL DETROIT
Annual Accordion Jamboree

AUG. 15th - SOKOL TYRS PICNIC
Oddfellows Farm; food from noon.
Concert and Dance Music.

SEPT. 11th - AMERICAN SOKOL INC. (A.S.I.)
Annual Beer Festival

SEPT. 12th - SOKOL DETROIT
Grape Festival - Sokol Camp

SEPT. 12th - SOKOL SOUTH OMAHA
Czech Festival - Sokol Park

OCT. 23rd - SOKOL BELCAMP'S ANNUAL
VINOBRANI (Grape Harvest Festival)

NOV. 13th - SOKOL BROOKFIELD
45th Anniversary

EVERY MONDAY - SOKOL MIAMI
Social and Supper
Moose Club - 150th and Memorial Hwy.

Tentative Schedule for 1977 Slet

So that you may plan to attend your XIV Slet in 1977
the following are dates and tentative events planned for
these days:

WEDNESDAY, JUNE 22

Judges Meeting

THURSDAY, JUNE 23

1. Junior Competitions
2. Special Number Competition
3. Presidents' Dinner and Meeting

FRIDAY, JUNE 24

1. Senior Competition
2. Junior Group Activity
3. Banquet

SATURDAY, JUNE 25

1. Volleyball Competition
2. Championship Competition
3. Awards Dance

SUNDAY, JUNE 26

1. Slet Rehearsal
2. SLET
3. Nazdar - 'till we meet again!

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVII

June - 1976 - Červen

NO. 6

I Am An American

I am an American - - a member of the greatest Fraternity on earth - - the Brotherhood of Freemen. I have greater freedom than any other citizen of any other nation in any other period in the history of mankind. I have Freedom to Work, to Worship, to Love, to Learn, and to Play; mine is the Freedom to Choose, to Join, to Vote, to Speak, to Travel, and to walk erect with head high; I am Free to be my own self, an individual human soul.

So I shall labor each day at the job of preserving and strengthening these Freedoms, wherever I am, whatever I do - that I may pass them on to my children undiminished.

I am free to honor my Flag, and the Liberty for which it stands.

Our Flag

I am your flag, Oh, I was born on June 14, 1777 - -
I am more than just cloth shaped into a design - -
I am the refuge of the World's oppressed people - -
I am the inspiration for which American Patriots gave their lives - -
I have led your sons into battle from Valley Forge to the bloody ridges of Korea and Vietnam - -
I walk in silence with each of your Honored Dead, to their final resting place beneath the silent White Crosses, row upon row.
My red stripes . . . symbolize the blood spilled in defense of this glorious nation. I have flown through Peace and War, Strife, and Prosperity.
My white stripes . . . signify the burning tears shed by Americans who lost their sons. So honor me, respect me, defend me with your lives.
My blue field . . . is indicative of God's heaven under which I fly - - and my stars . . . clustered together, unify the fifty States as one.
Keep alight the fires of patriotism, strive earnestly for the Spirit of Democracy and I shall remain the bulwark of Peace and Freedom for ALL MANKIND.

Presented by May Konecny, Educ. Dir.
at meeting of Sokol Slavsky

Výročí Americké Revoluce a Americký Sokol

Po celé Americe ethnické skupiny budou závodit, která zaznamenala větší přínos k vybudování Ameriky. Dříve ještě než Americký Sokol zapustil své kořeny v Americe, náboženské skupiny Moravských bratří již v roce 1742 ovlivňovaly americký život svým duševním bohatstvím. Bylo to duševní bohatství Jana Amose Komenského.

Pak to byli další čeští pionýři Augustin Heřman, Vojta Náprstek, František Korbel a celá řada prostých dělníků, řemeslníků a farmářů, která přispěla svou pilností, vytrvalostí a dovedností budování Ameriky.

Nebylo to vždy snadné pro naše krajany zapojit se mezi početnější ethnické skupiny. Naučili se milovat svou novou vlast, ale nezapomněli na svůj rodný kraj. Zakládali početná krajanská střediska a když ve staré vlasti Miroslav Tyrš a Jindřich Fuegner založili Sokol a obohatili národ myšlenkou - že jen ve zdravém těle může být zdravý duch - přinesli tuto myšlenku i do Ameriky a založili první sokolskou jednotu v St. Louis v roce 1865 a ukázali tak, že i v této jejich nové vlasti tato myšlenka má svou důležitost. Následovaly další sokolské jednoty. V Americe organizovaná tělovýchova byla vždy popelkou a proto tím větší byl příklad Amerického Sokola americkému lidu. A nebyla to jen tělovýchova, ale Americký Sokol žádal od svých členů, aby se stali dobrými americkými občany, tělem i duchem, a byli své nové vlasti věrni a respektovali její zákony. V poměru ke druhým ethnickým skupinám nebyli tak početní, ale nikdy nedělali Americe ostudu a nebyla u nich zločinnost. V Americkém Sokole byla vychovávána mládež, která neměla skloň k výtržnostem. Tělocvičny sokolských jednot se staly vzorem v tělovýchově a sokolské sloty byly obdivovány americkým lidem. Můžeme jen litovat, že se nepodařilo Američanům založit všenárodní tělovýchovnou organizaci jako je Sokol.

I když naši krajané a zvláště pak Sokolové se zúčastnili boje proti německé rozpinavosti bojovali tím pro záchranu americké svobody a demokracie. Také i dnes, kdy naši krajané a v první řadě Sokol má své pevné stanovisko proti komunismu tím opět je to boj za americkou demokracii a svobodu.

Která ethnická skupina se může zúčastnit závodu o přínosu k americké kultuře a s takovým pevným a čistým štítem?

Nazdar!
Jiří Špánek, Sokol San Francisco

Minutes of Executive Board

AMERICAN SOKOL ORGANIZATION

May 25, 1976

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

District minutes reviewed: Pacific April 11; Central April 28; Western May 10; Northeastern April 28; Southern April 22; and Southern District Unit Presidents and Educational Directors March 27.

Correspondence: Thank you letter from sis. Norma Zabka. - Tentative program Western District Slet from bro. T. Krejci. - Sokol U.S.A. regarding holding 1979 Slet and our wishes to conduct a Mid-Slet. Tabled pending September meeting of Sokol U.S.A. National Board of Instructors. - Sokol Karel Havlicek, Yukon, Okla., requesting Cuff links or Tie clasps. - Sokol South Omaha expressing pleasure for attempt to derive funds for their building. Names of all \$100.00 donors will be displayed prominently in new building. Groundbreaking ceremonies scheduled Sunday, June 6. - Bro. R. J. Novotny, Pres., Sokol Little Ferry requesting Citations of Merit. Also invitation to bro. Zitny to be guest of honor at 80th anniversary October 30, 1976. Also information on their founding date. Bro. Barcal moved bro. Zitny attend, passed. - Sokol Wilber requesting names of their past presidents, also catalogue for plaques, pins, etc. - Agenda of III. Convention of Sokols Abroad. - Invitation to attend meeting of Bicentennial Ethnic Racial Native American Advisory Committee, chairman bro. F. J. Vodrazka. Sis. A. Basta attended at request of bro. Zitny. Received notice of meeting to be held June 3. Bro. Lebloch moved bro. Barcal attend on behalf of A.S.O. Executive Board. Passed. - Program book of Concert of Lyra Singing Society received. - Mr. George Eisen, University of Maryland, re: completion of "A Brief Historical Sketch of Dr. Miroslav Tyrs and The Sokol Gymnastic Movement." A copy of this work will be requested. - The Smithsonian Institution information regarding Foreign Folk Artists on tour. -

Old Business: Awaiting information on status of Sokol Portland. - Sokol Zizka By-laws, clarification will be asked. - Wrote Sokol Schenectady regarding Special Assessment. - Work being done on dies for membership pins. Bro. Lebloch moved after receipt of bids, final decision on ordering pins to be made by bro. Zitny and sis. Prener. Approved. - Sis. L. Nekuda Pres. Pacific District sent "Officers Job Descriptions." - Mr. R. E. Pyburn, C.P.A., contacted. Meeting set for June 10 with bros. Zitny, Basta and sis. Sotka. - Memorial Day Services. Wreaths will be placed at graves of bros. Siman, Ptacek, J. Cermak and J. Jelinek.

Reports: B.O.I., sis. M. Ptacek, Dir. of Women. At Central District Awards Banquet was represented by sis. M. Satek, 2nd Ass't. and sis. S. Pistorius, 1st Ass't. represented her at Central District Special Number Competition. Approval given for sis. Anne Halik to represent sis. Ptacek at Zurich. - As Slet information appears in American Sokol Gymnast, copies will be sent

to Sokols Abroad and Sokol U.S.A. Bros. Ptacek and Lebloch to visit St. Louis Sokol Camp, probable location for instructors' school following Slet. Bro. Lebloch will write bro. Jan Sopoci, Sokol U.S.A. re: status of Potter Lake Camp, Wisconsin. Work progressing on all calisthenic and apparatus exercises. - Sis. Satek will record Men's and Women's attendance statistics.

B.O.I. Bro. P. Lebloch, Dir. of Men. Final Report forms, Northeastern District calisthenic workshop, April 25, 73 students, bro. and sis. Waldauf instructing \$61.60. Approved. - Central District, St. Louis clinic, April 3, conducted by bros. Ptacek and Gilbert \$209.23. Approved. - Information received from bro. Kudrnovsky regarding translation of Czech Books. - Bro. F. Capek, Eastern District Dir. of Men, reports site of Eastern District will be Washington, D.C. as of September. - Gift from Czech Sokol in 1893 will be cleaned and remounted. - Medical release form for participants to our Slet to be included with entry forms.

Membership: Bro. G. Simonek reported information will be sent to units, each to use its ingenuity in obtaining members during membership drive. Awards could be presented at the Slet.

Educational: Bro. S. Barcal. Read minutes of meeting. Will send copy of our publication and Sokol and The Sokol Idea to Israel. - Discussed material required by the National School Board. - Bro. Jindra checking display methods to be used for Slet.

Editorial - I. Vice Pres. Sis. B. Prener. May issue in the mail. Articles coming in. Judged at Central District Number competition.

Publicity: Bro. J. Rabas. Prepared invitation for our Slet to appear in Denni Hlasatel, Americke Listy, Hospodar and Novy Domov of Canada. Wrote articles regarding Sokol South Omaha and bro. J. Drnee's appreciation dinner.

Financial Secy. Sis. A. Sotka. Prepared Financial report for April, deposited Federal payroll taxes. Sent membership application cards and quarterly report forms as requested. Mailed members' address changes to 42 units. Placed order for 50-year pins. Typed 990 form prepared by bro. G. Basta. Audit made of A.S.O. books for first quarter of 1976, which were found in order. - Following units for non-payment of dues. - Currently mailing 5,868 copies of publication. Approval given to transfer money from Savings to Checking Account.

Uniform: Sis. B. Prener. First quarter sales exceeded 1975 sales. Shipments to Czechoslovak Sokols Abroad completed. Placed orders for Unit, District I.D. ribbons as well as A.S.O. Executive Board and A.S.O.B.O.I. Ribbons distributed. Auditing Committee to meet June 1st.

Office: Sis. B. Prener. Arranged with bro. Kala to decorate Office Window with Bicentennial material.

Secretary: Sis. E.J. Schnabl. Took care of minutes and correspondence. - Sent Citations of Merit to Sokolice Chicago for sis. Anna Falta and Ella Smidl. Ordered wreaths for Memorial Day services at Bohemian National Cemetery. Typed "Bicentennial Minutes" for Educational Committee. Flight tickets

ordered for bro. Zitny. Sent black and white photostat to Pitney-Bowes. Attended Educational Committee meeting and Central District events.

President: Bro. R. Zitny. Spoke at Testimonial Dinner for bro. Drnec and Central District Childrens Awards Banquet. Met with sis. Sotka and bro. Basta regarding IRS 990 form. Read letter, regarding American Sokol March, sent Mr. Dvorak, composer. Bro. Rabas will obtain small American Flags to be used by members of the Tour. Letter to be sent to Districts only those in regulation parade or gymnastic uniforms will be allowed to march in All-Class Assembly at Zurich Slet. District Flags should be brought, not Unit Flags.

Slet: A Slet account to be set up. First donation for trophies received. \$500.00 deposit to Sheraton-Oakbrook will be made. Morton High School, final decision will be made in October. - Letter received from bro. A. Dolezal; - Mr. Bata will be contacted in Canada. Meeting scheduled for June 15 - ideas for design of seals, posters, etc. to be presented. - Due to many members going to Zurich, bro. Barcal moved Officers be empowered to handle necessary business until next meeting. Passed.

FINANCIAL REPORT

AMERICAN SOKOL ORGANIZATION

May 1976

RECEIPTS:

Dues	\$1,601.75
Convention Fund	1.00
Special Assessment	1.00
Dividends and Interest	468.75
Subscriptions to "American Sokol"	8.00
Resale of Jewelry	166.50
Sale of Songbooks	55.00
Postage	2.73
Donation	4.00
	<u>2,308.73</u>

Transfer of funds from Savings to Checking	3,200.00
Travel Expense reimbursement	166.00

TOTAL RECEIPTS \$5,674.73

DISBURSEMENTS:

Administrative

Salaries	\$557.87
F.I.C.A., F.W.T. for April	131.76
Rental, Janitor Service, Phone, Electric	355.42
Postage and Fees	17.15
Office Supplies	52.86
Repairs to Machines	37.85
Travel Expense	498.00
	<u>\$1,650.91</u>

Educational Department

Salaries	\$ 28.79
F.I.C.A. for April	4.80
	<u>33.59</u>

Board of Instructors

Salaries	\$349.07
F.I.C.A. for April	41.66
Office Supplies, Postage, Phone ..	180.69
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast" ..	28.00
	<u>629.42</u>

Sokol Publication

Printing "American Sokol"	\$909.14
Editor "American Sokol"	100.00
Postage "American Sokol"	60.99
	<u>1,070.13</u>

Miscellaneous

A.S.O. Uniform Division - Salaries, F.I.C.A., Phone	\$449.69
Special Appropriations: Northeastern District A.S.O. \$	61.60
Central District A.S.O.	209.23
	<u>270.83</u>

Advance to 1977 Slet Committee	500.00
Miscellaneous	3.25
	<u>1,223.77</u>

TOTAL DISBURSEMENT \$4,607.82

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$ 733.95
Receipts - May 1976	5,674.73
	<u>6,408.68</u>

Disbursements - May 1976	4,607.82
	<u>\$1,800.86</u>

Pacific District

April 11, 1976

Sis. Louise Nekuda, Pres., called the meeting to order at Fresno, Calif. Pledge of Allegiance to our American Flag given. Present: bros. Filgas, Hintnaus, Spanek, and sis. Pelc, Haralik. Delegates: Fresno, bros. Prudek, Maslavski; sis. Mary Falls - San Francisco, bros. Wesley Meier, Alvin W. Meier; sis. Libby Siki. - Guests: Los Angeles, sis. Hintnaus, bro. Nekuda - Fresno: sis. Prudek and Louise Muzer - San Francisco, sis. Bayea. - Visitor from Czechoslovakia Mrs. Talpova, sister of sis. Muzer was introduced.

Commemorative Souvenir Book of 1948 Slet, compiled by sis. Provaznikova, with assistance, will be printed. Cost \$9.50 per copy. Approved, Pacific District will order between 50 and 75 copies. - A congratulatory card will be sent to Past President of the Central District, bro. Joseph Drnec.

Reports: Sokol Fresno. A Basque dinner for installation of Officers was held. 35 members attended. Volley Ball team placed second in league. Meetings held at different members' homes. Will have picnic at Bass Lake, June 27th. - Sokol San Francisco. Written report by sis. Mary Francis Meier was read by bro. Al Meier. Unit having difficulties maintaining a gymnastic

program. Are in need of instructors. Bro. Spanek requests District representatives attend a meeting to try to resolve their situation. On motion by bro. Hintnaus made and passed, sis. Nekuda and bro. Filgas will go to San Francisco in May.

Report of bro. Jiri Liska, Educational Director, was read by sis. Nekuda. It mentioned our aims and goals as Sokol members, a happy future for our children by teaching them the basics of Sokol training, and help them attain moral balance. Stressed success of entire unit, rather than of any individual.

Sokol Los Angeles. Bro. Hintnaus reports all classes are active and making preparations for "Veřejní" May 23. Had a successful rummage sale, and Swedish Box was purchased from the proceeds. A Czech play will be presented April 24. Competitions scheduled for April 30. May 22 participating in Los Angeles Bicentennial program. 20 members going to Zurich. Two to four from San Francisco.

President, sis. L. Nekuda. Talked with bro. Vojta of Seattle and reports - A dance was sponsored and 80 people attended. Are active in Volley Ball. Bro. Vojta would like to go to Portland (at time of Národní Rada meeting), look the situation over, and find out their feelings about establishing a Sokol unit there. Bro. Spanek will advise date.

Luncheon was served. Meeting reconvened after lunch.

Letter from sis. M. Ptacek asking we make an all-out effort for Slet in June 1977. Start making plans now. - Suggested we hold our annual meeting January 22, and combine it with our Annual District Ball, proceeds to be used for a travel fund to Chicago. - Motion by sis. Falls that we hold our meeting in Fresno in May instead of April, passed. - A memento plate, signed by everyone at our meeting, will be given to bro. Joe Pokorny, who is hospitalized. - Bro. Faltus from Scio, through bro. Emil Prudek, extended best wishes.

Western District

May 10, 1976

Bro. E. Pavoucek, Pres., called the meeting to order, followed by the pledge of allegiance to the flag. Present: bros. Mach, Awender and Mertz, and sis. Pavoucek, Drozda, Cahoy, and Masek.

Correspondence: Dues received from Sokol Minneapolis, Sokol Schuyler, and Sokol Cedar Rapids. - Letters from Sokol Omaha Slet Banquet Committee concerning Slet Banquet and Victory Dance reservations, prices. - ASO regarding new unit in Denver, Colo.

Reports: Sis. Bo. Drozda, Director of Women. Received reimbursements from Special Assessment Fund for books and attendance of five instructors at USGF Congress. - Approval given to four 12-year-old girls to compete in Omaha Slet representing Sokolice Renata Tyrsova, Cedar Rapids. - St. Paul and Cedar Rapids will dance the Beseda at the Slet. - Omaha and St. Paul preparing special numbers for the Slet.

President, bro. E. Pavoucek reported fireproof cabinet for District has been ordered. - Slet Headquarters for ASO 1977 Slet will be at the Sheraton Oakbrook, Oak Brook, Ill. - District Directors Conference will be held October 22-24, 1976 at Hyatt House Oakbrook, Oak Brook, Ill. - Merit Awards applications to be available soon. All units are urged to take advantage of this program for worthy Sokols.

Organization: Sis. Bea Pavoucek will write letter to Alois Jirasek asking Denver, Colo. to organize unit and join the Western District.

Old Business: Sis. Bo. Drozda. Slet Program Committee will set up Slet Program this weekend. Tickets for various events will be printed.

New Business: Bro. Ed Linhart, Editor Sokol Gymnast, requested list of activities for the summer season, of all units, for publishing in the American Sokol (Gymnast portion). - Sis. B. Pavoucek will write congratulatory letter to Czechoslovak Sokols Abroad on behalf of Western District. - Approved, Slet Banquet and Dance tickets be paid for by the district for the Directors and the four Major Officers of Western District, and for sis. Bea Pavoucek for the many secretarial duties performed for the District. - During the summer months, sis. Blanche Masek, Treasurer, will write all necessary checks; approved.

Southern District

April 22, 1976

Bro. George Prevratil, Pres., presided.

Present: bros. Don Steinman, Oldrich Parma, Larry Laznovsky, Harrel Hamilton, Stuart Hamilton, Darrell Williams; sis. Bernice Hamilton, Sylvia Laznovsky, Helen Parma, Rose Steinman and Vlasta Laznovsky. Excused: bros. Jerry Milan, Frank Cechan, and Miro Jurcik.

Correspondence: Appreciation from Sokol South Omaha for \$100.00 donation to building fund by the District. Czechoslovak Sokol Abroad information on Slet schedule, activities, and enclosing entry forms for competitors; also brochure regarding 1948 Slet Souvenir Book. Unit report from Houston.

Reports of Units: DALLAS. Gym classes preparing for Slet, a short gymnastic program presented at Awards Dinner - dual meet (10 girls) with local gym club - a team of Class I and II girls participated in State USGF meet, one gymnast of Class I placed 2nd all around; and one from Class II placed fifth all around. ENNIS. Preparing for polka festival, will enter float in parade. Will present two gymnastic exhibitions during two-day event. - Held Easter Egg hunt for children - Unit competitions May 8 and 15 - swimming pool opening May 22 - have initiated projects for traveling for 1977 Slet, souvenir "T" Shirts (polka festival), balloons and raffle. FORT WORTH. 8 small boys attended open meet - participated in dual meets with local gym club - advance girls held session with Sokol Dallas - 5 girls and 4 boys competed in Regional High School meet to qualify for State - held judges sessions - annual Easter picnic - candy sales as benefit project.

SOKOL GYMNAST

June 1976

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

1776 - HAPPY BIRTHDAY AMERICA - 1976 Bicentennial Projects



Are you involved in planning Bicentennial programs for your Sokol Unit - District - Town - Community? If you want to get involved and need ideas, a new booklet could prove useful, **"What You Can Do": "A Bicentennial Idea Bank"** outlines 20 projects that are under way. The pamphlet is free from American Revolution Bicentennial Adm., 2401 E. Street N.W., Washington, DC 20276, or from any of the ARBA's 10 regional offices.

In major cities across the United States, Bicentennial projects are being presented by large groups of interested people. Sokol Units may become part of these projects - dedicate certain events to the Bicentennial - participate in local parades with floats, marching groups, and apparatus exercises. Join with other ethnic organizations in proclaiming our 1976 Birthday.

Coming Events

A.S.O. DISTRICT SLETS AND COURSES

CZECHOSLOVAK SOKOL ABROAD - IV SOKOL SLET
ZURICH, SWITZERLAND
July 4th, 1976

OLYMPIC GAMES, MONTREAL, CANADA
GYMNASTIC COMPETITIONS - MEN AND WOMEN
July 19-23, 1976

XIV AMERICAN SOKOL SLET, CHICAGOLAND, ILLINOIS
June 1977

Zdar and Success to All Sokol Slets!

How Safe Is Our Apparatus Exercise Program?

O. J. KUDRNOVSKY

National Bureau of Casualty and Surety Underwriters in their bulletin, published a survey of safety of all indoor sports and activities. This survey of 510 high schools showed that the activity on the gymnastic apparatus ranked first in severity of accidents and second in frequency.

We don't question the validity of this survey - neither do we dispute the fact that there are some safety hazards to certain exercises on the apparatus. But we do believe that the great majority of accidents due to work on apparatus can be prevented.

This can be done most successfully by setting and strictly observing definite rules and procedures to eliminate all pre-disposing factors and conditions leading to accidents in our gymnasiums.

These predisposing factors and conditions can be arranged into five main groups: I. Supervision. II. Class conduct. III. Instructor and squad leader. IV. Gymnastic equipment. V. First Aid and medical help.

Let us sample out the rule for each group.

I. Supervision: 1. Students are not allowed to enter the gym before the instructor arrives. 2. The following rules shall be set and strictly enforced during free practice, (usually the period after the regular gym class) . . . a. No learner shall try a new and more difficult stunt without first notifying the instructor . . . b. In most cases, two spotters shall be used . . . c. Generally, no one shall perform on any apparatus or in difficult tumbling without a spotter, and not without less than eight guards at the trampoline.

II. Class conduct: 1.a. For the apparatus, tumbling and track activities, "the rotating-squad system" shall be used. b. Each squad shall practice under the tutelage of a competent squad-leader. c. One or two spotters shall be used, as the performance requires, during the squad practice. 2.a. The class shall begin with a total body warm up . . . continue with progressively increasing intensity effort. b. For the apparatus period a specific warm up, shall be used for each apparatus or event. c. The class shall taper off with activity of decreasing intensity effort.

III. Instructor and squad-leader: 1. Every instructor and squad leader shall be competent and knowledgeable: a. In spotting techniques. b. In handling the safety belts. c. Of safety ways of setting up the apparatus and placing the mats. d. In testing the safety of apparatus. e. Of safe ways of falling or dismounts from apparatus, when the exercise is not completed. f. Of the proper use, and importance of magnesium and rosin.

2. He shall always be fully aware of the learning aptitude of his pupil: a. Is he physically on a par in view of his strength, grip, endurance? b. Is he emotionally ready; free of fear, and does he have a desire to learn?

c. Does he master the fundamental exercises leading to the one to be learned? d. Is he too tired . . . indisposed due to his injury or other physical impairment?

IV. Gymnasium Equipment: 1.a. All equipment shall be inspected every single time before its use . . . for its structural safety - e.g. guy wires, floor plates, the bars, top surfaces, adjusting mechanisms, and any other parts in question from the standpoint of standards of safety. b. Special care shall be taken when adjusting the height of parallel bars (hands must be kept off the sliding uprights) c. When lowering or hoisting climbing ropes or poles or any other overhead suspended equipment, no one must stand in the area beneath. d. In placing the mats: there shall be no open gaps between, or sliding. e. The take-off boards shall be securely fastened against sliding. f. Safety of the gym floor: no wax or water on the floor. - A sample of a procedure of squad practice: First Step: Set up the apparatus with a sufficient number of mats around. If it is movable equipment: it shall be located in a safe distance from the wall or any other obstructions, chairs, benches etc. - Second Step: Check the equipment for safety. - Third Step: Have a proper warm up for each member of the squad. - Final Step: from here on, continue with the topical exercises of the day.

2. The overall inspection of all gymnasium equipment shall be done at least once every two months - and completed with a written report . . . undersigned by two witnesses.

Inspect: a. Girder clamps and hooks on all suspension equipment. Note: I saw one such hook worn out to less than one-eighth inch thickness.

b. Condition of pulleys and hoisting ropes. Note: The frayed hoisting rope presents a very serious hazard.

c. Ropes, webbing, adjusting mechanisms.

d. Condition of wooden and other top working surfaces of various apparatus: horizontal bar, rings, pommels etc. Rule of the thumb for the horizontal bar: When the downward "bent set" is more than one-half inch, the bar should be replaced. - Caution: Do not ever reverse the bar!

e. Rollers, coasters for moving the apparatus, and all non-skidding pads.

f. All fastening bolts and screws, floor plates.

g. Safety belts: ropes, snaps, belt stitching.

h. Trampoline: safety pads, shock cords, bed, frame and moving cart.

i. The safe distance of the apparatus permanently located and fastened . . . horizontal bar, rings etc.

V. The First Aid and medical help: Both of these are the most essential supplement to the other safety precautions in our gym. Since their main purpose is the prevention of injury and further damage at the time of an accident.

The questions below are designed for the purpose of checking the safety standards of our gymnasiums in view of First Aid and medical help.

1. Do you have posted the names, addresses and phone numbers of physicians who are available at the hours of your gym classes? Likewise the phone number of the emergency room of the hospital and ambulance.

2. Is there any one in your gym class, the instructor or any class member, capable to render First Aid?

3. Is there a well-stocked First Aid cabinet - and is the key to it available any time?

Final Note:

All items listed in this safety proposition may not cope fully with every of our exigencies, but most of them should fill our safety needs and add "that extra measure of safety" to our apparatus exercise program.

1976 - Central District Apparatus Competitions

FIRST CLASS GIRLS - LOW DIVISION

Place	Unit	Points
1.	Sokol Slavsky 1	576.1
2.	Sokol Berwyn 1	573.4
3.	Sokol West Suburban 1	561.3
4.	Sokol Berwyn 2	548.2
5.	Sokol Slavsky 2	547.7
6.	Sokol West Suburban 4	540.5
7.	Sokol West Suburban 3	532.6
8.	Sokol Stickney	524.8
9.	Sokol West Suburban 2	520.2
10.	Sokol Tabor	508.1

Place	Name	Unit	Total
1.	C. Kuric	Berwyn 1	115.3
2.	J. Bartkowiez	Slavsky 1	114.9
3.	P. Pavlik (tie)	Slavsky 1	112.9
	D. Ryan (tie)	West Suburban 4	112.9
4.	D. Manasses	Slavsky 1	112.8
5.	J. O'Connell	Berwyn 1	111.8
6.	E. Karasek	Slavsky 1	111.5
7.	C. Payne	West Suburban 2	110.7
8.	C. Danajka	West Suburban 1	110.6
9.	J. Denik	Berwyn 1	110.5
10.	S. Berger	Berwyn 2	110.3

10 Teams - 64 Contestants

2nd CLASS BOYS - LOW DIVISION

Place	Unit	Points
1.	Stickney 1	559.65
2.	Slavsky 1	512.65
3.	Berwyn 1	485.50
4.	West Suburban 1	456.30
5.	Tabor 1	448.40
6.	West Suburban 2	406.08

Place	Name	Unit	Total
1.	R. Vachata	Stickney	121.15
2.	D. Vladic	Berwyn	117.50
3.	G. Maciejewski	Stickney	116.35
4.	B. Kuser	Slavsky	116.25
5.	W. Zimmerman	Stickney	113.50
6.	S. Jindra	West Suburban 1	105.00
7.	B. Borvansky	Stickney	104.80
8.	S. Hoskin	Stickney	103.85
9.	P. Sedivy	Slavsky	103.20
10.	R. Onni	Tabor	100.50

6 Teams - 33 Contestants George Simonek, Meet Director

HIGH DIVISION

Place	Name	Unit	Total
	J. Satek	Slavsky	115.85

SECOND CLASS GIRLS - LOW DIVISION

TEAMS

Place	Unit	Points
1.	Berwyn 2	823.3
2.	Berwyn 1	814.0
3.	Stickney 1	774.1
4.	West Suburban 1	769.1
5.	West Suburban 2	764.5
6.	Brookfield 1	752.0
7.	Berwyn 3	751.8
8.	Tabor	704.1
9.	Slavsky	684.7

FIRST CLASS GIRLS - HIGH DIVISION

Place	Unit	Points
1.	Slavsky 1	475.8
2.	Slavsky 2	454.7
3.	West Suburban 1	424.8
4.	Tabor 1	388.2

Place	Name	Unit	Total
1.	L. Kubik	Slavsky	121.0
2.	A. Vedral	Slavsky	119.7
3.	Koprowski	Slavsky	117.8
4.	M. Mongello	Slavsky	112.2
5.	L. Tuggle	Slavsky	109.0
6.	J. Borzym	Stickney	108.3
7.	M. Toy	Slavsky	108.0
8.	L. Pachenich	West Suburban	106.9
9.	D. Thompson (tie)	Slavsky	103.8
	N. Kalina	Tabor	103.8
10.	M. Strauss	Slavsky	103.4

4 Teams - 25 Contestants

Kim Rus, Meet Director

Place	Name	Unit	Total
1.	M. Tranavskas	Berwyn 1	163.5
2.	E. Sobocan	West Suburban 1	162.9
3.	C. Condon	West Suburban 2	162.0
4.	D. Niezgoda	Berwyn 2	161.0
5.	A. Chalabala	Stickney 1	160.8
6.	I. Balas	Berwyn 2	160.6
7.	J. Sandel	Berwyn 2	160.0
8.	L. Brda	Stickney 1	158.7
9.	L. Fravel (tie)	West Suburban 2	159.2
	D. Kriz	Berwyn 2	159.2
10.	D. Dombkowski	Berwyn 1	157.9

9 Teams - 55 Competitors

Sylvia Pistorius, Meet Director

SECOND CLASS GIRLS - INTERMEDIATE DIVISION

TEAMS		Points
1. Berwyn 1		782.5
2. Slavsky 1		780.7
3. West Suburban 2		774.4
4. West Suburban 1		769.7
5. Stickney 1		750.1
6. West Suburban 3		736.0
7. Tabor 1		734.2
9. Stickney 2		715.4
10. Brookfield		714.8
Place	Unit	Total
1. N. Klindera	Berwyn 1	162.7
2. L. Klindera	Berwyn 1	158.6
3. L. Bala	West Suburban 1	158.3
4. M. Remec	West Suburban 1	158.2
5. N. Goering	Berwyn 1	156.3
6. S. Matus	Stickney 2	154.8
7. H. Porss	Slavsky 1	153.9
8. L. Skubich	West Suburban 2	153.7
9. J. Arndt	Slavsky 1	153.6
10. J. Czarny	West Suburban 2	152.6
9 Teams - 61 Competitors		Sylvia Pistorius, Meet Director

SECOND CLASS GIRLS - HIGH DIVISION

TEAMS		Points	
1. Berwyn		502.2	
2. West Suburban		490.2	
3. Slavsky		489.6	
4. West Suburban		449.7	
Place	Name	Unit	Total
1. T. Moe		West Suburban 1	165.7
2. B. Forsythe		Berwyn 1	161.8
3. S. Bozis		Slavsky 1	159.6
4. M. Mrizek		Berwyn 1	158.9
5. C. Uthe		Stickney	158.5
6. R. Scannicchio		Slavsky 1	155.6
7. K. Macalik		Berwyn 1	152.9
8. K. Cepek		Stickney	152.1
9. K. Kalousek		Slavsky 1	151.6
10. K. Forsythe		Berwyn 1	151.2
4 Teams - 22 Competitors		Sylvia Pistorius, Meet Director	

C.D. Special Number Competition

HELD AT MORTON WEST HIGH SCHOOL

GROUP I - 6-9

1. Sokol Berwyn - 1st Class Girls	7.000
2. Sokol Stickney - 1st Class Girls	6.700
3. Sokol Slavsky - 1st Class Girls	6.375

GROUP III - JUNIORS

1. Sokol Tabor - Jr. Boys and Girls	8.500
2. Sokol West Suburban - Jr. Girls	7.800
3. Sokol Berwyn - Jr. Girls	7.575
4. Sokol Stickney - Jr. Girls	7.400
5. Sokol Berwyn - Jr. Boys	6.825

GROUP II - 10-12

1. Sokol Berwyn - 2nd Class Girls	7.975
2. Sokol Brookfield - 2nd Class Girls	6.200

GROUP IV - SENIORS

1. Sokol Tabor - Women	8.400
2. Sokol Slavsky - Women	7.925
3. Sokol Stickney - Women	7.575
4. Sokol Berwyn - Women	7.075
5. Sokol Brookfield - Men and Women	7.025
6. Sokol Berwyn - Men	6.925

Efficiency in the Water

Mark Spitz may be the most decorated swimmer in the world but he still has to go some to beat a woman in the water. As part of a three-year study on human swimming proficiency both on and under water, two researchers from the State University of New York at Buffalo found not only that swimming is an **inefficient** way to travel, but that men are much worse at it than women.

According to Drs. David R. Pendergast, assistant professor of physiology, and Donald Rennie, chairman of the Physiology Department, a person's body operates at about 20 to 25 percent efficiency while walking or running, but falls to between two and ten percent efficiency while swimming. "**The energy expended is tremendous,**" Dr. Pendergast remarked. "An individual swimming a mile puts out about five times as much energy as he would use walking that same mile."

For their energy studies the two scientists use a circular tank equipped with a special moving platform that follows the swimmer around, measuring his intake of oxygen. The energy expended is then gauged in terms of oxygen used and the number of Kilocalories or

thousands of calories produced. The more skilled the swimmer, they found, the less oxygen used and the fewer calories produced.

The two scientists also found that, in general, the female swimmer uses 30 percent less energy.

This last finding came as a mild surprise to the investigators who are simply collecting proficiency data on a variety of subjects. "We just measured various people," Dr. Pendergast recalled. "We didn't think there'd be any difference because men swim so much faster."

What seems to help is the buoyancy concentrations of adipose, or fat, tissue in a woman's breast area and legs give her. This natural buoyancy in a woman's legs is especially important. It means all the power of the kick goes into propelling the swimmer. In a male swimmer, on the other hand, the kick is used to keep his less buoyant muscle-heavy legs afloat as well as to propel him. This theory was confirmed after Pendergast attached small floats to a male swimmer's legs. The result was that the male's swimming efficiency increased.

Will co-sponsor modern rhythmic gymnastics May 22 at the Trinity High School. Unit competitions May 15, exhibition May 16. HOUSTON. Social activities in April. Gymnasts have been participating in several events in the city. April 11, 22, and 24 will present an exhibition at the Rosenberg Czech-Fest.

Report of Board of Instructors: Sis. S. Laznovsky, Dir. of Women. Assisted on Slet routines in Fort Worth, April 14, at Sokol Houston April 16 - informed by sis. M. Ptacek, Dir. of Women ASO. that new tournament rules book is being distributed. Directors conference October 23. District Directors discussed Slet schedule with host unit, - boys and men competitions at the Sokol facilities, the girls and women at the Boswell High School gym, and the Slet program at the High School Stadium. District course possible dates August 7-15, will be hosted by Sokol Fort Worth. - Bro. L. Laznovsky, Dir. of Men. Assisted in Houston regarding Slet prostna and routines. List of awards being compiled according to surveys. - Inquiry from Northeastern District expressing interest in having students attend our District Course - will confer with host unit for decision. - Estimates approximately 30 gymnasts will be needed to participate in segment of program during SPJST Convention.

Report of Educational Director: Bro. O. Parma. Attended Presidents and Educational Directors meeting March 27. At Sokol Zizka held singing session with gymnasts teaching "Měla jsem malého Sokolika" and "Aj Lučka" - a 22-minute film on "Legend of Uncle Sam" shown - and marching session April 15. Sokol Houston reports that gymnasts sing Czech songs after gym classes. Fort Worth. Bro. Williams, Vice Pres., and bro. Steinman, Dist. Vice Pres., attended the Presidents and Educational Directors meeting and expressed meeting was very beneficial.

Report of President. Bro. G. Prevratil reported briefly on Presidents and Educational Directors meeting. All units were represented; meeting was very successful, and suggests holding future meetings of this type.

Central District

April 28, 1976

President, bro. E. Halik presided with 24 delegates present. All joined in pledge to the Flag, followed by a moment of silence in memory of bro. Jan Tesar, many years a District delegate.

Correspondence: Sokol Townites Social Club donation of \$50.00 for Slet trophies for Slet. - Bohemian National Cemetery requesting Unit participation in Memorial Day parade. - ASO Executive Board urges advertising of our XIV Slet June 1977 at Houby Day Parade. - Illinois Bicentennial Committee proclaiming our District Slet as Official Recognition as part of Illinois 1976 Celebration.

Women's Director, sis. L. Jindra. Confirmation of May 22 for Special Number Competition, Morton West. - Week-end beginners course planned for Sept. 10, 11, 12, 18, 19, 25, and 26 may include USGF judges clinic. Held various workshops for competitions. BOI requests

hiring 4 USGF judges for Junior girls competitions, entry fees to cover costs. Approved. - District Officers asked to attend opening ceremony of Special Number event in parade uniforms. - Reported on St. Louis workshop held with bro. D. Gilbert and sis. S. Pistorius and visit to Camp for possible course site.

Men's Director, bro. D. Gilbert. Reported on St. Louis trip and camp inspection. Flags used by Boys Classes to be pro-rated among units; excess material purchased for future use. - Preparing Slet program.

Educational. Bro. Pirka reported attending Bicentennial meeting. Plan song-dance program August 29. Fund allocation for expenses from Bicentennial Committee. District participation in these meetings ratified. - Bro. E. Halik stated 3 half-hour slots assigned to State Fair program August 13. BOI to handle program; free bus transportation to be furnished. - Bro. Jindra and bro. Pirka plan to organize District Educational program. - Bro. Kala presented Czech illustrated song book. Would like to check for cost of reproduction and copyrights. Permission given. - Bro. Kala moved District buy one copy of 1948 Slet book. Carried. Bro. Pirka spoke at Lawndale Boys Club on Czech culture. Taped by Station WCYC for later use.

Seals. Sis. M. Hajek reported \$61.00 additional received. Total \$1,844.50.

Discussion on suggested move of Karel Havlicek statue from Douglas Park area to Berwyn location. Bro. Drnec moved that bro. Halik or Educational Directors attend meetings. Approved.

Slet Program book progressing. Allowed \$240.00 postage for mailing tickets. Parking situation checked by sis. A. Basta. Best solution to have all pay \$1.00 parking fee. Notation to be made on tickets. Sis. Basta to check for Brookfield and Riverside police to patrol area. - Bro. Bob Vydra of Bohemian National Cemetery to be invited as guest for Slet. - Letters to be sent to Gov. Walker, Pres. Ford and Village Officers where Sokol units are located. - Bro. Drnec to obtain services of Mr. Novak to help with P.A. system.

Sis. Jindra and bro. Gilbert: Reported on Proposed self-improvement clinic planned for one week, August 15, at St. Louis Sokol Camp. Cost \$65.00 plus transportation to be paid by each individual attending. Planning for 40 people (30 Juniors and 10 Seniors). Contacting instructors. Permission granted to check this matter further.

Zurich Tour. Bro. Rabas reported first tour filled and 29 seats sold on second plane. Slet tickets ordered for group. A pilgrimage is planned to site of Dr. Tyrs' plaque at Oetz. Bro. Kala moved fresh flowers be placed at site. Bro. Halik to speak at ceremony representing Central District. - Sis. Jindra reported on "T" shirts for Central District participants for Zurich Slet.

Bro. J. Drnec advised information on the Holiday Folk Fair held in November at Navy Pier will be directed to the Central District. - Bro. Jindra presented copy of letter sent by ASO office to Sokol Fuegner approving their By-laws.

Sis. J. Jurew asked about publicity regarding Slet activities, and children's competitions. Several ideas presented for consideration.

Sis. Jindra announced ASO BOI Directors conference set for October 22-24. Suggested holding social event for guests with local people attending. Will check further.

Bro. B. Meyer, Sokol Stickney, to check cost of replacement of damaged parallel bar and present for payment.

Northeastern District

May 25, 1976

Bro. Edwin Jirousek, Pres., presided with 21 delegates present. The delegates pledged allegiance to the flag.

Secretary's report: Invitations to District Slet sent to Mayor Perk, bro. Mottl, and bro. Voinovich. Letter from sis. Provaznikova, publication of book 1948 Slet in Prague. Approved district purchase one book for district library.

President's report: Bro. Edwin Jirousek received invitation to party for bro. Drnec, Central District. A congratulatory message will be sent. Received annual report from the Nationalities Services Center, also two tickets to annual meeting and banquet. Purchase of two tickets approved and two delegates will attend as representatives of the Executive Committee. Bro. Jirousek will attend Western District Slet.

Treasurer's report: Since bro. Galik is hospitalized, sis. Galik served as interim treasurer. Received a check for \$100.00 from Sokol Rip to present to Sokol Tyrs. Advance of \$205.60 to the library committee requested by sis. Kotlan to purchase 40 copies of book "Czechoslovak Embroideries" to raise money for the library. Approved.

B.O.I.: Plans for Slet completed. On April 25, 1976, District B.O.I. held a clinic with bro. and sis. Waldauf from Canada present.

Sokolice Detroit: Sis. Schamanek sent report by mail. Sokol Detroit's 100th Anniversary Celebration was recorded on pictures and presented to the unit by bro. and sis. Conti.

Sokol Cleveland-Cech-Havlicek: Bro. Kavan reported April meeting well attended. The unit has been in its present home for 30 years.

Sokol Nova Vlast: Bro. George Kotlan reported unit is preparing for the Slet.

Sokol Tyrs: Bro. Vavra reported Sewing Club conducting a rummage sale. Unit participating in Český Den Picnic. May 16 membership meeting will be devoted to merger.

American Sokol, Inc.: Bro. Robert Jirousek. A new 250 Club is started. Sis. Kotlan in charge of Beer Festival to be held September 11, 1976. Received letter from the Ohio Historical Society stating Bohemian National Hall has been designated a national historic landmark by the National Historic Society.

Bicentennial: Bro. E. Jirousek stated the District Slet will be sanctioned as a Bicentennial event.

District Slet: Bro. Kocab will handle English publicity. Bro. Voris stated committee is preparing food for 1200 persons. Motion by bro. Hoch the gymnasts be given \$2.00 food tickets and \$3.00 food tickets to each member of the band. Approved. Sis. Pliska will handle distribution of food tickets. Bro. Jirousek asked the delegates to rise and pay silent tribute to those brothers and sisters who passed away in the last month.

Membership Committee

AMERICAN SOKOL ORGANIZATION

The newly established **National Membership Committee** convened in April at Sokol Slavsky, Cicero, Illinois. Members present were: Bro. Rudy Svoboda, William Meyer, Leo Pajer, George Simonek, John Satek. Excused: Bro. Rich Vachata.

Bro. Rudy Svoboda, Chairman, discussed briefly membership needs and goals of the American Sokol Organization and asked for ideas and programs on how to increase and maintain our membership.

After some discussion, a tentative membership drive program will be submitted to the Executive Board for approval. Under the plan, a membership drive would be conducted, nationwide, for six months - comprising the fourth quarter of 1976, and the first quarter of 1977. Total new paid member applications would be tallied from each unit's quarterly reports during this period. The new-member count would be tallied only against the membership roll as of September 1, 1976.

Each district would have two winners in the membership drive. One for total percent increase of new members, and one for the highest total of new members. It was decided that no one unit could win both awards in the District. This would give both large and small units an opportunity to win a membership award. Two awards were designated for each District.

A packet describing the drive, information, and promotional material will be prepared and sent to each unit to advise them of the contest. Monthly reminders and suggestions will also be mailed to each unit during the campaign, in order to keep the membership drive in operation.

A number of awards were discussed and presented. A final selection will be made at future meetings. Bro. Svoboda suggested any Sokol member or officer, who has suggestions or comments to offer on the membership drive, to please submit them in writing, addressing them for his attention at the American Sokol Office. All suggestions and recommendations will be studied and appreciated.

Leo Pajer - Membership Committee

**Read Your
NEW
BY-LAWS!**

July 1775

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

JULY 4th, 1775

Two hundred years ago today, a young Connecticut school teacher struggled with a critical, personal decision . . .

He was twenty-one and he'd just been voted a Lieutenant's commission in Washington's Continental Army. He had to decide to accept it or turn it down. A friend gave him some advice: "You have a matter for mature deliberation . . . in a period which will decide the fate of millions."

The young teacher took the commission. Fourteen months later, just one day after he was captured behind enemy lines on Long Island while on an intelligence mission, the young officer was executed by the British.

The young man was Nathan Hale . . . the American spy whose legendary last words were: "I only regret that I have but one life to lose for my country."

That's the way it was.

presented by: Joanne Woodward

In Memoriam

Sylvia J. Peifer

Funeral services for Mrs. J. Phillip Peifer, a past president of Baltimorska Jednota Sokolic (before they merged with Sokol Baltimore) were held May 20, 1976 at the Schimunek Funeral establishment.

Mrs. Peifer, who was 71, died Sunday at the Perring Parkway Nursing Home after a lengthy illness.

The former Sylvia Stetka was born and educated in Baltimore. Her father, Frank Stetka came to Baltimore from Czechoslovakia in the 1890s and operated his own tailoring shop on Ashland Avenue in East Baltimore. He was "nacelnik" of Sokol Baltimore for more than 35 years and attended the first instructors school in this country.

Upon graduating from the Baltimore Business College, Mrs. Peifer worked as a secretary for Corkran, Hill and Co., meat packers in West Baltimore. She worked briefly in the capacity of secretary with an agency of the Navy in Annapolis. She retired in the mid-1950s.

She married in 1942. Her husband, who was a foreman at the Glenn L. Martin Company, died in 1966.

Mrs. Peifer was a member of Sokol for 55 years. The 104-year-old organization offers its nearly 400 members, educational and physical culture programs. Its gymnastic teams compete regularly against other Sokol teams in various cities throughout the country. Her early interest as a gymnastic competitor carried over into her later life. For several years she had been secretary of the Augustine Herman Historical Society.

She liked to knit and crochet. Before entering the nursing home she had lived with her brother, Edward Stetka, at his home in Essex for seven years and enjoyed gardening there.

In addition to her brother, Edward, Mrs. Peifer is survived by three older brothers, Emil M. Stetka, of Middle River; Daniel G. Stetka, of Atlanta; and William S. Stetka, of Essex.

On behalf of the American Sokol Organization, we extend heartfelt sympathy to the surviving family members.

Pavla Hromadka

Sis. Pavla Hromadka, 80, widow of M. L. Hromadka, passed away March 9, 1976 in a Cedar Rapids nursing home after a long illness. She was born April 14, 1895 in Zasmuky, Czechoslovakia, and came to the United States in 1920, and settled in Cedar Rapids, Iowa. She partook in many activities - was an active member of the Z.C.B.J. Dramatic Club, and taught Czech School for many years. She was a member of Sokolice Renata Tyrsova, Unity of Czech Ladies and Men, Lodge Karla Masaryk, Czechoslovak Society of America, and Damska Matice Skolska. Funeral services were held March 11th at Janeba-Kuba Funeral Home by Theodore B. Hlubucek. There was a cremation committal. Surviving are a cousin, Mike Briza of Chicago, Ill., and two nieces, Jana Hajek and Vera Fiala of Czechoslovakia. On behalf of the American Sokol Organization we extend deep sympathy to the survivors.

Otilie Švarcová

Oznamujeme smutnou zprávu o úmrtí staříčké sestry, dobré a spolehlivé pracovníci naší jednoty Wilber. Ku sboru byla přijata v lednu 1933. Narodena v prosinci 1876, zemřela 28. února 1976 ve věku 99 let. Jen před několika lety přestala pracovat s ostatními sestry, nejvíce v kuchyni, kde bylo její pomoci třeba.

Manželé Švarcovi bydleli na farmě 2 míle od Wilber. Po své práci, které je vždy na farmě dost, ses. Švarcová se pěšky večer vydala na cestu aby byla včas v Sokolovně. Vždy přinesla košík naplněný pečivem, vejci, okurky "z láku", cibulí, a i dobrý domácí sýr s kmínem. Vše se prodalo a nějaký dolar přibyl do pokladny. A v noci po zábavě mnohdy běžela i pěšky domů kolem Československého hřbitova hodně pozdě a bez bázně. Jen její vysoký věk jí konečně vyřadil z práce.

Přání ses. Švarcové bylo aby obnos k uctění její památky až zemře byl věnován do sokolské pokladny. Ku přání zesnulé ses. Otilie Švarcové její dcera pí. Hynková z Endicott odevzdala pěkný obnos na uctění památky naší sestry, který bude použit k zakoupení potřebných věcí do kuchyně kde sestra tak ráda pracovala. Sbor je vděčen rodině za tento dar. Pozůstalé rodině vyslovujeme naší hluboce cítěnou soustrast.

Sestře Otilii Švarcové přejeme zasloužený odpočinek.

Alice (Eliška) Kostková
Sokol Wilber



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Give me a healthy body,
With sense to keep it at its best.
Give me a healthy mind, please!
To keep the good and pure in
sight,
Which, seeing sin, is not appalled
But finds a way to set it right.
Give me a mind that is not bored,
That does not whimper, whine or
sigh;
Don't let me worry too much over
That fussy thing called "I."
Give me a sense of humor,
Give me the grace to see a joke,
To get some pleasure out of life
And pass it on to other folk.

What a lot of folks want nowadays
is less work to do, more time to do it,
and more pay for not getting it done.

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"Pout'" at Camp Sokol, New Buffalo, Mich.

Plzensky Sokol is extending an invitation to Czech Americans, and all other Americans who enjoy, or would like to see, a grand Bicentennial Year festival celebrated in true Bohemian style, at Camp Sokol, New Buffalo, Michigan, on July 31, 1976, starting at 11 A.M. There will be no charge for admission or parking.

Traditional entertainment all day long! Concertina music will be provided by the Olympic Polkateers, sponsored by the Olympic Savings and Loan Association. Folk dancing in splendid costumes by Sokols and Sokolky of various organizations. Choral singing by the Harbor Lights will be one of the highlights of this day's fine entertainment. Members of this mixed choral group come from various communities in the Camp Sokol area. Just to hear their theme song, which gave them their name - Harbor Lights - is a real pleasure and fine entertainment. Also

to entertain you will be a fortune teller, a pickle lady, and a Keystone Cop.

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There will be home baked goods to purchase as well as imported mushrooms, sausages and all sorts of taste treats.

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Plzensky Sokol is proud of its glorious heritage, its gymnastic achievements, its Camp Sokol and above all, the country which permits us to be free.

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