

AMERICAN SOKOL

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JANUARY 1977

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

AL FITNESS
S
GYMNASTICS



Southern District - Sokol segment of program
during SPJST Convention.

AMERICAN
Sokol Organization
EST '77

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OFFICE OF THE EXECUTIVE BOARD ASO.

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Meetings: 4th Tuesday, except July and August,
at ASO Office.

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

Calendar of Events

JAN. 22 - PACIFIC DISTRICT ASO
Social Ball (Slet Travel Fund)
Los Angeles Sokol Hall

JAN. 23 - PACIFIC DISTRICT ASO
Annual Meeting
Sokol Hall Los Angeles

FEB. 6 - SOKOL DETROIT
Winter Gymnastical

FEB. 13 - NORTHEASTERN DISTRICT ASO
Winter Exhibition
Cleveland State University

FEB. 19 - SOKOL BALTIMORE
105th Annual Sibrinky

FEB. 26 - SOKOL DETROIT
Annual Joint Meeting
Sokol Cultural Center

FEB. 26 - SOUTH OMAHA SOKOL
Gym Club Dance
Gross High School

FEB. 26 - SOKOL BERWYN
Las Vegas Night

MAR. 6 - SOKOL CLEVELAND CECH-HAVLICEK
Spaghetti Dinner

MAR. 10-12 - 5th Annual Eastern Women's
Intercollegiate Gymnastics Championship
Towson State University

MAR. 20 - SOKOL TYRS COMBINED UNIT
Cleveland Philharmonic Orchestra
Concert

EVERY THURSDAY - SOKOL SO. OMAHA
Fun Nights
At Polish Home

EVERY MONDAY - SOKOL MIAMI
Social and Supper
Czechoslovak Club
13325 Arch Creek Road,
No. Miami, Fla.

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 Nite

SUNDAY, JUNE 26

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

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVIII

January - 1977 - Leden

No. 1

Sokol Little Ferry Celebrates 80th Anniversary and Bicentennial



Bro. Roy Zitny presenting 50-year certificate to Bro. Wm. "Pop" Zabransky.

On Saturday, October 30th, Sokol Little Ferry sponsored a gala celebration of two great anniversaries - the 80th anniversary of Sokol Little Ferry and the 200th anniversary of our great nation. After a delicious pork and dumpling dinner, a short program was conducted featuring a welcome address by President Richard J. Novotny and a special address by Bro. Roy Zitny, National President of the American Sokol Organization from Chicago. President Novotny noted that Sokols have reason to be doubly proud. For over one-half of our country's history there has been a Sokol movement in the United States helping in our country's struggle for freedom and achievement. For the last 80 years Sokol Little Ferry has been doing its part by utilizing its hall for many civic activities and by training thousands of youngsters into healthy, physically fit and mentally sound citizens of our town and country. National President Roy Zitny read interesting excerpts from minutes of Sokol meetings that were held in 1897, one year after the founding of our unit. He congratulated Sokol Little Ferry for having reached this milestone and urged everyone to start preparing for the great Sokol Slet in Chicago to be held in June, 1977. "UPWARD AND ONWARD" is the motto of the '77 Slet.

Mayor of Little Ferry, George Zilocchi, congratulated Sokol Little Ferry on their anniversary and read a proclamation passed by the Boro Council proclaiming Saturday, October 30th, 1976 as T. J. SOKOL DAY.

A highlight of the program was the awarding of Certificates of Merit to 50-year and over members for their long service. National President Bro. Roy Zitny presented the certificates. - Honored as fifty-year and over members were: Charles Dvorak, 67 years; Anna Kuss, 62 years; Charles Kuss, 62 years; Robert Navara, 54 years; Beatrice Novotny, 51 years; Jerry Novotny, 52 years; Anna Slavik, 56 years; Augusta Svec, 60 years; Frances Svec, 66 years; Frank Svec, 60 years; Freida Svec, 50 years; Mary Svec, 54 years; Paul Svec, 64 years; Anna Wonesh, 66 years; Joseph Zabransky, 57 years; Helen Zabransky, 51 years; William Zabransky, Jr., 67 years.

A special presentation, of a matching set of luggage, was made to Frank Capek for his almost 30 years activity as instructor and physical director. Frank promised to continue for many years to come!

The program was skilfully conducted by James Kirsch, who began by welcoming the guests to the Hall in Czech! Letters of congratulations from President Ford, Governor Byrne and from other Sokol units of the district were read.

After the program everyone enjoyed dancing to the music of Phil LaBue and the Windjammers.

Sokol Fuegner, L. I.

On Saturday evening November 13th, 1976, about 200 members and friends gathered at Bohemian Hall, Astoria to celebrate the 90th Anniversary of our Unit at a dance and social gathering.

Promptly at 9 p.m., "The Silvertones" began to play the first of many polkas and waltzes that were to be heard during the course of the evening. Many members and their families renewed old friendships and spent time discussing Sokol memories.

At 11 p.m., President, Bro. Charles Zraly stepped to the microphone and began the formal part of the evening. He touched on the history of our Unit, noting its start in 1886 and early years in Volkert's Hall in a Czech section of Long Island City known as "Dutch Kills". In 1930, our Unit relocated to Bohemian Hall where it continues to the present time. Over the past 90 years, our gymnasts, officers and members have competed, performed and represented our Unit in Slets, conventions and competitions in Philadelphia, Chicago, Cleveland, Binghamton, Boonton, Omaha, Baltimore, Miami, St. Louis, Cedar Rapids, Montreal and Toronto, Canada; Prague, Czechoslovakia and Vienna, Austria. Many of our members have served in various capacities on the Executive and Technical Boards of the Eastern District, United Sokols of the East, 1939 Czechoslovak

Day at Randall's Island and Committees for Sokol participation in 1964-65 New York World's Fair. It is worthy of note that Bro. Charles Zraly, in addition to holding Unit and District President's offices, has for a number of years been the Chairman of the By-Laws Committee of the American Sokol Organization.

Bro. Zraly introduced and thanked members of the 90th Anniversary Committee for their hard work in promoting this memorable evening. Bro. Anton Chaloupka was summoned to the dais where he received his 50-year pin and Certificate of Merit in recognition of his 55 years of active Sokol membership. Due to their age and distance of travel the other 50-year members could not attend. They are: Alois Vancura, Jr. - 57 years; Charles Krepela - 59 years; Charles Polak - 69 years; Adolph Cervený - 66 years; Emil Ames - 57 years; Charles Votke - 66 years. Corsages were presented to three of the original four ladies accepted into the Unit in 1931 - Sis. Blanche Zraly, Sis. Helen Hanna and Sis. Mildred Krenkel. Distance of travel prevented Sis. Lillian Kadrel from attending.

Representatives of neighboring Units - Sokol Little Ferry, Sokol New York, D. A. Sokol, Long Island Sokol and Sokol Orel, were introduced and recognized. Congratulatory messages were received from American Sokol Organization, Sokol Schenectady and Sokol Washington, D.C.

Upon completion of his address, Bro. Zraly introduced our gymnasts - 14 men and women - who proudly and efficiently executed a special calisthenic number, composed and taught by Sis. Pat Koval Babor of Sokol New York.

After the closing of the Anniversary program, those in attendance continued to dance and enjoy themselves until 2 a.m.

Members of the 90th Anniversary Committee had much satisfaction on the completion of another successful event in our Unit's history. We look forward to our 100th Anniversary.

"Tužme se" . . . NAZDAR!

Bro. Edward P. Babor

Minutes - Executive Board A.S.O.

NOVEMBER 23, 1976

Meeting called to order by bro. Roy Zitny, President, with all members present except bros. Svoboda, Schnabl and Meyer, who were excused.

District minutes distributed and discussed: Eastern, Sept. 26; Northeastern, Oct. 27; Southern, Oct. 28; Central, Oct. 27; and ASO Directors' Conference, Oct. 22-24.

Correspondence: Thank you from sis. Ann Basta for "Get Well" wishes during recent hospital stay. - Letter to bro. J. Milan, authorizing his attending USGF Congress of Coaches Nov. 18-21, Fairmont Hotel, Dallas, at request of ASO BOI. - Sent Sokol Fuegner, N.Y., congratulations on their 90th Anniversary. - Sokol Omaha requesting length of membership of bro. Korisko. Became member in 1926 - a Citation of Merit

was sent. - Citations of Merit sent to Sokol Fuegner, L.I., N.Y. for bros. Charles Polak, 69; Adolph Cervený, 66; Charles Votke, 66; Charles Krepela, 59; Emil Ames, 57; Alois Vancura, Jr., 57; Anton Chaloupka, 55 years' membership. - Citations of Merit sent to Sokol New York for bro. Jindrich Bartunek, 60; sis. Anna Jirsa, 60; and Anna Elian, 70 years' membership. - Letter sis. E. Ruzicka regarding 7th Anniversary Dinner-Dance and raffle. - Bro. D. Otenasek, newly-elected President, Eastern District, requested information about organizational work covered by Special Assessment. Rules and forms were sent. - List of newly elected Officers of Eastern District received, and congratulations sent. - Sis. L. Kis, Secy. Pacific District requested information on 1976 Zurich Slet film, referred to bro. A. Hrebik. - Sis. J. Champion, Secy. Sokol Zizka, requested 100 copies each of "Sokol and the Sokol Idea," and the Constitution and By-Laws, which were sent. - Letter from bro. and sis. Ulrich requesting information about our Slet. Their Senior Citizens' Club wants to run a 2-day tour. Suggested inclusion of Slet banquet. - Bro. Novotny of Little Ferry sent thank you letter to bro. and sis. Zitny for attending their 80th Anniversary celebration. - Letter sis. Mary Jane Kotlan, Educational Director of merged Unit in Cleveland listing finalists in Unit name contest. - Received A.A.U. proposed changes to Official Handbook of the A.A.U. Code as submitted by Law and Legislation Committee. - Request for delegate to Bohemian Home for the Aged, also donation. - Announcement: the Polish Falcons of America are selling the New Encyclopaedia Britannica. - Request for donation to Chicago Lung Association. - Copy of catalog from Republic Company. - Bro. Lebloch moved we purchase White Bicentennial Flag to replace one donated to Czechoslovak Sokol Abroad at Zurich Slet, and new nylon American and Czechoslovak flags; approved.

Reports: B.O.I. Sis. M. Ptacek, Dir. of Women. Final Report Form, Eastern District. 4 students attended Southern District Course, Aug. 1976; \$748.00 for air fare, plus \$83.60 tuition. Bro. Lebloch moved payment be made. Passed. - Checking on use of Morton East and Morton West. Also Sokol Camps for Course after Slet. - Folk Dance and Tots' Calisthenics to be completed shortly. Some calisthenics will be filmed. Separate tapes will be available for calisthenics and floor exercise music. - Bills submitted: films of Men's calisthenics. Reimbursement will be made and Districts will be charged accordingly. \$46.25 for mailing of Slet material; \$13.80 to sis. Pistorius for cassette tapes. All approved for payment. - Attended Central District Women's B.O.I. meeting.

Bro. P. Lebloch, Dir. of Men. Checking with sis. Peterka regarding sheet music and tape of children's calisthenic music. Regarding music, will have a meeting with bro. Picha and sis. Ptacek. Attended Sokol U.S.A.'s Bicentennial dinner. Slet material given to bro. and sis. Walko. - Sokol Stickney men will mark Slet field, also run Slet golf tournament. - Mrs. Lillian Kasparik-Chorvat will sing the Anthems at the Slet. Extended verbal invitation to United Moravian Societies to participate in our Slet. - Attended Sokol Brookfield's 45th Anniversary and the Czechoslovak American Bicentennial program.

Membership. Sis. Schnabl reported in absence of bro. R. Svoboda. Letter will be sent all Units about Membership Drive.

Educational. Bro. S. Barcal. Job Descriptions to be sent all Units again. Article on our wreath will appear in our publication. Bro. Kudrnovsky's article "Law of the Triangle" will be sent out in 3 segments. Request to purchase one copy each of sis. M. Prchal's books. Sis. Schnabl so moved. Passed. - Permission requested for preservation of the original agreement of the merger of Národní Jednota Sokolská and Župa Fuegner Tyrš to form the American Sokol Union, 1917; granted. Several places will be checked.

Editorial. Sis. B. Prener. December issue in the mails. Articles received on ASO Library, District Directors' Conference, and Zurich Slet. Recommends that first 6 issues of 1977 of American Sokol carry new Slet logo. Approved. Sis. Schnabl requested March issues of addresses be expanded to 6 pages and larger print used. Sis. Sotka so moved. Approved.

Publicity. Bro. J. Rabas. Article about the Slet with new logo appeared in Hlasatel; requests ads in Hlasatel, Novy Svet, and Narod for Christmas. Approved. In addition, ads be approved in English-speaking papers as done in the past.

Sis. S. Pistorius. Traced two pictures taken by Life photographer. One was printed, other was lost. Re-submitted article on District Directors' Conference.

Organization. Sis. A. Basta. Regarding Sokol Racine. They are finalizing sale of their building. Unit will continue to meet.

Financial Secretary. Sis. A. Sotka. October financial report distributed to members. Partial order of pins received and orders on hand filled. Sent plaque to Sokol New York; ordered 4 for Sokol Tabor. Sent Western District account of their Special Assessment Fund. Audit made of ASO books for 3rd quarter 1976 and found to be in order. Set up XIV ASO Slet checking account. Marched with participants in Czechoslovak Bicentennial Program in parade uniform.

Uniform. Sis. B. Prener. Having difficulty collecting amount from a Swiss Unit. Have been in touch with bro. Waldauf. - October salaries were paid. Displayed warm-up suits and shoes at the District Directors' Conference. Decision made not to handle warm-up suits, and to retain present slippers. Audit of the 3rd quarter books made.

Secretary. Sis. E.J. Schnabl. Wrote and distributed minutes. Handled all correspondence, Citations of Merit, and Future Sokol Leaders' Fund donations. Ordered ASO Christmas cards. - Requested Units to advise which By-Laws (A.S.O. or special ones) they are using; Units advised of new pins on hand; readying mailing for Membership Committee; also requesting Units for names and addresses of new officers. - Attended Sokol Brookfield's 45th anniversary with bro. Schnabl and participated with my family in the Czechoslovak Bicentennial at Morton West.

Vice-President. Sis. B. Prener. Attended meeting of Czechoslovak Organizations of Greater Chicago who offered to arrange Sokol exhibit during our Slet. Bro. Barcal moved their offer be accepted. Passed. They will

be advised and work closely with the Educational Committee. - Extended invitation to Bohemian Woman's Civic Club to attend our Slet.

President. Bro. R. Zitny. Attended Sokol Little Ferry's 80th Anniversary and met the outgoing and new Officers of the Eastern District; was favorably impressed with their enthusiasm. Attended Brookfield's 45th Anniversary.

Slet. Next meeting scheduled for Tuesday, Nov. 30. Seals - volunteer workers starting to prepare seals for mailing. Quotations received for window, luggage decals, and bumper stickers. - The Slet Finance Committee met, set prices on tickets and requested approval of two new members, sis. Irene Ruzicka and bro. Robert Barcal. Approval granted. Two members shall be present, once a week, to open envelopes of all donations received at Office.

The sound system at the Slet field, and general insurance coverage for the 4 days will be discussed.

Czechoslovak Bicentennial Celebration. Many members of the Central District and ASO Executive Board participated either in the calisthenic number or various folk dance and vaulting numbers. Everyone expressed satisfaction with our part in the program.

No meeting scheduled for December. Bro. Barcal moved the ASO Officers be empowered to meet as necessary should any major decisions be required. Passed.

Membership Pins



The American Sokol Organization XII Convention held in June, 1975, approved new and additional membership pins to be procured. They are now available as follows:

Plain (no year) - gold plated	\$1.75 each
5, 10, 15, 20 year - bronze	3.25 each
25 year - sterling silver	6.30 each
30, 35, 40, 45 year - gold plated	3.55 each
50 year - gold filled	5.30 each

Kindly place your orders through our office, in care of Sis. Agnes D. Sotka, A.S.O. Financial Secretary. Billing will then include postage and insurance charges or the U.P.S. charges.

Membership Kits for new members include the plain pin, copy of the American Sokol Organization Constitution and By-Laws, copy of "Sokol and the Sokol Idea" Booklet, copy of Parliamentary Procedure booklet, Sokol brochure, A.S.O. dues card and Sokol window decal. These can be purchased at a cost of \$2.00 each, plus postage and insurance or U.P.S. charges. - These can be ordered through Sis. Sotka.

EllenJeanne Schnabl, Secretary

Northeastern District

OCTOBER 27, 1976

BOHEMIAN NATIONAL HALL

Bro. Schamanek, Vice Pres. presided with 17 delegates present. Excused: bros. R. Jirousek, H. Nemecek, and sis. O. Nemecek, S. Stepnicka and H. Vondrasek.

Delegates pledged allegiance to the Flag. Bro. Schamanek asked delegates to stand in silent tribute to sis. Hanacek of Sokol Tyrs-Nova Vlast who passed away.

Minutes of last meeting were corrected as follows: Sis. H. Samec was also appointed to serve on committee that met with bro. Zitny. Bro. Kavan asked minutes be amended to allow him to commend bro. Schamanek for the fine job he is performing as president pro-tem. Minutes accepted as corrected and amended.

Treasurer's report. Bro. J. Galik reported: income \$2,849.07, expenses \$2,032.25. Bro. Galik will deposit \$500.00 in savings account. Motion by sis. Galik that Treasurer's report be accepted as submitted. Approved.

B.O.I. Bro. R. Rejna reported: Two district delegates attended Directors' Conference in Chicago. The ASO 1977 Slet preparations are in full swing. The Northeastern District has a \$3,085.46 balance in the Special Assessment Fund. B.O.I. asked - to consider selecting a new representative to A.A.U.

Sis. H. Samec submitted detailed report on District classes and other B.O.I. activities. Regretfully announced that sis. Jean Dusek and bro. Kenneth Vencl resigned from District B.O.I. Sis. Samec stated one of the results of the Directors' Conference was the decision that a written code of Sokol Ethics and Behavior was needed. Northeastern District was charged with the responsibility of writing and compiling the Code of Ethics and Behavior for all Sokols.

Unit Reports - Sokol Cleveland Cech-Havlicek. Bro. Kavan reported on October membership meeting. The unit was presented with a Bicentennial Flag by the family of Sis. Kozak, deceased. The unit honored sis. Ann Skoda who celebrated 40-years as unit Physical Women's Director. **Sokol Tyrs-Nova Vlast.** Bro. Vavra was asked to form an honor guard for President Ford when he visits Karlin Hall October 28. Bro. Vavra invited all to the Square Dance on November 13.

Sokolice Detroit. Sis. Schamanek reported three applications have been received, two additional are pending. All gym classes are in full operation. Sis. Zboril is instructor for the Indian Club number. **Sokol Detroit.** Bro. Schamanek reported on October 7 general membership meeting, that members of the unit affirmed the action of the Executive Committee of Northeastern District in challenging the assumption of power by the A.S.O. Executive Board. Bro. Schamanek was informed by the delegates that each unit has eight votes including Sokol Detroit and Sokolice Detroit. Paid instructor for the season is Rick Restiano. He is responsible for all classes.

Old Business. Bro. Hoch and bro. Galik reported on site selection for District Slet. No suitable site located. - Sis. Samec reported the B.O.I. is considering advance

sale of tickets for the Slet. - Bro. Schamanek received no reply from A.S.O. or Bro. Zitny regarding the matter of acceptance of the new unit.

New Business. Bro. Rejna asked the Executive Committee to sponsor a social for all Sokols on Saturday night before the Winter Exhibition. Bro. Galik moved that a committee be named to handle the social and that bro. Hoch chair the committee. Approved.

Announcements. Bro. George Kotlan announced a tax seminar will be held on December 7, at 8:00 p.m. at Bohemian Hall. The speaker, an I.R.S. employee, will cover the questions regarding deductions Sokols can legally use.

Next meeting. The next meeting of the Executive Committee will be the combined November-December Christmas party to be held Thursday, December 9 at Bohemian National Hall. The District B.O.I. is invited to join the Executive Committee for the party.

Bro. Schamanek will call a special meeting if A.S.O. replies to the question regarding its authority submitted to A.S.O. by the Northeastern District before the December 9 meeting.

Honor Charles Prchal

Chairman Frank J. Kinst, of Lincoln Federal Savings and Loan Association, 6655 Cermak Road, recipient of the T. G. Masaryk Award in 1973, presented the 1976 honor to Charles M. Prchal, 2419 Scoville Ave., on behalf of the First Czechoslovak Philatelic Club of America.

Prchal, 80, served for 33 years as president of the American Sokol Organization. He was guest speaker at a Bicentennial program honoring "American Czechoslovaks in U.S. History."

Held in conjunction with Czechopex 76, the award dinner was staged in Lincoln Federal's Lincoln Room. Master of ceremonies was Joseph J. Janecka, club president since 1960.

Janecka said: "This was the fourth Masaryk Award presentation . . . It was fitting that the second winner of the honor, Frank Kinst, could make the presentation to Mr. Prchal." Other winners have been former Lieutenant Governor Paul Simon and Congressman Henry Hyde.

Prchal received a plaque commemorating his efforts to promote Czech heritage in America. Berwyn Life

Župa Východní AOS.

Na župních závodech v Baltimoru, na které přijely autobusové výpravy z New Yorku a New Jersey, závodilo přes 140 cvičenců - Sokolů. Bylo to velmi pěkně zorganizované vystoupení.

Vítězné trofeje si odneslo družstvo žaček z Little Ferry, které zacvičilo prostná, další vítěz v prostných byly Baltimorské dorostenky, a v závodech na nářadí zvítězili ženy a muži ze Sokola Baltimore. Ti které se nezúčastnili tohoto krásného sokolského vystoupení, přišli o hodně.

J.V.H. - Denní Hlasatel

SOKOL GYMNAST

JANUARY 1977

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

MERIT AWARD - 1977

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates at the XII American Sokol Convention, held in Detroit in June 1975, approved Merit Awards to be paid from the Sokol Future Leaders Fund.

The Merit Award Committee is accepting applications of students who are planning a course or program in an accredited two-year or four-year college. Although physical education will not be a criteria, more consideration will be given to those who are training in the physical education field.

The amount to be awarded is to be \$200.00 per year to one student per district which has under 1,500 members and an additional student per district which has over 1,500 members. This award is renewable for a second year. In order to qualify for the second year, applicant must maintain a "C" average or better. Second year allocation is NOT automatic; applicant must file letter of intent to reapply for a second year. This letter is to be signed by the Unit and District Directors, designating approval or disapproval. The letter of intent, the original application and the transcripts of grades will be reviewed. The final selection is to be made by the Merit Award Committee, approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. When a renewal is granted, a transcript of grades after the second year must be submitted to the American Sokol Merit Award Committee. A "C" average or better must have been maintained during the second year. Failure to submit such a transcript will result in a request for repayment of the award.

Merit Awards will be reviewed in September of each year. If the quota for the District is not filled, a review of all Merit Award applications, not previously approved, will be made and any restrictions imposed may be removed for that year.

The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Should have attended Sokol classes regularly for at least three years prior to this application. Juniors may be included but must become adult members - girls at age 17 and boys at age 18.
2. Must have attended and successfully completed one Sokol District or American Sokol Organization Instructors' School.
3. Must have taught or assisted in Sokol gym classes.
4. Recommendation of high school Physical Education teacher.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of District Physical Directors.
7. Approval of District President.

(APPLICATION ON NEXT PAGE)

COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN APRIL 31, 1977

Merit Award Committee:

Lorraine Zdenek, Chairman - Marie Ptacek - Paul Lebloch - Edward Linhart - EllenJeanne Schnabl

**UNIT DIRECTORS - PLEASE POST ON BULLETIN BOARD
(APPLICATION ON NEXT PAGE)**

Questions and Answers:

Dear Doctor:

My 14-year-old daughter has become a real gymnastics nut since she saw the Rumanian girl perform at the Olympics in Montreal last summer. She is off practicing in the school gym every spare moment of the day. - I think she is overdoing it. And her back has begun to bother her, so I am a little anxious. Do you think all these exercises are really safe? - Jane D.

Dear Jane D. - Like any other kind of strenuous sport, gymnastics has its risks. Dr. Douglas W. Jackson, an orthopedist at the University of California, has found that young girls going in for heavy gymnastics often hurt a spinal joint area called the pars interarticularis.

Generally, this is what is called a stress fracture - not a real break of the bone, but an alteration in its structure caused by excessive strain or jolts. The pars stress fractures are most apt to be the result of the back-bending that goes on with "back walkovers" or "front walkovers" and other serpentine contortions.

One problem occurs when gymnasts with back pain refuse to lay off purely because X-rays are negative. Stress fractures do not always show up on X-rays, Dr. Jackson says, but they can be spotted by radioisotope scans. This means injecting the patient with a radioactive substance that seeks out the injured bone area and shows up on special cameras.

Stress fractures mend easily with rest. I'd have your daughter check with the doctor right away.

(Courtesy Cleve. P. D.)

A Letter to Parents From an Instructor . . .

DEAR PARENTS:

I would like to clarify a few thoughts concerning attendance and discipline in our Sokol Class.

Class Attendance:

Till now, class attendance has been excellent. I only ask that parents and guardians encourage attendance in Sokol classes. It is difficult to organize activities with few members attending as well as expecting a

child to learn with poor attendance. - Children with poor attendance hinder those children diligent in attendance because more time is spent trying to make up what was not learned. Class participation will be **mandatory at exhibition, competition** as well as **Sokol Slet (June)** in regards to class attendance records and keeping trophies won in competition.

Discipline:

Sokol tries to expose the child to discipline - but the sole purpose of enrollment should never be for that only purpose. Together with Sokol discipline we must also have that discipline elsewhere for it to be effective. Discipline, strength building, as well as gymnastics (i.e. easy forward and backward rolls, headstands, calisthenics, etc.) must be practiced at home in concert with class **for progress**. - 90 minutes in class a week is hardly adequate. Please encourage a few minutes of practice.

1st Class Boy Instructor
R. J. Aiken, Sokol Slavsky.

Our Congratulations to . . .

SISTER HENRIETTA MILAN, Director of Women, Sokol Fort Worth, Texas, on her painting of Peter Korman, U.S.A. Bronze Medalist on Floor Exercise '76 Olympics, Montreal, reproduced in color on the cover of International Gymnast Magazine.

Results of Junior Boys Gymnastic meet held Saturday, November 20, 1976.

INTERMEDIATE DIVISION (1 Individual)

Pl.	Name	Unit	Total
	Mickey Gerhardt	Tabor	67.4

LOW DIVISION (7 Individuals, 1 Team)

1.	Dan Vladic	Berwyn	102.3
2.	Tony Loll	Stickney	96.4
3.	John Palter	Berwyn	94.6
4.	Rich Tharp	Stickney	86.6
5.	Jeff Klindera	Berwyn	81.1
6.	Frank Holub	Berwyn	59.3
7.	Corey Sandel	Berwyn	57.0

Team: Berwyn - 395.2 Points

Jim Kratochvil, Meet Director Joe Placek, Dir. of Men

AMERICAN SOKOL ORGANIZATION
Merit Award Committee
6426 West Cermak Road
Berwyn, Illinois 60402

I desire to make application for the American Sokol Organization Merit Award. Please mail application forms and all other instructions to:

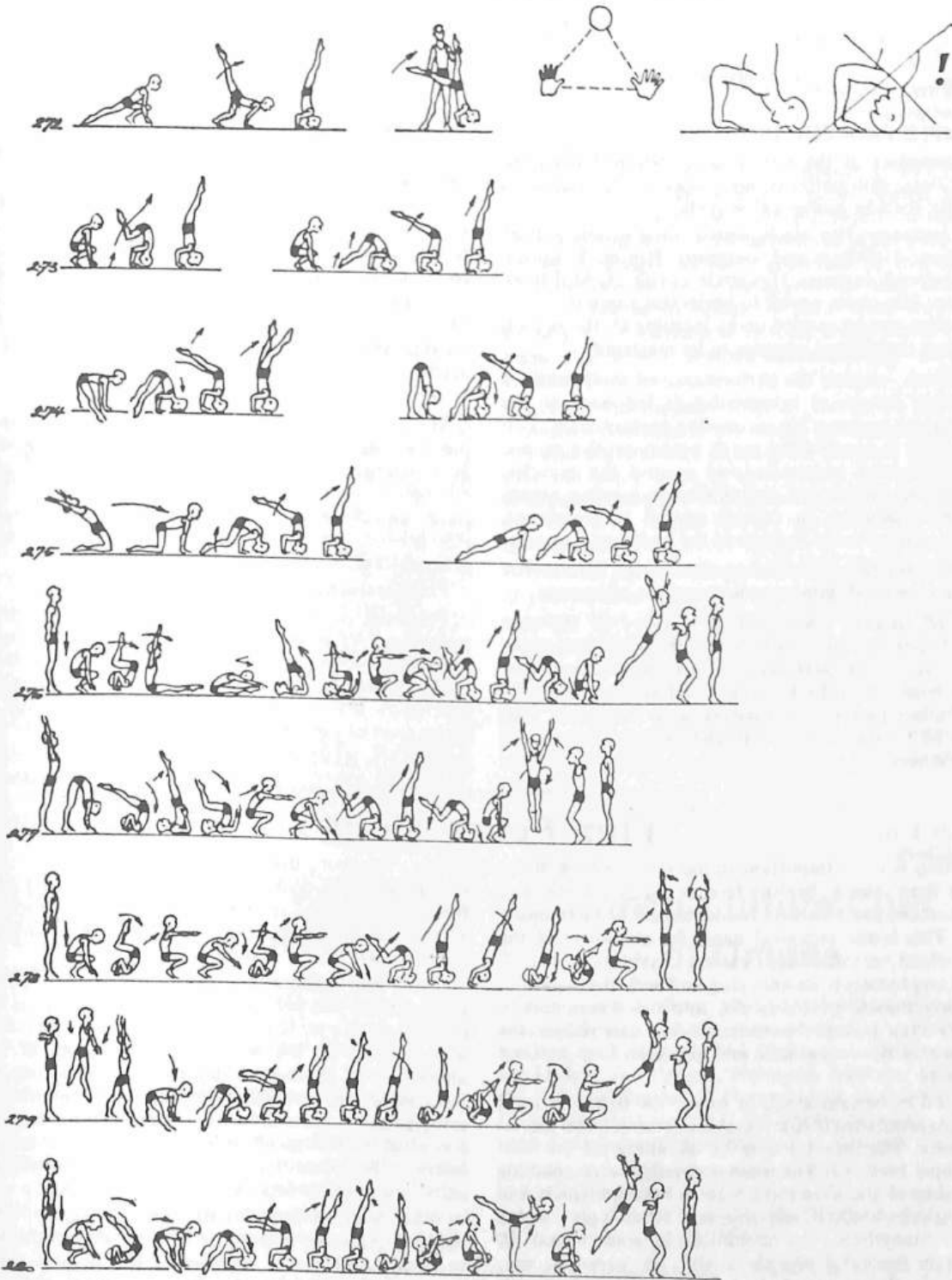
Signature of Sokol member:

Street Address:

City: State: Zip Code:

My age is: years. I am a member of Sokol
of the District.

HEADSTAND



BASIC EXERCISE: From a stand, squat support, stradleg support, kneel - press or jump into HEADSTAND - foldroll forward into stand - (Ideal for children's classes . . . Note placement of head and hands).

Upward - Onward to "77" Slet Competition Fitness!

By Oldrich Kudrnovsky

(Conclusion)

SAMPLE PROCEDURE:

All exercises in the terminology stemmed from the similar basic skill patterns, are placed on the ascending difficulty scale in numerical sequels.

For instance: Hip circle uprise progression pattern on P-Bars: 1. P-Bars end, outgrasp: Hip circle uprise. 2. P-Bars end, ingrasp: Hip circle uprise. 3. Mid-Bars, outgrasp: Hip circle uprise to underarm support. - This progression can be carried on by learning all the sequels preceding the desired exercise to be mastered.

Feedback - during the performance of the M-skills a continuous stream of information is fed back to the performer to improve his succeeding performance. This information is perceived through proprioceptive senses. Which are sense organs in and around the muscles, tendons and joints, and the vestibular hearing organs that are responsive to stimuli related to movement, changes of directions, balance of the body and its parts.

Mental practice - visualizing the flow of the exercise performance in all minuted phases of the movement.

Image of success - eliminating memory of the past failure in performance, and replace it by the memory of the past successful performance. A thought of a failure unduly tenses the muscles, - dulls reflexes and fogs the coordination patterns. - Contrarily: a recall of "that feeling of winning streak" predetermines a successful performance.

4. Lesson plan:

1st period: General class warmup - Marching, running, calisthenics, etc.

2nd period: a. I. sq. H-Bar II. sq. S-Horse III. sq. L-Horse and Tumbling. b. I . sq. P-Bars I I . sq. Rings I I I . sq. L-Horse and tumbling. Squad rotation plan is used. a. - 1st lesson, b. - 2nd lesson.

3rd period: Developmental practice - M-S, M-E and Flexity exercises - Each squad moves independently to various stations according to the squad members' needs.

5. Pre-competition touches:

Most coaches before the conclusion of the pre-competition period set up a full scale rehearsal of all competitive events and the all-round course complete - judges and all. During which time they and judges have an opportunity to make an evaluation in reference to: the execution, difficulty; composition; general form, poise and ease of the performance.

Final evaluation:

We must always be mindful of the fact that ever increasing VIGOR - VITAL ENERGIES, resulting from our competitive training effort, are the health-fitness giving in their influence. Consequently, our health fitness improves almost automatically as a by-product of our Slet competition endeavor.

TO THE XIV. AMERICAN SOKOL SLET ZDAR!
Oldrich Kudrnovsky

Firm Foundations

Nothing is more important to top performance in the athlete than strong, healthy feet. A condition that can easily undermine these firm foundations is epidermophytosis. This is the technical name for ringworm of the feet, often erroneously called "athlete's foot." Epidermophytosis is an annoying and sometimes painful condition that is probably not any more common in athletes than in other persons. But it can reduce the efficiency of the best athlete and may even keep him out of action.

Caused by certain kinds of fungi, the irritation most often manifests itself first between or under the toes at their base. The little toe and the adjoining toe are most commonly involved. The disease develops as a cracking or scaling of the skin, which later becomes thick and soggy. Untreated, it can progress to an ugly, oozing stage. Sometimes the condition is complicated by secondary bacterial infections and, at its worst, may spread to other parts of the body, including the hands and face. Formerly, epidermophytosis was thought to be quite communicable, and footbaths were used in a mistaken attempt to prevent its spread in locker rooms, swimming pools and public bathing places. Studies have

shown, however, that epidermophytosis occurrence is mostly a question of individual susceptibility and that footbaths are worse than useless because of the tendency of the solution to become quickly diluted and also to become dirty and contaminated.

Good foot hygiene has much to do with personal susceptibility and prevention of epidermophytosis in the individual athlete. Recommended practices include regular bathing of the feet, frequent change of socks, alternation of shoes from day to day, and airing of the feet whenever possible. Perhaps the single most important measure is thorough, gentle toweling of the feet after showering. A little talcum powder on the feet between the toes and in the shoes will assist, but cannot substitute for this drying.

When signs of epidermophytosis do appear, prompt medical treatment is essential to arrest the condition and to keep the player in the game. The biggest cause of complications is ineffective self-medication and consequent progression of the disease due to lack of specific treatment. Today's physician has several new, effective drugs from which to choose to combat epidermophytosis.

SOKOL EDUCATOR

All summer long we have been re-discovering, in the basement of the American Sokol Organization office, many treasures. The following article is the result of one of our greatest "finds."

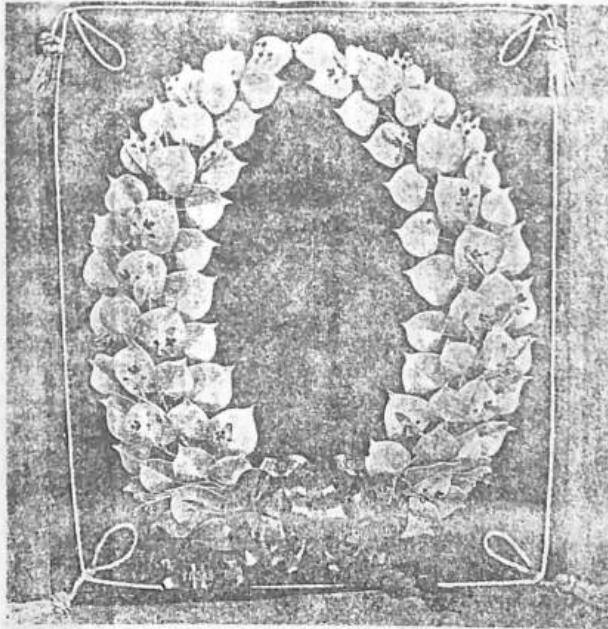
In the spring bro. Paul Lebloch discovered the wreath pictured here - - very black, badly tarnished - and only because he had seen articles in similar condition before, did he wonder if we might "have something here." He took the wreath to Mr. John Maxon at the Art Institute of Chicago, who painstakingly restored it and had it mounted and sealed in an airtight case. It now occupies a prominent place in our headquarters.

We are grateful to bro. Lebloch and Mr. Maxon, and justifiably, I think, are proud that we are the descendants mentioned in the presentation letter.

Nazdar!

Lorraine Zdenek

Rare Gift



INSCRIPTION: To the memorable day in Chicago, 12 August, 1893, from the Czech Sokol Organization, to the ardent supporters of the Sokol idea in a striking gathering, with a brotherly greeting! Nazdar!

The Czech Sokol Organization honored the National Sokol Union (in the U.S.A.) with a rare gift, a silver linden-leaf wreath, pictured as shown. This gift pleases us in full measure, as it proves to us that our brothers in Bohemia recognize our work and endeavors in the Sokol field. Let it be our inspiration to substantial further activity and perseverance in our Sokol work. To the Czech Sokol Organization for this token of acknowledgement and expression of brotherly love, our sincerest thanks.

This wreath is made of pure silver and is a piece of artistic work of the Czech firm of Mr. Šebor. The leaves are very delicately worked, so that every vein and detail

are visible. The lower sprays are fastened with ribbon on which is the inscription seen below the picture. The height of the wreath is 18 inches and width is 15 inches.

The letter, which accompanied this wonderful gift, reads:

In Slavonic Golden Prague,
10 November, 1893

Dear Brothers:

Impressed by your festive appearance at the Chicago's World's Fair, in which you so nobly proved by your ability and courage, the successful results of the Sokol system and an example of the purpose of our people for a healthy and vigorous life - impressed by this splendid manifestation of Czech life across the wide ocean, we send to you, in the name of Sokol from the Mother country, a silver wreath of Slavonic linden leaves with full knowledge of your zealous endeavors and our sincere brotherly love for you.

Accept, with the same sincerity, our gift, which will be a constant reminder to you and to your descendants that you also are branches of the great Slavonic linden tree, that you came from it, grew; from it drew life and strength, fitness and intellectual precedence. You have derived from it and to it belongs your love and devotedness.

We, with joyous feelings, look to the delightful results of your zealous work and our wish for you and your country; that your results remain lasting and firm supporters of the life of our countrymen in America.

Would that the spirit of Fuegner and Tyrš always remain in your hearts, the flame of sacred love to your dear homeland, ardent effort in all phases of physical and moral development, to the honor and exaltation of the Czech people, to which we have all dedicated our strength.

Na zdar!

Na preji!

Dr. J. Scheiner
Secretary

Dr. J. Podlipný
President

Czech Culture Club of Omaha

The Czech Culture Club of Omaha concluded a successful series of sessions of Czech conversation, reading, and singing. The Club was invited to sing at the Dwight and Prague, Nebraska festivals, as well as the Sokol celebration on November 14, and the Western Fraternal Life Assn. (Z.C.B.J.) State Meeting, and the State Electricians Union Banquet at Ramada Inn.

Study and singing lessons in Czech will be held again in 1977 and dates announced later. Interested persons may phone 731-866 or write to Frank T. Tesar, 3908 W. Street, Omaha, 68107.

The Czech Serpan Library held a meeting on October 28. About 100 Czech books were loaned in 1976. The next library meeting is scheduled for April 28, 1977 at 2 p.m. Present librarian is Mrs. John (Cecilia) Forman. Books may be taken out on the first Friday and last Wednesday of each month, and by appointment.

The Czech Cultural Club was honored by a guest speaker, Dr. Bruce Garver, on Friday, December 3. Dr. Garver is a professor of Eastern European History at the University of Omaha. He is an American and has no Czech background. He has mastered the Czech language and spoke entirely in Czech. It is very pleasing to hear some one speak Czech to us at a time when our older friends of Czech birth decline to talk in that language as do the Czech immigrants and refugees since World War II.

Dr. Garver also spoke in Czech at the Omaha Sokol Anniversary celebration on November 14.

Southern District

OCTOBER 28, 1976

Meeting called to order by bro. George Prevratil, President, at Sokol Karel Havlicek Borovsky, Ennis. Present: bros. D. Steinman, O. Parma, H. Hamilton, S. Hamilton; sis. S. Laznovsky, B. Hamilton, H. Parma, and V. Laznovsky. Excused: bros. L. Laznovsky, J. Milan, F. Cechan, M. Jurcik. Guests: sis. M. Laznovsky and J. Steinman.

Pledge of allegiance to the Flag was given. A standing observance in respect of our deceased brothers, the past month, - bros. James Mason, Sokol Forth Worth; Hubert Smrcka of Karel Havlicek, Yukon; and V. T. Bartos of Sokol Zizka.

Reports of Units. Corpus Christi. September meeting attended by 34 members - participated in successful Bay-Fest celebration, had food and cultural booths, gymnasts performed - planning several dances during September and October - pledges and donational committee appointed - plan to attend clinic in Dallas and annual B.O.I. meeting - several projects underway for traveling and building funds. - On agenda: membership social and dinner, Christmas party and dances. **Dallas.** Will host clinic for advanced gymnasts, instructors, and coaches, conducted by Mulvahill-Methany, Dec. 3-5 - participated in Czech Day program - initiated Tot's Class - Class 1 and 2 girls participated in local gym meets. **Ennis.** September meeting attended by 58 members - held membership dinner to honor long term members; awarded 25, 40, and 50-year pins; 13 members installed as honorary members - approximately 150 gymnasts and twirlers participated in Czech Day program - preparing float for State Fair opening day parade. - **Fort Worth.** Newsletter issued to gym classes and mailed out to members - held Unit B.O.I. meeting, 18 instructors attended - activities planned for polka festival; two dances scheduled, gymnastic program, beseda dancers, bazaar booths (Items donated by members) to benefit traveling fund - 36 gymnasts participated in State Fair Czech program - will participate in American Sokol Skill Tests. **Houston.** October meeting attended by 24 members - special number performed at local theatre - gymnasts and folkloric dancers performed at Flatonia - considering hosting gym meets - competed in local meets. On agenda: Thanksgiving dinner and Christmas party.

Report of Board of Instructors. Dir. of Women, sis. S. Laznovsky gave combined report. The Ennis Sokol

float was prepared to represent the Southern District and transported to Dallas for State Fair opening day parade. - Bill presented for expenses involved approved for payment. Motion made and approved, that District is to send letters of appreciation to members involved in this project. - Approximately 250 gymnasts from Dallas, Fort Worth, and Ennis participated in Czech Day program, tumbling and apparatus and special number at the Band Shell; two short calisthenic numbers - tumbling on the Big-Tex stage; and a general gymnastic program in front of the Hall of State. - Sis. Laznovsky reported on the Directors' Conference in Chicago, October 22-24, attended by Dir. of Men, bro. Laznovsky; bro. Milan, member of the National School Board; and Dir. of Women, sis. Laznovsky. Commented that the meeting was very informative, constructive, and the agenda well covered. Gave a brief report on subjects discussed: reports of Districts, Merit Awards Phase II; 1977 National Slet, which is scheduled for June 22-26; activities planned for the Slet; housing information, uniforms, calisthenics distributed, apparatus routines; films of men's and women's calisthenics will be available; each group, after performing the prosta, will sing leaving the field. - Educational program discussed, and the School Board. Next conference scheduled in the Southern District. Sis. Laznovsky visited the American Sokol office after the conference and researched some material on Unit and District history. Bro. Prevratil thanked sis. Laznovsky for the informative report.

Report of Educational Director. Bro. O. Parma, attended the membership dinner in Ennis. - Reported on educational sessions at Sokol Zizka for the past month, three gymnasts gave talks about their grandparents and great grandparents, and their childhood life in Czechoslovakia, - lecture on the functions of Southern District explained, - by-laws reviewed, also history of Unit. **Ennis.** Educational Director gave talk on history during the membership dinner. **Corpus Christi.** Promoted Sokol during the Bay-Fest celebration, lectures in Unit history after each class and try to contact prospective members about Sokol.

Public Relations. Bro. J. Milan - attended Directors' Conference Oct. 22-24; attended Czech Day at the Fair and was master of ceremonies of the Sokol portion of program while gymnasts were performing.

Sis. Hamilton gave financial report. Receipts \$76.75, expenses \$25.50.

Report of President. Bro. Prevratil attended the Honorary Membership Dinner in Ennis and spoke in Czech and English.

Discussions. Sokol Yukon discussed at length. A clinic was suggested, and motion approved to cover expenses if a clinic can be arranged with the Unit.

Sis. Laznovsky reports sis. Becky Hamilton, of Sokol Ennis, is the District's recipient of the Merit Award of the American Sokol Organization.

Information. Annual meeting of Southern District will be held January 30, 1977 at Sokol Gymnastic Center, Ennis. Next regular meeting falls on Thanksgiving - motion approved to change date to Thursday, December 2.

Eastern District

SEPTEMBER 26, 1976

Pres. bro. Charles Zraly called meeting to order at the American Sokol Center of Sokol Baltimore. After welcoming Unit Delegates and guests, all joined in Pledge to the Flag.

Unit delegates present: **Sokol Baltimore:** Sis. Lee Sain, bros. Donald Otenasek, Frank Huber, Joseph Vrzalik. **Sokol Belcamp:** Bros. Frank Novak, Martin Lago. **Sokol Fuegner:** Sis. Bertha Hochner, Blanche Zraly, bros. Anton Chaloupka, Charles Zraly. **Sokol Little Ferry:** Bros. Richard Novotny, John Donovan. **Sokol Little Ferry:** Sis. Beatrice Novotny, Tessie Mastik, Camille Matousek. **Sokol Miami:** Sis. Emilie Ruzicka, bro. Frank Ruzicka. **Sokol Newark:** Sis. Anna Votapek, bro. Frank Bartell. **Sokol New York:** Bro. Jan Babinec, Jaroslava Hanus. **Sokol Philadelphia:** Sis. Josephine Tunkle, bro. George Novak. **Sokol Washington, D.C.:** Sis. Rose Friedrich, bros. Matthew Neumann, Jerry Friedrich, Dir. of Women, sis. Audrey Benda, Dir. of Men, bro. Frank Capek, excused. Organization Chairman, sis. Emilie Ruzicka. Public Relations Chairman, bro. Edward Stetka, absent. Sokol Curtis Bay and Sokol Schenectady did not send delegates.

Bro. Neumann led the group singing of Aj Lučka, Lučka Zelená.

Sis. Ruzicka appointed recording secretary until installation of new officers. - A discussion concerning representation of units at District meetings. Agreed to follow the By-Laws which state - two Delegates per Unit, or more if membership rolls qualify. - The Czechoslovak Radio Hour of New York presented invoice for \$85.00 covering announcements of District events. Bro. Babinec moved, seconded by bro. Otenasek, to approve payment, Carried.

Bro. Novak, chairman of the Nominating Committee stated that the brothers and sisters of the Southern Circuit accept the Executive Offices of the District. It was agreed that the seat of the District would be relocated.

Bro. Novak presented slate of Nominees: President, bro. Donald Otenasek, Sokol Baltimore; I. Vice Pres., bro. Matthew Neumann, Sokol Washington; II. Vice Pres. bro. Frank Capek, Sokol Little Ferry; Financial Secretary sis. Rose Friedrich, Sokol Washington; Secretary bro. Henry Vrzalik, Sokol Baltimore; Public Relations bro. James Hesoun, Sokol Belcamp; Educational Director bro. Frank Novak, Sokol Belcamp; Organizational Director sis. Emilie Ruzicka, Sokol Miami.

As there were no further nominees the secretary cast a unanimous ballot for the slate as presented. Bro. Zraly thanked bro. Novak and his committee for their efforts and requested him to present the newly-elected Officers to those assembled. Bro. Novak presented each new officer, and extended best wishes for success. Bro. Otenasek, on behalf of all the officers, expressed his thanks and promised to live up to the past accomplishments of former officers.

Membership report, prepared by sis. Lillian Pribyl was read by bro. Zraly. Total membership of 1,342 members, of which 621 are men and 720 are women. All delegates extend their thanks to sis. Pribyl for her report and her past efforts.

Sis. Ruzicka, speaking as a former member of the Executive Board of the American Sokol Organization stressed how much reliance is placed by that body on the efforts of the members on District and Unit levels, and thanked all of the past Officers for their many years of devoted service. Sis. Ruzicka recommended a testimonial dinner honoring our past officers. Plans for same are in the making.

Thanks were extended by the Secretary to sis. Ruzicka for recording the minutes. A recess was held.

Meeting reconvened.

Reports: Sis. Zraly read her report of business conducted on the District level for the past year. - Unit yearly reports given. No reports from Sokol Curtis Bay or Sokol Schenectady.

Sis. Tessie Mastik reported on Technical Committee meeting. Discussion held on expenses incurred for sending students to Beginners Instructors course at Sokol Fort Worth, Texas. Unit Directors should submit forms to District Directors for approval and submission to National Office. The funds are available from the Special Assessment Fund.

Bro. Zraly moved the District refund \$20.00 to Units for each qualified participant who participates in the mass Slet Calisthenics in Chicago. Approved. Sis. Mastik then presented the nominees for the Board of Instructors: Director of Women: sis. Lee Sain; 1st Assistant, sis. Ruth Ostrander; 2nd Assistant, sis. Audrey Benda; Director of Men: Indefinite at present; 1st Assistant, bro. Joseph Vrzalik, acting Director pro tem; 2nd Assistant, bro. Frank Capek.

Report of bro. Frank Capek, former Dir. of Men was read by bro. Zraly. Sis. Audrey Benda, former Dir. of Women presented her report. - Sis. Sain gave the report of the Southern Circuit.

In absence of bro. Stetka, bro. Zraly gave the report of the work of the Publicity Committee. He spoke of the radio coverage in the Northern Circuit, and of Sokol Topix edited by bro. Stetka and forwarded to American Sokol, along with special items.

Organization Chairman, sis. Ruzicka reported on problems that some of our Units are having. Asked all present for assistance, this coming year, in her efforts to revitalize the Units that are not too active. Sis. Ruzicka hopes to hold meetings in which she will attempt to clarify the duties of the Officers. Bro. Zraly asked for clarification of her expense coverage.

Bro. Neumann reported on the Zurich Slet. He spoke of 800 American Sokols who attended and 650 participated on the field in some manner. Offered to show his pictures at meetings.

Bro. Zraly asks that it be entered in the minutes that all records of the District have been turned over to the Secretary. So noted.

Bro. Zraly, on behalf of all who attended the Saturday Social, and the District meeting, thanked the members of Sokol Baltimore for their hospitality. Bro.



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you're shaped like a cello.

* * *

Young folks on the way up the
ladder should never forget those at
the bottom, holding it steady for
them.

* * *

The man who never makes
mistakes loses a great many chances
to learn something.

* * *

"Average" is as close to the
bottom as to the top.

* * *

A lot of good could be accom-
plished in this world if nobody cared
who got the credit.

* * *

Experience is yesterday's answer
to today's problems.

* * *

You can meet friends everywhere,
but you cannot meet enemies any-
where - - you have to make them.

* * *

Faults are the easiest things to
find.

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Otenasek acknowledged and extended special thanks to the Sokolky for their efforts in the kitchen.

Bro. Neumann requested letter be sent to Senator Roman Hruska on his retirement from Congress. So ordered.

Bro. Zraly presented suggestion of sis. M. Provaznikova that the District Sokolky join Sokol Cleveland in an Indian Club drill for presentation at the Slet. This was discussed and referred to sis. Sain. - The matter of deposit to Sheraton Hotel was discussed - sis. Sain and Benda appointed to contact sis. Zabka to clarify this problem. - Sis. Ruzicka extended best wishes from bro. A. Hron of Miami. - Bro. Zraly extended the regards of bro. W. Zabransky of Little Ferry.

Site of next year's annual meeting will be either Sokol Washington or Sokol Belcamp. It will be planned for the last weekend in September at 9 a.m. All committee meetings will be held on previous day at 2 p.m., so that full reports will be available.

Bro. Otenasek asked the Treasurer for his report. Bro. Friedrich deferred to bro. Chaloupka who has

served the District for 37 years. A standing ovation was given to bro. Chaloupka. He reported income of \$3,119.96, expenses \$2,779.61, gain of \$340.35. Assets \$7,904.42. Bro. Chaloupka thanked the former officers and, in absentia, sis. Pribyl for their cooperation. He recommended that the funds of the District be transferred to a bank convenient to bro. Friedrich. Approved.

Sis. Ruzicka asked status of group calling themselves Sokols of New York, but not associated with the American Sokol Organization. Bro. Zraly informed us that this group is a splinter group of members of different Sokol Units, who found it difficult to attend functions of their Units and decided to get together in their own area for their athletic and social events. They do not claim to be associated with the American Sokol, but do belong to the United Sokols of the East. However, are not too active now. Bro. Zraly moved the District continue as a member of the United Sokols of the East. Approved. - Bro. Neumann led the closing song of Spějme Dál.

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