

# AMERICAN SOKOL

VOL. XCVIII - NO. 4

APRIL 1977

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization



## SOKOL BUILDS HEALTHY AMERICANS THROUGH GYMNASTICS

Sokol Little Ferry's Bicentennial float. All figures were hand made by Sokol members, and all decorating done at Sokol Hall.

# AMERICAN SOKOL

Published Monthly



(Except Bi-Monthly July and August)

by the

**AMERICAN SOKOL ORGANIZATION**

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6426 West Cermak Rd. Berwyn, Illinois 60402

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20th of the previous month.

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## OFFICE OF THE EXECUTIVE BOARD ASO.

EllenJeanne Schnabl, Secretary

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Tel.: 795-6671

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

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WILLIAM MEYER, RICHARD VACHATA

**Correction.** - February issue inadvertently carried  
an incorrect date. President Abraham Lincoln  
was born Feb. 12, 1809 and died April 15, 1865,  
not April 11, 1865 as shown. Our apologies.

Editorial Staff.

## Calendar of Events

APR. 15- 16 - CHARITY DAYS

South Roads

So. Omaha Sokol

APR. 16 - SOKOL BALTIMORE

Annual Dozvuky

APR. 23 - SOKOL STICKNEY

Annual Exhibition

APR. 23 - SOKOL ST. PAUL

Gymnastic Competitions

APR. 23 - SOKOL NEW YORK

Annual Exhibition

APR. 24 - SOKOL DETROIT

Spring Dance

APR. 24 - SOKOL CEDAR RAPIDS

Sokolice Renata Tyrsova

Annual Akademie, Prairie School

APR. 30 - 5th NATL. MRG MEET

University of Iowa, Iowa City, Ia.

Kveta Smith, Reg. IV MRG Chrmn.

MAY 1 - TEEN CLUB PANCAKE BREAKFAST

Class I and II Boys Competition

Sokol Cultural Center (Detroit)

MAY 7 - SOKOL WEST SUBURBAN

Annual Gymnastic Exhibition

MAY 8 - SOKOL BALTIMORE

Bull Roast

MAY 14 - SO. OMAHA SOKOL

Czech Festival

Gateway Shopping Center Lincoln

MAY 15 - PANCAKE BREAKFAST

Junior Hobby Club

Sokol Greater Cleveland

MAY 17 - 18 - SOKOL DETROIT

Annual Rummage Sale

MAY 20 - SOKOL ST. PAUL

Gymnastic Exhibition

MAY 20 - SOKOL SLAVSKY

Bunco Red Feather Bldg.

MAY 20 - 21 - SOKOL MILWAUKEE

Instructors and Gym Track Meets

MAY 21 - SOKOL BELCAMP

May Dance

MAY 22 - SOKOL BALTIMORE

Gymnastic Exhibition

Perry Hall

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## IMPORTANT XIV

### AMERICAN SOKOL SLET DAYS

THURS., JUNE 23 - PRESIDENTS DINNER AND  
MEETING

FRI., JUNE 24 - XIV ASO SLET BANQUET

Grand Ballroom

Sheraton Oak Brook

Oak Brook, IL.

SUN., JUNE 26 - XIV ASO SLET

Morton West

Berwyn, IL.

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# AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVIII

April - 1977 - Duben

No. 4

## The XIV American Sokol Slet Committee

1865-1977

extends to you a very cordial invitation  
to attend the

### BANQUET

to be held on

Friday evening, June the twenty-fourth  
Nineteen hundred and seventy-seven

in the

GRAND BALLROOM  
Sheraton Oakbrook

Cocktails at six-thirty  
Dinner at seven-thirty

Cash Bar

#### RESERVATION CARD

I am enclosing my check in the amount of \$ \_\_\_\_\_ for \_\_\_\_\_ at \$15.00 each for the  
XIV American Sokol Slet Banquet at the Sheraton Oakbrook on Friday, June 24th, 1977.

Please respond by June 10, 1977.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY & STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Make checks payable to: XIV American Sokol Slet.

Mail to: American Sokol Organization (Attn. Banquet Committee)

6426 W. Cermak Road, Berwyn, Illinois 60402.

## ASO Executive Board Meeting

FEBRUARY 22, 1977

Sis. B. Prener, I. Vice Pres., presided. Present: sis. E.J. Schnabl, A. Sotka, M. Ptacek, A. Basta, S. Pistorius, L. Zdenek, bros. R. Svoboda, G. Basta, P. Lebloch, J. Jindra. Excused: bros. S. Barcal, E. Schnabl, G. Simonek, J. Rabas. Bro. Zitny, Pres., arrived later.

Correspondence: Bro. D. Otenasek, Pres. Eastern District. Article about Prof. Z. Brzezinski, as reported in Time Magazine. Married Emilie Benes, grandniece of Czechoslovak President Eduard Benes, is currently Special Assistant to President Carter on National Security Affairs. Letter of congratulations will be sent. - Copy of letter from Sokol Brookfield to bro. J. Satek, Pres., Sokol Slavsky re-instating Mr. Otto Karasek. - Bro. D. Otenasek, inquiring about Presidents' dinner for Slet. Will advise it is District Presidents' Luncheon and a social gathering. Official mid-convention Presidents' Conference temporarily scheduled for January 1978. - Letter from sis. A. Banks, Roslyn, Washington, commending articles by sis. M. Prchal in American Sokol. - Bro. Frank Sefcik, formerly of Sokol Praha, Okla., stating that he is transferring to Sokol Karel Havlicek, Yukon, Okla. From bro. J. Pech, Educational and Public Relations Dir., and bro. E. Kurokata, Pres. Sokol Houston, regarding importance of calisthenics in relation to apparatus work. Letter of acknowledgement with copies to District President will be sent. - Registered letter received by bro. R. Zitny from bro. C. Brown, of petitioning unit in Cleveland, giving a report of activities. - Bro. D. Matous, Pres. D.A. Sokol, New York, submitting full page ad for Slet Program Book. Copies given to sis. Sotka and the B.O.I. - Bill and orchestration received from bro. F. Kubina for senior Slet music \$350.00 referred to B.O.I. - Greetings from Southern District's Annual Meeting to the ASO Executive Board and to bro. Zitny. - Set of envelopes made for Mr. Jan Micka, Council of Higher Education, of secretaries of Central District. - Ad request for Spring Concert of the Lyra Czech Singing Society. Sis. Ptacek moved a full page ad be purchased. Approved. - A.A.U. Code Book received. - Received Sokol Flag ordered which will be flown at the Sheraton Oak Brook Motor Inn. - Advised sis. Zabka the A.S.O. will handle some of her and sis. Provaznikova's handbooks for Girls and Boys. - Received new supply of song books - "The American Sokol Sings."

**Reports:** B.O.I. Dir. of Women, sis. M. Ptacek. Sent many mailings and answered inquiries pertaining to Slet. Attended several special meetings. Final report form: Western District 2 reels of movies Men's and Women's calisthenics \$61.00. Bro. Lebloch moved they be paid. Passed. Another request from Western District being held pending receipt of substantiating papers. - Approval given: for ordering Contestant's numbers and payment of composition and orchestration bill of bro. Kubina \$350.00. Postage bills and tapes approved for payment: Postage sis. Simonek \$5.50, Tapes sis. Pistorius \$35.49. - Approved uniforms for parents of

Tots will appear in publication. Trying to obtain site for instructors' school following Slet.

Dir. of Men, bro. P. Lebloch. Attended several special meetings. Has contact with guest organizations coming to Slet. B.O.I. requests Districts bring State flags for the assembly. - Requests Management Committee obtain a tent for musicians from Bohemian National Cemetery of Chicago, check on sound system at Hoffman Stadium (Slet Field), get permission for overflow parking, listing of restaurants and snack bars in area. - Together with sis. Ptacek will meet with bro. Picha to discuss Slet program music. - Golf tournament scheduled Thursday, June 23, starting 9:30 a.m. - Recommended the general map of area as drawn by bro. Vytlacil be duplicated and distributed to all units and guests; also floor plans of Morton East and West.

Membership Committee: Bro. R. Svoboda. One more mailing to be released - all units reminded to send first quarter reports promptly to qualify for prizes - which will be awarded at Slet Banquet.

Educational Committee, sis. L. Zdenek. Received S.P.J.S.T. "Vestnik" with the history of Southern District (First Segment). - Second phase of "Triangle of Life" mailed. Request for reprint of an article, approval given. Few old books will be rebound. - Viewed 2 films belonging to sis. E. W. Ruzicka on "History of Film Making in Czechoslovakia."

American Sokol, sis. B. Prener. March issue ready for proof-reading. Approval given to add 4 pages to this issue. More material being received, may have to increase April issue. Rosters of Districts and Units will appear - assembled by sis. E.J. Schnabl.

Publicity, English, sis. Pistorius. Has written to numerous TV and Radio stations, fraternal publications and gymnastic magazines. Contacted Magikist and Savings and Loans regarding publicizing our Slet on their signs. - Postage \$3.90, approved for payment.

Financial Secretary, sis. A. Sotka. Distributed copies of January financial report. Filled many orders for pins and membership kits. - Together, with sis. I. Ruzicka, recording Slet receipts.

Treasurer, bro. G. Basta. Agrees with sis. Sotka's statements. Bank statements reconciled.

Uniform, sis. B. Prener. Orders on the up-swing; not many outstanding accounts. Auditing Committee to meet.

I. Vice-Pres., Office Mgr. sis. B. Prener. Approval given for another phone line to facilitate handling calls regarding Slet information. Attended special number judging clinic.

Secretary, sis. E.J. Schnabl. Mailed minutes and correspondence as required. Issued Citation of Merit for sis. Marie Brichta of Sokol Slavsky - 62-year member. Mailed 100 tri-fold leaflets to sis. Zabka. Attended Educational Committee meeting - wrote minutes of same. Ran off 15 stencils for Central District 2nd Class Girls' Competition exercises. - Obtained quotes for souvenirs, post cards, contestants' numbers; ordered some. - Sent By-Laws and membership applications as requested. Acknowledged \$2,000 donation from Western Fraternal Life Assoc. to Future Sokol Leaders' Fund. Assembled rosters for March issue of publication;

(Cont. on p. 51.)

## Central District

(Cont. from March issue)

**Sokol Cechie.** Bro. O. Glasser reports good attendance at meetings with dinners served. Educational program covers variety of events; well done. - **Sokol Chicago.** Bro. S. Barcal stated monthly meetings held; support events of local units; participation in Chicagoland Sokols program. Volleyball team still active. Due to inactivity hard to get new members. Merged with Sokolice Chicago to improve meeting attendance. - **Sokol Havlicek-Tyrs.** Bro. G. Herink. Unit meets monthly; holds annual dinner dance. Supports Chicagoland Sokols. Urges support of Slet activities. **Sokolice Havlicek-Tyrs.** Sis. A. Basta reports active with tours and outings; fund raising buncos and weekly summer picnics during July and August. - **Sokol Milwaukee.** Report of their 108th year activities by bro. F. Stankovsky. Gym exhibition and track meet; District Slet participation. New location Pilgrim High School. Active in Holiday Folk Fair; winner of Award for Exhibit. Again request District hold mid-year meeting. Reimbursement of \$129.00, due for gym clinic attendance. All invited to Jaternice Dinner Feb. 20, and Awards Nite June 3. - **Sokol Racine.** No delegate. Bro. Pilger reports hall sold. Unit has some gym equipment. Sis. Basta to check for book and flag cases for District use. - **Sokol Slavsky.** Bro. J. Satek reports drop in members due to elimination of delinquent dues payments. Strong administratively; weak on instructors and directors. Strong Junior classes and active Junior Board. Hold fund raisers to cover operating expenses, raffles, dinner dances, exhibition, bunco and picnic. Selection, at Picnic of Junior girl as Miss Slavsky; then entered into Houby Day Queen contest. Plan 90th year celebration in 1978. Have member 99 years old, sis. Marie Brichta. - **Sokol Stickney.** Bro. W. Meyer reports have classes of about 200. Active in community projects. Plan purchase of new gym equipment and some hall remodeling. Jan. 22, installation of officers. All invited. - **Sokol Town of Lake.** Sis. I. Ruzicka stated are in same position as all inactive units. Merged with hopes of larger attendance. Have annual dinner for members with 40-45 attending. Read some excerpts from ASO By-Laws very appropriate. - **Sokol Tabor.** Sis. Pros reported for both units. Gave gym class reports of meets here and in Zurich. Presented Certificate of Participation of our District gymnasts at State Fair. - **Sokol West Suburban.** Bro. Jindra reported large classes at start of 18th year. Meet Tuesdays and Thursdays in Darien (Eisenhower Junior High School). 26 new associate members. All gym assistants and instructors attended District gym clinics. Exhibition May 7. - **Chicagoland Sokol.** Bro. J. Jindra reported State charter obtained. Checking into Federal tax exemption status. Held picnic and dance fund raisers. Plan another picnic. Land in Darien being investigated. Feb. 27th installation of officers at Sokol Stickney. All invited.

Director of Women: Sis. M. Vachata reported meetings held second Tuesday at Sokol Stickney. Attended Directors Conference; 99 members took part in Bicentennial program. Held combined BOI Meeting in Dec. Approved BOI annual meeting and election of

Officers for May and June, enabling earlier planning of activities for start of Fall season. Junior Girls Volleyball tournament hosted by Sokol Berwyn. Sis. J. Jurew held Modern Gymnastics Workshop Jan. 9; next one (Teachers only) to be held Feb. 13. 2nd Class Girls meet May 31, at Sokol Berwyn. Awards banquet being considered.

Director of Men: Bro. J. Placek reported programs since September. Completed Junior and Senior Volleyball and Basketball games. Entry fee income for both \$480.00; expenses \$473.98. 86 members went to St. Louis games. Sokol Berwyn placed 3rd, Sokol Stickney 4th. Vaulting Team having problems getting hall. Inquired regarding salary of Instructor. \$5.00 per hour previously approved. Men 35 and over can enter newly formed Masters Division regardless of previous meets or awards. Requested checks for 7 referees of games - \$280.00.

Educational: Bro. F. Kala gave report. 3 lectures given by bro. E. Pirka on Czech settlers in Chicago area. All units sent copies of Czech Christmas customs. Suggested: District obtain duplicating machine. Also check on Racine bookcases. Proposed budget totaling \$230.00 to \$290.00 for printing, postage, and Library expenses. Bro. Jindra moved to accept budget. Passed. - Bro. F. Stankovsky spoke on ethnic program of Milwaukee area with solicitation of funds to furnish Czech kitchen and living room at Milwaukee museum. Asked for donation of Czech items on loan basis. Discussion followed on duplicating machine. Bro. Glasser moved this be referred to Executive Board for consideration. Passed.

Publicity: Sis. Jurew stated only small articles printed due to her own neglect. Czech publicity by bro. J. Rabas covered Seals and Slet activities, all printed in Hlasatel.

Tour: Zurich tour conducted; netting about \$3,800 profit.

Seals: Grossed \$1,858.50. Moved remaining seals be given to Units for use in promoting Sokol. Carried.

District Slet: Sis. A. Basta read financial report prepared by bro. R. Svoboda. Lost check for 2 tickets questioned; urge new check be issued by bro. Richter.

Audit: Sis. B. Prener announced bro. Svoboda's books audited and found in order. Bro. Glasser's books to be audited.

Floats and Parade: Reported high rental and insurance rates on low bed trailer makes this prohibitive. Participate in local events as in the past.

Dance Group: Bro. F. Kala reported performances at 7 events, including State and International Trade Fairs. Urges all units to send dancers for coming ASO Slet. Asked BOI to consider new Director for group.

Vaulting Group: Participated in State Fair, Oakbrook and Czech Bicentennial events.

Sis. M. Balsanek, Pres. Sokolice Tabor welcomed all and introduced Unit officers. Bro E. Halik thanked them for hospitality in hosting annual meeting.

Treasurer's Report: Bro. O. Glasser read financial report as of Dec. 31. Increase in income due to proceeds from Seals and Slet.

Secretary's Report: Sis. A. Basta. Attended all but one meeting. Read attendance report of Officers and

delegates. Membership as of 3rd quarter 1976 - 1,074 men and 1,341 women.

President's Report: Bro. E. Halik thanked all for their support of past year. Officers met as needed. Stressed need for Ways and Means Committee to ease work of President. Had charge of Slet Ad Book. Urges Board of Instructors submit budgets; hold annual meetings and elections in May or June for smoother functioning of new Board at start of Fall season.

Meeting recessed for luncheon.

Meeting reconvened with bro. Halik thanking Sisters who worked in kitchen. Reported Sokols established in Chicago ethnic groups. Hopes participation will continue. Inquired about unit insurance coverages; also waivers of liability. Urged Executive Board have operating policy to achieve work planned. Urge unit participation and expressed appreciation for work performed. - Ways and Means functioning urgently needed to carry out District plans. Bro. Stankovsky moved that 2nd and 3rd Vice Presidents be Co-Chairmen of committee, adding delegates to help as needed. Carried.

Property Committee: Bro. Halik urges this committee centralize all District property - ring set, field markers, bunting, lecturn, etc.

Membership: To be done on Unit level - increase membership.

Authorized delegates: Bro. Halik spoke on unit delegate representation. Discussion followed. Bro. Kala read from ASO By-Laws stating District can determine number per unit. Bro. Kala moved adoption of minimum of 2 per unit with membership under 100; additional delegate for each 50; such as - 3 for 101-150; 4 for 150-200; etc. Carried with one nay vote. District to inform Units, based on membership as of 3rd quarter 1976. Delegates to each receive list of delegates for future reference. Discussion followed on voting methods. Motion made, seconded and passed that voting be based on those delegates present at meetings.

Recognition Dinner Committee to function, as needed, under direction of Ways and Means Chairmen.

Budgets: Sis. M. Vachata read proposed BOI budget for '77. estimated at \$1,092 for trophies, medals for various meets, postage and paper. Read schedule of events prepared to aid in planning the year. Bro. Jindra moved to accept budget. Passed. Change of annual meeting to May or June - bro. J. Placek questioned change. Explanation by sis. E.J. Schnabl and bro. E. Halik: to prepare agendas for Fall gym season.

Slet 1977: Co-Chairmen bro. Zitny and Barcal spoke on early preparations and work done for Slet. Central District President member of Slet Committee. District to receive 15 percent of net proceeds. Urge all to work for success of Slet 1977. All events at Sheraton Oakbrook: banquet, awards nite. Housing reported all sold out. Indications are another large Sokol Slet as only Sokols can organize and accomplish. Bro. P. Lebloch stated technical work done by Northeastern, Southern, and Central Districts. USGF exercises modified for our needs. Understands a plane of Swiss gymnasts to attend. Bro. E. Halik explained District's obligation to work on all phases of the Slet, especially to

extend hospitality to out-of-town guests. Bro. G. Herink spoke on Slet Program Book. Reminder - Slet donations are tax deductible. Urgent need of ticket sales by direct and phone contact to fill Morton West.

Tours: Discussion followed. Bro. Barcal urged this as a service to members and source of income for District. Suggestions: bro. Lebloch tour to Toronto Slet in July; bro. Halik open bids be considered. Sis. Basta moved matter be referred to Executive Board. Passed. Sis. A. Halik suggested Spring Smorgasbord dinner dance. Referred to Ways and Means Committee.

Bicentennial. Bro. S. Barcal stated Sokols highly praised for participation in program. Group will remain active and obtain State charter as "Czech American Congress." Hope to gain more ethnic recognition on national level. May be helpful to Chicagoland Sokols, as group stressed need for Czech community building for all clubs in area.

Election of Officers. Bro. Halik mentioned matter of Officers remuneration. Sis. Prener moved remuneration remain the same: Secretary \$100.00, Treasurer \$50.00, Financial Secretary \$50.00, Director of Men and Director of Women \$30.00 each monthly, Dance Director \$10.00 per session, Vaulting Instructor \$5.00 per hour. Carried.

Nominating Committee, bro. W. Meyer presented slate. President, Edwin J. Halik: I. Vice Pres., June Pros; II. Vice Pres., Wm. Meyer; III. Vice Pres., Jim Jindra; Recording Secretary (None); Corresponding Secretary (None); Financial Secretary, Rudy Svoboda; Treasurer, Otto Glasser; Publicity, sis. Jane Jurew, bro. Jerry Rabas; Educational and Cultural, bro. Fred Kala, Ernie Pirka; Auditing, sis. B. Prener, I. Ruzicka, and M. Toman.

Bro. Halik asked sis. J. Pros to conduct the meeting. Sis. Pros asked for nominations from the floor, for office of President. There being none, bro. Halik was unanimously elected to the office of President. Each office opened for floor nominations, but none received. Secretary cast one vote for slate of officers as presented. Office of Recording and Corresponding Secretary to be filled in February meeting. Bro. Halik received standing ovation upon his re-election to office. He thanked all for their confidence, and asked all to help make his term of office easier. Asked ASO president, bro. Zitny to install officers. Bro. Zitny thanked sis. A. Basta for her work for the past two years. He commented many officers serve on Unit, District and ASO Board. Happy to hear activities of local units. Installed officers and wished all the best in their respective offices.

Sis. B. Prener asked for human interest stories for American Sokol. Bro. Fred Stankovsky active in Sokol, Fraternal and Cultural groups. Bro. Halik mentioned bro. Bernie Babka (Slavsky) is President of South Berwyn School Board.

Sis. A. Halik reported proceeds of raffle \$56.71 after paying food expenses. This will be turned in at the next meeting. Bro. Glasser, Treas. reports of receipts and disbursements. Present balance \$587.54. Outstanding bill of \$298.00 for St. Louis to be checked with ASO.

Meeting was adjourned at 4 p.m. followed by slides and movies of Zurich Slet.

AMERICAN SOKOL

# SOKOL GYMNAST

APRIL 1977

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



## SLET '77 BULLETIN

### TO ALL BROTHER AND SISTER SOKOLS:



The American Sokol Organization's National Officers, National B.O.I., and Sokol Members of the Chicagoland Area are laying the foundation for one of the greatest Slets our Organization has ever experienced.

They are devoting hours on planning and organizing this event. Those of us that are too far away to help physically, our Brothers and Sisters, should show our support by purchasing Slet Seals, Bumper Stickers, Patches, and Program Book Ads.

The gymnasts can show their support by knowing the Slet Calisthenics, and being very cooperative.

Let's all work together to make the XIV American Sokol Slet the best ever.

Nazdar!

LARRY LAZNOVSKY  
Director of Men  
Southern District

PATCHES: RED AND BLUE ON WHITE BACKGROUND WITH GOLD BORDER.  
CAN BE ORDERED FROM THE SOKOL OFFICE, 6426 W. Cermak Road,  
Berwyn, Illinois 60402, in multiples of 10, at \$1.00 each.

\* The underprint on this page is the actual size of the emblem being sold.

# Men's Calisthenics - Corrections - Clarifications

## INTRODUCTION . . .

### ALL GYMNASTS:

Should read:

- MEAS. VI     Count 13 - frontarm - palms down
- Count 14 - upright - frontarm - palms down
- Count 15 - uparm outward - palms front
- Count 16 - thru sidearm closearm

### PART 1-A

- MEAS. VII    Count 9-10 - hands on hips - uphop - deep halfsqat left - right reartouch

### PART 1-B

### ALL GYMNASTS:

- MEAS. IX     Count 3-4 - thrust to frontarm - thumbs up  
(instead of thrust to sidearm - palms down)

### CALISTHENICS CHOSEN FOR SLET COMPETITIONS:

MEN: PART 3-A MEASURES I THRU XVI.

## Apparatus Corrections for Jr. Girls and Women

### WOMEN'S AND JR. GIRLS HORSE VAULT MEASUREMENTS

All competition exercises were prepared and printed prior to the Directors Conference which was held in October, 1976. - At the conference, some changes were made in our Tournament Rules.

All rules changes will go into effect immediately, WITH THE EXCEPTION of the Horse Vault heights listed for Junior Girls and Women.

**THESE ARE THE SPECIFICATIONS WHICH WILL BE IN EFFECT AT THE SLET IN JUNE, 1977!** Please make all necessary changes on your copies of the vault exercises - some of the Divisions had wrong heights shown.

Jr. Girls Low B Div. ....	42"	Women's Low B Div. ....	42"
Jr. Girls Low A Div. ....	44"	Women's Low A. Div.....	42"
Jr. Girls Inter. Div. ....	46"	Women's Intermediate Div. ....	44"
Jr. Girls High Div. ....	48"	Women's High Div. ....	46"
Jr. Girls Championship.....	48"	Women's Championship .....	48"

Keep measurements as close to stated heights as possible. If horse adjusts to 41" (and not to 42") - use that height for the Divisions specifying 42", etc.

### CALISTHENICS CHOSEN FOR SLET COMPETITIONS -

WOMEN: PART I-A MEASURES I THRU XVI.

### LOW B JUNIOR GIRLS - BALANCE BEAM

- 6. Instead of "stand right foretouch", it should read "**halfsqat right foretouch**".
- 8. Upright; dip halfsqat R, left forestep, right forestep on toe, left forestep on toe (waltz step) - flank circles **forward uparm and continue thru frontarm to closearm** .....1.0
- 9. OK as written.
- 10. with **dips** halfsqat, arched dismount forward: thru frontarm and closearm, reararm; then thru frontarm uparm outward; halfsqat land on floor, back to beam; uprise, closeheel, closearm .....1.5

**JR. GIRLS LOW B - FLOOR EXERCISE:**

IX	1-4	90 degree turn left into archtumble	5
X	5-8	Archtumble to right	5
XI	9-12	Cross L over R, 90 degree turn R; frontal circle downward inward and continue to squat support (circle and one-half)	5

**LOW A JUNIOR GIRLS AND INTERMEDIATE WOMEN - BALANCE BEAM**

Add before No. 1: "The mount may be executed to the right or left. The description will be to the right."

**JR. GIRLS LOW A AND WOMEN'S INTERMEDIATE: - BALANCE BEAM:**

1. Run - Place right hand on beam - thrust right leg over beam followed by left leg to sit on beam left bend frontleg - right rearleg - left hand on beam in front - right hand in back (scissor mount to a stag sit) - immediately 180 degree turn right to stag sit - right bend frontleg - left rearleg - with upper body contraction - swing left uparm thru reararm, frontarm . . . . .1.0
5. ". . . body contraction, **jointly** right flank circle **downward** to frontarm downslant . .
6. "Left forestep, **sidearm - uphop, high right frontleg, to halfquat right in front, closearm - jump upward . . .**"
7. "180 degree turn left, **bend frontarm downslant through closearm, reararm, sidearm (back of hands leading until arms cross) - rise, frontbow, left high rear leg, arms optional (hold . . .**"
8. "**Upright**, left forestep . . ."
9. ". . . hands on hips) - **uprise, high right frontleg, frontarm.**"
10. Lower to sit on beam - backward roll closeleg to support kneeling closeleg - Lift to **pike up** and then to support squat right in front - Rise with upper body contraction - swing arms thru frontarm and uparm to uparm outward.
11. "High frontleg right or left (or one or two steps and high frontleg right or left), swing arms down . . ."

**LOW A JUNIOR GIRLS AND INTERMEDIATE WOMEN - F.X.**

- 1a. ". . . twisted to left, closearm - **uparm outward through sidearm.**"
- 1b. ". . . body to right - **closearm through sidearm.**"
- 2a. "**Twist trunk forward**, draw left to right . . ."
- 5c. ". . . weight on right hand, \* right bend frontleg, left sideleg (stag sit) - left frontal circle **inward** to sidearm . . ." (\* - eliminated "90 degree turn right").
- 6a. ". . . step left, **halfbend uparm - 180 degree turn left - right rearstep - 180 degree turn left (chaineé turn).**"
- 6b. "Run left, **sidearm - run right - draw left to right - jointleg rebound to dive foldroll forward to squat, closearm - rise to stand with body wave, arm swing rearward to uparm.**"
- 6c. "**Right sideward lunge, right uparm outward, left sidearm, head up.**"
- 7a. "**90 degree turn right - . . . - uphop, right frontleg, body twisted slightly to right, left uparm, right sidearm, head right - uphop left, bend right frontleg (toe touches knee).**"
- 8a. ". . . rearleg, halfbend uparm (Fouette)."
- 8b. "Step right back, **sidearm - 90 degree turn right . . .**"
- 9a. "Run left - right - rebound **right - roundoff left** with rebound arched jump, **uparm outward.**"
- 9a. ". . . halfquat left, right **rearleg across** (toe . . . slight frontbow, **head left.**"
- 9c. Right sidestep with **180 degree turn right . . .**"
- 10a. "Closearm - with body contraction, **closeknee halfquat, slight frontbow, wrists leading to frontarm across - dip to stand, uparm outward through closearm and sidearm, palms in.**"

(Continued next issue)

## U.S.V.B.A. Volleyball Tournament

On February 26th, the Southern District Volleyball Team and Sokol Ft. Worth co-hosted a Volleyball Tournament at Ft. Worth, Texas.

Competition was held in six divisions, including Men's A and AA, B, Women's B, A and AA. Nine courts were used to handle the 36 teams that participated. Our Southern District team placed 2nd in Men's "B" Division.

Br. Jerry Milan served as Tournament Chairman with Br. Lewis Janousek as Tournament Secretary, assisted by Br. David Nesuda. The exciting volleyball competition was followed by an awards dinner and party at the Eagle Mountain Athletic Center, Sokol Ft. Worth.

After an excellent meal, a gymnastic program, along with other entertainment, followed with awards and dancing.

Larry Laznovsky

## SLET HOUSING

The Housing Chairman has made arrangements for rooms for the XIV Slet at three hotels:

SHERATON-OAK BROOK MOTOR HOTEL  
1401 West 22nd Street  
Oak Brook, Illinois 60521

STOUFFER'S OAK BROOK INN  
2100 Spring Road  
Oak Brook, Illinois 60521

HOLIDAY INN - OAK BROOK TERRACE  
17W350 22nd Street  
Oak Brook Terrace, Illinois 60521

The Sheraton-Oak Brook is sold out. - Make reservations to Stouffer's or Holiday Inn. **Be sure to request Sokol Rooms.** - If the motel does not know this, you may be told they are full. Stouffer's is within walking distance of the Sheraton. - TRANSPORTATION WILL BE ARRANGED TO SERVICE ONLY THESE HOTELS.

If you need help, contact George Vytlacil at the American Sokol Office, 6426 West Cermak Road, Berwyn, Illinois, 60402.

## AMERICAN SOKOL GOLF TOURNAMENT Timber Trails Golf Club      11350 Plainfield Road

SPONSORED BY SOKOL STICKNEY OF THE CENTRAL DISTRICT  
THURSDAY, JUNE 23, 1977 - at

TIMBER TRAILS GOLF CLUB, 11350 PLAINFIELD ROAD  
LA GRANGE, ILL. - TEE OFF TIME - 9:30 a.m.

Awards to be presented under the Peoria System.

Individual - Low Net      Individual - Low Gross      Foursome - Team Award

ENTRY FEE \$12.00 PER PERSON - INCLUDES:

Green Fee and Buffet Luncheon at Sokol Stickney, where awards will be presented.

DEADLINE ENTRY: JUNE 10, 1977

Bill Myer, Org.

### Entry Blank

I wish to participate in the American Sokol - Central District Golf Tournament.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

REP. SOKOL \_\_\_\_\_

TEAM PARTICIPANTS: \_\_\_\_\_

Send to: American Sokol, 6426 W. Cermak Road, Berwyn, Ill. 60402, c/o Golf Committee.

**ASO Executive Board Meeting -**

(Cont. from p. 48)

handled some of sis. Sotka's work while she was on vacation. With our Officers met representatives of the Morton High School regarding Slet details.

President, bro. R. Zitny. Attended Slet meeting and special meeting with Morton officials. Kept in touch with Office. Will write articles about donation received from WFLA, as well as one about bro. Bob Michalek, who drew up our '77 Slet Logo.

Slet. Final details of souvenirs settled. Design for plates and mugs (ceramic); belt buckles, charms, T-shirts. Still seeking quote on gym bags. Trophies, their design and quotations, almost finalized.

**Southern District**

**ANNUAL MEETING - JAN. 30, 1977**  
**ENNIS, TEXAS**

Annual meeting called to order 9 a.m., presided by bro. George Prevratil, Pres., who extended warm welcome to delegates and visitors. Pledge of Allegiance to the Flag recited.

Roll call of District Officers indicated all present.

Roll call of Units and delegates present:

Sokol Corpus Christi: sis. A. Regmund, A. Sijansky. Sokol Zizka, Dallas: bro. M. Jurcik, F. Cechan, sis. H. Parma. Sokol Karel Havlicek Borovsky, Ennis: bros. D. York, H. Hamilton, S. Hamilton, T. Whitfill, sis. B. Trlica. Sokol Houston: bros. V. Mikeska, A. Snider, sis. C. Vodehnal. Sokol Fort Worth: bros. J. Mason, D. Williams, sis. H. Milan. Sokol Havlicek, Yukon: bro. R. Knox, sis. R. Knox.

All Units fully represented per membership status.

Bro. Prevratil recognized visitors: bro. F. Sijansky, Corpus Christi; sis. R. Steinman, Fort Worth; sis. V. Jurcik, Dallas; bro. F. Laznovsky, Jerry and Edwin Laznovsky, Ennis.

A silent observance held in memory of deceased members for the past year.

**Correspondence:** American Sokol Organization, Slet Committee information on housing and Slet Souvenir Book; listing ad prices. Houston report for December.

**Annual Reports of Units.** Reports given by delegates covered their activities for 1976, financial status, future plans, and slate of officers for 1977. Reports continue to show progress and good activity in all Units.

Bros. Prevratil and Petrzalka appointed delegates to serve on committees: **Nominating:** bros. M. Jurcik, J. Mason, H. Hamilton; sis. A. Sijansky and C. Vodehnal. **Auditing:** sis. A. Regmund; bros. F. Cechan, D. Williams, V. Mikeska, D. York and S. Hamilton. **Resolutions:** sis. H. Parma, B. Trlica, R. Knox; bros. T. Whitfill and R. Knox.

**District Board of Instructors.** Bro. L. Laznovsky. Annual meeting held Nov. 14, Sokol Zizka, Dallas. Unit Directors briefed on Directors' Conference - Chicago, October, the National Slet, June 23-26 discussed and reviewed, covering competitions, Slet program, lodging, songs for the Slet, Unit Special Number Competition, tournament rules and Souvenir

Book. - **District Slet:** scheduled June 3-5, host unit Sokol Zizka. Plans covered competitions, tournament rules, awards, qualifications and advancement of gymnasts, special numbers (adult and children divisions), judging, tabulating and Volley Ball tournaments. Units urged to conduct judging clinic and competitions prior to the Slets. Sis. S. Laznovsky reports movies of calisthenics (men and women) have been received, juniors in near future. Films available to Units by contacting District Directors. All music received except the Tots. Tapes being distributed to Units. Directions for Folk Dance - National Slet, available. Letters of appreciation from the BOI sent to Supreme Lodge SPJST, Vestnik, SVPS, WFLA, American Sokol Board of Instructors, Czech Cultural Society, Dallas Czech Concert Orchestra, bros. George Prevratil and John Pech.

**Election of Officers:** Director of Men, bro. L. Laznovsky, 1st Assistant bro. G. Johnson, 2nd Assistant bro. J. Sijansky. Director of Women, sis. S. Laznovsky, 1st Assistant sis. H. Milan, 2nd Assistant sis. C. Vodehnal. Bro. Milan moved slate of Officers be approved as submitted. Carried.

**B.O.I. Recommendations:** Financial assistance to gymnasts who will participate in National Slet, Chicago. Reference made to last National Slet assistance and qualifications: 75 percent regular gym classes as of Jan. 1; participation in mass calisthenics at American Sokol Slet. Eligible for membership - a member of at least 3 months. In case of Juniors and Children, at least one parent must be a member of the Unit. Recommendation tabled temporarily and referred to Auditing Committee for recommended amount.

Recommend hold District Course in 1977. Bro York so moved, motion carried. Discussion and comments: Sokol Ennis offered to host the course, Sokol Fort Worth as alternate or host another course, if more than one is held. Date, length of time, depend upon availability of Instructors. Bro. Milan relates National School Board has recommended various types of courses, i.e., beginners, advanced, class level, Unit Directors, etc. National Course, following Slet, is on agenda. Weekend clinics recommended.

Recommend the District continue to purchase traveling trophies for District-sanctioned Volley Ball tournaments. Approved.

Recommend allocation for District's men Volley Ball team. Bro. Laznovsky briefed delegates on activities of the team - participated in 3 USVB tournaments in past year; team practices frequently; members absorb traveling expenses; individual membership USVB dues, entry fees were covered by appropriation of \$200.00 by the District. On agenda, team will sponsor USVB tournament in conjunction with Sokol Fort Worth, Feb. 26. Motion bro. Snider, second sis. Milan, appropriation be made. Approved. The appropriation of \$325, approved, the amount to be transferred to a special account under the management of the team.

Recommend District appropriate \$25. per Unit for technical gym material, i.e., magazines, manuals, etc., and accounting be submitted. Men's department is due 2 manuals, previously approved. Approved. Bro.

Prevratil thanked the District Directors for their reports and continued hard work throughout the year.

Bro. Petrzelka inquired about identification ribbons. Sis. S. Laznovsky moved recommend Units use standardized form listing Unit name, city and state. Carried.

Meeting adjourned for noon recess. Afternoon session. Bro. Prevratil requested report on Czech Day at the Fair. Bro. Laznovsky reported approximately 250 gymnasts participated. Portion of the Czech Day program held at the Coliseum was moved to the band shell facilities, necessitating adjustment of the program; short number presented on Big-Tex stage; and major part of gym program presented at Hall of State.

**Reports of Committees:** Auditing Committee: Bro. York. The books were checked thoroughly and found in proper order and accurately kept. Reported on District's financial status. Committee recommends appropriation of \$4,500 toward financial assistance to gymnasts going to National Slet June 1977, amount to be pro-rated as follows: Maximum amount per gymnast over 12 years of age \$25.00; maximum amount per gymnast under 12 years of age \$15.00. Eligible for assistance as in previous Slet. Sis. Milan moved recommendation be approved. Carried. **Resolutions Committee:** Sis. H. Parma. Resolutions will be sent: Supreme Lodge SPJST, Slovanic Fire Mutual Assn., Vestnik, Czech Cultural Society, Dallas Czech Concert Orchestra, Sokol Corpus Christi, Sokol Fort Worth, Sokol Ennis, Executive Board ASO, sis. Norma Zabka, bros. Peter Dusek, Joseph Vrzalik, Jerry Milan, and sis. Milan. Sis. Trlica will type and mail the resolutions. **Nominating Committee:** Bro. H. Hamilton. Committee recommends: Pres., bro. G. Prevratil, 1st V.P., bro. Charlie Petrzelka, 2nd V.P., bro. D. Steinman, 3rd V.P., bro. Frank Cechan, Secy., sis. V. Laznovsky, Treas., sis. B. Hamilton; Educational Dir., bro. Oldrich Parma; Public Relations, bro. Jerry Milan. All Officers approved by acclamation as recommended by the Nominating Committee. Committee recommended that Vice Presidents attend all meetings of the Executive Board, and gain further knowledge of the duties of the President's Office. Bro. Jurcik reported the committee recommends the Executive Board hold one meeting in outer Units. Discussion concluded with motion by bro. Milan this be left to the discretion of the Executive Board. Approved.

Bro. Prevratil referred to District and Unit Presidents and Educational Directors meeting held last year, and asked for comments. Another such meeting favored. Bro. Milan so moved. Motion carried. Sokol Fort Worth offered to host meeting scheduled for March 12, 1977, at Eagle Mountain Athletic Center.

Bros. Cechan and Prevratil designated as representatives of the Southern District to the Czech Cultural Society.

Motion approved District purchase a full page in the XIV American Sokol Souvenir Book. Bro. Milan, Public Relations, will arrange details.

Bro. Prevratil entertains motion to reimburse Sokol Karel Havlicek Borovsky for expenses for preparation of noon meal. Bro. Williams moved amount of \$90.00. Approved.

District Slet. The Executive Board previously discussed pre-sale of Slet tickets to increase attendance and income. Tabled for annual meeting. Discussed type of awards, trophies, and expense of same. BOI indicates contacting sources for reasonable cost. Bro. Laznovsky moved District initiate \$1.00 entry fee per competitor to District Slet competition and each Unit be provided a reasonable number of Slet tickets to be sold prior to the Slet at \$1. per ticket. Admission charge at the Slet program site to be \$1.50. Motion carried.

District Executive Board to hold meetings the 4th Thursday of the month.

Bro. Prevratil stresses importance of Article IV of the By-Laws, is encouraged by reports of Units reflecting increased educational sessions, recommends Unit and District Officers refer to the pamphlets "Duties of Officers" provided by the American Sokol Office, and requests delegates make a full report of this meeting in their respective Units. Expressed appreciation for attendance, indulgence, and host Unit for their hospitality. Meeting adjourned with "Leti Sokol" in Czech and English led by bro. Jurcik.

## Eastern District

JANUARY 21, 1977

Pres., bro. D. Otenasek presided.

Bro. Otenasek requested detailed record that Czech flag and anthem will be part of the ceremony at District functions, where not prohibited by local ordinance.

Correspondence: Bro. Otenasek wrote C.S.A. in reference to their planned trip to Czechoslovakia. - Submitted a booklet to bro. Hesoun entitled - "What is publicity and what is public relations." - Letter from United Sokols of the East - sis. Sain will contact them at Slet workshop in Little Ferry.

Bro. Otenasek reported he did not contact sis. Ruzicka about organizational situation. He and bro. Novak will be in Miami in February and meet sis. Ruzicka.

Bro. Hesoun was complimented on articles in Hlasatel and New Yorske Listy. Also sent material to Czech Radio Hour in New York. He also presented article in Time Magazine concerning Mr. Z. Brzezinski, appointed as Special Assistant to President Carter for National Security Affairs. Bro. Hesoun requests this information be forwarded by bro. Otenasek to bro. Zitny, and to contact him in the name of the District. - Bro. Hesoun asked for clarification of projected Presidents' dinner and meeting in Chicago before the Slet. - Bro. Otenasek agreed this situation unclear and will be checked.

Report of B.O.I. sis. L. Sain. Films of Slet moves received. Girls and Women's shown at Sokol Baltimore. All will be shown at Slet workshop in Little Ferry. Bro. Vrzalik made available 16mm and super 8mm projectors for B.O.I. use. Bro. Otenasek requested sis. Sain formulate plans for a District Slet in 3 years. Agreed this would be major topic after Slet. - Sis. Sain reported Northeastern District will perform Indian Club number at Slet. Copies of Slet Folk Dance received.

## Obě Sokolské Jednoty v Cedar Rapids v Rukou Mladých?

Za dlouholeté spolkové činnosti slyšeli jsme častokrát od starých, zasloužilých úředníků: "Všechno co nyní děláme a budujeme je pro vás. Vy to budete až jednou vstoupíte do našich šlápějí a spolek, řád, či jednotu povedete." Co se však stalo, že najednou nadšenému mladému pracovníku bud' narostly vousy, nebo se oženil a už měl vnuky než se dočkal zvolení do vedoucího místa. Poslední volby Tělocvičné Jednoty Sokol a sboru Sokolic Renáta Tyršová v Cedar Rapids, Iowa přinesly radostné výsledky. Bratři zvolili sobě za starostu bratra Donalda Pulkrába, výborného gymnasty a syna zemřelých br. a ses. Karel Pulkrábových, a sestry zvolily za starostku sestru Julii Webster, dceru sokolské dvojice manž. Pavel Jeřábkových.

Br. Pulkráb nastoupil po zasloužilém starostovi bratru Fred Antonym, jemuž jistě nikdo nemohl upřít jeho upřímnou snahu vésti svojí Jednotu dobře a poctivě. Zvláště velkou zásluhu měl o údržbu a zvelebení sokolské budovy, která sice stárne a

potřebuje nákladných oprav, ale nachází se takřka v srdci obchodní čtvrti města, stále vyhovuje svému účelu a pokud se neuskuteční náhradní budovy, vykoná mnoho dobrých služeb a to nejen pro Sokol ale celou naši krajanskou obec. V rodičích starostky Websterové měl a má náš Sokol více nežli štědré přispívatele. Koncem roku obě Jednoty dostaly darem po jednom tisíci dolarech do stavebního fondu, který sice pozvolna ale vytrvale roste.

Dlouholetým snem a přáním mnoha členů obou sborů jest dočkat se stavby nového sokolského stánku s prostornými pozemky jak pro nutné parkoviště aut tak i případné letní cvičiště. Několik dobrých příležitostí bylo v minulých letech propaseno ale to neznamena, že se tento velký sen cedar rapidského sokolstva v dohledné době neuskuteční.

Zatím máme oprávněnou radost, že obě Jednoty jsou v rukou našich mladých, kteří mají nejen potřebné schopnosti k vedení svých sborů, ale současně určité plány do budoucnosti. Na nás starších je nyní abychom jim podali obě ruce a hlavně abychom jim věnovali plnou důvěru a podporu.

Nazdar!

T. B. Hlubuček,  
Sokol Cedar Rapids

## In Memoriam

### Robert Moravec

It is with a deep feeling of loss that we apprise you of the passing of Brother Robert Moravec on December 7, 1976.

Bro. Moravec was born in New York on December 8, 1922 and attended Sokol classes as a small boy and a Junior. Shortly after becoming a member he competed on the victorious Eastern District Senior Men's team at the 1941 Chicago Slet. As a member of the Army in World War II, he saw service in the South Pacific, Australia and Japan and was discharged with the rank of Sergeant.

After returning to civilian life, he took an active part in Unit activities, becoming Director in 1945, a job he retained for many years. In 1946 he married Sis. Evelyn Koch who was Unit Director of Women. Bro. and Sis. Moravec were members of the District Executive Committee and were District Directors. Bro. Moravec experienced personal tragedy a few years later with the untimely death of his wife.

Bro. Moravec remained an active member on and off the gym floor, even repairing and maintaining apparatus whenever necessary. With his own money, he purchased a trampoline which was used not only by the Unit gymnasts but by D. A. Sokol as well. He was a regular member of the Entertainment, Dance and Financial Committees.

In 1964, Bro. Moravec suffered a heart attack and long severe illness which prevented his return to the gym floor. Upon recovery he served as Financial Secretary

until 1971 when long distance and his inability to regularly attend meetings prevented his continuing in this position.

We last saw Bob at the Unit's 90th Anniversary on November 13, 1976 where he worked on the ticket committee and enjoyed seeing many of our members.

May he rest in peace.

Ed Babor  
Sokol Fugner, L.I.

### Bro. Frank Martinek

Bro. Frank Martinek, a resident of Berwyn, Il., and a long time member of Sokol Stickney, died Feb. 10, at MacNeal Memorial Hospital, after a short illness. Funeral services were held Feb. 14, at the Edward C. Schubert Chapel. Many of his Sokol brothers and sisters came to pay their last respects. Interment was in Mt. Auburn Cemetery.

Frank Martinek was born in Morava, March 29, 1914, and came to this country at the age of 17 years. He joined Sokol Stickney, soon after it was formed over 40 years ago. He was an instructor of the Boys Classes for many years, and participated in Sokol activities on unit, district, and national levels.

At Hotpoint he was on the Supervisory Staff, and a member of the American Electrical Platers Society.

Frank is survived by his wife, Blanche, three sons: Dennis, James, Glenn, and three sisters.

We extend our deepest sympathy to the bereaved family.

# A.S.O. Financial Report

FEBRUARY 1977

**RECEIPTS:**

Dues .....	\$1,355.25
Convention Fund .....	1,218.50
Special Assessment .....	1,524.00
Subscriptions to "American Sokol" .....	9.00
Resale of Jewelry .....	351.30
Membership Kits .....	58.00
Office Supplies, Postage, UPS charges .....	18.47
Future Sokol Leaders Fund .....	10.00
Miscellaneous .....	113.36
	<hr/>
	4,657.88
A.S.O. Uniform Division - Payment toward Advances .....	385.49
XIV A.S.O. Slet .....	122.00
<b>TOTAL RECEIPTS</b> .....	<hr/> <b>\$5,165.37</b>

**DISBURSEMENTS:**

**Administrative**

Salaries .....	\$450.95
F.I.C.A. & F.W.T. for January ...	124.30
Rental, Janitor Service, Phone ...	323.38
Postage Meter Rentals .....	69.49
Advertising .....	35.00
UPS Charges and Postage .....	19.24
Office Supplies .....	196.24
Repairs to Office Machines .....	52.20
Flag .....	62.10
	<hr/>
	\$1,332.90



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**Board of Instructors**

Salaries .....	\$439.28
F.I.C.A. & F.W.T. for January ...	54.16
Editor "Sokol Gymnast" .....	30.00
Add'l. copies "Sokol Gymnast" ...	28.00
Office Supplies, UPS charges, Phone .....	42.91
	<hr/>
	594.33

**Educational Department**

F.I.C.A. for January .....	\$ 1.38
Songbooks .....	2,154.96
UPS charges .....	2.14
	<hr/>
	2,158.48

**Sokol Publication**

Printing "American Sokol" .....	\$926.90
Editor "American Sokol" .....	100.00
Postage "American Sokol" .....	77.73
	<hr/>
	1,104.63

**Miscellaneous**

A.S.O. Uniform Division - Salaries, F.I.C.A., Phone, Office Supplies .....	\$379.13
Advances to A.S.O. Slet Committee .....	85.88
Special Appropriations, Central District A.S.O. ....	264.00
Transfer of Funds to Future Sokol Leaders Fund ....	10.00
	<hr/>
	739.01

**TOTAL DISBURSEMENTS**

---

739.01  
\$5,929.37

Balance brought forward:

Western National Bank of Cicero - Checking Account .....	\$12,811.17
Receipts - February 1977 .....	5,165.37
	<hr/>
	17,976.54
Disbursements - February 1977 .....	5,929.37
	<hr/>
	\$12,047.17

**FUTURE SOKOL LEADERS FUND**

February 1977

Lodge Mir Cechie No. 205, C.S.A. ....	\$10.00
Charles and Ludmila Beran, in memory of Charles Svoboda .....	10.00
Hilda Jelinek, in memory of husband, Jarka .....	25.00
Dividends earned .....	219.68
	<hr/>
	\$264.68

**Donations are tax exempt**

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\* \* \*

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Editorial Staff



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Laughter is a tranquilizer with  
no side effects.

Anyone who has a chip on his  
shoulder isn't chopping much  
wood.

Everyone needs a face-lift once  
in a while — SMILE!

Judgment is tested at the forks  
of the road when you have to  
make important decisions.

Men and money are much alike  
— the tighter they get the louder  
they talk.

Life doesn't begin at 40 for  
those who went like 60 when they  
were 20.

Drinking is like spelling "Mis-  
sissippi" — you have to know  
when to stop.

A pedestrian is a person whose  
wife has beaten him to the garage.

Make sure others get something  
from their association or contact  
with you.

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## Bro. Joseph Pokorny

Bro. Joseph Pokorny, a retired postman, came to Los Angeles in the Spring of 1950 from Baltimore, Maryland. He was an active member of Sokol Baltimore since childhood. In 1920 he was one of the competitors on a gymnastic team traveling to the Slet in Prague, Czechoslovakia.

Immediately after moving to Los Angeles, bro. Pokorny transferred his membership to our unit, and became active by helping to prepare our gymnasts for the 1950 Pacific District Slet in Los Angeles. Joe (as we all call him), was a dedicated Sokol. For many years he taught calisthenics for Local and National exhibitions and Slets. He was a traveling instructor for our District, also traveled to Texas, where he conducted courses.

Bro. Pokorny held offices of Vice-President and President of our Los Angeles unit for two years; Pacific District Physical Director for several years; also served as an officer and member of different committees. Sokol's interests were his life's goals. With his wife,

Margaret, they always offered their help wherever needed. Although the last two years his health and age do not permit him to be active, he still enjoys coming among us, and is interested in our activities. We all join in wishing him a lot of good health, and many more years with us.

Nazdar!

Louise Nekuda  
Sokol Los Angeles

## Krajanské Jubileum

12. března 1877 bylo definitivně rozhodnuto o založení Českého Národního Hřbitova v Chicagu, o jehož potřebě tam měl veřejnou přednášku 7. ledna téhož roku František Boleslav Zdrůbek. Státní povolení bylo vydáno 11. dubna 1877. Svému účelu byl hřbitov slavnostně odevzdán 2. září 1877. Zdrůbek zemřel v roce 1911 a jeho zásluh o zřízení tohoto hřbitova nebude nikdy zapomenuto.

Nový Svět

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**PROTECTION**

**Western Fraternal  
Life Association**  
Západní Česko-Bratrská Jednota

LARGEST  
CZECH-AMERICAN  
ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 insured members in 8 states. - Now licensed in 18 states, over 60,000 certificates, has over \$135,000,000 of insurance in force. - Total assets over \$37,000,000. - Offers Legal Reserve Fraternal Life Insurance for Juveniles and Adults to age 65.

Home office

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402