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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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Calendar of Events

MAR. 10 - SOKOL TABOR
Gymnastic Exhibition

MAR. 11 - SOKOL MINNESOTA - CZECH
CHAMBER MUSIC FESTIVAL - Richard Zgodava,
Piano

MAR. 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry - Bohemian Nat. Hall

MAR. 17 - SOKOL BROOKFIELD
Gymnastic Exhibition

MAR. 18 - SOKOL SLAVSKY
Sokol Exhibition

MAR. 24 - SOKOL BERWYN
Sokol Exhibition

APR. 7 - SOKOL STICKNEY
Sokol Exhibition

APR. 8 - SOKOL MINNESOTA - CZECH
CHAMBER MUSIC FESTIVAL - Jill Maybery, Flute

APR. 21 - SOKOL BERWYN
Las Vegas Nite

MAY 5 - CLEVELAND SOKOL DANCERS
at International Ball - University of Pittsburgh

MAY 5 - SOKOL WEST SUBURBAN
Sokol Exhibition

MAY 13 - SOKOL MINNESOTA - CZECH
CHAMBER MUSIC FESTIVAL - ORCHESTRA

MAY 18 - SOKOL MILWAUKEE
Graduation Program

MAY 18 - SOKOL MILWAUKEE
Sokol Exhibition

MAY 19 - SOKOL TABOR
Morning - 2nd Class Girls' Competitions
Evening - Special Number Competitions

MAY 20 - SOKOL ST. LOUIS
Sokol Exhibition

MAY 20 - SOKOLICE MILWAUKEE
80th Anniversary Banquet

MAY 26 - SOKOL WEST SUBURBAN
1st Class Girls' Competitions

MAY - SOKOL DETROIT
Annual Rummage Sale
At Sokol Cultural Center

JUNE 2 - SOKOL TABOR
Modern Rhythmic Gymnastics
Competitions for Jr. Girls and Women

JUNE 7 and 9 - SOKOL TABOR
Junior Girls' and Women's Competitions

JUNE 9 - SOKOL BROOKFIELD
Junior Boys' and Men's
Competitions - Morning
Evening - Awards Nite

JUNE 10 - CENTRAL DISTRICT SLET
Riverside-Brookfield Stadium

JUNE 15 - SOKOL BERWYN
Junior Boys and Men's Tag
Team Apparatus Competitions

JUNE 28, 29 and 30, JULY 1, 1979 - SOKOL U.S.A.
XVIII Slet and Competitions at Lehigh
University, Bethlehem, Pennsylvania

JULY 13, 14, 15 - SOKOL DETROIT
2nd Annual Ethnic Festival - Vack Arena

NOV. 16, 17 and 18 - SOKOL MILWAUKEE
Holiday Folk Fair

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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Co nám březen připomíná

V březnu letošního roku
sto deset let bude tomu,
kdy se velký muž nám zrodil
v prostých jenom lidí domu.

Tvrdá práce, prostý život
přinesly mu požehnání;
nevyhýbal on se boji
ve svém vzácném povolání.

Co profesor universit
studenty své pravdám učil,
moudrostí a mravní silou
za výroky svoje ručil.

Pro národa svého právo
jak rytíř své kopí klál;
není divu, že ho národ
tatíčkem svým nazýval.

Tatíček se stal pak vůdcem,
moudrým rádcem lidí svých;
presidentem v dobách dobrých
a i v dobách ošklivých.

Když zemřel ve vzácném věku
slyš národa jeho vzlyk,
odešel nám otec drahý,
odešel nám MASARYK.

BR. BOHUMIL MAREK



K 7. březnu

Vyrostla jsem v pohraničí Čech. Základ do života mi dala "matiční" škola Masarykovy republiky a duši mi vytříbila sokolská výchova, která pro nás hraničáře v poněmčeném území byla složkou nejdůležitější.

7. března, narozeniny prezidenta Tomáše G. Masaryka jsme, co moje poměť sahá, v našem pohraničním kraji oslavovali každým rokem sokolskou akademií, (zde se tomu říká "veřejné cvičení") která bývala přehlídkou naší tělesné i duševní vyspělosti, a která v nás utvrzovala lásku a úctu k naší vlasti a jejím představitelům s prezidentem Tomášem G. Masarykem v čele.

Tomáš G. Masaryk, jeho duševní velikost, moudrost a přísná mravnost, nám byl vzorem. Vždyť to byl také náš sokolský bratr a Sokol čís. 1.

V první světové válce, když Germáni povýšili moc nad právo, vstal Tomáš G. Masaryk, aby v čele malých národů šel do zápasů za lepší svět. Maně si klademe otázku, kde by stál asi dnes, kdy východní barbarství utiskuje národy a chystá se zničit západní civilizaci a ohrožuje svou infiltrací i Spojené státy? Určitě by stál s námi. Stál by v našem čele. Vedl by nás do dalšího boje. Jeho ukazováček by se varovně zdvihl a jeho přísná tvář by promluvila k nám i k celému světu: "Nebojte se těch, kteří národy žalářují, neboť duši jejich zabítí nemohou!" Vyzýval by československou Ameriku, aby nedovolila zhanobit své skvělé dílo, jež konala pod jeho vedením, a nevydávala se do hrubých rukou lidských trpaslíků. Aby zůstala věrna velkým tradicím svého národa a ideálům země svobody.

Dnes, v den 129. narozenin Tomáše G. Masaryka, jsou opět naše ruce zdviženy k přísaze a naším srdcem zní slova, která 17. září 1937 nad rakví prezidenta Osvoboditele pronesl jeho žák dr. Edvard Beneš: "Prezidente Osvoboditeli! Tobě z Tvému dílu věrni zůstaneme!"

Vlasta Matelová

ASO Executive Board Meeting

January 23, 1979

Meeting was brought to order by the President, Bro. R. Zitny at 7:35 p.m. The following District minutes were received and reviewed: Annual meeting of Eastern District, Sept. 24, 1978; Eastern District, Nov. 12 and Dec. 10, 1978; Northeastern District, Dec. 14, 1978; Annual meeting, Southern District, Nov. 5, 1978; Southern District, Dec. 7, 1978 and Central District, Nov. 29, 1978.

Correspondence: Request for information from the Morton College in their project S.E.A.R.C.H. (Seeking Ethnic Awareness: Reaching for a Community's Heritage). Notice from the Southern District regarding their 1979 Slet in June, inviting all of us. Host unit is to be Sokol Karel Havlicek Borovsky, Ennis. Request that Bro. Zitny again be present. Thank you received from

the R. Kriebich family on the passing of M. Ptacek's mother. Thirteen Citations of Merit sent to Sokol St. Louis; Bros. F. Kounovsky, 63; A. Jecmen, 42; C. Novak, 55; H. Hronicek, 48; F. Ulrich, 42; A. Zub, 44; T. Kylian, 41; C. Jerabek, 46; F. Krobot, 47; C. Jecmen, 29; W. Jenicek, 49; F. Kopac, 35; W. Milcic, 39 = 580 years. Three Citations of Merit were sent to Sis. Lier of Sokol New York for Sis. A. Doubrava, 60; E. Mizerovsky, 60 and Bro. S. Wild, 60 year's service. Notice from Spillville, Iowa, Historic Action Group, Inc. of the National Dvorak Festival August 3, 4, 5, 1979. Spillville is also the home of the Antonin Dvorak and Bily Clocks. - Citation of Merit sent to Bro. John Houba of Sokol Karel Havlicek, Yukon, Okla., for his 36 years as President. Resignation received from Bro. J. Jindra, Executive Board member who will be moving away from this area, resignation accepted. Received the Eastern District's first newsletter. Letter from Sokol Brookfield, Bro. R. Svoboda is now an honorary member. Sokolice So. Omaha sending 2 copies of amendments to their by-laws which were approved at their annual meeting. Request for review and signatures. Sis. Prener will review and present a report at the next meeting. List of new officers from Czechoslovak Sokols Abroad, copy given to the B.O.I. A letter of congratulations will also be sent. Greetings from Bro. J. Hruban on behalf of the few remaining members of the former Sokol Schuyler. Report from the Northeastern District, Bro. Srsen, Pres., with the charters of Sokols Detroit (men and women), Cleveland, Greater Cleveland and a list of the average ages of the units in the Northeastern District.

Women's Director - Sis. M. Ptacek: Southern District looking for a folk dancing instructor, U.S.G.F. minutes received from Sis. Zabka. Received invitation to attend final session of Central District's beginner's instructors' course and the annual combined Central District B.O.I. meeting. Received a number of tentative report forms, including one from the Northeastern District for advertising to reactivate Sokol Rip which was turned over to the Organizational Committee. Final report form - Central District for a Modern Rhythmic competition held in Sept., 1977, attended by Sis. Kathy Brym. - partial expenses - \$100.00. Eastern District for Pan-Pacific Games trials and training camp attended by Sis. Ellen Garlicki - \$286.25. Sis. Schnabl moved that these be approved, seconded, passed. No information given by Sokol USA regarding hoops for the Junior Girls. Sis. S. Pistorius, Central District Women's Director has a source. Merit Award application will appear in the next Gymnast.

Men's Director - Bro. P. Lebloch: Minutes of the annual meeting of AAU National Men's, Women's and Junior Olympic Gymnastic Committee and AAU Board of Directors sent by Bro. Hardy. Bill from Sis. Zabka for air fare for National School Board committee meeting amounting to \$113.00 received. Sis. Basta moved that it be paid, seconded, passed. Music for the 1979 Sokol USA Slet not yet received.

Educational Committee - Bro. S. Barcal: Read the minutes of the December 15, 1978, meeting; the January meeting was cancelled. Milwaukee area opening a European Village; Sokols Milwaukee and

Racine will be notified. Czechoslovak History will soon be sent to the printer. Publicity pamphlet will be up-dated. Sis. Pistorius attended the meeting with suggestions. A questionnaire-type form will be sent to the Districts, hoping to streamline their minutes which appear in the publication. Another form is being worked on regarding Sokol officer's biographies.

Czech Publicity - Bro. J. Rabas: Placed article in the Denni Hlasatel on our 100th anniversary publication of the American Sokol. The B.O.I. asked to have Bro. J. Hardy's award as well as Sis. Garlicki and Bros. Cahoy and Hartung mentioned in subsequent articles. They will furnish the text for translation.

Editor - Sis. J. Kourim: February issue being printed. Research continuing on the 100th anniversary copies.

Financial Secretary - Sis. A. Sotka: Prepared the November and December, 1978, Financial reports which were distributed to the Board members. Filed the 4th quarter 1978 payroll tax reports and prepared the W-2 forms. Service contract on the Royfax copier due. Bro. Barcal moved that it be renewed; seconded, passed. A certificate which will be due next month will be put into a higher interest earning type. Filled orders for pins and membership kits. Books were audited and found to be in order.

Treasurer - Bro. G. Basta: Presented the comparison chart showing assets, liabilities, inventories, etc. of the 4th quarter, 1978.

Uniform Division - Sis. B. Prener: Orders coming in slowly. Will receive a sample of an imprinted leotard as well as new T-shirts and their imprinting. Inventory taken at the end of December and found to be lower than in 1977. Books were audited and found to be in order.

Secretary - E.J. Schnabl: Prepared the November minutes, distributed same. Sent correspondence as necessary; acknowledged Future Sokol Leaders' Fund donations; prepared Citations of Merit as requested; mailed out A.S.O. Christmas Cards; arranged for flowers for Mrs. Kriebich, Sis. Ptacek's late mother. Made reservations for Bros. Zitny, Basta and Lebloch's trip to Dallas which had to be cancelled due to bad weather. Planned a "bucket brigade" for the weekend of local Board members who helped with the mop-up from the leaky ceiling. Thanks to all those who have been helping.

President - Bro. Zitny: Hopes to have the Southern District trip in February. Installed the officers at Sokol Brookfield.

Old Business: Sent check to Sis. M. Hibler, Cleveland, who represented the A.S.O. at the Czechoslovak Society of Arts and Sciences. We will write to that organization regarding purpose, members' obligations, etc.

New Business: The Czechoslovak Organizations of Greater Chicago (Exhibit Committee) is holding "U Kalicha" on Sunday, February 11th. Sokol and Sokolice Havlicek-Tyrs decided to merge at their annual meeting and Sis. Ann Basta is the new President.

There being no further business, Bro. Zitny thanked all those present for coming. Meeting was adjourned at 9:45 p.m. Respectfully submitted,

E.J. Schnabl, Secretary

A Message from Bro. Roy Zitny, President A.S.O.

Thanksgiving, Christmas, New Year's - holidays that are celebrated by all are past, others are coming and families prepare to celebrate them. Our Sokol family, likewise, is preparing to celebrate its holiday - SLET.

Preparations have long been underway - winter exhibitions have been or will be held and those in spring are being planned - all culminating in District Slets.

But this year is again different. Our Slets do not terminate the year's activities, but are a prelude to our Brother Slovak's Slet - the theme of which is "Looking To Our Past To Enrich Our Future."

Those attending will renew old friendships and again make new ones. Once again the pride of our Czech and Slovak heritage will spring forth, reinforcing our nationalistic and Sokol bonds.

Let's all participate, be it at the unit, district or national level. If you are not participating in the gym activities, there are cultural activities that you can be a part of.

But whatever is your desire - BE INVOLVED!
Nazdar!



HAVE YOU
SENT IN YOUR
NEW ADDRESS?

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6426 West Cermak Road
Berwyn, IL 60402

Sokol

Name

Old address

.....Zip.....

New Address

.....Zip.....

Dr. Milan Rastislav Štefánik

Masaryk, Beneš, Štefánik, Czechoslovakia's three immortals, foresaw the possibility of Austria-Hungary crumbling and out of its ruins arising the Czechoslovak Republic. The Czech, Moravian and Slovak tribes settling in this area at the end of the fifth century had a just claim to their homeland.

Dr. Milan Rastislav Štefánik was born June 21, 1880, in Brezove, which was at the time under Hungarian rule. His father, an Evangelical priest, was a proud Slovak, and his mother, also of Slovak origin, had fought against Hungarian oppression. It was a continuous struggle for Slovaks just to exist and retain their language. Štefánik grew up to be strongly anti-Magyar and it was impossible for him to go to schools under Hungarian jurisdiction. He went to school in Prague and after completing gymnasium (grammar school) he continued at school, studying engineering which helped him greatly when he began to learn about astronomy, the oldest of sciences.

At Charles University he became a member of the Slovak Student Club "Detvan," where students were taught to think and act as Czechs. Štefánik believed that Czechs and Slovaks were one people and should think and act alike. He knew that his people had fared much worse under Hungarian than Czechs under Austrian rule.

In 1904, he received his Doctor of Philosophy degree and left Prague. He felt that people in Prague and Vienna were practical minded and that French people were more eager to delve into the unknown. The belief that they had greater imagination drew him to Paris.

He found a job at an observatory near Paris, which was headed by Professor Pierre J. C. Hansen. In 1906, he was made assistant astronomer. Then he was sent to do research work on celestial bodies at Mont Blanc in the Alps. The rare air at the top of Mont Blanc made it impossible for a man to stay there more than three days. Štefánik suffered stomach disorders but his strong will power kept him there 20 days. Then he took a research party to Central Asia to watch the blackout of the sun. He met with opposition, but managed to win the confidence of all men engaged in the expedition. After this mission was completed Štefánik returned to France to learn that his dear friend, Prof. Jansen, 83 years old, had died. The professor who replaced him offered Štefánik a job as his assistant, but he turned it down. He wanted to be an astronomer on his own. He went to North Africa to see about establishing an observatory there. He studied conditions in Algeria, Sudanten and around Sahara, but being unsatisfied gave up the idea and returned again to Paris. Next he was sent by the French government to Papeeti, Tahiti, to study Halley's comet. The tail of the comet as it sweeps across the earth is seen once every 76 years. In those days, Štefánik wore civilian clothes and looked more like a Turk than a Slovak or Frenchman. He had become a French citizen and known as the man who looks only at stars.

SOKOL EDUCATOR General Štefánik



In 1912, Štefánik was sent to Brazil to represent France at a meteorological meeting of nations. He was one of the most important speakers at the conference. He showed such great knowledge of winds, barometric pressure and the atmosphere that the South American government trusted him with the reorganization of their meteorological department.

When the First World War broke out, Štefánik's life changed. He gave up astronomy, meteorology and turned to aviation. He had always wanted to learn to fly an airplane. He joined the army and was assigned to the air force. May, 1915, he was already at the front lines. He flew over battlegrounds looking for the whereabouts of enemy troops, and reported their location to headquarters.

In September, 1915, he flew to Serbia where the unfortunate Serbian Army was trapped by German-Bulgarian-Austrian armies. He had volunteered to fly there to find out what was happening. He learned that the Serbian Army was making a hard advance across Albania and the soldiers were hungry and weary. Among them was a small group of Czech prisoners.

After Štefánik had sighted the army and was flying back to headquarters, he was caught in a violent windstorm. He was being tossed about and had difficulty righting his plane. Before becoming aware of an enemy plane, he was wounded in the stomach where he was most vulnerable. The story of his heroic action to carry out his mission and get the report of the Serbian army to French commanders was written up in Italian and French newspapers. Štefánik used the publicity to call attention to Czech and Slovak prisoners who wanted to form their own army and fight for their own cause.

Štefánik was hospitalized in Rome and as soon as released, he flew to Paris, and was again hospitalized and forced to undergo one stomach operation after another. His poor health did not stop him from fighting for the Czech and Slovak cause. He knew that the Czech Foreign Committee had proclaimed in Paris a declaration of war against Austria. The Czechs and Slovaks united as one state. December 10, 1915, Štefánik met Dr. Beneš in Paris and they began to make plans on how to proceed with the liberation. When the plans were completed, Dr. Beneš flew to London to show them to Masaryk. He approved and from that time on the three worked together as a team.

Štefánik had many French friends who helped greatly in his work of spreading propaganda. The well-known statesman, Anatole de Monzie was one of them and also Raymond N. L. Poincare who became President of France. Štefánik brought Masaryk to Mne. Jouvencelouve's salon, where he met and was able to influence diplomats and statesmen to approve of the end of the Hapsburg rule. Štefánik arranged an audience for Masaryk with Prime Minister Aristid Briand, who agreed that the Austria-Hungary Monarchy must end, and the Czechs and Slovaks had every right to form their own government.

Masaryk, as the head of the revolt, traveled from country to country, wherever he felt he could gain support, and be able to recruit prisoners for their growing army. Beneš was the general secretary and also traveled to England and the United States agitating for their severance from Austria-Hungary. Štefánik as a French officer with the French government approving of his actions, had a great advantage in recruiting Slovaks for their army of liberation. November, 1917, he went to the United States where he succeeded in getting 2,000 Americans of Slovak origin to enlist and getting them sent to France.

Masaryk said of Štefánik, "He helped our cause greatly." He was like an apostle preaching the gospel and not like a French Colonel or a Slovak soldier. General Ferdinand Foch heard of the Czech cause from Štefánik. At that time, General Foch did not think Masaryk and his co-fighters for freedom knew how to organize, form their own government, and become an independent nation. He changed his mind.

November 11, 1918, the war to end all wars was over, the Armistice was signed. Austria-Hungary crumbled. The Hapsburgs and the Magyars lost their hold on the Czechs and Slovaks. It was time for rejoicing, but Štefánik could only rejoice in his heart and go on with his work. As the first minister of the Army of

Czechoslovakia, he flew to Siberia to straighten out a secret error which was preventing Czech legions from returning home. They were spread out in Siberia from the Urals to the Pacific Ocean. The only way home was across Vladivostok and around the world. He finally succeeded in straightening the error and getting permission to evacuate the troops and sent them on their way home.

Štefánik returned to Paris and attended the peace conferences being held in Versailles. He could hardly wait to return to his freed country, but first he had to take care of personal business of his own in Rome. When that was completed, on the morning of May 4, 1919, he flew from Italy and headed for Czechoslovakia. An enthusiastic, joyous people were waiting in Prague to welcome their hero, the last one of their three great men to arrive home. The triumphant welcome never took place . . . Štefánik's airplane crashed and he was killed.

Sis. Stella Tichy,
Sokol Čechie, Chicago

1. WHY DO WE COME TO SOKOL?

Nazdar, children! Do you like to go to Sokol? What do you like in Sokol? . . . (Let the children answer). Do you like gyming, games, fun? We in Sokol don't gym only for "fun". We all like that, but "fun" isn't the most important thing. What is important is that we be healthy and strong, so that we can work and earn a living for ourselves. Then we can buy what we need and want. We want to be healthy and strong so we can defend our country if someone attacks her, and so help defend smaller nations if someone conquers and wants to rule them. Everyone who is big and strong should take care of the small and weak. If someone wanted to hurt you, we grown-ups would help you. You, in turn, would surely help younger children if someone wanted to hurt them and nobody older was near by, right?! So it is the same with people and with nations. America is a big, strong and rich country; therefore, America always helps the smaller and weaker.

We all want America to stay big and strong so that she will be able to protect herself from all her enemies and so she can help the smaller and poorer nations. Therefore, we must be healthy and strong, because our country will only be strong if all her citizens are healthy and strong. That is why we gym at Sokol.

2. A STRONG MIND IN A HEALTHY BODY

Nazdar, children! The last time we talked about why we gym at Sokol. Do you remember? Who will repeat it for us? . . . (Let the children talk). Yes, we gym so we will be healthy and strong not only for ourselves but also to help keep our country big, strong and free. Only something more is needed besides health and strength. It's also necessary to have good character, to be respectable, to speak the truth, to be honest, not to hurt anyone and not to want anything for ourselves except what we have a right to have. We must also have a strong will, so we won't let ourselves be turned away from our responsibilities by other pleasures or by laziness. We must also be firm and stand behind what

we say and what we promise, then people will believe us and sinister (bad) people will be afraid to harm us or our friends.

Sokol trains such good people, and that's the kind of people we want you to be. One Sokol motto is: "A strong mind in a healthy body." Don't forget it! Remember that a Sokol always speaks the truth and protects and helps the weak. When a Sokol promises something he (she) will keep the promise no matter what the costs are. A Sokol never cheats or deceives (not even in games) and doesn't let anybody else cheat. A Sokol isn't a sissy either; he doesn't make a big deal of being tired, or getting hurt or being cold or hot. When a Sokol promises that he will go to gym regularly he is never absent even if the clouds are falling.

3. THE FOUNDING OF SOKOL

Nazdar, children! Because you are Americans, in school you learn how our country originated and what her history was. It would be disgraceful if you didn't know it, right? Similarly, since you come to Sokol you should know how Sokol originated. I will tell you.

In the middle of Europe there is a small country, Czechoslovakia. Once, long before Columbus discovered America, it was a famous independent kingdom. But later it lost its independence and foreign rulers dominated and unjustly suppressed the people. The Czechs longed to be free so that they could rule themselves - just as the American settlers wanted to be free and not dependent on England. But there were few Czechs and they were surrounded by their enemies, therefore, they couldn't start a revolutionary war as our descendants did.

More than one hundred years ago a young doctor and university professor, Dr. Miroslav Tyrš thought about in history some small nations defended their freedom, but on the other hand, some powerful states crumbled up; big nations perished without leaving any trace. He concluded that it doesn't matter how many people there are but rather if the nation is physically and morally fit and strong. The big nations died when their citizens were soft, lazy, selfish and imprudent. Tyrš wanted to train his nation to such strength, bravery and morale so that it would not die but again be able to win back its freedom. That is the reason Tyrš started Sokol. Sure enough, it didn't take long till the Czech and Slovak nation once again gained its independence. And most of the credit belonged to Sokol.

Our American nation is big, but even it must keep healthy and morally strong so that it will remain powerful in the future. That's why we establish Sokol units in the United States and gym in them, training ourselves and others so that our nation will remain big and strong, in the future and forever.

4. SOKOL AND SPORTS

Nazdar, children! I said to you that Tyrš founded Sokol so that he could bring up his fellow citizens in good health and character. The core of his training was gymnastics. Tyrš himself composed an ingenious systematic method so we would know **how** to educate gymnastically. This systematic method of Tyrš is the difference between Sokol, and the training you could

get at various sports clubs like the Y.M.C.A., etc. There you learn all kinds of tricks and routines, whereas in Sokol we try to improve the gymnast's health, strength, dexterity and general flexibility. In short, at Sokol we don't gym so that you can execute a few effective tricks, but so you will be dexterous in all you attempt, not just gymnastics.

Tyrš also wanted us not to be satisfied with what we already know and can do; but to always want to be better, stronger, and more skillful. That's why we have competitions in Sokol so we can compare our strength, skill, and improvements with others since our last competition. We cannot all be first but we must try to be better than yesterday and better tomorrow than today. That way we'll all attain the level which we are capable of achieving. Not all of us can be a Lincoln but everyone should try to do his best in life and do everything that he is capable of for his nation.

5. BROTHERHOOD

Have you noticed, children, how we address each other as Sokol members? No? Surely we don't say "Mr. Capek" (*) and "Mrs. Zabka" (*) but we say to each other "Brother Capek" (*) and "Sister Zabka" (*). At the meetings we don't say "Ladies and gentlemen", but we say "Brothers and sisters". (*) (substitute own director and directress). This is because in Sokol everyone is considered a brother and sister, that's how we speak to each other and like each other - as brother and sister in the same family. And so we also act that way to each other. The stronger help the weaker, those who know how to gym better, teach those who know less. And this is not only in your own unit but applies to all Sokols in the entire land and in the whole world. When a Sokol comes from Little Ferry to New York or to Washington or to Los Angeles and stops at a Sokol Hall there, he'll find brothers and sisters everywhere. Isn't that wonderful? And, likewise, we'll find Sokols in Paris, in London, in Vienna, in Buenos Aires, in Sydney - a city in Australia - and in many other European and Canadian cities. They all are our brothers and sisters. Immediately, we are at home among them.

You aren't members of Sokol yet, but surely you will want to be one day. That's why you should like each other as brother and sister.

If someone from your team becomes ill, you should visit him or at least send him a card so that he will know that you are thinking of him and that we miss him. And you should also help each other as brothers and sister in a family. What would you do if someone's father were sick, couldn't work? Because of that one of your brothers didn't get any presents from Santa Claus? If you were really his brother surely you would give him something from your presents, right?! Then you would really be little Sokols, little brothers and sisters.

6. ORGANIZATION

Nazdar, children! Do you know some other Sokol units besides our own? How could you not know them when, you competed with them and you gyped with them in Slets. Which ones do you know? . . . But Sokol isn't only in America. I said to you that the first Sokol unit was born in Prague, in Czechoslovakia.

That is a small country but there were more than a million Sokols. Every 10th person was a Sokol. They had Slets with 300,000 gymnasts gyming in the largest stadium in the world which was built just for them and to which people came from all over the world to see. Sokol was also in Yugoslavia, Poland, Bulgaria and in Czarist Russia. In all these lands Sokol was forcefully broken up when the communists seized power because Sokol trains its followers to democracy, to mutual love and to freedom, all of which the communists oppose.

The first Sokol unit in America was founded over 100 years ago in St. Louis. The American Sokol organization, to which our unit and district belong (do you know their names? . . .), has units from the Gulf of Mexico all the way to Oregon, from the Atlantic shore to the Pacific. When we all assemble at the Slet in Chicago, we have one big group. But that isn't all. In the U.S.A. there is still a Slovak Sokol, Polish Sokol, Russian Sokol and Workers or D.A. Sokol. Sokols who emigrated from Czechoslovakia, so that they wouldn't have to live under Communist rule, established a Sokol in exile which creates units everywhere, not only in the U.S.A., but in Canada, in Europe, in South America, in Africa and in Australia. So you see that Sokol isn't only some small organization. It is a tremendous movement spread out over the whole world - except Asia.

7. THE NAME "SOKOL"

Nazdar, children! What is the name of this building in which we gym? . . . And what is the name of our club? . . . Yes, Sokol. And do you know what it means? Is someone able to tell us? . . . Yes, "Sokol" is the name of a bird which in English is called "falcon". It is a fast, keen and alert bird and freely flies high into the clouds.

Dr. Miroslav Tyrš wanted to develop his people into alert, healthy, freedom loving people who would always want to strive higher.

That's why the gymnastic club which he founded, chose the falcon bird for its symbol and even used its name and put his picture in flight on their flags. Similarly, a Sokol gymnast should always be in action, not sit complacently in his place and be satisfied with himself; but he should always strive further and higher, always try to be better, to know more, to be able to do more, to accomplish more, always flying, always on the wing.

Everywhere in the world, where Sokol organizations were started, they gave themselves the name "Sokol" according to the Czech model. Even in our own United States we call ourselves "American Sokols", so that we don't forget why Sokol started and what its ideals were.

8. RULES

Nazdar, children! I told you that to be a Sokol means to be a good citizen and a good person. A good Sokol always wants to be better and better; better today than yesterday, and better tomorrow than he is today. In Sokol he wants to be better than his classmates, in work he wants to be better than his co-workers, he wants to be a better Sokol than his brothers in his unit and team.

We want to be better in gyming, knowledge and behavior. Prior to good behavior there is discipline. Discipline: knowing how to listen, and obey the regulations and orders of the leader make up the foundation to success. In every organized group there must be someone who leads and whom the others must obey. In a democratic society such as our country is, we elect our leaders. We also elect our leaders in Sokol and once they are elected we must obey them. You, children, still don't vote not even for your government or for a leader in Sokol. You signed up voluntarily and with that you accepted Sokol order and discipline. You must stand fast behind them as long as you want to be in Sokol. Whoever doesn't obey the rules should leave Sokol; but, whoever wants to come to gym and have a future in Sokol must obey Sokol rules.

This is a "must" everywhere when we want to accomplish something. If there weren't rules and if everyone came when he wanted to and did what he wanted to we would never learn anything worthwhile. Sokol would never be able to make us healthy, strong and accomplished people as Sokol wants us to be. Neither would Sokol be able to conduct such beautiful Slets and annual exhibitions. Anyone who does not obey and always lets himself be reminded about his behavior, slows down others and even hinders their work. A good Sokol can be recognized by his good behavior and promptness. We will see what kind of Sokols you turn out to be and which team will be the best disciplined.

9. IN UNITY THERE IS STRENGTH

Nazdar, children! One Sokol slogan is "In unity there is strength". That means that none of us can be alone on this earth. All of us belong to some society, class in school, family, nation, and Sokol unit. The better the group we belong to, the better the benefits we derive from it. If a family is well off, then each member benefits from it. If a nation is rich and powerful, as our American nation is, we all benefit.

Therefore we must all make sure that everything will go well for the entire group to which we belong; our family, organization and nation. A good person, good citizen and good Sokol thinks first of the group and then of his own interest because he would be unhappy if everyone around him was not doing well. Just think, children, your father would probably like to take a trip to Europe or around the world; but he wouldn't do it because he feels he must first take care of you and make sure you have everything you need. Similarly during the war everyone would rather have stayed home with his family and earned money so that he could have a better life but because the country needed soldiers all the young men went into the armed forces and many lost their lives so that their country would remain free and powerful.

That's what we are learning and preparing for in Sokol. In competitions and games we try to make our team win or at least place among the first. We learn calisthenics so that at exhibitions our unit will be well represented. We deny ourselves a movie or party and

SOKOL GYMNAST

MARCH, 1979

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

Take a Walk

Due to age or major discomfort of some of our Brother and Sister Sokols, active participation in regular gymnastic classes is prohibitive. Therefore, as an alternative, we advise you to **Take a Walk**.

Walking can be as effective for building cardiovascular fitness as jogging, or other physical activity, if you walk long enough, says Dr. Glenn Dawson of Charlotte Rehabilitation Hospital. - In some respects walking is better, says Dawson, an exercise physiologist and director of the hospital's cardiac rehabilitation program.

Cardiovascular fitness - primarily involving the lungs, heart and circulatory system - is considered the key to preventing heart disease and strokes and to warding off repeat heart attacks. The program Dawson directs includes three groups exercising under supervision after heart attacks or open heart surgery.

Success with any exercise has three key ingredients, he says:

FREQUENCY. You should exercise at least three times a week - on a day, off a day. "Six times a week is not twice as good as three times a week. In fact, it's only 40 to 50 per cent better."

DURATION. It takes at least a 20- to 30-minute workout to build fitness.

INTENSITY. To improve your fitness, you must exercise to the point that your heart beats at between 70 and 85 per cent of your maximum heart rate.

To calculate roughly your maximum heart rate, subtract your age from 220. You should shoot for exercising at 80 per cent of that level. That rule of thumb, however, may be off by as much as 40 beats.

Dawson says a stress test will produce your real maximum heart rate.

To find out how you have done during exercise, you should take your pulse within a few seconds after you stop. Check it for 10 seconds, then multiply by six to figure it for a minute.

Taking your pulse for a full minute will include time in which your heart is recovering from the exercise, so the reading will be too low.

There is a misconception that walking does not use as many calories as jogging.

"It takes the same energy to go up stairs at a walk or take them four at a time. Speed is not important in terms of calories."

Speed does not matter when you set aside a limited amount of time to exercise. A walker may only cover a couple of miles in 30 minutes, while a jogger might reach three to four miles and a runner six.

Soviet Study Set

An agreement has been reached for a 1979 USSR Physical Education and Sports study. The course will be held at the Soviet Union's world famous National Institute of Sport and Physical Education in Moscow. Participants in the course are scheduled to depart from Montreal on May 27th, 1979 for three weeks of intensified study.

In view of the unqualified success of the five previous study programs, the same basic format will be followed. There will be three separate study sections: physical education, science of coaching volleyball and science of coaching wrestling.

The physical education study group will concern itself with school physical education programs in the Soviet Union, psychological and physiological areas of physical education and recreation programs in the USSR. Also provided will be an in-depth study of: the scientific methods of training used in Track and Field, Gymnastics, Basketball, Tennis, Soccer and Weightlifting. The primary objective of the study will be to provide participants with a comprehensive overview of the scientifically based system of sports and physical education in the Soviet Union.

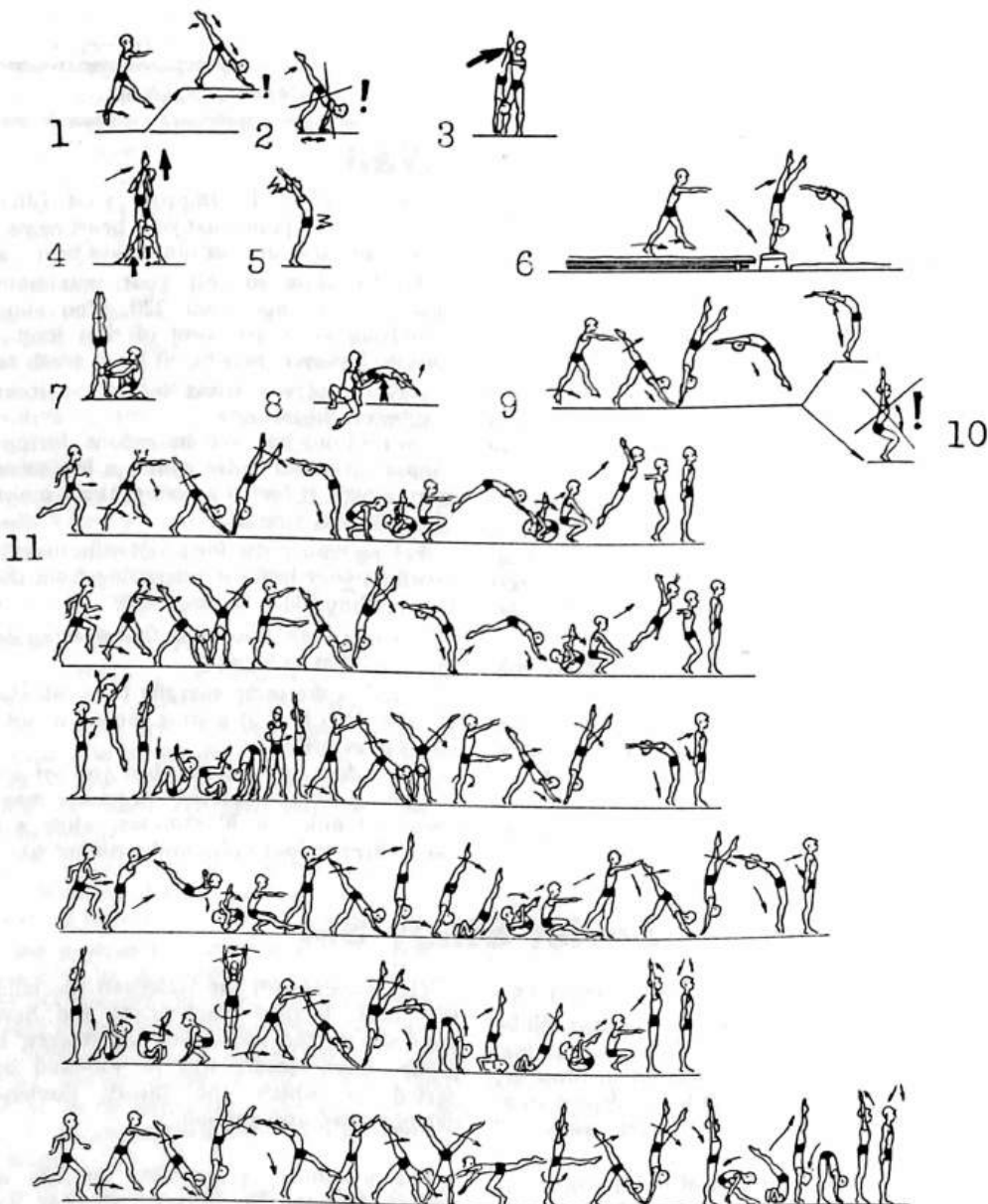
The schedule for the volleyball specialists represents the most detailed analysis of the Soviet scientific approach to the sport ever undertaken for a visiting group. Each lecture will be followed by a practice period in which the theory discussed will be demonstrated and applied.

The schedule for wrestling coaches will follow a similar format. In lecture, seminar and practical sessions, a thorough analysis of the world's most successful wrestling program will be conducted.

The course has been organized on a low cost, educational basis with tuition (6 graduation credits), complete meals, accommodations, air and land transportation, sightseeing and cultural events for \$1245 U.S.

Registration is limited. Individuals interested in enrolling for the course should contact: The Institute of Comparative P.E., Loyola Campus of Concordia Univ., 7200 Sherbrooke St. W., Montreal, Quebec H4B 1R6. Telephone: (514) 482-0320, ext. 733.

Archtumble Forward (Handspring)



Illustrated on this page are basic elements of the Archtumble Forward - Handspring - and series of combined routines which may be taught in our Sokol classes.

1. Proper approach - note - placement of hands.
2. Hands to close to legs.
3. Assistant closes legs - straight arms.
4. Push from hands - assistant helps with lift.
5. Proper landing of arched body - deep backbend, head back, hips protruding forward.
6. Handspring with assisting apparatus.
7. Assistance to performer from shoulders..
8. Assistance to performer from small of back.
9. Proper approach and landing.
10. Wrong landing - hips too low, head forward.
11. Series of combinations.

Notes of Preparation Committee for Sokol USA Slet

June 29, 30; July 1, 1979 at Lehigh University,
Bethlehem, Pennsylvania

Chief Physical Director - Steve Banjak, Jr.

Chief Phys. Directress - Mildred Chilla

Competitions and Event Schedule

Competitions will be held on Friday and Saturday with a judges meeting scheduled for Thursday evening. Deadline entries will be May 15, 1979.

Slet Program

Tyrs Story - Bro. Banjak felt this number would be showing our ethnic background.

After discussion it was approved that this number would be performed by the small children. The number would conclude with the performance of Slet Calisthenics. If number did run too long, possibly the calisthenics could be shortened.

Anthems - It was agreed upon that the American, Czechoslovak and Canadian anthems be sung at the slet.

Slet Theme - Bro. Banjak recommended that the theme for the XVIII Sokol U.S.A. National Slet be "LOOKING TO OUR PAST TO ENRICH THE FUTURE". It was approved by the delegates that this will be our 1979 Slet theme. In keeping with the theme, it was decided that Bro. Skapik write a narration for the Slet. This would be read during various parts of the Slet.

Special Number Competition

A lengthy discussion was held on this subject concerning the most fair way to conduct such a competition. Bro. Banjak felt we should stay with the original idea of setting up certain guidelines and having any group wishing to perform a special number submit a description of the number and it would be up to the Chief Physical Directors to choose the best based on the details submitted. - After much discussion, the delegates were in agreement that each organization be invited to perform a special number. Letters will be sent to the D.A. Sokols, American Sokols, Slovak Catholic Sokols and Sokol Abroad. Our organization will be permitted one number. Sister Chilla will compose this number.

Report from Southern District A.S.O.

The Southern District Directors, Bro. Larry Laznovsky and Sister Sylvia Laznovsky announce dates of their District Slet to be June 8, 9, and 10th, held at Sokol Ennis, Ennis, Texas. Following the Slet, a Beginners Course will be held from June 11th to 16th at Sokol Ennis.

Looking for a place to vacation this summer? How about visiting the Sparkling City by the Sea, Corpus Christi, Texas? Sokol Corpus Christi is hosting a National volleyball tournament August 11th and 12th, 1979. There will be an official type tournament on Saturday (11th) at the NEW Sokol Gym and Sunday there will be a Beach tournament on Padre Island. If your entire team cannot attend, plan to come anyway as there will be make-up teams if necessary.

Beseda

Any lodge, dostrict or guest organization may participate in this number. Since many groups do not have authentic costumes, it is recommended that each circle look uniform. Bro. Banjak, with the approval of this body would like to have Sis. Gasparec of New York Lodge design a simple costume.

Judging

A lengthy discussion was held, whereas the competitions will be judged with four judges per apparatus. The high and low score would be dropped and the two middle scores added (unless there is a change in the rules and regulation, whereas the middle scores would be averaged). Also it has been decided that flashers would be used throughout the competitions, allowing for more fair judging. Teh head judge would record the four scores and submit one sheet of paper with the four scores to the tabulators. It was decided that protests would not be accepted in the low and intermediate division. Organization will be notified of this before the competitions start. High and Championship division would be run strictly by U.S.G.F. rules and protests would be accepted. - When submitting judges for the competitions Sis. Chilla asked that the directors indicate whether the judges are U.S.G.F. judges or Sokol Judges. Sis. Chilla also indicated that she has certain people who are well qualified in mind for judging the high and championship divisions. She will use two U.S.A. and two A.S.O. judges. Both Sis. Chilla and Bro. Banjak recommended that the judges you submit, know the routines. They will send out judging assignments as soon as possible so the instructors will be aware of what they are judging.

Uniforms

It was decided that the female competitors may wear peds, but they must be plain white with no trim. Anyone waering peds wsith treim will have a deduction from their final score. No bare feet will be permitted on any piece of apparatus. Gym slippers should be worn for outdoors.

Sokol Times - Judy Smith

Following the tournament, August 13-18, the Southern District will host an Advanced Instructor's Course. Requirements will be as follows: Must be 16 years of age or older and have attended at least one Beginner's Course, (previous teaching will be considered) or be an adult with some previous teaching. We need the support of all the Districts to make this Course a success. We are co-operating with the National School Board, trying to upgrade our instructors and our Sokol Organization. This course will also be conducted in Corpus Christi, Texas. You co-operation will be appreciated.

Ffor more information contact Larry Laznovsky, Southern District of Men, Route One, Ennis, Texas 75119 . . . 214 - 875-5987.

Minutes of the District Directors' Conference

OMAHA, NEB. Bro. Bud Benak is their district traveling instructor since 1976, being assisted by Sis. Hamann, Phyllis Swoboda and Gaythe.

Three Districts have Czech classes. Bro. Milan stated that Texas has more schools teaching Czech than any other state. It's the 3rd most spoken language in Texas.

Some Districts hold classes once a week, some twice; others 3 or 4 times, depending on the activity. Some units teach Modern Rhythmic Gymnastics as part of their regular classes; others have a separate day for it.

Discussion on paying instructors. Central District: Each unit pays what they can. Northeastern District: Instructors receive no pay. Western District: Teachers are paid. Eastern District: Little Ferry, yes; other units, no. Southern District: Some units have non-member teachers who get paid; regular Sokol class instructors do not get any pay. Pacific: Just started to pay instructors this year - they are not Sokol members.

USGF has named Bro. Jerry Hardy "Master of Sport". This is the highest honor the USGF can bestow on anyone. Sis. Prchal was the first ever to receive this title.

We are all proud to know that Sis. Ellen Garlicki, Sokol Little Ferry, was one of the six finalists chosen to represent the United States at the Pan Pacific Championships. Also that Jim Hartung and Philip Cahoy, Sokol Omaha, are on the United States World Games Team. We wish much success to all three. A third boy on the team comes from a Dallas Sokol family - Mike Wilson.

Comments were made on the safety course being conducted by the United States National Safety Ass'n.

Bro. Vavra spoke on the Sokol system which we should live up to. He says some people are pushed too hard at things their bodies are not ready for, and as a result will ruin their health. The Sokol system does not force bodies over their capabilities. Feels that a rash of law suits will come up because the young people are being pushed too hard will ruin their bodies. Children are our future! We must raise them properly . . . not overtax their bodies.

SOKOL GYMNAST: Bro. Linhart's report on the Gymnast was read. Thanks to all who have contributed; would like to get more articles from the Districts and units. Will carry the 1981 USGF routines, information on Sokol USA Slet, as well as articles on Sokol leaders.

Bro. Liska submitted his suggestions for what he would like to see in the Gymnast:

1. Articles on teaching and how to organize and lead a good Sokol class.
2. What should be done under warm-ups and the various parts of class . . . a basic hour for the class. Also how to teach basic movements. Every joint and muscle should be used during the warm-up period.

Bro. Liska showed us some sketches of different things you can do with children. This is the type of material Bro. Linhart is anxious to receive. Bro. Vavra says a teaching course on basics is needed - theory - and how to run a class.

Extra copies of the Gymnast to go to the Districts: Pacific, 15 combined; Central, 60-60; Western, 30-30; Southern, 50 combined; Eastern, 15-15; Northeastern, will let us know.

Uniform Division - American Sokol

Unit Directors of Men - Directors of Women - Instructors:

There is a new Price List effective January 1, 1979. ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. Check or Money Order must accompany your order. Send measurements; and when ordering Gym Slippers, outline of foot or length in inches. We in turn will do our best to fill your orders as promptly as possible. - Avail yourselves of this service.

United Parcel Service shipping schedule from Berwyn, Illinois:

Up to 150 miles - Next business day.

Up to 450 miles - Second business day

Up to 900 miles - Third business day.

Up to 1,500 miles - Fourth business day.

For each additional 600 miles, add one day.

Men's Gymnastic Trousers: The key to correct fitting trousers is accurate measurement. Therefore, when ordering, use the following guidelines to insure proper fit:

All measurements should be made by someone other than oneself. Measurements used when ordering street clothes will not suffice. For normal build give **Waist measurement, Inseam measurement, Outseam measurement.** For men of other than normal build, the following measurements will be of importance: **Excessive rump, Excessive stomach. Be specific and precise. THERE ARE NO EXCHANGES.**

AMERICAN SOKOL ORGANIZATION
Uniform Division

come to gym because we know that one person's absence holds back the learning of the whole group. That's how we became accustomed to respecting the group interest before our personal enjoyment and temporary benefit. Now the groups we are talking of are still only large units and clubs but in a few years we will be a nationwide group.

(The above short lectures were prepared by Sis. Marie Provaznik, sent in by Bro. Frank Capek. These should be helpful in enlightening the children's classes.)

ASO Financial Report

January 1979

RECEIPTS:

Dues	\$ 3,255.50
T. J. Masaryk Dues	9.00
Convention Fund	4,029.00
Special Assessment	4,012.00
Dividends and Interest	554.16
Subscriptions to "American Sokol"	12.00
Advertising in "American Sokol"	180.00
Resale of Jewelry	82.45
Membership Kits	150.00
Donation to General Fund	50.00
UPS Charges	2.92
Miscellaneous	28.00
	\$12,365.03

A.S.O. Uniform Division - Payment toward Advances	482.55
Transfer of Funds for additional Merit Awards	400.00

TOTAL RECEIPTS

\$13,247.58

DISBURSEMENTS:

Administrative

Salaries	\$454.77
FICA & FWT for Dec., 1978	115.48
IWT - 4th Quarter 1978	49.97
Rental, Janitor Service, Phone, Electric	395.34
Rental of Mailing Machine and Postage Meter	109.99
Advertising	240.00
Service Contracts and Filing Fees	240.00
UPS Charges	8.70
Repairs to Office Machines	32.00
Miscellaneous	56.00

\$ 1,702.25

Board of Instructors

Salaries	\$325.59
FICA & FWT for Dec. 1978	54.32
IWT - 4th Quarter 1978	22.22
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
UPS Charges	8.46

469.59

Educational Department

Salaries	\$ 22.61
FICA for December 1978	4.18
IWT - 4th Quarter 1978	2.99
UPS Charges	2.58

32.36

Sokol Publication

Printing "American Sokol"	\$843.65
Postage "American Sokol"	126.06
Editor "American Sokol"	100.00

1,069.71

Miscellaneous

ASO Uniform Division - Salaries, FICA, FWT, IFW, Phone	\$252.72
Special Appropriations - Central District ASO	100.00
Eastern District ASO	286.25
ASO National School Board	113.00

751.97

TOTAL DISBURSEMENTS

\$ 4,025.88

Balance Brought Forward:

Western National Bank of Cicero - Checking Account	\$ 1,742.12
Receipts - January 1979	13,247.58

\$14,989.70

Disbursements - January 1979 **\$ 4,025.88**

\$10,963.82

Future Sokol Leaders Fund

JANUARY 1979

Sokol Schenectady, Bohemian Gymnastic Association	\$ 25.00
Transfer of Funds for additional Merit Awards	\$400.00

DONATION TO GENERAL FUND

In memory of James Hesoun and Louis Stupavsky - Sokol Belcamp	\$50.00
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Donations are tax exempt

CORRECTION:

In the January "American Sokol" the financial report for December 1978 under Disbursements - Administrative - Salaries listed as \$589.39 should be \$598.39. Sorry for the transposition of numbers. The Editor.

NOTE:

November, 1978, under Future Sokol Leaders Fund: Barbara Shabart, Milwaukee, Wis. \$25.00 as donor should have read: In memory of Mary Zelenka, Sokolice Milwaukee \$25.00. Sis. Shabart is treasurer of Sokolice Milwaukee. (January issue, 1979).

The Law of Love

In old Austria there was no freedom of conscience. In our Republic it must be real, not merely in legal Codes but practiced in every domain of public life. It is a national demand, a demand that arises from our whole history. Our religious development as well as ecclesiastical conditions make it incumbent upon us to separate the Churches from the State. I foresaw that ecclesiastical convictions would be complicated by the union with Slovakia and by the inclusion of Sub-Carpathian Russia in our Republic; and because I anticipated that political freedom would, as it has ever done, tend to aggravate them, I wished to confine the separation question to the purely ecclesiastical and religious domain.

Within our borders we have several races and a considerable number of Churches and denominations. Alongside of our new Czechoslovak Church, Orthodoxy is spreading. The ranks of our Protestants have been swelled by the considerable number of Slovak Lutherans of the Augsburg Confession; as have those of the Catholic Uniates in Sub-Carpathian Russia. Thus we have Roman Catholics and Uniates, adherents of the Czechoslovak Church, Protestants, Orthodox, Unitarians and the Jews. Besides, many of our citizens are undenominational, member of no Church, yet holding private religious convictions of their own.

Under Austria-Hungary the Roman Catholic Church was predominant throughout the territories which now form our Republic. True, the native Protestants, Calvinists, and Lutherans of the Augsburg Confession were recognized by the State in the Historic Lands of the Bohemian Crown, though they enjoyed no official favour. Some foreign missions like the Baptists were more or less tolerated. In Slovakia the Protestant minority was, like the Catholic majority, racially oppressed by the Magyars, who sought also to Magyarize the Uniated in Sub-Carpathian Russia and to suppress the Orthodox movement. The Jews, on the other hand, had managed to gain the goodwill of the Hungarian and the Austrian Governments. How things have changed since the advent of religious freedom may be judged from such figures as are available.

A comparison of the official returns in 1910 and 1921 shows that, since the establishment of the Republic, the Czechoslovak Church has been founded and that in 1921 its members numbered 525,323, nearly all of whom left the Roman Catholic Church to join it. Its membership is now much larger. In addition, 724,507 Roman Catholics left their church without adopting any other creed. The losses of the other Churches have been insignificant. In 1910 there were only 12,981 persons in the Historic Lands of the Bohemian Crown who professed no religion. Similarly, the Roman Catholic Uniate Church has lost heavily in Sub-Carpathian Russia, where under Hungary, in 1910, only 558 professed the Orthodox faith, whereas in 1921 the Orthodox numbered 60,986. In the regions inhabited by Czechs all the Protestant Churches show a strong increase of membership, quite apart from the adhesions to the Czechoslovak and the Orthodox Churches. Among the German population, on the other hand, the

increase has only been normal. In 1910 there were 157,067 Calvinist and Lutheran Czechs as compared with 153,612 Germans. In 1921 the figures were 231,199 Czechs and 153,767 Germans. The smaller Protestant Churches also show an unusual increase - the Brotherhood from 1,022 to 3,093, the Free Reformed Church from 2,497 to 5,511, the Baptists from 4,072 to 9,360, besides 10,000 Unitarians and 1,455 Methodists. Altogether there were, in 1921, nearly 1,000,000 (990,319) Protestants in the Republic.

Even in the Historical Bohemian Lands and in Slovakia the Orthodox (including the Armenian Orthodox Church) have increased their membership, the totals being 12,111 in 1921 as compared with 2,502 in 1910; and the old Catholics, who were mainly German, have grown from 17,121 to 20,255. On the other hand, the number of Jews has decreased from 361,650 to 345,342. Yet the Jewish communities show a strong religious life, Orthodox Eastern tenets being preponderant in Slovakia and Sub-Carpathian Russia, and more liberal tendencies in the West. Among the Jews Zionism and the Jewish National Movement play an important part.

It is natural that the religious developments in our Republic should attract foreign attention, because among us Catholicism is losing ground, while elsewhere it is gaining in authority if not in extent. Even abroad it is beginning to be understood that the importance of the Czech question was not solely political. All our Protestant Churches are linked in various ways with our Reformation and with the Hussite tradition, just as, in Sub-Carpathian Russia, there is an analogous movement towards Orthodoxy. The Czech Reformed Church and the Lutherans have united themselves in the Evangelical Church of the Bohemian Brethren, with other denominations, including the Unitarians, are also associated. The new Czechoslovak Church is Hussite. It is natural, too, that these Churches should seek contact with the foreign Churches to which they are most akin. The Czechoslovak Church is related to the Anglicans and the Old Catholics. It has, too, a certain kinship with the Polish Mariavites and, in some respects, with Orthodoxy. The Orthodox movement is in touch with the Greek and Serbian Patriarchs. Orthodox, too, are our neighbours in Roumania and Russia. These varieties of ecclesiastical allegiance obviously strengthen the principle of religious toleration, a principle that sprang from the Reformation, though it was by no means immediately observed in the Reformation itself. On the authority of Augustine and of Thomas Aquinas the lives of heretics were forfeited in the Medieval Church - a barbaric doctrine that took time to overcome, as is proved by the case of Servetus, whom Calvin had burned at the stake in 1553.

In our Democratic Republic, freedom of conscience and toleration must not merely be codified but realized in every domain of public life. Palacky's philosophical interpretation of our history esteems the Bohemian Brotherhood as its consummation. The Father of our Nation and our historical past alike enjoin upon us pure Christianity, the teaching of Jesus and His law of life. Democracy is the political form of the humane ideal.

(Essays by Thomas G. Masaryk - "**The Making of a State**", translated by Henry Wickham Steed).

Directory of the American Sokol Organization

1979

EXECUTIVE BOARD ASO.:

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

Pres.: Roy Zitny, 574 Revere Ave., Westmont, IL 60559.

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

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

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

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

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

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

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

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

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

Eng. Pub.: Sylvia Pistorius, 342 Naperville Road, Westmont, IL 60559.

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

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

CENTRAL DISTRICT, CHICAGO, ILL.

*Mtgs. 4th Wed., Sokol Brookfield, 3909 Prairie Ave., Brookfield, IL 60513. Pres. Edwin J. Halik, 3643 S. Ridgeland Ave., Berwyn, IL 60402.

CENTRAL DISTRICT, CHICAGO, ILLINOIS

Sokol Americky, Chicago, Ill. - Meetings, semi-annual at Old Prague Restaurant. Pres.: Tillie Kvasnicka, 2913 Buckingham Ave., Westchester, IL 60513. Sec. Mayme Johnson, 9714 Arthur Dr., Algon-

quin, IL 60102. Fin. Sec.: Mary Doubek, 1536 W. 18th Street, Chicago, IL 60608.

Rec. Sec. Helen Onni, 2444 - 1st Ave., No. Riverside, IL 60546. Dir. of Men: Joe Placek, 1601 S. Austin Blvd., Cicero, IL 60650. Dir. of Women: Sylvia Pistorius, 342 Naperville Rd., Westmont, IL 60559. Ed. Dir. Co-Chmn., Fred Kala, 6512 W. 27th St., Berwyn, IL 60402 and Ernest Pirka. Pub. Relations (Eng.): Mildred Bruno, 307 W. Naperville Rd., Westmont, IL 60559. Public Relations (Czech): Jerry Rabas, 1647 S. Euclid Ave., Berwyn, IL 60402.

EASTERN DISTRICT, BALTIMORE, MARYLAND

Headquarters American Sokol Center, 2931 E. Madison St., Baltimore, MD 21205. Mtgs. - 2nd Friday in April, September and 2nd Sunday, October, March. Pres.: Donald Otenasek, 8231 Old Philadelphia Rd., Baltimore, MD 21237. Sec. Ed. Kotras, 2905 Creswell Rd., Bel Air, MD 21014. Dir. of Men: Joseph Vrzalik, 201 Lyndale Ave., Baltimore, MD 21236. Dir. of Women: Leilani Sain, P.O. Box 57, Fork, MD 21051.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

*Bohemian National Hall, 4939 Broadway, Cleveland, OH 44127. Meetings 4th Wednesday. Pres.: Henry Srsen, 6510 Ridgebury Blvd., Mayfield Hts., OH 44124. Sec'y.: Wilma Sevcik, 4102 Fulton Rd., G-33, Cleveland, OH 44144. Dir. of Men: Richard Rejna, 17020 Libby Rd., Maple Hts., OH 43137. Dir. of Women: Bertha Cerny, 6188 Cabrini Lane, Seven Hills, OH 44131.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Meetings held quarterly at different units. Pres.: Louise Nekuda, 12242 Magnolia, No. Hollywood, CA 91607. Sec.: Louise Kis, 10740 Rhodesia Ave., Sunland, CA 91049. Dir. of Men: Jiri Liska, 935 Bel Aire Rd., Los Angeles, CA 90024; Dir. of Women: Libby Pelc, 1330 No. Lima St., Burbank, CA 91505; Ed. Dir.: George Spanek, Sr., 1364 Drake Ave., Burlingame, CA 94010.

SOUTHERN DISTRICT, DALLAS, TEXAS

Meetings either at Dallas, Ennis, or Ft. Worth; held monthly, 4th Thursday. - Pres.: Ben Maca, 3311 Timberview Road, Dallas, TX 75229. Sec.: Vlasta Laznovsky, 5514 Gregg St., Dallas, TX 75235. Dir. of Men: Larry Laznovsky, Rte. 1, Ennis, TX 75119. Dir. of Women: Sylvia Laznovsky, Rte. 1, Ennis, TX 75119. Educ. Dir. Oldrich Parma, 6418 Maple Ave., Dallas, TX 75235. Pub. Relations (Eng.) Jerry Milan, 6208 Lakeside Dr., Ft. Worth, TX 76135.

WESTERN DISTRICT, OMAHA, NEBRASKA

Mtgs. 2nd Monday, Sokol Auditorium, 2243 So. 13th St., Omaha, NE 68108. Pres.: Edward Pavoucek, 2306 Jefferson, Bellevue, NE 68005. Dir. of Men: Phil Cahoy, 5822 S. 17th St., Omaha, NE 68107. Dir. of Women: Bozena Drozda, 2627 No. 102nd Ave., Omaha, NE 68134. Educ. Dir.: Robert Vanyo, 446 Bay St., St. Paul, MN 55102. Organization: Bea Pavoucek, 2306 Jefferson St., Bellevue, NE 68005.

Directory of Units

quin, IL 60102. Fin. Sec.: Mary Doubek, 1536 W. 18th Street, Chicago, IL 60608.

Sokol Berwyn, Illinois - Mtgs. 2nd Thursday, Sokol Berwyn, 6445 W. 27th Place, Berwyn, IL 60402. Pres.: Edward Schnabl, 2503 So. Harvey Ave., Berwyn, IL 60402.

Recording Sec.: Marie Knez, 6513 W. 27th Place, Berwyn, IL 60402. Corresponding Sec.: EllenJeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. Fin. Sec.: Anne Dusek, 256 W. Butterfield Rd., Elmhurst, IL 60126. Dir. of Men: Dennis Gilbert, 1534 S. Clarence

Ave., Berwyn, IL 60402. Dir. of Women: Marie Sandel, 2520 S. Ridgeway Ave., Chicago, IL 60623. Educ. Directors: Marie Sandel and Dennis Gilbert.

Sokol Brookfield, Illinois. - Mtgs. 1st Wednesday, National Hall, 3909 Prairie Ave., Brookfield, IL 60513. Pres.: Laddie Vanek, 1234 Forest Rd., LaGrange Park, IL 60525. Sec.: Doris Barda, 3436 Arden, Brookfield, IL 60513. Fin. Sec.: Frank Ludicky, 1013 Community Dr., LaGrange Park, IL 60525. Dir. of Men: Jim Hantak, 2313 S. 18th Ave., No. Riverside, IL 60546. Dir. of Women: Diane Barda, 3436 Arden Ave., Brookfield, IL 60513.

Sokol Cechie, Chicago, Illinois. - Mtgs.: 1st Friday of March, June, Sept., Dec., National Hall, 1643 N. Cicero Ave., Chicago, IL 60639. Pres.: Otto Glasser, 587 E. Parkway Road, Riverside, IL 60546. Sec.: Miss Roselyn J. Bergman, 2141 Ridge Ave., Evanston, IL 60201. Educ. Dir.: Anne Glasser, 587 E. Parkway Rd., Riverside, IL 60546.

***Sokol Chicago, Illinois.** - Mtgs. 3rd Monday, Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. Pres.: Stanley Barcal, 2437 S. Harvey Ave., Berwyn, IL 60402. Sec.: Charles Zdenek, 9709 S. Mason Ave., Oak Lawn, IL 60453. Corresp. Sec.: Lorraine Zdenek, 9709 S. Mason Ave., Oak Lawn, IL 60453. Fin. Sec.: Robert Barcal, 1522 S. 58th Ct., Cicero, IL 60650. Educ. Dir.: Lorraine Zdenek, 9709 S. Mason Ave., Oak Lawn, IL 60453.

Sokol Fuegner, Ill. Mtgs 3rd Friday, 10756 Green Bay Avenue, Chicago, IL 60617. Pres.: James C. Overland, 10944 Ave. "O", Chicago, IL 60617. Sec.: Oscar Vickers, 10409 Ave. "L", Chicago, IL 60617. Fin. Sec.: John A. Manzyk, Jr., 11242 Ave. "J", South Holland, IL 60473.

Sokol Havlicek-Tyrs, Chicago, Ill. - Mtgs. 4th Monday at Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. Pres.: Ann Basta, 2629 S. Maple Ave., Brookfield, IL 60513. Sec.: Louise Kmen, 2520 S. Harding Ave., Chicago, IL 60623. Fin. Sec.: Vaclav Zenisek, 3142 S. Highland Ave., Berwyn, IL 60402. Louise Hladik, 5511 W. 23rd Pl., Cicero, IL 60650. (Fin. Sec. also).

Sokol Milwaukee, Wisconsin. - Mtgs. 1st Thursday. Pres.: James Pilger, 2974 No. 45th St., Milwaukee, WI 53210. Sec.: Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Fin. Sec.: Charles Richter, 5459 No. 38th St., Milwaukee, WI 53209. Dir. of Men: Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Educ. Dir.: James Hron, Jr., 5021 N. 38th St., Milwaukee, WI 53221. Org. Chmn.: Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151.

Sokolice Milwaukee, Wisconsin. - Mtg. 1st Thursday at International Institute, 2810 W. Highland Blvd., Milwaukee, WI 53208. Pres.: Helen Knuth, 3121 S. 49th St., Milwaukee, WI 53219. Sec.: Emily Falarsh, 365 N. Honey Creek Pkwy., Milwaukee, WI 53213. Fin. Sec.: Helen Pilger, 2974 N. 45th St., Milwaukee, WI 53210. Dir. of Women: Emily Falarsh, 365 N. Honey Creek Pkwy., Milwaukee, WI 53213.

Sokol & Sokolice Racine, Racine, Wisconsin. - Mtgs. in March, June, September and December. Pres.: Melvin Smerchek, Rt. 1, 2506 - 5 1/2 Mile Road, Racine, WI 53402. Sec.: Steve J. Mostenan, 7914 - 20th Ave., Kenosha, WI 53140. - Fin. Sec.: Lois Nikl, 900 Romyne Ave., Racine, WI 53402.

***Sokol Rozvoj, Chicago, Illinois.** - Mtgs.: 2nd Thursday, every 3rd month. Danish American Athletic Center, 4624 N. Pulaski Road, Chicago, IL 60630. Pres.: Rudolph Gurtler, 6416 W. 28th St., Berwyn, IL 60402. Sec.: Hedvika Vrba, 2135 S. Kenilworth Ave., Berwyn, IL 60402. Fin. Sec.: Ann Bagel, 4906 W. Berwyn, Chicago, IL 60630.

Sokol Slavsky, Cicero, Illinois. - Mtgs. on 1st Wednesday, T. G. Masaryk School, 5701 W. 22nd Pl., Cicero, IL 60650. Pres.: John M. Satek, 5310 W. 24th St., Cicero, IL 60650. Sec.: Patricia Satek, 5310 W. 24th, Cicero, IL 60650. Fin. Sec.: Agnes Drozd, 1611 S. 57th Ct., Cicero, IL 60650. Dir. of Men: John M. Satek. Dir. of Women: Patricia Satek.

Sokol and Sokolice St. Louis, Missouri. - Mtgs.: 4th Monday, American-Czech Educational Center, 4690 Lansdowne, St. Louis, MO 63116. Pres.: Joseph Sulz, 3635

Bamberger, St. Louis, MO 63116. Sec.: Jean Stanley, 6420 Bishops Place, St. Louis, MO 63109. Fin. Sec.: Henry Rak, 4201 Heidelberg, St. Louis, MO 63123. Dir. of Men: Ted Stanley, 6420 Bishops Place, St. Louis, MO 63109. Dir. of Women: Mary Ann Sulz, 3635 Bamberger, St. Louis, MO 63116. Educ. Dir.: William Shana, 9145 Desmond, St. Louis, MO 63116.

Sokol Stickney, Illinois. Mtgs.: 1st Wednesday except July and August. - Sokol Stickney, 4131 S. Home Ave., Stickney, IL 60402. Pres.: Charles Borvansky, 4542 Hawthorne, Lyons, IL 60534. Sec.: Sharon Karovic, 3935 S. Clinton Ave., Stickney, IL 60402. Fin. Sec.: Roger Safranek, 9524 S. Natoma, Oak Lawn, IL 60453. Dir. of Men: Charles Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534. Dir. of Women: Rose Sladek, 4449 S. Clinton Ave., Stickney, IL 60402. Ed. Dir.: Helen Sindelar, 7112 W. 40th Place, Stickney, IL 60402.

Sokol Tabor, Berwyn, Illinois. - Mtgs. 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres.: Frank Balsanek, 3636 S. Lombard Ave., Berwyn, IL 60402. Sec.: Joe Moravec, Jr., 1346 S. Kenilworth Ave., Berwyn, IL 60402. Fin. Sec.: James Gerhardt, 7711 Monroe, Forest Park, IL 60130. Educ. Dir.: Charles Prchal, 2419 Scoville Ave., Berwyn, IL 60402. Men's Dir.: Ed Linhart, 1820 S. Ridgeland Ave., Berwyn, IL 60402.

Sokolice Tabor, Berwyn, Illinois. - Mtgs. 1st Friday, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres.: Mary Balsanek, 3636 S. Lombard Ave., Berwyn, IL 60402. Sec.: Marian Wronski, 1631 S. Oak Park Ave., Berwyn, IL 60402. Fin. Sec.: Joan Curran, 1802 S. 56th Ct., Cicero, IL 60650. Ed. Dir.: Blanche Kos, 1530 Marengo Ave., Forest Park, IL 60130. Women's Director: Ed Linhart, 1820 S. Ridgeland Ave., Berwyn, IL 60402.

Sokol Town of Lake, Chicago, Illinois. - Mtgs.: 2nd Wed., Jan., Mar., May, June, Sept., Nov., Dec., at American Legion Hall, 5249 S. Kedzie Ave., Chicago, IL 60632. - Pres.: George Vytlačil, 12515 Harold Ave., Palos Hts., IL 60463. Sec.: Mildred Mentzer, 11358 S. Hamlin Ave., Chicago, IL 60655.

Fin. Sec.: Blanche Cihak, 19 Lakeview Ct., Clarendon Hills, IL 60514.

Sokol West Suburban, Downers Grove, Illinois. - Mtgs. 4th Monday. Mailing address: Sokol West Suburban, P.O. Box 181, Downers Grove, IL 60515. Pres. Frank Michalek, 10S.020 Lorraine Dr., Hinsdale, IL 60521. Sec.: Mildred Bruno, 307 W. Naperville Rd., Westmont, IL 60559. Treas.: Evelyne Behounek, 4827 Cornell, Downers Grove, IL 60515. Dir. of Men: William Ryan, 4520 Devon, Lisle, IL 60532. Dir. of Women: Mary Lou Banaczek, 1203 Woodcrest, Downers Grove, IL 60515. Public Rel.: Mary Lou Banaczek.

EASTERN DISTRICT, NEW YORK, N.Y.

***Sokol Baltimore, Maryland.** - Mtg. 2nd Sunday of the month, no meeting in July and August, American Sokol Center, 2931 E. Madison Street, Baltimore, MD 21205. Pres.: Henry Vrzalik, 201 Lyndale Ave., Baltimore, MD 21236. Corresp. Sec.: Charlotte Bohn, 3558 Juneway, Baltimore, MD 21213. - Rec. Sec.: Marie Pokorny, 9812 Gunforge Rd., Perry Hall, MD 21228. Fin. Sec.: Mary Parizek, 8236 North View Rd., Baltimore, MD 21222. - Dir. of Men: John Cervin, 3523 Clifftmont Ave., Baltimore, MD 21213. Dir. of Women: Ruth Ostrander, 3 Duntore Place, No. 2D, Baltimore, MD 21236.

Sokol Belcamp, Md. - Mtgs.: 1st Thursday at Belcamp Community Center, Belcamp, MD 21017. Pres.: Albert Kotras, 3023 Creswell Rd., Aberdeen, MD 21001. Sec.: Edward Kotras, 2905 Crewell Rd., Bel Air, MD 21014. Tras.: Thomas Dolina, 912 Hilltop Ave., Abingdon, MD 21009. Dir. of Women: Rosemary Krajca, Long Bar Harbor, 815 Hilltop Ave., Abingdon, MD 21009.

Sokol Curtis Bay, Md. - Mtgs.: 3rd Wed., Curtis Bay Athletic Club Mall, 1603 Cereal St., Curtis Bay, MD 21226. Pres.: Frances Simon, 3549 - 3rd St., Baltimore, MD 21225. Fin. Sec.: Edward Henne, 206 Tenth Ave., Baltimore, MD 21225.

Sokol Fuegner, L.I.C., N.Y. - Mtgs. 4th Tuesday, Bohemian Hall,

29-19 24th Ave., L.I. City, NY 11102. Pres.: Charles Zraly, 29 Holland Ct., Valley Stream, NY 11580. Sec.: Bertha Hochner, 45-35 Utopia Pkwy., Flushing, NY 11358. Fin. Sec.: Jane Cerny, 23-71 37th St., Long Island City, NY 11105. Dir. of Men: Thomas Henigman, 24-49 27th St., Long Island City, NY 11102. Dir. of Women: Dorothy Henigman, 24-49 27th St., Long Island City, NY 11102. Org. Chmn.: Marie Stika, 28-05 43rd St., Long Island City, NY 11103. Educ. Dir.: Joy Misek, 24-26 - 40th Ave., Long Island City, NY 11101.

***Sokol Little Ferry, New Jersey.** - Mtgs. 2nd Monday, Sokol Hall, 14 Garden St., Little Ferry, NJ 07643. Pres.: Frank Donovan, 279 Liberty St., Little Ferry, NJ 07643. Sec.: Richard Novotny, 16 Griswold Pl., Glen Rock, NJ 07452. - Fin. Sec.: Jerry Komarek, 101 Merhof Road, Little Ferry, NJ 07643. Dir. of Men: Frank J. Capek, 39 Barnes Dr., Ridgefield Park, NJ 07660. Pub. Rel. (Eng.): Richard Novotny, 16 Griswold Pl., Glen Rock, NJ 07452. Ed. Dir.: Frank Donovan.

Sokolice Little Ferry, New Jersey. - Mtgs.: 4th Wednesday at Sokol Hall, Main and Garden Streets, Little Ferry, NJ 07643. Pres.: Helen Rhode, 34 Grove St., Little Ferry, NJ 07643. Rec. Sec.: Joan Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. Corresp. Sec.: Rosalind Farquhar, 50 Columbus ave., Little Ferry, NJ 07643. Fin. Sec.: Elsie Machotka, 26 Center St., Little Ferry, NJ 07643. Dir. of Women: Evelyn King, 142 Popular Ave., Ridgefield Park, NJ 07660. Educ. Dir.: Helen Rhodes.

Sokol Miami, Florida. - Mtgs. 4th Monday, Czechoslovak Club Bldg., 13325 Arch Creek Rd., No. Miami, FL 33161. Vice-Pres.: Frank Ruzicka, 1215 NE 128th St., No. Miami, FL 33161. Rec. Secy.: John Gyorik, 188 NW 98th St., Miami, FL 33150. Corresp. Sec.: Ella Krepelka, 3286 NW 41st St., Ft. Lauderdale, FL 33309. Fin. Sec.: Emilie Ruzicka, 1215 NE 128th St., No. Miami, FL 33161.

Sokol Newark, New Jersey. - Mtgs. 3rd Saturday at members' homes. Pres.: Frank Bartell, 646 E. Pt. Pleasant Ave., Ocean gate, NJ 08740. Sec.: Barbara Kotlan, 54

Cleremont Ave., Irvington, NJ 07111. Fin. Sec. Anna Votapek, Acacia Lumberton Manor, E. Landing St., Apt. 8H, Lumberton, NJ 08048.

Sokol New York, N.Y. - Mtgs. last Thursday of each month at Sokol Hall, 420-424 East 71st St., New York, NY 10021. Pres.: John Babinec, 98-40 64th Ave., Forest Hills, NY 11374. Rec. Sec. Dorothy Hudecek, 34-19 33rd St., Astoria, NY 11106. Corresp. Sec.: Marie V. Lier, 65-41 - 48th Ave., Woodside, NY 11377. Fin. Sec.: Miroslava Jurnik, 338 E. 65th St., Apt. 4, New York, NY 10021. Dir. of Men: Steve Frolo, 1373 First Ave., New York, NY 10021. Dir. of Women: Beatrice Cihak, 1540 York Ave., New York, NY 10028.

Sokol Philadelphia, Pa. - Mtgs. on 1st Friday, 5836 Akron St., Philadelphia, PA 19149. Pres.: Josephine Tunkl, 5836 Akron St., Philadelphia, PA 19149. Sec.: George B. Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Fin. Sec.: Elsie Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Ed. Dir.: George B. Novak.

***Sokol Schenectady, N.Y.** - Meetings 1st Wednesday, Czech-American Sokol Hall, 1309 Fifth Ave., Schenectady, NY 12303. Pres.: Vincent Bousa, 2061 Curry Road, Schenectady, NY 12303. Sec.: Caroline Jordan, 1302 Second Ave., Schenectady, NY 12303. Fin. Sec. for Women: Julia Kverek, 1541 Altamont Ave., Schenectady, NY 12303. Fin. Sec. for Men: Alice Matura, 1 Larkin St., Scotia, NY 12302.

Sokol Washington, D.C. - Mtgs. 1st Wed. at Barton House, 2525 19th St., No. Arlington, VA 22201. Pres.: J. Kaspar-Paty, 7112 Camp Alger Ave., Falls Church, VA 22042. Rec. Sec.: Liby Cerny, 2802-27th St., NW, Washington, DC 20008. Corresp. Sec.: Dr. G. Svejda, 10007 Cliftonbrook Lane, Silver Spring, MD 20904. Fin. Sec.: Gerta Manhal, 3636 16th St., NW, Apt. A-601, Washington, DC 20010. Dir. of Women: Helen Splichal, 4014 Highview Drive, Silver Spring, MD 20906. Dir. of Men: Tony Bartos, 6067 Hollas Hill Lane, Springfield, VA 22152.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Sokol Cleveland Cech-Havlicek, Cleveland, Ohio. - Mtgs. 1st Sunday, Sokol Cleveland Cech-Havlicek Hall, 20110 Harvard ave., Warrensville Hts., OH 44122. - Pres.: Frank Kavan, 4800 Westburne Road, Lyndhurst, OH 44124. Sec.: Wilma Sevcik, 4102 Fulton Rd., Apt. G33, Cleveland, OH 44144. Fin. Sec.: Bertha Cihula, 31713 White Rd., Wickliffe, OH 44092. - Dir. of Women: Pat Reis, 537 Parker, Aurora, OH 44202. Dir. Men: James Reis, 537 Parker, Aurora, OH 44202.

Sokol Detroit, Mich. - Mtgs. 1st Thursday, Sokol Cultural Center, 23600 West Warren, Dearborn Hts., MI 48127. Pres.: Ferruccio DeConti, 20205 Winchester, Southfield, MI 48075. Sec.: Joseph Polacek, 17351 Roseland, Southfield, MI 48076. Dues Sec.: Martin Eisenstein, 50000 Hanford, Plymouth, MI 48170. Fin. Sec. Joseph Wimmer, 241 S. Franklin, Dearborn, MI 48124. Dir. of Men: Charles J. Bares, 11425 Cedar Lane, Plymouth, MI 48170.

Sokolice Detroit, Mich. - Mtgs. 1st Thursday, Sokol Cultural Center, 23600 West Warren, Dearborn Hts., MI 48127. Pres.: Jarmila Zboril, 10319 So. Morrow Circle, Dearborn, MI 48126. Sec.: Beverly St. Thomas, 42600 Bouldin Ct., Canton, MI 48187. - Fin. Sec.: Carolyn Sabados, 43911 Orleans Ct., Canton, MI 48187. Dir. of Women: Mary Ann LaVere, 31311 Bobrich, Livonia, MI 48512. Ed. Dir.: Susan Bares, 11425 Cedar Lane, Plymouth, MI 48170.

Sokol Moravan, Toledo, Ohio. - Mtgs. 3rd Wednesday. Pres.: Fred Bartos, 3444 St. Bernard Drive, Toledo, OH 43613. Sec.: Elizabeth Penovich, 2130 Nevada, Toledo, OH 43605. Fin. Sec. John Reisner, Jr., 2128 Maryland Pl., Northwood, OH 43619.

Sokol Greater Cleveland, Cleveland, Ohio. - Mtgs. held 3rd Wed., at Bohemian National Hall, 4939 Broadway Ave., Cleveland, OH 44127. Pres.: Henry Srsen, 6510 Ridgebury Blvd., Mayfield, OH 44124. Sec.: Eleanor Curry, 1236 Avondale Rd., Cleveland, OH

44121. Fin. Sec.: Barbara Sima, 778 Pines Ct., Sagamore Hills, OH 44067. Dir. of Men: Karel Vavra, 12869 Larchmere Blvd., Shaker Hts., OH 44120. Dir. of Women: Gloria Srsen, 6510 Ridgebury Blvd., Mayfield Hts., OH 44124. Educ. Dir.: Edwin Jirousek, 16214 Maplewood Ct., Maple Hts., OH 44137. Pub. Relations: Joseph Kocab, 4501 Cullen Dr., Cleveland, OH 44105.

Sokol Rip, Pittsburgh, Pa. - Pres. Joseph A. Ciz, 8140 Remington Drive, Pittsburgh, PA 15237. Sec.: Charles W. Bastl, 8234 Elaine Dr., Pittsburgh, PA 15237. Treas. James Leder, 133 Mason Dr., Glenshaw, PA 15116.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Sokol Fresno, Calif. - Mtgs 2nd Sunday each month, in different homes. Pres.: Mary Ann Yakovetic, 4772 E. Holland, Fresno, CA 93726. Sec.: Sonia Maslowski, 5184 E. Madison, Fresno, CA 93727. Fin. Sec.: Frank Maslowski, 1549 W. Ellery, Fresno, CA 93705. Dir. of Men: Emil Prudek, 5635 E. Shaw, Clovis, CA 93612. Dir. of Women: Helen Maslowski, 5164 E. Ashlan, No. 125, Fresno, CA 93727. Ed. Dir.: Bessie Filgas, 4426 E. Olive, Fresno, CA 93702.

Sokol Los Angeles, California. - Mtgs.: 2nd Tuesday, Sokol Hall, 500 No. Western Ave., Los Angeles, CA 90004. Pres.: Jiri Liska, 935 BelAire Rd., Los Angeles, CA 90024. Corresp. Sec.: Eva Reisner, 2549 East Alaskan, West Covina, CA 91791. Rec. Sec. Karl Skorkovsky, 523 E. Maple Ave., Glandale, CA 91205. Fin. Sec.: Louise Nekuda, 12242 Magnolia Blvd., No. Hollywood, CA 91607. Dir. of Men: Jiri Liska, 935 BelAire Rd., Los Angeles, CA 90024. Dir. of Women: Iva Prochazka, 8009 Brimfield ave., Van Nuys, CA 91402. Educ. Dir.: Jirina Fuchs, 3563 S. Barrington Ave., Los Angeles, CA 90066.

Sokol San Francisco, California. - Mtgs. 2nd Monday, 847 No. San Mateo Dr., San Mateo, CA 94401. Pres.: George Spanek, Sr., 1364 Drake Ave., Burlingame, CA 94010. Sec. Elizabeth Jozifek, P.O. Box 175, Montara, CA 94037. Fin. Sec.:

Elizabeth Bele, 11 Fairview Pl., Millbrae, CA 94030. Ed. Dir.: Jan Kucera, 539 Hillcrest Rd., San Carlos, CA 94070. Dir. of Women: Miroslava Sieber, 719 Benito Ave., Atherton, CA 94025. Dir. of Men: Albert Sieber, 719 Benito Ave., Atherton, CA 94025.

Sokol Seattle, Washington. - Pres.: Jaroslav Zimcik, 729 N. 89th St., Seattle, WA 98103. Sec.: Jerry Korvas, 1701 S.E. 18th Pl., Renton, WA 98055. Fin. Sec.: Vilma Vojta, 8475 West Mercer Way, Mercer Island, WA 98040.

SOUTHERN DISTRICT, DALLAS, TEXAS

Sokol Corpus Christi, Texas. - Mtgs. 2nd Sunday, Sokol Hall, 5502 Kostoryz Rd., Corpus Christi, TX 78415. Pres.: Eugene Lehnert, 917 Carmel Pkwy., Corpus Christi, TX 78411. Sec.: Jill Sijansky, 414 Pleiades Place, Corpus Christi, TX 78418. Fin. Sec.: Anna Marie Moss, 5006 Brandesky, Corpus Christi, TX 78415. Dir. of Men: Jerry Sijansky, 414 Pleiades Place, Corpus Christi, TX 78418. Dir. of Women: Sandra Howard, 5833 Rio Vista Drive, Corpus Christi, TX 78412. Ed. Dir.: Jerry Sijansky, 414 Pleiades Pl., Corpus Christi, TX 78418.

Sokol Fort Worth, Texas. - Mtgs. 2nd Sunday, Eagle Mountain Athletic Center, 6500 Boat Club Rd., Ft. Worth, TX 76135. Pres.: Bill Renfro, Rte. 10, Box 613, Ft. Worth, TX 76135. Sec.: Gay Williams, 5012 Glade, Ft. Worth, TX 76114. Fin. Sec. Jeanne Mason, 2319 Loving Ave., Ft. Worth, TX 76106. Dir. of Men: Jerry Milan, 6208 Lakeside Drive, Ft. Worth, TX 76135. Dir. of Women: Henrietta Milan, 6208 Lakeside Dr., Fort Worth, TX 76135.

Sokol Houston, Texas. - Mtgs. 2nd Thursday, Sokol Houston Hall, 1314 W. Patton, Houston, TX 77009. Pres.: Emil Kuropata, 5319 Kansas, Houston TX 77007. Sec.: Carol Kuehn, 301 E. 27th, Houston, TX 77008. Fin. Sec.: Elsie Svec, 9602 Airline, Houston, TX 77037. Dir. of Men: Al Snider, 634 W. Temple, Houston TX 77009. Dir. of Women: Margaret Kasowski, 2207 Willowby, Houston, TX 77008. Educ. Dir.: Leonard Kasowski, 2207 Willowby, Houston, TX 77008.

Sokol Karel Havlicek-Borovsky, Ennis, Tex. - Mtgs. 4th Sunday, Sokol Hall, Hwy 34E, Ennis, TX 75119. Pres.: Don York, Rte. 5. Sec.: Jeannette Zajic, 408 W. Decatur, Ennis, TX 75119. - Fin. Sec.: Bernice Hamilton, Rt. 2, Italy, TX 76651. Dir. of Men: Lawrence Laznovsky, Rt. 1, Dir. of Women: Sylvia Laznovsky, Rt. 1, Ennis, TX 75119. Ed. Dir.: Stuart Hamilton, Rt. 2, Italy, TX 76651.

Sokol Karel Havlicek, Yukon, Oklahoma. - Mtgs. 1st Sunday, Czech Hall, Rt. 3, 2 1/2 miles south of Yukon, OK 73009. - Pres.: Alma Nykl, 2208 NW 12th, Oklahoma City, OK 73017. Sec.: Rose Knox, 1712 Chaucer Dr., Norman, OK 73069. Fin. Sec.: Tony R. Kouba, Rt. #3, Box 73, Yukon, OK 73099.

Sokol Zizka, Dallas, Texas. - Mtgs.: 3rd Sunday, Sokol Athletic Center, 7448 Greenville Ave., Dallas, TX 75231. Pres.: Richard R. Toberny, Sr., 918 S. Franklin, Dallas, TX 75211. Sec.: Nancy Brown, 10328 Mosscrest, Dallas, TX 75238. Fin. Sec.: Marie Janousek, 11221 Desdemona, Dallas, TX 75228. Dir. of Men: Joe E. Pokladnik, 6234 E. University, Dallas, TX 75214. Dir. of Women: Frances McClure, 1423 Lebanon, Dallas, TX 75208. Educ. Dir.: Oldrich Parma, 6418 Maple Ave., Dallas, TX 75235.

WESTERN DISTRICT, OMAHA, NEBRASKA

Sokol Cedar Rapids, Iowa. - Mtgs. 1st Monday, Sokol Hall, 415 3rd St., SE, Cedar Rapids, IA 52404. Pres.: Joe Pazour, 72 - 18th Ave., SW, Cedar Rapids, IA 52404. Sec.: Dick Kittrell, 1527 - 48th St., NE, Cedar Rapids, IA 52402. Fin. Sec.: Larry Chmelicek, 1832 Pals Ct., NW, Cedar Rpd, IA 52405. Educ. Dir.: Fred Anthony, 932 Daniels, NE, Cedar Rapids, IA 52402.

Sokolice Renata Tyrsova, Cedar Rapids, Iowa. - Mtgs. 1st Monday, Sokol Hall, 415 - 3rd St., SE, Cedar Rapids, IA 52401. Pres.: Julia Webster, 504 Wilder Drive, SE, Cedar Rapids, IA 52403. Sec.: Mana Zlatohlavek, 392 - 16th Avenue SW, Cedar Rapids, IA 52404. Fin. Sec.:

Mary Ann Pochobradsky, 2419 Victoria Dr., SW, Cedar Rapids, IA 52404. Dir. of Women: Marilyn Madsen, 3111 - 6th St., SW, Apt. 2, Cedar Rapids, IA 52404.

***Sokol Crete, Nebraska.** - Mtgs. 1st Wednesday, Sokol Auditorium, 12th & Norman St., Crete, NE 68333. Pres.: Steve E. Pomajzl, RFD 2, Wilber, NE 68465. Sec. & Fin. Sec.: Lester Bruns, 1444 Kingwood ave., Crete, NE 68333. Dir. of Men: Jan Juren, 612 Hawthorne, Crete, NE 68333.

Sokolice Libuse, Crete, Nebraska. Mtgs. 1st Wednesday, Sokol Hall, 136 West 12th Street, Crete, NE 68333. Pres.: Alice Kalkwarf, 807 Oak Street, Crete NE 68333. Sec.: Blanche Heeren, R.R. 1, Box 136, Crete, NE 68333. Fin. Sec.: Alice Kovarik, 729 Norman, Crete, NE 68333. Dir. of Women: Alice Kalkwarf, 807 Oak St., Crete, NE 68333. Educ. Dir.: Alice Kalkwarf.

Sokol South Omaha, Fuegner-Tyrs, Omaha Nebraska. - Mtgs. /st Monday, So. Omaha Sokol Hall, 2021 "U" St., Omaha, NE 68107. Pres.: Karel P. Forman, Box 7, West Main, Murray, NE 68409. Sec.: Michael DeLeo, 10012 Evens St., Omaha, NE 68134. Fin. Sec.: Mickey Dalton, 2219 Monroe St., Omaha, NE 68107. Dir. of Men: Vojmir Benak, 5919 S. 15th St., Omaha, NE 68107. Educ. Dir.: Mickey Dalton, 2219 Monroe st., Omaha, NE 68107. Organization: John Slezak, 13115 Normandy Circle, Omaha, NE 68137.

Sokolice South Omaha, Nebraska. Mtgs. 2nd Tuesday, 2021 "U" St., Omaha, NE 68107. Pres.: Helen Zentz, 5319 Valley Circle, Omaha, NE 68106. Sec.: Martha Talmon, 7303 So. 30th, Omaha, NE 68147. Fin. Sec.: Ella Rendla, 2007 Avery Rd., Bellevue, NE 68005. Dir. of Women: Jolene Hamann, P.O. Box 426, Plattsmouth, NE 68048. Educ. Dir.: Jolene Hamann.

Sokol Omaha, Nebraska. - Mtgs.: 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. I. Vice-Pres.: James Velehradsky, 1715 Jefferson, Omaha, NE 68107. Sec.: Frank Mokry, 1206 Blaine, Omaha, NE 68107. Fin. Sec.:

Walter Bures, 1335 "Z" St., Omaha, NE 68107. Educ. Dir.: James Hartung, 2735 S. 46th Ave., Omaha, NE 68106. Dir. of Men: Gary Masek, 10348 "V" St., Omaha, NE 68127. Send all correspondence to Officedrs c/o Sokol Auditorium.

Sokolice Omaha, Nebraska. - Mtgs. 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. Pres.: Helen Karpisek, 2205 S. 6th, Omaha, NE 68108. Sec.: Barbara Seefus, 1815 Ontario, Omaha, NE 68108. Fin. Sec.: Mildred Krejci, 2428 S. 14th St., Omaha, NE 68108. Dir. of Women: Janice Gathye, 14706 Holmes, Omaha, NE 68137. Educ. Dir.: Beverly Kilborn, 1505 Polk St., Omaha, NE 68107.

Sokol Wilber, Nebraska. - Mtgs.: 1st Monday, Sokol Auditorium, 317 S. Wilson, Wilber, NE 68465. Pres.: Frank Kucera, Jr., P.O. Box 362, Wilber, NE 68465. Sec.: June A. Kucera, P.O. Box 362, Wilber, NE 68465. Fin. Sec.: Karoline Kasl, RFD 2, DeWitt, NE 68341. Dir. of Women: Kay Gansemer, RFD, Hallam, NE 68368. Dir. of Men: Roger Roseberry, 723 W. Elm, Wilber, NE 68465.

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**NORTHERN CIRCUIT OF
WESTERN DISTRICT**

Sokol Minneapolis, Minnesota. - Mtgs.: As called in members' homes. - Pres.: Edward Andrie, 4827 N. Bryant Ave., Minneapolis, MN 55430. Sec.: Frances Hosek, 3350 Upton Ave., No. Minneapolis, MN 55412. Fin. Sec.: Luella Greb, 3514 Utah Ave., S., Minneapolis, MN 55426.

Sokol Minnesota. - Mtgs.: 4th Friday, C.S.P.S. Hall, 381 Michigan, St. Paul, MN 55102. Pres.: Victor Hubal, 7080 Victoria Rd., Woodbury, MN 55119. Sec.: Marlin

Heise, 343 Michigan, St. Paul, MN 55102. Fin. Sec.: Joyce Tesarek, 1701 W. Burnsville Pkwy., #318, Burnsville, MN 55337. Dir. of Men: Robert Vanyo, 446 Bay, St. Paul, MN 55102. Dir. of Women: Cecilia Vanyo, 446 Bay St., St. Paul, MN 55102.

**SOUTHERN CIRCUIT
OF WESTERN DISTRICT**

Sokol Caldwell, Kansas. - Mtgs.: 1st Sunday, Sokol Hall, 12 mi. west of Caldwell, KS 67022. - Pres.:

Joseph Netahla, Rt. 1, Bluff City, KS 67018. Sec.: Carrie Anton, Bluff City, KS 67018. Fin. Sec.: John Maruska, Nardin, OK 74646.

Sokol Karel Jonas, Wilson, Kansas. - Mtgs. 1st Sunday every 3rd month at Wilson Opera House, Wilson, KS 67490. - Pres.: Joe Sebesta, Wilson, KS 67490. - Sec.: Alice Sula, Wilson, KS 67490. - Treas.: Alice Sula.

* - (asterisk) - Corrections not received by deadline.

The Problems of a President

After my election to the Presidency of the Republic I pondered over the functions of a democratic President in the concrete, not in the abstract as I had done before. It had never occurred to me that I might be President, so entirely was I absorbed in the work of liberation. Though I had observed republican institutions in Switzerland, France and America, and had compared them with constitutional monarchies in England and in Italy by way of verifying the practical accuracy of views derived from study, I had conceived my future position as that of a writer and member of Parliament striving to consolidate and develop our new Republic. I had not even thought of retaining my professorship. Indeed, I had busied myself with the purely theoretical question whether the Presidency of a Republic is not a relic of monarchism. In republican Rome, I reflected there were two Consuls; and, in Japan, two Emperors. Nor, even in a Monarchy, does one man ever govern a great State alone. It is not practically possible.

Like other peoples, we shall evolve gradually and get away from monarchism little by little. Though the necessary conditions for a Republic exist among us, a strong royalist feeling for Crown and Kingdom was formerly fostered, only the Socialist parties and a section of the intellectual class being republican in principle. Under Austria, the whole of our education was undemocratic; and, in politics, habit is stronger than reason. Now, under the Republic, the President and all other Republicans have to become truly republican and democratic, for the republic is a form, democracy is the thing itself. The form, the written Constitution, does not always guarantee the substance. Yet, in public life, what matters is the thing itself, the substance. It is easy to write a fine Constitution, less easy to apply it finely and consistently. There are cases in which a monarchy may be more democratic than a republic. Each of the four main types of republic - the Swiss, the French, the American and, to a certain extent, the pre-war German Federal Constitution (the last names being a striking example of the difference

between form and substance) - corresponds to the circumstance and to the evolution of its respective country. No institution can be mechanically and unorganically transferred to another land. But, as regards the Presidency, the Swiss and German types offer no guidance. The American and the French types remain. I have already said that, after the American War of Independence, the position of the King of England was taken as a model for that of the President of the United States. Washington was an aristocrat by birth. As President, he decorated his house at Mount Vernon with statues of Alexander, Caesar, Charles XII, Marlborough, Prince Eugene of Savoy and Frederick the Great. His successors were more democratic. In America the President chooses his Government outside Parliament, whereas the French Government is formed of members of Parliament. In our case I should favour a mixed system under which the President would select a definite number of Ministers, half of them, perhaps, or a majority, among members of the Chamber of Deputies and the Senate, and choose the others outside Parliament though naturally in consultation and agreement with the political parties. By this means the Government might gain expert quality, for it is one of the recognized defects of the Parliamentary system that most members of Parliament are merely party men, and few of them are specially qualified.

There is a sound idea in the American custom of appointing a special non-Parliamentary Commission to draw up the Budget, powerless though the Commission is in practice - the idea that Parliamentary parties should not mismanage finance. Party spirit is not always identical with public welfare; nor do parties remain in touch with the electorate as closely as they ought. One of the chief causes of their inertness is that they pay too little heed to the organization and education of their supporters in what I may call "peace time," that is to say, during the intervals between general elections. They only grow vigorous when an election is in sight or when conflicts and schisms arise in their own ranks. Democracy means constant and positive work of detail. In my view, parties ought not to be allowed a long period for mere electoral agitation.

(Essays by Thomas G. Masaryk - "The Making of a State", translated by Henry Wickham Steed).



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SOKOL AND SOKOLICE RACINE BID FAREWELL TO TWO OLD-TIMERS

On January 29, 1979, Bro. Joseph F. Buran passed away at the Brookside Care Center at the age of 87. Born on June 5, 1891 in Havrice, Czechoslovakia, he left his native land to make his mark in the United States in 1910. He was a long-time resident of Racine, Wis., and lately of Kenosha, Wis. Bro. Buran served in the U.S. Air Force during World War I.

He joined the Sokol ranks at an early age and was active until the time of the inactivity of our lodge. He was an active gymnast as a young man and also a creative gym teacher. He composed many special numbers which were the talk of the town for many years. He was a charter member of the American-Czech Club which was a social branch of Sokol Mladococh which was organized to bring spouses of Sokols and Czechs into our midst. He was a member of the Racine American Legion Post 76 for over 50 years, Veteran of WW I, the Zoological Society of Racine and a member of the Board of Directors of Belle City Savings and Loan which is now a branch of the First Federal of Milwaukee.

Surviving are his wife, Elverna, son, Jerome of Santa Rosa, Calif., daughter, Mrs. Steve Mostenan and step-daughter, Shirley Furze of Rockford, Ill., five grandchildren, 2 great-grandchildren and one sister in Czechoslovakia.

On Saturday evening, February 10, 1979, Bro. Louis Valentine, 91, passed away at the Westview Nursing Home of Racine. Bro. Valentine was born November 24, 1887 in Austria and lived in Racine for 70 years. His wife, Mary, whom he married on November 19, 1913, preceded him in death on June 19, 1978. He owned and operated Valentine's Tavern across the street from the Sokol Hall from 1933 to 1956. He was in business for 45 years and was one of the first directors for the state tavern league. Bro. Valentine was a life member of the Eagles Club, Racine Zoological Society and long time member of Sokol, having been an active gymnast in his younger years and with the Old Guard for some years.

Surviving are one son and daughter-in-law, Russell and Ruth Valentine; granddaughter, Suzanne Frommelt of Dubuque, Iowa, and a sister living in Austria.

Nazdar Sokols! . . . may you rest in peace from your labors.
Steve J. Mostenan, Secretary

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