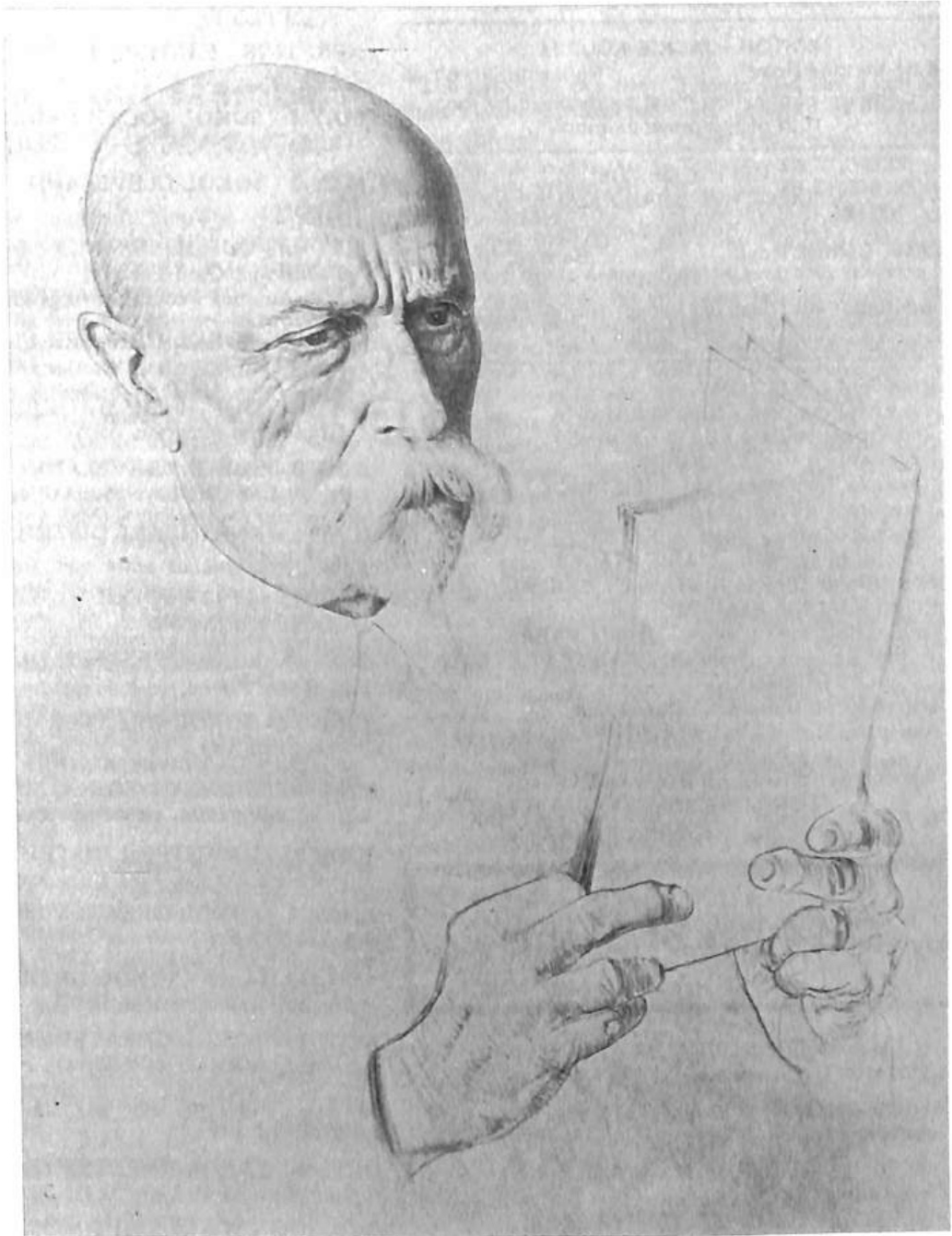


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at ASO Office

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Calendar of Events

MAR. 20 - SOKOL STICKNEY
Gymnastic Exhibition

MAR. 20 - SOKOL LOS ANGELES
Josefovskas Dance

MAR. 20 - SOKOL SOUTH OMAHA
Gym Club Dance

MAR. 21 - SOKOL SLAVSKY
Exhibition at Morton East

MAR. 27 - SOKOL BERWYN
Gymnastic Exhibition

APR. 4 - SOKOL CLEVELAND
Pot Luck Dinner

APR. 4 - SOKOL WEST SUBURBAN
Gymnastic Exhibition at Hinsdale Township
High School (South)

APR. 3-4 - SOKOL SOUTH OMAHA
Invitational

APR. 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

APR. 17-18 - EASTERN DISTRICT
Slet

MAY 1 - SOKOL SOUTH OMAHA
Mini-Slet Dance

MAY 2 - SOKOL CLEVELAND
Dinner

MAY 14 - SOKOL SLAVSKY
Bunco and Card Party at
Mid-America Federal Savings and Loan

MAY 21 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

MAY 21 - SOKOL MILWAUKEE
Graduation Program

JUNE 5 - SOKOL CLEVELAND
Jr. girls and Jr. boys competition

JUNE 6 - NORTHEAST DISTRICT SLET
A.M.L.A.

JUNE 12 and 13 - SOKOL ST. LOUIS
Central District Slet

JUNE 18, 19, 20 - WESTERN DISTRICT SLET
St. Paul, Mn.

JUNE 18 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

JUNE 18, 19 and 20 - SOKOL MINNESOTA
Celebrating 100th year anniversary

JUNE 21-27 - WESTERN DISTRICT
Teacher's Course, Pine City, Mn.

JULY 16 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

AUG. 13, 14, 15 - SOKOL DETROIT
Czechoslovak-American Festival - Wyandotte

AUG. 20 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

SEPT. 17 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

OCT. 15 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

OCT. 1982 - SOKOL BALTIMORE
110th Anniversary

NOV. 19 - SOKOL GREATER CLEVELAND
Sokol Fish Fry

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIII

March - 1982 - Březen

Číslo - No. 3

Dear Sokol Tour Member and Prospective Member;

First, we wish to welcome and thank you for joining or considering joining our group to the Sokol Slet in Vienna, Austria. Your participation and/or attendance will leave you with many fond memories.

The Tours are going very well and we have received over 150 deposits, which means we are $\frac{2}{3}$ full, with more requesting information and showing a great interest. Due to this situation we are forced to set a **DEADLINE for accepting reservations**, the date is **April 15, 1982**. After April 15th we will accept reservations only on space available with a first come wait list. Therefore if you are a member or you, your family or friends have been considering joining our group, let them know of this deadline.

We began planning our tours in July 1981, with prices at the current rates. Since that time the economic situation in the USA and Europe has changed, also we were planning on using ALIA Airlines to Vienna from three (3) Gateway Cities. Now ALIA has discontinued flights from both Chicago and Houston and has changed their departure days from New York and Vienna, which do not fit into our land arrangements. As all arrangements (hotels, bus, sightseeing, etc.) have been reserved and much work has gone into their preparation, we cannot change them.

For this reason we have changed our air carrier to KLM (Royal Dutch Airlines), departing from Chicago and New York. There will be a change of plane in Amsterdam but the flight from Amsterdam to Vienna and back will be on KLM also. The departure times are as follows:

Chicago Gateway

6-30 - 4:30 p.m. O'Hare - 8:15 a.m. Amsterdam
7- 1 - 9:05 a.m. Ams - 10:45 a.m. Vienna
7-15 - 11:20 a.m. Vienna - 1:05 p.m. Ams
2:00 p.m. Ams - 2:40 p.m. O'Hare

New York Gateway

6-30 - 6:00 p.m. JFK - 8:05 a.m. Amsterdam
7- 1 - 9:05 a.m. Ams - 10:45 a.m. Vienna
7-15 - 11:20 a.m. Vienna - 1:05 p.m. Ams
2:15 p.m. Ams - 3:10 p.m. JFK

If you wish to extend your stay in Europe, KLM flies everyday from Vienna to both Chicago and New York, but return date must be given at time of reservation.

The prices of the two (2) tours and the 5 day - 4 night Vienna package has been increased as follows:

From Chicago	From New York
Tour No. 1A \$1,451.00	Tour No. 1A \$1,343.00
Tour No. 1B \$1,400.00	Tour No. 1B \$1,296.00
Tour No. 2 \$1,470.00	Tour No. 2 \$1,364.00
Vienna Pkg. \$920.00	Vienna Pkg. \$811.00

We have made every effort to keep this increase as low as possible and we apologize for the increase but we have no choice. At the present time the air lines are anticipating a fare increase this spring. To protect you at this new price, it is necessary for you to send an additional payment of \$700.00 per person for air fare no later than March 20, 1982. Air tickets must be done immediately, for your protection. The air fare is APEX (Advance Purchase Excursion) good for a stay up to 60 days. In the event you must cancel due to medical reason, all we would need is your doctor's statement, you are unable to travel and you will receive full air fare refund, otherwise there is a \$50.00 cancellation fee.

Connecting flights can be made from your home city to either Chicago or New York at the lowest air fare available. If you wish us to make reservation please check one, Chicago, New York, from your home city and return date The balance of your billing will be done the first week of June.

If you have any questions please contact the American Sokol Organization or Weber Travel Agency. We thank you for your understanding and consideration.

AMERICAN SOKOL ORGANIZATION

Roy S. Zitny, President Jackie M. Kourim, Secretary



SOKOL EDUCATOR

Cikáni - the Gypsies

"Cikáni jedou, cikáni jedou (the gypsies are coming)"

The younger boys of the village ran excitedly from house to house announcing the yearly arrival of the gypsy caravan. An electric atmosphere permeated the village. It was thrilling to know the gypsies had returned again, but it was also disquieting. Chickens, ducks and geese were hastened into the barn; children were called indoors and windows and yard gates were bolted. The hospodyně (lady of the house) set about gathering her iron pots, kettles and wash tubs that needed mending, and her husband, the hospodář, collected his broken saddle straps and dulled scythe.

The caravan of 8 to 10 wagons containing members of a related family, proceeded slowly to the outskirts of the village and stopped there. Immerging from the lead wagon, the gypsy chief walked to the radnice (village hall) slowly and with great dignity. He was slender and rather tall. His complexion was of a dark hue, his hair like coal and his eyes piercingly black. His head was rather small; his forehead slanted and his nose eagle shaped. At the radnice he was issued a two-day permit to camp at some designated spot in the woods or in a meadow near a stream or river. To this location the villagers brought their broken kettles and saddles and knives that needed sharpening. The gypsy women bustled about in colorful clothing, wearing the family treasure of gold in their ears and around their neck, eagerly telling fortunes for pennies.

At sundown, all work stopped. Into the hot coals of the campfire a pig or lamb or even a hedgehog was placed to roast, and the night became alive with wonderful improvisational gypsy music. To the villagers it was a rare treat to recline in the nearby meadow, listening to the fascinating gypsy violins, and dreaming of the free and easy life known only to the children of Romany.

Although their name was borrowed by the English from the word Egyptian, evidence indicates that gypsies or "Romanies" as they call themselves are descendants of various tribes that fled from India before the armies of Alexander the Great. They began to trickle into central Europe about the 12th century. History records that during the 13th century they began to appear in Bohemia, Poland and Hungary. In old historical records of 1416, it is noted the gypsies dilly dallied across the Czech land spell-binding and mesmerizing the people. And, before the end of the 15th century they had established themselves in Europe, most prominently in the Austrian Empire, Hungary and Romania. Up to this time they had been allowed to roam about freely unhindered.

Eventually they began to be despised because of their unintelligible language and exotic ways, and because they were generally regarded to be unclean; they began to suffer constant persecution. Their most serious scourging probably came after the Turkish Wars when they were accused of being spies for the Turkish crown and police, and later again after the Thirty-years Wars.

Because they had been wandering freely all over Bohemia, in 1688 Leopold-I issued the proclamation, "Banish these dogs from the land". But no amount of persecution discouraged them. Imprisonment, hanging, torture and disfigurement continued through the reign of Josef-I and even through the reign of beloved Charles IV (Karel IV) when absolutely no punishment was administered for the killing of a gypsy man, woman or child.

Finally, enlightened King Josef II ordered the gypsies to make their home in parts of Bohemia, Semihradsko and Hungary where villages were constructed for them, and they were given cattle and land in order to encourage them to cease their wandering. Unfortunately, they were not able to change their nomadic way of life. They loved to move constantly, especially during summer months when they would visit "relatives" and live, sleep, cook, eat, work and play around their beloved campfire.

When Empress Marie Therese came to the throne in 1740-1780, she continually banished the gypsies beyond the borders of her kingdom but left orders that they were never to be harmed.

By the year 1862 the persecution of the gypsies had largely stopped. There were then some 50,000 of them in Hungary and about 1,000,000 in what is now Czechoslovakia. Suddenly, that same year, long caravans of gypsies began moving into Bohemia, Moravia and Slovakia largely from Hungary. Most of them were reputed to be extremely wealthy. They began purchasing lands and large estates (even some castles) bestowing upon themselves titles of Earl and Baron.

After the formation of the Czechoslovak Republic in 1918 the lot of the gypsy was still not ideal. There was discrimination against them much as it was here in America against the negroes.

During the Nazi occupation of Czechoslovakia the gypsies suffered one more scourge when Adolf Hitler interned them in concentration camps where they were eventually exterminated. Some 400 of them escaped from Bohemia (Čechy) into the hills and woods and joined the partisan movement. There are about 10,000 of them left in Czechoslovakia today, most of them living in Slovakia.

Physically the gypsies of Slovakia and Moravia remained more racially pure in appearance and customs. They were extremely dark; some tall and slender, with piercing eyes and hooked noses. However, these were the fine musicians who contributed to the Czechoslovakian culture beautifully sentimental songs and music, and exciting colorful dances.

The Romanies residing in Bohemia (Čechy), because they had migrated over the centuries through many more countries were much more mixed in heritage. Their coloring ranged from black to brown hair, and eyes of brown, green and even blue. They spoke Czech and never admitted to being anything but Czechs. Great numbers of them migrated to the U.S. in the late 1800's and early 1900's, settled in Czech communities and easily fitted themselves into the Czech-American life of those times.

Most often in Bohemia they were identified by these names; in the eastern section they used the names of

Kolář, Červenka, Růžička, Vlach and Procházka. In the western area they adopted family names of Janeček and Ševčík. In central Čechy they were called, most often, Florian, Vrba and Horáček. And in the north, around the city of Liberec, they were known by Germanic names of Bernard, Hermann, Klimt and Krause.

Although the reputation of the gypsy race was often unsavory, anthropologists agree the melding of the gypsy race with that of the non-gypsy was beneficial to the Slavic people. The gypsy was not racially degenerate, he was highly intelligent and gifted, and he never confused his loyalties. He remained a true Czech and a true Slovak.

Both the pride and the long-suffering resignation of the Romany race can be seen in their proverbial sayings:

"There is no more bitter fruit than foreigners in one's land."

"Justice is as the rulers make it."

"Kiss the hand you cannot bite."

"A sword won't cut a lowered head."

"Many dogs will eat a lone wolf."

"The water flows, but the stones remain."

GYPSY AMERICANS

Gypsy slavery was legal in Europe until 1856; most of them being "owned" by churchmen and noblemen because of their skills of metalworking and horse training.

The first gypsies to come to America were probably slaves the French brought to Louisiana. Later, gypsies immigrated freely from whatever country seemed most convenient. Since the U.S. government identifies gypsy-Americans by nation of origin rather than as an ethnic group, their population is not officially recorded by the U.S. Census Bureau.

In this country, through gypsy music and dancing are popular, few gypsies have risen to national prominence. Probably the most famous American of reputed gypsy ancestry was "Diamond Jim", the 19th century financier who amassed a fortune in the South African diamond mines.

Sis. Libbie Krivanek,
Sokol Slavsky, Educational Director

T. G. MASARYK

Much has been written and much has been said about that venerable man, that great humanist, Tomas Masaryk. If you wish to acquaint yourself with his life and his philosophy, visit the public library. I wish to comment briefly on three characteristics of the man. Perhaps they may sound like challenge to EVERY ONE of us - to take stock of ourselves and compare our manner of life with Masaryk's. Perhaps a sincere and serious meditation of this sort will be more valuable than gushing forth of praise of the great man - without the slightest endeavour to absorb some of the lessons his long and productive life may have taught us.

First: His loyalty to that which he considered right. Once having made up his mind, firm in his belief that he was on the right track, nothing in the world could move Masaryk to desert his stand. For him, "principle" had a deep significance. It was closely united with personal honour. Read his life and note that frequently his opinions were different from those held by the majority . . . whilst the masses were easily swayed by their emotions and sentiments, Masaryk remained the cold realist. For him there was one guide, one rule: Is it true? There was the time when he was assailed by supper-patriots as a "bad" or "unpatriotic" renegade because he dared doubt the authenticity of certain documents of which his countrymen had become proud and boastful. We see that Masaryk would not sell his honour in order to be "popular". His defiance of the general trend, of the current of public opinion, is something every one of us should take to heart. Today even we are forgetting the lessons of the past - even we are willing to crucify the sincere person whose views may not be in harmony with ours. We forget that many charlatans have catered to the whims of the masses - not because they agreed with their conclusions, but because they wanted to exploit the less-enlightened. The rebel Masaryk, like the rebel Havlicek, can teach us much.

Second: We say that one of the characteristics of a good Sokol is that of perseverance. Stick to the task before you. Don't give up. Don't let disappointments and failures stop you for good. Remember that usually the more valuable the thing is that we seek, the greater the price we must pay for it. That is one of the lessons the father of American independence - Thomas Paine - endeavoured to teach us. Masaryk's life is a wonderful example of patience, of perseverance. For decades he lectured, taught, hoping that now and then some few would understand him - the man with the big heart who was so misunderstood. Today we are happy in the knowledge that there were those students who DID absorb those humanistic views held by their master. Masaryk worked quietly, year by year building a structure he hoped would not fail him, when the decisive moment arrived. And arrive it did - in 1914. On July 6, 1915, at the 500th anniversary of the tragic death of Jan Hus - and may I say that although frequently the Bohemians are referred to as "Jan Hus' people" we are afraid to guide ourselves by his ringing challenge thru the centuries - IS IT TRUE? - on July 6, 1915, in Switzerland, Professor Masaryk declared that the Czech people were at war with the Austro-Hungarian Empire and would not cease their efforts for emancipation short of complete independence. Perseverance? Aye - here we have a man old enough to retire. Retire and live well, without worries, at peace with the world, and perhaps enjoying a good measure of "popularity" . . . but Masaryk chose the hard way. We find him travelling throughout the northern hemisphere, striving to organize the Czechoslovak Revolution. The years of scholarship proved their worth. His deep knowledge of conditions in many of the European countries prevented costly mistakes that might have been caused by a superficial acquaintance of conditions. Years ago the outlook for the Czech cause was indeed dim . . . the greatest initial success

for Masaryk's program of independence for the Czechoslovak was the enthusiastic loyalty of Americans of Czechoslovak descent. After four bloody wars we find Tomas Masaryk returning home by way of America and the Atlantic, to be welcomed by a free people. Apparently Masaryk did not include the word "discouraged" in his vocabulary. Perseverance, then, is the second lesson we may learn from the great Father of Czechoslovakia.

Third: When a subject under discussion or consideration is dear to us, it is easy to become intolerant, to allow our ardor to sway us, and to endeavour to impress our opinions on others by the use of FORCE. Study the works of Masaryk, his philosophical and sociological writings and even his political works . . . and you are struck by his tolerant attitude. Masaryk the student, Masaryk the professor, carried the coolness of the laboratory scientist into the arena of public life. In so doing, he achieved heights few men are able to approach. And yet he combined this same tolerance with loyalty to principles. If the quest for facts led some to revile him, then he gladly accepted the labels trust upon him. Today he would probably be attacked as a "Fifth Columnist". His "comprise your principles once, twice - and lo, thou art a man without principle" is likewise a challenge to every loyal Sokol.

Voltaire H. Zizka

ASO Executive Board Meeting

The regular meeting of the American Sokol Organization Executive Board, Tuesday, January 26, 1982, was brought to order at 7:30 p.m. by Vice-President Bro. George Basta. Pledge to the flag was given. District minutes received: Southern October 22nd; Northeastern, December 9th; Western, December 14th; Central, special meeting, November 29th and final report from Southern District on the XV National Slet.

CORRESPONDENCE: Letter from the Southern District thanking us for our assistance with the XV National Slet, Northeastern District a letter from their annual meeting pledging their support, Sokol Washington, D.C. requesting our support for their building project, our support was given in a previous letter. Seldon, Fox and Associates, Ltd., the contract for their services, was approved by the Executive Board. Sokol Houston, from Bro. Emil F. Kuropata, telling of the election of new officers at their Sokol. Concerning the advertisers of the Masaryk medal in our magazine, it turned out to be a fraud, letter from Bro. Jerry Bartos of Dallas, Texas. Are investigating the matter, will also write a letter to Action Line. Sis. Georgia Drobny, of Sokol Greater Cleveland, informing us of the death of Gladys Jirousek, wife of the Northeastern District president and also a member of Sokol Greater Cleveland; a letter of sympathy was sent from the Executive Board. By-laws from Sokol South Omaha and Sokolice South Omaha were given to Sis. Betty Prener for review. Invitation from Sokol and Sokolice

Milwaukee for their annual Jaternice and Roast Pork Dinner.

WOMEN'S DIRECTOR - Sis. Marie Ptacek: Sis. Sylvia Laznovsky wrote that their District is in favor of retaining the red headbands for the women's outdoor uniform. Each district is to discuss it with their women and let us know. Received a bill from Sis. Sain that was still due the Lord Baltimore Hotel for the conference room - \$133.46, approved for payment. A copy of the Slet protocol that was discussed at the conference has been sent to Sis. Dalton.

GYMNASTIC SKILLS: Sis. Pistorius and Bro. Michalek will keep records of all who pass and receive the Gymnastic Skills Patches. The actual patches and bars will be sent from the office when all the necessary information and payment have been received by Bro. Michalek and Sis. Pistorius. Bars to wear under the patch are being designed - women have four levels and men have five. The Directors' Conference approve Sis. Prener's suggestion for a new women's parade uniform to consist of a ready-made navy blue blazer and grey skirt (or simple pattern skirt). Could this possibly be made in time for the Vienna Slet? A sample uniform to be modeled at the next Executive Board meeting.

SCHOOL BOARD MATERIAL. Sis. Prchal has translated some women's technical material written by Sis. Provaznik. Sis. Simonek will start typing it as soon as we have it. Copies will be sent to Sis. Provaznik and Bro. Milan who have been asking for it. No definite dates yet for the next meeting of the manual revision committee, possibly in March. All changes made at the Directors' Conference of the tournament rules booklet will be incorporated into the new copy of the book. Many new pages will be added to cover all phases of the competitions and Slet. Volleyball committee is working on their rules for the booklet. Since we now have two Masters Divisions in both the men's and women's departments, they will be known as Masters I for the 35 thru 49 and Masters II for the people 50 years or older.

1985 CONVENTION AND SLET: Bro. Zitny and Bro. Satek informed us that tentative dates have been set up with the Marriott in Oak Brook. By-laws committee to meet starting June 19; BOI on June 22 and the convention to start Sunday through Wednesday. Convention will be first with the Slet following. Slet activities could start Wednesday, Slet either on Saturday evening or Sunday afternoon. A beginners course will be held by the Central District at North Central College August 15 thru 21, 1982. SOKOL USA Slet will be in Pittsburgh in 1983.

FINAL REPORTS FORMS: Pacific District for a course and clinic held on August 16-23 1981 at Dinky Creek, CA. 15 students attended. Jan Bednar, Joe Jakl, Iva Prochazka, instructors. Mileage at 17c per mile, 500 miles each, \$255.00. \$25.00 per diem for 6 days for three instructors, \$450.00. Total \$705.00 Eastern District for a calisthenics clinic held Nov. 7, 1981 at Sokol New York. 38 students attended, Sis. D. Fiala, instructor. Train fare, \$41.00, per diem, \$50.00, total \$91.00. Both final report forms approved.

DIRECTOR OF MEN - Bro. Paul Lebloch: Received from Bro. Jerry Hardy a report of the USGF Board of Directors meeting held November 2 and 3rd in

Fort Worth, Texas. Sis. Laznovsky also inquired if juniors will be allowed to drill the senior calisthenics in Vienna, but compete at the junior level. She was advised to write to Bro. and Sis. Waldauf. Bro. Frank Michalek brought in his completed new gymnastic skills listed with each level on separate sheets, as well as a form to be filled in with the names of the people who have passed the skills. He will also present a design for the bars designating the different levels. Bro. Michalek brought in a very comprehensive list of duties of a meet director. The NOV-DEC of the USGF Gymnastic Magazine has a long interview with Jim Hartung.

MEMBERSHIP - Bro. Fred Kala: Mailing to all the units and districts with their quotas for the new membership drive. Three units are missing because we have not received their 4th quarter report for the year.

EDUCATIONAL - Bro. Stanley Barcal: No meetings were held for the last two months because of the bad weather, no report.

PUBLICITY - CZECH - Bro. Jerry Rabas: Will repeat the articles for the Vienna tour.

PUBLICITY - ENGLISH - Sis Nancy Borvansky and Sis. Vlasta Zitny: No report.

FINANCIAL SECRETARY - Sis. Mildred Pinc: Financial reports for November and December, 1981, were prepared and copies were distributed to Executive Board members. W-2 forms were completed and distributed. 4th quarter payroll reports were filed. Per their requests, rosters of their members were sent to Sokolice Milwaukee and Sokol Miami. Membership pin orders were filled as received. Payment was stopped on a check issued to and never received by Norma Zabka and a new check was issued. The cost of mailing our publication at a 2nd class rate has almost doubled since December, 1981. In December we paid \$218.76 and in January, \$370.92. We now have the \$250.00 deposited at the Post Office. And additional \$150.00 must be placed on deposit at this time. A transfer of \$6,000 was made from savings to checking. Donations to the Future Sokol Leaders' Fund and Library and Archives Fund were read, also interest earned.

TREASURER - Bro. Ed Hlinka: Bank statements and checks reconciled for November and December. Comparison charts distributed and discussion held. Comparison charts hold a wealth of information. We commend Bro. Hlinka for coming up with this form of presentation.

UNIFORM - OFFICE - II VICE-PRESIDENT - Sis. Betty Prener: Inventory was taken on December 27, 1981, subsequently costed, extended; total \$8,744.18, down approximately \$1,500 from 1980 inventory (\$10,249.45). A new item is being added to our stock, a 3-button placket, short sleeved, coach shirt with collar, Sokol emblem and "American Sokol" imprinted in navy blue on left of shirt. Fiber content is 85 percent polyester and 15 percent cotton. Selling price \$15.00 plus shipping charges. Supplier, Bro. Rome Milan of Fort Worth. Our suppliers are running into difficulties, delaying delivery to us of our order. Matter of men's pants taken up with Zwickel. He called on January 4th to advise that "Sansabell" is nothing more

than twisted strips of rubber band on the inside of the waist band on the inside of the waist band lining. This creates a degree of friction between the shirt and the waistband of the pants, so the shirt does not pull out as easily. However, it does not keep the pants up. The only thing that does is a pair of suspenders. Olympic committee has tried everything and final conclusion to solve the problem is a pair of suspenders. New price list is being compiled and will be mailed this month. Some prices have been increased. UPS rates have been increased on packages weighing 4 lbs. and under and decreased on packages weighing over 5 lbs. Recommendation that we purchase two secretarial swivel chairs. Souvenir account (XV. Sokol Slet) closed.

EDITORIAL - SECRETARY - Sis. Jackie Kourim: Working on keeping the printing schedule on time; now the post office is slowing us down. Sent out the annual letters thanking the members for work and cooperation for the past year and including the form for the new roster of officers. These are slow in being returned. Sent out all the information concerning the membership drive, now we are awaiting the results. Made arrangements for the Christmas party and sent out the holiday cards. Finished moving the last of the five year files downstairs. Working on the new directory for the March issue of our publication. Received many inquiries about the tour to Vienna, have been sending out that information.

I. VICE-PRESIDENT - Bro. George Basta: Met with Bro. Zitny before he left on his trip to put together the format for the monthly Executive Board meeting.

VIENNA TOUR 1982: Eighty-six people have already made deposits. More publicity will be going out shortly. Many inquiries being made. Interest is high.

NEW BUSINESS - CONVENTION AND SLET PLANS: Bro. John Satek gave a lengthy report on the plans being finalized for the convention and Slet. Contracts are being worked on at this time. A great deal of work has gone into this planning thus far.

Meeting was adjourned at 10:15 p.m. Coffee and was served and gave us a chance to visit with Bro. and Sis. Kovar who had come down from Michigan for the meeting.

Respectfully submitted

Jackie M. Kourim, Secretary

K stodvacátému výročí vzniku Sokola

Málokterý spolek měl v době národního obrození ve staré vlasti tak významnou úlohu jako česká tělocvičná organizace Sokol. Tato organizace založená před 120 lety Jindřichem Fugnerem, Miroslavem Tyršem a bratry Juliem a Edvardem Grégrem usilovala o tělesnou výchovu a posílení duševních vlastností především k hrdosti k svému původu, k bystrosti, k vytrvalosti a k osobní ukázněnosti. (V letošním roce, kdy Sokol slaví 120 let své činnosti, je tomu 160 let od

narození Jindř. Fugnera a 150 let od narození Dr. Mir. Tyrše.)

Vzorem sokolstva byla řecká "kalokagathia" neboli antický ideál člověka tělesně vyspělého, duševně ušlechtilého a národně uvědomělého. Stejně jako Helada (antické Recko) prostřednictvím olympijských her vychovávala zdatné bojovníky za svou svobodu, tak organizace Sokol usilovala tělovýchovou cvičení těla i mysli v duchu národním a ku prospěchu českého národa. Nutnost tělovýchovy však již dávno před vznikem Sokola zdůrazňoval veliký Jan Amos Komenský ve své "pansofické" škole poukazem, že mládež se nejlépe připraví pro život zdokonalováním se v "pohybování těla i ducha". Tu v pojednání o "hrách" učitel národů Jan Amos Komenský doporučoval pro chlapce i děvčata nejrůznější druhy sportu a oceňoval jak tělesný tak i mravní význam této výchovy. Pozdější vznik Sokola v minulém století byl jednak odezvou a hrází proti německým turnerským spolkům založeným též v Praze, jednak přímým výsledkem národně obrozeneckého procesu několika buditelských generací k formulaci novodobého českého národa. V neposlední řadě k vzniku Sokola přispěly též události v Praze v červnu 1848, kdy Pražané s pomocí venkova se poprvé po dlouhých staletích bojovně srazili s rakouskou státní mocí. V bojích na barikádách proti vojsku vedeným generálem Windischgratzem byl též šestadvacetiletý Jindřich Fugner, velitel setniny měšťanské gardy, a člen studentské legie šestnáctiletý Miroslav Tyrš. Ač povstání bylo potlačeno, tak Tyrš si z něho odnesl cennou zkušenost, kterou vyjádřil později takto: "nižádné sebevětší nadšení lidu narychlo sebraného nic rozhodného poříditi nemůže proti náležitě odchovanému a vycvičenému, četnému a dobře vedenému vojsku." Tyrš a Fugner navazovali tedy vlastními zkušenostmi z pražského povstání v roce 1848 na tělovýchovu jež se nezadržitelně stala záležitostí vlasteneckou a nerozlučitelnou součástí národního obrození. Fugner byl všestranný sportovec, Tyrš slabšího zdraví se věnoval téměř výlučně gymnastice, nejdříve jako cvičenec, později jako cvičitel v soukromých tělocvičných ústavech Smidta a Malypetra. Jindř. Fugner byl ředitelem pražské pobočky pojišťovny Nuova z Terstu a Tyrš byl dlouholetým vychovatelem v rodině továrníka Bartelmuse v Novém Jáchymově na Berounsku jižně od Prahy. Během tohoto zaměstnání Tyrš studoval filosofii a když dosáhl ve svých 38 letech v roce 1860 doktorátu filosofie tak se vrátil natrvalo do Prahy. Ač chtěl být vysokoškolským profesorem filosofie, estetiky a dějin výtvarného umění (což se mu podařilo až na sklonku jeho života), tak tělovýchovně nadále zůstal věren a věnoval jí velkou pozornost.

Stále vzrůstající rozkvět národního uvědomění ve staré vlasti v začátku šedesátých let minulého století vytvořil velmi příznivé podmínky k vzniku české tělocvičné organizace. Na prahu těchto významných šedesátých let vzniklo rychle za sebou několik vlasteneckých spolků: v roce 1861 pěvecký spolek Hlahol, příští rok spisovatelský Svatobor a v roce 1863 Umělecká beseda. Na Slovensku (v tehdejších Horních Uhrách) v témže roce vznikla Matica slovenská.

V Německu se rozšířily turnerské (tělocvičné) spolky tak, že v roce 1860 konaly svůj sjezd v Koburku a rok poté v Berlíně. Cvičitelé, cvičenci a členstvo pražských soukromých tělocvičných ústavů se proto rozhodli vytvořit podobný spolek pro Čechy i Němce. Jelikož pražským německým turnerům věnoval bankovní ředitel baron von Seutter velkou sumu peněz s podmínkou, že nový spolek bude ryze německý tak Tyrš, bratři Grégrové a Fugner založili samostatnou českou organizaci nazvanou Tělocvičná jednota pražská. Stanovy této jednoty byly úředně schváleny 27. ledna 1862 a první valná hromada se konala 16. února stejného roku. Starostou byl zvolen Jindřich Fugner a náčelníkem 13. května se stal dr. Miroslav Tyrš. Z posledních několika vět je jasné, že základy první české tělocvičné organizace nebyly pouze tělovýchovné. K zrodu tohoto spolku přispěl především politický antagonismus zavinený Němci, který potvrdil názory dr. Mir. Tyrše a ostatních zakladatelů, že pěstování tělocviku je nutné v duchu národním, spjata s českou kulturou a k prospěchu českého národa. Ne tedy pouze tělocvik k zdokonalování těla a zdraví jednotlivců, ale i kolektivní hlubší cíl zvaný osvěta členstva v duchu národním jak tehdejší generace tak i všech příštích pokolení. Ač název nové tělovýchovné organizace byl Tělocvičná jednota pražská, tak již před ustavující schůzí 16. února 1862 navrhl prof. Emanuel Tonner jméno Sokol, noviny Čas psaly o tomto vznikajícím spolku jako o Sokole a členstvo této jednoty se hned od počátku nazývalo Sokoli dle vzoru jihoslovanských bojovníků za svobodu. Vynikající český malíř Josef Mánes namaloval obraz ptáka sokola s rozpjatými křídly a nápísem "Sokol" na první sokolský prapor; na druhé straně praporu bylo heslo: "Tužme se!" Jméno "Sokol" bylo oficiálně přijato na valné hromadě 13. listopadu 1864 a dle toho byl pak i upraven prapor. Sokolský kroj jež navrhl opět známý malíř Jos. Mánes vyjadřoval též úsilí boje za svobodu a slovanské vlastenectví. Červená košile připomínala italského vlastence a revolucionáře Garibaldiho, černohorská-hercegovská povstalecká čapka se sokolím pěrem byla převzata také od Jihoslovánů, šněrovaná kazajka "kazajda" připomínala polské povstalice a široké kalhoty, shrnuté do bot, byly z látky z ruského lnu. Sokolská základní hesla i písně hned od počátku jasně ukazovaly vlastenecké zaměření této organizace. Vždyť již na druhé valné schůzi této jednoty navrhl dr. Julius Grégr vedle Tyršova hesla "Tužme se!" výrazně vlastenecký apel: "Silou k svobodě!" Sokolové z podnětu Jindř. Fugnera nosili jako svůj odznak od konce března 1862 kovové S na červené hedvábné kokardě. V tomto S tehdy za Rakouska bylo ukryto revoluční heslo: "Svorností síla, silou svoboda, svobodou sláva!" V této překotně kvapící vlně národního uvědomění české noviny psaly o Sokole co ztotožnění probouzející se národní síly a budoucím blanickým vojsku. Sokol byl tedy od svého vzniku v roce 1862 - před 120 lety - jak pro tělovýchovu tak pro kulturní poslání spojené s národním uvědoměním a přípravou k boji za svobodu vlasti.

Sokolské hnutí se pro svou národní náplň rychle rozšířilo v českých zemích a již na podzim v roce 1863

byl založen též Južný Sokol v slovinské Lublani v nynější Jugoslávii. V únoru roku 1865 byla založena první sokolská jednota v St. Louis u nás ve Spojených státech. V roce 1866 vznikl polský sokol ve Lvově, ve švýcarském městě Zurychu byl krajany založen Sokol v roce 1867 a ve stejném roku též ve Vídni. V roce 1870 vznikly 2 sokolské jednoty ve Volyni, v Mirohošti v carském Rusku, které přes slibný začátek se neudržely. V roce 1879 byl utvořen Balkánský Sokol v Sofii v Bulharsku a před rokem 1882 byl založen Sokol v chorvátském Zagrebu v Jugoslávii. V roce 1883 vznikl Sokol v Terstu a v Mozirji. Během dalších let, především v tomto století, jak před druhou světovou válkou, tak i po ní, Sokol vznikl v řadě jiných evropských zemích jako na př. v Belgii, Francii, Anglii a ve Švédsku. Mimo Evropu Sokol existuje v Argentině, v Austrálii, v Brazílii, v Kanadě, v Jižní Africe, v Maroku a tu ve Spojených státech.

U nás v Americe první byla již zmíněná jednota Sokol St. Louis, založená v roce 1865. Za necelých 20 let později bylo již tu 20 sokolských jednot s národní sokolskou jednotou neboli centrem Sokola v USA v Chicagu. Když v roce 1921 se konal I. slet Americké Obce Sokolské (AOS) tak k této příležitosti přijela do USA početná delegace České Obce Sokolské (ČOS) - ze staré vlasti stejně jako přijeli představitelé Amerického Sokola na první slet Sokola pořádaný na paměť 20. výročí vzniku Sokola ve dnech 17.-19. června 1882 na Střeleckém ostrově na řece Vltavě v Praze. Vzorná družstva mužů a žen Sokola z Československa pod vedením dr. Miroslava Klíngera, náměstka náčelníka ČOS byla návštěvou v Americe na pozvání Americké

Obce Sokolské v roce 1929 a početná skupina sokolů ze staré vlasti byla přítomna sletu Amerického Sokola v roce 1933 v Chicagu. Sokolové z Ameriky se zúčastnili dalších celostátních sletů a někdy přijeli i na okrskové slety jako na př. do Českých Budějovic v roce 1924. Z těch nejvýznamějších to byl šestý všesokolský slet v červnu 1912 organizovaný k 50. výročí vzniku Sokola a zároveň jako první slet Slovanského Sokola, na který přijelo víc jak tisíc česko-amerických a slovensko-amerických sokolů a desátý všesokolský slet, květen až červenec 1938 v předvečer mnichovské tragédie. Tento slet byl mohutnou manifestací jak Sokola ve staré vlasti, tak i sokolstva tu přítomného z USA a jiných zemí proti nacistické expansi. Na tyto slavné dny nikdy nezapomenu jelikož jsem byl v Sokole od roku 1934 a zúčastnil jsem se tohoto sletu.

Zakladatelé Amerického Sokola a jejich pokračovatelé jak v hlavním vedení tak v úřadech jednotlivých jednot stejně jako prakticky všechno členstvo byli hrdí na svůj původ a na národní poslání Sokola v naší krajanské větvi zde ve Spojených státech. Americký Sokol byl založen na zásadách dr. Mirosl. Tyrše, Jindř. Fugnera a bratří Grégrů vlasteneckými vystěhovalci ze staré vlasti k vzájemné pospolitosti a k výchově příštích generací v českém národním duchu. Stejně jako sokolstvo ve staré vlasti nerozlučně spojilo tělovýchovu s národním posláním k prospěchu a k obraně práv českého národa v době nesvobody v područí Habsburků tak Americký Sokol spojil tělocvik s osvětou a

národním uvědoměním svého členstva k rodné řeči a dědictví předků. Tyto fakta neboli základní principy Amerického Sokola byly samozřejmé mnoha dřívějšími generacím a nebylo potřebí o nich diskutovat.

Přiložená báseň známého básníka Josefa Václava Sládka výstižně ukazuje cestu Sokola do dalších let.

Bratři dále!

Pevně, pevně, bratři, dále
v blesku, hromu, svitu hvězd
k volnosti, kam volá stále
povinnost a vlast i čest!
Proti nám a z každé strany
at' se žene vrahů val,
na ránu jak prší rány,
hromem zazní české: Dál!

Dále, dále, vždyť jsme k boji,
kde tak mnohý rek už pad,
vždycky zas tu českou zbrojí
dovedli si ukovat.

Však ta cizí zpupná chasa
není z dubů, ani skal,
však jsou také z krve, z masa; -
čeští hoši, přes ně dál!

Pevně, pevně, bratři, k předu
kdo je pravý český muž;
a kdo sketa v našem středu,
jdi a cizím pánům služ!

K příležitosti 120. výročí založení Sokola učiníme si předsevzetí, že zachováme do posledního písmene národní poslání Amerického Sokola dle ideálů dr. Miroslava Tyrše příštím generacím!

Nazdar!

John J. Karas, člen Sokola Houston

ASO FINANCIAL REPORT

January 1982

RECEIPTS:

Dues	\$6,562.80
Sokol T. G. Masaryk Convention Fund	50.00
Special Assessments	9,654.00
Subscription - "American Sokol"	4,790.00
Resale of Jewelry	3.00
UPS Charges	65.45
Postage	3.39
Education Dept. - Bust	.37
Educational Booklets	25.00
Sokol Ties	25.00
Skills Patches	192.00
Donation	12.50
XV ASO Slet	3,125.00
Slet Plates	14,065.54
	40.00
	<hr/>
	\$38,614.05

ASO Uniform Division - Rents, salaries, etc.

751.74

TOTAL RECEIPTS

\$39,365.79

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office employees	\$ 671.16
FICA & FWT - December 1981	223.06
IWT - 4th quarter, 1981	77.25
Rent, Janitor Services, Phone, Electric	712.08
Office supplies	162.13
Postage and UPS Charges	63.70
Advertising	130.00
	<u> </u>
	\$ 2,039.38

BOARD OF INSTRUCTORS

Salaries	\$ 360.41
FICA & FWT - December 1981	64.16
IWT - 4th Quarter 1981	26.52
Editor - "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	58.00
UPS & Postage	44.64
Office Supplies	3.50
	<u> </u>
	\$ 587.23

EDUCATIONAL DEPARTMENT

FICA - December 1981	\$ 5.94
IWT - 4th Quarter 1981	2.55
UPS & Postage	2.02
	<u> </u>
	\$ 10.51

SOKOL PUBLICATION

Printing "American Sokol"	\$2,185.60
Postage "American Sokol"	391.00
Mailing List changes, labels, etc.	82.93
Editor "American Sokol"	100.00
Additional deposit at post office	150.00
	<u> </u>
	\$ 2,909.53

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, December 1981, IWT - 4th quarter, 1981 and Phone	\$ 503.14
Special Appropriations	5,398.50
Future Sokol Leaders Fund - Merit Award	200.00
Sokol Ties	191.66
	<u> </u>
	\$ 6,293.30

TOTAL DISBURSEMENTS

	\$11,839.95
Balance brought forward:	
Western National Bank of Cicero - Checking Account	\$ 1,263.13
Receipts - January, 1982	39,365.79
	<u> </u>
	\$40,628.92
Disbursements - January, 1982	11,839.95
	<u> </u>
	\$28,788.97

FUTURE SOKOL LEADERS FUND

January 1982

In memory of Bro. Kamil Drahonovsky - Sokol Milwaukee	\$ 25.00
Interest Earned	226.99

LIBRARY AND ARCHIVES FUND

January 1982

In memory of Mary Korecky - Ann Svoboda and Family	\$ 35.00
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DONATIONS TO GENERAL FUND

Western Fraternal Life Association	\$ 3,125.00
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Donations are tax exempt

Membership Drive Must Be Continuous

Because our Sokol organization helps to preserve our American way of life, of building individuals of strong character through an educational and physical training program, thereby developing men and women who are able to reason and act for themselves, such an institution must continue in this great enterprise.

Like the early pioneers of this nation, men like George Washington, Benjamin Franklin, Abraham Lincoln and many others, too numerous to mention, who fought tyranny and managed to make our democratic freedoms work in spite of enemies from without and within, so Czechoslovakia has had great names like Tyrs, Fuegner, Komensky, Kollar, Safarik, Hurban, Hodza, Masaryk, Stefanik, Benes, Havlicek and many others who fought for truth, human dignity, liberty, and freedom. We, too, must strive to make our American way of life work now and forever.

This can be done only by developing conscientious leadership at all times through the development of Sokol activities for the general welfare and good of all. In this way we will attract new members to carry on. We can and must arouse interest and activity in all our units throughout the organization. To do this we must repeat time and again the basic principles and reasons and realize these principles by bringing home this need at the "grass roots" of these units.

Why must we attend regularly the meetings of our units? Why must respect and order through self-discipline be maintained at these meetings? Why must we be ever ready to encourage and help each other in time of need? The reason is that only in this way can constructive action be taken. We must encourage young people to strive to attain success in any undertaking. This can be done through the program of gymnastic training.

Effective and simple explanations of our Sokol principles can be given all our members for every day use through the medium of the Sokol press and literature. If there is any member that feels unable to solve certain problems and does not know where to look for solution, such an individual is in urgent need of Sokol training and advice which should be available for the asking.

In America the public official is responsible to the people, but he too must abide by the law. That is why the best men should be voted into office. The same issue is at stake in your choice or not, the majority rules; then it is
(Membership Drive continued on Page 40)

AMERICAN SOKOL

SOKOL GYMNAST

MARCH 1982

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

1865



1982

McDonald's Named Official National Sponsor of U.S. Gymnastics Men's and Women's Teams

McDonald's Corporation has reached agreement in principle to become the official national sponsor of the United States Gymnastic Federation Men's and Women's National Artistic Teams, from which the 1984 U.S. Olympic teams will be selected, it was announced today by Bud Wilkinson, president of the USGF.

According to USGF Executive Director Roger Council, McDonald's will sponsor national meets including the McDonald's American Cup, McDonald's Women's and Men's Championships of the U.S.A. and McDonald's U.S. versus China Invitational.

Council also said that McDonald's will embark on a grass roots program to help develop young gymnasts across the country. "The development program will draw upon the strengths of McDonald's 5700 domestic restaurants and the enthusiasm of the Company's 1400 independent owner-operators in helping to develop world class gymnasts in this country", said Council.

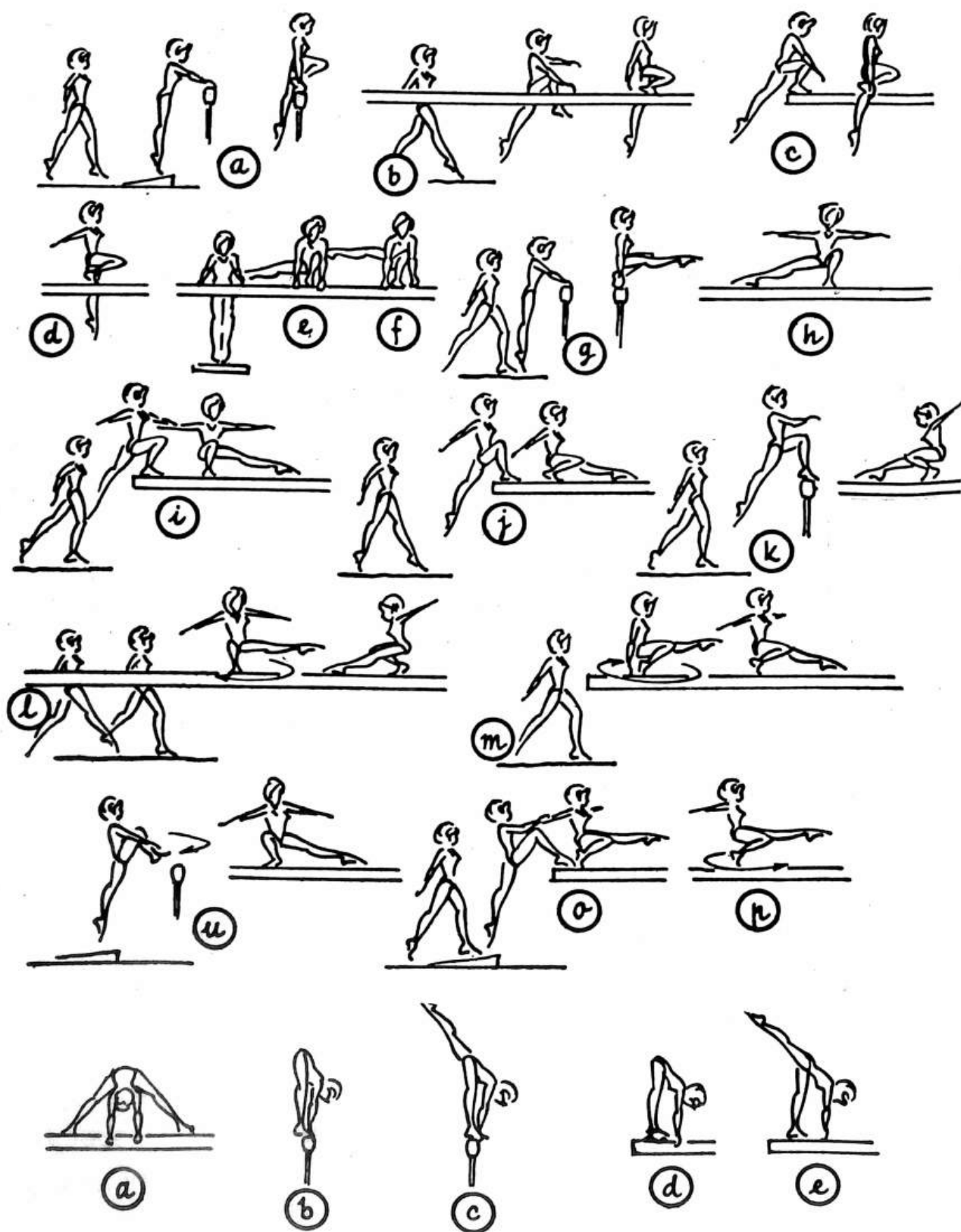
Newly-elected USGF President Bud Wilkinson said, "McDonald's has an outstanding tradition of supporting youth activities. We are tremendously pleased to welcome them as our official national sponsor."

The agreement in principle between McDonald's and the USGF will run through the end of 1984, with McDonald's retaining a right of first refusal for subsequent years.

McDonald's, the official fast service restaurants sponsor of the 1984 Los Angeles Olympic Games, recently broke ground for the \$4-million McDonald Olympic Swim Stadium on the campus of the University of Southern California, which will be the venue for all 1984 Summer Olympic and diving events. McDonald's is also the official sponsor of the United States Swimming Age Group and Junior Olympic programs.

According to McDonald's Executive Vice President and Chief Marketing Officer, Paul D. Schrage, "This commitment represents one more way in which we can live up to our theme of 'helping Olympic dreams come true'. We look forward to helping the U.S. bring home the 'gymnastic gold' in 1984, and to supporting the development of young gymnasts throughout the country primarily through the efforts of our independent franchisees."

BALANCE BEAM MOUNTS



Balance Beam Mounts

PREPARATORY MOUNTS - SQUATS - ON HIGH BALANCE BEAM

Shown here are a series of mounts to be used by Junior Girls and Women at Intermediate or High Division level. All are from a run and takeoff from a Ruether board.

A. Facing broadside of beam, mount to squat support R., or L.

B. Along side of beam, jump to squat support R., or L.

C. Facing end of beam, jump to squat support R., or L.

D. Facing end of beam, jump to squat R., or L.

E. Facing broadside of beam, jump to squat support L., R. sidetouch

F. Facing broadside of beam, jump to squat support L., R. sideleg

G. Facing broadside of beam, jump to squat support L., R. Frontleg

H. Facing broadside of beam, jump to squat L., R. sideleg - sidearm

I. Facing end of beam, mount to squat R. with 90 degree turn R. to right sidetouch - sidearm

J. Facing end of beam, mount to squad R., left foretouch - reararm

K. Facing broadside of beam, mount to squat R., 90 degree turn left, left foretouch sidearm

L. Along side of beam, mount to squat R., L. sideleg with 180 degree turn R. to L. foretouch - sidearm

M. Facing end of beam, mount to squat R., L. foreleg with single hand support and turn 360 degree R. to L. foretouch - sidearm

N. Facing broadside of beam, mount to squat R., L. sideleg with 180 degree R. to L. sidetouch - sidearm

O. Facing end of beam, mount to squat R., L. foreleg - sidearm

P. Facing end of beam, mount to squat R., L. foreleg with 180 degree R.

Support mounts with legs straight - facing broadside of beam

A. Support stradleg

B. Support Closeleg

C. Support R. closeleg - L. high rearleg

D and E mounts - B and C from facing end of beam.

Sport Psychology

by DR. DAVID FEIGLEY

PROCEDURES FOR GOAL ATTAINMENT

Again the coach and athlete must jointly decide upon the specific means by which they can achieve their goals. Often these procedures are skill progressions where the desired skill is broken down into smaller, easier parts. The heart of any good coaching strategy is a set of **individualized** progressions. Besides the obvious use of skill progressions to assist in the

teaching of the skill itself, progressions often have a number of beneficial side effects.

1. First, they often reduce the athlete's fear level. Fear is probably the single most important factor in retarding learning in a sport such as gymnastics.

2. Second, progressions can show the gymnasts, from the outset, that a realistic procedure exists by which they can attain a very difficult goal which might otherwise be avoided because it was perceived as too difficult, too dangerous, or unrealistic by the gymnast.

3. Third, progressions often increase body awareness, strength, flexibility, etc., which are often prerequisites for the skill itself.

4. Finally, progressions often permit the athlete to experience more specific successes during the training period because each meaningful step can be viewed as a separate success. The development of a positive self-image is related, albeit in a complex way, to the number of successes one experiences.

Other procedures can also be important in achieving goals. Attendance, weight control, strength training, flexibility improvement, cardiovascular endurance development, self-control can all be goals for which specific procedures can be developed to achieve the specific long-term goals which define success. As the procedures are jointly developed, the coach can assist the athlete in deciding whether or not the procedures can realistically lead to the attainment of the desired goals. If not, the athlete can be counselled to intensify the program or to lower the original goals. For instance, a gymnast who will not take steps to control her weight cannot realistically aspire to be an elite gymnast. However, the coach must also understand that the gymnast's sustained motivation to control her weight is often maintained by providing her with steps which she feels realistically allow her to attain the goal of weight control.

Modern Rhythmic Gymnastics

Competitive Modern Rhythmic Gymnastics originated in Russia in the early 1950s. Many countries prior to this time were teaching rhythmic gymnastics and dance, which influenced the evolution of competitive modern rhythmic gymnastics. This new sport, which developed grace, poise, and femininity in the performer gained popularity in the Eastern European countries and has rapidly been accepted throughout the world.

The only rules followed at the first World Championship held in Budapest, Hungary (1963) were those of apparatus. At the second World Championship (1965) in Prague, Czechoslovakia, the F.I.G. women's committee set the direction for the meet involving rope-ball-and without apparatus. After the third World Championship (1967) in Copenhagen, Denmark with rope-ball-and without apparatus the F.I.G. finally established rules for competitors and judges. A United States delegate was sent to observe the fourth World Championship (1969) in Varna, Bulgaria which now

consisted of ball-rope-and hoop. The following year the Code Of Points was published (1970). The fifth World Championship in Havana, Cuba (1971) had a new hand apparatus added, the ribbon and the event without apparatus completely dropped. For the first time the United States was represented by two gymnasts at the sixth World Championship in Rotterdam, Holland. At this meet Clubs were introduced with a compulsory routine. Many Championships followed now that the pattern was set; each getting bigger and better. The high calibre of execution continues to grow and improve beyond all expectations.

Mrs. Mildred Prchal introduced this new sport to this country and became the first chairman of modern rhythmic gymnastic in the United States. She taught workshops, clinics and prepared the first compulsory routined book published in 1969.

The first National Competition in this country was held at George Williams College, Downers Grove, Ill. in May 1973. A second book followed and finally the dream of all the competitors, coaches, and spectators it will be an event in the 1984 Olympics.

Submitted by,

Jane Jurew - 1982

Famous Myths of Sports Health

MYTH: In order to increase muscle size and strength, it is necessary to consume extra protein.

FACT: Muscles are made up of water, carbohydrate, fat, vitamins, and minerals in addition to protein. A normal diet will supply you with more than enough protein to build muscles. A muscle increases in size and strength when it is repeatedly worked to 70 percent of its capacity.

RECOMMENDATION: The recommended protein intake is 11-16 percent of total calories.

*

MYTH: Don't drink water during an event or practice. Suck on ice cubes only or rinse out mouth.

FACT: Excessive water loss through sweat can cause mental confusion and muscle weakness that can definitely affect your performance. Too little water during competition will hurt your performance.

RECOMMENDATION: Constantly replace water loss. Drink water before, during, and after practice and events.

*

MYTH: Salt tablets are needed during hot weather.

FACT: Most athletes consume three times the salt they need. If your team physician recommends consuming extra salt, it is best taken as salt added to your food or by eating salty foods.

RECOMMENDATION: Do not take salt tablets unless prescribed by your team physician.

MYTH: Fasting or crash diets are good way to lose weight.

FACT: Fasting and crash diets can decrease energy levels and hurt performance.

RECOMMENDATION: If you need to lose weight, check with the team physician. A weight reduction diet for you should provide enough nutrients to allow you to perform at your best.

*

MYTH: Milk causes "cotton mouth."

FACT: "Cotton mouth" is a result of tension and heavy mouth breathing.

RECOMMENDATION: If you have problems with "cotton mouth," drink water. Ice and chewing gum may also help.

*

MYTH: Honey, sugar, soft drinks, glucose or dextrose taken before the event will provide quick energy.

FACT: The energy used in competition or practice comes from food eaten days and weeks prior to the event.

RECOMMENDATION: A diet of milk, meals, vegetables, fruits, breads and grains provides all the nutrients you need. A diet containing these foods and adequate training will enable you to perform at your best.

*

MYTH: Large amounts of vitamins will supercharge the cells of the body.

FACT: It is impossible to supercharge your tissues since most vitamins can't be stored and any excess amount is excreted. Extra amounts of the few vitamins that can be stored are either inactive and of no benefit or are toxic and can cause serious problems.

RECOMMENDATION: Don't take supplements unless prescribed by your physician. Eat a variety of foods and you will get all the vitamins you need.

*

MYTH: Food and water should not be taken during competition.

FACT: During long-term events, NOT drinking water during the event will hurt your performance.

RECOMMENDATION: In events which last more than one-half hour, water must be taken during the event or performance will decrease. In events requiring continuous sub-maximal output, carbohydrate stores may be saved by drinking some dilute carbohydrate mixture during the event.

*

MYTH: Athletes require larger amounts of vitamins than no-athletes because additional vitamins are needed for the rigorous training programs.

FACT: Your vitamin requirements are not significantly increased because of your increased physical activity. The amount of vitamins you need can be easily obtained from a normal diet. Some vitamins when taken in excess are toxic.

RECOMMENDATION: Eat a diet consisting of a variety of foods . . . meat, milk, fruits, vegetables, breads, and grains. If you want to know more about vitamin supplements, see your team physician.

Directory of the American Sokol Organization

1982

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Meetings held quarterly at different units. Pres., Louise Nekuda, 2653 Hartland Cir., Westlake Village, CA 91361. Sec., Louise Kis, 10740 Rhodesia Ave., Sunland, CA 91040. Fin. Sec., Agatha Horacek, 35210 Beach Ave., Yucaipa, CA 92399. Dir. of Men, Jiri Liska, P. O. Box 2055, Rancho Santa Fe, CA 92067. Dir. of Women, Libuse Pelc, 1330 N. Lima St., Burbank, CA 91505. Educ. Dir., Jiri Liska, P. O. Box 2055, Rancho Santa Fe, CA 92067.

SOUTHERN DISTRICT, DALLAS, TEXAS

Meetings rotated, Dallas, Ennis, Fort Worth and West - 4th Thursday. Pres., Ben Maca, 6551 Cliffbrook Dr., Dallas, TX 75240. Sec., Vlasta Laznovsky, Rt. 5, Box 70, Ennis, TX 75119. Fin. Sec., Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651. Dir. of Men, Larry Larry Laznovsky, Rt. 1, Ennis, TX 75119. Dir. of Women, Sylvia Laznovsky, Rt. 1, Ennis, TX 75119. Educ. Dir., Oldrich Parma, 6418 Maple Ave., Dallas, TX 75235.

WESTERN DISTRICT, OMAHA, NEBRASKA

Mtgs., 2nd Monday, Sokol Omaha, 2234 S. 13th St., Omaha, NE 68108. Pres., Ed Pavoucek, 2306 Jefferson, Bellevue, NE 68805. Dir. of Men, Phil Cahoy, 5822 S. 17th St., Omaha, NE 68107. Dir. of Women, Jolene Dalton, 5240 S. 23rd St., Omaha, NE 68107. Educ. Dir., Bob Vanyo, 446 Bay St., St. Paul, MN 55102.

EXECUTIVE BOARD ASO:
Meetings 4th Tuesday, 6424 W. Cermak Rd., Berwyn, IL 60402.
Pres., Roy Zitny, 574 Revere Ave., Westmont, IL 60559.

1st Vice-Pres., George C. Basta, 2629 S. Maple Ave., Brookfield, IL 60513.

II. Vice-Pres., Betty Prener, 5925 Webster Pl., Downers Grove, IL 60515.

Sec'y., Jackie Kourim, 388 Shensstone Rd., Riverside, IL 60546.

Fin. Sec'y., Mildred Pinc, 3629 S. 57th Ave., Cicero, IL 60650.

Treas., Edward C. Hlinka, 1820 Mayfair, Westchester, IL 60153.

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.

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

Eng. Pub., Nancy Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534 and Vlasta Zitny, 574 Revere Ave., Westmont, IL 60559.

By-Laws Chmn., Joseph Kovar, 31100 Hennepin, Garden City, MI 48135.

CENTRAL DISTRICT, BROOKFIELD, ILL.

Mtgs., 4th Wed., Sokol Brookfield, 3909 Prairie Ave., Brookfield,

IL 60513. Pres., George Vytlačil, 12515 Harold Ave., Palos Hts., IL 60463. Sec., Nancy Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534. Dir. of Men, John Satek, 5310 W. 24th St., Cicero, IL 60650. Dir. of Women, Sylvia Pistorius, 342 Naperville Rd., Westmont, IL 60559.

(*EASTERN DISTRICT, LITTLE FERRY, NEW JERSEY

Mtgs., 4th Monday, Sokol Little Ferry, 14 Garden St., Little Ferry, NJ 07643. Pres., Frank Capek, 39 Barnes Dr., Ridgefield Park, NJ 07600. Sec., Helen Rhode, Box 129-B, Rt. 1, Hunlock Creek, PA 18621. Dir. of Men, Joseph Vrzalik, 34-D Leatherwood Pl., Baltimore, MD 21237. Dir. of Women, Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643. Educ. Dir., Richard Novotny, 16 Griswald Pl., Glen Rock, NJ 07452.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Mtgs., 4th Wed., Bohemian National Hall, 4939 Broadway Av., Cleveland, OH 44127. Pres., Robert Jirousek, 18424 Chagrin Blvd., Shaker Hts., OH 44122. Sec., Rose Psenicka, 3696 Rocky River Dr., Cleveland, OH 44111. Dir. of Men, Roger Martanovic, 42 Santin Circle, Bedford, OH 44146. Dir. of Women, Maryann La Vere, 8605 Hillcrest, Livonia, MI 48152. Educ. Dir., Elsie Khol, 30625 Woodall Rd., Solon, OH 44139.

Directory of Units

CENTRAL DISTRICT, BROOKFIELD, ILLINOIS

Sokol Berwyn, Illinois - Mtgs., 2nd Thursday, Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. Pres., Edward W. Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. Rec. Sec., Marie Knez, 6513 W. 27th Pl., Berwyn, IL 60402. Corr. Sec., EllenJeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402. Fin. Sec., Anne Dusek, 256 W. Butterfield Rd., Elmhurst, IL 60126.

Dir. of Men, Jerry Somolik, 4004 S. Grove Ave., Berwyn, IL 60402. Dir. of Women, Sharon Somolik, 4004 S. Grove Ave., Berwyn, IL 60402. Educ. Dir., EllenJeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402.

Sokol Brookfield, Illinois - Mtgs., 1st Wednesday, Sokol Brookfield, 3909 Prairie Ave., Brookfield, IL 60513. Pres., Robert Michalek, 9103 W. Sherman, Brookfield, IL 60513. Sec., Doris E. Barda, 3436 Arden Ave., Brookfield, IL 60513. Fin.

Sec., Frank Ludicky, 1013 Community Dr., LaGrange Park, IL 60525. Dir. of Men, Robert Orsula, 3117 Park Ave., Brookfield, IL 60513. Dir. of Women, Sue Kozelka, 4230 Raymond Ave., Brookfield, IL 60513. Educ. Dir., Mildred Bouda, 315 May Ave., Glen Ellyn, IL 60137.

Sokol Cechie, Chicago, Illinois - Mtgs., 1st Sunday of March, June, September, December, at Cafe Europe, Cicero, IL 60650. Pres., Otto Glasser, 587 E. Parkway Rd.,

Riverside, IL 60546. Sec., Rosalyn J. Bergman, 2141 Ridge Ave., Evanston, IL 60201. Educ. Dir., Anne L. 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. Corr. 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, Chicago, Illinois -** Mtgs., 3rd Friday, Sokol Club, 10756 Green Bay Ave., Chicago, IL 60617. Pres., James C. Overland, Sr., 10944 Ave. "O", Chicago, IL 60617. Sec., Oscar G. Vickers, 10409 Ave. "L", Chicago, IL 60617. Fin. Sec., Steven J. Slizewski, 14651 LaSalle, Dolton, IL 60419.

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., (Men) Vaclav Zenisek, 3142 S. Highland Ave., Berwyn, IL 60402. (Women) Louise Hladik, 5511 W. 23rd Pl., Cicero, IL 60650. Educ. Dir., Rose Sramek, 1824 S. Ridgeland Ave., Berwyn, IL 60402.

Sokol Milwaukee, Wisconsin - Mtgs., 1st Sunday or Thursday of each month at 14325 W. Sun Valley Dr., New Berlin, WI 53151. Pres., James Pilger, 2974 N. 45th Str., Milwaukee, WI 53210. Sec., Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Fin. Sec., Charles Richter, 5459 N. 38th St., Milwaukee, WI 53209. Dir. of Men, Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Educ. Dir. John Erd, P. O. Box 262, Eagle, WI 53119.

Sokolice Milwaukee, Wisconsin - Mtgs., 1st Thursday, International Institute, 2810 W. Highland Blvd., Milwaukee, WI 53208. Pres., Ger-

linde Shannon, 2529 S. Superior St., Milwaukee, WI 53207. Sec. Kathy Schamber, 3015 W. Minnesota Ave. Franklin, WI 53132. Fin. Sec., Emily Falarsh, 365 N. Honey Creek Pkwy., Milwaukee, WI 53213. Educ. Dir., Emily Falarsh, 365 N. Honey Creek Pkwy., Milwaukee, WI 53213.

Sokol and Sokolice Racine, Wisconsin - Mtgs., last Friday of March, September, 2nd Friday in December. Pres., Elsie Kaplan, 6543 Middle Rd., Racine, WI 53402. Sec., Steve J. Mostenan, 7914 - 20th Ave., Kenosha, WI 53140. Fin. Sec., Lois Nikl, 900 Romayne Ave., Racine, WI 53402.

Sokol Slavsky, Cicero, Illinois - 1st Wednesday - T. G. Masaryk Czech School, 5701 W. 22nd Pl., Cicero, IL 60650. Pres., John Satek, 5310 W. 24th St., Cicero, IL 60650. Sec. Linda Modes, 305 Bluff Ave., Apt. W3, LaGrange, IL 60525. Fin. Sec., Agnes Drozd, 1611 S. 57th Ct., Cicero, IL 60650. Dir. of Men, Zdenek Ulrich, 2257 S. 12th Ave., North Riverside, IL 60546. Dir. of Women, Ellie Babka, 2346 S. Harvey Ave., Berwyn, IL 60402. Educ. Dir., Libbie Krivanek, 392 Nuttall Rd., Riverside, IL 60546.

Sokol and Sokolice St. Louis, Missouri - Mtgs., 4th Monday, American-Czech Educational Center, 4690 Lansdowne Ave., St. Louis, MO 63116. Pres., Stephen Jerabek, 6211 Murdoch Ave., St. Louis, MO 63109. Sec., Jean V. Stanley, 6420 Bishops Pl., St. Louis, MO 63109. Fin. Sec., Lawrence Ryll, 3709 S. Spring, St. Louis, MO 63116. Dir. of Men, Ronald Ulrich, Rt. 1, St. Clair, MO 63077. Dir. of Women, Debra Sindelar, Rt. 1, St. Clair, MO 63077. Educ. Dir., William Shana, 9145 Desmond Dr., St. Louis, MO 63126.

Sokol Stickney, Illinois - Mtgs., 1st Wednesday, Sokol Stickney, 4131 S. Home Ave., Stickney, IL 60402. Pres., Charles Borvansky, 4542 Hawthorne, Lyons, IL 60534. Sec., Karen Borvansky, 8649 W. 45th St., Lyons, IL 60534. Fin. Sec., Rodger Safranek, 9546 S. Natoma, Oak Lawn, IL 60453. Dir. of Men, David Harlan, 4515 S. Grove Ave., Brookfield, IL 60513. Dir. of Women, Judy Harlan, 4515 S.

Grove Ave., Brookfield, IL 60513. Educ. Dir. Nancy Pajeau, 4421 Maple Ave., Stickney, IL 60402.

Sokol Tabor, Berwyn, Illinois - Mtgs., 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres., Joseph Moravec, Jr., 1346 S. Kenilworth, Berwyn, IL 60402. Sec., Michael Kulhanek, 7448 W. Lincoln Ct., Forest Park, IL 60130. Fin. Sec., James Berousek, 2517 Forest Ave., North Riverside, IL 60546. Dir. of Men, Ed Linhart, Sr., 1820 Ridgeland Ave., Berwyn, IL 60402. Educ. Dir., Joseph Moravec, Sr., 1346 S. Kenilworth, Berwyn, IL 60402.

Sokolice Tabor, Berwyn, Illinois - Mtgs., 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres., Joyce Kress, 1824 Wesley Ave., Berwyn, IL 60402. Sec. Elsie Berousek, 2517 Forest Ave., North Riverside, IL 60546. Fin. Sec., Lorraine Maciejewski, 1615 Clarence Ave., Berwyn, IL 60402. Dir. of Women, Laura Trachsler, 1814 Wesley Ave., Berwyn, IL 60402. Educ. Dir., Blanche Kos, 1530 Marengo Ave., Forest Park, IL 60130.

Sokol Town of Lake, Chicago, Illinois - Mtgs., 2nd Wednesday, Jan., Mar., June, Sept., Nov., May and Dec., (Dinner meetings) at Glendale Post, American Legion Hall, 5249 S. Kedzie Ave., Chicago, IL 60632. Pres., George Vytlacil, 12515 S. Harold, Palos Heights, IL 60463. Sec., Mildred Mentzer, 11358 S. Hamlin Ave., Chicago, IL 60655. Fin. Sec., Blanche Cihak, 19 Lakeview Ct., Clarendon Hills, IL 60514. Educ. Dir., Anton Smunt, 5342 S. Fairfield, Chicago, IL 60632.

Sokol West Suburban, Downers Grove, Illinois - Mtgs., 1st Monday, at different members's homes. P. O. Box 181, Downers Grove, IL 60515. Pres., Dr. Frank H. Michalek, 10 S. 020 Lorraine Dr., Hinsdale, IL 60521. Sec., Mildred M. Bruno, 307 W. Naperville Rd., Westmont, IL 60559. Dir. of Men, Rudy Behounek, 4827 Cornell, Downers Grove, IL 60515. Dir. of Women, Sylvia Pistorius, 342 W. Naperville Rd., Westmont, IL 60559.

***EASTERN DISTRICT,
LITTLE FERRY, NEW JERSEY**

Sokol Baltimore, Maryland - Mtgs., 2nd Sunday, American Sokol Center, 2931 E. Madison St., Baltimore, MD 21205. Pres. Don Otenasek, 8231 Old Philadelphia Rd., Baltimore, MD 21237. Rec. Sec., Carolyn Baker, 5344 King Arthur Circle, Baltimore, MD 21237. Corr. Sec., Arlene Jackson, 8214 Edwill Ave., Baltimore, MD 21237. Fin. Sec., Mary Parizek, 8236 Northview Rd., Baltimore, Md 21222. Dir. of Men, Joe Vrzalik, 201 Lyndale Ave., Baltimore, MD 21236. Dir. of Women, Susan Wolff, 3220 Tyndale Ave., Baltimore, MD 21221.

Sokol Belcamp, Belcamp, Maryland - Mtgs., 1st Thursday. Pres., Frank Novak, 241 Graceford Dr., Aberdeen, MD 21001. Sec., Edward C. Kotras, 2905 Creswell Rd., Bel Air, MD 21014. Fin. Sec., George Vojtech, 4000 Baker Ave., Abingdon, MD 21009.

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

Sokol Fuegner, L.I.C. New York - Mtgs., 4th Tuesday, Bohemian Hall, 29-19 24th Ave., L.I.C. City, NY 11102. Pres., Charles Zraly, 29 Holland Ct., Valley Stream, NY 11580. Sec., Virginia Belsan, 41-35 49th St., L.I.C., NY 11104. Fin. Sec., Jane Cerny, 23-71 37th St., Astoria, NY 11105. Dir. of Men, Thomas Henigman, 24-49 27th St., Astoria, NY 11102. Dir. of Women, Rosemary Henigman, 24-49 27th St., Astoria, NY 11102. Educ. Dir., Joy T. Misek, 24-16 40th Ave., L.I.C., NY 11101.

Sokol Little Ferry, N.J. - Mtgs., 2nd Mon., Sokol, 14 Garden St., Little Ferry, NJ 07643. Pres., John F. Donovan, 279 Liberty St., Apt. 43, Little Ferry, NJ 07643. Sec., Richard J. Novotny, 16 Griswold Pl., Glen Rock, NJ 07452. Fin. Sec., Jerry Komarek, 101 Mehrhof Rd., Little Ferry, NJ 07643. Dir. of Men, Frank Capek, 39 Barnes Dr., Ridge-

field Park, NJ 07660. Educ. Dir., Alfonse Glaser, 172 Washington Ave., Little Ferry, NJ 07643.

Sokolice Little Ferry - New Jersey - Mtgs., 4th Wednesday, except July and August, Sokol Hall, 14 Garden St., Little Ferry, NJ 07643. Pres., Jeanette Gnecco, 93 Edwin St., Ridgefield Park, NJ 07660. Rec. Sec. Rosalind Farquhar, 50 Columbus Ave., Little Ferry, NJ 07643. Corr. Sec., Vilma Krauer, 31 Brandt St., Little Ferry, NJ 07643. Fin. Sec., Elsie Machotka, 28 Christiana St., Little Ferry, NJ 07643. Dir. of Women, Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643.

Sokol Miami, Florida - Mtgs., every Monday at North Miami Community Center, 123rd St. and 16th Ave., North Miami, FL 33161. Pres., Emilie Ruzicka, 1215 N.E. 128th St., North Miami, FL 33161. Sec. Bertha Kasal, 1215 N.E. St., North Miami, FL 33161. Fin. Sec., Anne Valentine, 1770 N.E. 137th Terrace, North Miami, FL 33181.

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-Manor, Apt. 8H, East Landing St., Lumberton, NJ 08048.

Sokol New York, N.Y. - Mtgs., last Thursday of each month, 420-24 East 71st St., New York, NY 10021. Pres., Jaroslav Zich, P.O. Box 141, New York, NY 10163. Sec. Josef Sereda, 1363 First Ave., New York, NY 10021. Fin. Sec., Mirka Jurnik, 338 E. 65th St., New York, NY 10021. Dir. of Men, Steve Frolo, 1373 First Ave., New York, NY 10021. Dir. of Women, Susan Frolo, 1373 First Ave., New York, NY 10021. Educ. Dir., Vaclav Holy, 29 West Trail, Stamford, CT 06611.

Sokol Philadelphia, Pennsylvania - Mtgs., 1st Monday, 5836 Akron St., Philadelphia, PA 19149. Pres., Josephine Tunkl, 5836 Akron St., Philadelphia, PA 19149. Sec., Geo. B. Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Fin. Sec., Elsie B. Novak, 2003 E. Elkhart St., Philadelphia, PA 19134. Educ. Dir.,

Frank Hausgut, 11933 Alberta Dr., Philadelphia, PA 19154.

***Sokol Schenectady, N.Y.** - Mtgs., 4th Wed.; Mohawk Valley Lodge No. 12, I.O.O.F. Pres.: Thomas Zak, 1013 John Alden Lane, Schenectady, NY 12306. Secy.: Mary Prokop, 1005 Sixth St., (Rotterdam), Schenectady, NY 12303. Fin. Sec.: Julia Kverek, 1541 Altamont Av., Schenectady, NY 12303.

Sokol Washington, D.C. - Mtgs., 1st Wednesday, Barton House, 2525 Barton & 10th St., Arlington, VA 22201. Pres., Jaroslav Kaspar-Paty, 7112 Camp Alger Ave., Falls Church, VA 22042. Corr. Sec., Mary Soltis, 4701 Quadrant St., N.E., Coral Hills, MD 20743. Fin. Sec., Gertrude Manhal, 3636 - 16th St., NW, Apt. A-601, Washington, DC 20010. Dir. of Men, Anthony Bartos, 6067 Hollow Hill Lane, Springfield, VA 22152. Educ. Dir. Mildred Barcal, 8416 Donnybrook Dr., Chevy Chase, MD 20015.

**NORTHEASTERN DISTRICT,
CLEVELAND, OHIO**

Sokol Cleveland, Ohio - Mtgs., 1st Sunday, Sokol Cleveland Hall, 20110 Harvard Rd., Cleveland, OH 44122. Pres., Nelson Gedeon, 814 Circlewood Dr., Aurora, OH 44202. Sec. Janice Jilek, 6543 Highland Rd., Mayfield Village, OH 44143. Fin. Sec., Donald Zak, 3684 Townley Rd., Cleveland OH 44122. Dir. of Men, Jim Reis, 537 Parker Rd., Aurora, OH 44202. Dir. of Women, MaryAnn Imburgia, 32287 Hamilton Dr., Apt., 201, Solon, OH 44139.

Sokol Detroit, Michigan - Mtgs., 1st Thursday, Sokol Cultural Center, 23600 W. Warren, Dearborn Hts., MI 48127. Pres. George Eisenstein, 16581 Henry Ruff Rd., Livonia, MI 48154. Sec., Mirko Vlcko, 4243 Sunningdale Dr., Bloomfield Hills, MI 48013. Dues Sec., Martin Eisenstein, 48929 N. Territorial Rd., Plymouth, MI 48170. Fin. Sec., Tony Giacchina, 30942 Fernwood, Westland, MI 48185. Dir. of Men, Vaclav Kalivoda, 6533 Arcola,

Garden City, MI 48135. Educ. Dir., Bruce Janda 33040 Middleboro, Livonia, MI 48154.

Sokolice Detroit, Michigan - 1st Thursday, Sokol Cultural Center, 23600 W. Warren, Dearborn Hts., MI 48127. Pres., Jarmila Zboril, 10319 S. Morrow Cir., Dearborn, MI 48126. Sec., Anna Eisner, 2750 Emily Ave., Melvindale, MD 48122. Fin Sec., Carolyn Sabados, 43911 Orleans Ct., Plymouth, MI 48187. Dir. of Women, Maryann LaVere, 31311 Bobrich, Livonia, MI 48152. Educ. Dir., Marilyn Vihonsy, 38648 Scott, Westland, WI 48185.

Sokol Greater Cleveland, Ohio - Mtgs., 3rd Wednesday, Bohemian National Hall, 4939 Broadway, Cleveland, OH 44127. Pres., John Dusek, 124 Beacon Hill, Northfield Center, OH 44067. Sec., Shannon Markosky, 15912 Rowena Ave., Maple Hts., OH 44137. Fin. Sec., Lad Voris, 4250 Bexley Blvd., South Euclid, OH 44121. Dir. of Men, Rich Rejna, 17020 Libby Rd., Maple Hts., OH 44137. Dir. of Women, Georgia Drobny, 4554 Vezber Ave., Seven Hills, OH 44131.

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

Sokol Rip, Pittsburgh, Pennsylvania - Mtgs., Usually every 2 month on the 3rd Thursday at Grant Bar & Restaurant, Millvale, PA 15209. Pres., Wallace Schiffer, 2074 Fairlawn, Pittsburgh, PA 15221. Sec., Louis Simek, 220 Elizabeth Ave., E. Pittsburgh, PA 15112. Fin. Sec. James Leder, 133 Mason Dr., Glenshaw, PA. 15116.

PACIFIC DISTRICT, LOS ANGELES, CALIF.

Sokol Fresno, California - Mtgs. 2nd Sunday at various members' homes. Pres., Mary Falls, 8395 N. Peach, Clovis, CA 93612. Rec. Sec., Mary Jean Maslowski, 1549 W. Ellery, Fresno, CA 93705. Corr. Sec., Mary Falls, 8395 N. Peach, Clovis, CA 93612. Fin. Sec., Curtis Falls, 8395 N. Peach, Clovis, CA 93612. Dir. of Men, Lew Duzi, 6357 E. Dolores, Fresno, CA 93705. Dir. of Women, Helen Maslowski, 5164

E. Ashlan No. 125, Fresno, CA 93727. Educ. Dir., Sonia Maslowski, 5184 E. Madison, Fresno, CA 93727.

Sokol Los Angeles, California - Mtgs., 3rd Monday, Sokol Hall, 500 N. Western Ave., Los Angeles, CA 90004. Pres., Jerry Spinka, 4640 Gould Ave., LaCanada, CA 91011. Sec., Jana Bednar, 5319 Loletta, Los Angeles, CA 90041. Fin. Sec., Louise Nekuda, 2653 Hartland Circle, Westlake Village, CA 91361. Dir. of Men, Jan Bednar, 5319 Loletta, Los Angeles, CA 90041. Dir. of Women, Iva Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. Educ. Dir., Jiri Liska, P. O. Box 2055, Rancho Santa Fe, CA 92067.

Sokol San Francisco, California - Mtgs., 2nd Monday, Sokol, 847-849 N. San Mateo Dr., San Mateo, CA 94401. Pres., Blanche Duffey, 249 W. Poplar Ave., San Mateo, CA 94402. Sec., Frank Dlsak, 451 Santa Margarita Ave., Menlo Park, CA 94025. Fin. Sec., Elizabeth Bele, 11 Fairview Pl., Millbrae, CA 94030. Dir. of Men, Paul Kryska, 1120 Newell Rd., Palo Alto, CA 94303. Educ. Dir. Ludwig Feygl, 1479 Hess Rd., Redwood City, CA 94061.

***Sokol Seattle, Washington** - Mtgs., Pres., Vaclav F. Vojta, 8475 W. Mercer Way, Mercer Island, WA 98040. Sec., Milada J. Rezek, 12526 S.W. 61st St., Bellevue, WA 98006. Fin. Sec., Jan Gabanek, 3436 - 9th Ave., Seattle, WA 98119.

SOUTHERN DISTRICT, DALLAS, TEXAS

Sokol Corpus Christi, Texas - Mtgs. 2nd Wednesday, Sokol Hall, 5502 Kostoryz Rd., Corpus Christi, TX 78415. Pres., Eugene Lehnert, 917 Carmel Pkwy., Corpus Christi, TX 78411. Sec., Helen Pavelka, Rt. 4, Box 118, Robstown, TX 78380. Fin. Sec., Ann Pittaway, 1045 Berkshire Dr., Corpus Christi, TX 78412. Dir. of Women, Nancy Sijansky, 414 Pleiades, Corpus Christi, TX 78418. Educ. Dir., Jerry Sijansky, 414 Pleiades, Corpus Christi, TX 78418.

Sokol Fort Worth, Texas - Mtgs., 2nd Tuesday, Eagle Mountain Athletic Center, 6500 Boat Club Rd., Ft. Worth, TX 76135. Pres., Darrell L. Williams, 5012 Glade, Ft. Worth, TX 76114. Sec., Gay G. Williams,

5012 Glade, Ft. Worth, TX 76114. Fin. Sec., Jeanne Mason, 2319 Loving Ave., Ft. Worth, TX 76114. Dir. of Men, Jerry Milan, 6208 Lakeside Dr., Ft. Worth, TX 76135. Dir. of Women, Henrietta Milan, 6208 Lakeside Dr., Ft. Worth, TX 76135. Educ. Dir., Brad Durham, 6500 Boat Club Rd., Ft. Worth, TX 76135.

Sokol Houston, Texas - Mtgs., 2nd Thursday, Sokol Houston, 1314 W. Patton, Houston, TX 77009. Pres., Emil Kuropata, 5319 Kansas, Houston, TX 77007. Sec., Peggy Hornak, 7611 Woodland West, Houston, TX 77040. Fin. Sec., Elsie Lang, 11906 Hillcroft, Houston, TX 77035. Dir. of Men, Milan Martinec, 8030 Sunnyvale Forest Dr., Houston, TX 77088. Dir. of Women, Anna Martinec, 8030 Sunnyvale Forest Dr., Houston, TX 77088. Educ. Dir., Jack Lang, 11906 Hillcroft, Houston, TX 77035.

Sokol Karel Havlicek, Yukon, Oklahoma - Mtgs., 1st Sunday, Yukon Czech Hall, Rt. 3, Box 150, Yukon, OK 73099. Pres., Elma Nykl, 2208 N.W. 12th St., Oklahoma City, OK 73107. Sec., Anna Smrcka, Rt. 3, Box 140, Yukon, OK 73099. Fin. Sec., Antone J. Stejskal, Rt. 3, Box 74, Yukon, OK 73099. Dir. of Men, Albert Stejskal, Rt. 3, Box 73, Yukon, OK 73099. Dir. of Women, Mary Polasek, Rt. 1, Box 202, Mustang, OK 73064. Educ. Dir., LaVerne Benda, 6804 N. Libby Ave., Oklahoma City, OK 73132.

Sokol Karel Havlicek-Borovsky, Ennis, Texas - Mtgs., 4th Sunday, Sokol Hall, Rt. 5, E Hwy. 34, Ennis, TX 75119. Pres., Larry Laznovsky, Rt. 1, Ennis TX 75119. Sec. Bernice Hamilton, Rt. 1, Box, 142A, Italy, TX 76651. Fin. Sec., Rita Neff, Rt. 4, Ennis, TX 75119. Dir. of Men, Mark Hamilton, Rt. 2, Italy, TX 76651. Dir. of Women, Sylvia Laznovsky, Rt. 1, Ennis TX 75119. Educ. Dir., Stuart Hamilton, Rt. 4, Ennis, TX 75119.

Sokol West, West, Texas - Mtgs., 1st Sunday, SPJST Hall, Lodge #54, N. Davis St., West, TX 76691. Pres., Dr. George Smith, 1211 N. Davis, West, TX 76691. Sec., Peggy Dobecka, Rt. 1, Box 420, Elm Mott, TX 76640. Fin. Sec., Lillian Matus, Pladium, Dr., West, TX 76691. Dir. of Men, Howard Freund, Rt. 5, Waco, TX 76705. Dir. of Women,

Gladys Quilter, 211 W. Broadway, West, TX 76691. Educ. Dir., Marie Holasek, 107 N. Davis, West, TX 76691.

Sokol Zizka, Dallas, Texas. - Mtgs., 3rd Sunday, Sokol Zizka, 7448 Greenville Ave., Dallas, TX 75231. Pres., Jack McClure, 1423 Lebanon Dallas, TX 75208. Sec., Doug Thomas, 4021 Windsor, Garland, TX 75042. Fin. Sec., Marie Janousek, 11221 Desdemona Dr., Dallas, TX 75228. Dir. of Men, Walter Hosek, 6449 Glennox Ln., Dallas, TX 75214. Dir. of Women, Gayle Cerny, 5319 Windy Meadow, Arlington, TX 75015. Educ. Dir., Oldrich Parma, 6418 Maple Ave., Dallas, TX 75235.

WESTERN DISTRICT, OMAHA, NEBRASKA

Sokol Cedar Rapids, Iowa - Mtgs., 1st Monday, Sokol Gymnastic Ass'n., 415 - 3rd St., SE, Cedar Rapids, IA 52401. Pres., Richard Kittrell, 1527 - 48th St., N.E., Cedar Rapids, IA 52402. Sec., Donald Pulkrab, 2436 - 1st St., S.W. Cedar Rapids, IA 52404. Fin. Sec., Larry Chmelicek, 1832 Shawnee Ct., N.W., Cedar Rapids, IA 52405. Dir. of Men, Doug Brewer, 3916 - 13th Ave., S.E., Cedar Rapids, IA 52403. Educ. Dir., T. B. Hlubucek, 2222 - 1st Ave., N.E. Cedar Rapids, IA 52402.

Sokolice Renata Tyrsova, Cedar Rapids, Iowa - Mtgs., 1st Monday, Sokol Hall, 417 - 3rd St., SE, Cedar Rapids, IA 52401. Pres., Betty Petrzalek, 102 - 29th Ave., Dr., SW, Cedar Rapids, IA 52404. Sec., Mana Zlatohlavek, 392 - 16th Ave., SW, Cedar Rapids, IA 52404. Fin. Sec., Caryle Pazdernik, 3516 Swallow Ct., NE, Cedar Rapids, IA 52402. Dir. of Women, Rhonda Frey, 3710 - 12th Ave., SW, Cedar Rapids, IA 52404. Educ. Dir., Irene Hamous, 3206 Rosewood Ct., N.E. Cedar Rapids, IA 52402.

***Sokol Crete, Nebraska** - Mtgs., 1st Wednesday, Sokol Hall, 14th and Norman, Crete, NE 68333. Pres., Steve Pomajzl, RFD #2, Wilber, NE 68465. Sec., Lester G. Bruns, 1444 Kingwood, Crete, NE 68333. Dir. of Men, Robert Lorenz, RFD 2, Crete, NE 68333.

Sokolice Libuse, Crete, Nebraska - Mtgs., 1st Wednesday, Sokol Hall, 136 West 13th St., Crete, NE 68333.

Pres., Alice Kalkwarf, 807 Oak St., Crete NE 68333. Sec., Georgia Walter, Box 127, Dorchester, NE 68343. Fin. Sec., Camille Formanek, 1622 Ivy, Crete, NE 68333. Dir. of Women, Alice Kalkwarf, 807 Oak St., Crete, NE 68333. Educ. Dir., Libbie Jiskra, 1235 Main, Crete, NE 68333.

Sokol Omaha, Nebraska - Mtgs., 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. Pres., Dennis L. Pavlik, 3711 S. 117th St., Omaha, NE 68144. Sec., James J. Velehradsky, Sr., 1322 "U" St., Omaha, NE 68107. Fin. Sec., Ray D. Duranski, 2312 S. 14th St., Omaha, NE 68108. Dir. of Men, Gary Masek, 10348 "V" St., Omaha, NE 68137. Educ. Dir., Joseph Masek, Jr., 4048 S. 13th St., Omaha, NE 68107.

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

Sokol South Omaha, Nebraska - Mtgs., 1st Monday, Sokol South Omaha Hall, 2021 "U" St., Omaha, NE 68107. Pres., Fred Altic, 3611 S. 88th St., Omaha, NE 68124. Rec. Sec., Charles Lewis, 1513 Drexel, Omaha, NE 68107. Corr. Sec., James Riha, 5021 Castelar, Omaha, NE 68106. Fin. Sec., Mickey Dalton, 5240 S. 23rd St., Omaha, NE 68107. Dir. of Men, Vojmir Benak, 5919 S. 15th St., Omaha, NE 68107.

Sokolice South Omaha, Nebraska - Mtgs., 2nd Tuesday, South Omaha Sokol Hall, 2021 "U" St., Omaha, NE 68107. Pres., Helen Zentz, 5319 Valley Circle, Omaha, NE 68106. Sec., Carol Koubsky, 4534 Polk St., Omaha, NE 68107. Fin. Sec., Ella Rendla, 2007 Avery Rd., Bellevue, NE 68005. Dir. of Women, Jolene Dalton, 5240 S. 23rd St., Omaha, NE 68107. Educ. Dir., Ellen Madr, 10410 Mockingbird Dr., Omaha, NE 68127.

Sokol Wilber, Nebraska - Mtgs., 1st Monday, Wilber Sokol Hall, 317 S. Wilson, Box 362, Wilber, NE

68465. Pres., Alice Maryska, RFD 2, Wilber, NE 68465. Sec., Blanche Hronik, 320 E. 1st., Wilber, NE 68465. Fin. Sec., Karoline Kasl, RFD 2, DeWitt, NE 68341. Dir. of Men, David Jurena, RFD 2, Crete, NE 68333.

NORTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Minneapolis, Minnesota - Mtgs., not regular, at members' homes. Pres., Eduard Andrle, 4827 Bryant Ave., No., Minneapolis, MN 55430. Sec., Frances Hosek, 3350 Upton Ave., No., Minneapolis, MN 55412. Fin. Sec., Luella Greb, 8100 Highwood Dr., Apt. B. 222, Bloomington, MN 55438.

Sokol Minnesota, St. Paul, Minnesota - Mtgs., 4th Friday, CSPS Hall, 383 Michigan, St. Paul, MN 55102. Pres., N. E. Sladek, 5608 Gate Park Rd., Edina, MN 55436. Rec. Sec., Victor J. Hubal, 7080 Victoria Rd., Woodbury, MN 55125. Corr. Sec., Doris McKenney, 640 W. 102nd St., S., Bloomington, MN 55420. Fin. Sec. Hana Matousek, 3872 Ballantrae, Apt. 6, Eagan, MN 55122. Dir. of Men, Robert J. Vanyo, 446 Bay St., St. Paul, MN 55102. Dir. of Women, Cecilia Vanyo, 446 Bay St., St. Paul, MN 55102. Educ. Dir., Kristine Heim, 7533 Carillon W., St. Paul, MN 55125.

SOUTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Caldwell, Kansas - Mtgs., 1st Monday, Sokol Auditorium, Caldwell, KS 76022. Pres., Joe Nethala, Rte. 1, Bluff City, KS 67108. Sec., Robert Vavra, Box 143, Argonia, KS 67004. Fin. Sec., Barbara Volavka, Caldwell, KS 67022.

Sokol Karel Jonas, Wilson, Kansas - Mtgs., 1st Sunday, every 3rd month, now in the home of Alice Sula. Pres., Joe Sebesta, Wilson, KS 67490. Sec. and Treas., Alice Sula, Wilson, KS 67490.

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

up to you, all of us, to give these selected officials a helping hand and abide by the rules and by-laws of the unit.

It takes an organized group to make a good program work. All of us must share in the program and in the responsibilities of becoming part of the working group. Attending meetings take us out of the rut; we self-disciplined ourselves to meet other members, to hear other people's ideas in the spirit of fair play for the good of the Sokol. Let's work together for the good of Sokol. Let's work together for the betterment of our units and the organization. None of us is self-sufficient, all of us need the companionship of others. We need Sokol activity not only to maintain the organization, but to maintain ourselves in a good state of physical and mental health. A healthy mind in a healthy body is an excellent goal to follow.

SOME SUGGESTIONS:

1.

Educational articles should be printed in our organ to arouse our true Sokols into a realization of the seriousness of our organizational problems. A comprehensive Sokol English literature should be created for our American membership.

2.

Appoint or elect in each district or region qualified individuals as co-workers with the committee who will be able to inform our members and their friends about our Sokol educational, gymnastic and social program, and who will be able, at the same time, to solicit new members.

3.

See to it that all of our units and districts elect able reporters who will inform the Sokol and general public of their local activity, through our organ and other public means.

April, 1955
American Sokol

Sokol Greater Cleveland

It is with deep regret that I must inform you that Sokol Greater Cleveland has lost three of its very active long time members.

In memory of: Bohumir (BO) Ptak, born October 8, 1911 and passed away January 2, 1982 after a lengthy illness. In 1933 Bo joined Sokol. He was a Sokol member for 49 years. In 1967 when the American Sokol Incorporated was formed - Bo was its secretary. In April of 1967 Bo was appointed chairman for the fund raising of A.S.I. and was assisted by his daughter Zdenka. Bo worked for the Ptak Furniture Co., and was always a financial and moral supporter of the Sokol movement for many years. Bo leaves behind his wife Viola, of 47 years, his children Zdenka, Bo Jr., Karla and Jo, his grandchildren Debbie, Steve, Lori, Joseph and Jeffrey.

Gladys Jirousek, born April 8, 1918 and passed away January 10, 1982. Gladys was a life long member of Sokol Tyrs now Sokol Greater Cleveland. Gladys lived on Cleveland's west side as a young girl, and in

the early 1920's she moved with her parents to Cleveland's east side around the Corlett and Mt. Pleasant area which was rapidly filling up as a Czech settlement anchored around Sokol Tyrs and Jan Amos Komensky Halls. Gladys graduated from John Adams High School, attended Dyke College and did clerical work at the White Motor Co. She also later worked as a bookkeeper for the Al Koran Shrine. Gladys gave countless hours of especially clerical labor to Sokol cheerfully doing anything requested of her. She was always doing the job where she was needed. She was Treasurer of American Sokol, Inc., a position she held for the past seven years. Gladys is survived by her husband of 40 years Robert Sr., (also president of the Northeastern District), her sons Robert Jr. and Dennis, granddaughter Erin and her sister Emily Johnson.

Ann Morice, was born in Rokycany, Czechoslovakia on February 3, 1910 and passed away suddenly on January 21, 1982. At the age of 3 years Ann became an orphan and was raised by her aunt and uncle Vaclav and Ada Nejedly. At 11, Ann was brought to the United States by her two aunts. At 18, Ann graduated from John Adams High School. She worked for a time at the five and dime store and several dress shops in the Broadway and 55th Street area, which was also predominately Czech speaking people. Ann then went to work as a telephone operator for Ohio Bell Telephone company and after 30 years of service she retired a number of years ago. At the age of 20, Ann joined sokol Tyrs with the women's class. Ann was always active and worked hard at Sokol fund raisers. For the last five years, Ann was in charge of our Sokol rummage sales, holding a sale at least one a month. She was also a delegate to American Sokol, Inc. and a member of the Board of Directors for many years. Ann is survived by her aunt and uncle in Czechoslovakia, a cousin Jean Croteau in Indiana and a very close friend Mae Whiteman in Fort Meyers, Florida.

None of us know the time or place of our passing, but we hope we can leave such pleasant memories as our dear brother Bo, and sisters Gladys and Ann. Our Czech community and Sokol family are saddened by their passing. May they rest in peace.

Bro. John J. Dusek,
President, Sokol Greater Cleveland

* * *

Těžké rány postihly jednotu v krátké době. V říjnu odešla z tohoto světa ses. Marie Jiroušková. Dočkala se velkého věku a můžeme o ni směle říci, že byla matkou jednoty. Se svým manželem vychovala dva syny, kteří se zapojili do sokolské práce jak v jednotě, tak celé obci sokolské. Bratr Edwin Jiroušek byl po mnoho let náčelníkem jak jeho jednoty, tak župy. Jeho jméno půjde do dějin Sokola s jeho nádhernými tělocvičnými čísly. Takové cvičení jako "Červená, modrá, bílá", na to se nezapomíná. Jeho bratr Robert je od mládí činný v Sokole, v přítomné době je starostou Sokolské Župy Severovýchodní a pokladníkem jednoty Sokola Velkého Clevelandu.

Po léta bydleli v jejich útulném domě na Corlet ulici. Tento dům a to skutečně bratrské prostředí stal se za

léta skutečně domem sokolským. Z těch, kteří nás přešli tam, odkud není návratu, byli to náčelníci jednot a obce. Byl to br. Antonín Bílý, František Krátký, Josef Kos, Lád'a Kadlec, Jarka Jelínek, a Oldřich Kudrnovský. Také starosta Americké Obce Sokolské br. Karel Prchal a jednatel Obce br. Václav Konečný, pokladník obce, br. Josef Brouk vždy našli druhý sokolský domov u Jiroušků. Z dosud žijících jsou to bratři Oldřich Malý, Otto Karásek a sestra Marie Provazníková, kteří na tu sokolskou rodinu Jirouškovu a jejich útulný domov na Corlet ulici rádi vzpomínají. Ta láska k myšlence sokolské, která vznikla v tom domě, našla pokračování v dalších generacích. Tak oba synové, jak Edwin tak Robert, mají po dvou hoších, kteří jsou členy a vedoucími v jednotě a jejich děti také již cvičí. Proto vděčně vzpomínáme na sestru Marii Jirouškovou a slibujeme, že ji uchováme vzpomínku.

Druhá smutná rána postihla jednotu Sokola Velkého Clevelandu. Náhle a neočekávaně zemřela sestra Gladys Jiroušková, choť bratra Roberta. Odešla v poměrně mladém věku. Ještě byla na Sylvestrovské zábavě, veselá a nikdo netušil, že se s ní budeme za dva týdny loučit v pohřebním ústavě. U sestry Gladys se Sokol stal celým jejím životem. Její rodiče byli od založení Sokola Tyrš členy jednoty a svoje tři dítka od mládí cvičili v Sokole. Sestra Gladys byla od počátku činná a zastávala snad všechny úřady v jednotě. Byla zástupkyně v Župě, delegátkou na sjezdech A.O.S. a činnou v každém podniku její jednoty. Každý úřad zastávala s tou největší svědomitostí. Věřila v to, že co stojí za práci, musí být svědomitě vykonáno. Byla nadšenou cvičitelkou a ještě na posledním Sletu cvičila. To sokolské "Ni zisk - ni slávu" bylo vírou jejího sokolského života. Bude scházet v její rodině a bude scházet v Sokole. Taková ztráta je těžko nahraditelná. S jejím manželem Robertem vychovala dva syny, kteří jsou pokračováním její sokolské práce. Syn Denis byl náčelníkem jednoty a dnes je pokračováním práce, kterou musela jeho matka opustit.

Každý, kdo znal tyto dvě sestry, Marii a Gladys Jirouškovy, zachová jim tu nejlepší vzpomínku. Třeba, že již nejsou mezi námi, budou žít stále v srdcích těch, co je znali. Odpočívajte v pokoji!

K. Zahradníček

IN MEMORIUM Sokol Minnesota

It is with a deep sense of loss that Sokol Minnesota reports the deaths of two loyal members, Brother Harold Kodada and Sister Blanche Fischbach.

Harold Kodada passed away January 10, 1981 at the age of 70. He was born on March 22, 1911. Harold worked for the St. Paul Fire Department for 34 years before he retired in 1975.

Always interested in physical training, Harold, as a young man, instructed high school students in its virtues. This love of physical fitness and his deep pride in his Czech heritage led Harold to join the Sokol organization where he was known as a hard, dependable and silent worker who shunned the

limelight. In later years, he voluntarily took on the job of Hall guardian and on many occasions would call and report vandalism. Sokol Camp was a favorite of Harold's. Each year he could be found stirring the steaming booya at the Camp's annual picnic. A good neighbor, Harold often went out of his way to offer a helping hand.

Harold is survived by his wife, Lil, and daughters Nancy Kanis, Barbara Severni, and Marianne and several grandchildren.

Blanche (Trojan) Fischbach was born and raised in the West Seventh area of St. Paul. She died on December 31, 1981 while in Arizona visiting with family members.

As a young woman, she worked as a tailor for Rothchild's and after her marriage to Clarence Fischbach in 1940, she catered in the President's Dining Room of the Ford Plant until her retirement.

Blanche was introduced to Sokol at an early age as her father was one of the first presidents of the St. Paul Sokol unit. She began gym classes at the age of five. Blanche was a hard worker and dedicated member. One of Sokol Minnesota's chief dumpling makers, she could always be found in the kitchen at all the unit's ethnic dinners.

Blanche is survived by her husband Clarence, son Michael, daughters Sandra Kostanek, Connie Thomas, Shelly Pazdernik, and eight grandchildren.

We at Sokol Minnesota wish to express our deepest sympathy to the families and friends of Harold and Blanche. They will be sorely missed.

Leadership

History has verified that many organizations (including some Sokol units) have declined because of the lack of good leadership. In our Sokol units, we must have leadership on three levels; that is, the PRESIDENTS for the administrative functions; the DIRECTORS (NACELNIKS) for the physical culture program; and the EDUCATIONAL DIRECTORS for the educational activities.

The leadership ingredient must be ENTHUSIASM. Enthusiasm for Sokols proud history, enthusiasm for the necessary tasks which must be done now and enthusiasm for the future.

A leader's enthusiasm make for leadership because it attracts followers. We above all do not want leaders who would rather do everything themselves, thereby indicating that the others are incapable of performing a task or are not dependable. Instead, we must have leaders who will place the duties in the hands of the committee chairman, who will in turn place the various responsibilities on the members of the committee. In this way, the President distributes the responsibilities and the end result of this sharing prepares others for future leadership.

Although the President may attend all committee meetings with the right to vote, he should refrain from interfering in the proceedings. In fact, he should heed the words of Theodore Roosevelt, who stated, "The best executive is the one who has sense enough to pick

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good men to do what he wants done and self-restraint enough to keep from meddling with them while they are at it."

Good leaders set objectives for the year or season and these objectives must be stressed in the membership as well as the respective committee meetings.

Ed Stetka,
Sokol Baltimore

The development of leadership is one of the most important aims of our Sokol education programs. The type of leadership which our program is aiming to produce is based upon unselfish service for the common good rather than the kind which operates at the expense of fellow members. The need for such leadership in and outside of our organization is becoming increasingly high. Let us point out some of the attributes of the Sokol leadership. To serve effectively as a leader of children, young people and fellow members, the individual must be: (1) mature and emotionally adjusted; (2) must be a versatile individual with creative interests and resourceful; (3) must be well cultivated in the Sokol ideology; (4) must have an understanding of the child psychology and group direction; and (5) must be socially-minded.

It may be said that this is too high a standard. The only answer that can be made is that it is a standard which is necessary for the work we want done. What can we hope for if our leaders are not capable of judging difficult childhood situations, or if they cannot

create new interests in an individual or help those interests grow or broaden, or if they are not capable of imparting the Sokol ideals and principles to their pupils and fellow members? It is obvious to need mentioning that successful Sokol work is impossible without competent leadership. We find, nevertheless, that in our organization there is a great laxity in the choice of Sokol leaders and only limited training.

Oldrich Kudrnovsky (1947)

Change of Address for American Sokol

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mingle with the flock,
Or do you stay at home and criticize
and knock?
Do you take an active part to help
the work along,
Or are you satisfied to be the kind
that just belong?

Do you ever go and visit a brother
who is sick,
Or leave the work to just a few and
talk about the clique?
There is quite a program scheduled
that I am sure you've heard about,
And we'll appreciate if you too
will come and help us out.

So come to the meetings often and
help with hand and heart,
Don't be just a member,
but take an active part.
Think this over, brother,
you know right from wrong,
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or do you just belong?

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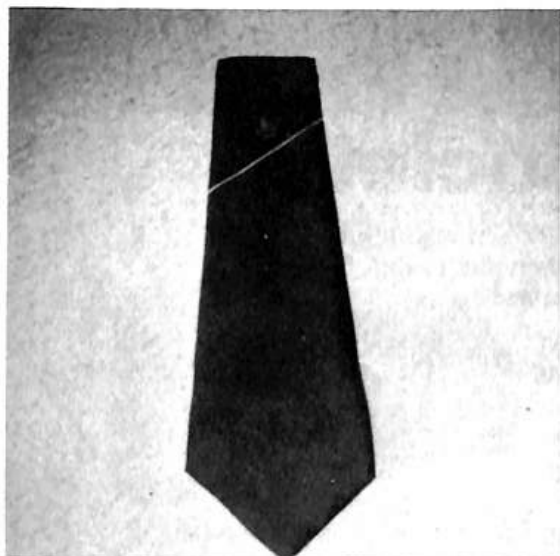
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