

# AMERICAN SOKOL

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MARCH 1983

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization



\*August 24, 1895  
†February 26, 1983



## MILDRED PRCHAL

Bereaved family, sisters and brothers, friends;

Sis. Milada Prchal August 24, 1895 - February 26, 1983

We are here this evening to say farewell to Sis. Milada Prchal, ballet teacher, Sokol instructor, leader, composer of gymnastic material, advisor, confidant, friend - Sokol.

We are here to say farewell to someone who has, in a single lifetime accomplished so much that benefited so many - who had devoted most of her life and with her husband Bro. Charles shared in the hopes and aspirations for the betterment of our American Sokol.

If Sis. Prchal is remembered throughout the Sokol world and remembered she will be - she most certainly will also be remembered by the gymnastic community, not just in these United States, but throughout the world. Let us review the life of this remarkable woman.

Born Milada Prochaska on August 24, 1895, in Chicago's Pilsen area, she was one of seven children.

Sokol Pilsen was the start of her Sokol life, when at the age of 5 she started classes as did all the Prochaska children.

When she was 10, the family moved to the west side of Chicago and Sis. Prchal transferred to Sokol Havlicek.

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# AMERICAN SOKOL

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## Calendar of Events

MAR. 11 - SOKOL DETROIT  
BOI Card Party

MARCH 12 - SOKOL TABOR  
Exhibition

MAR. 19 - SOKOL LOS ANGELES  
St. Joseph's Dance

MAR. 19 - SOKOL STICKNEY  
Exhibition -Morton West

MAR. 20 - SOKOL SLAVSKY  
Exhibition

MAR. 26 - SOKOL BERWYN  
Exhibition

MAR. 26 and 27 - SOKOL SOUTH OMAHA  
9th Annual Invitational

MAR. 27 - SOKOL WEST SUBURBAN  
Exhibition

APRIL 9 - SOKOL SOUTH OMAHA  
Polka Dance sponsored by Gym Club

APRIL 9 - CENTRAL DISTRICT  
Special Number Competition at Morton West

APRIL 10 - SOKOL CLEVELAND  
Spaghetti Dinner

APRIL 10 - WESTERN DISTRICT  
Children's competition at Sokol South Omaha

APRIL 16 and 17 - WESTERN DISTRICT  
Semi-annual meeting at Sokol Crete

APRIL 16 - NORTHEASTERN DISTRICT  
Little girls and boys competition

MAY 1 - SOKOL CLEVELAND  
Pork and Dumpling Dinner

MAY 6 - SOKOL SLAVSKY  
Card and Bunco Party

MAY 7 - SOKOL SAN FRANCISCO  
Spring dinner - dance

MAY 15 - SOKOL ST. LOUIS  
Exhibition

MAY 20 - SOKOL MILWAUKEE  
Gym Graduation Program

MAY 22 - SOKOL LOS ANGELES  
Gymnastic Exhibition

MAY 22 - CENTRAL DISTRICT  
Awards Picnic

JUNE 1 - SOKOL CRETE  
Gymnastic Program

JUNE 5 - SOKOL SLAVSKY  
Annual Picnic

JUNE 5 - SOKOL GREATER CLEVELAND  
Exhibition

JUNE 11 - SOKOL SAN FRANCISCO  
Last Dinner - dance

JUNE 11 - CENTRAL DISTRICT  
Junior and Senior Awards Night at Sokol Stickney

JUNE 18 - NORTHEASTERN DISTRICT  
Junior girls and boys competition

JUNE 18 - SOKOL MILWAUKEE  
115th Anniversary Celebration

JUNE 18 - NORTHEASTERN DISTRICT SLET  
Sokol Camp - Sandy Bottom Lake

JUNE 19 -NORTHEASTERN DISTR. EXHIBITION  
Sandy Bottom Lake, Michigan

JUNE 26 - SOKOL LOS ANGELES  
Czechoslovak Day in Alpine Village

JUNE 29-JULY 2 - SOKOL U.S.A. SLET  
Pittsburgh, PA

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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## EULOGY OF MILDRED PRCHAL (Continued)

It was at this time in her life she began ballet, tap and character dancing and acrobatics.

As did most children of Czech families she attended Czech school.

When Sokols Havlicek and Tyrs merged, Sis. Prchal's Sokol education was enhanced through weekly instructors courses under the instruction of Bro. Rudolph Cermak, Joseph Brouk and Joseph Cermak. It was at these weekly instructors courses that she met a young man, Charles Prchal, who would become a driving force of our present American Sokol Organization. They married in the spring of 1916 and at the time of Bro. Prchal's death in 1980 were married 64 years.

In 1918 after Bro. Brouk retired as instructor of women's class at Sokol Havlicek-Tyrs, Sis. Prchal was asked to teach his class. This was unheard of at the time as all classes were taught by men and was a tribute to Sis. Prchal's abilities.

In 1920, Sis. Prchal represented the American Sokol Organization, as a member of the women's gymnastic team at the VII Slet in Praha. She stayed after the Slet to attend schools in Rhythmics by Prof. August Ocenasek and Bro. Karel Pospisil, one of the great Slet musical composers. While in Praha she also studied fencing.

It was while she was in Praha that the foundation for her brilliance was laid. She went on to Paris and for the next 3 months studied classical ballet and acrobatics under the direction of d'Allesandri.

Returning home she opened her own ballet school in 1926 and continued to 1938. It was her privilege to have taught John Kriza who became the solo dancer of the American Ballet Company.

In 1931 she and Karel moved to Berwyn and transferred their membership to Sokol Tabor.

In the years that followed Sis. Prchal was called upon to teach in Sokol Instructor's Courses throughout the United States, for our American Sokol Organization and Sokol U.S.A.

In her lifetime she had composed many rhythmic and modern gymnastic compositions for our Sokol units as well as Slet mass calisthenics.

Sis. Prchal authored several technical books for which she was recognized throughout the gymnastic world.

In 1964 she wrote, illustrated and had published "Artistic Gymnastics - Floor Exercises for Women".

Sis. Prchal was chosen, in 1969, by the United

States National Gymnastic Committee to represent the United States in the World Modern Gymnastic Championships in Bulgaria.

Sis. Prchal compiled and illustrated the modern rhythmic compulsory exercises for and led the delegation to the VI world Championships in Holland in 1973.

She officiated at numerous competitions as judge throughout the United States and Europe, and in 1974, at the Congress of Coaches in Chicago, Sis. Prchal received the first United States Gymnastic Federation Master of Sports award. Sis. Prchal received a standing ovation as "the man or woman with the most years of dedicated teaching in the United States in the changing field of gymnastics".

She was editor of the technical section "Sokol Gymnast" of the American Sokol magazine from 1965-1970.

She had composed the Slet mass calisthenics for the XIV Slet held in 1977 in Berwyn, Illinois.

She won the Chicago Merit Award in officiating at the III Pan American Games in Chicago and the Czechoslovak Sokol merit award from Czechoslovakia in 1920.

In 1959 she was inducted into the Gymnastics Hall of Fame.

In 1918 Sis. Prchal was elected Chairperson of the United States Gymnastic Federation Modern Rhythmic Gymnastics Committee. Three of the six members working on this committee were from Sokol ranks.

Sis. Prchal was from 1953 to 1965 our National Director of Women and in the convention of 1965 in recognition of her achievements was unanimously accorded Honorary Director of Women of the American Sokol Organization, the highest honor that our organization could bestow her.

She was again honored in the 1975 Convention and was made Honorary Member of the American Sokol Organization.

In recapping the life time of activity of Sis. Prchal - the following are those awards she had received and organizations to which she was actively engaged in:

Awards: Honorary National Director of Women,  
American Sokol Organization - 1965  
Honorary Member of American Sokol  
Organization - 1975  
Honorary Member of Sokolice Tabor  
Honorary Member of Sokolice  
Renata Tyrsova

(Continued - page 44)

## *Sokol Educator*

### A STORY ABOUT SOKOL

(CONTINUED)

If a chart were made showing the past history of the Sokols in America, it would show the same hills and valleys occurring in any graphic illustration of hundreds of other activities in our lives. Even the children learn to read these in geography and other school subjects. These are an important part of our business, professional and social life.

Actually these charts show an organization is alive and sensitive to everything in life. As far as the Sokols are concerned, conditions and actions thousands of miles away affected them proudly. Immigration came to this country in waves, not in a steady stream. The repressive acts of the Austrian government created a natural defense, increased resistance and activity. Those leaving their homeland for political or economic reasons came to America fired with enthusiasm and determination to not only make good materially, but to inspire and lead their countrymen in every field.

Our greatest Sokol leaders and teachers came in this way. Within two or three generations their children and those they trained have climbed the ladder of success in almost every field of endeavor.

And there were years when very few came to carry on. Economic conditions here in America also had their affect on the Sokols. Good times saw a slackening of effort. Depressions packed the gymnasiums and swelled the adult Sokol ranks. In most cases this general pattern was true in other organizations as well.

Serious thinkers are beginning to realize the danger of this attitude. Regardless of the tendencies in other groups this must not occur again in our ranks or those of our fraternal organizations. Our work for the nation as a whole must go on at an accelerated pace and continue doing so. We have no idea when the Sokols in Czechoslovakia will again be able to take the reins into their hands and propagate Tyr's great philosophy. In the meantime the role of leadership has been thrust into our hands.

Going back again to our charts we can see the curve of increased membership and great activity going steadily upward until the First World War. Thousands served in the Armed Forces. The post-war period was one of great fluctuation. Ups and downs become erratic reflecting the general national feeling. The trek to the suburbs increased its momentum bringing new strength to prevailing units there or helping to form new ones. The units in the old communities felt this impact and carried on manfully even though it became more and more a losing battle.

None of this, however, is a total loss. The Second World War and its post war period only accelerated what had already been in motion for decades. Under very trying circumstances, thousands of young people have received Sokol training of an intensive type. They are today the sinew and backbone of most units. They realize what Sokol meant to them and will figure out a

practical method of securing the same training for their own tots. A regrouping of forces is inevitable, the overall national concern for physical fitness, moral and spiritual strength is creating the type of incentive and climate we need for an intensive expansion.

The closeness of the Sokol's Centennial and all it means to us in a sentimental as well as practical way is a boon in itself. The campaign for the Commemorative Stamp has done more to rejuvenate our ranks than we realize. Preparations for the Pilgrimage to St. Louis, Missouri, our ASO Convention in Chicago, The Centennial Slet as well as unit and district commemorative plans are becoming the spur to a greater realization of the indispensability of the Sokols and their training program.

We have the intelligence, experience, ability and favorable conditions to do great things. The immediate future will definitely prove whether we are worthy descendants of those who knew what President John F. Kennedy said, long before he made his now famous statement - "ASK NOT WHAT YOUR COUNTRY SHOULD DO FOR YOU, ASK RATHER WHAT YOU CAN DO FOR IT."

The young Americans of Czech or other Slav descent cannot seem to grasp the influence Sokol ideals can have on an individual's life and actions unless they come from families where it was an important part of their lives. And even here, just as in other forms of home training, the means used to instill the Sokol philosophy and training into them varied greatly. Without the necessary help of material printed in English to supplement oral instruction it is really a wonder so many have stayed in the ranks.

Blessed were the units with an inspired instructor. These went far beyond mere physical training. The name "Teach", has a golden ring and was well earned. They taught history, awoke in the souls of countless youngsters a desire to accomplish great things, taught them amateur theatrics, a love for their mother tongue, and good music. A sincere yearning to become exemplary citizens. They influenced their charges with a fine sense of fair play and the ability to place a proper, a logical value on everything in life. The impact of their influence, training and example have been the main factors in the accomplishments of the Sokols during the last century.

There are enough of those left, whose lives they touched, to form the hard core for the future. The fortunate thing is that their proteges occupy positions of responsibility in every branch of the Sokol work. The native talents and abilities of every individual became highly developed so that they have made their mark in the business and professional world, social and public life as well as reaching prominence in organizations of all types as well as general leadership in their own communities.

What finer recommendation could anyone ask for the value of the Sokol idea and ideals.

Next we will return to a chronological history of the Sokols in America. It was felt that this digression to honor those noble souls who gave so much was fitting at this particular point. We are fully aware of those, whose efforts to secure the finances to foster this work,

the gymnasiums where it was carried out and the countless supplementary acts that have enriched the Sokol life, and they too have our heartfelt thanks.

It is only in maturity when we compare our lives with those of others that we fully realize the blessings a kindly fate has bestowed upon us.

We would be remiss in our sense of duty and appreciation if we were to regard all of this as something due to us, without making a supreme effort to assure the same advantages to others who need them as much as we did in our formation years.

Sokol is not and never was a narrow, supernatural effort. The minds of the founders were the great and universal in scope. It was a specific effort to show what can be accomplished by mass cooperation for the general advancement of the purest humanitarian and humane ideals. Had it been anything less it would never have held a Thomas G. Masaryk as an active, participating member throughout his life.

As we look back over the years we often wonder at the initiative and determination of our Sokol forefathers. We marvel at their accomplishments and try to figure out how they did all of this. True they were more densely concentrated but those who lived farther away, either walked for miles or spent hours traveling by street car. Still nothing fazed them, they took it in their stride. They spent hours doing the necessary things of life. Everything you looked at or wanted done meant labor, thinking, planning. How much of this is done today by pushing a button or buying it prepared.

Look at any one of a hundred things about you and you see a "labor saving device" or material in an almost finished form. All of this is now termed "time saving". But we can not honestly say we have seen any miracles performed with all of this precious saved time. Where has it gone or how is it being used? Whether we like it or not we must finally admit that this has robbed millions of people from doing things with their hands, robbed them of the synchronization of hand and mind. Idle hands and idle minds are the great breeding ground for mishchief - and worse.

Neither parents, teachers, public officials or the nation has had the foresight to prepare for this great use of unused time. We see feeble efforts to help the senior citizens, combat juvenile delinquency, to carry on in dozens of neglected fields. How much of a job would it be to employ the talents and valued experience of the senior citizens to impart their knowledge to children and juniors. By one simple act we could have the old regain their pride and respect by giving to the young the lessons of their callouses.

Why don't we start this in our Sokol ranks. They would not replace the young, they would counsel them. Certainly it would require plenty of tact and diplomacy on both sides. But is this too much to ask? If the proper attitude were developed this could become the treasure house from which would come that great corps of instructors (teachers) in the gymnasiums. It could develop the educational directors, administrators, writers, financial experts, specialists in dozens of fields.

This effort to combine the lifetime of fruitful living

of the old with the energy and ambitious drive of youth is a natural combination.

It is the Mother or Grandmother of old teaching the little girl to fulfill her role in life. It is Dad teaching his son to be a man among men. It is the natural centuries tested yearning of each generation to pass on to the next the best of all that is in it.

"Labor saving" - "Time saving" - before you brag about this America, find a solution to the value of the callouses of honest labor and training and present a program of value to make the present and future generations eager to employ their "Saved Time", for something worthwhile.

We in the Sokol are determined to do exactly that. We "older ones", have had wonderful examples in the past. A century of experience has not been lost on us. We shall pass it on to those who follow us.

How beautifully Dr. M. Tyrus wrote it almost a century ago, "Observe what is going on about us, - not only in the printed word but by actual observation - retain only that, which meets the most rigid specifications of our overall goals."

No exceptional mental qualities are needed to heed this advice. Those few words can be a guideline to everything we plan and strive for in any normal life of activity, in our employment, home life, social activities and our relationship with and to our community.

Naturally Tyrus wrote for and to the Sokols. But never forget that this was intended for his nation and through it finally for the entire world. The printed word is invaluable. After all it is recorded observation. The finest of this has affected the thinking of man for thousands of years - and still influences every new generation. "Physical fitness joined with a noble mind," has been preached for over 2,500 years. The great minds of every period fully understood its value and urged their fellow man to abide by it.

Here in America we had one of the greatest minds in recorded history in the person of Benjamin Franklin. And what was he? The personification of intense study - and remarkable intensive observation. The kite flown in a storm and electricity, the need for a municipal fire department, paved streets, insurance for mutual assistance, public libraries, general education, the postal system - were just a few of his contributions to his nation, all products of intensive observation followed by concrete action. And let us remember that physical training systematically carried out was urged by him as an important part of everyone's education from early childhood.

He was one of the first, followed by a long line of dedicated men and women who placed the welfare of their nation far above their concern for their own material advancement. We have had our Teddy Roosevelt whose entire life is a testimonial for the value of physical fitness and its affect upon men's ability to live a fruitful life. The First World War gave this nation a much needed shock with its staggering totals of rejections from military service because of physical unfitness. The country soon forgot. Instead of taking positive action, the race for wealth and ease won out.

The terrible thirties, were in many ways, the healthiest years. Hard work, frugal living and concentration on simple enjoyment checked the downward trend - for a while. Then came World War II, and the Korean War. Rejections for physical deficiency were greater in numbers and percentage, reaching the staggering total of 57 percent. Now the country really woke up. The campaign to bring home the need for this training is being stepped up every year. We can acknowledge that a thing is good - even very important and necessary. The next thing is what can and should be done.

There is no comprehensive, general system in use in our schools and playgrounds. Specialization has reached with its tentacles even here. The main object seems to be pick the best, concentrate on them to produce a winning team and let the overwhelming majority shift for themselves. Of course there are exceptions - fine ones. Invariably they will be found to be products of Sokol gymnasiums. These men and women, consciously or not, are carrying on a great tradition. They are breaking through for a general acceptance of the Sokol methods and ideals that we prize so highly.

Now - how about us? What are we doing as individuals and units? In our case there is no excuse. We have the ideals, the know-how, the century old tradition, the proven experience, the record of accomplishment.

It takes so little to do so much. Let every individual Sokol and Sokolice decide now their role in the Centennial preparations. Let them offer their help, let them initiate ideas and programs to help their unit in the membership drive, increased gym activity, donating and securing funds to carry on our work.

When we take inventory at the end of the year it will be hard to decide who gained the most, the individual, the unit, the ASO, the Sokol Movement or the nation.

In the long run all will win - each in its own sphere.

The story of Sokol cannot and should not ever be ended. Breaking off the series at this particular time is done with considerable regret. The press of other Sokol work and preparations for many Centennial celebrations necessitate a postponement, not a termination of the record of a living organization. A century of thought and effort, secured an honored recognition in the approval for issuance of a commemorative stamp honoring its accomplishments.

This might be as good a time as any to explode a few cherished myths. We refer especially to the mental attitude of America toward life in general, past and present. If we think our age is materialistic and cynical, go back to a good history of the last 100 years and see what took place. The Robber Barons, as they are called, in every segment of commercial life had very little conscience or ethics. Anything went, just as long as they got away with it.

And yet, it was exactly in this century that the great idealism of the Sokols created the precedent we admire so today. By comparison, the actions of corporations and individuals, though far from getting them consideration for sainthood, are showing a much greater respect and support for those very characteristics their

fathers and grandfathers sneered at. One might think that in the present atmosphere the Sokols are going ahead by leaps and bounds. Actually the materialism of the past seems to have caught up with us in the present.

Faultfinding is rarely a cure for a sickness, a serious and hard look at facts and a determined effort to remedy a glaring situation would seem to be a common sense approach. How was it possible for our forefathers to do what they did considering their meager resources? Volunteer and unpaid work. And when we say work, we mean WORK. Everyone considered it an honor to become an officer or serve on committees. The results were fabulous compared to the easy-going-corner cutting present generation.

The old timers knew that one Tom Sawyer was one too many in any group. Too many of the present generation want to be Tom Sawyers, shrewd operators ever ready to palm off the hard work on someone else. Of course there are exceptions and wonderful ones, but we still have too many of the other breed in our ranks, in whose eyes one sees the hard glint of the dollar sign and not the vibrant glow of understanding and willingness to help. Somewhere along the line they got off the track, or perhaps were never set on it properly.

Burning words, burning ideas, simple words, noble thoughts, of these all progress is made.

Thomas G. Masaryk was famous for his cryptic remarks. He said, "To think hurts," To sit down, reflect, gather information, analyze, debate, study really hurts. Could this be the reason that the beauty, wealth and meaning of the great minds of the ages has failed to make an impression on the vast majority of mankind? It would seem so. The signals, however, are out in everyone's life and show whether instinct or reason prevail.

And now let us close with Ralph Waldo Emerson's. "The true test of civilization is, not the census, not the size of cities, not the crops - no, but the kind of man the country turns out."

(Conclusion)

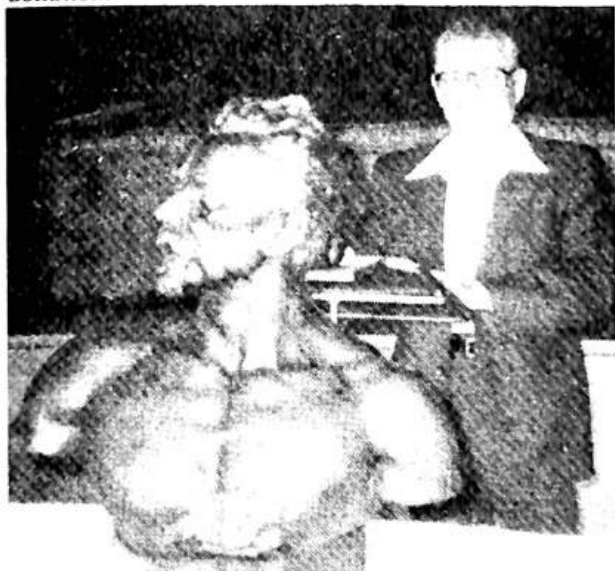
Note: From a series of articles written in 1964 by Bro. James Cihak.

## Miroslav Tyrš Statue Presented

Brother Walter Hosek of Lodge Dallas No. 401 is pictured as he made the presentation speech of the Miroslav Tyrš statue November 21, 1982 to Sokol Zizka in Dallas, Texas.

"On this memorable occasion, we would like to inform our brothers, sisters and honored guests that in 1922 the Czechoslovaká Obec Sokolská commissioned Professor Pekarek, celebrated sculptor, to start a statue of Tyrš. Subsequently, the American Sokol Organization acquired a copy of this work of art. In 1981 Sokol held its national Slet in Fort Worth. In conjunction with this Slet, we decided to feature a museum, which was set up at the Hyatt Regency Hotel, our headquarters. Professor Jerry and sister

Henrietta Milan made a trip to Chicago to select memorabilia for this display. They brought the plaster cast of Tyrš. It was decided to cast it in bronze by a foundry in Ft. Worth that specializes in reproduction of famous works of sculptors. A number of Sokol units in the United States wished to purchase the reproductions. Sokol Zizka of Dallas placed an order for one also. Several members contributed \$725.00 to pay for it, and we want to thank them for the generous donation.



Miroslav Tyrš was born in 1832 in what is now Czechoslovakia, and died in 1884. He was a professor of highest academic rank at Charles University in Prague, one of the finest educational institutions in the world. He conceived the idea that the Czech people, who were under the suppression of the Austrian-Hungarian empire for over 300 years, should and must find freedom and place themselves in the rightful position among nations of the world. They must be free to assemble, to govern their own destiny, and above anything else, must be physically strong and united in their effort. In the year 1862 Tyrš founded the Sokol movement with his co-founder Jindrich Fuegner, who gave his vast fortune to build the first Sokol gymnasium in Prague. Tyrš wrote the terminology for gymnastics. His system was and is so perfect that it has never been changed in any way, or added to for the past 120 years. It has been translated into many languages, including Russian, Polish, Hungarian, Bulgarian, German, French, Italian, Spanish, Rumanian, Yugoslavian, Chinese, Japanese and of course, English. It is used at the Naval Academy, West Point, and many universities in the world. Through the strength of Sokol and its principles, after World War I, Czechoslovakia became a free democratic country.

As long as there are people who believe in justice, freedom, strength with kindness, there will always be a Sokol. Truth shall prevail, and some day Czechoslovakia will again be free!"

Bro. Walter Hosek, Physical Director of Sokol Zizka

Note: from February, 1983, Fraternal Herald - Bratrský Věstník.

## DR. MIROSLAV TYRŠ

(Excerpts from his thoughts)

### The Position of Our Nation

The smaller the nations are, the more must they develop their activity so that even though modest numerically, they may become and remain creditable and worthwhile members of the human race; they must care that much more about their healthy development and progress in everything. Stagnation and ruin will show more easily and quickly in small nations, whereas in the case of large nations it may take much longer, before these two penetrate it and overcome its healthy vitality.

By how much our task in this respect is harder than that devolved upon other nations, by that much is it more honorable, and its solution more advantageous for our progress and our internal development; and the more it is so, the more it must fill us with pride and enthusiastic effort.

#### WE MUST NOT BE SHOCKED - FORWARD STEADILY AND ANEW

Wherever and whatever has been achieved, should not prevent us from thinking and searching ahead, whether or not everything could have been done otherwise and perhaps even better. In that respect let the Sokol motto be "constant action" or if we wish also, "constant dissatisfaction".

Satisfaction is that heavy leaden braid that should be first of all cut off, not only if we wish to shake our head vigorously, but also to think freely.

#### DECISIVE IS THAT EVERYDAY, MINUTE AND PRESERVING WORK

That everybody, continuous and often unseen work is decisive here, and not the thunderous occasional full dress show. We solve our problems primarily by that everyday continuous physical and spiritual activity, that has in mind progress in everything. This contributes to the ideal that the nation shall forever be healthy and strong, that it shall never be worthless, backward or obstructing in the family of nations, so that the considered judgment of circumstances shall not have to sweep it from the world stage.

#### THE FOUNDATION OF SOKOL TRAINING IS PHYSICAL TRAINING

Physical training joins spiritual training as a very necessary complement. Even here symmetry must again be the motto of our efforts . . . Just as a general education always retains its value and worth, even increasing in value as it advances, so too physical training, from which springs in great measure the nation's health, strength, vigor, beauty and courage, never loses its value even during a safeguarded peace, or even in a United States of Europe.

#### THE PAST IN ITSELF DOES NOT HELP

No past, not even the most glorious, but a healthy and active present, guarantees a future to nations; nations slide backwards when they fail to advance.

### IT MUST BE HOWEVER PERMEATED BY A PURE PATRIOTISM

Love for one's country is hallowed ground, on which physical training grew and developed in the ancient and modern world, in the old and new ages, it degraded into empty play, into a useless pastime, when its purpose disappeared from the hearts of the dissolute.

The liberty of Greece declined at the same time that Greek physical education began to fall apart at the core, general participation, disappeared, the Pythian and Nemidian games, and even the Olympics themselves fell into the hands of profiteering and bragging professional athletes.

### WE SYSTEMATICALLY DEVELOP CHARACTER AND WILL-POWER

To attend promptly every day, even if the heat tires us, even if the hurricane and rain put up their greatest battle, even if good times lure us elsewhere, - in that very act is the element that strengthens and hardens our will-power.

Further, - to enter a precisely designated class, not to shirk any drills, even those you dislike, to attempt everything with the same unrelenting effort, to battle hard with obstacles, to perform on every apparatus with the same vigorous zeal to give each act

undivided, unlimited and unfailing attention - that is a fine school for perseverance, self-sacrifice, courage and a truly manly mind. This will improve our nature every day, temper it like steel, which at the same time rears firm characteristics in a strong body, and then first climaxes the goals our units have set for themselves.

### OBSERVE THE METHODS OF OTHERS, ADAPT THE BEST FOR OURSELVES

Let us perceive what is being done elsewhere in our department, not only from books, but actual observation. It is not enough to accept, it is necessary to adapt everything to our conditions and our endeavors. Let us totally reject whatever conflicts in spirit, with our overall goals, even if some minor parts might have value. We do not want to simply copy, but perfect what we have found; we don't want the same thing as it is, but we want everything even better.

### THE SOKOLS ARE NEUTRAL EVEN REGARDING RELIGION

We must adopt the same moderation regarding the confessional and all similar questions. Even though we consider it the right, and even the obligation of every individual to join the radical or conservative party, that they acknowledge their Catholic or Protestant religion without reservation, or if none of these measure up to their personal conviction, that they should step out of them honestly - we still feel that our Units should not demonstrate for any of these, as Sokol Units.

## Zdraví je náš největší poklad - ale jak s tím pokladem zacházíme?

Dnes už snad není člověka, který by nepamatoval na zajištění svého pensijního věku formou nějakého pojištění. Málo je ale těch, kteří by si uvědomovali, že pouhým finančním zajištěním nemáme ještě zaručeno, že se svého pensijního věku opravdu dožijeme.

Péče o vlastní zdraví a tím i o plnou radost ze života by měla být samozřejmost pro každého jednotlivce.

Každý člověk má pod svojí kontrolou pouze 50 procent svého zdraví. Ta druhá polovina závisí pouze na tom, s čím jsme se narodili. Jsou lidé, že se už s určitými defekty narodili, ale dobrou péčí o svoji druhou polovinu zdraví mohou na sobě mnohé napravit. Je tedy naprosto jasné, že zodpovědnost za tu druhou půli je pouze v našich rukách a záleží hlavně na tom co pro svoje zdraví děláme a něbo jak s ním zacházíme.

Jsou takoví, kteří se přes svůj naprosto zdravý základ dovedou svým lehkomyšlným způsobem života o svoje zdraví svojí vlastní vinou připravit. Víme také, že jako vzácné výjimky existují případy, že jednotlivci oplývají tak zdravými, přírodou darovanými fondy, že si může dovolit ty nejhrušší výstřelky proti všem zdravotním zákonům a přes to se dožije svých 100-letých narozenin.



Tomáš Masaryk - 1876

Bohužel, že tyto velmi vzácné výjimky jsou nejčastěji používány jako výmluva u těch, kteří dávají přednost pohodlnosti před zdravým rozumem.

Pravda - ono je mnohem pohodlnější si nechat u krejčího vycpat ramena u kabátu než-li soustavným cvičením si ten hrudník trochu rozšířit. Kolik je čtyřicátníků, kteří hozením klobouku na postel předchází poznání, že sáhnutím po klobouku na vyšším věšáku by jim píchlo v zádech.

Rovněž tak zaplacením drahých poplatků do "Health clubu" proto, abyste mohli pookrát pohledem na pěkná děvčata, jste ještě pro své zdraví nic neudělali.

Je pravdou, že být aktivním ve sportu vyžaduje v první řadě mládí, ale kolik těch dobrých sportovců setrvává v aktivitě ještě po dosažení věku 30. roků? A je smutnou pravdou, že mnozí z nich si nevhodným a přehnaným sportem často život krátí než-li prodlužují.

Tělocvik nejsou jen vzklopky a veletoce. Tělocvikem a to velmi významným, je i to pouhé upažení a vzpažení.

Tělocvik a to hlavně sokolský tělocvik, nekončí třicátkou ani padesátkou nebo šedesátkou. Zdraví je hlavním předpokladem životní spokojenosti. V každém Novém roku si všichni vzájemně přejeme hlavně dobrého zdraví, ale kolik z vás je v tomto smyslu ochotno opravdu něco podniknout?

Existence organizace jako je "Sokol" je vlastně tou nejjednodušší pomůckou pro moderního člověka, bez ohledu na věk a schopnosti. Ještě se nám nestalo, že by se nám někdo utrhнул ze dřepu.

Pantátové - na shledanou v sokolské tělocvičně!

Bro. V. Ženíšek

Sokol Havlíček-Tyrš

## ASO Financial Report

JANUARY 1983

### RECEIPTS:

Dues	\$ 6,645.23
Convention Fund	8,992.00
Special Assessment	4,696.00
Dividends and Interest	115.89
Advertising and donation to "American Sokol"	350.00
Resale of Jewelry	251.25
T. G. Masaryk dues	40.00
"Highlights of Czech History"	4.50
Song Books	2.50
Christmas Seals	368.62
UPS Charges	1.47
Postage	.37
Competition Fees - Fort Worth Texas Slet	40.00
Use of Addressograph	2.00
	<u>\$21,509.83</u>
A.S.O. Uniform Division - Rents, salaries, etc.	784.85
	<u>\$22,294.68</u>
Transfer of funds from Capitol Federal Savings & Loan	11,870.37
<b>TOTAL RECEIPTS</b>	<u><b>\$34,165.05</b></u>

### DISBURSEMENTS:

#### ADMINISTRATIVE

Salaries - Office Employees	\$ 704.86
FICA & FWT for December 1982	172.26
IWT - 4th Qtr., 1982	65.58
Rent, janitor services, phone, electric	756.89
Office Supplies	116.42
Advertising	75.00
Insurance	207.00
Travel Expense	430.00
Imprinting Checks	40.70
	<u>\$ 2,568.71</u>

#### BOARD OF INSTRUCTORS

Salaries	\$ 342.95
FICA & FWT for December 1982	65.44
IWT - 4th Qtr., 1982	24.59
Additional copies "Sokol Gymnast"	29.00
Editor "Sokol Gymnast"	30.00
Postage	24.83
	<u>\$ 516.81</u>

#### SOKOL PUBLICATION

Printing "American Sokol"	\$ 1,054.70
Postage "American Sokol"	290.32
Mailing list changes	107.60
Editor "American Sokol"	100.00
	<u>\$ 1,552.62</u>

#### MISCELLANEOUS

A.S.O. Uniform Division, Salaries, FICA, IWT and Phone	\$ 442.60
Sokol Manual Expense	1,081.01
School Board - Phone	26.64
Special Appropriations	11,684.55
	<u>\$13,234.80</u>

#### TOTAL DISBURSEMENTS

\$13,234.80

\$17,872.94

#### Balance brought forward:

Western National Bank of Cicero - Checking account	\$ 2,297.01
Receipts - January 1983	34,165.05
	<u>\$36,462.06</u>

#### Disbursements - January 1983

17,872.94

\$18,589.12

#### FUTURE SOKOL LEADERS' FUND

January 1983

In memory of Sis. Zdenka Tintera - Mildred F. Barcal	\$ 15.00
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#### LIBRARY AND ARCHIVES FUND

January 1983

In memory of Mrs. Rose Pojman Roy and Vlasta Zitny	\$ 10.00
In memory of Mrs. Emma Jilek - Roy and Vlasta Zitny	6.00
	<u>\$ 16.00</u>

*Donations are tax exempt*

# SOKOL KAREL HAVLICEK BOROVSKY

## 75th ANNIVERSARY CELEBRATION



Sokol Karel Havlicek Borovsky, Ennis, Texas, marked its 75 years of existence with a celebration on February 12 and 13. This unit is the oldest unit in the State of Texas. It was organized in 1908 with 22 charter members. The unit was accepted by the National Sokol Unity on April 2, 1909.

Anniversary activities began on Saturday with a volleyball tournament. Teams were present from Dallas, Ennis, Ft. Worth, Houston, and West. Games were played in four divisions; Junior-mixed, Women, Senior-mixed, and Men. Following the tournament volleyball players enjoyed a Spagetti Supper sponsored by the local gymnasts. The Saturday celebration continued with a dance with music by the Jodie Mikula Orchestra.

On Sunday a crowd enjoyed dinner at noon. A musical prelude to the program was provided by the Dallas-Czech Concert Orchestra under the leadership of Bro. Cyrill (Sid) Pokladnik. The exhibition opened with a grand entry of all gymnasts and twirlers. The Star Spangled Banner and the Czech anthems were led by Sis. Ellen Miller. Master of Ceremonies was Bro. Larry Laznovsky, President of Sokol Karel Havlicek Borovsky. He introduced a long list of special guests, including Bro. Roy Zitny and Sis. Vlasta Zitny. Also introduced were city officials and presidents of local fraternal organizations. Brothers Laznovsky, Ben Maca - Southern District President, and Zitny addressed the audience.

The gymnastic exhibition was opened with two dance numbers - the Cherry Song and Annie in the Cabbage Patch - by the Tot Boys and Girls under the direction of instructor Betty Trlica. A floor exercise composed and performed by Kim Darst and Debbie Svehlak followed. Next the Class II Boys presented a Jump Rope number. The Sokol Silhouette Twirlers followed presenting a number entitled "Mirada". The Class II Girls presented a rhythmic number with clubs.

Performances on various pieces of equipment were presented during the apparatus number. The Class II Boys and Girls demonstrated their abilities with a parachute while the Class I Girls and Boys played a game. The Men, Women, Junior Boys, and Junior Girls performed a march number while the orchestra played a Melody of Sokol Songs.

Sokol Silhouette advanced team delighted the crowd as they twirled to the "Eye of the Tiger". The Junior Boys and Men's Classes showed their strength as they presented a number of Pyramids.

The grand finale was a special number including representatives of the Girls, Junior Girls, Junior Boys, Men and Women Classes. It included rhythmic gymnastics with hoops and ribbons and vaulting. The conclusion was a colorful three-tiered Pyramid.

Gymnast Shannon Schumacher closed the program as she led the audience in "God Bless America" accompanied by the Dallas Czech Concert Orchestra.

AMERICAN SOKOL

# SOKOL GYMNAST

MARCH 1983

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

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1895



1983

## The American Sokol Board of Instructors

EXPRESSES ITS DEEPEST SYMPATHY IN THE PASSING  
OF

### **SISTER MILDRED PRCHAL**

On February 26, 1983

HONORARY WOMEN'S DIRECTOR OF AMERICAN SOKOL ORGANIZATION

We offer condolences to all family members

P.E. 512: Theories and Practices of Physical Fitness and Health Care in Sweden study tour will be offered for the ninth consecutive year May 29th-June 15th. The course has been acclaimed world-wide for its excellence. The 1983 course will cover three special subject areas: Fitness, Therapeutic Recreation and Adaptive Physical Education and Nutrition Education.

P.E. 510: Physical Education in Europe group will study and tour Austria, Germany and the Alps June 25th-July 10th. The Universities of Salzburg, Wurzburg and Munich are the host institutions. The majestic Bavarian and Austrian Alps are the setting for outdoor fitness classes and recreational activities.

With schools in session until mid-July in Germany and until mid-June in Sweden and the Soviet Union, a unique opportunity is provided for direct analysis of sports programs, physical education classes, teaching methods and coaching techniques. In the GDR and Greece schools are opened especially for Institute study groups and model classes are conducted.

Institute study-tour courses are organized on a non-profit, education basis with tuition, 6 graduate credits, complete meals, accomodation, air and land transportation, sightseeing and cultural events included. The all-inclusive costs are as follows:

P.E. 520	Physical education and sport in the USSR	\$1790 U.S.
P.E. 500ZC	Comparative physical education (GDR)	\$1990 U.S.
P.E. 500ZD	Comparative physical education (Greece)	\$1890 U.S.
P.E. 512	Theories and practices of physical fitness and health care in Sweden	\$1690 U.S.
P.E. 510	Physical Education in Europe	\$1690 U.S.

Registration is limited. Individuals interested in enrolling for the courses should write or call: The Institute Of Comparative Physical Education, Concordia University, 7200 Sherbrooke Street, W., Montreal, Quebec H4B 1R6. Tel.: (514) 482-0320, ext. 733.



## ALOIS HUDEC a gymnastic giant

Czechoslovakia will honor 1936 Olympian, Alois Hudec by placing a commemorative plaque at his home town of Rašice-Vyškov in Moravia. Such awards are usually given only to those individuals, who have achieved a great deal and few sports people have been so honored.



Alois Hudec (born 1908) - First place Still Rings - 1936 Berlin Olympic Games.

Alois Hudec was born in 1908 and will celebrate his 75th birthday this year. He was one of five brothers, all of whom participated at the local Sokol unit where they formed one team. They erected a set of parallel bars and a horizontal bar in their yard and since it was such a short distance from home to school, they ran there even at recess. Some of the Hudec boys could perform as many as 20 to 30 giant swings without interruption. Upon completion of his schooling at Vyškov, he moved to the city of Brno. This opened the pathway to his personal and sports life.

As an international competitor, Alois Hudec represented the Czechoslovak Sokol Organization and is best known for his routine on still rings, which won him the gold medal in this event at the 1936 Berlin Olympics. He was a member of the Sokol unit Vinohrady in Prague. He was also a member of the Czechoslovak National Gymnastic Team that toured the United States at the occasion of the Sokol Slet held in Chicago, Illinois in 1947. His character and personality gained him many lifelong friends in the United States.

Pete Dusek, Jr., Cleveland, Ohio

Source: "Gymnastický velikán, Alois Hudec." *Sportovní Gymnastika*, 9, XXXII, 1982.

## DOC'S CORNER

by bro. FRANK H. MICHALEK

### Quote of the Month

The weaker the body the more attention it requires - the stronger the body the more it obeys. Rousseau

### Stunt of the Month

The "V" seat is an excellent foundation stunt that can be included in competition exercises as low as first class. In the beginning a gymnast can be taught this stunt in its first progression by starting to learn it with the hands placed on the floor at the side of the hips. The preparatory position is sitting on the floor in a bent hip frontleg position. Elevate the legs with knees straight and toes pointed, while maintaining balance with the palms on the floor and hold for two seconds. The "V" seat with sidearm or ankle hold is more difficult and demonstrates balance and control. It is a follow up progression to the basic move.

### Gymnastic Concept

The concept of the "All Around Gymnast" is one which forms the root from which the entire sokol program stems. An all around gymnast is one who involves himself and performs in every gymnastic event. For women this consists of a total of four events namely the floor exercise, vault, balance beam, and uneven parallel bars, while the men have floor exercise, vault, rings, parallel bars, horizontal bar, and Pommel horse (side horse). In Sokol, additional events may include calisthenics, marching, Sokol quiz, track and field, etc. When and if a gymnast selects a program of specialization it cannot result in development of a well rounded all around type gymnast. This rule is born out by the fact that the gymnasts groomed for the Olympics must be all around performers. Specialists never make the Olympic team. The all around event is a most challenging athletic endeavor, and every competing Sokol gymnast should be proud of themselves and never forget it. Teachers and instructors should explain this concept to their young gymnasts as a motivating force. This philosophy is what makes our Sokol gymnastic training program successful and respected around the world. The proficient all around is truly a remarkable human machine, a sight to behold, and his body is pushed to its extreme limits in the areas of strength, flexibility, agility, balance, and swing. Next month I shall elaborate about these big five.

### Teaching tip

As a head instructor or an instructors assistant all Sokol leaders must remember one of the cardinal rules of physical education instruction, and that is, "There are two primary functions that must be carried out and fulfilled by every leader during every Sokol gym lesson."

1. TO EDUCATE: During every Sokol gym class it is the responsibility and obligation of the instructor to prepare and provide a lesson during which learning takes place. The lesson should be challenging and fun,

with all gymnasts experiencing some degree of success while learning. Results of the lesson should bring about positive outcomes.

2. TO PROTECT: The second function of the instructor is to implement all the necessary precautions needed to provide the utmost of safety for each and every participant in the gymnastic program and other activities conducted during the Sokol lesson.

Underlying these two functions is the fact that the quality of your program depends largely on your ability to set standards. The success of your program is dependent upon the fact that you uphold the standards you set. When these two functions are carried out each day your classes meet, you are fulfilling your obligations and duties as an instructor.

### Judging rules

In Sokol competition it is the head judges responsibility to enforce that all scores of a routine are withheld the recommended range; 0.3 for average scores 9.0 and above, 0.6 for average scores 7.05 to 8.95, and 1.0 for average scores 7.0 and below.

### Health tip

Is it true what they say about snacking? That it's bad for you and you shouldn't do it? Ever? Well yes. And then again, no. The answer depends on how much you eat at meals and what foods you choose for snacks. Snacks can be a great idea if they give your body the nutritious foods that your regular meals are lacking. Some people can't or don't want to eat a lot at one sitting. They may get hungry before it's time for the next meal. There is nothing wrong with feeding your body the nutritious foods it needs at times other than meal time, but you shouldn't overload on calories or gobble up snacks that are loaded with sugar, salt, and fat. Many people would rather substitute a later snack for a dessert at meals. Fine - if your calorie count will permit it. Nutritious snack foods include fruits and fruit juices, custards or puddings, yogurt, homemade popcorn (easy on the oil), raw vegetables like carrots and celery sticks, Graham crackers, and bread sticks.

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## Sokol Gymnasts!

- ATTEND YOUR CLASSES REGULARLY
  - PARTICIPATE IN YOUR UNIT EXHIBITION
  - ENGAGE IN YOUR UNIT'S COMPETITIONS
  - PREPARE FOR THE SLET
- 
-

## FROM HER RECOGNITION DINNER:

**MILDRED PRCHAL**

- Awards:** Honorary National Director of Women,  
American Sokol Organization - 1965  
Honorary Member of American Sokol  
Organization - 1975  
Honorary Member of Sokolice Tabor  
Honorary Member of Sokolice Renata  
Tyrsova  
Master of Sports Award - United  
States Gymnastic Federation - 1974  
Hall of Fame - Gymnastics  
Who's Who in Gymnastics  
Who's Who in American Women
- Membership:** Sokolice Tabor  
Amateur Athletic Union  
Chicago Dancing Masters Assoc.  
United States Gymnastic Federation  
Olympic Committee  
Bohemian Women's Civic Club  
Unity of Czech Ladies and Men  
Svobodná Obec

Mildred Prchal, nee Prochaska, was born August, 24, 1895, in the old Czech community of Pilsen in Chicago. She was one of seven children, all of whom attended Sokol. At the age of 5, she began her Sokol training at Sokol Pilsen. At the age of 10 her family moved westward and she transferred to Sokol Havlíček. At this time she began taking lessons in ballet, acrobatics, tap and character dancing.

She attended Czech School as a child, her teacher being Mrs. Koller.

When Sokol Havlíček merged with Sokol Tyrš, her instructors were bros. Rudolph Cermak, Joseph Brouk, and Joseph Cermak. In 1918, when bro. Brouk retired, she was asked to instruct the Women's and Junior Girls' classes. Having attended weekly instructors' classes, plus special courses, she acquired the necessary qualifications to teach, in spite of the fact that all terminology was in Czech and all classes were conducted in the Czech language.

During these weekly instructors' courses, Mildred met Karel Prchal, who helped her tremendously by teaching her practically all the Czech she now knows. They were married in 1916 in Crown Point, Indiana.

She organized the first Women's Instructors Board at Sokol Havlíček-Tyrš, devoted to women's work in gymnastics; and in 1922 the first District Technical Committee.

In 1920 she was a member of the gymnastic team representing the American Sokol Organization at the VII. Slet in Prague, where she stayed to attend schools in Rhythmics by Prof. August Ocenasek, with bro. Karel Pospisil, one of our great Slet musical composers. Studied fencing in Prague, and classical ballet and acrobatics in Paris for 3 months under the tutelage of d'Allesandri. She had her own ballet school from 1926 to 1938 in Berwyn.

During the years that followed, her star grew brighter with each passing year. In her ballet studio she trained many youngsters, one of the most famous was the late Johnny Kriza. She taught many Instructor's Schools, in many cities, for the American Sokol Organization and Sokol U.S.A., and was the National Director of Women from 1953-1965.

She composed many Rhythmic and Modern Gymnastic numbers for our Sokol units and others, as well as Slet mass calisthenics and pageants.

In 1964 she wrote, illustrated, and published "Artistic Gymnastics - Floor Exercises for Women", three books on Compulsory Modern Rhythmic Exercises for 1973-75; and a new edition for 1976-77; also contributed many articles for other publications including the A.A.H.P.E.R. Guide Book. Was Editor of the Technical section of the American Sokol magazine 1965-70.

Her activities outside Sokol include many years as member of AAU Women's Committee, delegate and member to the United States Gymnastic Federation, and the Olympic Committee for several years. Started the trend to modern gymnastics for women, and 7 years ago was elected Chairman of the USGF Modern Rhythmic Gymnastic Committee. Three of the six members working with her on this national committee are from Sokol ranks. She has done extensive traveling in her work in this field, and has been recognized as an authority on Women's Gymnastics throughout the United States and Europe.

This is a lifetime of dedication and fulfillment!

**THE INSTITUTE OF  
COMPARATIVE PHYSICAL EDUCATION  
STUDY ABROAD**

**1983 STUDY-TOUR COURSES ANNOUNCED**

During the 1983 summer school period The Institute of Comparative Physical Education has announced that it will offer five study-tour courses. The courses are opened to P.E. teachers, coaches, grad students, recreation specialists and other professionals. All five of the courses have an independent study unit which permits participants to pursue topics of greatest interest to them.

P.E. 520: Physical Education and Sport in the USSR is scheduled for May 29th-June 13th. Classes will be conducted at the Soviet's prestigious National Institute of Sport Science in Moscow.

P.E. 500ZC: Comparative Physical Education will provide two options. the ZC section, July 18th-August 2nd, will study the remarkable system of sport in East Germany. It is producing more Olympic medal winners per capita than any other nation and boasts one of the most impressive physical education and mass fitness programs in the world.

P.E. 500ZD: Comparative P.E. will be held in Greece July 17th-July 31st. Physical Education, Sport and Recreation in contemporary and ancient Greece will be examined. Athens, Kalogreze, Olympia and Marathon will serve as the initial study sites. Subsequently, participants will cruise the Aegean to historical Greek Islands.

# Directory of the American Sokol Organization 1983

## 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.**, Robert J. Barcal, 1522 S. 58thct., Cicero, IL 60650.

**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

## CENTRAL DISTRICT, BROOKFIELD, ILLINOIS

**Sokol Berwyn, Illinois** - Mtgs. 2nd Thursday, Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. **Pres.**, Sharon Somolik, 4004 S. Grove Ave., Berwyn, IL 60402. **Rec. Sec.**, Marie Knez, 6513 W. 27th Pl., Berwyn, IL 60402. **Corr. Sec.**, Ellen Jeanne Schnabl, 2503 S. Harvey Ave., Berwyn, IL 60402.

Hawthorne Ave., Lyons, IL 60534. **Fin. Sec.**, Annalyn Chalabala, 4019 1/2 S. East Ave., Stickney, IL 60402. **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 07660. **Sec.**, Lynne K. Gadaleta, 2414 Third St., Fort Lee, NJ 07024. **Fin. Sec.**, Frank Donovan, 279 Liberty St., Little Ferry, NJ 07643. **Dir. of Men**, Walter Slavik, 58-03 Lawrence St., Flushing, N.Y. 11355. **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 Ave., 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, 18605 Hillcrest, Livonia, MI 48152. **Educ. Dir.**, Elsie Khol, 30625 Woodall Rd., Solon, OH 44139.

## PACIFIC DISTRICT, LOS ANGELES, CALIF.

Meetings held quarterly at dif-

ferent units. **Pres.**, Louise Nekuda, 2653 Hartland Cir., Westlake Village, CA 91361. **Sec.**, Florence Palas, 7823 Stewart & Gray Rd., Downey, CA 90243. **Fin. Sec.**, Libuse Pelc, 1330 N. Lima St., Burbank, CA 91505. **Dir. of Men**, Jiri Liska, 550 S. Beverly Glen Blvd., Los Angeles, CA 90024. **Dir. of Women**, Libuse Pelc, 1330 N. Lima St., Burbank, CA 91505. **Educ. Dir.**, Jiri liska, 550 S. Beverly Glen Blvd., Los Angeles, CA 90024.

## 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 Lanovsky, 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

As determined at the Annual and Semi-annual meeting. Sunday morning 9:30 a.m. Sokol Omaha, 2234 S. 13th St., Omaha, NE 68108. **Pres.**, Gary Masek, 10348 "V" St., Omaha, NE 68127. **Sec.**, Georgia Walter, Box 127, Dorchester, NE 68343. **Dir. of Men**, Joe Masek, 4048 S. 13th 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.

## Directory of Units

**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.**, Ellen Jeanne 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 Friday of March, June, September, December, at Cafe Europe, Cicero, IL 60650. Pres., Otto Glasser, 587 E. Parkway Rd., Riverside, IL 60546. Sec., Roselyn J. Bergman, 2141 Ridge Ave., Evanston, IL 60201. Co-Educ. Dir., Anne L. Glasser, 587 E. Parkway Rd., Riverside, IL 60546, and Stella Tichy, 2141 Ridge Ave., Evanston, IL 60201.

**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. Fin. Sec., Robert Barcal, 1522 S. 58th Ct., Cicero, IL 60650. Educ. Dir., Stanley Barcal, 2437 S. Harvey Ave., Berwyn, IL 60402.

(\*)**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, 9735 Ave. "J", Chicago, IL 60617. Fin. Sec., Steven J. Slizewski, 14651 LaSalle, Dolton, IL 60419.

**Sokol Havlicek-Tyrs, Chicago, Illinois** - Mtgs., 4th Monday at Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. Pres., Anna Basta, 2629 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, 3307 S. Cuyler Ave., Berwyn, IL 60402.

**Sokol Milwaukee, Wisconsin** - Mtgs., 1st Sunday or Thursday of each month at various locations. 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., Dec., Jan., Feb., Mar., 1st Sunday, National Savings & Loan, 3670 S. Moorland Rd., New Berlin, WI 53151. Apr., May, June, Sept., Oct., Nov., 1st Thursday, International Institute, 2810 W. Highland Blvd., Milwaukee, WI 53208. Pres., Gerlinde Shannon, 2529 S. Superior St., Milwaukee, WI 53207. Sec., Alice Haertlein, 7333 W. Medford Ave., Milwaukee, WI 53218. Fin. Sec., Helen Pilger, 2974 N. 45th Str., Milwaukee, WI 53210. Dir. of Women, Emily Falarsh, 365 N. Honey Creek Pkwy., Wauwatosa, WI 53213.

**Sokol and Sokolice Racine, Wisconsin** - Mtgs., March, June, Sept., and Dec., dates uncertain. Pres., Elsie Kaplan, 6453 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** - Mtgs., 1st Wednesday, Piper School, P.O. Box 453, Berwyn, IL 60402. 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, Chuck Kalat, 1646 S. Clarence Ave., Berwyn, IL 60402. Dir. of Women, Pat Satek, 1922 S. 57th Ave., Cicero, IL 60650. 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, Paul Lat, 8627 Glenwood Dr., St. Louis, MO 63126. 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., Patty Palkovic, 4138 Home Ave., Stickney, IL 60402. Dir. of Men, David Harlan, 6516 Howard, Indian Head Park, IL 60525. Dir. of Women, Judy Harlan, 6516 Howard, Indian Head Park, IL 60525.

**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, 1105 S. Oak Park Ave., Oak Park, IL 60304. 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., Mildred Homolka, 2513 S. 60th Ct., Cicero, IL 60650. Fin. Sec., Rose Votava, 3216 Lombard Ave., Berwyn, IL 60402. Dir. of Women, Jan Kalat, 1646 Clinton 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., at Glendale Post, American Legion Hall, 5249 S. Kedzie Ave., Chicago, IL 60632. May and Dec., (Dinner meetings) at various restaurants. Pres., George Vytlačil, 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' 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, Daniel Michalek, 23 W. McCreedy Ave., Glen Ellyn, IL 60137. Dir. of Women, Janet Pistorius, 342 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., Emilie Martinek, 5939 Kavon Ave., Baltimore, MD 21206. Dir. of Men, John Cervin, 3523 Clifftmont Ave., Baltimore, MD 21213. Educ. Dir., Edward Stetka, 1208 Fourth Rd., Baltimore, MD 21220.

**Sokol Belcamp, Belcamp, Maryland** - Mtgs., 1st Thursday, Holiday Inn, Aberdeen, MD. Pres., Frank Novak, 241 Graceford Dr., Aberdeen, MD 21001. Sec., Edward C. Kotras, 2905 Creswell Rd., Bel Air, MD 21014.

**Sokol Curtis Bay, Maryland** - Mtgs., 3rd Wednesday, 4807 Pennington Ave., 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., Ridgefield 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., Helen Teel, 34 Grove St., Little Ferry, NJ 07643. 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, 2317 Central Ave., Surf City, NJ 08008. 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., Betty Janus, 1215 N.E. 128th St., North Miami, FL 33161. Fin. Sec., Anna Valentine, 1700 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., Vladislav Slavik, 58-03 Lawrence St., Flushing, NY 11355. Sec., Julie Slavik, 58-03 Lawrence St., Flushing, NY 11355. Fin. Sec., Mirka Jurnik, 338 E. 65th St., New York, NY 10021. Dir. of Men, Arthur DeCecchi, 322 E. 55th St., New York, NY 10022. Dir. of Women, Beatrice Cihak, 1540 York Ave., New York, NY 10028.

**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., Julie Kabrbel, 8211 Albien St., Philadelphia, PA 19136. Educ. Dir., Frank Hausgut, 11933 Alberta Dr., Philadelphia, PA 19154.

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

**Sokol Washington, D.C.** - Mtgs., 1st Wednesday, Barton House, 2525 Barton & 10th St., Arlington, VA 22201. Pres., Jaroslav Kasparpaty, 7112 Camp Alger Ave., Falls Church, VA 22042. Rec. Sec., Libuse Cerny, 2802 - 27th St., N.W., Washington, D.C. 20008. Corr. Sec., Mary Soltis, 4701 Quadrant St., S.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 Lane, Chevy Chase, MD 20815.

### 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, 3228 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., Rock Fournier, 6590 Dolphin, Dearborn Hts., MI 48127. 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** - Mtgs., 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, MI 48122. Fin. Sec., Carolyn Sabados, 43911 Orleans Ct., Canton, MI 48187. Dir. of Women, Maryann LaVere, 18605 Hillcrest, Livonia, MI 48152. Educ. Dir., Marilyn Vihonsky, 38648 Scott, Westland, MI 48185.

**Sokol Greater Cleveland, Ohio** - Mtgs., 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., Ronald Vinci, 19053 Hunters Pointe Dr., Strongsville, OH 44136. Dir. of Men, George Kotlan, 7017 Brookside Rd., Independence, OH 44131. Dir. of Women, Georgia Drobný, 4554 Vezber Ave., Seven Hills, OH 44131. Educ. Dir., Edwin Jirousek, Jr., 16214 Maplewood Ct., Maple Hts., OH 44137.

**Sokol Moravan, Toledo, Ohio** - Mtgs., 4th 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., Lynn Pokorny, 5333 E. Teague, Clovis, CA 93612. Corr. Sec., Mary Jean Maslowski, 1549 W. Ellery,

Fresno, CA 93705. Fin. Sec., Curtis Falls, 8395 N. Peach, Clovis, CA 93612. Dir. of Men, Lew Duzi, 6357 E. Dolores, Fresno, CA 93705. Dir. of Women, Cheri Riddle, 113 Second St., Clovis, CA 93612. Educ. Dir., Mildred Raikup, 5575 E. Griffith, 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., Eve V. Holecek, 1223 S. Santa Anita Ave., Arcadia, CA 91006. Fin. Sec., Louise Nekuda, 2653 Hartland Circle, Westlake Village, CA 91361. Dir. of Men, Otto Holecek, 1223 S. Santa Anita Ave., Arcadia, CA 91006. Dir. of Women, Iva Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. Educ. Dir., Jiri Liska, 550 S. Beverly Glen Blvd., Los Angeles, CA 90024.

**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., Helen Murphy, 944 Palmito Dr., Millbrae, CA 94030. Fin. Sec., Jarmila Vrana, 631 Chadbourne Ave., Millbrae, CA 94030. Dir. of Women, Bess Walker, 593 Chenery St., San Francisco, CA 94131.

**Sokol Seattle, Washington** - Mtgs., Pres., Vaclav F. Vojta, 8475 W. Mercer Way, Mercer Island, WA 98040. Sec., Milada J. Rozek, 12526 S.E. 61st St., Bellevue, WA 98006. Fin. Sec., Igor Weismann, 15201 N.E. 16th Pl., Bellevue, WA 98007.

#### 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, Donna Weirich, 3717 Bentwood Lane, Corpus Christi, TX 78415. Educ. Dir., Jerry Sijansky, 414 Pleiades, Corpus Christi, TX 78418.

**Sokol Fort Worth, Texas** - Mtgs., 2nd Tuesday, Ft. Worth Sokol, 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 Kurokata, 5319 Kansas, Houston, TX 77007. Sec., JoAnn Stubbs, 276 Eldon, Houston, TX 77060. Fin. Sec., Anna Martinec, 8030 Sunnyvale Forest Dr., Houston, TX 77088. Dir. of Men, Milan Martinec, 8030 Sunnyvale Forest Dr., Houston, TX 77088. Dir. of Women, Jana Krejci, 1640 Blalock #405, Houston TX 77080. Educ. Dir., Arthur Kocurek, 703 Merrill, Houston, TX 77009.

**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., Bernice Møller, 1402 Allen, 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., 3rd Thursday, Sokol Hall, Rt. 5, Ennis, TX 75119. Pres., Larry Laznovsky, Rt. 1, Ennis, TX 75119. Sec., Joy Falkenbach, 1005 W. Lampasas, Ennis, TX 75119. Fin. Sec., Rita Hrneir, Rt. 1, Ennis, TX 75119. Dir. of Men, Stuart Hamilton, Old Bardwell Rd., Ennis, TX 75119. Dir. of Women, Sylvia Laznovsky, Rt. 1, Ennis, TX 75119. Educ. Dir., Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651.

**Sokol West, West, Texas** - Mtgs., 2nd Tuesday, SPJST Hall, Lodge #54, P.O. Box 124, West, TX 76691. Pres., Dr. George Smith, 1211 N. Davis, West, TX 76691. Sec., Charlotte Klaus, P.O. Box 80, West, TX 76691. Fin. Sec., Rita McMorrough, 409 W. Spruce, West, TX 76691. Dir. of Men, Louis Valis, 5119 A Tenneyson., Waco, TX 76710. Dir. of Women, Evelyn Cepak, Rt. 1, Box 24-A, Abbot, TX 76621. Educ. Dir., Rudy Sefcik, 1204 N. Davis, West, TX 76691.

**Sokol Zizka, Dallas, Texas** Mtgs., Friday, 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 76017.

#### WESTERN DISTRICT, OMAHA, NEBRASKA

**Sokol Cedar Rapids, Iowa** - Mtgs., 1st Monday, Sokol Gymnastic Ass'n., 415 - 3rd St., SE, Cedar Rapids, IA 52404. Pres., Joseph Pazour, 72 - 18th Ave., S.W., Cedar Rapids, IA 52404. 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, 3010 Franbrook Terrace N.W., Cedar Rapids, IA 52405. Dir. of Women, Rhonda Frey, 3710 - 12th Ave., SW, Cedar Rapids, IA 52404.

**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, 1705 Ivy, Crete, NE 68333. Dir. of Men, Robert Lorenz, RFD 2, Crete, NE 68333.

**Sokolice Libuse, Crete, Nebraska** - Mtgs., 1st Wednesday, Sokol Hall, 142 W. 12th, 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., Gail August, 809 E. 2nd, 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, Edward L. Lehotak, 4231 S. 12th St., Omaha, NE 68107. Educ. Dir., Joseph Masek, Jr., 4048 S. 13th St., Omaha, NE 68107.

**Sokolice Omaha, Nebraska** - 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., Richard Awender, 207 Orchard Dr., Bellevue, NE 68005. 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. Educ. Dir., Marc Johnson, 4708 Emiline, Omaha, NE 68157.

**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, Phyllis Kool, R.R. 3, Box 227, Plattsmouth, NE 68048. 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., Christine Janda, Box 634, Wilber, NE 68465. Fin. Sec., Karoline Kasl, RFD 2, DeWitt, NE 68341.

#### NORTHERN CIRCUIT OF WESTERN DISTRICT

**Sokol Minneapolis, Minnesota** - Mtgs., not regular, at members' homes. Pres., Eduard Andrie, 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., Victor J. Hubal, 7080 Victoria Rd., Woodbury, MN 55125. Rec. Sec., Beverly Clancy, 1272 Berkeley Ave., St. Paul, MN 55105. Corr. Sec., Doris McKenney, 640 W. 102nd St., S., Bloomington, MN 55420. Fin. Sec., Dorothy Sladek, 8207 - 4th Ave., S., Bloomington, MN 55420. Dir. of Men, Robert J. Vanyo, 446 Bay St., St. Paul, MN 55102. Dir. of Women, Joan L. Sedlacek, 630 S. Lexington Pkwy., St. Paul MN 55116. Educ. Dir., Kristine Heim, 7533 Carillon Plaza, W., Woodbury, 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 67018. 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.

## AMERICAN SOKOL

Speakers at Sokol Karel Havlicek Borovsky's 75th Anniversary were, left to right, Bro. Larry Laznovsky, President of Sokol Karel Havlicek Borovsky and Director of Men, Southern District; Bro. Roy Zitny, President of the American Sokol Organization, and Bro. Ben Maca, President of the Southern District. The picture of Karel Havlicek Borovsky in the background was drawn by Bro. Walter Hosek of Sokol Zizka, Dallas, and presented to Sokol Karel Havlicek Borovsky several years ago.



The SPJST (Slavonic Benevolent Order of the State of Texas) presented its Annual donation of \$1,250 to the Southern District, American Sokol Organization, during ceremonies held at Sokol Karel Havlicek Borovsky, Ennis, 75th Anniversary celebration. Pictured, left to right, are Bro. Cyril (Sid) Pokladnik, SPJST III Director; Bro. Roy Zitny, President of the American Sokol Organization; Bro. Ben Maca, President of the Southern District; and Bro. Nick Morris, President of the Supreme Lodge SPJST. In presenting the check, Bro. Morris stressed the cooperation between the SPJST Organization and Sokol.

## Northeastern District

President Robert E. Jirousek called to order the Annual Meeting of the Northeastern District Board of directors at 10:40 a.m. at the Sokol Cultural Center, Detroit, Michigan, welcoming 53 members.

Sokolice Detroit President Jarmila Zboril greeted the brothers and sisters to the Cultural Center. After the Pledge of Allegiance a silent remembrance to all deceased Sokol members followed.

Minutes of the December 15, 1982 meeting were read and approved.

The President presented a succinct review of the District's achievements in 1982 and noted that these incorporate the hard work of delegates and the Board of Instructors.

**CORRESPONDENCE:** ASO re: Sokol Ceska Sin vote: President Jirousek replied on December 31 referring to his earlier response of June 30, 1982. ASO receipt of payment for expenses for Beginners' Course and Calisthenic Clinic; proportionately redistributed to participating units. Sokol Cleveland copies of replies to Sokol Greater Cleveland's letter. Bro. Kovar's response to President's letter of October 29th.

**PRESIDENT'S REPORT:** Bro. Jirousek presented his annual report (full report on file with secretary's minutes). The President presided at 9 meetings of the Board; conducted the meetings, an average attendance of 26 members, with a strong background of Sokol principles recognizing the District's problems; encouraging discussion and assistance to solutions; handled all of the correspondence; represented the District at 35 events, including all of the District BOI exhibitions, competitions, and learning sessions reinforcing his opinion that gymnastic activities are of the utmost importance.

President Jirousek selected Bro. John Dusek as chairman and Sis. Jarmila Zboril, Bros. George Eisenstein, Nelson Gedeon members of the nominating committee.

**TREASURER'S REPORT:** Bro. Ed Wutsch presented his regular monthly report. Also read his annual report (attached to file copy of minutes). Unit memberships:

Sokol Cleveland .....	107 (-21 from '82)
Sokol Detroit .....	170 (-3)
Sokolice Detroit .....	229 (-3)
Sokol Greater Cleveland .....	515 (+2)
Sokol Moravan .....	17
Sokol Rip .....	15
Total .....	1,053 (-25)

Bro. Wutsch thanked units for sending quarterly payments promptly. President Jirousek appointed auditing committee; Bro. Henry Siedlik, chairman; Sis. Pat Reis, Frances Smahay and Bro. Val Kralik.

**UNIT REPORTS - SOKOL CLEVELAND:** President Nelson Gedeon presented his annual report. Bro. Gedeon's report reveals he is administrator, gymnast and laborer directing the unit in successful programs and the everlasting task of maintaining a hall.

**SOKOL AND SOKOLICE DETROIT:** Sis. Zboril's annual report summarized gymnastic, fund-raising, social and cultural programs. Activities depict a very active, industrious unit with two and three major events scheduled each month. Bro. Eisenstein paid tribute to their women who keep the men moving. All classes in session and plans will keep units going forward and upward.

**SOKOL GREATER CLEVELAND:** President John Dusek's annual report contained an extensive list of activities delineating the constant flow of vigorous performance at the hall. In addition to exhibitions, meets, sports, meetings, theater venture was tried this year. Czech folk dancers (43) celebrated their 10th anniversary.

**SOKOL MORAVAN:** Sis. Elizabeth Penovich, secretary, mailed the annual report; though small still keep active and interested in the Sokol cause.

After lunch 24 Northeastern District BOI members joined the meeting. Women's Director, Sis. Maryann LaVere, reported statistics, competitions, exhibitions, courses, clinics, sports programs, guest appearances and participation in the ASO Juniors' Essay Contest, NED had 7 winners from the 38 national entries. Men's Director, Bro. Roger Martanovic, commented it was an important year for BOI hosting ASO District Directors' Conference. Reviewed the year's schedule and felt progress in getting more members from all units to be active in District BOI events.

**EDUCATIONAL DIRECTOR:** Sis. Elsie Khol reported the District's history completed, a 13-page document to which additions and updating is possible. Assisted gymnasts with song sheets, attended course, clinic and conference.

**AUDITING COMMITTEE:** Chairman Bro. Henry Siedlik reported that his committee had audited the treasurer's books and found the books to be in excellent order.

**NOMINATING COMMITTEE:** The entire slate of officers was accepted by acclamation. Bro. Laddie Voris installed the officers.

Included in new business; Bro. Jirousek called upon Bro. Michael Cortis, Sokol Detroit Membership campaign chairman, to share his promotional program. Bro. Cortis outlined a carefully planned program for new membership with Sokol literature, contest, awards and telephone follow-up. He should succeed.

Meeting ended with a song-fest with 77 Sokols in attendance.

Sis. Rose A. Psenicka, Secretary

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### Copy for Publication

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OF THE PREVIOUS MONTH

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## Kupředu do dalších let

TEXASKÝM SOKOLŮM

Byla nás hrstka - Tyrš a Fugner vůdci;  
kolem vítězný nepřítel zněl jek,  
ze všech stran byvše obklopeni škůdci,  
každý bojoval jako pravý rek.

Kde láska k drahé vlasti vzkvétá,  
když spojeni jsme v jeden mocný pluk,  
tam marně nepřítel ruka kletá,  
snaží se zničit práci našich ruk.

Na Bílé Hoře, na Kosovu Poli  
nemohla jistě býti větší seč,  
vždyť ze všech ran jen jedna nejmíc bolí,  
když národu chtí vítíti jeho řeč.

Brali nám řeč, brali nám naše práva,  
lačně čekali všeslovanský pád,  
a germanismus jak šelma dravá,  
urobil důtky z kůže našich zad.

I české království nám rozdělili  
a zněmčen měl být Svatovítský chrám,  
a ve svém území se podělili  
o to, co dříve patřovalo nám.

Již zdálo se - marné jsou naše snahy,  
ba platilo: Kdo může, ten v čas se spas,  
než Perun přál, pokořili jsme vrahy  
a nová dova nastala pro nás.

Mějte se chutě Sokolici k dílu,  
vy mládeže jste české mužný květ,  
ve svornosti jen hledejte vždy sílu,  
to dokázal poslední v Praze slet.

Zanechte svárů, ctěte přesvědčení  
každého bratra, který Sokol jest,  
pak každý nezdar ve prospěch se změní,  
než jeho úspěch, vaše bude čest.

Uvedená báseň dr. Geo. J. Pázdrala z historického Památníku Čechoslováků vydaného Krajským Výborem Čes. Nár. Sdružení v Texasu a vytištěného v roce 1920 J. Hejlem, majitelem tiskárny Národní podnik v Rosenbergu, vyjadřuje vlastenecké uvědomění tehdejších českých texasanů. Stejná svornost a stejná spolupráce jsou nadále nutné k zastavení asimilačního procesu; stejného nár. uvědomění a stejného nadšení k etnické práci je potřeba jak v Sokole tak ve všech českoamerických organizacích k zachování našeho národního dědictví v USA. Necht' nedávná výročí - 120 let od narození dr. Mir. Tyrše a 130 let od narození Jindř. Fugnera - nám všem znovu zdůrazní sokolské národní poslání dle principů těchto zakladatelů. Allonz, enfants de la patria (Vzhůru, děti vlasti); Kupředu do dalších let!

JOHN J. KARAS, člen Sokola Houston



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The low beam was used in the Sokol gyms in Czechoslovakia in the early 1900's and the uneven bars (hi-lo) in 1921. In 1928, a team of Czech Sokol women performed on the uneven bars in an exhibition at the Olympics in Amsterdam and it was suggested that this apparatus be a part of the women's competitions in the future. The Czech Sokol also suggested that the high beam be used in competitions. Both apparatus were used for the first time in the women's gymnastic championships in Budapest and then in the 1936 Olympics.

\* \* \*

We must never lose sight of the fact that we are teaching masses and our main consideration must be the Sokol program. We must be concerned with the progress of each individual and not only that of the champion.

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United States Gymnastic Federation  
Olympic Committee  
Bohemian Women's Civic Club  
Unity of Czech Ladies and Men  
Svobodná Obec

The gymnastic community has lost a pioneer, leader and authority.

Sokol has lost one of its greatest!

I was once told that - "there are Sokols and there are Sokols".

Sis. Milada was a Sokol in the truest sense of the word.

We shall miss her, but if there is a redeeming thought to Sis. Prchal's passing it is the recognition that because of Sokols such as she, unassuming and dedicated to our Czech and Slovak heritage, has helped perpetuate an idea that was born some 121 years ago.

Thank you for all you have been to us, for all you have given us, that we may say with pride that

Sokol was  
Sokol is  
Sokol will be.

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