

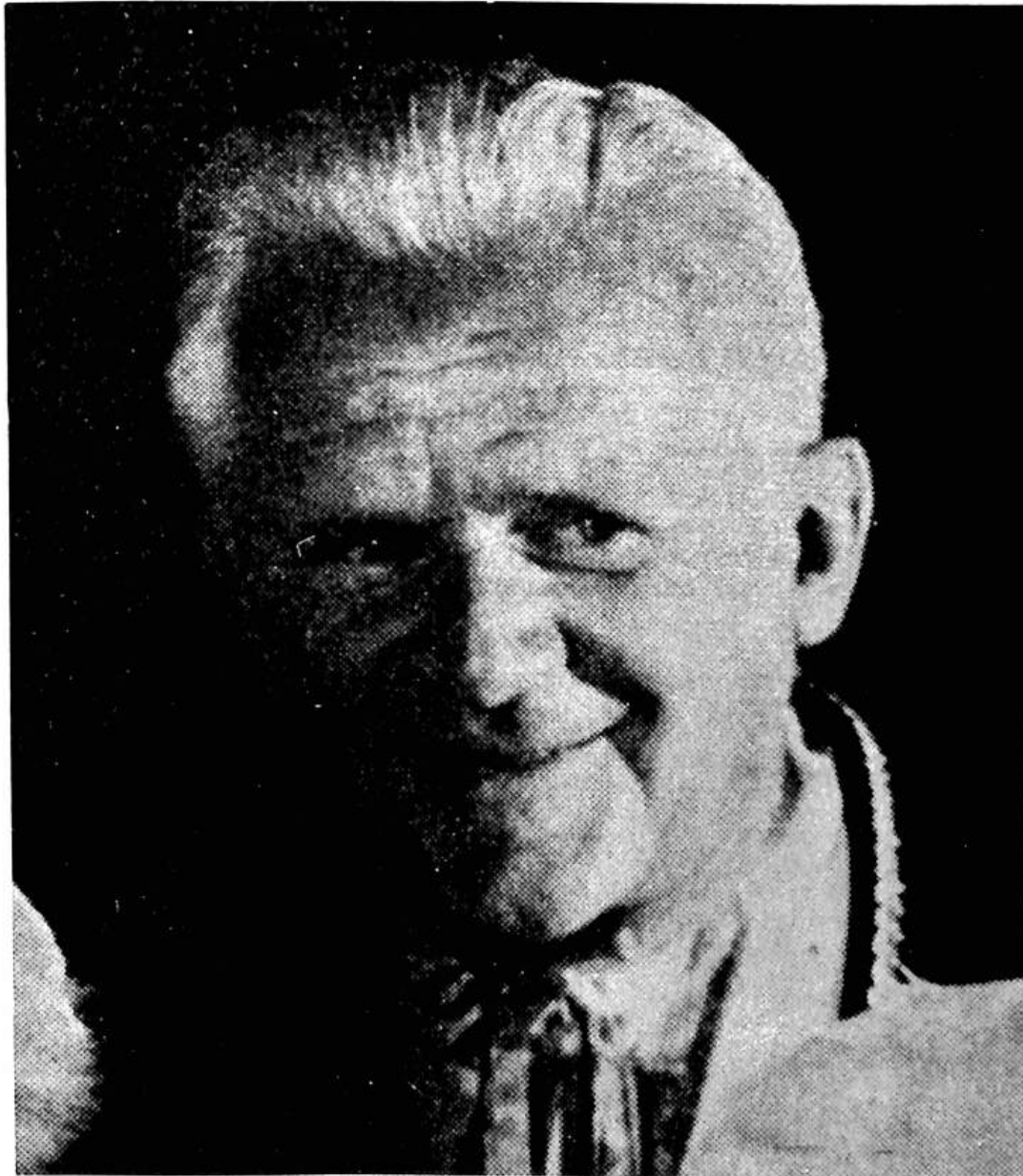
MARCH 1988

VOL. CIX - No. 3

AMERICAN SOKOL

Publication of the American Sokol
Educational & Physical Culture Organization

PHYSICAL FITNESS
THROUGH GYMNASTICS



A MEMORIAL TRIBUTE TO BROTHER FRED STANKOVSKY

President Sokol Milwaukee
Physical Director 55 Years
American Sokol Board Member

AMERICAN SOKOL

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10th of the previous month*

EXECUTIVE BOARD ASO
Jackie Kourim, Secretary

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

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Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
6424 West Cermak Road
Berwyn, IL 60402

Sokol _____

Name _____

Old address _____

_____ Zip _____

New address _____

_____ Zip _____

Calendar of Events

- APRIL 9 — Sokol Baltimore — Dozvuky
APRIL 10 — Sokol Berwyn
Bohemian American Concertina
APRIL 17 — Sokol Greater Cleveland
Sokol Concert Band
APRIL 23 — Central District Blood Drive to
Benefit Veterans Hospital
MAY 1 — Sokol Greater Cleveland
Czech Play performed by Včelky
MAY 21 — Sokol San Francisco May Dance
MAY 21 — Sokol Berwyn Raffle & Roast
MAY 21 — Central Dist. Boys/Girls
Gymnastic Competition at Sokol Naperville
JUNE 5 — Sokol Greater Cleveland — Summer
Gymnastic Exhibition at Odd Fellows Camp
JUNE 11 — Central District Slet 7 p.m. and
Jr./Sr. Competitions
JUNE 12 — Central District
Children's Awards Picnic
JUNE 17-19 — Sokol South Omaha
100th Anniversary and Western District Slet
JUNE 24-26 — VII Sokol Canada Slet, Montreal
JULY 24 — Sokol San Francisco Annual Picnic
MAY 5, 1990 — Sokol Slavsky 100th Anniversary

CENTRAL DISTRICT EXHIBITION DATES:

- APR. 9 — West Suburban
APR. 16 — Special Number Competition
MAY — Sokol Milwaukee (no date yet)
MAY 15 — Sokol St. Louis
JUNE 5 — Sokol Slavsky - Annual Picnic

The popular Czech Voice of Cleveland, Joe Kocab has returned to the Sunday morning airwaves at 11 am to noon on WRMR 850 on the AM Dial. This station carries the popular Big Band - Music of Your Life Format during the week. Joe Kocab continues to also broadcast Sunday afternoons 5:05 to 6:00 pm on WCPN 90 on the FM Dial.

***Have you brought a friend to
Sokol with you yet?***

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIX

March — 1988 — Březen

Číslo - No. 3

A Memorial Tribute to Brother FRED STANKOVSKY

PRESIDENT SOKOL MILWAUKEE
PHYSICAL DIRECTOR 55 YEARS
AMERICAN SOKOL BOARD MEMBER



A large gathering of family, friends, Sokols, and many others heard this tribute to Br. Stankovsky March 1, 1988. The following is an edited version.

The large number of persons gathered here this evening is a testimonial tribute to Fred Stankovsky. He touched so many lives in a most positive way. It can truly be said that he lived a full life, that he loved his family and friends, that he was faithful to his Church, that he was respected by his fellow men. He was resolute in purpose, steadfast in trust, and dedicated to service.

Fred was a devoted husband, father, and grandfather. His home and family were to him a source of great pride and joy. In turn, he was loved and honored by his family. When he and Emily's boys became cub scouts, Fred served as cubmaster, scoutmaster, and neighborhood Commissioner of Boy Scouts. He was initiated into the Order of the Arrow and in 1954 was named "Father of the Year" of the Northwest Area of Milwaukee.

As an active member of his church he served at various times as commentator, minister of communion, treasurer of the Holy Name Society, co-chairman of this year's 125th anniversary, and helped with parish festivals and other events. He considered his talents a trust from God to be shared with humanity, but Faith was his greatest resource.

Brother Fred was deeply interwoven with Sokol and his life was a shining example of how one should carry out the Sokol ideals. He grew up a short distance from the Bohemian Hall on 12th and Reservoir, attended classes there, and as a young

man of 17 was invited to become an instructor and a member of the Sokol board of instructors. He was proud of the history of his Sokol unit that has held continuous gym classes for 120 years. He fiercely fought attempts by some members who wanted to "drop gym classes" and remain only a "social" organization. Fred never compromised or sacrificed any of his basic principles or objectives. As Physical Director he was an inspiring teacher and an exceptional organizer. His enthusiasm was contagious and this was reflected in the instructors staff, the youngsters who attended gym classes and the parents who saw their children improve their skills and self-confidence.

He served with distinction in various positions with the Western Fraternal Life Assn., was a 50 year member of the WFLA affiliate, Milwaukee Progressive Lodge No. 270, and a 50 year member of Sokol Milwaukee. Our brother was always in the forefront of activities that would foster and enhance the Czech culture and image. Last year, he was proclaimed "Patriotic Citizen of New Berlin Representing New Berlin Citizens" because of his many community minded services.

Fred keenly realized that "To understand what to do is knowledge, To be able to do it is skill, and To see that it gets done right is service". Fred lived by these precepts which were written by John Wesley:

"Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can."

EXECUTIVE BOARD MINUTES

TUESDAY, JANUARY 26, 1988

MEMBERS PRESENT: Sis. Marie Ptacek, Sylvia Pistorius, Jackie Kourim; Bro. John Satek, Fred Kala, Paul Lebloch, Jerry Rabas, Robert Barcal, Richard Ptacek, George Basta, and Gary Masek (via tele-conferencing).

District minutes received and reviewed: North-eastern District, Oct. 17, 1987. Discussion on previous A.S.O. minutes.

CORRESPONDENCE: Bro. Basta and Ann to attend Sokol South Omaha's 100th anniversary celebration June 17-19th. VIII Sokol Canada Slet requesting ads. Correspondence from Sokol Little Ferry Executive Board concerning their side of conflict. Additional correspondence from Sokol women of Little Ferry clarifying by-laws, also letter requesting donations to their "Save Our Sokol" fund. (Interested members should contact these units for additional information regarding the legal entanglements.) Executive board appointed a committee consisting of Brs. Kala, Borvansky, and Lebloch and Sis. Kourim to handle all correspondence directly with Sokol Little Ferry and Sokol Women of Little Ferry.

Tělocvičná Jednota Sokol Vídeň XV 100 let, Br. Rabas to send letter of congratulations from the board on their celebration.

II Vice President — Br. Masek: Information on 1989 Slet: suggest slet start at 7 p.m., resignation of Western District women's Director Jolene Dalton (has adopted sixteen month old baby). Sis. Sandra Benak to replace, but Jolene will continue to work on Slet committee. Public Relations rep. will be in Chicago Mar. 28-30 to acquire info from past Slet committee persons. Request additional funds as cost of Slet stationery and P/R. firm has depleted present Slet account.

DIRECTOR OF WOMEN — Sis. Pistorius: Article in "Women's Sports and Fitness" magazine has prompted several request for info on our program. Sis. Prener gave published letter of Sis. Pro-vaznikova written after 1948 Slet, to be given to Educational comm. Letter from Sis. Laznovsky from Southern District regarding disapproval of proposed change in women's uniform. The Central District has seen garment and will send its recommendation. Proposed uniform is now in Western District. Pacific District advises that due to high cost, the A.S.O. instructors course will not be held at this time. Letter sent to Southern District requesting them to prepare for hosting the instructors course as previously specified at Dist. Dir. Conf. Final Report Forms: Pacific District, VCR and Monitor-Sokol San Francisco, \$500.00, approved pending receipt of substantiating documents. Central District USAIGC clinic Nov. 20, 21, 4 students \$548.88, and Central Dist. Rhythmic gymnastic classes held Sept.-Nov. \$557.58, both approved. Letter to be sent Br. Banjak regarding Sokol manual status.

DIRECTOR OF MEN — Br. Ptacek: Attended Central District's student self-improvement clinic in January. Clinic instructors were Bro. Brad Durham, Rome Milan, and Joe Vrzalik. Their instruction was enthusiastically received by students. Clinic organizers were Br. John Satek and Sis. Pat Satek.

MEMBERSHIP — Br. Kala: Fifty percent of the last quarter reports are still outstanding.

EDUCATIONAL — Br. Lebloch: Meetings will be held on the third Friday of each month. Br. Stanley Barcal reviewed Dr. J. Rudis-Jirinsky's translation of the original monument of Dr. M. Tyrš' "Historical Sketch and Introduction to the Foundation of Gymnastics" published by the National Sokol Union in 1911. It was decided that we would reproduce it for unit libraries or members who request a copy. Judged the Central District Essay contest.

PUBLICITY — CZECH — Br. Rabas: Nothing to report at this time.

PUBLICITY — ENGLISH — Sis. Filipello: No report, absent.

FINANCIAL Sec. — Sis. Pine: Letters have been written to all delinquent units. Continue to respond to all correspondence.

TREASURER — Br. Barcal: Reconciled all the bank statements from both divisions and found all books to be in perfect order.

EDITOR — Sis. Filipello: absent, no report.

SECRETARY — Sis. Kourim: 920 donors to Christmas seal fund with average donation \$8.66. Continue to fulfill Sec. duties.

I VICE PRESIDENT — Br. Borvansky: Attended self-improvement course for students, worked in educational test, attended Sokol Berwyn's recognition Dinner. Will attempt to reduce colors in floral design on postcard and make them compatible for note stationery.

PRESIDENT — Br. Basta: Installed Sokol Brookfield officers, attended self-improvement clinic for students, attended Sokol Berwyn's Recognition dinner, and worked on year end reports.

UNFINISHED BUSINESS: District President's Conference will be April 22, 23, and 24th. We also have to vote for 6 representatives from the Executive board to attend. District presidents have 2 votes each, Ex. Bd. representative have 1 vote each.

Floral postcards and Sokol stickpins are now available.

Note of interest: Three members of Sokol Naper/West girls gymnastic team qualified for the USGF State meet and placed 7th and 8th on individual apparatus.

Respectfully submitted,

Sis. Jackie Kourim, Sec. (edited by editor)

COPY FOR PUBLICATION
must be received by the 10th
of the previous month

CENTRAL DISTRICT ESSAY CONTEST Fall, 1987

SENIOR CLASS

Kelle A. White, Sokol Ceska Sin

My favorite experience at Sokol last year undoubtedly was the thrill I received as a coach. Looking back on my fifteen year career of competitive gymnastics, I can vividly see myself wearing a bright cap sleeve red leotard with the proud symbol of Sokol placed neatly on the front of my little girls uniform. Throughout my many years of competition I honestly cannot remember ever feeling the excitement and thrill that I received this past year as the Junior Girls coach of Sokol Ceska Sin. Now at 22 years old, an active member of Sokols in the Women's class, I faced the first time challenge of coaching my own team. With a rookie team of first time competitors, I stressed "Team support" to my newcomers. "Team Spirit!" "Chins up!" "Be Proud of What/Who You Are!"

Not expecting to walk away from Washington, D.C. without anything more than a pat on the back my wonderful team of "GO GETTERS" walked away with two team trophies and three individual awards. My *pride* exhausted in a tiny flow of small tears which slipped from my eye as I hugged each competitor. Maybe they didn't realize what a tremendous group of individuals they were... but I'm reminded every time I reminisce and those small tears return to my eye.

SENIOR CLASS

Missy Small, Sokol Ceska Sin

My daughter started at Sokol when she was seven. It was at this time I realized that this was something I would like to try my hand at, so to speak. Coming from a large family of twelve children back East, we could not afford to do many things. I thought at first I would be too old not realizing that there are different categories.

As time passed I realized how friendly and outgoing everyone was. The people here really care about you. I am a person who usually keeps to myself, trying to make the adjustment to being away from home with no family here is hard at times, but Sokol is kind of like family to me. I feel a closeness to the people because regardless of how you perform they are always there to cheer you on, or give you the support that is needed.

That is what being family is really all about hurting together and being happy together.

I have a lot of fun learning, working and training. It is one of the few times I am really happy.

Sokol Ceska Sin has given this to me, they are my family away from home.

FIRST CLASS

Kimmy Moudry, aged 9, Sokol Berwyn

I liked going on the beam and bars. I also had fun using the parachute. I liked when we got to sommersaults on the beam and cartwheels off the beam. It was fun doing routines on the bars or twirling over the top or bottom bar. I liked doing cartwheels when the parachute was up and coming back to our places when it came down. Really no matter what I was doing with beam, bars or parachute I liked it. Sokol last year was filled with fun and excitement. One of the best memories was to be in the special number and winning 2nd place. I enjoy being in Sokol and meeting new friends.

FIRST CLASS

Gretchen Trybus, aged 8, Sokol Slavsky

I am Gretchen Trybus and I have been in Sokol for 5 years. I am in first class girls. My favorite experience at Sokol during the last year was track and field. I think track and field is fun. Last year I could not do running broad jump at all. This year I really improved. Sokol taught me that a lot of hard work and practice really pay off. I felt proud when I got my awards. I hope to do better this year because Sokol is special to me.

SECOND CLASS

Lisa Zeman, Sokol Milwaukee

Sokol is a fun and exciting time! I meet lots of new friends and get to talk to my old ones. I learn lots of different stunts and get better at the old ones I already know. To be physically fit and active are goals of my life and the American Sokol Organization helps me to attain this goal. There are very informative instructors who help me discover new ways to increase the flexibility of my muscles and to have fun and a sense of accomplishment at the same time.

We perform at the Holiday Folk Fair and get a chance to share the Sokol spirit and custom of physical fitness. In turn, we see other peoples' customs. I especially enjoy the "Graduation Night" at the completion of the year when we perform for an audience — we do calisthenics to music, tumbling, apparatus workouts, and a modern dance to music. I enjoy learning routines and performing them. It is really fun and exciting!

Because I am of Czechoslovakian ancestry, I feel a special commitment to the Sokol organization. I encourage my friends at school to join and many of them do. I am very proud to be a Sokol and hope that I can spread my enthusiasm to others.

SENIOR CLASS

Marian Riley, Sokol St. Louis

Applauding wildly as gymnast after gymnast from Sokol St. Louis won awards at the awards dance in Washington, D.C. was my favorite Sokol experience last year. Okay, so I came in dead last in

several of my events, I still got a thrill seeing the happiness that their success had brought them.

And lo and behold, I felt successful too! I have never been much of a gymnast and I'm far too old to miraculously become one now. But at Sokol, we have always been encouraged to improve and to develop new skills. I've been lucky to have coaches who were willing to work with my limited abilities and to help me polish and perfect my routines — to remind me to keep my chin up, shoulders back, legs straight, etc. It did not seem to matter that I had no chance to win anything, just competing was considered an accomplishment. I successfully learned the cal, rhythmic and artistic routines and I overcame my butterflies enough to compete.

And so I could applaud wildly for those who were receiving medals and plaques, but also for those of us who had worked hard and had succeeded in our own ways.

ASO FINANCIAL REPORT

JANUARY 1988

RECEIPTS:

Dues	\$ 5,908.00
T. G. Masaryk Dues	40.00
Convention Fund	5,364.00
Special Assessment	2,671.00
Dividends & Interest	5.56
Advertising in "American Sokol"	550.00
Resale of Jewelry	291.00
Educational Booklets	50.00
Gymnastics Activities	6.50
Christmas Seals	127.00
U.P.S. Charges	13.32
Postage	3.03
Membership kits	240.00
Transfer of funds	52.28
Donation for poster	3.00
	<u>\$15,324.69</u>

A.S.O. Uniform Division - Rent,
Salaries, etc. 605.99

A.S.O. Uniform Division - Repayment
of loan 2,131.84

Total Receipts \$18,062.51

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 968.14
Salaries - Membership	135.00
F.I.C.A. & F.W.T. for Dec., 1987	190.36
I.W.T. - 4th Qtr., 1987	73.01
Rent, Janitor Services, Phone & Electric	962.87
Office Supplies	8.80
Postage	64.99
Advertising (Life Prtg.)	55.00
Computer supplies (cartridges)	89.52
Printing - Postcards	230.00
Miscellaneous	21.00
	<u>\$ 2,798.69</u>

BOARD OF INSTRUCTORS

Salaries	\$ 473.63
F.I.C.A. & F.W.T. for Dec., 1987	74.84
I.W.T. - 4th Qtr., 1987	51.08
Editor "Sokol Gymnast"	30.00
Add'l. copies "Sokol Gymnast"	58.00
Postage	16.59
District Directors Conference - R. Milan	393.02
	<u>\$ 1,097.16</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 221.41
F.I.C.A. & F.W.T. for Dec., 1987	24.60
I.W.T. - 4th Qtr., 1987	12.11
Office Supplies	10.08
Postage	.22
	<u>\$ 268.42</u>

SOKOL PUBLICATION

Printing "American Sokol"	\$ 989.04
Postage "American Sokol"	540.05
Editor "American Sokol"	125.00
Salaries - Computer Mailing Publication	132.75
Delivery of Publication to P.O.	10.00
	<u>\$ 1,796.84</u>

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A., Dec. 1987, F.W.T., Dec. 1987, - 4th qtr., 1987 and phone	\$ 515.51
Future Sokol Leaders Fund - Postage	1.98
Special Appropriations - Central District	606.38
1989 A.S.O. Slet Advance	2,500.00
	<u>\$ 3,623.87</u>
Total Disbursements	\$ 9,584.78

Balance brought forward:

Affiliated Bank/Western National - Checking Acct.	\$ 560.88
Receipts - January, 1988	18,062.52
	<u>\$18,623.40</u>

Disbursements - January, 1988

9,584.98
\$ 9,038.42

**HAVE YOU KEPT
YOUR DUES CURRENT?**



DR. MIROSLAV TYRŠ

SOKOL TASK, AIM AND GOAL

Translated by Voltaire H. Žižka

Edited by Paul Sivak and Charles Bednar

(Continued from Dec. issue)

OBSERVE THE WORK OF OTHERS...

In conjunction with the above, in order that we may progress, we should endeavor to keep in touch with the work of others, including foreign, gymnastic societies, noting their innovations, and evaluating them from the Sokol standpoint. Again, such observations are meant to supplement our work, and not to reach such proportions that the varied paths followed by the many societies would lead us into a maze resulting in confusion and frustration.

Likewise, it would be folly to try to introduce every foreign method into Sokol ranks. Only that which is in harmony with Sokol principles and can be utilized to our advantage, should be considered. If some temporary gain might be realized at the expense of compromising our fundamental ideals, the matter must be rejected. I am sure that after giving this matter of adaptation and adoption due thought, the reader will realize that it is in harmony with our principle of "Ceaseless Dissatisfaction", and expressive of our desire to perfect our organization.

The finest fruits of our thoughts and of our actions should be dedicated to the movement, and should be made the common property of all our units. By making the results of Sokol research available to all our units, we can become acquainted with the methods used in other countries and by other societies. Sokol literature should be considered the nucleus for the broadening of our work in all fields, in harmony with our pledge to seek perfection in everything we do.

I am sure that the expansion of Sokol writings, both in the technical and ideological fields, will do much towards the strengthening of the bonds between the many units. Moreover, well selected Sokol publications can be very effective in acquainting non-members with our efforts and principles,

thus making new friends for the Sokol movement. Printed matter is an excellent instrument for the eradication of erroneous impressions about the Sokol. It can encourage lukewarm members to a greater interest in our work, and be the means of inspiration for members who are eager to take active part in the furtherance of our cause.

We should remind ourselves that there are certain differences between the Sokol and other organizations and societies. Not each of us can belong to a singing society, a trade union, or a scientific body. The Sokol movement, however, is accessible to all citizens regardless of their profession, trade, or social standing. The movement is dedicated to the physical, mental, and moral good of the entire nation. We endeavor to develop our members into brave, self-confident upright citizens. It is only natural that, in order to attain these ends, our appeal is made to all citizens to enroll under our emblem.

If our efforts, dedicated to the welfare of the entire community, are to meet with deserved success, the greater part of the population cannot content itself with the role of a spectator, calmly viewing our work from without. Even in the physical culture field itself, we are devoting ourselves to mass education. It is not our desire that a few specialists entertain passive audiences. Nay, we want that audience enrolled in our classes, to take active part in our gymnastics. Not a definite demarcation of "actives" and "passives", but their interchanging: once performing, then watching. The individual who would confine himself only to watching could derive no benefits from our physical culture. The building of a strong, sound body by my neighbor will not strengthen my physique. I must take active part in the Sokol gymnastic work if I want to reap its benefits to the fullest.

Let us repeat: If our work of uplifting the nation morally and physically is to succeed at all, then the great majority of our citizens must be enrolled in our ranks. If only a very small minority is to strive towards this end, its efforts, though heartbreaking, cannot have any marked effect on the condition of the nation as a whole.

At this time, it is proper to quote the following: That which is not known to the masses may be considered unknown; if a task has been beyond the abilities of humankind, then it has been beyond the capacities of any other power; that which has not been done by man, has remained unaccomplished.

We cannot consider the ultimate in the spread of Sokol work as having been achieved until every citizen is enrolled in our ranks. It is obvious that everything we have thus far achieved must be considered as foundation work, the base for a wider, greater superstructure.

I remind you: We shall not content ourselves with borrowing from others and introducing into our movement perfected adaptations; our main effort will be devoted to establishing and developing our own, original methods. *To be continued*

Motions on Recommendations to the Executive Board

1. Recommendation to publish Bro. Pete Dusek's thesis and request his permission and assistance in deleting some segments. (What about Voltaire Zizka and Stanley Barcal's histories?) Educational Committee to research this project.
2. Recommendation to increase the SOKOL GYMNAST section of our publication to eight pages per each issue, unless otherwise designated by the Gymnast editor. USGF membership provide this material, all districts receive, should share.
3. To recommend the change in page size of our American Sokol magazine to 8½"x11". (Will investigate changing the size, this will involve an additional expense.)
4. Recommend that the American Sokol Organization initiate the meeting of the Round Table discussion to be held following the Canadian Slet in Montreal, approved if the Slovak Sokols don't.
5. Recommend to make a video of the girl's and boy's gymnastic skill program narrated by Jim Hartung, and to seek corporate sponsorship to produce this video. (Cable TV here in Chicago will make a very good video for \$75.00.)
6. Recommend to the Uniform Division to seek better material for the women's blouses and this material approved by the BOI (or any other material or uniform changes).
7. Recommend that the Uniform Division be present at the next District Directors' Conference, approved.
8. Recommend to find boy's blue shorts *without* stripes (working on this now).
9. Recommend to stock and sell T-shirts, sweat shirts and warm-ups for promotional use (will investigate, also consider the amount of money that has to be invested in stock).
10. Recommend that the Self Improvement Clinics be held on a District level and open to any District wishing to participate, approved.
11. Recommend that the ASO hold a Beginners, Intermediate and Advanced Instructors Course in 1988 and 1989, to be hosted by the Pacific and Southern Districts, approved.
12. Recommend to mail the Gymnast magazine to all District and guest organizations at least 1 year prior to the National Slet.
13. Recommend that the Senior Special Number be presented at the Special Number Competition/Opening Night ceremonies.
14. Recommend the hiring of a Public Relations professional for the 1989 ASO Slet (on a percentage basis rather than a straight fee).
15. Recommend that units or districts be allowed to sell souvenirs at the ASO Slet and that they be charged \$25.00 for set-up charge (at opening ceremonies and Slet if all right with the city).
16. Recommend to use live music at the 1989 Slet, if at all possible (good tapes for all anthems, at all ceremonies).
17. To retain Bro. Jerry Hardy as ASO representative to AAU and Sis. Norma Zabka as ASO representative to the USGF, approved.
18. To hold the next District Director's Conference in the Eastern District, approved.
19. Recommend that the American Sokol Organization participate in the 1991 Gymnaestrada in Amsterdam, approved.
20. Request reimbursement for Bro. J. Vrzalik and Sis. Conlon of the Eastern District, \$184.00 each for their participation in the Gymnaestrada in Denmark. (Fund was equally divided among participants before the Gymnaestrada, there are no funds to make this payment. A letter will be written to these two participants and explain the situation to them.)
21. Recommendation to invite Guest Sokol Organizations to our next District Directors' Conference.
22. Request the ASO to aid the Women of Little Ferry in preserving their building (we have been working at this for some time now).
23. To recommend the hiring of a professional person to serve as a Public Relations director whose job it would be to secure funds, contact possible sponsors, direct material so that all unit and districts are adequately informed, active and productive. This person would be a full time employee and would be responsible for generating the necessary funds to pay his/her salary. It was recommended to research this subject and present this proposal at the next ASO Convention (on a percentage basis only, research this subject).

**SOKOL SOUTH OMAHA'S
100th ANNIVERSARY
and
WESTERN DISTRICT SLET
will be held on
June 17-19, 1988**

Many great events are being planned to insure a memorable celebration, such as, our anniversary banquet will feature comedian Dick Cavett as guest speaker.

GYMNAST

MARCH 1988

 Editor: Frank H. Michalek — 10 S. 020 Lorraine Dr., Hinsdale, Illinois 60521

Central District Volleyball Champs



First Row (L to R) Mike Michalek, Vitalis Umbra-
sas, Frank Michalek. 2nd Row: Dick Talmadge,
Mark Ward, John Socolovsky and Richard Vrba.

Yes, the Central District volleyball program finally came to an end. A total of 10 teams with 2 divisions. B-division champs were, once again the Sokol Stickney team but it was their 2nd team that took 1st. A-division champs were Sokol W. Suburban with a 14-1 record.

A total of 86 men participated in the volleyball program held at the Pavek Center in Berwyn, Ill. throughout the month of October.

The results of the A-Division were as follows:

		W	L
1st pl.	Sokol W. Suburban	14	1
2nd pl.	Sokol Tabor	10	5
3rd pl.	Sokol Stickney	4	11
4th pl.	Sokol Berwyn	3	12

The results of the B-Division were as follows:

1st pl.	Sokol Stickney II
2nd pl.	Sokol Chicago (with an average age of 53)
3rd pl.	Sokol Tabor II
4th pl.	Sokol Stickney III
5th pl.	Sokol Berwyn II
6th pl.	Sokol Slavsky

Hopefully this program was just as much of a success in your own units for promoting members as it was for the District in making it work. Thank you all for participating and hope to see all 86 of your bodies on the slet field June 12th, 1988.

Nazdar, Dick Vrba

Sokol Salutes

ROGER M. MARTANOVIC

Northeastern District Director

Roger began Sokol classes at age 7 at Sokol Tyrš with Br. Pete Dusek as instructor.

Continued with little boys classes and advanced to junior boys class at Sokol Cleveland Čech-Havlíček.

Became a member of Sokol at age 18 in 1961 and continued to participate in men's classes through 1963.

Taught little boys class for one year at Sokol Cleveland Čech-Havlíček.

Retained membership in Sokol but was not active until 1976 when his daughter enrolled in Sokol classes.

Transferred membership to Sokol Greater Cleveland in 1977 and began assisting with apparatus for little girls class.

Roger has been active in all Sokol activities since 1977 and held the following positions.

Northeastern District Director 1979—present.

Men's Director Sokol Greater Cleveland
1983-1986.

Men's class leader 1984-1985.

Men's calisthenics instructor for the past five years.

Roger is a graduate of Western Reserve University with Bachelor Degree in Business Administration with a specialty in Industrial Management. He is currently a system analyst with LTV Steel Company. Roger has been married 21 years to his wife Susan, and has two lovely daughters, Barbara and Kathryn, a true Sokol family.

COPY FOR PUBLICATION

MUST BE RECEIVED BY THE 10TH
OF THE PREVIOUS MONTH

Sokol Loses Dear Friend

JUNE 15, 1909 — FEBRUARY 3, 1988



It is with a sad heart that we must announce the passing of a dear friend JERRY F. HARDY, 78. Mr. Hardy retired as Assistant Treasurer of Warner Communications, Inc., in 1976. He served four years on active duty in the Phillipines during World War II, and retired as a Major in the U.S. Army after twenty years service.

Mr. Hardy was considered one of the leaders of Gymnastics in the United States. After a twenty-two year career as a gymnast, winning numerous medals in local and national competition, he continued in administration and judging. Mr. Hardy judged the Gymnastics World Championships, Olympic Games, Pan American games and numerous International Competitions in the U.S. and abroad.

He also contributed his services to assist developing gymnasts by conducting clinics and judging high school meets in Connecticut, Westchester and New York City. In addition to judging Gymnastics he officiated at track meets for high schools, the New York Marathon and National Indoor Championships.

Mr. Hardy was the Coach and Manager of the 1955 Men's Pan American Gymnastics Team, which set a record never equalled, winning 21 out of a possible 22 medals.

He was a member of the New York branch of the American Sokol Organization and the Amateur Athletic Union of the U.S. for over sixty years, serving in many capacities. For 49 years he was a member of the AAU Gymnastics Committee and elected to the Olympic Gymnastics Committee for six Olympiads. During this period he was elected to the Chairmanship of the AAU Gymnastics Committee and Secretary and Vice Chairman of the Olympic Committee for several terms.

Among Mr. Hardy's many honors were election to the Vice Presidency of the Pan American Gymnastics Federation, United States Representative to the International Gymnastics Federation, member of the United States Gymnastics Federation Board of Directors, President of the Metropolitan Association of the Amateur Athletic Union and the Marquis "Who's Who In America."

In recognition of Mr. Hardy's knowledge and outstanding reputation in the field of gymnastics, he was selected by the Encyclopedia Britannica to author the section on "Gymnastics" in the encyclopedias from 1957 to the present edition.

Mr. Hardy is survived by his wife, Rose nee Gregor, also a former gymnast. It will be difficult to replace someone who has done so much for the technical board of the American Sokol Organization.

Report on 1987 Congress of Coaches

OCTOBER 1-4, 1987

ADAMS MARK HOTEL, ST. LOUIS, MISSOURI

By Sis. Carol Lat

I arrived early, to discover that the meetings I planned to attend were closed to elected or appointed representatives only. This fact was not published in either the master or tentative schedule. The exhibition hall opening was also delayed until 12:00 P.M. Other lectures began at that time.

I will give a brief summary of the lectures and activities I attended. A demonstration on uneven bars emphasized "The Big Swing & New Trends on Unevens". The "big swing" type movement would affect our current Jr. Girls Intermediate thru Championship divisions and corresponding Women's routines. Examples of "big swings" are giants (the men's horizontal bar — giant swing) on low and high bars; cast handstand to free hip to immediate glide kip; & fly away type dismounts. NOTE: The USGF has eliminated the cast "belly beat" or "stomach whip" from the girls uneven compulsory routines for 1988. The USGF committees felt that this move did not contribute towards the development of skills needed for higher level routines (& left plenty of bruised and injured girls, and required bar settings that a girl could not use when swinging from the other side.).

The USGF also presented its new safety video: "Gymnastics Safety: First, Second, and Always" at a special screening. They encouraged all gymnastics clubs and groups to purchase this tape and show it frequently. It can be obtained thru the USGF office.

"A Day at Moscows Dynamo Training Center" was a video presentation. This center was training some of the best young male Russian gymnasts. Average boys ages were 8-10 years. My overview: Contrary to popular belief the Russian gymnastics equipment was not new and modern. Many Sokol units "ancient" equipment was comparable to what they were using. Mat strips only 4 feet wide used for *all* tumbling, including twists and double backs, etc. It trained the gymnasts to tumble correctly — in a straight line. (Unfortunately insurance regulations require most units to retire its old mats and equipment). Padding was added to P-Bars, except for about 2 feet on each bar in the middle so gymnasts could execute moves such as Stutz's (½ turns between the bars in a handstand swing) and dismounts by themselves. A side horse taken off its legs and set directly on the floor required the gymnast to swing around maintaining body extension and horizontal amplitude — feet never touching. (Now I know why the Russians are so good on the side horse). Very little spotting took place. The fundamentals were stressed — handstands, presses up and down, cartwheels, head and handsprings and kips. Repetitions of elements and routines. A skill

was mastered on the floor and then put on higher equipment. Conditioning was by repetition of the basics. The only weight training was lifting a single 30 lb. barbell weight with the arms in various ways (these kids probably weighed 50 lbs. soaking wet)

e.g. lying across side	lifting weight
horse, spotter	up & down
holding legs	behind head
lifting upper	while standing
torso up & down	
slowly w/weight	
held above head	

Coaching was 1 on 1, rarely words were said. No smiles, just a nod or "heaven forbid" a glare; and worse yet the coach turning and walking away. Absolutely no goofing around, this was "work" out time. The partially described methods obviously worked, these 8 & 9 year olds could give our best U.S. gymnasts tough competition. Their skill level was unbelievable.

The remaining classes that I attended were Rhythmic Gymnastics oriented. "Movement Enhancement for your Tot and Pre-School Program" was outstanding (as it was last year) in giving ideas in how to make learning gymnastics and Rhythmic gymnastics fun by incorporating games and concepts that small children understand. I hope to write another report for the American Sokol concerning this subject.

"Choreography for Duet Routines (Rhythmic)", "1988-1992 Rhythmic Compulsory Elements", "Report on the 1987 Rhythmic Sportative Gymnastics World Championship and New Judging Rules". All were good and informative.

Of interest to Sokol is that the USGF Rhythmic Gymnastics Age Group Development Committee has come out with a Class IV Level. These routines are outstanding in that they are easy enough for even a 5 or 6 year old to learn the basic skill handling of all the Rhythmic apparatus. Also included are routines which incorporate the basic body movements and pre-acrobatic movements typical of Rhythmic Gymnastics. The committee has gone to great lengths to define and describe each of the basic skills. Each routine is just 1 pass down the mat (or floor) and consists of about 8-10 movements and connections. They are "short, sweet and to the point". An outstanding video is also available. The committee made sure it matched the text. These routines will be ready for distribution sometime in 1988 and be in the R. G. Compulsory book for 1988-1992. Competition in USGF meets will be to the Regional or State level.

I believe this Class IV level is a definite must to obtain for our Sokol units. It keeps with the Tyrš system of exercises with implements. It is a basis of "how to start" rhythmic gymnastics and what to do and how to do it, and won't take nearly as much time to figure out as the Class III & II routines. It could be used in all classes TOTS (I teach basics to 3 & 4 year olds and they love it) thru Senior Seniors (they won't break their back trying to do

it). And yes, even boys. (In Japan men compete in Rhythmic Gymnastics in Rope and Clubs). Not necessarily doing the routines with the boys but learning the basic skills, tossing, catching, bouncing, jumping rope, etc. Its great for eye-hand and gross motor coordination and for conditioning. Many of our units need guidance in what to do in class — this would certainly help.

I also attended the "National Rhythmic Gymnastics Institute — Teacher Development Program" open meeting. *This is not a USGF* sponsored or associated Institute. Although many of the top names associated with Rhythmic Gymnastics in the United States are listed as founding members. This is a private venture to educate High School teachers, *not coaches*, in how to teach and incorporate R.G. in their curriculum. They would earn a certificate after taking a series of courses. USGF Coaches were concerned that many people would think it was a USGF associated school and that some employers would equate "teachers" with "coaches" and demand that coaches have a certificate and/or believe that the certificate holder would be more qualified than a person who had been teaching and coaching R.G. for years. The idea is basically a good one in that it provides a place to learn how to teach R.G. but it is for H.S. teachers only and those who have a certain type academic degree as designated in the companies bylaws and charter. The U.S. Rhythmic Gymnastics Coaches Association whose members are R.G. coaches registered with the USGF, at this time do not recognize this Institute. I have my own opinion of the Institute and have attempted to be objective in my explanation. (For more information contact Sis. Norma Zabka of Sokol New York as she is one of the founding members.)

The highlight of the Congress came at the Banquet Saturday night. I was very proud to be a Sokol when 3 of our members were honored with distinguished Service Awards. (A total of 5 awards were given). Sister Norma Zabka of Sokol New York received one for distinguished service in R.G. as R.G. National Judging Director. Brothers Emil Milan and Jerry Milan each received awards for distinguished service in gymnastics (and even Rhythmic Gymnastics) for their work in organizing and running USGF National meets such as the gymnastics championships held yearly in various places and mostly recently organizing, running and staffing all 3 gymnastic events (mens, women & Rhythmics) at the Pan Am Games held in Indianapolis.

Thank you very much for the honor of representing our ASO National Womens Director Sis. Sylvia Pistorius at the USGF Congress of Coaches.

Respectfully submitted, *Sis. Carol Lat*

Attention readers: For abbreviation purposes R.G. stands for Rhythmic Gymnation.

MONTREAL PLAN NOW!

DISTRICT DIR'S CONFERENCE (Continued)**STATISTICIAN REPORT:**

Report given by Sis. Jan Kalat, ASO BOI Statistician. Problem has been encountered with regard to recording Tots attendance. At last Conference, Board moved to separate Tots Boys & Girls when taking attendance. This has not proven effective.

M — Motion by Sis. Schnabl to combine Tots attendance under Women's Division. Seconded by Bro. Martanovic. Motion passed.

Suggestion by the Board that the Gymnast publish the importance of taking attendance and the consequences of not keeping accurate records Stress the necessity of sending reports to District Directors and ultimately to the Statistician.

M — Motion made by Sis. Schnabl to reproduce attendance forms and distribute to all Districts and accept Sis. Dalton's recommendation of list of duties of Unit Directors. Seconded by Br. Harlan. Motion passed.

Time was provided in the agenda for Conference members and guests to view the videotape "Gymnastics — First, Second and Always" which was produced by USGF, copy of which was provided by Br. Milan of Southern District.

GENERAL DISCUSSION:

The remainder of the evening session was set aside for General Discussion. At this time Sis. Dalton distributed catalogues on apparatus insurance programs, etc. obtained at USGF Congress together with a typewritten list indicating all the material in the packet and where it can be obtained. Sis. Dalton stressed that this be distributed to the units for their benefit and enlightenment.

Sis. Laznovsky introduced discussion regarding the motion made at the last Conference to send the 2 ASO Directors and 4 Assistants to USGF Congress of Coaches. Discussion commenced on how the cost estimate of this trip was determined, which prohibited the sending of all 6 members. General Sokol attendance at the Congress was very good and has increased substantially, however disappointment was expressed that the ASO Directors were not in attendance.

Br. Michalek expressed views on the future of the ASO and where it leads. If it is Gymnastics, the plans and money for implementing this must be projected and covered at the next Convention. Budget must be large enough to allow for expansion and more diversity in the Gymnastic area. Because time is limited for so many, it has been suggested many times over the years that an Executive Director is needed. This is a person who can authorize, make decisions, act as recruitment officer, advise on starting new units, act as National organizer, i.e. a Public Relations expert in soliciting funds and sponsors.

Discussion introduced by Bro. Martanovic of the 14 points presented by the American Sokol at the Round Table discussion held following Sokol USA Slet in Washington. The purpose of the discussion

was to determine whether these organizations can work together effectively. It was suggested that perhaps the ASO take the lead in initiating another such Round Table discussion next year prior to our District Directors Conference (possibly at the Montreal Slet) and the following to be held at the 1989 Slet in Omaha.

M — Motion made by Sis. Schnabl to organize another Round Table meeting to be held at the 1988 Slet in Montreal. Seconded by Br. Benak. Motion passed.

This open discussion resulted in many opinions being brought forth. Problems among districts of declining enrollments, lack of instructors, and desperate need for young leadership was of prime concern. The need to progress and allow an infusion of young ideas into administrative areas was one solution suggested among many others.

Letter directed to Br. Ptacek and Sis. Pistorius from Br. George Basta, President and Sis. Jackie Kourim, Secretary of the American Sokol Organization, sending greetings and best wishes for a successful Conference. Also included was a request to discuss method by which we can retain our children and juniors as adult members. Br. Basta advised that by closing this gap was can assure ourselves of a great future for the American Sokol Organization.

GIRLS GYMNASTIC SKILLS REPORT:

Sis. Pat Satek, Chairman presented report. Included was a list containing all units during 1986/87 season who participated in the Gymnastic Skills program and who, upon submitting proper documents and payment, received awards. At the 1986 Directors Conference, all Districts were directed to review the Skills program and submit revisions. A very limited amount of input was received. With the assistance of Sis. Schnabl a revised Skills program is being submitted for approval. Also requested were comments on suggested program for Tots. After receiving no response, this program is again attached for consideration. Since assuming the title of Central District Women's Director, in addition to her many other Sokol duties, Sis. Satek feels it would be in the best interest of the Skills program that another individual be assigned as Chairman and thereby tendered her resignation.

M — Motion made by Sis. Harlan to accept Sis. Satek's changes (revisions) to the Skills Program; any changes to be submitted in writing for discussion at the next District Directors Conference; also to incorporate Tots Skills Program. Seconded by Sis. Schnabl. Motion passed.

Sis. Satek asked for volunteers to assume chairmanship of Gymnastic Skills. Sis. Schnabl was nominated and accepted the position.

(To be continued)

**Have you brought a friend to
Sokol with you yet?**

DIRECTORY OF THE AMERICAN SOKOL ORGANIZATION 1988

EXECUTIVE BOARD ASO:

Meetings 4th Tuesday, 6424 W. Cermak Rd., Berwyn, IL 60402.

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

1st Vice-Pres., Charles Borvansky, 4542 Hawthorne, Lyons, IL 60534.

II. Vice-Pres., Gary Masek, 13044 Skypark Dr., Omaha, NE 68137.

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

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

Treas., Robert J. Barcal, 1522 S. 58th Ct., Cicero, IL 60650.

Dir. of Women, Sylvia Pistorius, 342 Naperville Rd., Westmont, IL 60559.

Dir. of Men, Richard Ptacek, 4330 S. Clinton Ave., Berwyn, IL 60402.

Educ. Dir., Paul Lebloch, 512 Redondo Dr., Unit #107, Downers Grove, IL 60515.

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

Eng. Pub., Lynda Filipello, 4401 Fender Rd., Lisle, IL 60532.

By-Laws Chmn., Jerry Milan, 6208 Lakeside Dr., Ft. Worth, TX 76135.

□

CENTRAL DISTRICT BROOKFIELD, ILLINOIS

Mtgs., 4th Wed., Sokol Brookfield, 3909 Prairie Ave., Brookfield, IL 60513. **Pres.**, Charles R. Borvansky, 4542 Hawthorne, Lyons, IL 60534. **Sec.**, Nancy Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534. **Fin. Sec.**, June Pros, 1606 East Ave., Berwyn, IL 60402. **Dir. of Women**, Patricia Satek, 1922 S. 57th Ave., Cicero, IL 60650. **Dir. of Men**, David Harlan, 6516 Howard, Indian Head Pk., IL 60525. **Ed. Dir.**, Vaclav Zenisek, 2422 S. Lathrop, N. Riverside, IL 60546.

EASTERN DISTRICT, LITTLE FERRY, NEW JERSEY

Mtgs., according to the needs of the district, at Sokol Hall, 420 E. 71st St., N.Y., NY 10021. **Pres.**, Vladislav Slavik, 58-03 Lawrence St., Flushing, NY 11355. **Sec.**, Audrey Benda, 34 Brandt St., Little Ferry, NJ 07643. **Fin. Sec.**, Frank Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. **Dir. of Men**, Stanley Mergl, 1278 - 1st Ave., N.Y., N.Y. 10021. **Dir. of Women**, Irene Mergl, 1278 - 1st Ave., N.Y., N.Y. 10021. **Ed. Dir.**, Frank Novak, 241 Graceford Dr., Aberdeen, MD 21001.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Quarterly, Bohemian National Hall, 4939 Broadway Ave., Cleveland, OH 44127. **Pres.**, Robert Jirousek, 5116 Chillicothe Rd., Chagrin Falls, OH 44022. **Sec.**, Rose Psenicka, 3696 Rocky River Dr., Cleveland, OH 44111. **Treas.**, Edward Wutsch, 6701 Karen Dr., Seven Hills, OH 44131. **Dir. of Men**, Roger Martanovic, 42 Santin Circle, Bedford, OH 44146. **Dir. of Women**, Maryann Fiordelis, 18605 Hillcrest, Livonia, MI 48152. **Educ. Dir.**, George Kotlan, 7017 Brookside Rd., Independence, OH 44131.

PACIFIC DISTRICT, LOS ANGELES, CALIFORNIA

Meetings held quarterly at different units. **Pres.**, Jiri Liska, 1857 Burning Tree Dr., Thousand Oaks, CA 91362. **Sec.**, Florence Palas, 7823 Stewart & Gray Rd., Downey, CA 90241. **Fin. Sec.**, Libuse Pelc, 1330 N. Lima St., Burbank, CA 91505. **Dir. of Men**, Martin Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. **Dir. of Women**, Cheri Riddle, 113 Second St., Clovis, CA 93612. **Educ. Dir.**, Louise Nekuda, 2653 Hartland Circle, Westlake Village, CA 91361.

SOUTHERN DISTRICT, DALLAS, TEXAS

Meetings rotated, Dallas, Ennis, Fort Worth and West - 4th Thursday. **Pres.**, Larry Laznovsky, Route 7, Box 48, Ennis, TX 75119. **Sec.**, Brad Durham, 828 Reed Ave., Saginaw, TX 76179. **Fin. Sec.**, Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651. **Dir. of Men**, Rome Milan, 2801 Skyline Dr. #B, Fort Worth, TX 76114. **Dir. of Women**, Sylvia Laznovsky, Rt. 7, Box 47, Ennis, TX 75119. **Educ. Dir.**, Jerry Sijansky, 414 Pleiades Pl., Corpus Christi, TX 78418.

WESTERN DISTRICT, OMAHA, NEBRASKA

As determined at Annual and Semi-annual meeting. Mailing address - P.O. Box 37511, Omaha, NE 68137. **Pres.**, Gary Masek, 13044 Sky Park Dr., Omaha, NE 68137. **Sec.**, Barbara Seefus, 1815 Ontario St., Omaha, NE 68108. **Fin. Sec.**, Blanche Masek, 4048 S. 13th St., Omaha, NE 68107. **Dir. of Men**, Vojmir (Bud) Benak, 5919 S. 15th St., Omaha, NE 68107. **Dir. of Women**, Sandy Benak, 5919 W. 15th St., Omaha, NE 68107. **Educ. Dir.**, Bob Vanyo, 446 Bay St., St. Paul, MN 55102.

DIRECTORY OF UNITS

CENTRAL DISTRICT, BROOKFIELD, ILLINOIS

Sokol Berwyn, Illinois — Mtgs. 2nd Thursday, Sokol Berwyn, 6445

W. 27th Pl., Berwyn, IL 60402. **Pres.**, Edward Jelinek, 276 Nuttal, Riverside, IL 60546. **Sec.**, Marie Knez, 6513 W. 27th Pl., Berwyn,

IL 60402. **Fin. Sec.**, Anne Dusek, 256 W. Butterfield Rd., Elmhurst, IL 60126. **Dir. of Men**, Dennis Gilbert, 1534 S. Clarence Ave.,

Berwyn, IL 60402. Dir. of Women, Frances Klindera, 3440 S. Clarence Ave., Berwyn, IL 60402. Educ. Dir., Paul Lebloch, 512 Redondo Dr., #107, Downers Grove, IL 60515.

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 Women, Sue Kozelka, 4524 Madison Ave., Brookfield, IL 60513.

Sokol Cechie, Chicago, Illinois — Mtgs., 1st Sunday of March, June, September, December, at Old Prague Restaurant, Cicero, IL 60650. Pres., Otto Glasser, 587 E. Parkway Rd., Riverside, IL 60546. Sec., Roselyn J. Bergman, 2141 Ridge Ave., Evanston, IL 60201. Treas., Emil Meskan, 822 Huntley Rd., Algonquin, IL 60102. Co-Educ. Dir., Anne L. Glasser, 587 E. Parkway Rd., Riverside, IL 60546, and Stella Tichy, 2141 Ridge Ave., Evanston, IL 60201.

Sokol Ceska Sin — Mtgs., second Monday of every month, Ceska Sin, 4314 Clark Ave., Cleveland, OH 44109. Pres. Ron Cherenek, 15330 Trisket Rd., Cleveland, OH 44111. Corr. Sec., Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Rec. Sec., Carol Siekaniec, 3801 Buechner Ave., Cleveland, OH 44109. Treas., Tim Zaranec, 15219 Schuyler Ave., Cleveland, OH 44111. Dir. of Men, Don Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Dir. of Women, Doris Kotlan, 1451 Wagar Ave., Lakewood, OH 44107. Educ. Dir., Ralph Klinger, 29199 Emery Rd., Orange Village, OH 44022.

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., Eugene R. Johnson, 10433 Ave., "F", Chicago, IL 60617. Sec., Kenneth W. Luebbe, Jr., 1231 - 121st St., Whiting, IN 46394. Fin. Sec., John A. Menzyk, Jr., 11113 Green Bay Ave., Chicago, IL 60617

Sokol Havlicek-Tyrs, Chicago, Illinois — Mtgs., 4th Monday at Sokol Berwyn, 6445 W. 27th Pl., Berwyn, IL 60402. Pres., Ann Basta, 2629 Maple Ave., Brookfield, IL 60513. Sec., Louise Kmen, 2520 S. Harding Ave., Chicago, IL 60623. Fin. Sec., (Men) Vaclav Zenisek, 2422 S. Lathrop, N. Riverside, IL 60546. (Women) Elsie Cerny, 4140 S. Ridgeland Ave., Berwyn, IL 60402. Educ. Dir., Vaclav Zenisek, 2422 S. Lathrop, N. Riverside, IL 60546.

Sokol Milwaukee, Wisconsin — Mtgs., 1st Sunday or Thursday of each month at various locations. Pres., Fred C. Stankovsky, 14325 W. Sun Valley Dr., New Berlin, WI 53151. Sec., Thomas Boehm, 10466 W. Woodward Ave., Wauwatosa, WI 53222. Fin. Sec., Charles Renaud, 2976 N. 45th St., Milwaukee, WI 53210. Dir. of Men, Mark Matt, 9011 Hawthorne Ave., Apt. #3, Wauwatosa, WI 53226. Educ. Dir., Christine Hron, 2313 E. Webster Pl., Apt. 6, Milwaukee, WI 53211.

Sokolice Milwaukee, Wisconsin — Mtgs., 1st Thursday at International Institute, 2810 W. Highland Blvd., Milwaukee, WI 53208. Pres., Louise Porinsky, 10207 W. Park Ridge Ave., Milwaukee, WI 53222. Sec., Alice Haertlein, 7333 W. Medford Ave., Milwaukee, WI 53218. Fin. Sec., Helen Pilger, 2974 N. 45th Str., Milwaukee, WI 53210. Dir. of Women, Christine Hron, 2313 E. Webster Pl., Apt. 6, Milwaukee, WI 53211.

Sokol Naperville, Illinois — Mtgs., schedule uncertain, mail to Filipello residence. — Pres., Lynda

Filipello, 4401 Fender, Lisle, IL 60532. Rec. Sec., Marsha Filipello, 4401 Fender, Lisle, IL 60532. Fin. Sec., Tina Filipello, 4401 Fender, Lisle, IL 60532. Dir. of Women, Lynda Filipello, 4401 Fender, Lisle, IL 60532.

Sokol and Sokolice Racine, Wisconsin — Mtgs., every three months - 4th Friday at Labor Center, 2100 Layard Ave., Racine, WI 53404. Pres., Elsie Kaplan, 6453 Middle Rd., Racine, WI 53402. Sec., Alice Larson, 1834 Polaris Ave., Racine, WI 53404. Fin. Sec., Lois Nikl, 900 Romaine Ave., Racine, WI 53402. Ed. Dir., Helen David, 1305 Carlisle Ave., Racine, WI 53402.

Sokol Slavsky, Berwyn, Illinois — Mtgs., 1st Wednesday, Piper School, P.O. Box 453, Berwyn, IL 60402. Pres., John Satek, 212 Memory Lane, Williamsport Village, Westmont, IL 60559. Sec., Linda Modes, 3629 S. 57th Ave., Cicero, IL 60650. Fin. Sec., Agnes Drozd, 1611 S. 57th Ct., Cicero, IL 60650. Dir. of Men, Steve Fischer, 4320 S. Elm, Brookfield, IL 60513. Dir. of Women, Patricia Satek, 1922 S. 57th Ave., Cicero, IL 60650. Educ. Dir., Libbie Krivanek, 392 Nuttal 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., Mary Ann Sulz, 3635 Bamberger, St. Louis, MO 63116. Rec. Sec., Bernadette Sieli, 4732 Varrelman, St. Louis, MO 63116. Corr. Sec., Jean Stanley, 6420 Bishops Pl., St. Louis, MO 63109. Fin. Sec., Larry Ryll, 3709 S. Spring Ave., St. Louis, MO 63116. Dir. of Men, Paul Lat, 9246 Lawndale Dr., St. Louis, MO 63126. Dir. of Women, Marla Breidenbach, 4587 Tarlton, St. Louis, MO 63128. 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., Marie Vachata, 8030 W. 46th St., Lyons, IL 60534.

Sec., Joanne Rack, 8100 W. 45th St., Lyons, IL 60534. Fin. Sec., Robert Hoskin, 4101 Home Ave., Stickney, IL 60402. Dir. of Men, Richard Tharp, 4200 Home Ave., Stickney, IL 60402. Dir. of Women, Barbara Vondra, 6601 W. 31st St., Berwyn, IL 60402. Educ. Dir., Nancy Borvansky, 4542 Hawthorne Ave., Lyons, IL 60534.

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, 1819 S. Scoville, Berwyn, IL 60402. Fin. Sec., Len Navratil, 8609 W. 144th Pl., Orland Park, IL 60462. Dir. of Men, George Kulhanek, 4207 Edgewater, Hillside, IL 60162. Educ. Dir., Kennan Seda, 3406 S. Harvey, Berwyn, IL 60402.

Sokolice Tabor, Berwyn, Illinois — Mtgs., 1st Friday, Sokol Tabor, 1602 S. Clarence Ave., Berwyn, IL 60402. Pres., June Pros, 1606 East Ave., Berwyn, IL 60402. Sec., Mildred Homolka, 2513 S. 60th Ct., Cicero, IL 60650. Fin. Sec., Marie Pulpan, 5417 W. Cermak Rd., Cicero, IL 60650. Dir. of Women, Irene Polashek, 2114 Elmwood Ave., Berwyn, IL 60402. Educ. Dir., Blanche Kos, 1530 Marengo Ave., Forest Park, IL 60130, and Valentine Husak, 2633 Home Ave., Berwyn, IL 60402.

Sokol Town of Lake, Chicago, Illinois — Mtgs., 2nd Wednesday, Jan., Mar., June, Sept., Nov., at Palos Hills Community Activity Center, 8455 W. 103rd, Palos Hills, IL 60464, 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., Vlasta Stribrny, 12639 Timberlane Dr., Palos Pk., IL 60464. Educ. Dir., Robert Smunt, 2635 Sunnyside Ave., Westchester, IL 60153.

Sokol West Suburban, Downers Grove, Illinois — Mtgs., 1st Monday, at St. John's Ev. Luth. Church, 7214 Cass Ave., Darien, IL 60559. Pres., Sylvia Pistorius,

342 W. Naperville Rd., Westmont, IL 60559. Sec., Mildred M. Bruno, 307 W. Naperville Rd., Westmont, IL 60559. Treas., Evelyne Behounek, 4827 Cornell, Downers Grove, IL 60515. Dir. of Men, Frank Michalek, 10 S. 020 Lorraine Dr., Hinsdale, IL 60521. Dir. of Women, Janet Lobraco, 240 N. Roslyn, 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., Ann Cervin Huber, 514 Sellrus Ct., Fallston, MD 21047. Rec. Sec., Dorothy Sanchez, 3648 Kenyon Ave., Baltimore, MD 21213. Corr. Sec., Betty Joy Kilian, 3068 Mayfield Ave., Baltimore, MD 21213. Fin. Sec., Mary Parizek, 8236 Northview Rd., Baltimore, MD 21222. Dir. of Men, Harry Burns, 4708 Homesdale Ave., Baltimore, MD 21206. Dir. of Women, Phyllis Prochazka, 4012 Moravia Rd., Baltimore, MD 21206. Educ. Dir., Ann Cervin Huber, 514 Sellrus Ct., Fallston, MD 21047.

Sokol Belcamp, Maryland — Mtgs., 3rd Sunday, at the Bayou Restaurant. Pres., Frank G. Novak, 241 Graceford Dr., Aberdeen, MD 21001. Sec., Edward C. Kotras, 2905 Creswell Rd., Bel Air, MD 21014. Fin. Sec., Jerry Valcik, 711 Long Bar Harbor Rd., Abingdon, MD 21001.

Sokol Curtis Bay, Maryland — Mtgs., 3rd Thursday at residence of Blanche Guilfooy, 4807 Pennington Ave., Baltimore, MD 21226. Pres., Blanche Guilfooy, 4807 Pennington Ave., Baltimore, MD 21226. 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 of March, May, June, Sept., Oct., Bohemian Hall, 2901 24th Ave., Astoria, L.I.C., NY 11105. Pres., James Segota, 21-28 29th, Astoria, NY 11105. Sec., Virginia Belsan, 41-35 49th St., Sunnyside, NY

11104. Fin. Sec., Jane Cerny, 26 Middleton Rd., Garden City, NY 11530.

Sokol Little Ferry, New Jersey — Mtgs., 2nd Monday, Sokol, 14 Garden St., Little Ferry, NJ 07643. Pres., John F. Donovan, 279 Liberty St., Apt. 33, Little Ferry, NJ 07643. Sec., Richard J. Novotny, 12 Green Meadows Rd., Fairfield, NJ 07006. Fin. Sec., Jerry Komarek, 101 Mehrhof Rd., Little Ferry, NJ 07643. Dir. of Men, Frank Capek, 40 William St., Apt. D11, Little Ferry, NJ 07643. Educ. Dir., Alfonse Glaser, 172 Washington Ave., Little Ferry, NJ 07643.

Sokol Women of Little Ferry, New Jersey — Mtgs., 4th Wednesday, except July and August, Sokol Hall, Mailing address: Sokol Women of Little Ferry, P.O. Box 475, Little Ferry, NJ 07643. Pres., Anna Roch, 114 Bergen Tpke., Ridgefield Pk., NJ 07660. Rec. Sec., Eva Rohlfs, 470 Teaneck Rd., Ridgefield Park, NJ 07660. Corr. Sec., Helen Teel, 34 Grove St., Little Ferry, NJ 07643 and Marie Mickendrow, 89 Liberty St., Little Ferry, NJ 07643. Fin. Sec., Elsie Machotka, 2317 Central Ave., Surf City, NJ 08008. Dir. of Women, Audrey Benda, 34 Brandt, Little Ferry, NJ 07643.

Sokol Miami, Florida — Mtgs., every Monday 12 noon, at North Miami Community Center, all correspondence/mail to: 1215 N.E. 128th St., No. Miami, FL 33161. Pres., Emilie Ruzicka, 1215 N.E. 128th St., North Miami, FL 33161. Sec., Blanche Zraly, 532 Brairwood Circle, Hollywood, FL 33024. Fin. Sec., Hattie Cerny, 1790 N.E. 127th St., Apt. D-431, No. Miami, FL 33181. Educ. Dir., Emilie Ruzicka, 1215 N.E. 128th St., No. Miami, FL 33161.

Sokol Newark, New Jersey — Mtgs., 3rd Saturday or Sunday at members' homes. Pres., Frank Bartell, 646 E. Pt. Pleasant Ave., Box 97, Ocean Gate, NJ 08740. Sec., Barbara Kotlan, 54 Clermont Ave., Irvington, NJ 07111. Fin. Sec., Anna Votapek, Acacia-Lumberton Manor, Apt. 8H, East Landing St., Lumberton, NJ 08048.

Sokol New York, NY — Mtgs., last Thursday of each month, 420 East 71st St., New York, NY 10021. Pres., Norma Zabka, 203 E. 72nd St., New York, NY 10021. Sec., Pauline Reenock, 1274 First Ave., New York, NY 10021. Fin. Sec., Mirka Jurnik, 338 E. 65th St., #4, New York, NY 10021. Dir. of Men, Steven Frolo, 520 E. 81st St., NY, NY 10028. Dir. of Women, Susan Frolo, 1373 First Ave., New York, NY 10021. Educ. Dir., Irene Mergl, 1278 First Ave., New York, NY 10021.

Sokol Philadelphia, Pennsylvania — Mtgs., 2nd Wednesday - in home of our president. 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 Albion St., Philadelphia, PA 19136. Educ. Dir., Frank Hausgut, 11933 Alberta Dr., Philadelphia, PA 19154.

Sokol Schenectady, NY — Mtgs., 4th Wednesday, luncheon meetings. Pres., Emilie Valenta, 110 Wade Lupe Tower, Queens Dr., Schenectady, NY 12304. Sec., Mary Prokop, 1005 Sixth St., (Rotterdam), Schenectady, NY 12303. Fin. Sec., Caroline Jordan, 1302 Second Ave., Schenectady, NY 12303.

Sokol Washington, D.C. — Mtgs., 1st Wednesday, Barton House, 2525 Barton & 10th St., Arlington, VA 22201. Pres., Jaroslav Kaspar-Paty, 7112 Camp Alger Ave., Falls Church, VA 22042. Rec. Sec., Libuse Cerny, 2802 - 27th St., N.W., Washington, D.C. 20008. Corr. Sec., Vera Arient, 7324 Lee Highway, Apt. 102, Falls Church, VA 22046. Fin. Sec., Kathleen Kaspar-Paty, 7112 Camp Alger Ave., Falls Church, VA 22042. Dir. of Men, Anthony Bartos, 6067 Hollow Hill Lane, Springfield, VA 22152. Dir. of Women, Monica Rokus, 5619 Potomac Ave., N.W., Washington, D.C. 20024. Educ. Dir., Jan Kocvara, 10225 S. Steamboat Landing Lane, Burke, VA 22015.

NORTHEASTERN DISTRICT, CLEVELAND, OHIO

Sokol Detroit, Michigan —

Mtgs., 1st Thursday, Sokol Cultural Center, 23600 W. Warren, Dearborn Hts., MI 48127. Pres., Martin Eisenstein, 48929 N. Territorial Rd., Plymouth, MI 48170. Sec., Frank Turchan, 134 Berkley, Dearborn, MI 48124. Dues Sec., Joe Smalcuga, 7342 Ashton, Detroit, MI 48228. Fin. Sec., Tom Doubek, 22708 Law, Dearborn, MI 48124. Educ. Dir., Walter Brumo, 401 Old Mill Pond Rd., Palm Harbor, FL 33563.

Sokolice Detroit, Michigan — Mtgs., 1st Thursday, Sokol Cultural Center, 23600 W. Warren, Dearborn Hts., MI 48127. Pres., Jarmila Kalivoda, 6533 Arcola, Garden City, MI 48135. Sec., Anna Eisner, 2750 Emily Ave., Melvindale, MI 48122. Fin. Sec., Carolyn Sabados, 43911 Orleans Ct., Canton, MI 48187. Dir. of Women, Mary Panackia, 18526 Southampton, Livonia, MI 48152.

Sokol Greater Cleveland, Ohio — Mtgs., 3rd Tuesday, Bohemian National Hall, 4939 Broadway, Cleveland, OH 44127. Pres., Jerry J. Vencl, 6497 Popular Dr., Independence, OH 44131. Sec., Ruth Jirousek, 5116 S. Chillicothe Rd., Chagrin Falls, OH 44022. 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, Aggie Friend, 757 Lincoln Blvd., Bedford, OH 44146. Educ. Dir., Aice Kohl, 30625 Woodall Rd., Solon, OH 44139.

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 2nd month on the 3rd Thursday. Pres., Wallace Schiffer, 2074 Fairlawn, Pittsburgh, PA 15221. Sec., Louis Simek, 220 Elizabeth Ave., E. Pittsburgh, PA 15112. Treas., Robert Glock, 2254 Walters Rd., Allison Park, PA 15101.

PACIFIC DISTRICT LOS ANGELES, CALIFORNIA

Sokol Fresno, California — Mtgs., 2nd Sunday at various members homes. Pres., Valeri McCowin, 41521 Auberry Rd., Auberry, CA 93602. Corr. Sec., Terry Deeds, 907 Rodgers Lane, Fresno, CA 93727. Rec. Sec., Mary Falls, 8395 N. Peach, Clovis, CA 93612. Treas., Twyla Young, 2479 Purvis, Clovis, CA 93612. Dir. of Women, Cheri Riddle, 113 Second St., Clovis, CA 93612. Dir. of Men, Richard Miller, 12199 Fernwood, Madera, CA 93638. Educ. Dir., Helen Maslowski Holecek, 5164 E. Ashlan, Apt. 125, Fresno, CA 93727.

Sokol Los Angeles, California — Mtgs., 2nd Monday, Sokol Hall, 500 N. Western Ave., Los Angeles, CA 90004. Pres. Jerry Spinka, 4640 Gould Ave., LaCanada, CA 91011. Sec., Sonja Anthony, 4827 Rosewood Ave. Los Angeles, CA 90004. Fin. Sec., Louise Nekuda, 2653 Hartland Circle, Westlake Village, CA 91361. Dir. of Men, Jiri Liska, 1857 Burning Tree Ct., Thousand Oaks, CA 91360. Dir. of Women, Iva Prochazka, 8009 Brimfield Ave., Van Nuys, CA 91402. Educ. Dir., Milada Kozak, 9813 Pali Ave., Tujunga, CA 91042.

Sokol San Francisco, California — Mtgs., 2nd Monday, Sokol 847-849 N. San Mateo Dr., San Mateo, CA 94401. Pres., David R. Kurka, 414 Roosevelt Way, San Francisco, CA 94114. Sec., Jana Kurka, 209 Third St., # 7, Sausalito, CA 94965. Fin. Sec., Elizabeth Bele, 11 Fairview Pl., Millbrae, CA 94030. Dir. of Women., Sylvia Prossr, 631 Chadbourne Ave., Millbrae, CA 94114. Educ. Dir., Josef Kurka, 414 Roosevelt Way, San Francisco, CA 94114.

SOUTHERN DISTRICT, DALLAS, TEXAS

Sokol Corpus Christi, Texas — Mtgs., 2nd Wednesday, Sokol Hall, 5502 Kostoryz Rd., Corpus Christi, TX 78415. Pres., Roy Peal, 4329 Marie, Corpus Christi, CA 78411. Sec., Helen Pavelka, Rt. 4, Box 118, Robstown, TX 78380. Fin. Sec., Frank L. Sacky, 4105 Dublin

Dr., Corpus Christi, TX 78413. Dir. of Women, Sandra Howard, 5833 Rio Vista Dr., Corpus Christi, TX 78412. Educ. Dir., Jerry Sijansky, 414 Pleiades, Corpus Christi, TX 78418.

Sokol Fort Worth, Texas — Mtgs., 2nd Sunday, 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., Fort Worth, TX 76106. Dir. of Men, Rome Milan, 2801 Skyline, #B, Ft. Worth, TX 76114. Dir. of Women, Kelly Eaton, 2805 Skyline, Ft. Worth, TX 76114. Educ. Dir., Ella Davis, 6601 Seth Barwise, Ft. Worth, TX 76179.

Sokol Houston, Texas — Mtgs., 2nd Thursday, Sokol Houston, 1314 W. Patton, Houston, TX 77009. Pres., Charlie Petrzelka, 2506 Beall, Houston, TX 77008. Sec., Barbara Hansel, 9610 Airline Dr., Houston, TX 77037. Fin. Sec., John Chladek, 8226 Swiss, Houston, TX 77075. Dir. of Men, David Mikeska, 720 Hill Rd., Houston, TX 77037. Dir. of Women, Barbara Hansel, 9610 Airline Dr., Houston, TX 77037. Educ. Dir., Bill Petrzelka, P.O. Box 16, Cypress, TX 77429.

Sokol Karel Havlicek-Borovsky, Ennis, Texas — Mtgs., 3rd Thursday, Sokol Hall, P.O. Box 205, Ennis, TX 75119. Pres., Larry Laznovsky, Rt. 7, Box 48, Ennis, TX 75119. Sec., Mayfair Mullican, Rt. 1, Box 95B, Ferris, TX 75125. Fin. Sec., Mike Liska, Rt. 5, Box 60, Ennis, TX 75119. Dir. of Men, A. Robert Toth, Jr., 2101 Mobile, Ennis, TX 75119. Dir. of Women, Sylvia Laznovsky, Rt. 7, Box 47, Ennis, TX 75119. Educ. Dir., Bernice Hamilton, Rt. 1, Box 146-A, Italy, TX 76651.

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 Moller, 1402 Allen, Yukon, OK 73099. Dir. of Men, Anton Stejskal, Rt. 3, Box 74, 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 West, West, Texas — Mtgs., 2nd Tuesday, Lone Star Hall, North Davis, West, TX 76691. Pres., Evelyn Cepak, Rt. 1, Box 24A, Abbott, TX 76621. Sec., Bernie Klish, 1412 Jane Lane, West, TX 76691. Fin. Sec., Patty Syman, Rt. 1, Box 658, Elm Mott, TX 76643. Dir. of Men, Henry Edgington, 407 W. Spruce, West, TX 76691. Dir. of Women, Edwina Matus, 311 N. Robin's Dr., West, TX 76691. Educ. Dir., Howard Freund, Rt. 5, Box 425, Waco, TX 76705.

Sokol Zizka, Dallas, Texas — Mtgs., 3rd Sunday, Sokol Zizka, 7448 Greenville Ave., Dallas, TX 75231. Pres., David Podhrasky, 3139 Myra, Farmers Branch, TX 75243. Sec., Renee Faraizl, 1125 Montclair Dr., Garland, TX 75040. Fin. Sec., Ray Faraizl, 732 W. Miller Rd., Apt. 107, Garland, TX 75228. Dir. of Women, Teresa McClure, 1423 Lebanon, Dallas, TX 75208. Educ. Dir., George Kent, 5122 Lindenshire, Dallas, TX 75230.

WESTERN DISTRICT, OMAHA NEBRASKA

Sokol Cedar Rapids, Iowa — Mtgs., 1st Monday, Sokol Gymnastic Ass'n., 415 - 3rd St., SE, Cedar Rapids, IA 52401. 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, 331 Wiley Blvd., N.W., Cedar Rapids, IA 52405. Dir. of Men, Joseph Pazour, 72 - 18th Ave., Cedar Rapids, IA 52404. Educ. Dir., Ed Kuba, 1228 - 2nd St., S.E., Cedar Rapids, IA 52401.

Sokolice Renata Tyrsova, Cedar Rapids, Iowa — Mtgs., 1st Monday, Sokol Hall, 417 - 3rd St.,

S.E., Cedar Rapids, IA 52401. Pres., Vilma Nejdil, 1646 Ledjen Lane, Ely, IA 52227. Sec., Mana Zlatohlavek, 2454 Victoria Dr., S.W., Cedar Rapids, IA 52404. Fin. Sec., Bessie Dugena, 508 - 2nd Ave., S.W., Cedar Rapids, IA 52404. Dir. of Women, Allison Gerber, 1913 Wester Dr., S.W., Cedar Rapids, IA 52404.

Sokol Crete, Nebraska — Mtgs., 1st Wednesday, Sokol Hall, 12th and Norman, Crete, NE 68333. Pres., Steve Pomajzl, RFD No. 2, Wilber, NE 68465. Sec., Lester G. Bruns, 1705 Ivy, Crete, NE 68333. Dir. of Men, Dan Jurena, 1315 Tuxedo Rd., Crete, NE 68333.

Sokolice Libuse, Crete, Nebraska — Mtgs., 1st Wednesday, Sokol Hall, 130 W. 12th, Crete, NE 68333. Pres., Lavina Melichar, 1035 Crestline Dr., Crete, NE 68333. Sec., Gail August, 809 E. 2nd, Crete, NE, 68333. Fin. Sec., Rose Krejci, 1225 Redwood, Crete, NE 68333. Dir. of Women, Theresa Vernon, Rt. #2, Crete, NE 68333. Educ. Dir., Libbye Jiskra, 1233 Main Ave., #3, Crete, NE 68333 and Helen Kupka, 1009 Norman, Crete, NE 68333.

(*)Sokol Omaha, Nebraska — Mtgs., 1st Monday, Sokol Auditorium, 2234 S. 13th St., Omaha, NE 68108. Pres., Dennis Pavlik, 3711 S. 117th St., Omaha, NE 68144. Sec., Jim Velehradsky, Sr., 1322 "U" St., Omaha, NE 68107. Fin. Sec., Ray. D. Duranski, 2312 S. 14th St., Omaha, NE 68108.

Sokolice Omaha, Nebraska — Mtgs., 1st Monday, Sokol Omaha, 2234 S. 13th St., Omaha, NE 68108. Pres., Barbara M. Seefus, 1815 Ontario St., Omaha, NE 68108. Sec., Violet Callaway, 513 Bellevue Blvd., N., Bellevue, NE 68005. Fin. Sec., Virginia Hansen, 3003 Blue Ridge Dr., Bellevue, NE 68147. Dir. of Women, Elizabeth Barrett, 1529 S. 25th St., Omaha, NE 68105.

Sokol South Omaha, Nebraska — Mtgs., 1st Monday, Sokol South Omaha Hall, 2021 "U" St., Omaha, NE 68107. Pres., Fred Altic, 2817 S. 74th St., Omaha,

NE 68124. Rec. Sec., Anthony Swoboda, 5124 S. 20th St., Omaha, NE 68107. Corr. Sec., Scott Altic, 2817 S. 74th St., Omaha, NE 68124. 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., John Walsh, 1545 "D" St., Lincoln, NE 68502.

Sokolice South Omaha, Nebraska — Mtgs., 1st Monday, South Omaha Sokol Hall, 2021 "U" St., Omaha, NE 68107. Pres., Jolene Dalton, 5240 S. 23rd St., Omaha, NE 68107. Sec., Jennifer Priebe, 1003 - 11th Ave., Plattsmouth, NE 68048. Fin. Sec., Ella Rendla, 2007 Avery Rd., Bellevue, NE 68005. Dir. of Women, Sandra Benak, 5919 S. 15th St., Omaha, NE 68107. Educ. Dir., Margie Swoboda, 5130 S. 20th St., Omaha, NE 68107.

Sokol Wilber, Nebraska — Mtgs., 1st Monday, Wilber Sokol Hall, 317 S. Wilson, Wilber, NE 68465. Pres., Christine Janda, 420 W. 1st, Box 634, Wilber, NE 68465. Sec.,

Alice Maryska, RFD 2, Box 96, Wilber, NE 68465. Fin. Sec., Millie Aksamit, 318 E. 3rd, P.O. Box 966, Wilber, NE 68465.

NORTHERN CIRCUIT OF WESTERN DISTRICT

Sokol Minneapolis, Minnesota — Mtgs., not regular, at members' homes. Pres., Joseph Hosek, 3350 Upton Ave., N., Minneapolis, MN 55412. Sec., Frances Hosek, 3350 Upton Ave., N., Minneapolis, MN 55412. Fin. Sec., Luella Greb, 8100 Highwood Dr., Apt. B222, Bloomington, MN 55438.

Sokol Minnesota, St. Paul, Minnesota — Mtgs., 4th Friday, CSPS Hall, 383 Michigan, St. Paul, MN 55102. Pres., Georgianna Dolejsi, 3280 County Rd. #44, Mound, MN 55364. Rec. Sec., Joyce Tesarek, 4708 - 13th Ave., S., Minneapolis, MN 55407. Corr. Sec., Catherine Haselbauer, 5337 Bloomington Ave., Minneapolis, MN 55417. Fin. Sec., Mildred Rasmussen, 218 Oneida, St. Paul, MN 55102.

Dir. of Men, Robert J. Vanyo, 446 Bay St., St. Paul, MN 55102. Dir. of Women, Margaret McKeever, 1439 E. 7th St., #3, St. Paul, MN 55106. Educ. Dir., Mark Bigaouette, 795 Gershwin Ave., N., St. Paul, MN 55119.

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., Elsie Thrular, 108 S. Market, Caldwell, KS 76022.

(*)**Sokol Karel Jonas, Wilson, Kansas** — Mtgs., 1st Monday every 3rd month, now in the home of Alice Sula. Pres., Joe Sebesta, Rt. 1, Wilson, KS 67490. Sec. and Treas., Alice Sula, Rt. 1 - Box 62-A, Wilson, KS 67490.

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

50th Wedding Anniversary

Sister and Brother Jerry Friedrich of Edgewater near Annapolis, Maryland recently celebrated their golden anniversary.

Bro. Friedrich was born in Czechoslovakia and Sister Friedrich is the former Rose Zeman of Berwyn and attended Lincoln Elementary and Morton High School.

They were married February 12, 1938 in Berwyn and when their daughter Carol was six months old, they moved to Maryland where they have resided all these years.

They both worked for Bata Shoe Company in Chicago and Belcamp, Maryland and later opened their own shoe stores. Both have been very active in Sokol, Jerry is a charter member of Sokol Belcamp and also of Sokol Washington and was gymnastic instructor for 10 years. He was also Treasurer for the Eastern District. Rose has been Treasurer of Sokol Washington for 30 years.

At a special family celebration their four children presented them with a second honeymoon cruise which they will take sometimes this spring. They have six grandchildren. Nazdar, *Sis. Rose Friedrich*

Help Our Sokol Grow

The history of the "Polka" Dance

(from *Hlas Národa* — *Nations Voice* — August 18, 1976)

"POLKA" (Dialect of *půlka* — ½ — means one half step) was originated in Bohemia (province of Czechoslovakia) and definitely not in Poland. The name "Polka" — *půlka* was given in 1830 to a Bohemian dance, created by a Bohemian girl. This, because the rhythm of the dance is one half of a measure — as explained in all encyclopedias of the world. The word "Polka", therefore has nothing whatsoever to do with Poland nor Polish, where the dance was totally unknown while it already was introduced to the rest of Western Europe and even in the United States of America. As it usually happens, the originator of the immortal dance — Polka, fell into oblivion during the greatest acceptance of the dance. The originator, a girl named "Anička Chadimová" entered an unhappy marriage union and worked as a farm hand to support her family. She died August 3, 1881, registered in the coroners books as "pauper". It is interesting that also the destiny of the discoverer of Anička Chadimová, the country composer-teacher, Josef Neruda, who first wrote down the tune of the dance, was just as unhappy and strange. During the night of April 8, 1876 he was found in his home in "Vodolovci" (Bohemia) murdered. His murderer was never discovered.

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My Quest for Manhood

In the last year, many have tried to prove their manhood through money, sex and dope,

But I knew that I was a man at the age of seven with the help of an old Sokol, a few words and a rope.

All the small boys at the Old Hall climbed the rope that seemed to be,

Up to the sky and beyond, all the boys except me.

I was so frightened that I was ready to cry,

Especially after gym, when Teach marched me to that rope, so cold and so high.

He pushed his broad shoulders back, looked deep into my eyes and with his broken English moved closed to say,

"If you fall, you fall!" and then he walked away.

I touched the rope and my cheek creased with a tear,

And my legs went limp and my stomach shook with fear.

The rope was old and it cut through my skin to the bone,

But I climbed to the top and back down and I stood there alone.

I believe God only challenges the strong and he must know my name well,

Because he has challenged me time and time again in ways I will never tell.

I have defended my country and my family's honor with pride,

When that same childhood fear has overwhelmed me and I have been tempted to hide.

He died too soon and today's children will never hear or see,

That rope or that man called Teach or the words he said to me.

Dedicated to Teach Prihoda, who assisted me in my quest for manhood.

Robert J. Bourisaw, Sokol St. Louis

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