

AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

VOL. LXXXVI.—NO. 11

NOVEMBER, 1965

THANKSGIVING DAY

This year the Thanksgiving Holiday takes on new significance for the Sokols of America. It is with feelings of genuine gratitude that we offer our thanks to those who preceded us, who gave rise to the American Sokol and whose devotion and perseverance made possible the perpetuation of the Sokol ideal.

As we pause from our humdrum daily tasks to observe once again America's Thanksgiving Day let us show our own gratitude to America and to our Sokol growth, by once again taking a solemn pledge that we too will carry on in the spirit of the Sokol Founders, that we too will continue to work for a better, stronger, greater Sokol. Mere words of thanks are not enough. We must show through action for tomorrow our gratitude for what has been accomplished in the past.

It is with pride that we can look back upon our past one hundred years, and with humility and hopes face the decades that stretch before us. No longer an unknown quantity, the Sokol today is recognized throughout the land as one of the best disciplined, voluntary groups, devoted to the betterment of the citizens of America. Physical fitness, moral strength and spiritual courage are the keystones of Sokol principles today the way they were at the very beginning. Years of adversity, years of stress and tension, years of wars, years of economic upheavals, all these did not deter the progress of the Sokol. For this we must be grateful, for all this we must say Thanks on this significant Thanksgiving Day of 1965.

C. M. PRCHAL

Entered as Second Class matter Jan. 23, 1953 at Post Office of Chicago, Ill., under the Act. of March 3, 1879. — Office: 5611 West Cermak Road, Cicero, Illinois 60650.

865

965

the centennial year

AMERICAN SOKOL



Published Monthly

(Except bi-monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION

5611 W. Cermak Road, Cicero, Illinois 60650

Subscription: \$3.00 per year.

EDITOR

Charles M. Prchal

2419 Scoville Ave. Berwyn, Ill. 60402

Editor must receive copy for publication by the
26th of the month, preceding publication date.

OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

5611 W. Cermak Road, Cicero, Illinois 60650

Tel.: 652-5220

To the Attention of Secretaries of Districts and Units

Districts and units are requested by the Organization Committee, which is working in conjunction with the Educational and Public Relations committees, to call a combined special meeting for **FRI-DAY, JANUARY 28, 1966**, for the purpose of supplying information and assistance to as many officers as possible, elected for the year 1966 in districts and units. Where it is impossible for officers of a unit to attend because of a great traveling distance, the unit is requested to conduct the meeting independently and should request material for this meeting direct from the ASO., 5611 W. Cermak Road, Cicero, Ill. 60650. Material will be sent to districts and some outlying units well in advance.

Election of officers this year should include at least one person from each unit and district who will be in direct contact with the Organization Dept. of ASO. Please send the name of this representative immediately after elections to sis. E. Welcl-Ruzicka, Director of Org. activities, 5611 W. Cermak Road, Cicero, Ill. 60650. It is hoped that district presidents will work with these members of the Organization Committee on membership drives, etc. With proper leadership this new department can make good progress.

Secretaries are requested to read this article in their next meeting and lay the groundwork for the meeting on Friday, January 28, 1966.

Thanking you in advance, and Nazdar!

E. Welcl-Ruzicka

Calendar of Events

1965

- NOV. 26th—SOKOL HAVLICEK-TYRS, Chicago, Ill. — Fun Fair.
- NOV. 28th—SOKOLICE TABOR, BERWYN, ILL. Divadlo—"Kdyby té muziky nebylo", 2:30 p.m. Sokol Tabor, 16th and Clarence, Berwyn, Illinois
- DEC. 4th—SOKOL SAN FRANCISCO, CALIF. Dance—"Mikulášská zábava".
- DEC. 4th—SOKOL NOVA VLAST, CLEVELAND, OHIO. — St. Nick's Dance—J. Dusek Orchestra.
- DEC. 5th—SOKOL HAVLICEK-TYRS, CHICAGO, Ill. — Annual Meetings.
- DEC. 5th—SOKOL SO. OMAHA GYMNASICAL, South Omaha Sokol Hall, 21st and "U" Streets. 2:00 P.M.
- DEC. 10th—SOKOL HAVLICEK-TYRS, Chicago, Ill. — Children's and Adult Christmas parties.
- DEC. 11th—SOKOL TABOR BOI., BERWYN, ILL. Snow Ball Dance—Sokol Hall, 76th and Clarence, Berwyn, Illinois.
- DEC. 12th—SOKOL OMAHA, NEBR. — Christmas Party—2:00 P.M.
- DEC. 12th—SOKOL TABOR, BERWYN, ILL. — Annual Meeting.
- DEC. 16th—SOKOL MILWAUKEE, WISCONSIN. Christmas Party.
- DEC. 31st—SOKOL TABOR, BERWYN, ILL. New Year's Eve Banquet.
- DEC. 31st—SOKOL TYRS, CLEVELAND, OHIO. Private New Year's Eve Party.
- DEC. 31st—SOKOL SAN FRANCISCO, CALIF. New Year's Eve Dance—"Sylvester".
- DEC. 31st—SOKOL BROOKFIELD, ILLINOIS. New Year's Eve Dinner Dance—3909 Prairie Ave.
- DEC. 31st—SOKOL BALTIMORE, MARYLAND. New Year's Eve Dance.
- DEC. 31st—SOKOL HAVLICEK-TYRS, Chicago, Ill. — New Year's Eve Dance.
- DEC. 31st—SOKOL SO. OMAHA, NEBR. — New Year's Eve Dance, South Omaha Sokol Hall, 21st and "U" Streets. Kostka Bros. Orchestra.

1966

- FEB. 5th—SOKOL MILWAUKEE, WISCONSIN. Jaternice Social and Supper.
- FEB. 20th—SOKOL MILWAUKEE, WISCONSIN. Winter Outdoor Carnival.
- FEB. 27th, 1966—SOKOL CLEVELAND CECH-HAVLICEK, OHIO. — Gym Exhibition.
- APR. 2nd—SOKOL NOVA VLAST, Cleveland, O. Gymnastic Exhibition.
- MAY 7th—SOKOL WEST SUBURBAN, Downers Grove, Ill. — Gym Exhibition at Herrick Jr. High School, Linscott and Grant Sts., Downers Grove, Illinois.
- MAY 14th—SOKOL MILWAUKEE, WISCONSIN. Annual Exhibition.
- MAY 21st—SOKOL MILWAUKEE, WISCONSIN. Interclass Meet.
- JUNE 17, 18, 19—WESTERN DISTRICT SLET. St. Paul, Minnesota.
- JULY 21st—SOKOL MILWAUKEE, WISCONSIN. Harvest Festival—Endris Field.
- OCT. 15-16—SOKOL TABOR, BERWYN, ILL. 100th Year Anniversary.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVI.

November — 1965 — Listopad

Číslo—No. 11

C. M. PRCHAL

MESSAGE TO YOUR ANNUAL MEETING

Each year the month of December is a month of constructive activity in the Sokol Units. This year because of the 100th Anniversary of the American Sokol this annual activity assumes even greater importance. In your December meetings you will have to decide what trends to follow in the year ahead, and you will have to elect officers who will guide your activities in 1966 in accordance with your decisions. In these important meetings you will be able to re-evaluate your numerical strength, and if possible assess your members' sincerity and devotion to the Sokol ideals. Thus will you be able to judge your own strength, your potential capacities.

There is much to be done in the months ahead, hence let's do our utmost to attain these ends. Let us realize that only by a division of labor can we accomplish the best results. It is not fair to burden a few with the many tasks involved, nor is it to the best interests of your Unit. Officers and members who are overburdened with details either perform them well and thus prematurely exhaust their strength and undermine their health; or they fulfill their obligations half-heartedly and perform their various duties in a haphazard, careless way. This weakness in our structure can be corrected by an earnest determination of each and every member to lend a helping hand, to assume part of the collective burden, to join hands in a genuine cooperative effort.

If every brother, every sister will voluntarily assume whatever function they are capable of performing, none will be overtaxed, and the Unit will prosper. Especially in the numerically smaller Units—you must try to get the joyous self-sacrificing cooperation of as many members as possible.

Speaking along the same vein Tyrš said in substance, “. . . the smaller the nations

the more diligently they must exert their activity, so that even though small in number, they can become useful, significant members of the human family.” We certainly must find guidance and encouragement in these words, and in the following pronouncement, “Not one single nation of all that inhabited this earth, be it large or small, has ever perished in the prime of its years, but every one fell low through indolence, indifference and degeneration.”

The full truth of the above maxims has been demonstrated many times in the rise and fall of the various Units. Hence let each of us put his shoulder to the wheel, each according to his best abilities to carry part of the collective burden. Our Sokol activities are synonymous with progress, they are concerned with education of the young, offering best guidance toward attaining a sound mind in a sound body. This spells pure joy, pure happiness which, after all, is the goal we are striving for.

Yet this form of pure happiness can be fully realized only through wholehearted efforts, through work done in the spirit of joyous enthusiasm. Life is not something to be talked about, and happiness is not a subject of dreams and fancies. Only through deeds and endeavors can we attain that bliss we are seeking. Slowly, relentlessly we must learn to appreciate the truth, that only by filling our place in the ranks of those willing and able to fulfill their tasks can we say that we have lived a useful, moral life.

The century of Sokol activities in America is best evidence how well the Sokols have adhered to the sacred precepts of their forefathers. This comforting realization must serve as an inspiration, a stimulus to exert all our strength, to a better fulfillment of the ideals we have inherited, so that even richer, fuller fruit may germinate

as a result of our work. Today we are living in the midst of unprecedented world changes and upheavals. Whatever we do today, will reflect either favorably or otherwise in the future we are building for generations to follow. In your elections make certain that you select only those best qualified to assume their respective functions. Then having elected faithful, devoted men and women to their various roles of leadership give them your full cooperation. As you leave your next annual meeting, leave with the warm comforting feeling that you have done your best and that you will help carry the Sokol shield, unsullied and un-

tarnished through the coming year.

The years go by fast, and before we know it another new year will stand before you. Make certain that on that threshold of another annual milestone you will be able to look back at 1966 and say, "That was a good year, an honest year, a fruitful year." Hold high the Sokol banners, those symbols of honesty, morality and brotherhood. Face the coming tomorrow with a firm resolve never to swerve from the paths which a century of Sokol activity has laid out. Follow these paths, follow these banners proudly and resolutely as befits a true Sokol.

Nazdar!

JAMES L. CIHAK

JINDRICH FUEGNER

SEPTEMBER 12, 1822 — NOVEMBER 15, 1965



It will be a century on November 15, 1965, since the passing away of Jindrich Fuegner, co-founder with Dr. Miroslav Tyrs of the Sokol and ardent democratic soul and Czech patriot. Of German descent, he established a precedent of nobility in his short life, endearing him not only to his co-workers but even more to the millions attempting to use his life as a model.

He came from a wealthy commercial family, studied with private tutors but gained his greatest all-around knowledge and broad outlook on life thru self-teaching and extensive travels. He spent considerable time in Italy, France, England and Germany, becoming a fluent linguist. In 1849 he took

over the management of the family business. The monotony and narrow mental confines of the business soon palled on him so that he entered the wider horizons of the insurance field, securing the agency of an Italian company. His organization ability and fair dealing made his agency prosper rapidly.

He became a member of the Praha Chamber of Commerce, director and reorganizer of a large bank, placed himself at the head of a shorthand writing group where he was largely credited with the rapid advance of his invaluable aid in all walks of life. His democratic inclinations, sense of justice and nobility of spirit won him to the Czech cause in its battle for recognition. He was not the first of the democratically feeling Germans to do so. A half century before him, Goethe, Herder and the Weimar group admired the reawakening of the Czech spirit and did much to help it before Prussianism forbade their further involvement.

A man with such characteristics and background was bound to have his influence felt. It needed but the hand of fate to have him meet Dr. Miroslav Tyrs. An immediate appreciation for each other formed an idyllic friendship, leading to the creation of Sokol.

Fuegner brought to the fledgeling organization many outstanding men, his friends

from the upper social, business and civic circles of his life. So great was his influence that they became lifelong members of Sokol, recognizing its significance for the nation's welfare and giving it unstinting support.

Jindrich Fuegner was unanimously elected president of Sokol Praha, retaining the office until his death in November of 1865. At a crucial period he built a model gymnasium and home for the Sokol, thereby guaranteeing its existence. His material actions were outstanding. Even greater and longer lasting were the spirit of democracy,

fraternalism and moral nobility of his own character that he breathed into the Sokol. This placed the Sokol above factionalism of any or every type, firmly establishing it as an organization devoted to the nation in its entirety. Diverse elements could also meet as Sokols within its ranks and in its purely national atmosphere find a common meeting ground for the equitable solution of manifold problems.

In the short period of 3½ years, Jindrich Fuegner set a precedent that has been and shall be a torch of enlightenment for the Sokols forever.

ASO. Executive Board

A standing silent tribute was observed in memory of our late bro. Joseph Hrbek, Eastern District; bro. Solin, Sokol Pilsen, and bro. Bohumil Marek, Sokol Brookfield.

Invitation from Sokol Stickney to attend Award and Special Night Nov. 13. Accepted.

Approved—ad for New Year edition of Hlasatel.

Approved—bro. Paul Fina as our delegate to the AAU. convention to be held in Washington, D. C. in November. Membership dues \$50.00.

Report of office activity submitted by sis. B. Cihak for October.

BOI. — Bro. George Kalas, Sokol Havlicek-Tyrs, and William Vrba, Sokol Stickney, have been approved as members of men's BOI.

The BOI. (both men and women) are authorized and empowered to select representatives to attend meetings on rules and terminology.

Sis. Caroline Dunovsky, Anne Halik, Jeri Krizeck, Mary Pokorny, Mildred Prchal, Marie Ptacek and Ellen Jean Schnabl were approved as members of women's BOI.

Organization Committee. Possibility of organizing new unit at West, Texas. Contacted Mr. Nick Morris, West, Texas, and bro. Pokladnik. Also received letter from bro. Nekuda about possibility of establishing unit at San Diego. Sis. Anne Fara approved as member of Organization Committee. She will submit reports in absence of sis. Welcl-Ruzicka.

American Sokol. October issue is ready and in the mails. Convention proceedings, it was recalled, stipulate that our minutes and those of districts need not be printed in entirety.

Stamp Committee. Sale of stamps continues and sales should be completed by Christmas.

Educational Committee. Bro. J. Cihak reported on bids for printing of 4 brochures. Presented mocked up copy of Sokol and the Sokol Idea for approval. Approved printing a total of 10 thousand brochures—price to appear on each brochure—and the 4 to be sold as a package.

Public Relations Committee. Bro. Bob Michalek, Sokol Brookfield, approved as member of Public Relations Committee.

Slet Committee. Bro. F. Vodrazka advises Slet Committee is trying to collect funds due so that the

closing report can be made.

Financial Secretary. Sis. A. Falta read report of Auditing Committee for period of April 1 to September 30, 1965. Approved—withdrawal of interest from all savings and loan depositories for deposit to our checking account.

Sis. B. Cihak reported that preparations for the excursion to Milwaukee are progressing. Five minutes of radio time in November (sis. Zacek) were approved for publicizing excursion and Sokol stamp. Allocated \$10.00 to bro. Vrzal—also to carry publicity.

Bro. S. Barcal attended funeral services for bro. B. Marek; attended meeting of BOI., and meeting at Sokol Stickney for publicity purposes.

Bro. G. Basta reported on burglary insurance. Approved taking out \$1,000 policy for 3-year term.

Bros. Basta, Cihak and Barcal will meet Nov. 4 and try to re-arrange set-up of office to better accommodate group meetings.

Bro. C. Prchal will speak before the Unity of Czech Societies of Cedar Rapids on Nov. 14.

Betty Prener, Secretary

Office Activity for November

(Excerpts)

The family of bro. Joseph Hrbek acknowledged appreciation of our kind expressions of sympathy.

Letter was written to Sokol Prague and also to the Southern District regarding the Unit's status.

Letter written in Czech and English and sent to all units regarding \$1.00 assessment. Also editorial about the assessment written for S.A.

Letter and album mailed to Sokol Fuegner Tyrs, So. Omaha, II. place winner in membership contest.

The Course report is still incomplete and are awaiting replies to our letters.

Received the following contributions to the "Future Sokol Leaders Fund":

Blanche and Jim Cihak \$10.00, Ella and Hank Vydra \$10.00 and Irene Marek \$50.00 in memory of bro. Bohumil Marek. Anna Kuchler in memory of her husband on the occasion of the anniversary of bro. James Kuchler's death \$10.00. Contributions were acknowledged and appeared in Denni Hlasatel.

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

(Act of October 23, 1962: Section 4369, Title 39, United States Code)

1. Date of filing: September 28, 1965.
2. Title of publication: American Sokol (formerly Sokol Americky).
3. Frequency of issue: Monthly — except bi-monthly July-August issue.
4. Location of known office of publication: 5611 W. Cermak Road, Cicero, Illinois 60650.
5. Location of the headquarters or general business offices of the publishers: 5611 W. Cermak Road, Cicero, Illinois 60650.
6. Names and addresses of publisher, editor, and managing editor: Publisher—American Sokol Educational & Physical Culture Organization; Editor—Charles M. Prchal, 2419 Scoville Avenue, Berwyn, Illinois; Managing Editor—Executive Board American Sokol Organization, 5611 W. Cermak Road, Cicero, Ill.
7. Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.) Stanley Barcal, President, 2437 S. Harvey Avenue, Berwyn, Illinois. Blanche J. Cihak, I. Vice-President, 405 — 50th Place, Western Springs, Ill. Betty Prener, Secretary, 444 Oxford Place, Crystal Lake, Illinois. Frank Vodrazka, Treasurer, 1639 Grove Avenue, Berwyn, Illinois.
8. Known bondholders, mortgagees, and other security holders, owning or holding 1 percent or more of total amount of bonds, mortgages or other securities. None.
9. Paragraphs 7 and 8 include, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting, also the statements in the two paragraphs show the affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner. Names and addresses of individuals who are stockholders of a corporation which itself is a stockholder or holder of bonds, mortgages or other securities of the publishing corporation have been included in paragraphs 7 and 8 when the interests of such individuals are equivalent to 1 percent or more of the total amount of the stock or securities of the publishing corporation.
10. This item must be completed for all publications except those which do not carry advertising other than the publisher's own and which are named in Sections 132.231, 132.232, and 132.233, Postal Manual (Sections 4355a, 4355b, and 4356 of Title 39, United States Code).

| | Average No. Copies Each Issue During Preceding 12 Months | Single Issue Nearest To Filing Date |
|---|--|-------------------------------------|
| A. Total No. copies printed (Net press run) | 5800 | 5800 |
| B. Paid circulation. | | |
| 1. Sales through dealers and carriers, street vendors and counter sales. | none | none |
| 2. Mail subscriptions. | none | none |
| C. Total paid circulation. | none | none |
| D. Free distribution (including samples) by mail, carrier or other means. | 5640 | 5640 |
| E. Total distribution (Sum of C and D) | 5640 | 5640 |
| F. Office use, left-over, unaccounted, spoiled after printing | 160 | 160 |
| G. Total (Sum of E and F—should equal net press run shown in A) | 5800 | 5800 |

I certify that the statements made by me above are correct and complete.

CHARLES M. PRCHAL, Editor

(Signature of editor, publisher, business manager, or owner)

Director of Men

I taught at the Chicago Playground District Institute at McKinley Park. Present were 70 women who teach P.E. in the parks. I prepared an outline of work on uneven parallel bars and rings which was distributed.

Sister Zdenek and I met with bro. Al Walko, Director of Men of SGUS. Points of discussion pertaining to this board were:

1. Manual — terminology — Al Walko requests meeting on apparatus terminology. Books are low

and reprint necessary. Suggests new manual with new sections for girls balance beam—uneven bars. Separate manual for pyramids.

2. Sokol rules for National Tournament to be revised. Suggested we each go over our rules, up date them, (ours from 1960 plus addenda) and have meeting to combine both. Al to send me their rules.

3. 1970—Al suggests Sokol Federation Slet in 1970. Both organizations will have their conventions that year.

To date I have received one tape recorder and 3 rolls of recorded tape from bro. Halik.

Director of Women

Met with sis. Prchal, at which time she brought me up-to-date on all matters particular to this office; she also turned over to me a large supply of material which will be needed.

First Friday of each month is our regular meeting date.
Lorraine Zdenek, Director

ASO. Men's Board of Instructors

Election of officers for the 1965-66 season were made in accordance with bro. Linhart's recommendations.

First Assistant Director—to head senior men: Richard Ptacek; Second Assistant Director—to head junior boys: Roy Zitny; Third Assistant Director—to head small boys: George Kalas; Secretary for Men's BOI.: Paul Lebloch; Librarian: George Basta; Sports and Games: John Satek; AAU. Representative: Paul Fina.

Districts will be requested to submit names of qualified instructors who might be interested in being employed as the ASO. traveling instructor. Brothers Jerry Polacek and Rich Beran were suggested as possibilities.

All districts will be requested to submit the dates and plans for their district Slets so that the BOI is aware of their activities and so that they may be properly announced in the American Sokol.

Bro. Halik has been requested to supply a report of the 1965 National ASO. Course held at Potter Lake, Wisconsin.

The Western District has requested a gymnastic clinic to be held in Chicago.

It was announced that the 1967 Dallas, Texas Mid-Slet will be held July 13, 14, 15, and 16, in an air conditioned amphitheater seating 10,000 people.

There will also be a Slet in Montreal, Canada, in 1967.
Paul Lebloch, Secretary

Report of Receipts and Disbursements

| | |
|-------------------------------|--------------------|
| Balance brought forward | \$ 2,822.44 |
| Receipts | |
| April | \$8,563.93 |
| May | 1,754.94 |
| June | 4,521.85 |
| July | 5,408.35 |
| August | 1,625.94 |
| September | 4,122.58 |
| | 25,997.59 |
| TOTAL | \$28,820.03 |

SOKOL GYMNAST

November, 1965

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

Upon the request of bro. Edward Linhart, ASO. Director of Men, in the name of the Board of Instructors, I accepted the Editorship of the Sokol Gymnast. To be of service to our instructors and gymnasts, it is important that articles of interest and useful material be available for publication. This

necessitates the cooperation of all brothers and sisters throughout the districts who are concerned with the physical fitness program in our Sokol gymnasiums.

Constructive suggestions and articles will be appreciated.

M. PRCHAL

CENTENNIAL SLET MEN AND JUNIOR BOYS COMPETITION RESULTS

LOW DIVISION JUNIOR BOYS

Teams

| Sokol | Points |
|-------------------------------------|--------|
| 1. NOVA VLAST, Cleveland, Ohio | 914.1 |
| 2. BERWYN, Berwyn, Illinois | 907.6 |
| 3. CRETE, Crete, Nebraska | 880.0 |
| 4. SGUS. #130, New Kensington, Pa. | 878.1 |
| 5. D.A., New York | 868.2 |
| 6. TABOR, Berwyn, Illinois | 866.8 |
| 7. SLAVSKY, Cicero, Illinois | 864.3 |
| 8. BROOKFIELD, Brookfield, Ill. | 853.4 |
| 9. TYRS, Cleveland, Ohio | 852.3 |
| 10. NOVA VLAST, Cleveland, Ohio | 832.8 |
| 11. MLADOCECH, Racine, Wisconsin | 805.3 |
| 12. STICKNEY, Stickney, Illinois | 789.9 |
| 13. DIST. NITRA, Binghamton, N. Y. | 784.4 |
| 14. CEDAR RAPIDS, Cedar Rapids, Ia. | 782.7 |
| 15. TYRS, Cleveland, Ohio | 679.4 |

Individuals

| | |
|------------------------------------|-------|
| 1. David Ranc, Tyrs-Cleveland | 186.4 |
| 2. tie—Carl Planicka, Nova Vlast | 186.2 |
| 2. tie—Frank Seifert, Brookfield | 186.2 |
| 3. Kenneth Bennett, Berwyn | 184.3 |
| 4. Joe Bukovsky, Berwyn | 183.8 |
| 5. Allen Broadway, Nova Vlast | 183.1 |
| 6. Denis Noon, D.A.—New York | 182.8 |
| 7. Frank Hosticka, Nova Vlast | 182.6 |
| 8. David Hunter, Toronto | 182.4 |
| 9. tie—Allen Chrusciel, Nova Vlast | 181.7 |
| 9. tie—Jim Henry, Slavsky | 181.7 |
| 10. Rich Ryba, South Omaha | 181.5 |
| 137 competed | |

INTERMEDIATE DIVISION JUNIOR BOYS

Teams

| | |
|------------------------------------|-------|
| 1. DETROIT, Detroit, Mich. | 873.9 |
| 2. CEDAR RAPIDS, Cedar Rapids, Ia. | 855.6 |

Individuals

| | |
|---------------------------------|-------|
| 1. Paul Blasko, SGUS. Homestead | 187.1 |
| 2. Frank Pelz, Jr., Baltimore | 184.1 |
| 3. Lary Bennett, Berwyn | 183.8 |

| | |
|------------------------------------|-------|
| 4. Don Romano, D.A. Sokol—N. Y. | 183.4 |
| 5. Aldo Digiovanni, Toronto 2 | 181.5 |
| 6. Jerry Smahay, Detroit | 179.7 |
| 7. tie—Roger Schamanek, Detroit | 179.2 |
| 7. tie—Bruce Nemecek, Cedar Rapids | 179.2 |
| 8. Wayne Shroff, Brookfield | 179.1 |
| 9. Jerry Bily, Houston | 178.9 |
| 10. Chris Zitny, Brookfield | 177.8 |
| 37 competed | |

HIGH DIVISION JUNIOR BOYS

Team

| | |
|------------------------|-------|
| 1. OMAHA, Omaha, Nebr. | 834.7 |
|------------------------|-------|

Individuals

| | |
|-------------------------------------|-------|
| 1. Edwin Halik, Slavsky | 188.9 |
| 2. Tom Sotka, Tabor | 182.9 |
| 3. Tony Blasko, SGUS., Homestead | 181.4 |
| 4. Steve Vanek, Slavsky | 178.2 |
| 5. Bob Swonick, SGUS., Homestead | 166.1 |
| 6. Bob Yendrek, SGUS., Farrell | 162.1 |
| 7. Tony Williams, Nitra, Binghamton | 142.2 |

CHAMPIONSHIP DIVISION JUNIOR BOYS

| | |
|----------------------------------|-------|
| 1. Joseph Fedorchik, SGUS. Tatra | 267.6 |
| 2. James Hruban, Omaha | 261.1 |
| 3. Mike Hoskovec, Omaha | 238.0 |
| 4. Dan Warbuton, SGUS. Tatra | 229.2 |
| 5. Pat Morrison, Omaha | 211.2 |

LOW DIVISION MEN

Teams

| Sokol | Points |
|------------------------------------|--------|
| 1. BERWYN, Berwyn, Illinois | 891.8 |
| 2. SLAVSKY, Cicero, Illinois | 865.0 |
| 3. TABOR, Berwyn, Illinois | 863.7 |
| 4. CEDAR RAPIDS, Cedar Rapids, Ia. | 839.4 |
| 5. TORONTO 2, Toronto, Canada | 774.4 |

Individuals

| | |
|--------------------------------|-------|
| 1. Ed Linhart, Tyrs, Cleveland | 189.8 |
| 2. Lad. Jenicek, Berwyn | 184.5 |
| 3. Charles Ptacek, Slavsky | 182.9 |

| | |
|---|-------|
| 4. Dennis Martinek, Berwyn | 182.2 |
| 5. tie—Joe Pavlasek, Cech-Hav., Cleveland.. | 181.1 |
| 5. tie—John Kopecky, Tabor | 181.1 |
| 5. tie—Jan Waldauf, Toronto 2 | 181.1 |
| 6. Leonard Navratil, Tabor | 180.9 |
| 7. Ed. Gercak, SGUS. #248 | 180.2 |
| 8. Robert Tibensky, Tabor | 180.1 |
| 9. Steve Liska, SGUS. #63 | 179.4 |
| 10. Frank Gellner, D.A., New York | 179.1 |
| 55 competed | |

INTERMEDIATE DIVISION MEN

Individuals

| | |
|--|-------|
| 1. Robert Dodson, SGUS. #63 | 190.8 |
| 2. Tom Novak, Cedar Rapids | 187.5 |
| 3. Donald Kotlan, Nova Vlast | 187.0 |
| 4. Don Pulkrab, Cedar Rapids | 185.7 |
| 5. Martin Lukes, Tabor | 182.8 |
| 6. Larry Miller, Cedar Rapids | 178.9 |
| 7. Larry Laznovsky, Ennis | 177.1 |
| 8. George Janakis, Little Ferry | 176.5 |
| 9. Danny Michalek, Havlicek-Tyrs | 175.0 |
| 10. James Jones, Baltimore | 174.8 |
| 21 competed | |

HIGH DIVISION MEN

Team

| | |
|---------------------------------------|-------|
| 1. SOUTH OMAHA, So. Omaha, Nebr. | 489.0 |
|---------------------------------------|-------|

Individuals

| | |
|---------------------------------------|-------|
| 1. Ken Heidler, Tabor | 183.3 |
| 2. Gerry Taylor, Detroit | 181.1 |
| 3. Vojmir Benak, South Omaha | 179.3 |
| 4. Joe Vonasek, South Omaha | 171.1 |
| 5. Peter Hemmerling, SGUS. #306 | 169.8 |
| 6. Tony Kirsch, Havlicek | 168.8 |
| 7. Donald Sitar, Nitra | 166.3 |
| 8. Bob Palambo, Berwyn | 165.5 |
| 9. Bob Ryba, South Omaha | 138.6 |

CHAMPION DIVISION MEN

| | |
|---------------------------------------|-------|
| 1. Jerry Polacek, Tabor | 269.6 |
| 2. Kurt Eggersweiler, Toronto | 265.3 |
| 3. Peter Dusek, Tyrs, Cleveland | 265.2 |
| 4. Manuel Turchan, Detroit | 256.4 |
| TOTAL—89 men competed in 4 division. | |

186 junior boys competed in 4 divisions.

EDWARD LINHART — Director of Men

Bro. E. Linhart was born in Cicero, Illinois. He lives in Berwyn with his wife, Mae, and two sons, Edward, 12, and Richard, 9. Mae, who herself is a fine Sokol instructor and untiring worker, is of considerable assistance to her husband in his Sokol activities. His sons have attended Sokol classes since a very early age.

As a young boy of 8, bro. Linhart was enrolled in the classes of Sokol Karel Jonas, in Cicero. He attended his first instructors' course in Cleveland in 1935. Later he attended various district and home courses.

Bro. Linhart was a fine gymnast and showed early promise of becoming an exceptional instructor. He taught in various schools and clinics for instructors and conducted his own courses in units.

He became an instructor for Sokol Slavsky and then for 3 years (1937-1940) he taught for Sokol Americky in Chicago.

Since 1940 bro. Linhart has instructed classes at Sokol Tabor. Among offices he has held in the past are Director of Men, President and Vice-President of Sokol Tabor. He was a member of the ASO. Board of Instructors for many years and, at one time, was Assistant Director in the ASO. Committee.

Because the progress and success of the Sokol Organization is of vital importance to him, I wish bro. Edward Linhart success and contentment in his future endeavors. Nazdar!

Mildred Prchal

LORRAINE ZDENEK — ASO. Director of Women

One of the most important qualifications of a National Women's Director is a thorough knowledge of the Tyrs Sokol System of Physical Fitness. Experience in all technical offices of the organization is also important. But the most vital element in the makeup of a successful director is a sincere desire to fulfill her duties conscientiously.

These qualities were "come by" naturally by Lorraine. She is the daughter of the late bro. Ben Prevratil and sis. Marie Prevratil of the Southern District. Bro. Prevratil was President of the Southern District and was well known throughout the organization for his outstanding work not only in his district but for the entire organization. Sis. Prevratil is Secretary of the Southern District Executive Board for many years and is one of today's outstanding Sokol women.

Lorraine was born September 24, 1925, in Kansas City, Missouri. She started gymnastic work at the age of seven at Sokol Zizka, Dallas, Texas, and attended all Sokol activities regularly. She participated in senior competitions in the Southern District from 1939 to 1952. Won second place, Low Division Women's Class in 1939. Attended ASO. course for instructors in Algonquin, Illinois, in 1941 with excellent grades.

Served as instructor of children's classes for several years beginning in the fall of 1941 in Sokol Dallas, Texas. Became Unit Director of Women at Sokol Dallas in 1947, serving one year at the time, and then again in 1952. Served one year as Assistant Director of the Southern District in 1950.

In 1954 Lorraine moved to Chicago and became a member of the Instructors' Staff of Sokolice

Chicago. She became a member of the National ASO. Board of Instructors in 1954. From June 1955 to 1960 she was elected Women's Director of the Central District. From 1961 to 1962 she held office of Secretary of the Central District Board of Instructors. From 1954 to 1962 she held membership in the ASO. Board of Instructors; during 1960-61, she was, in fact, 2nd Ass't. in the National Board.

Lorraine taught for two years at Sokol Town of Lake in Chicago and for the last five years has taught 1st and 2nd class girls at Sokol Havlicek-Tyrs. She was on the Instructors' Staff for the Southern District ASO. courses in 1962 and 1963; also taught special work in the Central District course of 1964.

Lorraine's husband, Charles Zdenek, Jr., is an excellent gymnast and was director of men in Sokol Chicago. They have three lovely children. Their present home address is 9709 South Mason Avenue, Oak Lawn, Illinois.

The office of National Women's Director is most demanding and vital. The progress of our girls' and women's classes depend upon the individual elected to this office. Lorraine Zdenek has the background and determination to lead the women of our organization to the highest goals!

I extend my congratulations to Lorraine for the honor bestowed upon her and wish her success and happiness in her undertaking!

Mildred Prchal

GROUP EXERCISES FOR WOMEN

EXERCISE 1.

32 meas. — 3/4

1. Toestand — frontway uparm
2. Lower heels, knee dip — flank swing left backward to frontarm
3. Knee dip — flank swing right backward to frontarm
4. Deep knee dip — flank swing to reararm
5. Knee dip — swing to uparm frontway
6. Knee dip — swing outward to arms crossed before chest
7. Swing left sideleg, raise right heel momentarily — swing arms downward to sidearm
8. Knee dip, close left — swing downward to arms crossed before chest
9. Knee dip, swing right sideleg raising left heel momentarily — swing downward to uparm
10. Kneel on right, knee close to left foot — closearm sideway
11. Right sidebow, thrust left sideleg — place right hand on floor, left leg and trunk in line, sidearm
12. Left uparm, leg, trunk and left arm in line
13. Hold
14. Upright, bend left and bring foot to right knee as in meas. 10. — sidearm
15. Uprise on left — uparm
16. Close right to left — closearm frontward
- 17.-32. Repeat all to right

EXERCISE 2.

32 meas. — 2/4

1. Toestand left forward, right rearleg, uparm sideway to 5th pos. (arms rounded overhead)
2. Rearstep right, left bent frontleg, moderate frontbow — swing frontway to low reararm
3. Forestep left — sideway uparm
4. Right bent frontleg — swing arms sideward to low frontarm, fingers touching under knee, palms down, body erect
5. Forestep right — swing uparm sideway
6. Bend left frontleg — swing arms sideway to low frontarm, fingers touching under knee, palms down
7. Forestep left — uparm sideway, weight on left
8. 180° turn right, change weight to right foot, knee dip — swing frontway to low rear

9. Knee dip — swing sideway to uparm
10. Dip forestep left, both arms circle forward on left side of body
11. Dip forestep right, both arms circle forward on right side of body
12. Forestep left to arabesque, moderate front bow — closearm sideway
- 13.-15. Hold
16. Upright, close right to closeheel stand — closearm
- 17.-32. Repeat all to right.

EXERCISE 3.

32 meas. — 2/4

1. Uparm frontward and continue to
2. Sidearm
3. Sidebow left, circle right arm as follows: frontarm, uparm, sidearm
4. Upright, sidebow right and repeat measure 3. (measures 3.-4. should be executed smoothly) arms finish sidearm
5. Frontbow — swing downward crossing arms in front, chin high and upright (preparation for body wave)
6. Rearbow, body wave — swing downward to low reararm (relaxed)
- 7.-8. Like 5.-6.
- 9.-10. Thru close knee squat (body leaning back) kneel on both — sideway uparm
11. Front bow, sit on calves of legs — stretch arms forward on floor — front bow of head, (point toes, arches on floor)
- 12.-13. Hold
14. Upright — bend arms and place hands beside knees
15. Jump to squat support, knees between arms
16. Uprise, upright to closeheel stand, — closearm
- 17.-32. Repeat all to right.

EXERCISE 4.

32 meas. — 3/4

1. Left frontleg — frontarm
2. Squat right to seat left frontleg, thrust forward left to closeleg seat — hands on floor behind body
3. Backroll to neck stand, legs and body vertical — arms straight on floor for support
- 4.-6. Hold

- 7.-8. Roll back to seat turning 90° left to kneel left, right sidetouch — right knuckles on hip, left uparm sideward
9. Turn trunk to right and frontbow — swing frontarm left touching right foot
10. Upright and turn trunk front
11. 90° turn left on left knee to right rearleg support (scale, hands on floor in frontarm)
- 12.-13. Hold
14. Close right knee to left knee, rebound to seat on calves of legs, hands beside knees
15. Jump to squat support, knees between arms
16. Uprise — closearm (all facing back)
- 17.-32. Repeat all to right.

GROUP EXERCISES FOR MEN

EXERCISE 1.

32 meas. — 3/4

1. Uparm thru sidearm
2. Squat support — swing frontward, hands on floor, knees between arms
3. Straighten knees to stand support
- 4.-5. Repeat 2.-3.
6. Squat support, upright—sidearm, palms down
7. Jump to side stride stand, bend sidearm, fingers at nape of neck
8. Dip frontbow — thrust arms to swing downward sideway to cross in front
9. Dip front bow — swing downward to bend sidearm, fingers at nape of neck
- 10.-11. Repeat 8.-9.
12. Upright — turn trunk left — thrust to sidearm, palms up
13. Turn trunk to face front — bend sidearm, fingers at nape of neck
- 14.-15. Repeat 12.-13. to right
16. Jump to closeheel stand, thrust sideward to closearm
- 17.-32. Repeat above 16 measures.

EXERCISE 2.

32 meas. — 2/4

1. Jump to side stride stand, bend closearm, fingers touching shoulders
2. Thrust to sidearm
3. 90° turn left on heels — left frontarm, right reararm
4. 90° turn right (face front) knee dip — sidearm
- 5.-6. Like 3.-4. to right, face front — sidearm
7. Turn trunk left, frontbow — swing right frontarm, right hand touches left foot
8. Upright — sidearm
- 9.-10. Like 7.-8. to right
11. Bend sidearm, fingers touch nape of neck
- 12.-15. Trunk circling left: sidebow left (12.), frontbow (13.), sidebow right (14.), rearbow (15.)
16. Upright — jump to closeheel stand — swing sideway to closearm
- 17.-32. Repeat above 16 measures.

EXERCISE 3.

32 meas. — 3/4

1. Left rearleg — frontward uparm
2. Squat support reartouch left — hands on floor on either side of right foot
- 3.-4. Repeat meas. 1.-2. Start with uprise and closeleg
5. Upright, uprise 90° turn left to side stride stand — sidearm
6. Deep knee dip in stride stand—swing downward to cross before chest
7. Knee dip — swing downward to sidearm

8.-9. Repeat 6.-7.

10. 90° turn left, bend left knee — swing sideward to uparm
11. Frontbow (over left thigh) — swing downward to reararm — head frontbow
12. Upright — frontway uparm
- 13.-14. Repeat meas. 11.-12.
15. Straighten left knee, right rearleg — closearm sideway
16. Close right to left (facing rear)
- 17.-32. Repeat 16 measures.

EXERCISE 4.

32 meas. — 3/4

1. Squat — sidearm
2. Jump to side stride stand — hands at nape of neck
3. Jump to squat support stand — hands on floor, arms between knees
4. Jump to lying support frontway
5. Left rearleg — bend elbows
6. Close left — straighten arms
- 7.-8. Like 5.16. to right
9. Jump to squat support stand as in meas. 3.
10. Jump to support front lying, legs apart
11. Turn trunk and head left — swing left sidearm
12. Like meas. 10.
- 13.-14. Repeat meas. 11.-12. to right
15. Jump to squat support stand as in 3.
16. Uprise, upright, closeheel, closearm
- 17.-32. Repeat above 16 measures.

The above four exercises may be done simultaneously with women's group exercises.

District Directors

3 tapes of the Board of Instructors' Conference minutes recorded during the convention in June were turned over to sis. Emily Welcl-Ruzicka in October. These are being typewritten and will be distributed during the month of November to all district directors. The minutes record the various problems and possible solutions discussed. These should be studied and considered very carefully by all district directors and their staffs.

Orders for the book "Artistic Gymnastics—Floor Exercises" will be held up until new publication is completed; there will be a delay of about one month. This textbook is now in the libraries of hundreds of universities, colleges, high schools and other institutions of learning throughout the United States, Canada, Mexico, South America, Australia, New Zealand, So. Africa and many European countries.

Disbursements

| | |
|--------------------|--------------------|
| April | \$2,652.99 |
| May | 5,188.14 |
| June | 7,328.10 |
| July | 6,331.60 |
| August | 3,263.26 |
| September | 3,625.78 |
| TOTAL | \$28,389.87 |

Bank Balance 9/30/65 \$ 430.16

Audited Cicero, Illinois

October 20, 1965

Auditing Comm.: S. Barcal, Ann Falta, Wm. Vrba

Educational Committee

Bro. Cihak presented the booklets approved by the Executive Board.

The first meeting was an informal discussion of how to interest the young people and to instill into them the ideas and ideals of Sokol.

Recommendations: 1. That the President's Council on Physical Fitness be contacted for available material such as visual aids. — 2. Prepare a catalogue of available films on physical fitness and where they may be secured. — 3. Start a library of slides to be taken at the approaching gymnastic exhibitions. Slides to be accompanied by a tape recorded lecture. — 4. Prepare short lectures for our youth. — 5. Taped program for meetings and larger groups will be prepared. — 6. Visual aid teaching methods about Sokol. — 7. Short articles for A.S.

Educational Director's Report for October, 1965

Wrote articles for American Sokol.

Spoke with sister Cihak at the funeral of bro. Bohumil Marek, former member of the Executive Board of ASO. Sisters Falta and Trajhan and bros. Barcal and Prchal served as honor guard with us.

Spent Saturday and Sunday, October 16 and 17, at Folk Festival where over 1,000 individuals bought the Sokol stamp. Individual sales were small but it was a wonderful opportunity to publicize Sokol.

Spoke on "History of Sokol" before the Y. M. C. A. of Downers Grove Oct. 23 at their Saturday 7:30 A.M. gathering.

Spoke at the October 28th ceremonies in Havlicek-Tyrs showing connection between Masaryk and the Sokols as well as urging those present to be proud of their ethnic background and to join and work in our ranks.

James L. Cihak

Stamp Committee Report

Sales of stamps is continuing favorably. Large orders as well as small ones should see the liquidation of our stock by Christmas.

Another appeal will be made in the November issue of American Sokol. Units and responsible individuals have taken larger amounts and are doing a fine job in disposing of them.

I again want to thank the Czechoslovak National Council of America for giving me space in their booth at the Folk Festival at Navy Pier.

Public Relations

Wrote to bro. Pavoucek of Omaha, congratulating them for the fine publicity article about Sokol Omaha activities. This type of publicity should be arranged by each District prior or in conjunction with the District Slets, etc.

Contacted Col. Jack Reilly, Chicago public relations director, to furnish list of coming events in 1966 in which perhaps we as ASO. or Central District can cooperate if we know in advance of the events to be held. This would bring Sokol into a broader area than just our Czech or local community sponsored events. These we should partake in without a doubt when asked.

Requested bro. Frank Svarc to furnish Sports Directors of various Chicago newspapers so we can make direct contacts regarding our affairs. Also requested he assist committee in whatever manner or with whatever material he may have to offer.

Annual Meeting of the Eastern District

September 26, 1965

Bro. Zraly had everyone rise and observe a moment of silence in memory of our late bro. Joseph Hrbek and our members who had passed away during the year.

The chair of our late president was left vacant throughout the meeting.

Bro. Zraly gave a report of the activities of our late bro. Joseph Hrbek.

Educational report, bro. Petlicka: Sis. Provaznik was recommended as a representative to visit schools and colleges to promote our system of Sokol training. It was also recommended that we contact a TV station which would give free time to perform the special number. Bro. Neumann has films of Sokol Day, the services at Arlington Cemetery and the Slet in Chicago which he will loan to units when requested. New York Sokol has organized singing groups and has offered free singing lessons and ballet lessons for children.

Bro. Chaloupka advised the units that they would receive \$10.00 for each participant in the Chicago Slet drill. There were 116 participants from our district.

Report of Okrsek, bro. Kolomaznik: The Okrsek participated in all events of the district. On Oct. 16th Sokol Baltimore will celebrate the 100th anniversary of the American Sokol and the 75th year of Sokolice Baltimore.

Bro. Holy states that Sokol New York is publishing a Review Newsletter twice a year. He had suggested that the Eastern District submit two pages of news.

Technical committee meeting report by bro. Capek. Bro. Hardy will conduct a judge's clinic and the district should defray any expenses involved.

A beginners course from August 15th to 28th will be held at East Haddam, Conn.

Seat of the Eastern District will be moved to Sokol Little Ferry, N. J. All delegates were advised to inform their members of this change.

Bro. Kolomaznik thanked the officers for their work during the past year. The delegation gave a rising vote of thanks especially to bro. Chaloupka who has served our district as treasurer for twenty-five years.

Bro. Hanus had asked that sis. Provaznik be made an honorary physical director of the Eastern District and that we honor her on her 75th birthday. A buffet supper would be held on Nov. 6th at Sokol Hall, New York.

Bro. Holy has invited all members to attend a 100th anniversary celebration of Sokol New York in 1967. The Sokols in Exile will hold a Slet in Montreal in 1967 to which we are also invited.

Bro. Capek reminded the delegation that we are also preparing to attend a Mid-Slet at Dallas, Tex., in 1967.

Elected Officers:

President, Charles Zraly; First Vice-President, Mathew Neumann; Second Vice-President, Frank Capek; Secretary, Blanche Zraly; Treasurer, Anton Chaloupka; Financial Secretary, Ludmila Elkins; Educational Director, Jan Petlicka; Assistant Educ. Director, Joy Misek; Public Relations Director, Edward Stetka; Organizational Director, Vacant at present time; Director of Men, Frank Capek; Director of Women, Norma Zabka; Nominating Committee chairmen: William Kolomaznik, Baltimore; Frank G. Novak, Belcamp; Eugene Zabransky, Little Ferry.

Elected to Board of Instructors: Director of Men, Frank Capek; 1st Assistant—To be elected from Okrsek; 2nd Assistant, Stanley Mergl; Director of Women, Norma Zabka; 1st Assistant—To be elected from Okrsek; 2nd Assistant, Audrey Benda; 3rd Assistant, Carole Keil. United Sokol delegates: Joy Misek, Virginia Belson, Norma Zabka, Stanley Mergl, Frank Capek.

Blanche Zraly, Secretary

Župa Střední.

22. září.

Ústřednímu výboru Čsl. Legionářů v Chicagu povoleno \$16.00 na projev v památníku k oslavě 28. října. Přijata resoluce z X. sjezdu AOS., v níž je děkováno všem členům župy, kteří pro sjezd pracovali. Br. Vodrážka, předseda Finančního odboru XI. sletu AOS., dopisem děkuje za práci při sletu.

Představena nová náčelnice, ses. Cheryl Šavel. V přípravě jsou volleyball závody dorostenek a žen.

Náčelník, br. R. Žitný, hlásí přípravu volleyball závodu dorostenků a mužů. Bude konána konference náčelníků jednot. Cestovné náčelníků Sokola Milwaukee, Racine a St. Louis bude hrazeno. Projevena žádost, aby bylo jednáno s Riverside-Brookfield High School o získání stadionu pro slet v roce 1966. Ses. A. Bašta pověřena jednáním.

Br. Stanley Barcal, starosta AOS., uvedl nové činovníky do jejich úřadů. Promluvil o činnosti župy, poděkoval za práci vykonanou při XI. sletu a nastínil problémy a plány, které nám předléhají. Uvedl dva body, které nutno mít stále na mysli: finance a stav členstva.

Nový starosta, br. J. Drnec, převzal pak svůj úřad.

Ses. Dunovská, Sokol W. Suburban, hlásí, že jednota potřebuje zíněnky a žádá zástupce jednot, aby vyzvěděli, jsou-li nějaké, které nejsou používány.

Br. Vrba, Sokol Stickney, hlásí, že jednota ukončila sezonu v táboře ve Willow Springs a nemá v úmyslu příštím rokem tábor převzít. Jest náhledu, že župa by měla učinit pokus o zachování tábora pro českou veřejnost. Ustanovena komise, která během měsíce vyšetří možnosti mezi jednotami a spolky. Br. Žibříd, zástupce Sokola Čechie, oznamuje, že jednota je ochotna stát se podílníkem obnosem \$500.00 na táboře vlastněném župou.

Western District

September 26, 1965

Bro. Rokusek attended the meeting. He is 91 years old and had been active in the "župa" for 42 years. In that time he attended 600 meetings. This year was the first time that he missed the ASO. convention. He was selected as honorary member of the ASO. at the Cleveland convention in 1950.

The Technical Board met September 25th. Report: An 18 minute program was presented on TV in color. Sis. Drozda and bro. Pavoucek presented a talk on the Sokol movement in the Western District and sis. Krejci and bro. Benak gave a calisthenic demonstration. District took home many medals and trophies from the Slet held in Chicago. The District Slet will be held in St. Paul, Minn., on June 18th and 19th. Plans are being made to obtain the Centennial Slet film for the February meeting.

Cedar Rapids, Iowa. Danced the Beseda in the Lindale Plaza. Sewing circle was busy. Summer Camp was well attended again.

Crete women. Had one winner at the Slet competitions. Have banquet to honor the 50-year members. Had 2 travelogues from members who toured Czechoslovakia, one in English, the other in Czech.

Omaha women. Had Mother-Daughter banquet. Had gymnasts at both the South Omaha Day and the Dwigth Day on July 11th. Sis. Dusek was presented a plaque for her services to the Unit.

South Omaha men. Membership drive still on; members coming in every month. Newspaper publicity by President Pavoucek contains news of the Sokol, gym classes, news events and happenings of the month. Sponsored Sokol Day. The World-Herald had a two-page spread of the event in the Mid Lands Magazine Section in black and white and also in color, showing youngsters on the apparatus and in calisthenic drills on the field. Bro. Pavoucek deserves much credit for this event.

South Omaha women. Sent 2 girls to course at Potter Lake, Wisconsin. Sponsored dinner on Sokol Day at park.

Wilber men and women. Headed a new innovation consisting of sponsoring modern and square dances. Square dances are conducted every other Saturday. Had articles and history of the unit on display. Had Sokol float on Czech days representing a cake with 100 candles celebrating the 100th anniversary of the Sokol Movement in the United States. The float won a prize.

Slet outline for 1966 was read by sis. Drozda.

KAREL M. PRCHAL

PROPAGANDA.

Vícekrát mně bylo řečeno: "Vy sokolové dovedete vykonat velké věci, rozvíjíte obdivuhodnou činnost ve prospěch okolí, ale nedovedete jí využít k propagandě. Vychovali jste americkému národu pět pokolení s desítkami tisíců lepších lidí, zdravých, zmužilých a čestných a komu je to známo?"

Vzpomínáme tohoto roku jednoho sta let sokolské činnosti, vzpomínáme význačných sokolských pracovníků. Vzpomínáme zakladatelů a tvůrců našeho Sokola. Tyto vzpomínky nesmějí být pouhým vděčným zahleděním do minulosti. Minulost, která nemá, co by řekla přítomnosti, je mrtva.

Veliká demokratická myšlenka, oživená pronikavými hesly, která na sokolský štít jako smysl a účel ušlechtilého snažení svým sokolským junákům vepsali tvůrci sokolství, zaslouží si, aby byla známa. Zůstává velká potřeba lepšího upozorňování na sokolskou činnost. Jsou pouze některé jednoty, které zpravují veřejnost o svém životě, a dělají tak dobře, ba výborně, ale je jich málo.

Nejsme a nebudeme pouhými tělocvičnými spolky prostými všeho ideálního snažení, za které nás mnozí považují. Máme velmi dobrou a krásnou věc, ale ta sama se neuplatní. Máme organizaci, máme místnosti, které mohou být síněmi oddechu a radosti. Místo, kam mohou lidé chodit pro posilu, pro kousek lidského štěstí. Snažíme se o pokrok ducha s cvikem těla. At' veřejnost nás pozná a o nás ví.

Vím, nemůžeme žádat nemožnosti, ale musíme se

pokusit dávat o sobě vědět. Zvýšit poznání o Sokole, vytvořit přímo zájem o zprávy o něm a tím i přivést nové členstvo do našich řad.

Máme dost nových událostí, aby bylo o čem hovořit. Použijme projevy od našich činovníků — aby veřejnost poznala naše vedoucí ne jako parádní sokoly, ale v práci pro organizaci, v projevech ne slavnostních a vzpomínkových, ale programových a časových.

Připravujte zajímavé zprávy o činnosti a hlavně o výsledcích. Zprávy o veřejných podnicích, usneseníh, všech družích závodů, o proslovech, o návštěvách v tělocvičně, o návštěvě hostí, o všem, co prožívá členstvo, co prožívá jednota. Co je zajímavé. Podávejte zprávy jasně, stručně, zavčas.

Plňte heslo: "Sokolstvo do života". Kde možno, pozvete novináře na podniky. Tak dosáhnete, aby byla v tisku zpráva o Sokolstvu.

Zapráhňte schopné členy do zpravodajské služby. Pro noviny, pro radio, pro televizi. Přibližte se čtenářům i posluchačům.

Každý z nás má veliké možnosti, při nejmenším spojit se s druhými k společné práci. Nečekejte, až to udělá někdo jiný. Mějte stále před očima pravdu: "Nedělejme nic — nebude nic!"

Sokolská minulost však je podnes živým zdrojem poučení a je s námi spjata bezprostředními svazky, neboť tvoří základy, z nichž organicky rostlo sokolské hnutí. Proto k nám i dnes promlouvají dějiny přesvědčivě a jasně. Vracíme-li se do minulosti, ožívujeme si příklady nadšení a obětavosti.

Caldwell and Wilson were given to the Western District at the convention.

Bro. Lastovica and sis. Drozda were thanked for their past services as directors of men and women respectively.

Director of Education. Bro. Swoboda reported on the first handbook that was made before the Slet in Chicago. A second handbook dealing with the rules in the gymnasium, what the Unit expects from the gymnast and what the gymnast may expect from the Unit is completed.

Pacific District

October 5, 1965

On Sunday, October 3, 1965, Sokol Los Angeles participated in Czech Day held in San Diego and received a wonderfully warm welcome. After viewing the program put on by our Czechs in San Diego, the Pacific District is of the opinion that the area is a logical place to start a new Sokol unit.

Letters will be written to the secretary of the Czech Club in San Diego and sis. Welcl-Ruzicka, chairman of the Organization Committee, stating the belief of the Pacific District that a Sokol unit in San Diego would prosper with a bit of help and cooperation both from ASO. and the Pacific District.

ATTENTION!

Sis. Trajhan who is now supplying Sokol uniforms, has found it necessary to return orders and money for junior girls' uniforms. After extensive negotiations with various mills throughout the country, she now reports that it is impossible to get the regulation jersey material and that it will be necessary to use cotton fabric for these leotards. Therefore, all orders will be filled, but uniforms will be made of plan cotton fabric.

FIRST DAY SALE STATISTICS ANNOUNCED

The 5c Physical Fitness stamp, commemorating the Centennial of the Sokol organization in this country, leads with 864,848 cancellations, February 15, in Washington, D. C.

Sletová hudba.

Hudbu k letošním sletovým prostrným mužů a žen složil br. **FRANK J. KUBINA**, který také upravil hudbu k prostrným dorostenců a dorostenek. Není to poprvé, co s nevšední ochotou vyhověl našemu přání.

Působivá hudba, do níž vložil řadu jímavých melodií, se dobře uvedla. Velmi dovedně rozluštil br. Kubina dvojjí ruch pro společné cvičení mužů a žen.

Všichni účastníci, cvičící i ne cvičící pocítili při cvičení prostrných zrakový požitek vzbuzovaný soudobými sladěnými pohyby cvičících a mimovolně v jejich sluch se vkrádala hudba, kterou cvičící byli udržováni v předepsaném ruchu. Vzduchem se chvěla hudba podmanivá a dělala divy. Zazněla měkce, dováděně poskočila, jásavě promlouvala, naplnula svalstvo, nohy i paže a srdce odpovídalo.

Hudební doprovod obstarala hudba br. **Václava Baštáře**, řízená jím a hostujícími kapelníkem, br. **Karlem Divíškem** z Nového Yorku. Pod jejich taktovkou splnila ve svém podání vše, co se od ní očekávalo.

Sokol Detroit

Our monthly meetings are our principal and most important occasions for communication and work for our splendid organization. Obviously then, it is a great privilege to be a Sokol and to be able to vote on our important decisions. Don't just stand on the outside and criticize what we had done wrong; come to the meeting and tell us how to do it better. This small reminder of meeting attendance is necessary to awaken many brothers who are neglecting our company. Come and see us next meeting which is always on the first Thursday each month.

Our Sokol Unit will purchase \$500.00 worth of Sokol stamps and make them available for resale to our members. Please notify everybody about it. Just ask any of our executive officers about the purchase of the stamps.

Sis. Anna J. Basta, Publicity and Public Relations Committee Chairman of ASO., would like to communicate with anybody who is interested in our Sokol movement and Sokol welfare. She would welcome suggestions how to broaden her work in this new position. Please write to her if you have something on your mind relative to Public Relations or contact me.

Bro. Hurch reported on a possible merger of the Dearborn Club with Sokol Detroit. His report was complete and very objective. Dearborn Club is planning to donate \$5,000 to Sokol Detroit. I sincerely hope that this will materialize. Such a sizeable donation would be a blessing.

Instructors are planning an Open House at the Polish Falcon Hall on January 14, 1966. More publicity will be forthcoming.

Bro. Kovar is in the process of extending our existing camp roads in order to provide far more space to construct cottages.

The fund raising committee reported a profit of \$5,386.35 on our Festival. The Building Committee collected \$485.00 in donations for our new gymnasium.

Charles Novacek, Correspondent

25. Čsl. Den v Dallas, Texas, úspěchem.

Župa Jižní je každým rokem zapojena do oslav Čsl. dne na Texas State Fair, v Dallasu. Tentokrát byla ještě slavnostnější nálada, neboť naši slavili 25. výročí Čsl. dnů v Texasu. Velký počet cvičenců a cvičenek ze všech sokolských jednot se zúčastnilo cvičení na nářadí, ve hrách a společných prostrných. Zvláště působivá byla Česká Beseda, v níž tančilo 96 párů ve 24 kolech. Pořadající výbor byl sestaven z čelných organizací. Mimo Sokolstva je to Rolnický Vzájemný Svaz, Slov. Podp. Jednota státu Texas, Kroužek Českých Žen v Texasu, a spolupracující organizace Záp. Česko-Bratrská Jednota, ČSA, a Čsl. Nár. Rada Americká a jiné

Program se střídal se zpěvními čísly pěveckých sborů, jež dirigoval p. Nick A. Morris, Frank Henzen a Cyril Pokladník. Orchester sestavený z krajanů vyhrával při přestávkách. Nádherný byl pohled na dětské národní tanečky, doprovázené Mary Němcovou na pianě, Irene Vlkovou a Theresou Vřlovou na tahacích harmonikách, zpěvem Geraldine Beanové a Franka Henzena. Na programu za Americkou Obec Sokolskou promluvila ses. Em. Welcl-Růžičková, jež byla přítomna v Dallas s výpravou z Chicaga.

V přípravném výboru bvli dlouholetí a zasloužilí pracovníci ses. Zvolánková, starosta župy Jižní br. Pokladník, redaktor Věstníku SPJST. Nick Morris, ses. Anežka Houdková, předseda SPJST. p. E. Marek a řada dalších pracovníků.

Gratulujeme krajanům v Texasu k velkému úspěchu.

Jeví se velký zájem o zřízení nové sokolské jednoty ve West, Texas, kde br. Morris je činný hlavně v redakci "Věstníku" a kde se též tiskne "Hospodář".

Přípravy k mezi-sletu v Dallas v roce 1967 jsou již zahájeny a datum je ohlášen na dny 13., 14., 15. a 16. července, 1967, v Dallas, Texas, v rozsáhlém Memorial Stadium.

E. Welcl-Růžičková.

Daisy Sobotka

Sokol Wilber has lost another member by death, sister Daisy Sobotka. This is the sixth time death has struck our ranks this year.

Sister Sobotka was born west of Wilber on November 11, 1890, the daughter of John and Antonia Ulrich Chasdek. On September 1, 1909, she was married to Henry Sobotka at Wilber and farmed near this city for many years before moving to Wilber. They were always very active people. Sister Sobotka passed away at the Crete Hospital September 24 after a short illness.

Surviving are her husband, Henry Sobotka of Wilber, a sister, Mrs. Matilda Schroeder of Omaha, nieces and nephews.

A group of Sokols attended the funeral at the Zajicek Funeral Home. On behalf of all the members of Sokol Wilber, I extend sincere sympathy to the bereaved family.

June A. Kucera, Secretary

1854

- JOIN A GROWING ORGANIZATION -

Become a Member

of the

CZECHOSLOVAK SOCIETY of AMERICA

NOW IN IT'S 111th ANNIVERSARY YEAR

Insurance Protection for the Entire Family

LIFE • HOSPITALIZATION • RETIREMENT
 ACCIDENT and SICKNESS • DREAD DISEASE
 MORTGAGE REDEMPTION

2138 So. 61st Court

Cicero, Illinois 60650

1965

AŤ JEDETE KAMKOLIV

vlakem, lodí nebo letadlem,
po celém světě nebo jen
po Americe,
vždy pojedete nejlépe od

HEGER**TRAVEL BUREAU**

6118 W. Cermak Road
Cicero 50, Illinois
TOwnhall 3-4774

ONE, TWO, THREE, FOUR, ETC.

Count your garden by the flowers,
Never by the leaves that fall.
Count your days by golden hours,
Don't remember clouds at all.
Count your nights by stars—not
shadows,
Count your life with smiles—not
tears.
And with joy through all your
lifetime,
Count your age by friends—not
years.

Mnohem snadnější jest uvíti vě-
nec, než naléztí hlavu hodnou je-
ho. — Goethe.

Dejme pozor, abychom šli dobře.
Dejme hlavy dohromady, aby-
chom více viděli. Probuďme svá
srdce a svá svědomí, abychom v
nich měli svůj nejbezpečnější kom-
pas. Nenechme se oslíňovat a uspá-
vat žádnou ješitností a žádným
přechvalováním, aby nám neunikly
skutečné potřeby národa.

Ant. Švehla.

**UNDERWRITE
YOUR COUNTRY'S MIGHT.
BUY U. S. SAVINGS BONDS**

WINTER GRAVE DECORATION

consisting of evergreen covering
at BOHEMIAN NATIONAL
CEMETERY

should be ordered NOW!

Those who shall order first,
shall be so served.

SINGLE, DOUBLE DEPTH
and COMPANION

GARDEN CRYPTS

are available on pre-need sale
basis for cash or on easy terms.

EARTH BURIALS
CREMATION

BOHEMIAN NATIONAL CEMETERY

5255 No. Pulaski Road
Phone: KEystone 9-8442
STanley 8-8442

From Baltimore, Md.

On Saturday, October 16, Sokol Baltimore and Baltimorská Jednota combined to hold a dinner to commemorate the 100th anniversary of the American Sokol and the 75th anniversary of the Baltimorská Jednota Sokolic. All reservations were sold out at least two weeks prior to this event and many were disappointed because they were unable to attend.

The program began with the playing of the national anthems and a few words of welcome by the President of Sokol Baltimore, bro. William Kolomaznik, after which the meals were served by the waitresses.

After the tables had been cleared, bro. Kolomaznik introduced the officers of the two Units, who were seated at tables on and in front of the stage. The President then gave a talk on the Sokols in America. He introduced the President of the Baltimorská Jednota Sokolic, sis. Sylvia Peifer, who spoke on the many contributions that the Sokol has given to this country and the part that the Baltimore Units have played in this effort. A beautiful flower was then presented to those members of the Sokolky, who were present, and who have been members for 25 years or more. Floral designs had been sent earlier to the two members who have been in our ranks for more than 50 years and were unable to be present. They are sisters Josefa Taborsky and Anna Probst.

Bro. Kolomaznik introduced the past presidents of Sokol Baltimore and the Presidents of Sokol Belcamp and Washington.

Then followed the climax of the entire evening. Bro. Edward Stetka introduced the Vice-Presidents of the two Units, bro. Albert Pokorny and sis. Rose Cihlar in order and after short and impressive talks, they presented bro. Kolomaznik and sis. Peifer each a plaque as a token of appreciation for their efforts over the years. Needless to say, they were both very much surprised by this unscheduled part of the program and to say that they were left speechless would be putting it mildly.

With this the ceremony was brought to a close and bro. Svitak's orchestra took over and the floor was taken over by the dancers.

In closing, I wish to say that the entire program was very impressive judging by the comments that were made during the night. The entire proceedings, dinner and program, consumed about two hours. The speeches by both Presidents were not lengthy, but they were to the point. There was not the constant stream of speakers, one after another and echoing one another. The audience was very attentive throughout the proceedings. All in all, it was a night that will be remembered.

Edward Stetka

Bude-li každý z nás z křemene, je celý národ z kvádrů! — J. Neruda.

68th

SUCCESSFUL

YEAR

Fraternal Life Insurance

PROTECTION

Organized in 1897 with 1,259 insured members in 8 states. Now licensed in 20 states, over 60,000 certificates, has over \$70,000,000 of insurance in force. Total assets over \$27,000,000. Offers Legal Reserve Fraternal Life Insurance to Juveniles and Adults to age 65.

HOME OFFICE
CEDAR RAPIDS, IOWA

M. L. HROMADKA, National President
U.S. SEN. ROMAN L. HRUSKA, National Vice-President
CHARLES H. VYSKOCIL, National Secretary
GEORGE J. SHULTZ, National Treasurer

WESTERN BOHEMIAN
FRATERNAL ASSOCIATION

Západní Česko-Bratrská Jednota

LARGEST

CZECH-AMERICAN

ORGANIZATION IN U.S.A.