

AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

VOL. LXXXVI.—NO. 12

DECEMBER, 1965

865

965

the centennial year



May happiness brighten your holiday season
and stay with you all through the New Year

EXECUTIVE BOARD ASO.

Stanley Barcal, President

Betty Prener, Secretary

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AMERICAN SOKOL



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OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

5611 W. Cermak Road, Cicero, Illinois 60650

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Important Announcement!

The Post Office requests that the "Zip Code" number be written after all addresses on mail in the United States.

Sisters and brothers who have not done so to date, should send this number without delay to the office of the Organization so that delivery of the American Sokol will not be jeopardized! DO NOT DELAY!

Calendar of Events

1965

- 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.
- DEC. 31st—SOKOL NEW YORK, N. Y. — Big New Year's Eve Party.

1966

- JAN. 9th—SOKOL BALTIMORE, MARYLAND.
Annual Meeting.
- JAN. 13th—SOKOL SLAVSKY, CICERO, ILL.
"Luncheon is Served" Party.

- JAN. 22nd—SOKOL BERWYN, ILL. — Second Winter Dinner-Dance. By reservation only. Lada Jenicek, 3423 Euclid Ave., Berwyn, Ill. 60402.
- JAN. 29th—SOKOL WASHINGTON, D. C.
Masquerade Ball.
- FEB. 6th—SOKOL SLAVSKY, CICERO, ILL.
Pancake Breakfast.
- FEB. 5th—SOKOL MILWAUKEE, WISCONSIN.
Jaternice Social and Supper.
- FEB. 12th—SOKOL WEST SUBURBAN, Downers Grove, Ill. "Sweetheart Dance," Union Hall, Cass and Ogden. 8:30 p.m.
- FEB. 19th—SOKOL BALTIMORE, MARYLAND.
Sibřinky.
- FEB. 20th—SOKOL MILWAUKEE, WISCONSIN.
Winter Outdoor Carnival.
- FEB. 27th, 1966—SOKOL CLEVELAND CECH-HAVLICEK, OHIO. — Gym Exhibition.
- MAR. 5th—SOKOL BROOKFIELD, ILL. — Gym Exhibition.
- MAR. 12th—SOKOL PHILADELPHIA, PA. — 70th Anniversary and 33rd Annual Snow Ball Dance at Slovak Hall, 1150-54 North Fourth Street, Philadelphia, Pa.
- MAR. 12 & 13—SOKOL TABOR, BERWYN, ILL.
Gym Exhibition.
- MAR. 20th—SOKOL SLAVSKY, CICERO, ILL.
Gym Exhibition.
- MAR. 25th—SOKOL WEST SUBURBAN, Downers Grove, Ill. Card Party, V.F.W. Hall, Cass Ave. and 47th St., Westmont, Ill. 7:30 p.m.
- MAR. 26th—SOKOL BALTIMORE, MARYLAND.
Dozvuky.
- MAR. 26th—SOKOL BERWYN, ILLINOIS. — Gym Exhibition.
- APR. 2nd—SOKOL HAVLICEK-TYRS, CHICAGO.
- APR. 2nd—SOKOL NOVA VLAST, Cleveland, O.
Gymnastic Exhibition.
- ILL. — Gym Exhibition.
- APR. 17th—BOYS AND GIRLS COMPETITIONS IN BELCAMP, MD.
- APR. 24th—SOKOL WASHINGTON, D. C.
Dance.
- MAY 7th—SOKOL WEST SUBURBAN, Downers Grove, Ill. — Gym Exhibition at Herrick Jr. High School, Linscott and Grant Sts., Downers Grove, Illinois.
- MAY 7th—SOKOL MLADOCCECH, RACINE, WIS.
Gym Exhibition.
- MAY 14th—SOKOL STICKNEY, ILLINOIS.
Gym Exhibition.
- MAY 14th—SOKOL MILWAUKEE, WISCONSIN.
Annual Exhibition.
- MAY 15th—SOKOL BALTIMORE, MARYLAND.
Gym Exhibition.
- MAY 21st—SOKOL ST. LOUIS, ILLINOIS.
Gym Exhibition.
- MAY 21st—SOKOL MILWAUKEE, WISCONSIN.
Interclass Meet.
- MAY 22nd—EASTERN DISTRICT. — Arlington National Cemetery, Washington, D. C. Observation of Memorial Day. Placing of wreath at the grave of Unknown Soldiers and the grave of President John F. Kennedy.
- JUNE 17, 18, 19—WESTERN DISTRICT SLET.
St. Paul, Minnesota.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVI.

December — 1965 — Prosinec

Číslo—No. 12

James L. Cihak

"The Czechoslovak Contribution To World Culture"

Edited by Miloslav Rechcigl, Jr.

The above long-awaited book is off the press. The Czechoslovak Society of Arts and Sciences is to be commended for its efforts in presenting this first of a series of books, printed in English, in which are found selected lectures of the first congress of the society, as well as 17 new papers.

This volume comprises primarily the papers presented at the First Congress of the Czechoslovak Society of Arts and Sciences in America, Inc., 1962. This Society wants to help in keeping alive and making the world aware of the Czechoslovak cultural tradition which dates back to the beginnings of Christianity and has consistently upheld the ideals of humanity. It is completely unpolitical as it welcomes scholars and scientists of all persuasions and views as far as they are able to speak freely in the free world.

The primary purpose of the Congress was to acquaint the international audience with the contributions of the Czechoslovak peoples to world culture in various fields of learning. The program covered a wide variety of topics, organized for the sake of convenience into eight separate sessions dealing specifically with: science, medicine and

technology; fine arts; literature and literary criticism; linguistics and Slavistics; law and economics; sociology, theology and philosophy; history and political science; and, finally, a session devoted to the accomplishments of Czechs and Slovaks abroad.

Only selected papers (40) are included as well as 17 new papers on topics which were not covered at the Congress.

(Taken from the bulletin of the Czechoslovak Society of Arts and Sciences.)

The book can be ordered from: the Czechoslovak Society of Arts and Sciences in America, Inc., 381 Park Ave., South, Room 914, New York, N. Y. 10016.

Having attended the second conference at Columbia University, New York City, last fall and the mid-conference at the University of Chicago September 18, 1965, as well as attending the many lectures at both places, we are in a position to judge the caliber of the lectures as well as the painstaking effort visible in the papers themselves. We recommend the book to all of our members as a valued addition to their library.

A Warm Thank You To All Our Units and Districts

Brothers and Sisters: It has been a pleasure working with you during the past ten years. I want you to know how deeply I appreciate your cooperation and spontaneous answer to every appeal made to you. Without your understanding, hard work and eagerness to excel we could never have accomplished so much.

Your cooperation in our Slets has been magnificent. The great banquet in 1962 as well as the Centennial Banquet in 1965, the massive campaign for the Sokols Physical Fitness Stamp, your participation in the First Day of Issue Ceremonies in Washing-

ton, D. C., February 13-15, 1965, your overwhelming sales of the stamp, first day covers and postcards as well as your attendance of the many Sokol tours, were outstanding successes because of your deep concern for Sokol.

All of this has been highly gratifying and inspiring. Please remain true to the great Sokol ideals and all that they mean to you, your children, community and our great nation.

With my warmest best wishes for your happiness and success. — Nazdar!

Blanche J. Cihak

James L. Cihak

"Five To Ten"

by Drs. Gosell and Ilg

The above two doctors headed the "Child Behavior Clinic" at Yale University for many years. Their observations and tests produced results enabling them to help every parent, teacher and instruc-

tor. To know what to expect and appreciate the fact a child acts as he does because he is growing mentally as well as physically is a book worth studying. To be forewarned is to be forearmed.

What may be a mystery to parents, and grandparents too, is a perfectly logical, though unconscious act on the part of the child.

Page after page in every years' age bracket you will find the answers to every act, thought and action of your child. Whatever tends to create harmony and understanding in the family, class or anywhere in social life is well worth the time spent

in reading it and applying it at once. The results are surprising.

"Five to Ten" by Drs. Gosell and Ilg, Harper Bros. publishers, is a classic by now. You can get it from your public library. We feel it is a necessity in every home and classroom, well worth the cost of buying it as a constant, ready reference as your child grows up.

ASO. Executive Board Meeting

November 23, 1965

Czechoslovak National Council of America will be given space in American Sokol to promote sale of textbook "Progressive Czech."

Museum of Science & Industry extends invitation to "Christmas Around the World."

Union Gymnastica Sokol of Buenos Aires requests film of our XI. Sokol Slet. Due to many requests it will be some time before film will be available, but we will advise as soon as it is. Will send two Souvenir Program brochures.

Sokol Zizka requests clarification concerning expense accounting of students who attended our course at Potter Lake.

Sis. Anne Basta will check into matter of membership cards.

Received invitation from Eastern District and Sokol New York to social honoring sis. Marie Provanzik on the occasion of her 75th birthday.

Reports of Eastern, Northeastern, Western, and Pacific Districts were presented.

Bro. E. Linhart read his report, also minutes of BOI meeting. A rental of \$3.00 is being charged for IGM Olympic films. Representatives to the National AAU. Convention in Washington, D. C., are bro. Paul Fina and sis. Mildred Prchal as a member of Olympic Committee. The method of selection of applicants for scholarships will be determined by the ASO.-BOI.—the final screening to be done by the ASO.-BOI. subject to approval of the ASO. Executive Board.

Sis. Lorraine Zdenek read her report, Western District Clinic, to be held in January in Chicago, approved. Permission granted to serve hot mid-day meal on Saturday at the Western District Clinic in addition to coffee and rolls.

Bro. J. Cihak read Stamp Committee report for November.

Bro. J. Cihak read Educational Committee report for November. A series of 80 slides of gymnasts in training taken in our gymnasiums, to be accompanied by a tape recording (running commentary) approved. These slides to be sent to units.

Sis. A. Basta, Public Relations Committee, submitted text of New Year greetings for newspapers. Prepared condensed news bulletin. The Czech version to be published in the newspapers. Heading for publicity purposes for newspapers will be prepared and submitted by bro. C. Prchal. Permission granted to Sokol Havlicek-Tyrs to use picture of Sokol Centennial Stamp in Christmas pa-

rade. Presented display board for mounting news items and information. Will report on cost of materials.

In the absence of sis. Welcl-Ruzicka, who is out of town and ill, report of the Organization Committee was given by sis. Anne Fara. Blanche Kos and Betty Prener approved as members of committee. Committee is gathering material for school of instruction for organizational purposes for districts and units.

Editor bro. C. Prchal: November issue of American Sokol is printed and ready for mailing. The Gymnast appears in this issue. Old material held by printer to be discarded. Reports and minutes had to be cut.

Milwaukee Folk Fair excursion was a success—total of 166 participants in 4 buses. Program was very fine; overall attendance large. All buses were back about 10:30 p.m.

Sis. Anne Falta, Financial Secretary, read her report as of October 30, 1965. Also gave report as to status of accounts.

Bro. F. Vodrazka, Treasurer, reported tentative Slet receipts and disbursements. There are still some accounts receivable. Auditing Committee to make audit and subsequent receipts will be credited to the Slet.

Report of office activity for November submitted by sis. B. Cihak. This being her last day in the office, appreciation for her help was expressed by sis. B. Prener and bro. S. Barcal. A standing ovation of thanks was given by the entire Executive Board.

Bro. Barcal reported sis. Agnes Sotka is spending 3 days per week and sis. Ellen Jean Schnabl 1 day per week, in the ASO. office, at the rate of \$1.75 per hour, and sis. Anne Falta will spend 2 days in the office and asks only that her carfare be paid. Also reports attending Sokol Slavsky 75th anniversary banquet, Lyra Singing Society 75th anniversary banquet and concert, as well as meetings at Sokol Brookfield, Sokol Stickney, Sokol Tabor, and ASO.-BOI meeting.

Bro. Prchal reported on his trip to Cedar Rapids, where he spoke on Czechoslovak Day of Independence and 100 years since the death of Jindrich Fuegner and on Karel Havlicek Borovsky. Acted as M.C. at Lyra Singing Society banquet. Has speaking engagement at Svobodna Obec on Fuegner.

Bro. Barcal was contacted by the Life newspaper as to the feasibility of sponsoring a Folk Fair.

Sis. B. Prener reported on the Southern District Mid-Slet.

Financial Report ASO.

October 1965

INCOME:

Dues	\$2,124.00
Instructor's School—Potter Lake, Wis. ...	385.00
Jewelry, T. J. Masaryk dues	36.96
Dividends	225.00

\$2,770.96

DISBURSEMENTS:

Postage, office supplies, monogramming, telephone, janitor service, Public Service, window cleaning, rental, AAU. dues	\$ 294.90
Insurance	139.00
Salaries	537.45
Sokol Americky (now "American Sokol") ..	719.26
Instructor's School—Potter Lake, Wis. ...	277.50
Collector of Internal Revenue—Withholding Tax and S.S.	348.44

\$2,316.55

BALANCE:

Totals brought forward:	
Western National Bank of Cicero checking account	\$ 430.16
Income—October 1965	2,770.96

\$3,201.12

Disbursements—October 1965	2,316.55
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\$ 884.57

* * *

November 1965

INCOME:

Dues	\$1,781.50
Convention Fund	26.35
Special Assessment—1965	32.00
Dividends and interest	723.35
Manuals, jewelry, Sokol caps, Slet programs	68.26

\$2,631.46

DISBURSEMENTS:

Repairs, janitor service, window cleaning..	\$ 35.25
Rental, telephone, surety bonds for officers, vault rental	129.74
Postage, office supplies	101.05
"American Sokol" publication	655.45
Salaries	536.60
Recording tapes, men's & women's Olympic films	55.90
Petty cash	50.00

\$1,563.99

BALANCE:

Totals brought forward:	
Western National Bank of Cicero checking account	\$ 884.57
Income—November 1965	2,631.46

3,516.03

Disbursements—November 1965	1,563.99
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\$1,952.04

FROM OUR DISTRICTS

EASTERN DISTRICT

October 18, 1965

Received letter of thanks to the members of the Eastern District for their kind expression of sympathy from the family of our late bro. Joseph Hrbek.

The ASO. will remunerate sis. Provaznik for her fare to the Sokol Course at Potters Lake, Wis., where she had instructed classes.

A donation of \$30.00 was received from Sokol and Sokolice Baltimore in memory of bro. Joseph Hrbek, and \$10.00 from sis. Camille Matousek.

Director of Women, sis. Zabka: Attended a meeting with sis. Provaznik of the Sokol in Brentwood, L. I. The members were very impressed with the lecture given by sis. Provaznik. The American Sokol won the majority of awards at the United Sokols meet. Plaque won by our district will be engraved. On December 4th a bowling tournament of the United Sokols will be held.

Director of Men, bro. Capek: A volleyball tournament of the United Sokols will be held in STJ. in Astoria on Dec. 29th. Apparatus competitions will be held one day in April of 1966. Sokol Orel will be in charge of the United Sokols for this year. It had been decided that we will cooperate with the D.A. and Slovak Sokols to hold combined Slets.

Educational Director, bro. Petlicka: Bro. Neumann has films of the Chicago Slet, which will be loaned to units upon request. Letters have been sent to all units asking to participate in the Czechoslovak broadcast over station WPOW. Eastern District will support the program at the cost of \$60.00 per year. All events of the district will be broadcast upon request.

A buffet supper will be held at Sokol Hall, New York, on Nov. 6th, honoring sis. Provaznik on her 75th birthday. Sis. Provaznik will be presented with a plaque from the Eastern District making her an honorary physical directress of the Eastern District.

All active units report progress.

Bro. Neumann of Sokol Washington: Preparing a concert which will be held on Nov. 14th on the 100th anniversary of Fuegner. On Jan. 29th a Masquerade Ball will be held.

Sokol Little Ferry: Sunday afternoon dinners have been very successful.

The dinner honoring bro. Kalabza of Sokol Fuegner was a success.

A motion was passed that each unit be permitted one delegate for every 50 members. Also that each member of the Executive Board be permitted to cast one vote.

Sis. Provaznik will be asked to lecture to the parents and children of Sokol Little Ferry. Films will also be shown.

November 15, 1965

A notice of prices of gym uniforms and the new ownership was given to the technical committee.

Donations in memory of bro. Hrbek were received from Sokol Fuegner, L. I., \$20.00, and So-

kol Philadelphia, \$10.00. Sokol Newark donated \$10.00 to Sokol Little Ferry in memory of bro. Hrbek.

Sokol New York will donate a two weeks vacation at Sokol Camp, East Haddam, Conn., to any boy or girl selected from the Eastern District in memory of bro. Hrbek.

Bro. Capek: Sent apparatus moves to all units. Fuegner, L. I., and New York Sokol will participate in the volleyball tournament. SGUS. will hold their Slet at the Teaneck Armory.

Sis. Zabka: Volleyball tryouts will be held on Thanksgiving eve. On Dec. 12th at 2:30 P.M. sis. Provaznik will speak at Little Ferry Sokol Hall on the importance of being a Sokol.

Bro. Jerry Hardy has been named the official United States representative to the Federation of International Gymnastics. A letter of congratulations will be sent to bro. Hardy.

On Saturday, Dec. 4th, a bowling tournament of the United Sokols will be held at the Queensboro bowling lanes. Bro. Zraly will act as manager of the Eastern District team.

Bro. Petlicka thanked the members who had assisted him at the party given for sis. Provaznik. The profit will go to Sokol New York. Units have received letters from bro. Petlicka asking them to support the radio broadcast on station WPOW. Films loaned by bro. Neumann have been shown at Sokol New York.

Sokol Fuegner showed films of the Chicago Slet loaned by bro. Neumann. Two members will be accepted at the next meeting.

Washington Sokol held a concert which was a success although poorly attended by members. Sibrinky will be held on January 29th.

Little Ferry Sokol is in the progress of more renovations on their hall. Classes are so large that the junior girls assist with the boys classes. A New Year's Eve Dance will be held.

It was decided that it is important to raise funds so that we may be able to carry on with many projects. It was decided that we hold a raffle. Bros. Chaloupka, Capek and Holy will act on this committee.

NORTHEASTERN DISTRICT

October 20, 1965

Bro. Jirousek submitted a report on the participation of the various units of the Northeastern District in Slets and exhibitions during 1965.

Bro. Gruber asked BOI. to assist Sokol Cleveland-Cech-Havlicek in obtaining an instructor for its junior boys.

Sokol Cleveland-Cech-Havlicek—Bro. Gruber reported that Sokol Cleveland-Cech-Havlicek initiated three members at its October meeting.

Sokol Nova Vlast—Bro. Galik stated that Sokol Nova Vlast initiated three members and accepted applications for three new members to be initiated at a later date.

Sokol Tyrš—Bro. R. Jirousek stated that the Sewing Club realized a good profit at its card party on Oct. 6th. The unit will hold a special membership meeting on Oct. 27th. The Theatrical Guild will hold its play "Anything Goes" on Nov. 5th,

6th, and 7th. The unit is concentrating on obtaining new members.

Sokolice Detroit—Sis. Pazdernik sent in a complete report. The unit realized a profit of \$5,386.35 at the Summer Festival. Proceeds to the Building Fund.

Sokol Moravan-Toledo—The banquet originally planned was canceled. The unit donated \$100.00 to the building fund of Sokol Detroit.

Bro. Jirousek reported that Cesky Den will be held on the third Sunday in June, 1966. Therefore, the Northeastern District will hold its exhibition on the fourth Sunday—June 26, 1966.

The annual meeting will be held at Sokol Tyrš Hall on Sunday, January 16, 1966.

ŽUPA STŘEDNÍ.

27. října 1965.

Svobodná Obec, Chicago, zve ku přednášce "Sto let od smrti zakladatele Sokolstva Jindřicha Fuegnera". Přednáška 28. listopadu, promluví br. Prchal. Pozvání bude tlumočeno v "Hlasateli" a na radiu ČSA.-Český národní hřbitov.

Sestra Baštová vyjednala nájem stadionu "River-side-Brookfield High School" pro župní slet na 12. června 1966.

Konány jsou "volleyball" závody dorostenců a mužů. Na listopad je připravena konference náčelníků jednot s náčelnictvem mužů. Ženy plánují na leden konferenci s náčelnicemi jednot. Ve "volleyball" závodech jsou 24 družstva dorostenek a žen.

Jednotám bude poslán dotazník ve věci župního letního tábora.

Do vzdělávacího odboru potvrzení bratři: Gorman, Lebloch a Vodrážka.

Ses. Dunovská upozornila na místo vhodné ku pořádání kursu.

Ses. Baštová pošle článek Life Newspapers v záležitosti uveřejněné stati o sokolských dětech.

Br. Žibřid pokusí se získat kratší film k promítnutí v prosincové schůzi.

PACIFIC DISTRICT

November 9, 1965

Letter from Sokol Supply Co. will be posted on Bulletin Board for all to see.

It is very gratifying that units are helping themselves in obtaining good instructors for their classes.

Bro. Nekuda appealed to the American Czech Association with reference to the Pacific District holding their meetings rent free in the Sokol Hall and he reports appeal was very graciously granted.

Bake Sale will be held in the Sokol Hall on Friday and Saturday, November 12th and 13th. This sale will benefit the Pacific District.

Bro. Pokorny reports receipt of apparatus drills for competitions to be held in New York during Slovak Slet in July 1966.

The annual meeting of the Pacific District is scheduled to be held on Jan. 30th in San Francisco.

Velikáni lidstva byli muži soustřed'ování; bušili kladivem na jedno místo tak dlouho, až uskutečnili své úmysly. — Swett Marden.

SOKOL GYMNAST

December, 1965

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

Brothers and Sisters:

The entire American Sokol Organization Board of Directors sends you Holiday Greetings and Best Wishes for 1966.

Edward Linhart, Director of Men

Lorraine Zdenek, Director of Women

CHARLES M. PRCHAL

SOKOL GYMNASTICS

The significance of physical culture has risen due to the present trends in public life. Much is said and written about "physical fitness" and "physical culture." People speak of orthopedic gymnastics, hygienic, rhythmic, Swedish, Danish, German and Sokol gymnastics.

If "orthopedic gymnastics" are mentioned, we know immediately that it pertains to corrective exercises that should improve specific defects. If "Sokol gymnastics" is spoken of, many have various interpretations. Some are convinced that this means apparatus exercises, others have in mind mass calisthenics executed simultaneously by large masses of participants and many others think that Sokol gymnastics is any training done by the Sokols. Of course, all of these interpretations are incorrect.

The basic motto of Sokol culture is: "In a healthy body a healthy mind." This is a motto of the Greek ancient era. The great founder Dr. Miroslav Tyrs stipulated an exceptional task for the Sokol gymnastics: "Our first task consists of the principle that we are, before others, called upon to preserve our nation in that general vigor that does not allow a nation to die, in PHYSICAL, SPIRITUAL and MORAL health . . ." Dr. Miroslav Tyrs arrived at this conviction through studies of world history and Darwin's theory of the struggle for existence. He recognized that a spiritually and physically weak nation becomes useless and incapable in struggles with other nations and must perish. Therefore, Tyrs' physical fitness means all-around strengthening of the body, that is, the strengthening and developing of all of its functions. Harmonious and symmetrical development of bone and muscular structure, the development of all functions and various vital organs, muscular control and economic strength.

A further aim of Sokol training is the preservation of mental health, by spiritual guidance. In other words, the development of a strong will aims toward leveling off the one sided mental development and to turn intentions into ACTS, because even the best of intentions are insufficient if they are not fulfilled. Develop the will by conscious acts, overcoming burdens and obstacles. Many benefits can be derived especially through training on apparatus to achieve this quality. In this way, the will is strengthened, endurance is developed and the individual becomes accustomed to even the smallest and "unglamorous" tasks.

Finally, to preserve moral health. Not by preaching or by instilling moral principles, but by leading toward moral action. Qualities that we gain by physical exercise are: self-control, hardiness, courage, industriousness, patience, perseverance, endurance and dependability. Fulfilling moral obligations are: temperance, unselfishness, self-discipline, punctuality, dependability, precision, continuous progress and brotherhood, and subordination of one's self-interests for the interests of the whole.

Preserving the nation in physical, spiritual and moral health. Tyrs states: "By preserving yourself you contribute to the security of the nation, which you are a member of, against deterioration."

Because the Sokol physical training consciously strives to develop man physically, morally and mentally, it differs from other physical culture systems. Each of us who carried with him his first impressions from the Sokol gymnasium, found the way to the beauty of the Sokol idea. Each soon discovers that he is attached to it by thousands of bonds, that he, himself, is part of it, that he, himself, can contribute to its brighter comprehension and new significance. Perception brings new enthused followers of Tyrs' teachings.

SMALL BOYS

LESSON NO. 1

5 mins. — Game

After alignment, have boys count off "1," "2," "3." The instructor calls a number; those so designated race forward to a given goal and back to line again. Fastest of each number wins. Then the three winners race to goal and back.

5 mins. — Tactics

Give 45° and 90° turns in place; then march around gymnasium: 8 steps, 4 jumps in place, repeat. 4 steps forward, 4 steps walking in squat position, hands on hips and repeat. 4 steps forward, steps on halftoe, repeat. 4 hops on right traveling forward, 4 hops on left, repeat. March into open rank on floor.

15 mins. — Warmups. From closeheel stand:

I.

1. Flank rearswing of left arm to frontarm
 2. Flank rearswing of right arm to frontarm
 3. Clap hands before chest
 4. Swing downward to reararm and clap hands in back of body.
- Do 4x starting from reararm.

II.

1. Side stride step left — closearm
 2. Frontbow — frontarm
 - 3.-7. Dip 5 times in frontbow (relaxed)
 8. Upright — closearm
- Repeat 3x.

Remain in stride stand — bend sidearm, forearms bent inward, knuckles up.

III.

1. Deep left sidebow — thrust to sidearm
 2. Upright — bend sidearm
 3. = 1. Opposite
 4. = 2.
- Repeat 3x.

IV. Sit on floor stradleg — sidearm

1. Twist trunk to left and touch left foot with right hand
 2. Return to upright seat
 3. = 1. Opposite
 4. = 2.
- (Try to keep arms to sides for more trunk twist.)

V. Lie on stomach — sidearm

1. 2. Bend legs back, raise trunk — grasp ankles
 3. 4. Release ankles, lie flat
- Repeat 3x.

VI. Stand closeheel — closearm

- 1, 2, 3, 4. Four jumps in place — sidearm
- 1, 2, 3, 4. Two jumps traveling forward and two jumps traveling back
- 1, 2, 3, 4. Two jumps traveling to left, and two jumps traveling to right.

VII. From closeheel stand — arms low sidearm

1. & Swing left leg front inward, rise on right halftoe
 2. & Swing left leg downward to sideleg, lower rightheel and rise again.
 3. & 4. & Repeat
 5. & 6. & Repeat
 7. Close left
 8. Hold
- Reverse 1.-8.

VIII. In closeheel stand — closearm

- 1.-3. Uparm frontward — inhale
- 1.-3. Closearm sideward — exhale
- 1.-3. Uparm sideward — inhale
- 1.-3. Closearm frontward — exhale.

Divide class in half or if more than 20, two more sets of apparatus and an extension of class hour or shorter time utilized for warmups or games would be necessary. The following is for two groups.

Rings — shoulder high — bentarm hangstand.

10 mins.

Front foldroll to stand (tucked)
Rear foldroll to stand (tucked)

10 mins.

Long mat for tumbling — group stands facing side of mat; all work simultaneously.

Foldrolls forward from different positions such as: squat, standing, arms folded over chest, from one leg to one leg. Foldrolls rearward from different positions; squat, sitting, lying on back, arms folded, hands on shins, from one leg to one leg.

(Remark: Be sure to analyze correctly, make corrections and use partner spotting.)

Change to other apparatus on command.

10 mins. — DODGE BALL—ALL:

Half of boys inside circle of other half. Outside circle attempt to hit those inside. Each one hit drops out.

5 mins.

Marching in single file; follow leader who traces pattern in circles, diagonal lines, etc., to some marching song, finishing in desired formation (line or circle).

Instructor gives short talk about coming events or upon any subject he may choose, then formally dismisses them.

THE OLYMPIC CREED

"The important thing in the Olympic Games is not winning but taking part. The essential thing in

life is not conquering but fighting well." Baron Pierre de Coubertin, founder of the Modern Olympic Games.

UNITED STATES OLYMPIC COMMITTEE QUADRENNIAL MEETING

November 28, 29, and 30, 1965 — Willard Hotel, Washington, D. C.

The general session convened in the Grand Ballroom with the reading of the roll call for meeting at 9:30 a.m. Present were well over 1,000 delegates and members. The President gave a lengthy report on the status of sports and facilities in other countries as compared with those of the United States. A few examples were cited. In Paris a sport complex is being built with facilities for all sports; Italy will have an 8 million dollar sports building with 400 full time employees. The United States Olympic Committee raised \$4,000,000 during the last four years. The Olympic House in New York is an achievement to be very proud of but the United States is still far behind efforts put forth in other countries.

Treasurer's report for period from January 1st, 1962, through June 30, 1965, and Amendments to Constitution and By-Laws, were omitted because these had been distributed in printed form to each USOC. delegate and member of Games Committees at the time of registration. Election of Officers (President, First Vice-President, Second Vice-President, Secretary, Treasurer) and Board of Directors followed as did the Proposal for Amendment and Report of By-Laws Revisions effected by Board of Directors on October 25th, 1965.

Report of Membership Committee and election of new member organizations into the USOC. was next. 43 new membership applications were received.

Medical service report on health conditions, affects of altitude on participants, etc., was given.

Executive Director Mr. Bingham spoke about fund raising and Assistant Executive Director Mr. Arthur L. praised the members for their work and cooperation.

Recess was called and a fine luncheon was served in the Grand Ballroom at 12:00.

At 2:00 p.m. an assembly of Games Committee-men was held for a briefing before the individual scheduled Games Committee meetings convened in their separate rooms.

At 3:30 p.m. the Olympic Women's Gymnastic Committee met for elections and deliberations. Present were: Janet Bachna, Virginia Coco, Vannie Edwards, Martha Gable, Muriel Grossfeld, George T. Lewis, Irene Schmidt, Erna Wachtel, and Donald Wideroter, all members of the AAU.; Capt. Eleanor L. Skinner, of the Armed Forces, Carolyn Bowers, DGWS. of AAHPER., Jerry Luschak, National Jewish Welfare Board, Ellsworth A. Stumpf, Turners, Mildred Prchal, Sokols and an

alternate for William C. Pace of the NFSHSAA, a total of 15 members.

Election of Officers: Mrs. Virginia Coco was elected Chairman of the Women's Olympic Committee, Mr. Vannie Edwards, Vice Chairman, and Mr. Donald Wilderoter, Secretary. Mrs. Coco then took the chair for further business.

The matter of delegation to accompany gymnasts in forthcoming Federal International Gymnastics competitions was discussed. Recommended: Manager, coach, chaperone and accompanist (4 individuals) to accompany team.

Recommended that maximum number of gymnasts permitted under rules be sent, also that maximum number of judges serve.

For the Pan American Games to be held in Winnipeg, Canada, July 22nd to August 7th, 1967, it was recommended that selection of gymnasts be made as follows: 20 girls to be selected in the April 1967 AAU. National competition (first trial). Then during the last two weeks in June, 1967, the 2nd trial be held on Monday and Tuesday, a rest period on Wednesday and Thursday, and the 3rd trial would follow on Friday and Saturday. Discussion followed as to the exercises to be used for this competition.

Meeting was adjourned at 5:00 p.m. after more discussion regarding improvement of the calibre of gymnasts, training before competitions, fund raising, etc.

The Quadrennial Olympic Dinner was held at 7:00 p.m. in the Ballroom on Monday evening. The program consisted of the American hymn, Invocation, welcome by the new President of USOC. Douglas F. Roby, President Johnson's greeting read by USOC. President Emeritus Kenneth L. Wilson, remarks on Preparations for the next Pan American Games by the Ambassador from Canada, His Excellency Charles S. A. Ritchie, the next Winter Olympic Games, Hon. G. de la Villesbrunne, Minister Counselor of the French Embassy, next summer's Olympic Games by His Excellency Hugo B. Margain, Ambassador from Mexico. The Army Chorus sang a number of selections. An address "Vietnam Today" by Honorable V. Alexis Johnson, Dep. Under Secretary of State, closed the program.

On Tuesday at 9:00 a.m. a general session was held. All Games Committee reports were presented. After adjournment, more committee meetings were held for the formulation of future programs.

MILDRED PRCHAL, ASO. Delegate

The Meaning of the Rings

The rings or circles which form the Olympic symbol originally represented the five major continents, namely Europe, Asia, Africa, Australia, and America (both North and South). However, the true concept is that the rings are linked to-

gether to denote the sporting friendship of the peoples of the earth, whatever their creed or color. The colors are chosen because at least one of them (blue, yellow, black, green, and red) appears in the flag of every nation of the world.

Central District Unit Directors Conference

November 14, 1965

Volleyball—Junior boys tourney is progressing well. An all star game with the junior girls will be held in December. There are 7 teams in the tourney.

Senior volleyball tourney also progressing well. Having two divisions (A and B) added greater interest. There are 5 teams in the "A" division and 5 teams in the "B" division.

A special one day tourney is planned to accommodate the outside units.

Basketball: Two tourneys will be held. As many games as possible will be played between the holidays.

Competitions: Junior and senior competitions will be held on Saturday, June 11. The 2nd Class competitions will be held one week earlier.

The Slovak competitive exercises will be used for all classes. Rules governing awards will be decided by the BOI.

Sokol Day program will be discussed in greater detail with our sister BOI. Program shall be similar to that which was shown at R-B in 1964. I.E. combined unit special numbers, track events, mass apparatus, and mass calisthenics.

A **parade float** was discussed at great length. The idea is to have some sort of parade unit on call for instant notice to place in parades, wherever requested. The float should symbolize Sokol and be readily available. A committee was named to delve into the matter, after which recommendations to the women's BOI. will be made and finalized.

Courses: Because the Slovaks are to hold a course and our brothers in the Western District are going to hold a course, it is our feeling that these two courses could be utilized to our advantage.

Clinics: Because Milwaukee, Mladocech and St. Louis always request apparatus and calisthenic clinics, tentative dates were agreed upon. At Mladocech—Sunday, April 17; at St. Louis—weekend of April 23 and 24.

Uniform changes: Recommended changes in uniforms for competitions were discussed. The recommendations are as follows:

2nd Class—White canvas slippers with rubber sole instead of gym shoes.

Juniors—Only high division boys are to wear long white gym pants.

ASO. Director bro. Linhart addressed the conferees and discussed the formation of the new ASO.-BOI. Also reported on Mid-Slet to be held in Dallas, Tex.

ASO. President bro. Barcal gave a brief report on activities of the Executive Board. Also a brief report on Mid-Slet in 1967 was given.

SGUS. Slet: It was decided for units to participate as fully as possible in the Slet of our brother Slovaks in New York in 1966. For units that do not have full teams it is recommended that district teams be formed of individuals from the various units.

News Reporter: After a brief discussion it was decided a news reporter should be found who will see to it that all our gym activities get proper attention in our local news media.

Nazdar!

Roy Zitny

Balance Exercise for Small Girls

May be used as game

3 or 4 low balance beams—4 to 6 girls standing on beam parallel in stride stand.

Instructor stands at one end of beam with hand apparatus of various kinds. Starting with ball (basket or volley) instructor gives ball to first girl who turns (trunk only) and gives ball to neighbor who in turn passes it on until it reaches last girl. Last girl begins return of ball down the line again to instructor.

Girls now turn to face end in stride stand (cross stand); instructor gives ball to first girl who passes it overhead to girl behind her; she in turn continues to pass it to end of line. On command all girls jump to stridestand on floor over beam and ball is passed over the heads again to instructor.

Other hand apparatus such as wands, Indian clubs may be used.

With 3 or 4 teams, this exercise may be used as a game using variations. For this then, a squad leader must stand at head of beam to receive object when teams finish. Girls may dismount to do some hops and jumps and so relieve the tension of standing on the beam for a great length of time.

JANE JUREW

Indoor Activities for a Limited Area

- 1. ON THE MARCH**—Small circle formation. Individual in center of circle covers eyes with hands. As children march around (all saluting with hand inward to circle) designated person taps center individual on shoulder. Upon receiving tap leader uncovers eyes and tries to guess which individual did the tapping. If after three guesses leader fails to identify correct person, they have option to repeat their turn or pay a forfeit.
- 2. SIT UP STRAIGHT AND COORDINATE**—Children sit at desks or on floor using only arms. Both arms over head to start. Right arm goes downward—sideward and upward—3cts. Left arm goes downward—sideward—bend forearm inward and upward—4 cts. If done properly to 12 cts. both arms will end over head.
- 3. FUN WITH GUM**—Needed — Workmen's canvas gloves and gum and paper bag. Divide into teams. On command go—first player puts on both gloves, takes a stick of gum from bag. He must take off wrapper and silver paper and place gum in mouth before passing it on to next player. First team to finish receives extra prize.

Sokol St. Louis, Mo.

If someone in a not too distant past, would have predicted that someday a new and modern quarter-million Czech Hall would be built in St. Louis, Mo., he would have been called a "dreamer." But today, this dream has become a reality and our St. Louis Sokol unit, together with our Czech lodges of C.S.A. and the Unity of Czech Ladies and Men, are prospering in a new home, named American Czech Educational Center, located at 4690 Lansdowne St. We had to have a new hall, due to the fact that the old and historical National Hall was to be torn down, to make way for a new super highway, and the idea to build a new one was born in a Sokol yearly meeting about four years ago. As the Sokols were the majority shareholders a committee was created, comprised of Sokol members, to help organize a Building Fund Committee, in which would be represented the rest of the shareholders of the National Hall. At first this idea was received with restraint by the fraternal lodges, fearing a large debt, but the St. Louis Sokol organization was fortunate to have within its ranks a membership of idealistic and hard working men and women, and for them, no sacrifice was too great.

They carried on, in spite of a coolness, to purchase two and a half acres of land at the present location for the sum of \$100,000. This purchase was criticized not only by the rest of the shareholders but also by many Sokol members, who saw in this the doom of our future existence. This did not discourage them! They started a drive for donations, and again Sokol showed the way with \$13,000. They worked as never before in the history of Czech St. Louis, with paper drives, rummage sales, dances, turkey shoots and many other projects and with the help of the Sewing Circle, in three years paid off the \$50,000 mortgage loan on the purchased lot. Then a miracle happened! Our contractor and builder and also a good Sokol member, bro. John Kalicak, purchased part of our lot facing Kingshighway Blvd., for the sum of \$85,000 and we still owned the remaining acre and a half to build on, and when we received a nice settlement from the Condemnation Board for the old hall we started to build. While the old hall was being wrecked and the new one was being built, through the generosity of Father Prokes and the parishioners the Sokols transferred all their activities to the Slovak Catholic Hall, free of charge.

Slowly but surely, the enthusiasm of the Sokols started to spread into our fraternal lodges and today as the building stands, there is perfect harmony between all of its membership, and our new hall, one of the most beautiful in St. Louis, is the pride of all the Czechs and Slovaks in our city and the surrounding territory.

The way it is being supported by not only the members but by all of our public, the debt still standing will be paid off in no time. That we will grow and prosper in the future is best shown even at this early date. In the old hall Sokol had 105 attending gym classes and today we have 218 and the ranks are increasing every week. At the old hall, we did not have a Czech school for many

years and today when we revived it we have 105 children and adults attending classes in Czech every Saturday morning. So far every project given has been a huge financial success and the hall is being rented continually.

It is being heated by gas and air-conditioned in summer, with parking facilities for 200 cars, the parking area being recently black-topped. It consists of a large auditorium and gymnasium combined, a large dining room, which can be partitioned into smaller halls, a large kitchen, a cocktail lounge, a stage, library and school room, locker rooms and showers for men and women and beautiful rest rooms for the public and a cloak room. To those who made this possible, we owe a debt of deep gratitude and humble pride in their achievement. They have built a monument to the past, and for posterity.

John Reiner

Sokol Detroit Bd. of Instructors

All gym classes are in progress regularly on Friday nights at the Polish Falcon Hall with enrollments increasing weekly. All classes are participating in various exercises, marching tactics and apparatus work.

Instead of the Annual Akademie, we will have an open house called a "Gym Night with Sokols." This will tend to illustrate just what is going on in our gym classes on gym nights. The date is tentatively set for Friday, January 14. We hope to have developed a full, well rounded program for this occasion. The Akademie was abandoned because of the very poor attendance of this annual winter event for the past 3 or 4 years.

Chuck Bares,

Sokol Cleveland Cech-Havlicek

The November 7th meeting of Sokol Cleveland Cech-Havlicek was one of the most interesting and successful meetings of the year. Seven members were honored with service pins: sis. Eleanor Pagor—25 year pin; sister Tessie Hauzer—40 year pin; sis. Helen Sorm—40 year pin; sis. Vlasta Fairhazl—40 year pin, and sis. Frances Dort—40 year pin. Nor did the honors stop with these members. All members paid special tribute to bro. Karl Kase who has been a member of Sokol Cleveland for 56 years and to bro. Frank Albl who has been a member of Sokol Cech-Havlicek—now Sokol Cleveland—for 72 years. Both of these loyal Sokols were present at the meeting and all of us joined in celebrating their 90th birthdays.

But Sokol Cleveland is aware that we must have new blood even though the present members are very loyal. Brother Jirsa presented seven applications for new members.

The members were very active during October, having conducted a successful rummage sale, fish fry and pork dinner. During the month of November, the BOI. will have an Avon party and a Card party.

Brother Tony Verkner concluded the meeting with an interesting and revealing talk on present-day Czechoslovakia, including movies he had taken of Czechoslovakia during his visit there this past year. — Nazdar! Wilma A. Sevcik, Secretary

Sokol's 90 Years In Detroit

In November it was exactly 90 years since the first Sokol unit was founded in Detroit, an anniversary which in our Czechoslovak America deserves high tribute. The first unit, Sokol Budivoj, was founded on the east side of the then growing City of Detroit by about 15 enthusiastic Czechs on November 6, 1875. We wrote much of this history in outline regularly in the Sokol Detroit News and most of our people know it well. In 1889 another Sokol unit, Sokol Podlipny, was founded on the west side of Detroit, where most of our people moved gradually. In 1909, the third unit, Sokol Palacky, was also founded on the west side and all three units continued in the educational and physical training system as founded by Dr. Miroslav Tyrš and Dr. Jindřich Fügner most admirably. This most beneficent work was carried on faithfully, jointly and with outstanding success. In 1917 all three units merged into one, the present Sokol Detroit, and continued more intensively, education-

ally and gymnastically and in all patriotic, national and cultural efforts throughout the years.

The units originally belonged to central bodies: Budivoj and Podlipny to the National Sokol Union, Palacky to the national Zupa Fügner-Tyrš. In merging in 1917, Sokol Detroit became a part of the newly formed American Sokol Union which came of the merging of the National Sokol Union with Zupa Fügner-Tyrš. The Sokolice in Detroit had their own Sokol organization since the 1890s, when the separate women's division (Sbor Paní a Dívek) was formed and participated in gymnastic training and in cooperative and helpful efforts continuously.

We may well be proud of the fine record achieved throughout these many years by our founders and their followers. All of them are remembered with honor and heartfelt gratefulness.

To the future Sokol efforts and aims Nazdar!

A. Benesh

RUDOLPH JANDA

Po krásných dnech jubilejních zbývají nám vzpomínky.

Proto mnozí vracejí se do dnů právě zašlých, aby se sami v sobě potěšili nad opravdovými úspěchy fyzické zdatnosti, která již rychlejším tempem zabírá nejvyšší místa v sokolských tělocvičnách, byvší posílena úkazem vládních autorit, mezi nimiž tragicky zesnulý prezident náš zaujímá vůdčí pozici. Zejména zakončení sletu, ono nádherné odpoledne, zaplněné pole káňaty, dorostenci a muži a ženami nemůže a také neztratí onoho silného dojmu, jaký zapůsobí pokus jedné z našich národních složek přesvědčiti, že jsme dosud zde, že žijeme, plně poslání tak, jak o něm snil Fügner, Tyrš a ti ostatní, kteří je následovali. Až do té chvíle nemohli jsme se zbaviti jistého dojmu: něco nám scházelo a my nevěděli co a to až do doby, kdy ozval se "můstek". Teď jsme poznali, že nám a jistě též i jiným scházela mateřština, ona mluva Tyršova, jež přesvědčovala a pobádala a teď jsme si konečně dovedli vysvětliti co znamenaly věty, které jsme před několika desítkami roků kdesi četli a pro příští potřebu zaznamenali.

Ten národnostní podklad sokolstvu položili starostové Pražského Sokolstva, první z nichž byl Fügner, následoval Tyrš, po něm Černý a pak Linha, všichni čtyři vysoce vzdělaní a vlastenecky zanášení muži. Ale nemůžeme neviděti ono okolí, jež bylo svědkem založení a působení prvních pokusů sokolstva proto, že národ byl ještě pod nadvládou Rakouska a vše, co vlastenectvím prozařovalo, bylo ihned v zárodku udušeno. Avšak i v tomto případě zásluhou vedoucích byl Sokol ze všech důležitých spolků snad jediný, který zůstal uchráněn od zanesení svárů do sokolovny, kde byla zmije otravující náš veřejný život český ze Sokolstva vypuzena, takže aspoň v této jednotě potrvála svornost a bratrství, ctnosti to, jichž nám vůči tolika nepřátelům věci české i jinde tak naléhavě třeba jest.

My, v této naší krásné vlasti, tvto dvě ctnosti, tuto svornost a ono bratrství potřebujeme dnes ví-

ce nežli kdykoliv jindy. Jsme jako po převratu bývali t. zv. "hraničáři", kteří si nestěžovali do odvěkých nepřátel národa, do Němců, ale do svých vlastních lidí, kteří se nedovedli emancipovati z toho, v čemž pod knutou nadvlády žili a stali se tak buď vědomě nebo nevědomě zrádci vlastní krve, svého národa a mateřštiny. Ovšem, my zde nemáme žádných zákonů, které by brzdily naši snahu, dokud tato naše činnost udržena je v mezích zákona. Máme zde volné pole, jež umožňuje každou národní práci, každé snahy vedoucí k povznesení naší mateřštiny, jež klesá následkem úbytku těch, kdož této snaze, jí udržeti, věnovali každou volnou minutu, hodinu, ba celý plodný život. Nemáme zrádců, poněvadž nejsme částí jakékoliv složky podvratné činnosti, jsme dobří a příkladní Američané, jejichž touha udržeti mateřský jazyk pokud možno co nejdéle v této pohostinné naší vlasti rovná se snaze jazykových menšin, které před převratem dusily každý pokus o zachování mateřštiny.

Demokratická vláda naší vlasti umožňuje nám rozepnouti křídla svým pokusům, ale přes to vše klesáme v řádových síních, v sokolovnách, v tisku — a zejména v tisku. Vezmeme do ruky kterýkoliv žurnál nebo "orgán", jak nazýváme tyto tlumače našeho snažení, ano, i ten náš sokolský věstník, abychom si mohli učiniti představu toho, co nás v budoucnosti čeká. Většina stránek těchto národních posílů do domácností členů jednot neb i jiných národních skupin, je už v takovém počtu, že je nutno se nad tím pozastaviti. Co nejvíce zaráží je ona vedoucích, kteří ovládají dobře nejen angličtinu, ale i ta naše mateřská řeč není jim cizí a dovedou ji zvládnouti kdykoliv potřeba toho vyžaduje. A tato potřeba zjevuje se každým měsícem v stejném místě a stejné důležitá, ba důležitější v tom, že pohled do budoucnosti není ten nejskvělejší a že cesta bude neschůdnější zítra, pozítří, za rok neb déle.

Nechceme diktovati, aniž urgovati jakékoliv změny, ale jedna z cest k nápravě je možná. My dobře víme, že jako národnostní složka se dlouho neudržíme a počítáme-li náš zánik na jedno, dvě neb více desetiletí, pokusme se o to tento život naší mateřštiny zde prodloužit o jedno, dvě neb více desetiletí, o něco, v čem nám nikdo nepřekáží, nikdo nás nezdržuje od jakéhokoliv pokusu udržeti to, co nám je nejdražšího a býti při tom dobří a spolehliví Američané. Jen malý obrázek toho, v čem jsme a toho, kam spějeme: Byli jsme nedávno při slavnosti dlouholetého jubilea bratrského řádu. Při pohledu na obsazené stoly kývaly nám na pozdrav šedivé již hlavy nebo hlavy, jež počínají jevití rychle se blížící stáří. A při tom pohledu viděli jsme jak bývalo kdysi před dvaceti, třiceti neb více lety, kdy stoly ony byly obsazeny téměř těmi samými bratry a sestrami, jejichž hlavy zdobil bujný, černý vlas. A bylo těch bratrů a sester tenkrát více a jejich nadšení burácelo siní. Onehdy tedy viděli jsme co a jak bude v budoucnosti: bude nás čím dále tím méně, nadšení ochabne, i ten bílý vlas prořídne a zmizí. Naši staří odešli a mládí odchází.

Příznáme-li tedy, že se neudržíme, jediná cesta vede k prodloužení života národní složky a to s pomocí těch, kteří nám odcházejí. Více českých stránek ve Věstníku, více v orgánech, příklad musí přicházeti z hůry, od vedoucích, jejichž povzbuzující

statě musí býti také v češtině — a více jich — aby podchytily nový materiál a povzbudily ony věrné, staré hlavy, jež dlouhou službou staly se nepostrádatelnými při každém národním počínání. Časy jsou jiné, poměry též, moderní vymoženosti odloudily nám mládež: vlastní domy, automobily, radia a televize zapříčinily prázdné ložové síně a těžkosti při volbách úředníků a to nejen v organizacích čistě českých, ale i v těch, jimž umožněno dorozumívání a jednání v řeči jejich vlasti, v angličtině. Je též nutno odstranit předsudek, že "nám mládež nerozumí", naopak pokusme se o odstranění onoho předsudku. Přitáhneme mládež k organizaci třebaže mluvila rodnou řečí naší země a po případě naší češtinou dovede-li setřásti se sebe stud "že česky mluvit nedovede".

Cesta k prodloužení může býti usnadněna literární a hmotnou pomocí takových organizací, jakou je ku příkladu Národní rada, Národní hřbitov, bratrské, sesterské neb smíšené podpůrné jednoty, naše školství a jeho sdružení, Matice vyššího vzdělání v Chicagu a oba české rozhlasové stanice WTAQ. Mládež, která sice odchází, ale žádá o přednes té které české písničky, není ještě úplně ztracena, v ní dosud žije "duch slovanský", a na nynějším pokolení závisí tento zájem mládeže udržeti a je-li možno vzpružiti k novému životu. Cesta sice trnitá, ale jeden z nejkrásnějších cílů k dosažení: Prodloužení života československé větve v Americe.

KAREL M. PRCHAL

NA SKLONKU ROKU.

Přede dveřmi jsou Vánoce. Vánoce, svátky pokoje a míru. Lidé si vzájemně přejí vše nejlepší. Vánoce nesou poslání: "mějme se rádi!"

Podejme ruku, ruku čistou a čistou mysl na ochranu lásky ku všem. Pracujme, aby bylo líp, aby bylo víc lásky a krásy na zemi. K práci přidejme trochu shovívavosti, trochu upřímné dobré vůle. Usilujme o to, abychom dobrým a nadšeným duším byli ke cti. Chtějme spravedlnost pro všechny. Mysleme více na celek než na sebe, na zájem Sokolstva víc, než na zájem osobní a zájmy určité skupiny. Sokolská myšlenka je tvůrčí, lidská, prostá vůlí nenávisti.

Hlavní klad sokolství je zásadní obrodné pojetí člověka — aby byla lepší a odolnější generace. Aby cíl práce byl nejen pochopen, nýbrž aby byl vyplňován ideály opravdové lásky k bližnímu, k Sokolstvu, k vlasti.

Plněním poslání splníme poselství Vánoc a vykonáme službu, která přinese radost a úspěchy a přiblíží nám uskutečnění snů o významu a síle Sokolstva.

* * *

Z těžkých počátků vyrostla naše práce: z lidu, pro lid, na poli lidovýchovném. Kéž není nikdy zapomenuto prvních činů a prvních průkopníků. Sotva kdo z nich tušil, k jak důležitému hnutí kladou první základ. Sto let je za námi — leč ta dlouhá léta nezbrázdila ideály vráskami stáří. Sto roků znamená mnohou změnu v životě světa, však sokolská činnost neutuchá, myšlenka neochabuje. Cíle zůstávají stejné, jen cesty upraveny dle doby. Snažme se každý z nás v každé životní situaci, od ne-

děle do soboty, usilovat o dosažení ideálů, které jsou Sokolstvu vytčeny, doplněných naléhavými příkazy a závazky dnešních dní.

Sto let je nám důvodem k dalšímu usilování. Na nás je odpovědnost za další vývoj poslání. Přilhneme k němu ještě vroucněji a snažme se mu získati hlavně svým příkladem, svým jednáním, svým životem co největší vzrůst v zájmu národa pro jeho šťastnou budoucnost. Výsledky se ukáží podle míry našeho přičinění. Přičiňte se, aby se nám vše dařilo. To žádali jsme za všech dob: sebe sama dovést zapřít a posvětit každý tep svého srdce a každou touhu duše své službě celku.

Po Vánocích přichází rok 1966. K novému roku většina lidí upíná své naděje, své sny, svá přání a staví plány i krásná předsevzetí do všech jeho dní.

Nám nese mnohé úkoly. Úkoly vysoké i velké — ale malý ten, kdo má jen malý cíl! Duším, které stále chtějí stoupat, žádná výška není výškou dostatečnou.

Jdeme do roku 1966 svorně. Ve svornosti je síla; svornost lze dospět výš. Projevme svou náchylnost k sokolství činy a dokažme, že velikost naší práce se vyrovná důkladnosti naší kritiky druhých.

Naše věc je dobrá. Je v popředí snažení o člověka zdravého, silného a čestného. Věřte v ni, sestry a bratři! Její duch je věčný!

Užijte v klidu Vánoce a v roce 1966 a všech, které následují, mějte všechno, čemu my smrtelníci říkáme štěstí. V práci sokolské mějte mnoho úspěchů.

Nazdar!

Důležité upozornění!

Poštovní úřad vyžaduje, aby ku každé adrese ve Spojených státech připojeno bylo "Zip Code" číslo.

Sestry a bratři, kteří jste tak dosud nečinili, pošlete toto číslo bezodkladně do úřadovny Obce, aby dodávka Amerického Sokola Vám nebyla ohrožena! NEODKLÁDEJTE!

Bohumil Marek Memoriální Fond zorganizován.

Bývalí studenti české školy Alois Jirásek zorganizovali výbor zv. Bohumil Marek Memorial Fund, jehož účelem bude vyhledat a pak vydat v knize básně zesnulého učitele Boh. Marka, podle předsedky výboru, Lydia L. Hartsigové.

Sděbila, že taková sbírka vydaná ve formě knihy by byl vhodný memoriál zesnulého učitele. Též sdělila, že i bývalí studenti z různých českých škol, počítaje v to českou školu Brookfield, též se zajímají o tento projekt.

Všechny dary a příspěvky budou užity na vydání tisku této knihy. Po zaplacení originálního nákladu, všechny fondy získané z prodeje knih budou darovány českým svob. školám.

Další informace sdělí Mrs. Lydia Hartsig, tel. 652-9273; Mrs. Joan Raff Koehler, tel. 485-6208, aneb Frank Švestka, tel. 484-6546. Vaše dary můžete poslat přímo na adresu BOHUMIL MAREK MEMORIAL FUND, Box 172, Berwyn, Illinois 60402.

Sokol a Sokolice Havlíček-Tyrš.

Sokol Havlíček-Tyrš vznikl spojením dvou stávjících tehdy jednot: Sokol Miroslav Tyrš a Sokol Karel Havlíček. Sokol Miroslav Tyrš založen byl 23. ledna 1903. Sokol Karel Havlíček založen byl 6. srpna 1904.

Pokusy o spojení počaly již v roce 1907, ale ku skutečnému spojení došlo až 11. září 1911 v síni Sokola Miroslav-Tyrš. O týden později spojily se též oba ženské odbory. Jednota při svém spojení čítala 275 bratří a 111 sester. V roce 1921 přistoupil také Sokol Komenský. Se stavbou sokolovny počal sám Sokol Havlíček 6. září, ještě před spojením, na 26. a Lawndale ulici. Slavnost položení základního kamene konána 1. října a budova slavnostně otevřena o vánocích téhož roku. Budova však neměla tehdy galerie ani ložových místností, byla však dostavěna r. 1926 a slavnostně znovu otevřena po tři dny trvajících slavnostmi. Budova stala se střediskem československého života v Chicagu a okolí. Zde konány mnohé památné události týkající se krajanského života zde i ve staré vlasti; byla takřka střediskem prvního i druhého odboje.

K dodržení velkých finančních závazků vypsány bondy, pořádány úspěšné bazáry, divadla, zábavy i jiné zábavní a vzdělávací podniky. Zábavy a veřejná cvičení jednoty do dnes těší se velkým návštěvám i oblibě. V roce 1942 otevřen byl letní tábor v Crystal Lake, který zbudován byl svépomocí všeho členstva. Dnes řízen je mladšími bratry. Jednota je

tudíž činna v zimních měsících v budově a v letních v táboře.

Za první světové války jednota byla jedna z prvních, které zúčastnily se odboje. Bratři vstupovali do spojeneckých armád a do legií. Druhý den po vstupu Ameriky do války 60 bratří Sokola Havlíček-Tyrš se přihlásilo do zbraně. Pět bratří ztratilo své životy. V druhé světové válce jednota jako celek vstoupila do druhého odboje, 95 bratří a 5 sester odešlo do branné moci Spojených států. Dva bratři se nevrátili.

Po odchodu mladšího členstva do zbraně starší bratři nastoupili na uprázdněná místa a ač bratři a sestry jsou samostatná tělesa, byly to hlavně sestry, které udržovaly neztenčenou činnost v jednotě. Jednota stále dodržuje původní program sokolský a dnes je jedinou činnou jednotou v Chicagu, ač i její okolí není tak krajany obydleno jako před léty. Doba a poměry se poslední léta rychle mění, staří odchází na věčnost a mnozí mladí odchází za svým zaměstnáním do všech částí Ameriky; leč jádro přec zůstalo. Jednota vždy měla dostatek schopných a ochotných činovníků a oddaných starostů. V přítomné době manželská dvojice jednotou vychovaných úspěšně řídí osudy naší jednoty: starosta bratr George Bašta a starostka, jeho manželka, sestra Anna Baštová. Již před několika lety také manželé Maršálků společně vedli jednotu. Naší mladí nastupují a mají plnou důvěru všeho členstva.

Jednota poslední dobu měla velké ztráty — tento rok šest našich bratří odebralo se na věčnost a mezi nimi též bratr Václav Šimaner, zakládající člen a dlouholetý starosta naší jednoty. Všem těm bratřím, kteří nás přešli, věnujeme vděčnou vzpomínku a těm našim mladým podáme pomocnou ruku. —fvš.

Ze Sokola Mladočech, Racine, Wis.

Po prázdninách všechny třídy v tělocvičně se zaplnily velkým počtem mládeže, dorostu a členstva. V tělocvičně je zdravý sokolský ruch a další přícházejí.

20. listopadu cvičili jsme na "veřejném" našich slovenských bratří a sester: ženy, muži, tanečnicki našeho odboru "American-Czech Club" a stará garda. Rádi jsme vypomohli.

Účastnili jsme se též "Get-Together" Sokola Milwaukee, Wis. Jest nad míru krásné sejit se s harcovníky druhých jednot, stisknout pravici a pohořit o starých časech a nových úkolech.

Na kurs v Potter Lake se nepřihlásil nikdo z našeho dorostu. Potřebujeme stále další cvičitele, i když v tělocvičně máme 13 spolehlivých vedoucích. Jsme šťastni, že je můžeme udržet a poskytnout mládeži opravdu sokolskou výchovu.

Přišel prosinec, měsíc účtování a plánování. Zvolíme si činovníky a pomůžeme jim v plnění všech úkolů, které si vytýčíme a které přinese doba.

Ze srdce děkuji všem vedoucím v naší Obci. S nadšením a láskou věnovali dny, měsíce a roky sokolskému poslání. Známe jejich jména a podáváme jim vzpomínkou palmu našeho vděku. Díky Vám! Nazdar!

Joseph Kučera.

1854

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Bro. and Sis. Vaclav Novak



Bro. and sis. Vaclav Novak were honored by Sokol Wilber in celebration of their 65th wedding anniversary, October 29, 1965. The guests were 200 of the brotherhood membership and their relatives. Bro. and sis. Novak were the recipients of a corsage, boutonniere, and a large three tier cake presented to them by Sokol Wilber.

The evening began with a covered dish supper and then followed with a short program. President Robert Stehlik gave the welcome and congratulated the couple on their happy union of 65 years. The rest of the program consisted of a recognition of the importance they played in the existence of Sokol Wilber. They were among the first organizers of Sokol Wilber in 1925, and sis. Novak often tells of the first meeting to get Sokol Wilber organized was in their home. Sis. Novak was Sokol Wilber's first Vice-President and since then they have held various offices and have been on many committees. Bro. Novak was President in the 1950's. Both are still active members of Sokol Wilber.

A number of poems appropriate for the occasion were read by sis. John Ripa and sis. Ed Karpisek. Bro. and sis. Vaclav Novak responded with their appreciation for the occasion.

The family includes three children: Helene Baer of Wilber, Nebraska, Olga Kolkowski of Beatrice, Nebraska, and Alfred Novak of Huron, Ohio, and one grandchild.

On behalf of all the members of Sokol Wilber, I extend hearty congratulations to brother and sister Vaclav Novak and wish them many more years of happiness.

June A. Kucera, Secretary, Sokol Wilber

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