

# AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

No. 2

February, 1966



**HAVE YOU  
SPONSORED  
A NEW MEMBER**

## DON'T SAY IT

If you think that you are better  
Than your neighbor 'cross the way,  
Or that nature has endowed you  
With a more perfect form of clay,  
Don't say it.

If you know that you have talent,  
And your neighbor naught but gold,  
Or that all his goods are mortgaged  
If the truth were only told,  
Don't say it.

If you know some dreadful scandal,  
Such as gossips always court,  
And could add a few words to it  
When they call for your support,  
Don't say it.

Let your life be true and earnest,  
Court discretion for your friend,  
And though often you are tempted  
A word to say that would offend,  
Don't say it.

From "Sokol Notes," Los Angeles, Calif.

# AMERICAN SOKOL

436

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AMERICAN SOKOL ORGANIZATION

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## OFFICE OF THE EXECUTIVE BOARD ASO.

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## Calendar of Events

- FEB. 26th—SOKOL HAVLICEK-TYRS, CHICAGO, ILL. — Costume Ball (Šibrinky).
- FEB. 26th—WESTERN DISTRICT BOI., OMAHA. Annual Meeting. Mid-Winter Work Shop. Mid-Winter District Teen Hop.
- FEB. 27th—WESTERN DISTRICT, OMAHA, NEB. Annual Meeting—Election of Officers.
- FEB. 27th, 1966—SOKOL CLEVELAND CECH-HAVLICEK, OHIO. — Gym Exhibition.
- MARCH 1st—SOKOL BERWYN, ILLINOIS. Women's BOI. Luncheon.
- MAR. 5th—SOKOL BROOKFIELD, ILLINOIS. Gymnastic Exhibition.
- MAR. 5th—SOKOLICE DETROIT, MICHIGAN. Card and Bunco Party.
- 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. 13th—SOKOL WASHINGTON, D. C. Dinner Dance.
- MARCH 19th—SOKOL MLADOCECH, RACINE, WIS. — "Traditional Czech Dinner." Serving time 5:00, 6:00, 7:00, 8:00 P.M.
- MARCH 19th—SOKOL LITTLE FERRY, N. J. Annual Joseph's Dance.
- MAR. 20th—SOKOL TYRS, CLEVELAND, OHIO. Gymnastic 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.
- MARCH 27th—SOKOL WASHINGTON, D. C. Besidka sokolské mládeže. All Souls Church.
- MAR. 27th—WESTERN DISTRICT, Omaha, Nebr. Card Party, So. Omaha Sokol Hall.
- APR. 2nd—SOKOL HAVLICEK-TYRS, CHICAGO, ILL. — Gym Exhibition.
- APR. 2nd—SOKOL NOVA VLAST, Cleveland, O. Gymnastic Exhibition.
- APR. 17th—BOYS AND GIRLS COMPETITIONS IN BELCAMP, MD.
- APR. 20th—SOKOL HAVLICEK-TYRS, Chicago, Ill. — Spring-Summer Fashion Show.
- APR. 22nd—SOKOL ST. PAUL, MINNESOTA. Spring Carnival.
- APR. 22nd—SOKOL TYRS, CLEVELAND, OHIO. BOI.—Fish Fry.
- APR. 23rd—SOKOL WASHINGTON, D. C., společně s Čsl. Národní Radou Americkou — Jarní ples Majales. International Inn.
- APR. 24th—SOKOL WASHINGTON, D. C. Dance.
- APRIL 24th—SOKOL LITTLE FERRY, N. J. Annual Gymnastic Exhibition.
- MAY 1st—SOKOL FUEGNER, L.I.C., New York. 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 7th—SOKOL MLADOCECH, RACINE, WIS. Gym Exhibition.
- MAY 8th—SOKOL NEW YORK, N. Y. Jarní ples — Majales.
- MAY 14th—SOKOL MILWAUKEE, WISCONSIN. Annual Exhibition.
- MAY 15th—SOKOL BALTIMORE, MARYLAND. Gym Exhibition.
- MAY 21st—SOKOL STICKNEY, ILLINOIS. Gym Exhibition at Morton West.
- MAY 21st—SOKOL ST. LOUIS, MISSOURI. 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 12th—CENTRAL DISTRICT, CHICAGO. Gymnastic Exhibition.
- JUNE 17, 18, 19—WESTERN DISTRICT SLET. St. Paul, Minnesota.
- JUNE 26th—N.E. DISTRICT, CLEVELAND, O. Gymnastic Exhibition.
- JULY 21st—SOKOL MILWAUKEE, WISCONSIN. Harvest Festival—Endris Field.
- OCT. 1-2—SOKOL TABOR, BERWYN, ILL. 100th Year Anniversary.
- NOV. 5th—SOKOL BROOKFIELD, ILLINOIS. 35th Anniversary Banquet.
- NOV. 5th—SOKOL LITTLE FERRY, N. J. 69th Annual Duck Dinner.
- DEC. 31st—SOKOL LITTLE FERRY, N. J. Annual New Year's Eve Celebration.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVII.

February — 1966 — Únor

Číslo—No. 2

C. M. PRCHAL:

## OUR SOKOL MEETINGS

Our meetings are a very important part of our Sokol activities and they are deserving of thoughtful consideration.

Meetings should not be called unnecessarily. Meetings in which nothing is accomplished tend to repel and even disgust the majority of members. The order of a meeting should be carefully prepared and proceedings should be objective and concise.

The opening of a meeting may influence the whole procedure and a wise Chairman realizes this. Some members, tired after an unusually busy day, are irritable when they arrive and a few words of greeting sincerely spoken help relax and dispel tension from the atmosphere.

The handling of correspondence can be facilitated by reading only the matter with which the meeting is concerned. Only pertinent discussion and motion should be permitted. Where unpleasant business arises, settlement should be made immediately. Transactions and decisions are often deferred from meeting to meeting and unpleasant circumstances are made worse by delay.

Reports should be presented as written. They should be clear and distinct; no further explanation or deviation from a subject should be necessary or allowed. Reports should deal only with matters pertaining to the interests of the body whose meeting is being conducted. All members appreciate the time and effort required to perform the duties being reported and any personal inconveniences or, and sacrifices incurred are superfluous in the report.

It is also very painful when members do not adhere to the subject under discussion. It is then the Chairman's duty to control the situation within bounds as the whole proceeding can easily be disrupted.

The above applies to meetings where, but for differences of opinion, all members work harmoniously. Varied views on subjects are always desirable. Constructive differences of opinion show the obvious interest of the members in progression. Some unavoidable and excusable delays occur when the inability to concentrate exists, and members repeat themselves or repeat what others have said.

Meetings which strictly adhere to the business at hand can seem all too short because the minds of the members present are occupied with the feeling of achievement. Future sessions are therefore apt to be fully attended and undesirable conditions are negligible.

Irregularly attended meetings are the most difficult to control. Members who have not seen each other for some time and have many personal matters on their minds are impatient and cannot wait until after the business meeting to discuss amongst themselves. Two or three sit together and whisper their troubles and interests, disregarding efforts of the meeting and disrupting proceedings.

One of the saddest spectacles is to see individuals or groups who are prepared to "give it to someone." They talk against the good and loyal who must grit their teeth and continue to work, believing in justice and the fulfillment of Sokol Ideals.

Happily, there are not many of these and their influence is not overwhelming. Even to them applies Voltaire's "I do not agree with a word you say, but will fight to the blood for your right to say it!"

The first, last and most important requirement is that meetings be truly imbued with Sokol spirit, deserving of the name "Sokol," brotherly and sisterly!

GEORGE BASTA:

## Financial Secretary — The Heart and Life of An Organization

The Financial Secretary accounts for all receipts of an organization and turns the collections over to the Treasurer. He authorizes disbursements for the Treasurer to pay which have been approved at the Unit meeting.

One of the Financial Secretary's most important duties is the collection of membership dues. Merely issuing membership cards as dues are received is not enough. He should make every effort to collect the dues as well. This means sending special

notices to the delinquent members. Not making an effort to collect dues of a delinquent member is the same as losing a member.

Each Sokol Unit should pay to the ASO. office their quarterly dues in the following month after a quarter has ended. However, each Unit must advance seventy-five cents per man and fifty cents per woman each quarter. On an annual basis this is \$3.00 for men, \$2.00 for women plus 25 cents annually for each member for the Convention Fund.

Since the Unit advances this money, it does not get reimbursed until each member pays his dues, or not at all if a delinquent member is dropped. Every effort by the Financial Secretary should be made to see that these payments are made promptly.

Our members must be educated that their dues are to be paid at the BEGINNING of the year and not at the END of a year. All dues should be paid to the Units in the March meeting, which also ends the first quarter. If a Financial Secretary takes a position as if the money were due him personally, then he will have a greater incentive for collecting dues.

## Executive Board ASO.

January 25, 1966

Guest sis. Agnes Sotka.

Sis. M. Provaznik expressed appreciation for birthday greetings.

Request from Slovak Gymnastic Union Sokol for a listing of units to whom brochure (of the Sokol Retirement Club in Tampa) would be sent. Approved.

Invitation from Ústředí Československého Sokolstva v Zahraníčí to their III. Slet to be held in Montreal, Canada, early in July 1967. Will advise dates of our Dallas Mid-Slet.

Request for scholarship from Carol Silhan will be referred to Matice Vyššího Vzdělání.

Sokol Wilson—Sis. Alice Sula asking clarification of assessment and an explanation as to reason for incorporating their unit into the Western District.

**Reports of Districts**—Eastern District, Nov. 15, 1965; Eastern Dist., Dec. 20, 1965; Eastern Dist., Jan. 17, 1966; Pacific Dist., Dec. 7, 1965; Pacific Dist., Jan. 4, 1966.

U.S. Treasury Department, Washington, D. C., answered our letter regarding information on group ruling on exemption. All aspects of this letter will be studied and reply made.

**Mid-Slet at Dallas**—The action taken by the Executive Committee in answer to organization of the Mid-Slet activities (incorporated in two letters to bro. Joe Pokladnik) was ratified by the Executive Board.

**Organization Committee**—Sis. Ann Fara gave report in the absence of sis. Welcl-Ruzicka. Districts are conducting School of Instruction and request further information.

Committee hopes that members and officers of Units and Districts, and all committee members, gymnasts and teachers will fully cooperate to fulfill our program of INCREASED ACTIVITIES which should bring rewards in increased membership, attendance and interest.

The Organization Dept. will attempt to assemble ideas and plans. One of the first requests to each unit and district is: Organize a committee under the leadership of a competent member and proceed to work toward a proper, complete program of activities for active and non-active membership. A busy and happy unit will attract new members.

Overall, Sokol members should be proud to be members of their Organization. The dues charged in a majority of the Sokol Units are the same as they were in the depression days. Yet in those days members paid their fifty cents EACH MONTH in order to retain their membership. Now when personal incomes are much higher, many cannot seem to pay the dues of the depression days. Our members have been educated in the ideals of Tyrs and Fuegner, but under-educated with the dollar.

Our Financial Secretaries have a tough job. Let's all make it easier for them by paying our dues by March of this year. Let us go forward as our mottoes exhort us to do.

At the beginning of our second hundred years we hope you will "smoke" out some members who have been absent and who are capable leaders in various fields.

**BOI.**—Bro. Ed Linhart reported activities in December and January. The invoice for engraving trophies referred to the Slet Committee for payment. Postage expended in amount \$2.50 and \$4.85 approved.

Received the final children's calisthenics from bro. Walko on Jan. 11th and it was immediately sent to all District Directors. No sheet music, orchestrations, or tapes have been received from bro. Walko.

Bro. Zitny had suitable name plates engraved for trophies due individuals who placed in the Slet competitions. Bill for engraving \$11.00.

With material supplied by sis. Norma Zabka from the National AAU, we are investigating possibility of using the AAU. physical fitness tests for our Sokol classes throughout the organization.

The Lux-Brillo Productions of New York called long distance requesting a team of men to perform on apparatus in New York City. Due to inability to complete a team because of the time limit proposed, I asked bro. Barcal to conclude arrangements, and have New York Sokol supply needed men. This was in conjunction with a film on the life of dancer Igor Youskovitch, who attributed success to early Sokol training.

The American Sokol Scholarship Committee has been formed and I submit the following names for approval: Bro. George Basta, Chairman, sisters Lorraine Zdenek and Caroline Dunovsky, bros. Paul Lebloch and Ed Linhart. The committee has set up the requirements and regulations which will govern allocation of the awards. Listing of all details will appear in the February issue of Sokol Gymnast. Awards to be given out in June or September with the approval of Executive Board.

On Jan. 14, 15, and 16, the Western District, led by Directors Bozena Drozda and Vojmir Benak, brought in a group of 24 Sokols for a clinic held at Sokol Tabor. Represented were Sokols Cedar Rapids, St. Paul, Wilber, Crete, Omaha and So. Omaha. Meals for the entire group were prepared at Tabor by sister Mraz, which amounted to \$60.00. \$26.00 were collected from the Western District, which leaves a balance due of \$39.00. Instructors participating in the clinic were: Dick Ptacek, Paul

Fina, Edwin Halik, George Basta, Jerry Polacek, Stan Barcal, Millie Prchal, Lorraine Zdenek, Gerri Krizenecky, and Lorraine Vanyo. I had prepared and dittoed material to use as teaching aids which were distributed to all at the clinic. Everyone agreed the clinic was a success.

Sis. L. Zdenek read report for December and January. Postage in amount \$6.74 approved. Sis. Rose Sladek approved as member of BOI.

The regular meeting of the Women's Board of Instructors was held on Dec. 3rd: three assistant directors were elected at this meeting. They are: Ellen Jeanne Schnabl, 1st assistant, Anne Halik, 2nd assistant, and Geri Krizenecky, 3rd assistant. Sister Prchal gave a report on her attendance as ASO. delegate to the U.S. Olympic Committee quadrennial meeting, held in Washington, D. C., on November 28-30.

Attended the first meeting of the ASO. Joint Board of Instructors on December 15. Am setting up dummy sheets for the new attendance records for approval in the February meeting. I wrote to Mr. W. W. Vanderslice, manager of the Memorial Auditorium in Dallas, requesting measurements of the arena to be used for the Mid-Slet in 1967, which he sent. Measurements are 163'-0"x150'-0".

Sent out junior girls calisthenics and competition exercises for junior girls and women on Dec. 8th; sent out women's calisthenics and little girls' competition exercises on Jan. 11th.

Taught Program Planning at the Western District clinic on Jan. 15 and attended the session on Jan. 16. I should like to compliment bro. Linhart on his preparations in planning and scheduling this clinic; the enthusiasm on the part of the 24 participants was proof that they benefited greatly by the curriculum offered.

Attended a meeting of the Scholarship Committee on Jan. 19 where plans were formulated for application for scholarships. Later that evening, met with sis. Schnabl to go over and make tentative selection of music for use in 1967.

Attended special meeting regarding the Mid-Slet on Jan. 20th.

Sisters Zdenek and Pokorny will compose the 1967 women's calisthenics.

Distributed among the members were the 1966 competition exercises. Sister Prchal suggested, as last year, that we separate the Junior Girls' Division into A and B Divisions. Approved.

Sis. Zdenek sent 1966 material to sis. Zabka of the Eastern District.

Sis. Zdenek gave report on the joint meeting which was held on December 15th.

Sis. Zdenek, sis. Prchal, and bro. Linhart, who are on the School Board Committee, will coordinate all existing materials including those of other districts.

Women's calisthenics, competition exercises for Sokolettes and SGUS. Tournament Rules were distributed.

**Stamp Committee**—Bro. J. Cihak read report of Stamp Committee.

The complete report will be presented to the Executive Board of ASO. at the February meeting.

The last 6 books of stamps amounting to \$1,500.00 have been received from bro. F. Vodrazka.

An article and order form is to appear in the January issue of American Sokol.

The balance of the stamps in bro. Vodrazka's possession are the property of ASO.

**Educational Committee**—Bro. J. Cihak read report and recommends as a new member of the Educational Committee sis. Dorothy Kala, former secretary of Sokol St. Paul. Approved. Brochures—one copy of each brochure to be sent to secretary and educational director of the units and to guest organizations. Will prepare letter to accompany them. No charge to be made for same. As soon as additional brochures are received a second mailing will be made.

Recommended that a column in the American Sokol be devoted to short educational articles. This to be a part of the Sokol Gymnast.

Recommendation that all units use the words "Affiliated with the American Sokol Organization" on all their stationery.

Prepared articles for American Sokol.

Prepared lecture to be used at Sokol officers school.

A series of short articles have been prepared for children and juniors. The first ones have been turned over to bro. Sheridan for caricature illustrations.

Initiated new members and installed officers of Sokol Stickney.

Wrote and sent educational and special material for districts and units, at their request. Furnished special material for units and individual officers.

**Editor**—Bro. C. Prchal reports the American Sokol is ready. Included quite a few articles in Czech. Some of the articles are being reprinted in other publications. Spoke at funeral services of sculptor Vozeh. Installed officers of the First Czechoslovak Garden Club and spoke on the subject of Sokol. Sokol St. Louis, reports bro. Prchal, is in an excellent financial condition. Sokol Paris is inquiring about our Slet film. As our schedule here becomes less demanding Sokol Paris will be notified.

**1965 Course at Potter Lake**—Sis. B. Cihak submitted a complete financial report on the school. Total receipts \$4,945.95, total disbursements \$7,508.-35. Actual cost to the ASO. \$2,557.40. The final report indicates an overpayment of \$5.00 by Sokol Nova Vlast. This will be refunded.

**Milwaukee Folk Fair**—Sis. B. Cihak submitted final report. There were a total of 171 participants and a profit of \$366.20. This was turned in in December.

**Public Relations Committee**—Sis. A. Basta, who was excused, sent report. The column heading selected for newspaper reporting is Sokol Reporter. Bro. Prchal will make a drawing of the heading.

Have been receiving various bulletins published from our units throughout the USA., including Australia. Have compiled various interesting facts which bro. Rabas translated and appeared in Hlasatel on Sunday, January 23. Will also send to other Czech publications. Request a cut to be used along with future publications. Bro. Rabas and I visited Hlasatel office regarding article printed.

Had arranged for photographer from Berwyn Life for tonight for picture of bro. Linhart and sis. Zdenek as new ASO. Physical Directors for publication later along with short writeup of their Sokol activities.

Arranged with bro. Suster, who has vast experience in public relations work, for his latest suggestions. This had been mimeographed by sis. Schnabl and sent to each unit in conjunction with the planned district meetings to be held Jan. 28.

**Financial Secretary**—Sis. A. Falta read financial report for December 1965. Also reported Pitney-Bowes picked up postage machine and refund was received.

**Secretary**—Report of office activity read. Women's dress uniform material to be sold at \$1.75 per yard. Letter of congratulation sent to bro. C. Prchal on occasion of 70th birthday. Contribution to Sokol Leaders Fund of \$2.00, honoring bro. Prchal's birthday, made by bro. V. Sedlak.

**President**—Broadcast over Radio Free Europe, attended Auditing Committee meeting, installed officers of Sokol Havlicek-Tyrs, attended CSA. show, attended Western District clinic held in Chicago, attended meeting of Central District BOI. (men), issued key to Women's BOI-ASO. to hold their meetings in ASO. office on the first Friday of each month. Educational Committee will hold meetings on first Wednesday and Men's BOI-ASO. will hold meetings on third Wednesday.

**Slet Committee**—Bro. C. Prchal reported only a few more details need attention and closing report will be made.

Bro. J. Cihak reported that the Centennial Stamp got a terrific boost of publicity in newspapers.

Bro. E. Linhart called attention to final summation of our delegates to AAU. convention in Washington, D. C.—that regular delegate from headquarters deeply involved in Sokol activity would be more knowledgeable and effective.

## Financial Report ASO. January 1966

### INCOME:

Dues .....	\$ 3,168.50
Convention Fund .....	1,002.00
Special Assessment—1965 .....	3,176.00
Dividends and interest .....	196.88
Postage refund .....	83.70
Subscriptions to "American Sokol" .....	6.00
Jewelry and hats .....	22.84
Film rental .....	128.00
To close "Excursion Account" .....	526.05

\$ 8,309.97

### DISBURSEMENTS:

<b>Administrative Department</b>	
Salaries .....	\$173.15
Dist. Dir. of Int. Rev.—F.W.T. & F.I.C.A.—4th qtr .....	215.57
Printing and supplies .....	124.12
Rental, phone, janitor service .....	133.00
Service of equipment .....	40.00
Petty cash fund .....	100.00

Miscellaneous .....

47.00

832.84

### Educational Department BOI.

Salaries .....	\$183.65
Dist. Dir. of Int. Rev.—F.W.T. & F.I.C.A.—4th qtr. ....	144.63
Printing—educational pamphlets ..	429.70
Editor—"Sokol Gymnast" .....	25.00
Western District Clinic expense ...	39.00

821.98

### Sokol Publication

Editor .....	\$ 75.00
Postage—Nov. & Dec. 1965 .....	58.14

133.14

\$ 1,787.96

### BALANCE:

Totals brought forward:

Western National Bank of Cicero checking account .....	\$ 2,334.65
Income—January 1966 .....	8,309.97
	\$10,644.62
Disbursements—January 1966 .....	1,787.96
	\$ 8,856.66

## FROM OUR DISTRICTS

### EASTERN DISTRICT

#### Meeting Held Nov. 15, 1965

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

Director of Men, bro. Capek: Sent apparatus moves to all units. Fuegner, L. I. and N. Y. Sokol will participate in the volleyball tournament. SGUS. will hold their Slet at the Teaneck Armory.

Director of Women, sis. Zabka: Bro. Jerry Hardy has been named the official United States Representative to the Federation of International Gymnastics. He succeeds George Gulack. A letter of congratulations will be sent to bro. Hardy.

Educational Director, bro. Petlicka: 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.

Washington Sokol held a concert which was a success although poorly attended by members.

Little Ferry Sokol is in the process of more

# SOKOL GYMNAST

February 1966

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

## AMERICAN SOKOL ORGANIZATION TO AWARD SCHOLARSHIPS FOR 1966-67

Upon recommendation of the Finance Committee, the delegates at the X. General American Sokol Organization Convention held in Chicago in June 1965 approved scholarship awards to be paid from the Sokol Future Leaders Fund.

The Scholarship Committee is accepting applications of students who are planning a course or program in an accredited 4 year college; majoring in Physical Education or majoring in Education with physical education as a minor.

The allocation is \$100.00 per year for one girl or boy in each District; not to exceed two years. In order to qualify for the second year, applicant must maintain a "C" average or better. The final selection to be made by the Scholarship Committee and approved by the ASO. Board of Instructors.

The following points will be considered by the Scholarship Committee in selecting the candidates:

1. Should have attended Sokol regularly for at least 3 years. Juniors may be included, but must become adult members; girls at age 17 and boys at 18 years.
2. Must have attended and successfully completed one Sokol course.
3. Must have taught or assisted in Sokol gym classes.
4. Recommendation of high school Physical Education teacher.
5. Recommendation of Physical Director of Sokol unit.
6. Recommendation of District Physical Director.

COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN APRIL 1, 1966

AMERICAN SOKOL ORGANIZATION  
 Scholarship Committee  
 5611 West Cermak Road  
 Cicero, Illinois 60650

I desire to make application for the American Sokol Scholarship Award. Please mail application forms and all other instructions to:

Signature of Sokol member \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

My age is \_\_\_\_\_ years. I am a member of Sokol \_\_\_\_\_

of \_\_\_\_\_ District.

### SCHOLARSHIP COMMITTEE

George Basta, Chairman

Caroline Dunovsky

Lorraine Zdenek

Paul Lebloch

Edward Linhart

## Central District Junior Girls and Women's Volleyball Tournament

November-December 1965

Participating teams in the annual volleyball tournament included 5 junior girl teams in "A" Division and 8 teams in "B" Division; 3 women's teams in "A" Division and 7 teams in "B" Division; a total of 23 teams.

The games which are a part of the District's Sokol program were played in gymnasiums in Chicago and suburbs and were well organized and attended. Fine cooperation, enthusiasm and sportsmanship were evident throughout the tournament. The event received excellent news coverage.

Sis. June Pros of Sokol Tabor was Junior Girls' Games Committee Chairman, and sis. Rose Sladek of Sokol Stickney and sis. Marie Ptacek of Sokol Slavsky were Chairmen of the Women's Committee. The games were supervised by District Director, sis. Cheryl Savel.

### RESULTS

#### Junior Girls "A" Division

1. .... Sokol Brookfield
2. .... Sokol Berwyn
3. .... Sokol Tabor I
4. .... Sokol Stickney
5. (tie) .... Sokol Tabor II
5. (tie) .... Sokol Tabor III
5. (tie) .... Sokol West Suburban

#### Junior Girls "B" Division

1. .... Sokol Tabor
2. .... Sokol Slavsky
3. .... Sokol Stickney
4. .... Sokol Havlicek-Tyrs
5. .... Sokol West Suburban

#### Women's "A" Division

1. .... Sokol Tabor
2. .... Sokol Berwyn
3. .... Sokol Havlicek-Tyrs
4. .... Sokol Slavsky

#### Women's "B" Division

1. .... Sokol Brookfield I
2. .... Sokol Stickney I
3. .... Sokol Slavsky
4. .... Sokol Stickney II
5. .... Sokol Tabor
6. .... Sokol Brookfield II
7. .... Sokol West Suburban

## Central District Junior Boys and Men's Basketball Tourney

December 1965

7 teams of junior boys were entered:

1. .... Sokol Slavsky
2. .... Sokol Berwyn
3. .... Sokol West Suburban I
4. .... Sokol Stickney
5. .... Sokol Tabor
6. .... Sokol West Suburban II
7. .... Sokol Brookfield

4 teams of men were entered:

1. .... Sokol Havlicek-Tyrs
2. .... Sokol Slavsky
3. .... Sokol Berwyn
4. .... Sokol Tabor

Bro. Chuck Kalat was Chairman of the Junior Boys' Basketball Committee and bro. Elmer Kalousek, assistant. Bro. Tony Kirch was Chairman of the Senior Basketball Committee. Supervision by bro. Roy Zitny, Central District Director of Men.

## Results of Junior Boys and Men's Volleyball Tournament

#### Men's "A" Division

1. .... Sokol Chicago
2. .... Sokol Berwyn
3. .... Sokol Havlicek-Tyrs No. 1
4. .... Sokol Slavsky
5. .... Sokol Tabor

#### Men's "B" Division

1. .... Sokol Brookfield
2. .... Sokol Havlicek-Tyrs No. 2
3. .... Sokol Havlicek-Tyrs No. 3
4. .... Sokol Tabor
5. .... Sokol Stickney

7 junior boys teams participated in the double elimination volleyball tournament: Sokol Slavsky, Brookfield, Berwyn, Havlicek-Tyrs, West Suburban, Stickney and Tabor.

1. .... Sokol Slavsky
2. .... Sokol Brookfield

## BOYS - HORIZONTAL BAR

Horizontal bar exercises require great skill; to master the characteristic pendulum and rotating movements, its necessary to respect and utilize fundamental physical strength, endurance, centrifugal force and gravitation so necessary in work on the bar.

Exercise on the horizontal bar requires all around dexterity and coordination of movements; however, it is less demanding upon physical strength.

The high horizontal bar is used for competitions but exercises for small boys and junior girls may be shoulder high, chest high, hip high or even knee high.

Exercise on the horizontal bar contributes to the development of courage, self-confidence and decisiveness of the gymnast because of the rapid succession of movements (often with turns) of which there is a great range.

**GENERAL TEACHING PRINCIPLES**

Careful and responsible preparations of the apparatus and area into which the gymnasts dismount are required when preparing to exercise on the horizontal bar.

For greater feeling of security and to ease the instructor's work when assisting and spotting, we teach most of the elements on shoulder high bar. After thorough practice of elements and combinations on the shoulder or head high horizontal bar, we progress to the jump high bar. As in all phases of gymnastic training, only through the consistent adherence to the methodical sequence of elements can we reach success in teaching.

We must not underestimate the necessity of good guarding even when elements are well mastered.

From the viewpoint of technique and safety, it is necessary for the gymnasts to have perfectly straight arms and to be sure that they are well drawn out from the shoulders. Beginners and less advanced gymnasts generally exercise on the horizontal bar in overgrip, undergrip, mixgrip (one hand in overgrip, other in undergrip). We always hold in fork grasp: thumb in opposite direction to other fingers, pressing the bar from the other side. We do not use full grip; thumb joined with other fingers. Never must we hold the bar only with fingers. A firm and sure grip contributes to safety on the horizontal bar. For this reason we use magnesium for the palms, as this greatly ensures the adherence of the palm to the bar. We do not use powdered chalk, neither do we allow a gymnast to exercise on the bar with perspired palms because of the danger of slipping from bar.

Summary of elements:

**1. FRONT SUPPORT, REAR SUPPORT, SEAT STRIDELEG SUPPORT:**

Arms must be straight in support, head upright, chest high and forward.

**In Front Support:** the back is moderately arched, hips lightly supported on bar.

**In Rear Support:** legs are in line with body (do not raise legs in front); body lightly presses against bar. Do not confuse rear support with seat on bar.

**In Seat Strideleg:** the legs must be widely separated flankway. With beginners, we can start to teach supports on sidehorse with pommels.

**2. FRONT HANG, REAR HANG, BENTHIP HANG, LIFT HANG:**

**In Front Hang:** arms are perfectly straight, head in line with body.

**In Rear Hang:** arms are straight and body relaxed in hang from shoulders.

**In Benthip Hang:** arms are straight, hips are higher than shoulders, legs are held close to bar with abdominal muscles; bar is close to height of knees.

**In Lift Hang:** arms are bent, elbows are drawn close to body.

**3. UPRISE TO RIGHT KNEE HANG:**

a) From hangstand, overgrip (feet under hori-

zontal bar), jump forward, hips are lifted to bar, arms are straight;

b) a swing of body forward to benthip hang keeping legs close to bar

c) in the pause during frontswing when hips are farthest from bar, we overpass bentleg and hang by knees.

d) as soon as we return back to rearswing, we swing left leg downward under body and sharply draw with straight arms

e) when coming into support the right leg straightens, the left leg finishes swinging movement in rear, head straight, chest is pressed forward.

**4. UPROTUL FRONTWAY TO FRONT HAND SUPPORT:**

a) From hangstand, pull to moderate lifthang and simultaneously raise legs to bar

b) finish lifthang and raise hips above bar—do not bend head back

c) pass hips past bar, head is bent back

d) move grip in direction of movement, tighten buttock muscles and raise trunk.

REMARK: Uprotul is necessarily finished in correct handsupport, not lying on bar.

**5. UPROTUL REARWAY INTO HANDSUPPORT:**

a) From inverted hang in rear we execute slow lifthang, bend and slide buttocks along bar, head is in rearbow

b) as soon as we pass hips over bar, we remain arched and the weight of the legs overbalances the trunk

c) pass with arched back to rear hand support.

REMARK: Uprotul rearway is taught in overgrip, undergrip and mixed grip.

**6. FROM HANDSUPPORT OVERPASS SIDELEG RIGHT TO STRIDELEG SUPPORT AND OVERPASS SIDELEG LEFT TO REAR HANDSUPPORT:**

a) We draw upward from shoulders, tighten buttock muscles and moderately lean shoulders forward

b) with push of right hand, we transfer weight of body to left arm and swing sideleg right—movement is made directly above bar—not over bar

c) as soon as right leg overpasses bar, right hand regrasps bar and we finish overpass by pushing hips forward in handsupport strideleg

d) with push from left hand we transfer weight of body to right arm at the same time swing left sideleg—movement is above bar and is finished by pressing left hip forward

e) as soon as left leg overpasses bar, left hand quickly grasps bar and overpass is finished in arched rear handsupport.

**7. FROM REAR SUPPORT, HIGH FRONTLEG DISMOUNT FRONT:**

a) Arch as much as possible in support, buttock muscles are pressed against bar

- b) sharply raise legs high front, head is straight, hips are raised as high as possible
- c) push from bar with hands and finish with dismount to half squat.

With beginners teach dismount first in rear support on sidehorse with pommels.

#### 8. WITH KNEE OVERHANG FRONTWAY, UPRISE INTO HANDSUPPORT STRIDELEG:

- a) From stand, feet under bar, raise hips to bar, arms straight
- b) swing forward to benthip hang
- c) at frontswing overpass bent right leg to benthip overhang
- d) as we return to rearswing, we thrust right leg upward over bar and simultaneously pull with straight arms and swing left leg downward under body.
- e) hips raise to above bar and pull to uprise strideleg handsupport finishing arched in support, head slightly back.

REMARK: Uprise strideleg is done in overgrip, undergrip and with mixed grip.

#### 9. ROTATE IN REAR STRIDELEG:

- a) In handsupport strideleg right front, raise left in rear as high as possible and press away from the bar, trunk straight
- b) from rearleg swing the left leg downward; during fall to rear do not bend head back (chin is drawn tight)
- c) during pass to handsupport we bend head to rear and simultaneously regrasp in direction of movement
- d) we stop rotating movement with wide flank stride and press chest forward—clasp bar.

REMARK: Rotate to rear in strideleg handsupport is executed principally in overgrasp.

#### 10. ROTATE REAR:

- a) In front handsupport in overgrip, execute rearswing.
- b) hips return to bar (pressure is light); arms are straight, body arched, head back and turn to rear
- c) pass through rotate in inverted hang
- d) at finish of turn during move to regrasp handsupport or direction of movement, with rear bend of head, pressing chest forward, pulling buttock muscles and firmly holding bar, we finish through in handsupport.

REMARK: Rotate to rear is executed principally in overgrip.

#### 11. UNDERPASS

- a) Rearspring in support
- b) return hips to bar, arms straight, trunk erect or slightly piked, head straight, chin drawn in, start movement to rear with trunk
- c) turning around bar in a hanging position control the turn by pulling of hands and swinging high under bar
- d) arching and gradually pushing from bar do dismount.

Underpass is done principally in overgrip.

#### 12. STRIDELEG ROTATE FORWARD

- a) In handsupport strideleg right front, undergrip, push high from bar and pike moderately
- b) raise right leg and press hips hard before bar
- c) rotate movement begins by pushing chest forward with a quick front bend, head is moderately bent back
- d) as we pass through strideleg inverted hang, moderately pull with hands and press right leg before bar so hips are above bar as soon as possible
- e) finish arched in handsupport (chest forward), head is still back.

Strideleg rotate is done principally in undergrip.

#### 13. BENTLEG, FLANKWAY, STRIDELEG VAULTS

- a) Swing frontleg in handsupport, push shoulders and lean forward slightly over bar, swinging legs back
- b) with strong push of hands from bar and sharp bend of legs execute bentleg vault
- c) as soon as gymnast passes over bar, thrust legs in direction of floor, raising head and straightening body to a controlled landing.

##### Flankway Vault

1. Swing frontleg in handsupport, raise shoulders above bar
2. rearswing and transferring weight to right arm, push from left, lean to right, passing legs forward over left side of bar; stop movement by pushing hips forward, then continue to dismount.

##### Stradleg Vault

1. Swing frontleg in hand support, lean shoulders moderately before bar, swing to rear
2. pike in rearswing, powerfully push with hands from bar and with wide stradleg, raising head and trunk and arching body finish dismount.

All above vaults should be first taught on sidehorse with pommels.

#### THE OLYMPIC MOTTO

The word "Citius, Altius, Fortius," which frequently appear under the circles, mean "swifter, higher, stronger" (indicative of the competing athlete's endeavor to run faster, jump higher, and throw more strongly).

#### Quote for Annual Exhibitions

Sokol Physical Education according to Tyr's system is suitable for all age groups and for both sexes.

The aim of physical education is to preserve the health of the individual, courage, strength, agility and flexibility, and prevents infirmities caused by one-sided employment.

Through systematic exercises we attain all-around development, refresh the mind, and by a regular program of physical training we contribute to the defense of our nation that we so faithfully serve.

renovations on their hall. Classes are so large that the junior girls assist with the boys classes.

#### Meeting Held Dec. 20, 1965

Bro. Zraly welcomed bro. and sis. Janacek from Illinois who were visiting in New York City.

Sis. Marie Provaznik attended the meeting to express her thanks to all members for bestowing her the honor as Physical Director of Women of the Eastern District.

Director of Men, bro. Capek: The bowling tournament of United Sokols was won by the Eastern District women's team. Sis. Anne Votapek of Sokol Newark won the trophy for high series. Bro. Zraly noted that there was a large attendance at the bowling tournament.

Sis. Provaznik gave a lecture in Little Ferry Sokol which was very interesting. Films were also shown. It had been suggested that sis. Provaznik be invited to lecture to other units.

We have been invited to attend and participate in the Slovak Sokol Slet which will be held at the Teaneck Armory.

There was a discussion on our cooperating with the Slovak Sokols. It had been left up to the discretion of the technical committee on the number of participants who will attend the Slovak Slet.

Sis. Provaznik said we should appeal to the ASO. to revive the combined Slets once again with the Slovak Sokols.

Bro. Capek stated that we are now concentrating on our Mid-Slet which will be held in Dallas, Texas, in 1967.

Newark Sokol had four participants in the bowling tournament.

Bro. William Zabransky presented a book of the history of Sokol Little Ferry.

#### Meeting Held Jan. 17, 1966

The Executive Board of the ASO. has a film of the XI. Slet which can be rented upon request.

Sis. Emilie Welcl-Ruzicka, chairman of the Organization Committee, has prepared a program of instructions for all unit organization chairmen.

An article on public relations was received from the ASO.

Sokol Fuegner-Tyrs of South Omaha, Nebraska, has requested the exchange of news letters among units. Send your copy to: Ed Pavoucek, 2306 Jefferson Street, Bellevue, Nebraska.

A letter of thanks from the Long Island Sokol in Babylon for the invitation to send a representative to attend our monthly meetings. This unit is not a member of any Sokol organization at the present time.

Bro. Neumann presented a report of the delegates who attended the meeting of the AAU. in Washington, D. C., from Dec. 1st through Dec. 5th, 1965. A report will be sent to the ASO.

Director of Men, bro. Capek: A meeting of the United Sokols will be held at the Catholic Sokol on East 61st Street, N. Y. C., on January 20th. On January 22nd a meeting of the technical committee will be held at Belcamp.

Director of Women, sis. Zabka: On Dec. 27th the

senior women and junior girls of Sokol Fuegner were victorious in the volleyball tournament of the United Sokols of the East. Sis. Zabka attended a gym clinic at Sarasota, Florida.

Recommendations for the improvement of the Sokol Organization:

Bro. Neumann suggests that all Sokol units should be listed in the telephone directory with the first name beginning with "Sokol." Also requests the ASO. to list the telephone numbers of all responsible persons in the American Sokol, such as the presidents and secretaries of districts and units. That a camp which is centrally located in our district, be selected for the purpose of having a get-together of all members once a year. Bros. Stetka and Lago will get information of an area which is available.

In order to reactivate units, meetings will be held twice a year in different units of our district.

A recommendation was made that the Eastern District hold a banquet at a hotel in New York City. Bro. Capek will set up a committee.

A discussion will be held at the meeting of the technical committee in Belcamp whether the Eastern District will hold a Slet this year. The Slet would be held in Belcamp.

\* \* \*

#### NORTHEASTERN DISTRICT

##### Meeting Held Jan. 17, 1966

The annual meeting of the Executive Committee and Board of Instructors of the Northeastern District of the American Sokol Organization was very stimulating and interesting to all of the 58 delegates who attended. The morning session was devoted to reviewing the activities of the various units during 1965. Delegates from all units presented complete reports of the work accomplished by these units during 1965.

Brother Edwin Jirousek enumerated the many activities of the gymnasts of the entire district. The gymnasts of the Northeastern District participated in the following activities during 1965:

On February 14, 1965, the Northeastern District was represented at the Akademie for the Sokol Commemorative Stamp program with two special numbers. All the units in our district conducted annual exhibitions. On numerous occasions the various units of the Northeastern District participated in the activities of other organizations and helped to promote Sokol principles and purpose. Competitions for little boys and little girls were conducted by the district in May and June, 1965. Our gymnasts competed in the Lake Erie District AAU. Gym Meet in March and in the Swiss Invitational Gym Meet and Junior Olympics in April of last year. More than 459 gymnasts participated in our annual District Slet in June, and 272 members from the Northeastern District gymed in the American Sokol Centennial Slet and Competitions in Chicago in June. In July of last year, our district sent 104 gymnasts to take part in the Canadian Slet in Toronto. The summer of 1965 came to a successful completion with the Detroit Summer Exhibition. However, the most outstanding event per-

formed by the gymnasts of the Northeastern District was the presentation of the special number, "Red, White and Blue" at the Centennial Sokol Slet in Chicago.

At the afternoon session of the annual meeting, the delegates planned and prepared for the future of Sokol and the various Sokol units. Each unit delegation presented constructive ideas on how to keep members active and how to acquire new members. Although the membership drive is over, the units of the Northeastern District will continue to increase their membership and to introduce Sokol to the community.

One of the most important items on the agenda of the afternoon session was the election and installation of officers to serve in 1966.

\* \* \*

#### CENTRAL DISTRICT

Meeting Held Dec. 22, 1965

Bro. Joseph Drnec presided. Present 23 unit delegates.

Minutes of the November meeting read and accepted.

Correspondence: Letter from Sokol Berwyn, announcing their banquet January 22; letter from Riverside-Brookfield High School; letter from Sokol St. Louis with enclosed check for \$96.83 for half cost for District Slet trophies. At the request of the ASO. elected bro. Joseph Drnec as a delegate to the Bohemian Home for the Aged. He will also represent the ASO. Extended the bond with Basta-Musil to cover the district officers.

The committee consisting of bros. Prchal and Lankas and sis. Dunovsky gave a report on the returned questionnaires on the District participation in the camp. 18 questionnaires were returned and the result by a great majority was negative.

Bro. Roy Zitny gave a director's report for December. See Sokol Gymnast. The films of the Olympic games will be loaned to individual units for \$3.00.

Director sister Cheryl Savel gave a report for December. See Sokol Gymnast. The apparatus tournament of the 2nd class girls will be held Sunday, May 22nd, 1966, at Sokol Brookfield. Sister Savel distributed to all units calisthenics and apparatus exercises she had available at this time.

Bro. Glazer and his wife, members of Sokol Cechie, showed a film of the last Spartakiada in Prague, which they attended.

\* \* \*

#### PACIFIC DISTRICT

Meeting Held Dec. 7, 1965

Letter from Eva Sullenger, secretary of the House of Czechoslovakia in San Diego, dated Nov. 12, 1965, thanking for our participation in their Czech Day and also stating they will discuss the idea of establishing a Sokol unit in San Diego at their next meeting.

Bro. Palas instructed the secretary to write letters to all units advising them of the date, time and

place of the annual meeting and request names of delegates who will attend.

Bro. Pokorny, District Director of Men, reported receipt of Slovak Slet technical material which he will present at the annual meeting.

Sis. Palas, District Director of Women, reported on her attendance at the AAU. Meet in San Francisco where she presented our gymnast sis. Vlasta Wanda, who placed third in the meet.

Meeting Held Jan. 4, 1966

Letter from the ASO. Organization Committee giving details on "School of Instruction." Secretary will write letter to the Committee, asking for advice as to how this school should be handled in the Pacific District.

Letter from ASO. stating film of XI. Slet is available upon request. Secretary will write and ask for loan of film for March 6th when Sokol Los Angeles will commemorate birthday of Thomas G. Masaryk.

Bro. Nekuda reminded all officers of forthcoming annual meeting to be held in San Francisco.

### St. Paul Sokol News

Here in St. Paul we are getting ready for a busy summer. The Western District Slet will be held here June 18th and 19th. Preparations are being made and committees are working. The Slet will be held in the new Highland High School in Highland Park with all modern facilities including a swimming pool.

Last November 20th bro. Ed Pavoucek, his wife Bea, Bud Benak, Western District Director of Men and Bo Drozda, Western District Director of Women, al of Omaha, Nebraska, met with the teaching staff and helped form the committees. We were very grateful for their coming to St. Paul to help us get started and advise us.

There is always the financial problem with the Slet and now we must secure a number of ads and well wishers for our program book. At this time we are making an appeal for contributors. The well wishers \$1.00, the ads: full page \$50.00, 1/2 page \$30.00 and 1/4 page \$15.00. Please send your order to LeRoy Bauman, Treasurer, 1884 Huron Avenue St. Paul, Minnesota.

At this time we are making a public invitation to districts and units to attend our Sokol Slet in June. Minnesota with all its lakes and recreation is a great vacation state. Then there is the Sokol Camp at Pine City, Minnesota, located on Cross Lake.

Anyone wishing housing information write to sis Shirley Verner, 1921 Munster Ave., St. Paul, Minnesota 55116.

On February 19th we held our annual Sibirsky Dance. The St. Paul Czech Folk Dancers displayed their costumes and dances. The Chicago Moravian Cultural Society also presented dancers.

On April 23rd we will have a Spring Festival. Millie Rasmussen will be chairman.

Director of Men Henry Jansen and Director of Women Georgiana Buzicky are making an appeal for men and women to join the gym classes and learn the calisthenic drill for the Slet in June.

You will be hearing further in regards to the Slet progress and the activities that will be planned for everyone.

We do hope that we will hear from you folks

out there by giving your support. We want to congratulate our new officers for the coming year. They were initiated on Friday, January 28th. President Robert Vanyo, Vice-President Lillian Kodada, Secretary Laura Jansen, Treasurer LeRoy Bauman, Financial Secretary Frank Haselbauer, and Educational Director Lucille Pavlicek. Nazdar!

Lucille Pavlicek

Bro. Edward Pavoucek, President of the Western District, installed new officers of Sokol and Sokolice Omaha on January 11th, 1966.

**FRONT ROW:** Blanche Masek, President, Blanche Buresh, Vice-Pres., Patricia Lastovica, Secretary, Mildred Krejci, Financial Secretary, Beverly Kilborn, Treasurer, Josephine Krecek, Guard.

**SECOND ROW:** Edward Pavoucek, Western Dist. President, Alfred Hasterdlo, President, Jerry Prescott, Vice-Pres., Joseph Bures, Secretary, Ralph Tomanek, Fin. Secretary, Claude Jelen, Treasurer.



## Central District BOI.

Calisthenics for all classes have been in the hands of the units since the first week in January. Because no children's calisthenics were forthcoming from the Slovaks, sis. Savel and I took upon ourselves the decision to use a 1st class calisthenics previously used. It was our feeling we could not wait any longer as our first exhibition is on March 5, and as much time as possible was needed to teach the first classes.

As I was given a check for \$15.00 to cover the approximate expense for the same work done on the 2nd class boys drill, I am submitting the bill which was \$17.50.

We have not received the music for senior men and women calisthenics from the SGUS. Bro. Linhart, ASO. Director, has been trying to get it for us, but to no avail. It may be our units will perform their calisthenics to a beat or count, rather than to music.

The members of the board spent a lengthy evening modifying the Slovak competition exercises.

An instructors course was discussed and it was the opinion of the board that no summer course be held, but rather weekend courses of two and one day duration be held in September. I shall ask our

sisters that a combined meeting be called to discuss this and the coming Sokol Day activities.

It was my pleasure to participate in a limited capacity, in the Sokol clinic held for the Western District at Sokol Tabor on Sunday, Jan. 16. The enthusiasm by the participants was the prime factor in the suggestion to our board, to hold weekend courses.

I have mailed to Sokol Mladocech, Racine, Wis., the ASO. Olympic films for final viewing in our district. When the film is returned, I shall return them to bro. Linhart. Any requests by our units will then have to be made to the ASO.-BOI.

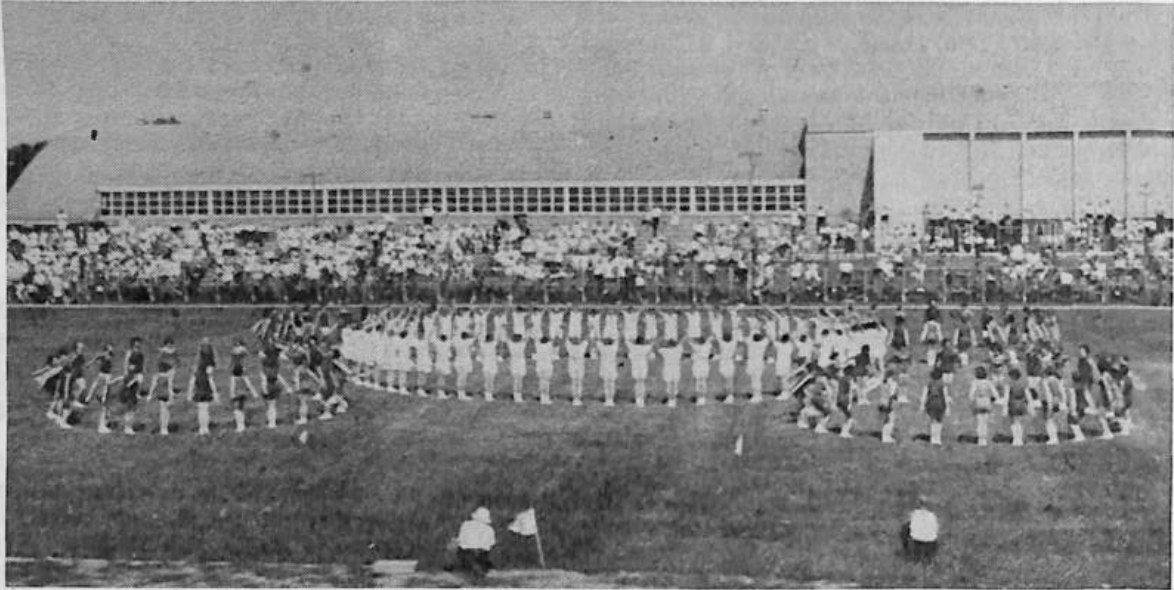
Roy Zitny, Central Dist. Men's Director

\* \* \*

Have now distributed all calisthenic exercises to all units. First class drill which was translated from Czech to English terminology, was the last to be handed out. Music is in the process of being recorded.

Held a workshop for children's calisthenics on Tuesday, Jan. 25, 1966. Both 1st and 2nd class drills were shown and discussed. Most units were represented by their children's instructors. Plan to hold a workshop for junior and senior calisthenics at the next regular meeting of the BOI.

Cheryl Savel, Central Dist. Women's Dir.



XI. SLET AMERICAN SOKOL ORGANIZATION—1965—IN GREATER CHICAGO  
Special number—“Red, White, and Blue”—Northeastern District

## Jak se lze snadno a rychle omladit.

Celá řada různých “autorů” marně se snaží nalézt spolehlivou metodu k udržení mládí a zachování hasnoucích sil. Všechny tyto omlazující způsoby nejsou zrovna příjemné.

My Češi a Slováci si nejsme ani dost vědomí, že máme svůj vlastní prostředek k prodloužení mládí — v sokolském tělocviku. S potěšením pozorujeme, že v některých jednotách se zřizují družstva, ba i celé oddíly starších bratří. Někde si říkají odrostenci nebo přerostenci, nejčastěji se však ztotožňují se starou gardou. Racinskou gardu pojmenoval zesnulý br. Jelínek skupinou junáků. (Ženy si již také, po jejich vzoru, ustavily věrnou gardu.)

Je velmi zajímavé sledovat jejich cvičení a vůbec chování v tělocvičnách při různé sokolské práci. Setkáváme se s nimi nejen při tělocviku, ale i druhých směrech sokolské činnosti. Hlavně tam, kam těžko dostáváme mladé.

U mladých členů vidíme často (ó ano, jsou čestné výjimky) lhostejnost, netečnost. Co není spojeno s tělocvikem se jim zdá zbytečné — ač právě zde získáváme potřebné finanční prostředky.

U odrostenců však jsme překvapeni jarostí pohledu, veselým rozměrem, šibalstvím a dovádívoště, jež je v úplném rozporu s šedinami, zdobíciemi jejich skráně neb útyhodnými “klouzačkami”, z nichž si sami dovedou jedovatě “utahovat”. Srší přímo vtípem, kterým častují své spolubratry. Při vstupu do cvičení zapominají své občanské hodnoty a tituly; obléknuvše cvičební úbor, stávají se bezstarostnými a veselými žáky. V některých jednotách mají vyhrazeny i svoje cvičební hodiny.

Měli byste někdy nahlédnout na hodinu odrostenců, když některému z nich jsou připomínány narozeniny. Obvykle skromně tvrdí, že si toho ani nejsou vědomí. Ale “oslava” je vždy veselá. Ba přál bych vám vidět cvičení tohoto sokolského hejna, složeného z odrostenců mezi 40—80 lety! I star-

ších! Od setkání až do rozchodu a loučení nevyjdou ze smíchu. Po celé cvičení slyšíte jen vtipy a veselá povzbuzení. Od vedoucího obvykle každý dostane svůj díl. Jeden pochvalu, že je na něm vidět starou školu, druhý má eleganci v rosolu, třetí dostane pokárání, že má kudrnaté pačmáky, další málo prohýbá kříž a ještě jiný, že se již měl naučit slova k pochodové sokolské písni, kterou tuto hodinu zpívají. Mnohdy musí br. cvičitel sáhnout i k výhrůzce, že chybuje stokrát opíše a dá mamince podepsat, že při cvičení má dávat pozor. Mnohdy se dostane i mravní pomoc lichotivými slovy. Nikdo se neurazí, všichni jsou veselí a spokojeni.

Když se někdy o slabší pokouší únava, vymyslí jim br. vedoucí něco lidového, obvykle takového že pod “lehčím cvikem” praská v kříži a rheumatických kloubech.

Hodina cvičební uteče jako voda a omlazení odrostenci se rozcházejí za veselé nálady, loučíce se se svým cvičitelem podáním propletených paží, že neví komu která patří, a slibující si, že příště jistě zase všichni přijdou. Při tom je slyšet poznámky. Přišel jsem dnes tak znaven, že jsem myslel, nepůjde to, ale krásně jsem se osvěžil! Omládl jsem!

Eihle recept. Zná někdo něco lepšího a vydatnějšího? Nemáte-li starou gardu, sestavte si ji, následujte je a přesvědčte se!

Bratřím junákům, odrostencům — Zdar!

Týž balvan žulový, jež byl překážkou na cestě slabochovi, stává se základním kamenem silného. — G. H. Lewes.

Slaboší věří v náhodu a ve štěstí; silní lidé věří v příčinu a účel. — R. W. Emerson.

Sláb jenom ten, kdo ztratil v sebe víru, a malýř ten, kdo zná jen malý cíl. — Sv. Čech.

1854

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Mluvíti — stříbro,  
mlčeti — zlato,  
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pracovati — radium.

Kdo má přátele, snadno do-  
sáhne vysokého úřadu, kdo  
má vysoký úřad, snadno na-  
jde přátele.

Tak jsem vždycky myslel, že  
má člověk jen dvě nohy, levou a  
pravou. A zatím jsem tuhle četl,  
že někdo prodá jezdecké boty na  
prostřední nohu.

Hledej pravdu, slyš pravdu, uť  
se pravdě, miluj pravdu, prav  
pravdu, drž pravdu, braň pravdy  
až do smrti. — Jan Hus.

Nobody knows about your in-  
tegrity, sincerity, talent or good  
will unless you give samples in  
action.

—“Weekly Animator”

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## Kdo se přičinil o spojení Sokolstva?

(Zajímavý dopis zapůjčený br. Vinc. Sedlákem)

Milý bratře Sedláku!

Jak poznáváš, vstal jsem z mrtvých. Mnohokrát jsem si vzpomněl na svého jmenovce v Chicagu, s kterým jsem spojoval Národní Jednotu Sokolskou se Župou Fügner-Tyršovou v Americkou Obec Sokolskou. Myslím, že jsme si také k tomu cíli vyměnili asi dva dopisy. Ani bratr Josef Čermák nechtěl věřit, že se to podaří, ale když jsem mu potom napsal dopis z Clevelandu, že věc je hotová, byl spokojen. Nikdo z nynější Americké Obce Sokolské neví, že to byli dva Sedláci, kterým se spojení podařilo. Jak si pamatuji, Ty jsi byl tajemníkem Ž.F.T. a já společným cvičitelem N.J.S. Jestli jsi čítával Svornost a po ní čteš Hlasatel, tedy si vzpomeneš, že některé dopisy nesly podpis Kolonista — to jsem byl já. My doma nemluvíme česky, nýbrž slovensky, protože moje manželka je Slovenka, a jak víš, nikde se nepíše o otcovském jazyku, nýbrž jen mateřském. Nu a moje dcera Eliška je dobře schopna napsat český dopis, třebaže nechodila do české ani slovenské školy. Ty jsi o 7 roků starší než já a jak poznávám, dobře se držíš.

Zdraví Tě upřímně

Jan Sedlák.

## XI. American Sokol Organization Slet Film

The American Sokol Organization film of the XI. Slet is now ready for viewing. It is a 16 mm color film.

A 16 mm. projector is required and must be able to take a 1600-foot reel. The speed must be set for 24 frames per second (sound speed); however, the film is silent.

Because of the expense involved in making the film, it was agreed that a deposit of \$50.00 would be required before the film can be secured. On its return in good condition, a refund of \$40.00 will be made. A charge of \$10.00 is being made to help defray a small portion of the expense.

We also ask that the film be returned the day immediately following your presentation via parcel post, insured.

When placing your requests, please advise us as to the exact date you would like to have this film presented and include an alternate date. We will do our best to comply with your wishes when working out the schedules.

Železo žhavé polib, ret si popálíš; pluje po mělčině, na skalisko vrazíš; krátce-li zatočíš, nárož urazíš; zlého-li psa hladíš, zle si poradíš; jak se světem zacházíš, tak s ním vycházíš. — Z českého mudrosloví.

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