

AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

No. 4

April, 1966



Some defeats are
only installments
to victory.

JACOB A. RIIS

PROHLÁŠENÍ AMERICKÉ OBCE SOKOLSKÉ.

Bratři a sestry:

Slovenská tělocvičná jednota Sokol v USA. dovršila letošního roku 70 let své působnosti na poli tělesné a duchovní výchovy. Je to jistě významné jubileum, kterého se bratrská organizace Slovenského Sokola v plné činnosti dožívá. S hrdostí může pohlížet zpět na významnou sokolskou práci vykonanou v uplynulých letech, při letošních jubilejních slavnostech, které vyvrcholí o sletových dnech, 1., 2. a 3. července t. r. v New Yorku.

V minulých letech přátelské spolupráce, snažili se bratři Slováci společně s námi rozšířit a udržet krásnou sokolskou myšlenku Tyrše a Fuegnera a uplatnit ji v prostředí amerického života. Při všech velkých úkolech stáli vždy v šiku s námi v úsilí za společným sokolským cílem. Také loňského roku podíleli se účinně na akci sokolské poštovní známky a na oslavách našeho století.

Výkonný výbor Americké obce sokolské přijal s radostí pozvání Slovenské tělocvičné jednoty Sokol k jejich jubilejním slavnostem na základě usnesení březnové schůze. Tlumochíme jejich pozvání našim župám, jednotám, všemu členstvu i celé krajské veřejnosti a obracíme se s výzvou, aby se sletu Slovenského Sokola zúčastnili v počtu co možno největším.

Současně gratulujeme k tak významnému jubileu a oceňujeme dosavadní bratrskou spolupráci. Do dalších let Slovenského Sokola voláme srdečně

“Zdar!”

VÝKONNÝ VÝBOR
AMERICKÉ OBCE SOKOLSKÉ

S. Barcal, starosta.

B. Prener, tajemnice.

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

AMERICAN SOKOL

436

Published Monthly

(Except bi-monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION

5611 W. Cermak Road, Cicero, Illinois 60650

Subscription: \$3.00 per year.

EDITOR

Charles M. Prchal

2419 Scoville Ave. Berwyn, Ill. 60402

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

OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

5611 W. Cermak Road, Cicero, Illinois 60650

Tel.: 652-5220

CONTEST

All Sokol members, as well as juniors, are invited to participate in a contest to express their opinion on standardizing our Sokol emblem.

The purpose of the contest is to select a design, based on our Sokol emblem, to be used for all ASO. letterheads and office supplies, but also suitable for decals, pins and insignias for jackets and sweaters. Consideration should also be given that it could be used in participation certificates for competitions on national and district levels.

Many fraternal and civic organizations have national emblems by which they are easily identified such as Lions, Kiwanis, Moose, Odd Fellows as well as our Czech C.S.A. and Z.C.B.J. lodges.

Final selection of the design will be made by the ASO. Executive Board. Design selected will be subject to any modification as may be necessary.

Send your designs to the ASO. Office, c/o Public Relations Committee. Contest ends July 1, 1966, which gives all our members enough time to give this serious consideration for the good of our organization.

Xantipa vyhrála ve Washingtonu.

Snížková "antiká komedie" MÁ ŽENA JE
XANTIPA — provedená novyorskou divadelní

družinou ve Washingtonu 13. března 1966 — do-
byla další úspěch svým — již čtvrtým — předsta-
vením. Ve znamenitém provedení téměř profesio-
nelní úrovně, dokázala hra vysokou dramatickou
účinnost, dojista zásluhou všech složek, které dě-
lají dobré divadlo. Velká titulní úloha má před-
stavitelku — Boženu Welclovou-Snížkovou — jak
jen si lze představit citovou. Svůdná Mirina Alice
Lexové nemohla být sehrána lépe a stejně dobře
hraje Věra Jiránková otrokyni Sophronu. Všech pět
mužských úloh je rovněž podáno s disciplinovaným
pochopením; nikdo nepřehání a všichni prožívají
svou úlohu: drzý otrok Tyraeus, světák Alkibiades,
umírněný Charmides i arogantní úředník Epistates
a důstojný Sokrates, který roztaje teprve v závě-
rečné scéně dohry, kdy pochopí srdce své Xantipy.

Snížková hra je dobře dramaticky stupňovaná,
ale je poměrně chudá na veselé scény. Dramaticky
velmi účinná je závěrečná dohra. Jevištvnímu úspě-
chu velice pomáhá zdařilá úprava scény a skvěle
vyřešené kostymování i výborné maskování všech
herců. — Úspěch ve Washingtonu byl nadšený —
po zásluze. Bude se tu na newyorské divadelníky
dlouho mile vzpomínat. j—a.

Calendar of Events

- MAY 1st—SO. OMAHA SOKOL GYM CLUB.
Card Party, 21st and "U" Streets—2:00 P.M.
- 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 7th—SOKOLICE LITTLE FERRY, N. J.
Cake Sale.
- 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 15th—SOKOL NOVA VLAST, CLEVELAND
OHIO. — Card Party.
- 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. Observa-
tion of Memorial Day. Placing of wreath at the
grave of Unknown Soldiers and the grave of
President John F. Kennedy.
- MAY 26th—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — Luncheon with floral arranging demon-
stration at 12:30 p.m.
- JUNE 5th—SOKOL SLAVSKY, CICERO, ILL.
Family Picnic, White Eagle Grove Center, Lyons,
Illinois.
- JUNE 12th—CENTRAL DISTRICT, CHICAGO.
Gymnastic Exhibition.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVII.

April — 1966 — Duben

Číslo—No. 4

Charles T. Kropik:

Reflections On the Historical Past of Plzensky Sokol of Chicago

(Delivered at banquet honoring long time members of Plzensky Sokol, April 2, 1966)

We have gathered here today to pay homage to Plzensky Sokol's 25, 40, and 50 year members. These are men and women who well deserve the honor that will be conferred upon them tonight. On this auspicious occasion it is appropriate to reflect upon the historical past of Plzensky Sokol of Chicago.

On July 13, 1879, more than 86 years ago, Plzensky Sokol was organized in the Pilsen District of Chicago by 21 men of vision and foresight. The history of Plzensky Sokol has been interwoven with that of the City of Chicago and the great events of that era. Eight years after the catastrophic Chicago fire and in the same year when young Thomas Alva Edison invented his carbon filament lamp, which was the first commercially successful incandescent lamp produced, Plzensky Sokol was organized.

In the year of 1892, the name of Joseph Cermak first appeared in the chronicles of Plzensky Sokol, when he was appointed as instructor of the gymnastic classes for a salary of \$6.00 per month. He became the outstanding Sokol instructor in the Chicago high school system. He devoted his life, energy and efforts to the Sokol movement.

The idea of constructing its own Sokol building was germinated in the year of 1885 when the sum of \$1,400.00 was raised to aid the financing of this project.

The Sokolky of Plzensky Sokol organized their own unit in the year of 1884 and named it "Sbor Plzenskych Sokolek." The Plzensky Sokol gymnastic team consisting of Joseph Cermak, Rudolph Hurt, J. Kulicek, Jos. Pecival, F. Pecival, and bro. Horak participated in the Prague Sokol Slet of 1887. A year later when Sokol Town of Lake was being organized on the south side of Chicago, the members of Plzensky Sokol were very instrumental in its founding by aiding the young Sokol unit materially.

In the year of 1892 the first section of the Plzensky Sokol building was constructed, and it became the headquarters and hostelry for the out of town visitors who attended the World's Columbian Exposition (Chicago World's Fair) in the year of 1893. The second and final section was completed in the year of 1895 at a cost of \$35,718.00. It was considered a thing of beauty and the most modernistic Sokol gymnasium and public building of that era. It contained an indoor swimming pool, which was the first pool installed in any Sokol building.

In that era there were very few indoor swimming pools in this country.

In the year of 1904, on motion of bro. Anton Haller, Camp Sokol was established in New Buffalo, Michigan. Bro. Haller was one of the early pioneers who played an important role in the history of Plzensky Sokol. He was the founder of Camp Sokol, and his activities as instructor, officer, manager of the building, and as an energetic worker are well remembered. Other members who were instrumental in the formative growth of Plzensky Sokol during the earlier years were Victor Sebelik, the first Starosta, Jan Pecha, Vaclav Donat, Frank C. Layer, Joseph Voborsky, Karel Hybler, and John Siman, who was the first Starosta of the ASO.

On October 18, 1924, Plzensky Sokol purchased property on the shores of Lake Michigan in New Buffalo, Michigan, from the Warren Featherbone Company, which property is the present Camp Sokol.

The pioneers who were instrumental in acquiring this sun kissed playground of nature's wonderland were Vaclav Cipra, who was President of Plzensky Sokol at the time of purchase, Alfred J. Forst, who was Treasurer of the Board of Directors, Joseph Dvorak, James Kostka, John Prince, Frank Hosna, Rudolph Janda, Bohumil Mikuta, and Joseph Babka. Others having vital roles in Camp Sokol history were Stanley Rickl, Louis Sima, John E. Zarovsky, Joseph Halik, Dr. Chvatal, Ben Lauber, William Ludvik, J. M. Kralovec, Ben Pollack, John Poupá, Anton Kaspar and many others.

Let us reminisce about Plzensky Sokol's championship gymnastic teams that won every prize available during the period from 1911 to 1922. One member of the team who is being honored tonight is John Kristufek. Other members of the team were Jarka Jelinek, who later became nacelnik of the Obec and the editor of Sokol Americky, Vaclav Stransky, George Kvidera, George Vesely, Frank Paul, Joe Gaspar and Stanley Matoska.

Let us focus our memories on the championship indoor softball team under the managership of Louis Sima. Such luminaries as George Halas, present owner and coach of the Chicago Bears professional football team, together with his brothers Frank and Walter were members of the team.

In my examination of the archives of Plzensky Sokol, I noticed that the name of Joseph Dvorak appeared quite frequently over a period of 40 years.

The records disclosed his activities, deeds, accomplishments, and achievements on behalf of Plzensky Sokol, and the organization was very fortunate in having a leader of Joseph Dvorak's capabilities during those trying times.

The New Year's Blockheads Frolics were instituted under Bohumil Mikuta, who was Starosta during the years 1917 to 1918 and 1930 to 1932.

During the period of 1935 to 1940 Plzensky Sokol's financial condition was chaotic. Such members as Joseph Dvorak, Rudolph Janda, John E. Zarobsky, Edward Zarobsky, John Sokol, Dr. William Hejna, Joseph Moudry, Otto V. Kudrle, E. J. Langhammer, Frank Mashek, and Alois Janata were very helpful in forestalling a foreclosure suit against the building. In the year of 1940 the debts and other obligations of Plzensky Sokol were approximately \$70,000.00, and subsequently a law suit was instituted by the creditors to take over the Camp Sokol property and the Sokol building in Chicago. It was in this year that I became Starosta of Plzensky Sokol and was faced with this huge financial burden and its incidental problems. Alfred J. Forst, Louis Sima, Edward Valha, Frank Konopasek, Sr. and William Hosna were enlisted in a program to help eliminate the debts of Plzensky Sokol. One by one the financial obligations were erased until finally Plzensky Sokol now finds itself in the enviable condition of having NO DEBTS, and the possessor of a substantial amount of cash in its treasury, in addition to its beautiful Camp Sokol.

In the year of 1926, consideration was given to the idea of selling the Sokol building and moving its activities to the western suburbs of Chicago, because Plzensky Sokol's members and a great majority of the Czech residents were moving from the Pilsen District to Cicero, Berwyn, Riverside, Brookfield and La Grange. The building was not sold and the problems increased. Other nationalistic

groups, who were not interested in the Sokol program, began settling in the area and attendance in the gymnastic classes began dwindling. The involvement of the United States in the Second World War further affected the gymnastic program, because many members of the classes and the instructors were serving this country in the armed forces. The classes were so small in the number of participants that it was not feasible to conduct a gymnastic program any more. Reluctantly, in the year of 1943, this feature of Sokol activity was curtailed during the balance of the war years. In the year of 1944, the majestic Sokol building on Ashland Avenue was sold to the Polish Falcons, and since that year meetings of the organization have been held in the CSA. Building in Cicero, Illinois.

For the benefit of the 40 and 50 year members being honored here, I have brought memories of the glorious past so that they may relive them in their minds tonight. To the 25 year members, the recent past successful events and operations of Plzensky Sokol through your efforts, contributions and activities are well known to us, and it is not necessary to mention events and names.

The fact that Plzensky Sokol weathered 3 major wars, many severe depressions and lasted for more than 86 years, proves beyond a doubt, that the founding fathers established an organization having a power of endurance, that could adjust itself to the changing conditions of the American Way of Life in an admirable manner. We salute them for their foresight. We thank you pioneers being honored here tonight for your contributions on behalf of Plzensky Sokol, and in conclusion I wish to say the glorious past belongs to our pioneers, and the future belongs to us. Our younger generation is ready to carry forward with zeal and enthusiasm.

Martin Lago

Maryland's Governor, J. Millard Tawes, recently conferred a special honor to the Physical Director of Belcamp's gymnastics classes, Martin Lago, appointing him a member of the Hartford County Commission on Physical Fitness. The appointment included a document of confirmation affixed with the Governor's signature and State Seal.

Martin Lago has been instructing local youngsters in gym classes at Belcamp since 1951, and under his encouragement the Belcamp Sokol gymnastics unit has won many team victories, including first and second places in national competition in 1961 and a national first place for boys and girls with the Eastern District in 1963.

Martin's personal enthusiasm for the benefits of fitness has been a vital part of his life, since he started training in Europe when he was six years old and reached prominence after competing in the elimination Decathlon Meet at Beroun in 1932 to rank first in the 100 meter dash. Serving in the Army from 1934 to 1935, he held fitness records for many competition events, later played soccer

for the S. K. Prostejov Sports Club, and in 1948 qualified as athletic instructor and recreation leader for the I.R.O. in Rome, Italy, covering the sports of soccer, volleyball, swimming, table tennis, gymnastics and fencing. Here in the U.S., Martin has been a player for the C. S. Soccer Team of New York, the Baltimore Kickers in 1952-53 and with the Bata Soccer Team from 1953 to 1963. He is employed as Accounting Supervisor for Bata's Purchasing Department and regularly donates his time every Tuesday and Thursday evening to instruct classes at the Belcamp Community Center gymnasium.

A recent exhibition by the gymnasts of the Belcamp Sokol unit, held on December 5th, was attended by the Chairman of Harford County's Physical Fitness Commission, Robert D. Kracke, and he sent a most complimentary letter to Physical Director Martin Lago, extending congratulations on the special training methods effectively using assistant instructors and for the continued benefits of the program to the community.

Executive Board of the ASO.

Meeting Held March 22, 1966

Welcome extended to bro. J. Cihak who had been hospitalized.

CORRESPONDENCE:

Reports of Districts—Minutes of meeting held by Southern District.

Minutes of the Eastern District.

Minutes of Western District annual meeting February 27, 1966. Detailed report covering all activity.

Minutes of Northeastern District meeting of February 23, 1966. Report of units in detail—good activity.

Received cordial invitation to attend Jubilee Sokol USA. Slet of SGUS., to be held Sunday, July 3, 1966, at Flushing, L. I., New York. Proclamation to be issued in American Sokol and the Cleveland, Detroit, and New York newspapers, regarding our acceptance. Public Relations Committee will take care of this publicity in both English and Czech.

At this point bro. Barcal relinquished the chair to bro. George Basta. In the matter of invitation extended to bro. Barcal to attend SGUS. Slet and anniversary banquet—July 3, 1966. On motion made and carried bro. Barcal will represent the ASO. at these functions.

Letter from bro. Fred Anthony of Cedar Rapids, regarding sale of men's Sokol caps.

Received from Western Bohemian Fraternal Organization payment for advertising.

Letter from U.S. Post Office advising of Zip Code presorting requirements 1-1-67.

By-laws of Sokol Fuegner Tyrs, So. Omaha, received and given to sis. A. Falta, member standing by-laws committee, to check and make report.

Invitation received from the Czechoslovak National Council of America and Sokol Washington to "Majales" Spring Ball on the occasion of the 125th anniversary of Antonin Dvorak. In the matter of invitation received by bro. Barcal from St. Paul Sokol Gymnastic Society—the chair was relinquished to bro. Basta. On motion made and passed, bro. Stanley Barcal will represent the ASO. at the Western District Slet in St. Paul June 18 and 19, 1966.

COMMITTEE REPORTS:

BOI.—Bro. Ed Linhart. Report for March submitted and is made a part hereof. Bro. Dick Ptacek and bro. Ed Linhart to teach in workshop at Sokol Omaha—approved. Bro. Linhart will attend Western District Slet in St. Paul—approved. Reported total receipts of rental of Olympic films \$32.00. Bills for postage and phone call \$5.88—approved.

BOI.—Sis. L. Zdenek absent due to illness—report will be mailed.

Financial Secretary—Sis. A. Falta read report of receipts and disbursements for February 1966.

Educational Committee—Bro. J. Cihak reported he was able to attend educational meeting of Sokol Brookfield. Will check and proof read the last two brochures. These booklets to be sold in quantity at 15c each. Bro. Stanley Barcal recommended that bro. Jim Cihak represent ASO. on committee making preparations for the arrival of Cardinal Beran

to the Chicago Metropolitan Area. Approved. Bro. Cihak expressed appreciation for book Executive Board sent him during his convalescence.

Stamp Committee—Bro. J. Cihak advised the purchase of \$1,000 worth of Centennial stamps for cash from the Executive Board for resale.

Public Relations Committee—Sis. A. Basta read report regarding standardization of our Sokol emblem used on printed matter, etc., and recommended that we conduct a contest on national level with July 1st set as time limit. Program ratified.

Organization Committee—Sis. A. Fara reported material sent out by the office to the Southern District regarding forming new unit. Will also be sent to Pacific District. Fine report sent by bro. Pavoucek, Western District, on School of Instruction. Heard from sis. E. Welcl-Ruzicka from Miami who sends regards to Executive Board. Excellent publicity in Czech papers. Suggestion re: tour to be looked into at a later date.

Editor—Bro. C. Prchal—American Sokol, March issue, is ready for printing. With sis. A. Falta read the roster three times and there are still a few corrections to be made. Our articles are being reprinted and credit is being given. Cleveland papers printed quite a few Czech articles. Will write brief reports of Sokol activity at various events to which he has received personal invitations, and which he will attend.

Secretary—Office Personnel—Sister Agnes Sotka read report of accounting activity for March. There are some units delinquent in the payment of their obligations to ASO. Books are ready to be audited. Stamp Committee report to be audited first by committee to be appointed. Suggestion for quarterly report form given to sis. A. Basta.

Report of sis. Ellen Jeanne Schnabl, who was excused, was read. Filing of Annual Report with the Secretary of State in Springfield was taken care of. Worked in office Saturday, March 12, while bro. Ed Schnabl did some necessary electrical work. Numerous mailings of booklets accomplished with help of sis. A. Falta. Suggests invoice form in quadruple. Sent out Slet Committee mailing, learned operation of addressograph and set up form letter for refund on Slet films.

Sis. B. Prener reported on various phases of office routine. Office now has National Zip Code directory. Telephone directory service in effect March 16, 1966, and listing will appear in Chicago Telephone Directory out July 1. Attended meeting of Public Relations Committee regarding printing of various forms. Bro. Charles Kropik contacted re: tax exemption matter for our units. Our thanks to bro. Frank Vorel for fine shelves built and repair of stairs; also bro. Ed Schnabl for needed electrical lighting. Current correspondence was answered. Motion made and passed that salary rate of sis. Agnes Sotka be increased to \$2.00 per hour effective immediately. Sent letter of get-well wishes from the Executive Board to bro. J. Cihak, as well as a book on his return home.

Treasurer—Bro. F. Vodrazka reported purchase, as authorized, of U.S. Treasury bonds, due November 1973. Bonds placed in safety deposit box. A complete inventory of contents of safety deposit

box was made—copies to Financial Secretary, Treasurer, and Office. Submitted financial report of the ASO. for 1965. Moved that report be accepted and referred to Auditing Committee.

Financial report of Slet is completed and will be presented at the Slet Committee meeting of March 30, 1966.

President—Bro. S. Barcal has discussed with bro. G. Basta the keeping of membership standings by unit and by district and publicizing this information periodically. Bro. Basta has accepted this function and was appointed Chairman Membership Committee. Attended all gymnastic exhibitions, which are well attended; interesting programs, and units should be congratulated on their performance and their efforts. Received invitation to Sokol Pilsen banquet.

Bro. Prchal called attention to Sokol New York voting on possibility of selling their building.

Financial Report ASO.

March 1966

INCOME:

Dues	\$ 620.25
Convention Fund	129.25
Special assessment	510.75
Subscriptions to "American Sokol"	6.00
Advertising in "American Sokol"	384.00
Jewelry and hats	84.50
Sale of Sokol stamps	2,070.00
Film rentals	167.00
Sale of educational pamphlets	56.85
Office supplies, uniform material, postage, donation	25.81
Total Income	\$4,054.41

DISBURSEMENTS:

Administrative Department	
Salaries	\$170.30
Rental, phone, janitor services	135.66
Repairs	44.19
Postage and Zip Code directories ..	18.65
Petty cash fund	50.00
	<hr/>
	418.80
Educational Department BOI.	
Salaries	183.65
Printing "Sokol Gymnast"—Feb. 1966	27.72
Editor "Sokol Gymnast"	25.00
U.S. Olympic Committee—Dues 1966	10.00
Film rental refunds	120.00
	<hr/>
	366.37
Sokol Publication	
Printing	530.14
Editor—"American Sokol"	75.00
	<hr/>
	605.14
Total Disbursements	\$1,390.31

BALANCE:

Totals brought forward:	
Western National Bank of Cicero checking account	\$5,197.68

Income—March 1966	4,054.41
	<hr/>
	9,252.09
Disbursements—March 1966	1,390.31
	<hr/>
	\$7,861.78

American Sokol Organization Centennial Committee

Meeting Held March 30, 1966

Meeting was called to order by bro. Charles Prchal, Chairman.

Czechoslovak National Council of America sent "thank you" note for commission received for pre-sale of tickets.

Reports—Bro. Ed Halik: No comments for the record. — Sis. Mildred Prchal: Great improvement in number of junior girls classes since 1953. Tot classes were started. Women's classes remain the same.

Management Committee—Bro. J. Drnec expressed his thanks for fine cooperation.

Sokol Exhibit Committee—Bro. J. Janecka reported in absence of sis. E. Janecka. Exhibit was interesting and nicely attended. Also thanked all for participation in helping to make the film.

Housing Committee—Bro. C. Kropik: Housing was very tight during the Slet, but everything turned out all right.

Banquet Committee—Bro. C. Kropik: The banquet was very successful thanks to the efforts of sis. B. Cihak. Thanks also to bro. J. Madera, sis. Bergquist and Sotka for making table arrangements.

Czech Publicity—Sis. J. Zacek: Czech publicity with the cooperation of bro. Rabas was very good. Slet events were well reported. Hearty thanks to all who helped.

English Publicity—Bro. Halik commented if English press section had been as good as Czech publicity we would have had fine coverage. Bro. Prchal advised English publicity had a slow start, but no money was expended as it was on the Czech publicity.

Parade Committee—Bro. C. Prchal: Reported full charge of parade was accepted by bro. George Boucek on the resignation, because of ill health, of bro. J. Simaner. The parade was very good and effective.

At this point bro. S. Barcal, President of the ASO., was introduced—greeted all present and advised we are following all units for the \$1.00 per member assessment as set by the Convention. Asked all present to continue in efforts to gain membership.

Souvenir Program—Bro. J. Cihak reported wonderful cooperation from units and districts in sending in their histories. No commissions were paid.

Secretary—Bro. B. Vanek—correspondence. Read letter from sis. Welcl-Ruzicka who sent greetings. Letter from bro. Henry Vydra who sent congratulations and appreciation for the honor bestowed on him at the Slet. Letter from Senator Roman Hruska—expressed enjoyment of his visit, audience was enthusiastic and performance highly successful. A

SOKOL GYMNAST

April 1966

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

Why Do We Come To Sokol?

The following is the first of ten "talks" given before children's classes and submitted to the editor of the Sokol Gymnast for publication. These have been prepared by sis. Marie Provaznik for the Eastern District of the American Sokol.

Nazdar, children! Do you like to go to Sokol? What do you like in Sokol? . . . (Let the children answer.) Do you like gyming, games, fun? We in Sokol don't gym only for "fun." We all like that, but "fun" isn't the most important thing. What is important is that we be healthy and strong, so that we can work and earn a living for ourselves. Then we can buy what we need and want. We want to be healthy and strong also so we can defend our country if someone attacks her, and so

help defend smaller nations if someone conquers and wants to rule them. Everyone who is big and strong should take care of the small and weak. If someone wanted to hurt you, we grown-ups would help you. You, in turn, would surely help younger children if someone wanted to hurt them and nobody older was near by, right?! So it is the same with people and with nations. America is a big, strong and rich country; therefore, America always helps the smaller and weaker.

We all want America to stay big and strong so that she will be able to protect herself from all her enemies and so she can help the smaller and poorer nations. Therefore, we must be healthy and strong, because our country will only be strong if all her citizens are healthy and strong. That is why we gym at Sokol.

ATTENTION — INSTRUCTORS AND GYMNASTS!

The following are corrections of the SGUS. Slet Compulsory Exercises on apparatus and mass calisthenics:

APPARATUS

Junior Boys — Low Division:

Parallel Bars — should read head high.
Long Horse — should read without pommels.

Senior Men — Low Division:

Horizontal Bar — should read mixed grip — left overgrip — right undergrip.
Long Horse — should read stradleg vault from neck.

Senior Men — Intermediate Division:

Side Horse — No. 6 line 2 should read: to front support, right on pommel, left on neck, etc.

CALISTHENICS

Junior Boys:

1. Passage to II Exercise page 5 — Measure V should read:
Left Gymnast — 3 trotting steps forward, etc.
Right Gymnast — as written.
Center Gymnast — as written.

2. Add measure VI, following above measure.
1—3 Three trotting steps in place, left and right gymnasts 90° turn to face main tribune.

Junior Girls:

1. Intro. Measure X, delete Draw left to closeheel stand.
2. II Exercise, Part A, page 8, Measure XXI.
1—3 Add Raise right overhead to sidearm down-slant.
3. III Exercise, Part B, page 13, Measure XI.
Should read: 4 additional steps forward to markers ahead (backs to main tribune).

Senior Men:

1. Introduction page 3, Measure XXIII — count should read 1 — 4: move executed only once.
2. 1st Exercise, page 5, Measure IX — count 2 same as 1 but to right.
3. 1st Exercise, page 5, Measure XII should read:
1. Stand hold — front bow (horizontal) — thru closearm sidearm, knuckles up.
4. Exercise III, page 9, Measure V.
1—2. as written for count 1, delete count 2.
3—4. as written.
5. Exercise III, page, Measure VI, should read:
1—2. Left frontarm, knuckles up — right uparm, palm front, stand hold.

INSTRUCTOR WANTED

Sokol St. Louis is In Need of a Full Time Instructor for All Classes

We hope we can reach interested individuals through the media of the Sokol Gymnast. Anyone interested can receive full details by writing to Ronald Triska, 7029 Mardel Ave., St. Louis, Mo. 63109.

3—4. Left uparm, palm front — right frontarm, knuckles up.

Measure VII should read:

1. Uprise and continue as written.

Measure X should read draw right and count.

Senior Women:

1. Introduction page 3, Measure XVII as XV but omit right frontleg and turn on count 3.
2. III Exercise, page 11, Measure VI:
 1. 90° turn to left, etc.
3. Page 12
XXI to XXXX as I to XX.

APPARATUS

Junior Girls — High Division:

Uneven Bars point value as follows:

- | | |
|----------|----------|
| 1. — 1.5 | 5. — 1.5 |
| 2. — 1.0 | 6. — 2.0 |
| 3. — .5 | 7. — 1.0 |
| 4. — 1.5 | 8. — 1.0 |

Omit No. 9.

Junior Boys and Senior Men— anywhere it appears:

HIP UPRISE should read KIP UPRISE.

EXERCISE ON BEAM

(Continued)

8. SPLIT JUMP:

Execution:

1. This jump is done from a halfsquat or squat with feet in closed position—arms closed.
2. With strong extension of legs, sharply stretch legs to flank split with sidearm.
3. Land in halfsquat with one foot before the other.

Teaching:

1. Teach in threes: outside girls grasp upper arm of center girl and assist in raising her and lowering her slowly to facilitate the completion of the split in the air. (On floor.)
2. On the low beam with the aid of the same girls and then with the aid of only one.

Assistance and spotting:

1. We give assistance as suggested above. Practical spotting is impossible.

MAIN FAULTS:

1. Insufficient takeoff.
2. Anticipated, tardy or slow split.
3. Legs not separated into split.

EXAMPLES:

1. Hop left and land slightly forward in closed position with left foot front on halftoe; 180° turn to squat and split jump.

9. DISTANCE LEAP (GRAND JETE):

For a successful execution of this leap, it is very important that the back muscles are firmly controlled.

Execution:

1. Best preparation for this leap is a pas chasse.
2. The leap is done from one leg to another. For instance, taking off from the left swing right leg front and after spring from floor, swing left leg into high extension back;
3. Land to halfsquat on right with left leg high in rear; the trunk is upright, even arched during the leap.

Teaching:

1. It is understood that the gymnast is able to do a flank split.
2. Should be taught on floor and repeated a number of times.

3. Try on low balance beam, then on high beam—may be assisted by holding hand of girl.

MAIN FAULTS:

1. Insufficient takeoff.
2. Insufficient raising of leg front and back (the leg swinging forward lowers itself in leap).
3. Front bend in leap and on landing.

EXAMPLES:

1. Pas chasse, leap to halfsquat and step forward to another leap finishing in arabesque.
2. Variation:
 - a) Spring from left, sharply bend right leg forward and immediately extend to split in air.
 - b) Spring from left to split, then bend right back to left thigh, left leg extended high back (stag leap).

10. ALTERNATE FRONT BENTLEG JUMP:

(Cat step)

Execution:

1. Step forward left, spring from left bending right front followed by raising bent left leg as right lands.
2. Shin is vertical on jump.
3. Arms are extended to sides or may execute flank swings during jump.

Teaching:

1. Walk bending legs alternately before stepping
2. Teach step on floor—bending the legs may be lower—sidearm.
3. Like 2., but on beam.

MAIN FAULTS:

1. Insufficient bending of legs.
2. Poor rhythm, particularly tardy bending of takeoff leg.
3. Bending body forward.

EXAMPLE:

1. Pas chasse right, (right, left, right)—sidearm—step forward left, hop left to front bentleg jump—through closearm swing frontward to low reararm; step forward left turning 180° to right, moderate sidebow left—sidearm.

11. FRONT SCISSOR JUMP (HITCHKICK):

Same as above but legs are straight in jump.

12. JUMP FORWARD TO SQUAT:**Execution:**

1. Spring from one and land on both.
2. Step left forward and with plie hop from left raising right leg high.
3. While in flight, close left to right and land in halftoe squat with right foot close in front of left.
4. Arms remain sidearm—during jump move in high arc as far forward as possible.

Teaching:

1. Teach on floor.
2. On low beam.
3. On high beam but begin with low frontleg and continue raising legs higher on repetitions.

MAIN FAULTS:

1. Not enough spring.
2. Bending head and body forward.
3. Landing in squat too soon.

EXAMPLE:

1. This jump may be executed in combinations with all jumps, hops or leaps. The jump forward to squat is, in fact, a good preparation for the front scissor jump or hitchkick, the split jump, hop with rearleg, etc.

REMARK: During each of these jumps or leaps we assist by holding girl's hand. There is no practical spotting.

(To be continued—turns and pirouettes)

BOYS – HORIZONTAL BAR

(CONTINUED FROM FEBRUARY ISSUE)

14. KIP UPRISE

1. From hangstand (feet under bar) jump fore upward, raise hips shortest way to bar, arms remain straight,
2. bend in hip and raise hips upward so gymnast is in benthip hang; legs (shins at bar) swing upward from bar increasing front swing and shoulders are raised above bar,
3. in the moment when returning from the maximum frontswing, sharply pike and draw legs upward along bar simultaneously pressing into straight arm support,
4. kip uprise is finished by regrasping hands forward, swinging legs back, raising head and shoulders moderately lean forward in straight arm support.

REMARK: Kip uprise is taught first in overgrip, then undergrip and mixgrip.

How to Teach:

1. Important preparation is swinging in bent hip hang. Concentrate upon maximum swing of hips and shoulders.
2. Teach on jump high bar from swing.
3. From hangstand.
4. From front support—drop back to benthip hang, then kip uprise.
5. From jump to piked hang on shoulder high bar—kip uprise.

Faults:

1. Bending arms during jump from hangstand causing insufficient frontswing.
2. Small frontswing in benthip hang.
3. Extreme lowering of hips in benthip hang.
4. Pressing into arm support and drawing of legs upward along bar too soon.
5. Head bent back in benthip hang or during press into support.
6. Pulling legs downward instead of drawing upward to finish kip uprise.

Assist and Spotting:

Stand at left side of gymnast with right shoulder under bar. During jump grasp gymnast with right hand under back, left hand under thighs and assist in raising legs to bar or to hold legs

in benthip hang. Spotting is assured when both hands are under gymnast and instructor is prepared to catch if necessary. In that event stand close to gymnast. During spotting concentrate on frontswing in benthip hang.

Examples:

1. Kip uprise—arched front rotate backward—underpass dismount forward.
2. Kip uprise—from rear swing overpass bentleg right to support strideleg—regrasp and arched rotate forward.
3. Kip uprise—frankway, bentleg, or stradleg vault.
4. Kip uprise—overpass bentleg right to strideleg seat support—regrasp to undergrip—arched rotate forward.

15. FROM FRONT SUPPORT DROP BACKWARD TO BENTHIP HANG

1. In front support, frontswing, push away from bar, frontbow and drop backward to bent hip hang as far as possible from bar.
2. Using abdominal muscles hold legs in bent hip hang position with shins at height of bar.
3. Lean entire body forward as far as possible—assist with pull of legs forward and up.
4. As soon as gymnast returns to back swing, legs return close to bar or execute an overpass to bent hip hang strideleg.

REMARK: Drop backward to support strideleg is done the same way. Drop back is done with overgrip.

How to Teach:

1. From support strideleg drop back to knee overhang.
2. From support strideleg—drop backward to benthip hang strideleg.

Faults:

1. Dropping backward with bent arms.
2. In the beginning the hips are sharply dropped under bar resulting in the loss of the swing.

Spotting:

Stand at gymnast's side close to front of bar. One hand under back, the other under thighs, the instructor carefully and closely follows every

move. During spotting, stand very close to gymnast to be able to support him in case he loses hold.

Examples:

1. Uprotul frontway—overpass sideleg right to support strideleg—drop backward—uprise to

support strideleg.

2. From hangstand in overgrip from jump—uprise strideleg—rotate strideleg backward—drop back to benthip hang—uprise strideleg.
3. Uprotul—drop backward to benthip hang—kip uprise.

THE GOLDEN LIBRARY OF GYMNASTICS

Selected by the Education Committee of the United States Gymnastic Federation

BOYS AND MEN

Kunzle, George, et al., *The Olympic Gymnastic Series*. London: Barrie and Rockliff (2 Clement's Inn, Strand, London, England)

Vol. I—Free Standing (Floor Exercise)

Vol. II—Horizontal Bar

Vol. III—Pommel Horse (Side Horse)

Vol. IV—Parallel Bars

With the exception of Vol. I Free Standing these books are the best available for the individual events they describe.

Stewart, Nik, *Competitive Gymnastics*. London: Stanley Paul & Co., 1964.

In addition to a series of graded exercises, England's Coach also includes the ultimate exercise in each of the Olympic events. Current international trends are noted. Well illustrated by the author.

Takemoto, Masao, *Gymnastics Illustrated*, 1957. Distributed by Frank Endo, 12200 S. Berendo, Los Angeles 44, Cal. Japanese text. Excellent illustrations.

GENERAL

Ferkas, Jim, *Age Group Gymnastic Workbook*. Tucson, Arizona: The United States Gymnastic Federation (P.O. Box 4699, Tucson), 1964.

This compilation of graded exercises is a first in English. It compares to many foreign publications where the aim is to have children progress in an all-around program of gymnastics.

Frederick, A. Bruce, *Gymnastic Action Cards*. Minneapolis: Burgess Pub. Co. 1965.

Each of ninety-seven body positions basic to all gymnastic movement are printed on individual cards. The set of cards is accompanied by a template (similar to a lettering stencil) for the quick drawing of realistic action figures.

Zabka, Norma and Marie Provaznik, *Gymnastic Activities with Hand Apparatus for Boys and Girls*. Minneapolis: Burgess Publishing Co. 1965.

This new book is the best one available on beginning work with balls, hoops, ropes, bean bags and wands. The many ideas included under each category are well illustrated by Hana Hladik.

GIRLS AND WOMEN

Allison, June, *Advanced Gymnastics for Women*. London: Stanley Paul and Co., Ltd. 1963.

Presents an excellent categorization of movement types typical of the four Olympic events. Very readable. Illustrated.

Drury, Blanche and Andre Molnar, *Gymnastics for Women*. Palo Alto, Cal.: The National Press, 1964.

This is the best total coverage of all aspects of gymnastics for girls and women available.

Leinert, Walter, *The Modern Girl Gymnast on the Uneven Parallel Bars*. Indianapolis: The Author (233 N. Parkview, Indianapolis), 1957.

This is the only single volume devoted to uneven alone. Advanced work is described with appropriate spotting suggestions.

Prechal, Mildred, *Artistic Gymnastics—Floor Exercise*, Berwyn, Illinois: The Author (2419 Scoville Ave., Berwyn), 1964.

An excellent treatment of movement associated with artistic

floor exercise. Ballet components are integrated with typical gymnastics movements. Applications to balance beam are included. Well illustrated by the author.

Takemoto, Masao, *Illustrated Women's Gymnastics*, 1958. Frank Endo, distributor, 12200 S. Berendo St., Los Angeles 44, Cal.

Japanese text. Since this book is profusely illustrated with excellent line drawings it will be of value for composing routines and as a visual aid.

Zabka, Norma (Editor), *Gymnastics Guide 1965-1967*. Washington, D. C.: The National Education Assoc. (AAHPER-Division of Girls and Women's Sports).

This second Gymnastic Guide by the DGWS brings together a collection of well known gymnastic writers, many of whom have had international training and experience.

GYMNASTIC BALLET

Kaywell, Grace, *Ballet for Gymnasts*. Santa Monica, California: Glenn Sundby (publisher), 1965.

Although this manual is valuable in itself it was prepared specifically to be used with the popular *Ballet for Gymnastics* records. Well illustrated with photographs. Covers exercises and movements most typically adapted to gymnastics. Endorsed by the United States Gymnastic Federation. Records are available from Stepping Tones, P. O. Box 64334, Los Angeles, Cal. 90064.

MECHANICAL ANALYSIS

Dyson, Geoffrey, *The Mechanics of Athletics*. University of London Press: London, England, 1963.

An excellent, easy-to-read, easy-to-understand treatment of mechanical analysis is presented.

MOVEMENT

Diem, Liselott, *Corrective Gymnastics and Special Exercise Classes in Schools*. U.S. distributor is P.E.S.A., P. O. Box 2922, Thrumbull, Connecticut.

Excellent, creative suggestions for applications of gymnastic movement in the area of corrective exercise.

Diem, Liselott, *Who Can*. U.S. distributor is P.E.S.A.

A delightful, well-known book which lists suggestions to be acted upon by children, hence a series of themes.

Randall, Marjorie, *Basic Movement—A New Approach to Gymnastics*. London: G. Bell and Sons, Ltd. 1961.

This book outlines all of the elements of the English program known as Educational Gymnastics.

TRAMPOLINE

LaDue, Frank and Jim Norman, *Two Seconds of Freedom*. Cedar Rapids, Iowa: Torch Press, 1960.

Written with humor as well as competency this classic on trampolining is best known of all. Flip pictures are incorporated into the pages for visually presenting characteristic movements.

TUMBLING

Szypula, George, *Tumbling and Balancing for All*. Dubuque, Iowa: Wm. C. Brown Co., Inc. 1957.

This is the best book available on tumbling and could be rated as a classic. The entire activity is covered from the most basic stunts to the most advanced and included are progressions which have been successful in the learning of difficult tumbling movements.

JAMES L. CIHAK

Discipline or Learning To Obey

No one can become a good leader unless they themselves, learn to obey. We have laws and rules in our life to help us. People learned thru living to obey these rules because they know life would be hard if they did not. You have rules in school, at home, in your gym and in your play outside. You obey the traffic guard to keep from getting hurt. You obey your teachers to learn more. You obey your parents because you love them and know they are doing everything they can to make you a fine little man or woman. You obey your teachers in school and gym because all of them are trying their best to help you.

This too is a school, to learn to obey your mind.

It is not easy at first. You would like to play but know you must do your homework or study. You would like to watch TV, listen to the radio or phonograph but should help your mother or go on an errand. Thruout our life we will be faced with this problem. Learning to do what has to be done when we are young will help us to do it easily as we grow up. This is a valuable lesson. The rewards are great.

Remember—no one can become a good leader unless they themselves learn to obey.

This is discipline and self-discipline. This has made the Sokols famous and respected. Sokols are never delinquent.

set of keys lost were found and returned to owner. Bro. B. Vanek gave detailed report of work performed from 9 a.m. until 2 p.m. Letters and various material was mailed out. Thanks expressed to all who helped him and cooperated.

Financial Committee—Bro. F. Vodrazka read financial report of XX. American Sokol Slet and allied events, which is made a part hereof. He expressed gratitude to the countless number of volunteers who helped to put on this spectacular. We had about three months to plan, organize and develop the XI. Slet commemorating the Centennial. Personally thanked bros. Prchal and Vanek and all the other chairmen of committees and all members who cooperated.

Recommendation to the next Slet Committee to take into consideration the setting of admissions for our young gymnasts enabling them to participate in our pre-Slet activities. Also sale of Slet Seals should be started very early.

Salary of Secretary—this matter referred to the Financial Committee and the officers of the Slet Committee to resolve.

Commission on sale of Slet tickets by units. Some tickets given out under individual names.

Sis. B. Cihak	\$395.00
Sis. B. Prener	157.25
Sis. Vokurka	97.50 (Brookfield)

This matter referred to Financial Committee and the officers of the Slet Committee to resolve.

A breakdown of receipts and expenses by department has been made for future reference. The balance of Slet funds will be turned over to the ASO. after a few outstanding bills and Central District percentage (according to by-laws) have been paid. Motion made and seconded that report be accepted as presented. Accepted.

Bro. C. Prchal summarized our Slet activity—we started under difficult circumstances, but we got together and did the best we could. Commented on Gymnasticale, parade and Slet. Thanked all for participation in the XI. Slet and we look forward to participation in our XII. Slet.

At this point bro. Prchal turned the proceedings over to bro. C. Kropik who asked sis. M. Prchal and bro. E. Halik to come before the chair. In appreciation of work performed as Directors—the American Sokol Organization, as a memento and token of its appreciation for their untiring efforts, presented a silver tray to sis. Prchal and a plaque to bro. Halik. Both recipients movingly expressed their thanks.

Bro. S. Barcal expressed gratitude to bro. C. Prchal for his many years of leadership—through some turbulent years and through the Centennial year just concluded. It is up to us to take the baton and carry on. It is up to us to devise methods, ways, and means to increase our membership and asked all present to promote the thinking that membership is every member's responsibility.

Expressed his thanks to the officers of the Slet Committee for the fine work done—called attention to our 1967 Slet in Dallas—and, with the exception of the officers, disbanded the American Centennial Committee.

Bro. J. Drnec called attention to the Central District Slet to be held June 12, 1966.

Bro. Prchal thanked sisters Rubin and Falta for the preparation of our refreshments. Expressed gratitude to all for the work and efforts expended to make our Slet a success.

After the singing of "Spějme dál" the meeting was adjourned.

Betty Prener, Recording Secretary

FROM OUR DISTRICTS

EASTERN DISTRICT

Meeting Held March 21, 1966

CORRESPONDENCE

Minutes from the Executive Board of the ASO. held on February 22nd.

A notice to all units that unless zip code numbers are included in all publications such as our American Sokol they will not be delivered. This is a new Post Office Department regulation.

Brochures from the Executive Board on "Sokol and The Sokol Idea," and a second edition of "Dr. Scheiner," by Antonin Krejci.

Sokol Philadelphia has accepted our proposal to hold a regular meeting of the district in Philadelphia on April 16th.

Bro. Frank G. Novak reports that at a meeting of Sokol Belcamp a decision had been made not to hold a Slet there since it would not be profitable.

Our congratulations go to bro. Martin Lago of Sokol Belcamp who has received a Certificate of Appointment to the Physical Fitness Commission of Harford County from the Governor of Maryland.

Bro. Petlicka resigned since he is unable to carry on his duties as Educational Director. Sis. Misek was elected as Educational Director until the next annual meeting.

Sokolice Little Ferry—A bowling team has been started. An invitation was received to dance the Beseda at the Elks Lodge.

New York Sokol—A meeting will be held on March 24th to discuss what is to be done about the future of New York Sokol Hall.

Sokol Fuegner—Children will be sent to Sokol Camp at East Haddam with the proceeds from the chances for the Czech National Doll donated by bro. Kalabza. Since the apparatus moves are too difficult for the junior girls and the lack of an instructor they will be unable to compete in the Slovak Slet.

Sis. Elkins reported that there is an interest among the women to hold several bowling meets during the year.

The June date of the Slovak Slet has been changed to the 4th of July weekend which interferes with vacation plans of many of our members. Bro. Zraly has asked that we cooperate with the Slovaks and that as many members as possible participate in the Slet and competitions.

* * *

CENTRAL DISTRICT

Meeting Held February 23, 1966

Received literature from Czechoslovak National Council, and booklets published by ASO.

Director bro. Roy Zitny: All units are preparing for their exhibitions. The BOI. plans to hold a joint meeting in March to prepare for our Physical Fitness Day.

Sister Savel: All units turned in their activity reports. Junior girls tournament will be held June 4, place not decided upon yet. Women's tournament June 11, at Sokol Slavsky. The women elected trophies committee and hope to combine with the men's committee for the purpose of saving money and making trophies uniform. Sisters Savel and Drozd conducted a gym clinic for women and junior girls. Victory Dance, June 11, at Sokol Brookfield.

The BOI's will take into consideration suggestion, that the district should try to participate in events in the Chicago area to promote Sokol in general. American Legion is one such event. To this end some planning has to be done since our gyms are inactive during the summer.

* * *

SOUTHERN DISTRICT

Meeting Held February 8, 1966

Will write the ASO. for information in regard to organizing a new unit in the city of West. The interested individuals have been briefed on its requirements to become a unit, but more detailed information is needed.

Technical Staff: Sis. Laznovsky reports that a group from West has visited the Ennis unit in the past week. One major problem of the prospective unit will be the lack of apparatus. Ennis has agreed to loan them one horse. In regard to this need, units in Oklahoma, which are inactive, are being contacted for an inventory of apparatus there.

Bro. Milan reports that the Technical Staff intends to visit West in the near future and plans are being made for the nearby units to take turns and make frequent trips to teach the fundamentals of Sokol to gymnasium classes. He had received information from bro. Hosek on designs of the standardization of medals and trophies. This will be forwarded to the Technical Staff of the ASO.

During a general discussion of the 1967 Slet, bro. President explained the functions of the General Slet Committee and stated that the committee will be a separate body, but will be under the jurisdiction of the District Executive Board and will be requested to make reports of its progress.

Meeting Held March 8, 1966

Sokol Houston informs the Executive Board that the unit will be unable to hold the "kurs" this year due to plans of building a new gym in the near future. Also reported that the soliciting of funds for the new building is progressing steadily.

Sokol Ennis reports a board of directors meeting in discussing the incorporation of the unit to obtain a charter. Papers are in the final stage.

Report of the Technical Staff—Sis. Laznovsky: Sent for subscription for the Modern Gymnast for the units. — The calisthenics and competition material mailed to units. — Went to West and taught calisthenics. — Received letter from sis. Zdenek informing me that a tape of music will be sent by bro. Linhart and suggesting to make copies for our

units. — Revised attendance cards which will be printed in about 3 weeks. — Transcribed the tape from the annual meeting. — Also reported that the group from West continues to make weekly trips to Ennis to gym. — The Sokol clinic will be held in Dallas, Sunday, March 13.

Instructors Course—Houston will be unable to hold the course. Pro and con discussion for holding the course at some other site than a Sokol gym. Will request the Dallas unit if it would consider holding the course.

Sokol Prague, Oklahoma—The unit will be contacted by letters pertaining to its declining membership and inquire if any interest or help is needed to revive the unit.

* * *

PACIFIC DISTRICT ANNUAL MEETING Meeting Held Jan. 30, 1966

Meeting was called to order by president bro. Emil Nekuda. Bro. Nekuda appointed sis. Martha Lizak to substitute as secretary.

PHYSICAL DIRECTORS:

Sokol Seattle—Bro. Helmut Cerny reports that Sokol gym classes meet once a week in a school gymnasium for which they are obligated to pay rent. Sponsored a successful, unofficial gymnastic exhibition together with Sokol Scio. Unit also originated and participated in various patriotic events of Czechoslovak origin. Lack of skilled instructors is one of their handicaps.

Sokol San Francisco—Bro. Jan Kucera: Increased activities for 1965 in the gymnasium as well as the social functions. For further advancement of unit they sponsored and continued summer activities with swimming, picnics, games and parties. In the fall unit sponsored a gymnastic session for their classes to help achieve improvement of standard on the gym floor and in individual performance.

Sokol Fresno—Bro. Andy Yakovetic: Activities included a 25th anniversary celebration in May as the highlight event of the year. This event was a combination gymnastic exhibition and dance, and was supported by Sokols from the Pacific District. Participation in some of the cities of Clovis and Fresno civic functions, picnic potluck suppers, bake sales, and annual picnic gathering for all members and families, were some of the social events. Gym classes were conducted once a week in the Clovis high school old gymnasium. Beginning with the fall session a college student from Fresno State was hired to instruct the classes. He is a P.E. major. Procedure is working satisfactorily.

Sokol Los Angeles—Bro. Hintnaus: Athletic and social participation of unit and many contributions to civic and community work toward the efforts of promoting Sokol and the reactivation of the national physical fitness program.

Sokol Seattle—Bro. L. Stejskal: Unit is endeavoring to make better contact and maintain communication with other District units. Unit has become benefactor to a \$300.00 grant, which must be used either toward a summer camp site, or to send two children gymnasts to a summer camp which will enrich their physical fitness training.

In order to give our sincere and humble thanks

for the great efforts to the Sokol advancement, we observed a moment of silence to honor the members who in death have departed from our Sokol ranks.

After a short rest period, bro. Kohoutek, honorary chairman, called the meeting to order. He gave a report of the convention in Chicago. As a member of the by-laws committee, he was able to give us a report of Sokol by-laws. He stated that whatever changes were made were minor, and not many.

Sis. F. Palas, Director of Women, and bro. J. Pokorny, Director of Men, gave reports.

Bro. George Spanek, Educational Director, gave his report. In addition bro. Spanek recommends that each unit when sponsoring a Sokol function, become more specific as to the purpose of the affair.

A discussion ensued about units conducting gymnastic clinics such as the one that Sokol San Francisco experimented as a unit function. At the request of sis. Palas, it is recommended that all units review their by-laws and follow same in connection with gymnastic clinic work. All units shall notify the District technical directors of their intended clinical activities and clear through the district officials permission for such functions. The district directors will be willing to give advice and assistance wherever needed. It was also suggested that the word "clinic" be deleted from the title if the gymnastic course is conducted only within one unit and other units are not participating.

BOI. Report—Bro. J. Pokorny: The BOI. met on the evening of Jan. 29th, 1966. Sis. Louise Nekuda reviewed the minutes of the meeting.

Treasurer's Report—Bro. Jerry Nachtigal submitted the financial report for 1965.

It was decided that the Pacific District headquarters would remain in Los Angeles for the year 1966. Upon a recommendation it was unanimously decided that the district meetings would be conducted on a flexible time base to meet the need of the district.

The election of Pacific District officers was conducted by bro. Kohoutek.

It was decided that a letter be written to ASO. and request a clarification of the amount of money that will be granted from the ASO.-BOI. towards an instructor who will travel to the Pacific District units conducting clinics, classes and giving personal assistance and advice wherever needed.

A District sponsored outing will be conducted at Hume Lake again this coming Labor Day weekend.

Bro. Stejskal reports that if the District would undertake the purchase or a lease of a Sokol camp site, Sokol Seattle would cooperate.

Meeting Held March 29, 1966

Correspondence:

Minutes of ASO. Executive Board. — Sokolice San Francisco. — Sokol Seattle sends dues and a donation to the district of \$24.00. Thank you letter will be sent. — A price list from ASO. on various articles.

The problem facing Sokol and Sokolice Los Angeles in their incorporating was discussed.

Bro. Gayda brought up the subject of too much time and attention being given to outside gymnastic activities, whereas more attention should be given to our own gymnasts as a group.

* * *

WESTERN DISTRICT

Meeting Held March 14, 1966

Director of Women—Possibly only Omaha and So. Omaha will participate in Mid-Winter Meet. Sis. Drozda thanked sis. Kilborn for handling her part in the annual District meeting.

Director of Men—Bro. Benak received tapes from calisthenics and he and bro. Rohde are making duplicates to be sent to each unit. Bro. Benak and sis. Drozda will inform St. Paul of tentative layout so that St. Paul can start scheduling their program.

Director of Education—Bro. Al Swoboda received a letter from Angeline Thompson requesting song sheets. This was referred to sis. Drozda.

Card Party—Sisters Masek, Drozda and Jirka will have their picture taken for the So. Omaha Sun newspapers to advertise the card party.

Sis. Pavoucek has made individual history sheets for District members past and present to aid sis. Kohel in her role as historian. Any brother, sister or unit having members that were a part of the District, please contact us for these sheets.

Deferred and Unfinished Business—Be sure your unit has elected or appointed a Director of Education, Public Relations Director, Organization Director and Historian.

ASO. has announced a scholarship is available to a gymnast within the District. The time is very limited as it was just announced by the ASO. and the deadline is April 1st. Each unit should review the requirements and submit your selection at the earliest convenience. Each unit submits one (1) name to the District.

New Business—Unit Historian—in January of each year, you are to furnish the District Historian a copy of your year's activities for the District history.

Sokol Wilber, Nebraska

We have had a variety of dances. Had square dances all night long. Have done considerable work with the Chamber of Commerce. The Brass Band from Omaha will present a concert on April 17th. In October had a picnic and dinner. October 29th observed the 65th wedding anniversary of bro. and sis. Novak, who are still active in Sokol Wilber. Had a short program honoring the couple. Had a Christmas party for all members of the gym. Sponsor bingo on Thursday evenings. August 6th and 7th are scheduled for Czech days. Have 58 Beseda dancers. February 20th honored bro. and sis. Kovar on their 50th anniversary.

Wilber Director of Men and Women: 19 pre-junior girls, average age 13. 8 junior girls, average 6. 25 pre-junior boys aged 2. Ten junior boys, average 7. Have the Beseda dance group. Danced for the Intercom Club from Lincoln. Also have volleyball games.

Plzenský Sokol Honors Long-Term Members

On Saturday, April 2nd, Plzenský Sokol of Chicago held a dinner honoring their 25, 40 and 50 year members.

After the dinner, sis. Eleanor Solin, President of the unit, warmly greeted those present and thanked bro. and sis. Kilberger, the Chairmen, and bro. Seifert, co-Chairman, of the well-planned celebration. She then introduced the officers and their spouses seated at the main table: bro. Dr. Henry Poupa, Vice President, sis. Elmer Liska, Secretary, and bro. Liska, sis. Robert Thunack, Treasurer, and bro. Thunack.



Eleanor Solin

Sis. Solin then presented a beautiful brief case with appropriate words of appreciation to bro. Kilberger who for twenty-five years has held office of Financial Secretary.

Introduced guests were: Sis. Cihak, Vice President, and bro. Cihak, Educational Director of the

ASO., bro. Drnec, President of Sokol Tabor and of the Central District ASO., sis. Drnec, President of the Unity of Czech Ladies and Men, and bro. Halik, formerly Director of Men of the ASO.

Names of the honored members were called by the President and pins were presented with very warm congratulatory expressions by bro. Prchal, past President of the ASO. for more than 31 years and honorary member of Plzenský Sokol.

50 year members: Sis. Katherine Pollack, with Plzenský Sokol for 82 years. Bro. Frank Macak, oldest male member, but because of illness was unable to be present; sis. Victoria Hurt, 57 years, sis. Julia Drda, 54, bro. John Kristufek, 53, Charles Jiran, 50, Edward Valha, 50, and Harry Voyta, 50.

40 year members: Sis. Frances Jelinek, 49 years, Helen Voyta, 47, Lillian Abrahamson, 46, Josephine Peroutka, 46, Antoinette Sima, 46, Sadie Bouzek, 44, bros. Arthur Jelinek, 49, Frank Peroutka, 44, Edwin Halik, 43, Rudolph Janda, 42, Edward Prince, 41, and Victor Schubert, 41.

25 year members: Marie Cipra, 36 years, Sylvia Jiran, 36, Lillian Kristufek, 36, Lillian Ludvik, 36, Rose Peroutka, 36, Evelyn Prince, 36, Blanche Prucha, 36, Libuse Nesnidal, 35, President Eleanor Solin, 32, Helen Seifert, 31, Blanche Schubert, 31, Vlasta Ruzicka, 29, June Kubik, 29, Rose Kopsa, 26, LaVergne Bahr, 26, bro. Jerry Dvorak, 38, Joseph Kubik, 33, Joseph Kilberger, 32, Charles Kropik, 31, Joseph Divin, 31, Art Fischer, 30, Steve Vocelka, 29.

The next introduced was sis. Kropik and bro. Kropik, whose outline of Plzenský Sokol history is printed in this issue of American Sokol. Bro. Kropik spoke of the achievements of Plzenský Sokol, of the struggles and sacrifices and the ultimate success and pride in their undertakings.

Sis. Solin called on bro. Prchal who spoke eloquently and was given a very warm ovation.

Enjoyable music was furnished by Tony Vanek's orchestra.

During the program, greetings were read from: sis. Laura Kriz, bro. Frank Macak, Dr. and Mrs. Otto Nerad, bro. Joseph Triner, and bro. James L. Kostka.

Congratulations to Plzenský Sokol and to the President sis. Eleanor Solin.

Projev předsedy sletového výboru, Karla M. Prchala, při závěrečné schůzi tohoto:

Náš XI. slet, pořádaný k oslavě století Sokolstva v Americe, konal se za nečekaně těžkých a svízelných podmínek, ale dílo sletové, vyrostlé z lásky a oddanosti, z rukou a srdcí, bylo dílem nejkrásnějším. Věc naše se rozvinula v celém svém významu a kráse a ukázali jsme, jak plníme poslání, které nám bylo svěřeno. Vycítil jsem a zajisté mnozí z vás, co oddanosti a lásky bylo dáno krásnému dílu, kterým se Sokolstvo ukázalo veřejnosti.

Snad jsme nemohli splnit všechno, abychom krásný úkol, který nám byl uložen, mohli uskutečnit v celém rozsahu jeho. Na počátku roku všechny snahy směřovaly k úspěchu za vydáním sokolské po-

štovní známky. Pak nám onemocněl br. Čihák, předseda sletu, který byl také předsedou "známkového" odboru. Ve schůzi, konané 26. března 1965, přijata jeho resignace. Převzal jsem vedení prací sletových. Resignovala také jednatelka sletu, ses. Čiháková, a jednatelem byl zvolen bratr Břetislav Vaněk. Pokladníkem zvolen br. Vodrážka. **To bylo tři měsíce před sletem.**

Zapřáhli jsme doopravdy! Dovedu nejlépe, sestry a bratři, ocenit Vaši práci. Práci, která přivedla k úspěchu slet bratrstva. Úspěch byl podmíněn dokonalou kázní a Vy jste si uvědomili svoji sletovou zodpovědnost; uvědomilo si ji i členstvo a oddanost a velikou kázní, tou nejkrásnější ctností, bez které

1854

- JOIN A GROWING ORGANIZATION -

Become a Member

of the

CZECHOSLOVAK SOCIETY of AMERICA



NOW IN IT'S 112th ANNIVERSARY YEAR

Insurance Protection for the Entire Family

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

2138 So. 61st Court

Cicero, Illinois 60650

1966

**HEGER TRAVEL BUREAU OFFERS
SPECIAL TOURS**

- MAY 11-12-14—One day trips — Tulip Festival, Holland, Michigan
- MAY 28—Mammoth Cave, Kentucky — weekend
- JUNE 19—Around Lake Michigan — 5 days
- JULY 2—French Lick — 4th of July weekend
- JULY 9 and 16—Hawaii — 15 days air
- JULY 14—22 day Grand Tour of Europe
- JULY 16—Grand Eastern Tour
- JULY 20—Around Lake Michigan — 5 days
- JULY 29—Glacier, Banff and Jasper — Canada — 2 weeks
- AUGUST 6—Hawaii — Air — 2 weeks
- AUGUST 12—Springfield, Illinois — State Fair — 2 days
- AUGUST 16—Repeat Around Lake Michigan — 5 days
- AUGUST 27—Ozarks — Little Switzerland — 10 days
- SEPT. 3—Mammoth Cave, Kentucky — Labor Day weekend
- OCT. 1—Mexico City — Taxco — Acapulco — 15 days

To: HEGER TRAVEL BUREAU
6118 W. Cermak Road, Cicero, Ill. 60650

Please send free information on the following tours:

Name: _____

**Spring and Summer
Grave Decoration**

should be ordered
NOW!

Those who shall order first,
shall be so served.

SINGLE, DOUBLE DEPTH
and COMPANION

GARDEN CRYPTS

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

EARTH BURIALS

CREMATION

**BOHEMIAN
NATIONAL
CEMETERY**

5255 No. Pulaski Road

Phone: KEystone 9-8442

STanley 8-8442

není možno dodělat se úctyhodných výsledků, byl připraven slet co slavný projev toho, čím Sokolstvo žije, trvá a roste po dobu jednoho sta let.

Těsně před sletem zemřel předseda průvodového odboru, br. Šimánek. Z jeho vychladlých rukou převzal jsem i řízení průvodu, které ochotně a s plným porozuměním dokončil br. George Bouček.

Ve zpravodajství byl rozdíl. Na české, na psaní článků a na oznámky věnován slušný obnos. Anglické zpravodajství vydání téměř nepřineslo.

První sletový podnik, banket, byl všestranným úspěchem. Akademie netěšila se tak velké pozornosti, jako jsme očekávali — ale o závody jelví zájem i veřejnost. Ochozy tělocvičen byly stále obsazeny, závodníci povzbuzováni a za pěkné výkony odměňováni potleskem. Večer vítězů zaplnil sokolovnu Havlíček-Tyrš do posledního místa.

Na hlavní den obloha vyjasněná, jen vítr nesl určité nesnáze a zvedal prach. Ti, kteří v průvodu nesli prapory, těžko je ovládali. Průvod dlouhý, zdařilý. Nástup na sletišti mohutný. Když pak zazněly fanfáry sletové, veliké rozjásání neslo se sokolskými srdci. Radost, zasloužená radost z obrazu krásy a síly, která prýští z oddané a vytrvalé práce na myšlence sokolské. Sám jsem byl dvakrát hluboce dojat. Jednou, když jsem viděl veliký počet dorostu, především dorostenek, které jsou krásnou nadějí do budoucích let bratrské naší organizace a podruhé, když jsem viděl, že je nás mnoho a že máme tisíce přátel. A uvědomil jsem si, jaké

proudy zdravé sokolské krve plynou do těla amerického života z našich řad.

Zprávy o sletu, plné nadšení, hlavně ale mocný dojem, zažitý každým účastníkem sletu, myšlenku sokolskou posílil.

Dívám se na bilanci Vaší práce. Slet působil účinně a rozhodně. Doufám, že přinese i zvýšení činnosti a posílení sokolských řad. Ovšem to se nestane, když budeme chodit kolem s rukama v kapsách a zlobit se, že ten neb onen nedělá něco dobře. Jsou-li vady a nedostatky, není vinou těch, kteří se jich pouštějí, ale i těch, kteří chyby vidí a nepomohou je odstraňovat. Sokolská srdce znají jen povinnost přítomnosti zodpovědně generacím, jež přijdou a touhy budoucnosti veliké, silné a zdravé.

Děkuji Vám; splnili jste očekávání. Děkuji také všem sestrám a bratrům, všem srdcím a těm neviditelným rukoum po celé naší zemi za vše, čím přispěly ke zdaru naší manifestace. Budiž všem za to odměnou vědomí, že přispěli platně k tomu, aby jméno sokolské bylo povzneseno. Věnovali jste se sletu, jak jen se člověk věnovat dovede a tato Vaše oddanost a služba veliké ideji, sloučená se správným pochopením, nalezly nejlepší cesty ke krásnému uskutečnění. Měkká srdce přispěla k tomu, že kázeň sokolská nebyla kázní; byla přímo úctou k ideám a láskou k Sokolstvu!

Díky za účast na XI. sletu a na shledanou u prací pro zdar XII. sletu Americké Obce Sokolské!
NAZDAR!

69th

SUCCESSFUL

YEAR

Fraternal Life Insurance

PROTECTION

WESTERN BOHEMIAN FRATERNAL ASSOCIATION

Západní Česko-Bratrská Jednota

LARGEST

CZECH-AMERICAN

ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 insured members in 8 states. Now licensed in 20 states, over 60,000 certificates, has over \$77,500,000 of insurance in force. Total assets over \$28,900,000. Offers Legal Reserve Fraternal Life Insurance to Juveniles and Adults to age 65.

HOME OFFICE
CEDAR RAPIDS, IOWA

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