

AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

No. 5

May, 1966

CHARLES M. PRCHAL:


FRANCIS PALACKÝ

Very often when we read about an outstanding individual in the history of the Czech people we are apt to draw a faulty conclusion. We assume unthinkingly that the object under discussion has contributed to the evolution of Czech thought and Czech history through his being born into a dominantly Czech family, to his familiarity and love of the Czech language and to associating with contemporaries of similar background. One such misunderstood leader in the movement for the revival of the Czech nation is Francis Palacký, the great historian, whose death ninety years ago, (May 26, 1876) ended his fruitful life-span of almost four score years.

Although Palacký's father was a religious man fully conscious of his heritage as a descendant of the Bohemian Brethren he was not an enthusiastic nationalist, and it was Palacký's later day task to awake and mature into his uncompromising Czech nationalism all on his own, through reading and research and meeting men of importance in the world of arts and literature. As early as August 1813, at the young age of fifteen years, Palacký, who had completed his preliminary schooling locally, set out on foot for the Protestant Lyceum in Bratislava (Pressburg). By a quirk of fate he was delayed in his 7-8 day journey by a sudden deluge almost near his destination and had to seek refuge in nearby Trenčín.

Remembering the name of Bakoš, a local citizen he had met during his previous stay in the city, Palacký sought him out and was made welcome in the Bakoš household. Because it was common practice of the period for the Slovaks to read and write in Czech,

(Continued on page 59)



We rise in Glory,
As we sink in Pride,
Where Boasting ends,
There Dignity begins.

—YOUNG

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AMERICAN SOKOL



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EDITOR

Charles M. Prchal

2419 Scoville Ave. Berwyn, Ill. 60402

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OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

5611 W. Cermak Road, Cicero, Illinois 60650

Tel.: 652-5220

Sokol Brookfield

Sokol Brookfield is 35 years old. A gala dinner banquet is planned for Saturday, November 12, 1966. Chairman of the banquet is Roy Zitny. Tickets can be obtained from Armi Kalivoda, 2316 S. 12th Ave., North Riverside, Illinois. Phone HI 7-6616. Come and join us in celebrating with one of the most progressive units in the American Sokol Organization.

Our officers, led by our president, Rudy Svoboda, are hard workers, as are all members of Sokol Brookfield. Children's classes are big and well attended. Junior and senior classes are smaller, but attendance is always good. Gymnastically our unit has greatly improved and is getting better all the time. Most of the credit must go to our hard working instructors, who do such a splendid job every week.

We're proud of Sokol Brookfield and hope you can join us in our celebration. Nazdar!

R. Michalek

Plzensky Sokol Camp, which opens June 25, 1966, extends an invitation to all units. Write for reservations to Camp Sokol or call after June 15—Area Code 616, Phone 469-3484. Or contact Frank Seifert:

3637 Harrison Avenue
Brookfield, Illinois 60528

Correction

Monthly unit meetings of Sokol West Suburban, Downers Grove, Illinois, are held at the Bank of Westmont, 139 No. Cass Ave., Westmont, Illinois. Educational Director is sis. Barbara Donda, 22W507 Cycamore Drive, Glen Ellyn, Ill. 60137.

Wake Up, America!

The Travelers Insurance Companies report a record number of casualties on U.S. roadways in 1965. Forty-eight thousand five hundred dead; more than 4,000,000 injured.

Wake up, America!

We're killing ourselves!

Calendar of Events

- JUNE 5th—SOKOL SLAVSKY, CICERO, ILL.
Family Picnic, White Eagle Grove Center, Lyons, Illinois.
- JUNE 12th—CENTRAL DISTRICT, CHICAGO.
Gymnastic Exhibition.
- JUNE 12th—SOKOLICE VLASTA, ST. LOUIS, MO. — Picnic at Sokol Camp.
- JUNE 17, 18, 19—WESTERN DISTRICT SLET.
St. Paul, Minnesota.
- JUNE 26th—N.E. DISTRICT, CLEVELAND, O.
Gymnastic Exhibition.
- JUNE 26th—SOKOL ST. LOUIS, MO. — Picnic at Sokol Camp.
- JULY 10th—SO. OMAHA SOKOL DAY — Sokol Park, Highway 75.
- JULY 10th—SOKOL DETROIT, MICHIGAN.
Annual Exhibition at Sokol Camp.
- JULY 10-24—SOKOL ST. LOUIS, MO. — Camping of children at Sokol Camp.
- JULY 21st—SOKOL MILWAUKEE, WISCONSIN.
Harvest Festival—Endris Field.
- AUG. 14th—BOARD OF DIRECTORS of SOKOL ST. LOUIS HALL. — Picnic at the Camp.
- SEPT. 5th—SOKOL ST. LOUIS CAMP COMMITTEE. — Picnic at the Camp.
- OCT. 1-2—SOKOL TABOR, BERWYN, ILL.
100th Year Anniversary.
- OCT. 8th—SOKOL STICKNEY, ILLINOIS.
Farmers Dance.
- NOV. 5th—SOKOL LITTLE FERRY, N. J.
69th Annual Duck Dinner.
- NOV. 6th—SOKOL SO. OMAHA, NEBR.
Card Party, 21st and "V" Streets.
- NOV. 12th—SOKOL BROOKFIELD, ILLINOIS.
35th Anniversary Banquet.
- NOV. 26th—SOKOL SLAVSKY, CICERO, ILL.
Annual Dinner Dance.
- DEC. 31st—SOKOL LITTLE FERRY, N. J.
Annual New Year's Eve Celebration.

It is easy to awaken enthusiasm and applause, but in the echo of both, conscience is often deafened. It is therefore, very difficult to awaken LOVE for a high ideal—LOVE, that feeling involving all humanity, which is the highest pinnacle of purity. Love demands labor, does not require promises but actions, small and trivial as they may be, but well and honorably completed.

C. M. Prchal—1924

KEEP YOUR ENTIRE FAMILY PHYSICALLY
FIT FOR BETTER HEALTH.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVII.

May — 1966 — Květen

Číslo—No. 5

Waiting To Be Asked

Membership drive, getting more members, re-activating our units, how often we have heard them, and yet how meager have been the results. Perhaps the fault lies in our misunderstanding of the terms or creating a mountain out of a molehill. Membership drive—let's forget the term altogether and rather concentrate on those who are waiting to be asked to become members.

Somehow we have missed a golden opportunity. We may have felt that because of what we were doing and the value of our work to the nation in its entirety, people should swarm to our standard, begging to become members. And we forgot that very human approach of asking others to join us in our great work. How many can you count who should have been in Sokol long ago? Fine people, wonderful people, who have supported our efforts for decades and might have become great in our ranks.

Was it right to expect them to be forward and ask to become members? Or should we have done the very natural and human thing and asked them to become Sokols? I feel as guilty as you or any-

one else. In spite of securing many members, I know of hundreds who were perhaps just waiting for a few words from me and would have said, "Yes, I want to be a Sokol, and I am happy you asked me to do so." I know I failed them, just as many others have done.

All of us know scores of these fine people. Ideal prospects they are for us. Just let us change our own mental attitude and at every opportunity seek them out. Let us forget the term "Membership Drive," and just ask these fine people to become Sokols. Those with growing children should especially be our great concern. We cannot move mountains but we certainly can assure the existence of Sokol for another century. And is there anything greater than to have the future say, "That generation did the fine and natural thing, they made sure of the perpetuation of Sokol and its ideals."

Don't wait another day, ask someone to become a Sokol and work with us for Sokol and its great ideals. — Nazdar!

James L. Cihak

Francis Palacký—

(Continued from cover page)

Bakoš, who was well read, was a subscriber to the "Rudiments of Belles Lettres," a Czech periodical published in Vienna. In his host's book collection Palacký also found a Czech translation of Chateaubriand's famous *Atala*, translated from French by Jungmann. In some of the articles and in the book as well Bakoš came across many newly coined Czech words, and one evening in the presence of his assembled family he asked Palacký to interpret or explain this or that word. Unfortunately and to his great chagrin Palacký knew less Czech than his Slovak host and then and there decided to devote himself to a penetrating study of the language to avoid a recurrence of such unpleasantness.

Because of the incessant rains and the swelling of the intervening river Palacký spent a full week with Bakoš reading *Atala*, delving deeper into the Czech periodical and hungrily plunging into some of the writings of Jan Amos Komenský. The more he read, the more he groped for the true meaning of many of the heretofore unknown words, the more he became interested and captivated by the musical quality and the liquid beauty of the Czech language. It is interesting that this almost accidental meeting with Bakoš gave the impetus to Palacký's national awakening, yet Bakoš himself had no feeling of national consciousness or traditional pride.

When he finally reached Bratislava and settled down Palacký began an intensive search for anything printed in the Czech language. It was here that he first came in contact with the "České Hlasy" (The Czech Voices) and in an old issue (1806) he came across an article by Josef Jungmann, in the form of a dialogue arguing the pros and cons of the Czech language. Jungmann describes the meeting in the inferno of a renegade Czech with the ideal of the Czechs of antiquity, Daniel Adam of Veleslavin (1545-1599).

The latter, one of the earliest of the Czech lexicographers, is mortified upon hearing the renegade's atrocious distortion of the Czech language, but is being consoled by an honest, understanding German. The author of this interesting dialogue concludes that the readers must have faith and hope, and that the conditions of the Czech nation will gradually improve. Reading the dialogue, penetrating deeper and deeper into its intrinsic meaning, Palacký became imbued with a new ardor, devoting his life henceforth to the dissemination of his own burning nationalism.

Better than ten years later, December 20, 1825, Palacký accompanied his friend Dobrovský to a dinner at the home of Count Francis Sternberg, and their company was augmented by the presence of Count Casper Sternberg, a relative of their host.

The latter Sternberg, who was then president of the museum, complained bitterly that the people have lost much of their initial interest in the museum. Palacký replied in defense of the people, insisting that the reason for this dropping interest was not to be sought in the people but in the museum itself. He blamed the location of the museum away from the center of Prague, and then asked why not publish some form of periodical to revive the national consciousness. At first both, the Count and Dobrovský, argued that it was too late to think of reviving the nation, and swept aside Palacký's suggestion.

Touched deeply by their hopelessness and despair Palacký continued to plead and argue. In spite of his deep respect for the seventy-two year old Dobrovský, Palacký upbraided him for not having written one single page in Czech in all his writings, and added, "If everybody acted that way, then indeed the nation was doomed to spiritual death." And then he added emphatically, "As for me, if I were of the humblest gypsy origin, and its last living descendant, I would deem it my duty to try in all ways possible to leave behind an honorable memory to be engraved upon the annals of mankind." Dobrovský and Count Caspar listened to Palacký's youthful enthusiasm with benign tolerance, as something to be overlooked, but Count Francis nodded in assent as Palacký spoke, for he too believed in the nation's ultimate resurrection.

Before parting that evening, Count Caspar asked Palacký to submit in writing his ideas about a museum publication, and within a year this publication was being printed in Czech and in German. This was actually the foundation stone of the Czech science of the future, laid at a time when the Germans saw nothing but extinction for the Czech nation. As an interesting footnote, Palacký edited the German periodical for four years, after which it passed out of existence. For eleven fruitful years the Czech publication was faithfully edited by Palacký on a voluntary basis . . . without any form of remuneration. How strangely this contrasts with our present day philosophy of "nothing for nothing."

I have presented this brief sketch of Palacký's role in the rebirth of Czechoslovakia to stress the point I have made in the opening sentence of this

essay . . . that not all of the great men of our Czech tradition were born into full Czech consciousness but had to acquire this feeling of historical cohesion through their own efforts and by virtue of their own conviction. And so it is pertinent now to ask, when the four Czech patriots met that important afternoon, when the two Sternbergs and Dobrovsky and Palacký laid the foundation for the rebirth of Czech as a language of world significance, how did they carry on their weighty discourse? Did they argue and plead and suggest various means in Czech? No . . . not one hundred forty years ago. No . . . their entire conversation was carried on in German, the language of the intelligentsia, of the scholars and men of importance . . . and yet out of this German conference the Czech nation in a sense began its slow rise to its regeneration. . .

Palacký, who, as we have seen, rose to his full Czech nationalism through sheer effort and penetrating understanding, is best known as the nation's historian. His monumental "History of the Czech Nation in Bohemia and Moravia," belongs to the truly great historical works of any language. Published in five distinct sections, each covering a historical milestone, and in eleven volumes, it is a work that has received the praise of German, English, French and Czech historians of contemporary significance. Although the first section, dealing with Antiquity to the year 1253, was written and published originally in German, Palacký refused to write the remaining books other than in Czech and so it was done. In this work Palacký has truly laid the foundation, the inspirational message that initiated the literary works of the early Czech romanticists, as well as the political rebirth touched off by Havlíček and carried to its full fruition by Thomas Garrigue Masaryk. In our trying, uncertain days today we can find much to comfort and encourage and guide us. Perhaps the best advice was given by Palacký just about a month before his death, when he said, "Now it is necessary that we educate ourselves, and then act in accordance with our educated counsel. That is the only legacy I can leave my nation, now almost on my death-bed. Let not our young people think that if they manifest hollow empty patriotism that that is enough, no, they must try to educate self and the nation as a whole. . . ."

JOHN A. WERBACK:

Belcamp Sokols Observe 25th Anniversary

The 25th anniversary of the Belcamp, Maryland Sokol unit was celebrated at a special banquet held on April 30, 1966, with close to 200 guests in attendance.

Frank G. Novak, President of the Belcamp Sokol unit, welcomed everyone to the festive occasion and, after a delicious meal enjoyed by all, started off the program with a general review of the accomplishments of Belcamp's gymnasts. Special credit was given to Physical Director Martin Lago and his wife, Linna, for their years of service in

encouraging many young athletes to win numerous awards in active competition. Martin Lago was also congratulated on his appointment by the Governor of the State of Maryland to serve on the Physical Fitness Commission of Harford County, a branch of the U.S. President's Commission on Youth Fitness.

The Belcamp Sokol unit now has a total of over 60 youngsters participating in gymnastics training classes, ranging in age from 4 to 18 years. Special mention was made of the fact that Belcamp winners

in recent competitive meets have last names indicating a varied international origin of the participating families. This shows how the ideals of Sokol training, offered to youngsters of all residents of both Harford and Cecil counties as well as the children of Bata Shoe Company employees, has fully applied the principles of democracy in contributing its heritage to America.



Guest speaker sister Marie Provaznik receives a bouquet of roses from Sokol Belcamp President Frank Novak following her inspiring talk at the 25th Anniversary Banquet.

The main speaker of the evening was sis. Marie Provaznik, and she was introduced by bro. F. Novak as "the greatest Sokol I have ever known." Sis. Provaznik explained the origin of the Sokol organization in Europe, illustrating with both humorous and heartwarming personal stories the reputation enjoyed across the Continent for physical training methods unequalled in completeness for persons from 6 to 60 and extending individual and group integrity which is world recognized for its outstanding character development. She described impressive scenes of fitness exhibitions involving 200,000 participants compared with 100,000 spectators,

taking three weeks to complete all the competitive events. Gymnastics routines in unison were performed in a huge stadium with 10,000 gymnasts at the same time on separate pieces of apparatus, and 17,000 performed mass calisthenics on the field. This emphasized fitness for everyone, not just a few professional athletes, and the health of the entire nation benefited from this concentration.

Following sis. Provaznik's talk, a program of folk songs and classical melodies was offered by the well-known star, Miss Ramona Nevros, accompanied on the piano by her teacher and advisor, sis. Lida Brodenova of Washington, D. C.

Commemorative pins for Belcamp's 25th anniversary were presented to 45 original members of the Belcamp unit, most of whom themselves participated in the first classes, then many of their youngsters took part in the gym classes and now some will have grandchildren soon to be enrolled in gymnastics training. Extra credit for assistance through the years to this fitness program and for the facilities goes to the Bata Shoe Company, whose president, bro. Gus Dolezal, was also present at the banquet.

Receiving 25 year pins from the Belcamp Sokol unit were: bro. and sis. C. Bara, Sr., bro. and sis. J. Cablik, bro. T. Dolina, bro. E. Dupal, bro. V. Dustira, bro. and sis. J. Fejfar, bro. and sis. S. Formanek, bro. and sis. O. Goetzl, bro. and sis. S. Horinka, Sr., bro. and sis. J. Hoza, bro. and sis. J. Hybner, bro. A. Kasper, bro. and sis. O. Klatil, bro. B. Kobierski, sis. A. Kotras, bro. and sis. A. Kotras, bro. E. Kotras, bro. L. Krajca, Sr., bro. E. Mack, bro. and sis. L. Mojzisek, bro. and sis. C. Novotny, bro. and sis. F. Simik, sis. L. Sonberg, bro. H. Streit, bro. and sis. J. Svoboda, bro. and sis. J. Vachek, bro. and sis. J. Valcik, and bro. and sis. A. Ulehla.

The awards were presented by the highest official Sokol delegate in attendance, bro. Charles Zraly, President of the Eastern District of the American Sokol Organization. A number of special guests were also present from the Eastern District representing Little Ferry, New Jersey, Baltimore, New York, and Washington, D. C., and a good time was had by all as the evening's celebration concluded with dancing to the music of "The Marylanders."

Executive Board ASO.

Meeting Held April 26, 1966

CORRESPONDENCE:

Reports of districts: Minutes of annual meeting of Pacific District held Jan. 30 and meeting March 29. Minutes of Western District meetings March 14 and April 12. Minutes of Southern District meetings March 8 and April 12. Minutes of Eastern District meetings March 21 and April 16.

Request of Southern District—asking approval to insert in American Sokol four different inserts carrying the Slet theme and publicizing the Slet. The insert to be printed and furnished by the Southern District. Approved, that insert will be put into the following issues: May, September, January, and April, and we will ascertain whether this will be

in accordance with postal regulations.

American Czech Educational Center—Board of Directors, St. Louis, acknowledging bro. Barcal's acceptance of invitation to be present at dedication ceremonies Saturday, May 14, 1966.

Sokol Gymnastic Assn. of Canada requesting our XI. American Sokol Slet film for September 20, 1966. Approved.

Denni Hlasatel—will celebrate its 75th anniversary in July 1966 and invites us to participate in this special commemorative issue. Approved, and details will be requested.

REPORTS:

BOI.—Bro. E. Linhart, Director of Men: Will attend SGUS. Slet in New York. Travel and per diem expense, according to by-laws, when representing the ASO., be paid to both Directors of

Men and Women. Information requested by bro. E. Pavoucek, Western District, regarding men's dress uniforms will be sent. Thru correspondence with bro. Walko (SGUS.) and meeting with sis. Norma Zabka (New York) it has been suggested that District Directors and BOI. members attending the New York Slovak Sokol Slet convene, and have a meeting to discuss our current problems regarding Mid-Slet in Dallas—traveling instructors—rules and regulations—uniforms, etc.

The weekend of April 1, 2, and 3 bro. Richard Ptacek and I were invited to Sokol Omaha and South Omaha to conduct and teach in a workshop. Our travel expenses were paid by Sokol Omaha. Attending: 30 men, women, junior girls and boys.

Question was raised how Western District could have more of these workshops without subsidizing them. Explanation could come from Executive Committee (budget).

Bro. George Basta, chairman of the Scholarship Committee, reported that 11 girls and 2 boys have applied for blanks for scholarship awards—no requests from Pacific and Southern Districts. Further details and procedures will be discussed by BOI. Suggested new medal design will be discussed at combined BOI. meeting. In the matter of gym uniforms, bro. Linhart will contact sis. Trajhan.

On April 6, 1966, at the invitation of Gus Jones, instructor, and Alan Pelt, President of the Phi Pi Sigma Physical Education Club, I conducted a gymnastic demonstration at the Chicago Teachers College for benefit of classes. Very well received.

Charge of \$25.00 for piano recording of music for calisthenics on tape approved for payment. Bro. Linhart paid bro. Kubina for this and asks to be reimbursed. Approved and action ratified.

In the matter of obtaining a traveling instructor—contacts have been made with negligible results. The approach to bro. A. Hudec, personal on the part of bro. G. Basta as authorized by the ASO.-BOI., has apparently been misconstrued. No negotiations have been undertaken.

BOI.—Sis. L. Zdenek: Received from sis. M. Provaznik calisthenics for junior boys and girls. It was thought the time scheduled for meeting during or after the SGUS. Slet in New York, to discuss and revise Sokol Manual, was inopportune. From sis. Provaznik and sis. Drozda received information on the conduct of schools and in the setting up of schools. Have replied to requests for more calisthenics and competition exercises and replied to all mail.

The Board listened to taped music in order to make selections for the calisthenics to be used for the Mid-Slet in 1967. It was voted to use the music and drill of 1961 for women, the music and drill of 1963 for junior girls, and recommended to use the music and drills of 1961 for first class girls and second class girls, to be approved by the joint meeting. All calisthenics to be used are subject to revision upon judgment of those assigned to prepare these. The competition exercises are in the process of composition. Met with sis. Schnabl. We went through some music and drills for children, which were found in the archives, with a view to future use. Have not yet replied to the letter of invita-

tion from the St. Paul Sokol Gymnastic Society to attend the Western District Slet on June 18 and 19, 1966, requesting that I speak briefly, extending a greeting. I was not certain whether this should be construed to be an official act requiring sanction of the Executive Board or to be regarded as a personal invitation.

Correspondence—Received a letter from bro. Walko postponing the April meeting of both SGUS and ASO.-BOI. in revising the Manual.

A letter from sis. Betty Petržalek, Director from Sokol Cedar Rapids, requesting corrections for the junior girls calisthenics. Sis. Zdenek has already replied.

Received an invitation from the St. Paul Sokol Gymnastic Society to participate in the Western District Slet on June 18-19.

Southern District writes for information on the current status of the 1967 Mid-Slet. Literature will be out by September 1966.

Sis. Georgiana Buzicky of St. Paul asks to clarify the status of their gymnasts both on a district and national level. Also requested a special number.

Sis. Provaznik from the Eastern District sends a junior girls calisthenic exercise for the Board to examine. Although arrangements were already made for another drill, the BOI. will study it for future use.

A letter was sent to bro. Linhart from sis. Norma Zabka of the Eastern District in reference to a meeting they had here recently. There were certain points she wanted to clarify in the minutes of the ASO.-BOI. meeting during the 1965 convention.

1. Suggested meeting of the District Directors and ASO.-BOI. members to be held in New York, pertaining to the Mid-Slet, traveling instructors, rules and regulations for competition.
2. Any action taken up to date by the school board. Sis. Zdenek recommends the committee should correlate all the material we now have regarding schools and meet immediately after Slet material is out—then send our outline to the districts for approval.
3. Questions concerning scholarships. Bro. Linhart suggested this matter be left to the Scholarship Committee, however, additional suggestions will be welcome.
4. A query pertaining to \$900.00 extra to be allocated to the Pacific District. Sis. Zdenek recommends bro. George Basta take this up in the Finance Committee, and the Board will discuss it further in the joint meeting.
5. Since we have been having problems with uniforms, it was suggested that a meeting be held jointly with the Slovaks in New York this June.

Sister Prchal gave her report. In regard to the USGF., she would like to see more of our women in the Federation as it is quite a growing organization and favorable to us.

Board listened to taped music to be used for Mid-Slet in 1967. A motion was made by sis. Schnabl and seconded by sis. Ptacek that we use: 1961 music and drill for 1st and 2nd class girls and women.

1963 music and drill for junior girls.

Editor—Bro. C. Prchal reports American Sokol is about ready. Important all material be sent on schedule. Explained special assessment to members of Sokol Cedar Rapids personally, also copy of by-laws and convention minutes was given to them. Sokol Plzensky honored long-term members with pins. The honor of presenting them was accorded me. The passing of bro. Jaroslav Chmelicek is a great loss to us. I attended the funeral services and delivered the eulogy at the cemetery in the name of our organization. The April issue of American Sokol will carry the contest for the design of our Sokol emblem.

Stamp Committee—Sis. B. Cihak reported sales of Commemorative Stamp are continuing. Bro. Cihak hoped to have report for this meeting, but time did not permit.

Education Committee—Sister B. Cihak reported bro. J. Cihak has been answering correspondence, has done some writing and, also, his time has been occupied as a member of the committee in charge of preparations for the visit of His Em. Joseph Cardinal Beran.

Publicity Committee—Bro. J. Rabas read report. Bro. Rabas prepared Czech text of proclamation for participation in Slovak 70th anniversary celebration. Appeared in Hlasatel and in the recent Slovensky Sokol in Czech and English, translation by bro. Prchal.

Recent Czech article in Hlasatel translated into Czech by bro. Rabas. Sis. Schnabl will mimeograph in English to mail to units.

Article regarding contest will appear in April issue of American Sokol with July 1st as deadline.

Sunday Tribune carried article on Sokol, sort of part about Havlicek-Tyrs, part national and part district figures. All information was via phone with Mr. Lanzalotti plus the Sokol Ideas booklet which was mailed to him. He will arrange for photos for R.B. District Slet—pictures about mid-May.

In the matter of SGUS. Slet program book, a half-page ad will be placed commemorating their 70th anniversary.

Financial Secretary—Sis. A. Falta read report of receipts and disbursements for March 1966 as prepared by sis. Agnes Sotka. Meeting of Auditing Committee will be called for May 13, 1966.

Secretary—Sis. Agnes Sotka excused, report read by sis. Prener. Recorded all income and expense, processed quarterly reports. Answered correspondence and questions pertaining to filing of reports, honorary members, special assessments. Compiled list of units who paid special assessment; also listed those who have not paid. Reported contributions received for "Future Sokol Leaders Fund." Recorded all zip code and address changes.

Sis. Ellen Jeanne Schnabl excused. Report read by sis. Prener. During the month cut and ran stencils for departments requesting same. Also ran 30 stencils for Central District Women's BOI. Moved various supplies to storage space in basement. Only materials for immediate use kept in readiness in office. Paper holder and cutter purchased and will be attached to table to facilitate wrapping. In need of mailing labels.

Sis. B. Prener reported she is in telephone contact with office; answered correspondence. Checked by-laws of Sokol Fuegner-Tyrs and So. Omaha. Contacted bro. Vodrazka regarding preparation of income tax return, whose attention to this matter is truly appreciated in view of the heavy demands on his time. Followed up matter of tax exemption with bro. Kropik. Will continue to follow up. Minutes of American Centennial Committee meeting written. Spent two hours at the office April 23. Postage expense for April, also charge for book sent to bro. J. Cihak presented for payment. Approved.

President—Bro. S. Barcal: Attended final meeting of Slet Committee. Final report most gratifying. Attended Havlicek-Tyrs exhibition; ASO.-BOI meeting. Phone contact with bro. J. Pokladnik re: center page in American Sokol—are holding Slet meetings which are well attended. Gymnastic material to be sent as soon as ready. Inquired re: course—advised to conduct course in Southern District. Also checked by-laws and stopped in office on many evenings.

Membership Chairman—Bro. G. Basta gave detailed report of membership status in our districts. The report, in detail, will be published and will continue to be published semi-annually.

Unfinished Business—The matter of per capita allocation of assessment to districts, in lieu of traveling instructor, discussed and is to be determined at our next meeting.

Financial Report ASO.

April 1966

INCOME:

| | |
|---------------------------------------|-------------|
| Dues | \$ 1,594.50 |
| Convention Fund | 15.25 |
| Special assessment | 174.00 |
| Dividends and interest | 334.38 |
| Advertising in "American Sokol" | 100.00 |
| Jewelry and Manuals | 23.50 |
| Sale of Sokol stamps | 350.00 |
| Sale of educational pamphlets | 87.75 |
| Postage | 6.84 |

Total Income \$ 2,686.22

DISBURSEMENTS:

| | |
|---|-----------|
| Administrative Department | |
| Salaries | \$228.32 |
| Dist. Dir. of Int. Rev.—F.I.C.A. & F.W.T.—1st qtr. | 140.69 |
| Rental, janitor service, phone, electric | 138.59 |
| Office supplies | 73.97 |
| Printing—application blanks | 9.00 |
| Petty cash fund | 50.00 |
| | \$ 640.57 |

Educational Department BOI.

| | |
|---|----------|
| Salaries | \$183.65 |
| Dist. Dir. of Int. Rev.—F.I.C.A. & F.W.T.—1st qtr. | 152.39 |
| Editor "Sokol Gymnast" | 25.00 |
| Printing "Sokol Gymnast" | 27.72 |
| Printing educational pamphlets and | |

| | | |
|--|-------------|-------------|
| scholarship blanks | 545.00 | |
| | | 933.76 |
| Sokol Publication | | |
| Printing | \$693.74 | |
| Binding "American Sokol" | | |
| publications | 74.88 | |
| Postage—Feb. and March 1966 ... | 58.14 | |
| Editor | 75.00 | |
| | | 901.76 |
| Total Disbursements | \$ 2,476.09 | |
| BALANCE: | | |
| Totals brought forward: | | |
| Western National Bank of Cicero check- | | |
| ing account | \$ 7,861.78 | |
| Income—April 1966 | 2,686.22 | |
| | | \$10,548.00 |
| Disbursements—April 1966 | 2,476.09 | |
| | | \$ 8,071.91 |

FROM OUR DISTRICTS

EASTERN DISTRICT

Meeting Held April 16, 1966, at Philadelphia, Pa.

CORRESPONDENCE:

Minutes from the Executive Board of the ASO.

Sis. Libuse Prokop of Sokol Stickney, Illinois, requests information about Czech Dramatic Clubs in America.

Bro. James Kriz of the Central District has informed us that our district flag has not been located in their district. With sincerest thanks to bro. Prchal who took it upon himself to personally trace the flag on the premises of the Stadium. Also to all of the units of the Central District. To date we have not located the flag.

D.A. Sokol regrets that we could not hold a combined Slet with them at Ironia since their accommodations are not large enough to hold a large Slet.

An invitation was received from Sokol Belcamp on their 25th anniversary, April 30th. Bro. and sis. Zraly will represent the Eastern District. Units are urged to send representatives to the anniversary of Belcamp.

Since we cannot hold a Slet with the D.A. Sokols in Ironia, it had been decided that we hold an affair in the fall. Perhaps an Academy.

A written report was sent by bro. Capek who could not attend since his son was getting married. Attended several meetings.

Sokol Little Ferry and Sokol Belcamp are the most active units in our district. Special recognition goes to bro. Lago of Belcamp who is doing a tremendous job.

Sis. Zabka sent in a written report. At the United Sokols of the East competition, Belcamp, Little Ferry and New York were represented. We were victorious in both the men's and women's division. Calisthenic training periods will be held. A track and field meet will be held on Oct. 8th at Boonton, N. J.

Sis. Provaznik reminded the delegation that a beginners school will be held at Sokol Camp, East Haddam, Conn., from Aug. 15th to 28th. May 15th is the deadline for registration. This school will be conducted primarily for the preparation of teaching children's classes. Former students are encouraged to attend. No student will be accepted for only one week. A recommendation was made to invite D.A. Sokol, SGUS., Canadian Sokol and the independent Sokol on L. I.

Sokol New York—A decision had been made not to sell their hall.

Little Ferry—Rebuilding kitchen. Approximately 300 participants will take part in their exhibition. Due to the large attendance there is a need for more instructors.

Sokol Washington—The Academy held in Washington was very successful. Bro. Stovicek is to be congratulated for a job well done. — On May 22nd the laying of the wreaths at Arlington with a picnic after. Cardinal Beran arrived in Washington looking well for his 77 years after being imprisoned for 14 years in Europe.

Sokol Belcamp—Not advisable to hold a District Slet at Belcamp. Activities of Sokol Belcamp are very good under the leadership of bro. M. Lago.

Sokol Fuegner—Due to the lack of an instructor to teach the junior girls on the high low bars they are unable to attend the United Sokols of the East competitions. Our sympathy goes to bro. A. P. Kalabza and family on the loss of Mrs. M. Kalabza.

Sokol Newark—Suggests more bowling tournaments among units of our district.

Sokol Philadelphia—Bro. E. Prostednik, who became a 50 year member, was honored at their combined 70th anniversary and Snow Ball dance. Meetings are held at the Slovak Hall. Bro. Kaufman stated that there are many points of interest in Philadelphia. Bro. Prostednik reports that in 1968 the 50th anniversary of the independence of Czechoslovakia will be celebrated. Bro. Janecka of Chicago is drafting a new stamp to mark the occasion.

For the Good of the Organization—A motion was made and passed that all units of the Eastern District take immediate action opposing the hiring of an instructor from Czechoslovakia.

Sis. Provaznik said she will do her utmost to secure an instructor for the ASO. It was advised that an ad be placed in all Czech and English newspapers.

Bro. Novak was advised to contact the ASO. for the exemption of taxes for Sokol Philadelphia.

Chance books were distributed to units. The prizes are two portable T.V. sets and a polaroid color camera. The drawing will be held on Sept. 25th at Belcamp.

* * *

NORTHEASTERN DISTRICT

Meeting Held April 27, 1966

Read excerpts from the minutes of the Executive Board of ASO. A letter from the University Czech Studies Foundation was read and explained; it was approved that the 3 Cleveland units be asked to contribute to this worthwhile project. An invitation

SOKOL GYMNAST

May 1966

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

MARIE PROVAZNIKOVA:

A Strong Mind In a Healthy Body

Nazdar, children! The last time we talked about why we gym at Sokol. Do you remember? Who will repeat it for us? . . . (Let the children talk.) Yes, we gym so we will be healthy and strong not only for ourselves but also to help keep our country big, strong and free. Only something more is needed besides health and strength. It's also necessary to have good character, to be respectable, to speak the truth, to be honest, not to hurt anyone and not to want anything for ourselves except what we have a right to have. We must also have a strong will, so we won't let ourselves be turned away from our responsibilities by other pleasures or by laziness. We must always be firm and stand behind what we say and what we promise, then people

will believe us and cherish us and sinister (bad) people will be afraid to harm us or our friends.

Sokol trains such good people, and that's the kind of people we want you to be. One Sokol motto is: "A strong mind in a healthy body." Don't forget it! Remember that a Sokol always speaks the truth and protects and helps the weak. When a Sokol promises something he (she) will keep the promise no matter what the costs are. A Sokol never cheats or deceives (not even in games) and doesn't let anybody else cheat. A Sokol isn't a sissy either; he doesn't make a big deal of being tired, or getting hurt or being cold or hot. When a Sokol promises that he will go to gym regularly he is never absent even if the clouds are falling.

BOYS — HORIZONTAL BAR

(CONTINUED FROM APRIL)

16. SWINGING BENT HIP HANG

Technique:

1. From hangstand (feet under bar), spring upward, raise hips shortest way to bar, arms straight
2. raise legs to bar with frontswing in bent hip hang; legs shoot upward but away from bar,
3. at peak of frontswing legs return to bar and body does rearswing,
4. from rearswing again in pike position (bent hip hang) swing whole body front and repeat 2.

Teaching:

1. Swing in knee hang.
2. Swing in bent hip strideleg hang.
3. Swing in bent hip hang with assistance.
4. Swing in bent hip hang.

Common Faults:

1. Insufficient raising of hips in bent hip hang.
2. Abdominal muscles not strong enough causing lifthang (bent arms) and interruption or at least shorter swing movement.

Assist and Spotting:

Stand before bar close to left side of gymnast, grasp his left thigh with left hand, right hand under back and closely guard him during whole movement—if abdominal muscles are not strong enough, give necessary assistance.

17. FROM REAR SUPPORT DROP BACK TO KNEE HANG

Technique:

1. From rear support pull hips back between hands and bend knees to seat (bar under knees)
2. thrust backward from bar with hands, head back; swing arms upward dropping back to knee hang,
3. continue to rotate body backward hanging by knees, arch body, head rearbow, to guarantee enough height in swing of body and orientation
4. stretch legs to finish and dismount to half-squat.

Teaching:

1. Teach knee hang from rear benthip hang.
2. From rear support fall back to rear benthip hang, on second rearswing do knee hang.
3. Swing in knee hang.
4. From swinging in knee hang dismount with assistance.

Common Faults:

1. Insufficient drawing of hips back between hands in rear support, resulting in tardy knee hang.
2. During change to knee hang head does not bend back enough or gymnast pikes.
3. Legs straighten too soon at rear swing of

body in kneeling before dismount (trunk must be upright, arms overhead before straightening legs).

Assistance and Spotting:

Stand at left of gymnast, right shoulder under bar. Hold calves of legs in knee hang with right hand. As he passes hanging position under bar,

place left hand under chest and by raising him assist in finishing the swing and safe dismount.

Example:

1. From hang stand in overgrip jump to stride-leg uprise right front—overpass left sideleg to rear support—fall back to knee hang.

Summer Camping and Outings

Now that spring has finally arrived, children, juniors and adults look forward to outdoor activities in the states where ice and snow was enjoyed only by some. Not all children and teen-agers are fortunate to be included in family outings. Many are stranded around the neighborhood on long summer days and weekends because parents are employed, etc.

A program of outings, picnics, hikes and overnight camping must be organized early and requires experienced leaders. In the original Sokol organization in Praha, instructors' courses included such training and camping as a major part of the curriculum in summer months. Winter outings were popular, too, with winter sports a part of the Slet competitions. Here in the USA only a small number of our gyms plan summer activities and very few do anything outside of the gym in cold weather.

To increase membership in junior classes extra attention is required in most of our gyms to increase social activities in and outside of the gym, which when well prepared, are usually more successful with the help of the juniors themselves. A complete mailing list of names and addresses of members of all classes should be available at all times and direct contact with parents is advisable.

We do not have any information at present on plans for the summer months in Sokol camps owned by our units, but we hope that there is still time to plan for more outings, hikes and picnics. Certainly we should find in every unit, men and women capable of teaching outdoor sports, arts and crafts, singing, hiking, etc.

The city, county and state governments are most co-operative in reserving space near pools, forest preserves, parks, community centers, etc.

During the hot summer months unit meetings and other social activities can be planned with emphasis on time of day, place, transportation and menu.

We would like to ask our readers to send in their comments and inquiries. Send in your step-by-step plan of your successful outing, etc., which will perhaps be welcome to some beginner. Write to the Org. Dept., American Sokol, 5611 West Cermak Road, Cicero, Illinois 60650.

We appeal to all to include into these next weeks at least one extra event for children, teen-agers and adults. A homecoming party for our students returning from college is a popular date. After school starts you will find your reward.

Emilie Welcl-Ruzicka, Org. Dept. Chairman

YAMASHITA VAULT

This comparatively new vault is becoming very popular with gymnasts on all levels. We have seen at least three different versions of this vault, however, and it would be well to have a clearer understanding of the execution of the original Yamashita. Perhaps the version most used is the handstand vault with a piking of the body after tapoff from horse to the dismount. Another is a somersault vault.

The true Yamashita is more difficult than either of the above.

1. The vault is first taught over the buck or sidehorse. The correct execution demands a dynamic run and an optimal distance of board from the horse so that the body in its flight to the apparatus has time to assume the proper position before the next phase.
2. After takeoff from board the hips are sharply raised to a piked position, straight arms are prepared to place hands on the horse. The tapoff from horse is short and emphatic, head is bent back. During thrust with hands, arms are vertical over apparatus and body forms a perfect right angle.

3. After tapoff from horse, sharply bend head forward and with a quick movement of arms and trunk forward toward legs, (trunk straight) increase the folding of the body as this assists in the rotation (piked front roll) forward. In this phase of the flight the body must still have the tendency to increase height. Only after reaching the peak of height, the legs straighten and the body finishes dismount.

(In no phase of the vault does the body pass thru a handstand or straighten from the piked position except just before landing.)

How To Teach:

1. Front somersault from springboard or from rebound on trampoline with emphasis on piking and straightening.
2. Jump in place or short run to piked handstand (arms and trunk form right angle) (emphasize effort to keep shoulders from hunching forward); on buck or sidehorse with use of board.
3. Somersault over buck or sidehorse with help of two girls who hold upper arms, emphasis on thrust from hands with progressively accelerated

American SOKOL Organization

Announcing

The 1967 Slet

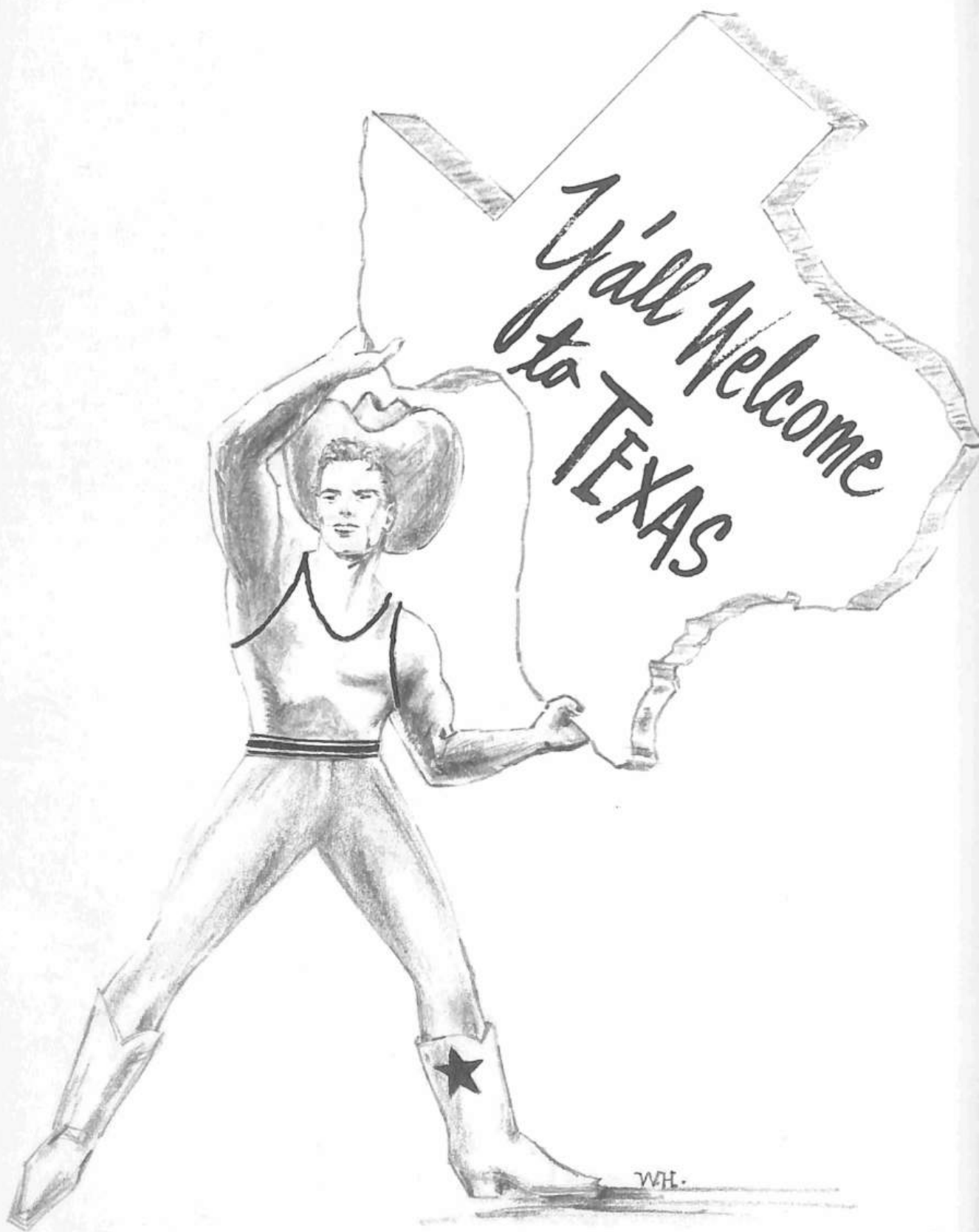


KALEIDOSCOPIC

PHYSICAL FITNESS GYMNASTIC CLASSIC

July 13, 14, 15, 16, 1967

DALLAS, TEXAS



Y'all Welcome
to TEXAS

WH.

To All SOKOLS and FRIENDS

Y'all come to Texas! Attend the Sokol Slet, July 13th thru 17th, 1967, in Dallas, the friendly — fun-town. When you visit our State of Texas, youse Nawthern Yankees, Easterners and Californians don't have to look for things to do, you look for the time to do them. Come early, stay long and late in Dixie.— **TEXAS**, the land of legend, unique wild west, is host to the world. It is a truly cordial, charming, exciting, delightful, dazzling, fabulous, fantastic and sumptuous welcome we wish y'all. Also overflowing with Southern hospitality that is genuine, we promise you this trip will be a memorable one, surnuff!

The entertainment spectrum is broad in Texas grandeur — a continuous array of varying sequences of progression; so if you are seeking adventure, fun, action, excitement, relaxation, recreation, panoramic-spacious scenery of splendor land, water, sky or mountain, we have it, and if you just want to do nothing — we got plenty of that, too.

It is a profound privilege to share with you in the great Sokol Slet venture. We Texans believe in the very land we walk on — with good economic, historic and ancestral reasons. We believe in the future and Texas' past and with the way things have come to be. Most of all, we believe in ourselves. This can be translated in various ways, not all of them palatable to outsiders but by and large the trait is, at worst, only naive and at best is a most inspiring kind of atmosphere which is not selfish but spreads out to believe in everyone else.

We urge, sincerely — COME — You will be a part of a new venture in the expansion of a greater era of Sokol in America.

Nazdar

Kaleidoscopic

Physical Fitness Gymnastic Classic Slet, Southern District, Dallas, Texas
Technical Department

Dallas Memorial Auditorium
Site of Exhibition and Competition



ALL IN AIR-CONDITIONED COMFORT



Sokol Athletic Center Sokol Zizka Dallas

run; board should also be drawn farther away from horse during successive attempts.

4. Concentrate efforts upon higher and farther flight with spotting.

Common Faults:

1. Slow run, board either too close or too far from horse.
2. Bending arms, bending head forward, low position of hips, and shoulders too far forward during tapoff with hands.
3. Hands on horse too long, body relaxed, body not

folded enough during flight and not arched enough before landing.

Assistance and Spotting

During first attempts, hold gymnast in instant of hand placing by taking one arm in one hand and pushing pelvis up to hold hips high. Later it will be sufficient to hold upper arm. Assistance can be best given in twos. After mastering fundamental orientation and more successful attempts, give only spotting during rotation in air or just before finishing vault, by catching upper half of body.

GIRLS — HIGH BEAM

(CONTINUED FROM APRIL)

URNS AND PIROQUETTES

13. 180° TURN IN TOESTAND:

Execution:

1. From toestand in 5th position, left front; turn is done to right; trunk is drawn high—emphasize firm control of back and arm muscles; arms bent inward uparm. Reverse all.

Teaching:

1. Turn is taught on floor; it is necessary that gymnast:
 - a) has firm control of body;
 - b) finds correct tempo;
 - c) learned "spotting" (turning head which in the first phase remains forward and in the second phase snaps to finish turn) (gymnast "spots" an eye-level object before her and continues spotting this object; after snap of head she fixes eyes on new object at eye-level). For 360° or more turns, spotting is vitally necessary. (a) and (b) are important in all turns.
2. The turn is done with arms closed at first until spotting and snap of head are mastered. (The movement of the arms is very important to the success of pirouettes which are done on one foot and should be carefully taught.)

MAIN FAULTS:

1. Turning trunk too far.
2. Failure to control trunk and leg muscles.

EXAMPLES:

Turns may be done after all leaps, hops and steps.

14. 180° TURN IN SQUAT:

The method of execution is like above—be careful that trunk is well drawn up, pelvis drawn in; take care that piking does not occur.

15. 180° TURN ON ONE LEG (PIROQUETTE):

- a) With bent frontleg.

Execution:

1. This turn is executed best from plie (bend knee) step forward—one arm extended to side, the other bent front inward.
2. Swing free leg from rear thru side (2nd) to high front, immediately bending and turn-

ing knee outward, releve (rise to halftoe) on supporting leg, turn in direction of swinging leg, i. e. (step forward left—sidearm; plie (bend) left and releve (rise) to halftoe; right leg swings in arc from rear to frontleg—left arm starts bent inward front position and simultaneously with rise on halftoe, opens almost to side for momentum, right arm swings front in bent position; both arms open to sidearm on completion of turn.)

3. Upon finishing turn smoothly lower to sole and plie.
 - a) Same turn, but right leg remains in rear.

Execution:

1. Turn is executed best with step forward or from plie (bent knee) on supporting leg, free foot touching floor in rear. From bent supporting knee executive releve (rise to halftoe) and simultaneously leg which is in rear pushes in direction of turn and is immediately raised to high rearleg—arms assist as in 2.); turn head in same direction.

If turn is executed to left, the fundamental stand is plie (bent) step forward left—bend frontarm left.

Teaching:

1. Both turns are first taught at barre or other support, and this so that gymnast holds barre with one hand and after turn, with the other.
2. Hold only upon completion of turn.
3. On the beam, the turn may be omitted at first—however, gymnast executes bending of knee and rise on halftoe, then returns to original stand.

Assistance and Spotting:

1. Assistance is given gymnast by holding hand, helping in rotation and finally holding after turn to help in balance.

MAIN FAULTS:

1. Relaxing tension of trunk and legs during turn (by bending supporting leg).
2. Poor tempo in turn.
3. Poor work of head.

EXAMPLES:

1. Step forward right, 180° turn to right—bend frontleg left (knee points front, toes touch in-

- side of right knee)—from bent front inward position of right arm, left sidearm, open right arm to almost sidearm (bent sidearm, palm forward) for momentum, and spring to jump forward from left, at the same time swing right forward to squat, right foot front (5th).
- From halfsqat reartouch right—bend front-arm left, sidearm right—180° turn to left opening left arm to side for momentum—right rearleg—step forward on right, arabesque on right.
 - With frontleg and rearleg:

Execution:

- Start turn with stand rearleg right (on left, right raised high in rear)—sidearm on 1st count swing right leg forward, on 2nd count swing right rearleg turning 180° to right.

16. 180° TURN IN SQUAT RIGHT SIDELEG (squat on left, right sidetouch):

- Turn is done from squat sidetouch—bend front-arm left, sidearm right.
- Moderate push from right to frontleg inward right, swinging left arm to left and turning on left halftoe to left.
Simultaneously with finish of turn, place right leg on beam again and finish in squat sideleg.

Teaching:

- Teaching is done on low beam so that gymnast only raises forward the leg which was in sideleg, and continues to hold body straight; assist by holding hand after finish of turn.
- Turn is taught on low beam.

Assist and Guarding (on low beam):

- Hold gymnast's hand during whole turn but to avoid interfering with extended leg in turn, hold with help of short wooden wand and travel with gymnast during turn by stepping over low beam.

MAIN FAULTS:

- No control of back muscles.
- Lowering of swinging leg.
- Too small or too big swing.

EXAMPLES:

- Frontroll forward to seat—rearswing to support squat, swinging rearleg right and turning

90° to left, carry right leg to sideleg and 180° turn to left to squat sideleg right.

- Halfsqat forward right—swing left along beam turning 90° to right to squat sidetouch left, bend right front inward, sidearm left—180° turn to right to squat left sideleg.

Basic Mounts:

17. JUMP TO SUPPORT KNEEL, SQUAT, SIDELEG.

Execution:

- Jump is executed after short run—spring from board.
- Simultaneously with spring place hands on beam.
- After spring from board raise hips high, carry shoulders forward, straighten arms.
- During jump to support squat also support squat sideleg place halftoes on beam; during jump to support kneel, place knees on beam, head upright.

Teaching:

- Start with jump to support kneel (first on softer and broader area) (Swedish box, buck, etc.)
- Progress to jump on low beam and later to high beam.
- The same method is used in teaching support squat and support squat sideleg.
- After mastering mount add further elements.

Assist and Spotting:

- Trainer stands on opposite side of beam facing gymnast; after gymnast springs from board and carries shoulders forward, trainer grasps shoulders of gymnast.
- When gymnast has fairly mastered mount, trainer only grasps gymnast's forearms (trainer stands with hip to bar).

MAIN FAULTS:

- Insufficient raising of hips.
- Insufficient leaning of shoulders forward.
- Tardy return of shoulders.
- Relaxed arms.

(Continued)

JAMES L. CIHAK, Educational Director ASO.

Pay Attention

Teachers are the most important people in the life of every child. Mothers and fathers, sisters and brothers are teachers too. So are all the older people, for they learned to do many things in their lives. Their minds are filled with important things that you can learn about—if you pay attention. We can even go so far as to say that you can measure success by how well children pay attention.

There are two ways to learn things. You can either try to do something yourself or have someone who knows how—show you the right way. If you try yourself you will make many mistakes and may even hurt yourself. If someone shows you how, you will learn faster and better. You will not lose

any time. You can spend more time on learning to do things right.

As you pay attention, you think. Your mind stores this information. The more you listen and think the better your mind becomes. You will be surprised how much more you can learn and how much easier it is to do so. The mind is the general that commands the body. Make your mind a fine general.

PAY ATTENTION — THINK — PRACTICE. — A Sokol is as careful in training his mind as he is in training his body. Training both together brings the best results. This has always been the Sokols way of doing things.

from the Jubilee Sokol USA Slet to be held on July 3, 1966, in New York. Bro. Suster urged the Northeastern District to participate on May 1, 1966, in the activities honoring Cardinal Beran, who is a patriot and a hero and a symbol of freedom for the entire world.

REPORTS FROM THE UNITS:

Sokol Cleveland-Cech-Havlicek gained 8 members. Will plant geraniums around the Hall in memory of their departed members. Unit was presented with two oil paintings, one of a scene in Prague, and the other of Jindrich Fuegner.

Sokol Nova Vlast had their annual winter exhibition on April 2, 1966. In their meeting on April 15 films of the 1965 Slet were shown.

Sokol Tyrs: The Hobby Club had a paper sale on March 25-26. The BOI. had a talent show on April 3. The Sewing Club had a rummage sale on April 13, 14, and 15. Had two gymnasts participating in the Swiss Turners invitational meet on April 2. Sokol Detroit reported on April 24 official ground-breaking ceremonies were held for their new hall, scheduled to be ready for occupancy in December 1966.

District Board of Instructors—Bro. Kotlan: Instructor's course will be held on a district level, first class May 1, 1966. BOI. is now working on the program for the District Slet.

Bro. Suster appointed sis. G. Jirousek as the correspondent to the American Sokol. Bro. Hoch, Slet Chairman, reported his committee has met and duties have been assigned to units. Bro. Pekar, chairman of the New York excursion, is working on transportation schedules. Bro. Galik is his assistant. District will purchase an ad in the Sokol USA Slet souvenir book.

* * *

CENTRAL DISTRICT

Meeting Held March 23, 1966

All correspondence processed.

Bro. Roy Zitny, Men's Director: The tournament for II class boys will be held June 4, bro. Kalat and Satek in charge. The junior boys' and men's tournament will be held June 11. In charge of juniors bro. Lebloch and Nicklas, men bro. Domansky. BOI. ask for permission to hire movers to take apparatus to and from Stadium—permission granted.

The men's and women's BOI. will jointly conduct gym clinics at Racine for Sokol Milwaukee and Mladocech and in St. Louis. For these two clinics \$100.00 was approved for expenses. The bill for trophies and balls for \$60.06 was approved. The BOI. also recommends that we spend a certain sum for decorations every Slet and thus in a few years compile a representative amount of decorative material for our Slets.

Sis. Savel's (Women's Director) report for March was read by sister Carol Drozd. The apparatus exercises from the 1963-64 tournaments will be used this year. The clinics for apparatus exercises will be held.

President bro. Joseph Drnec will represent the District at the dedication of the new building of Sokol St. Louis May 14.

The following preparations will be either finished or planned for our Slet: Souvenir program committee will sign a contract with the printer, the rates same as previously; bro. Zitny requests that signs pointing to the Stadium be posted on appropriate streets so that motorists could find it easily. An attempt will be made to either obtain a rain date at the Stadium or secure the R-B gym in case of rain. Arrangements will be made for FIRST AID. The police reserve from the Village of Brookfield will be asked for a few men for June 12. Bro. Prchal will try to obtain a protective tent for musicians for Sunday afternoon.

* * *

WESTERN DISTRICT

Meeting Held April 11, 1966

Board of Instructors: Bro. Rohde reported on the pressure sensitive material needed for the numerals at the upcoming St. Paul Slet. It was found both practical and economical. Approved.

Sis. Drozda reported on correspondence that she received from Cedar Rapids concerning materials for the girls uniforms. It was suggested that materials be sought locally to make these uniforms and a seamstress engaged.

Music for the Intermediate and High calisthenics along with the song "Spějme dál" will be sent to all the units as soon as all of the material is compiled.

Entry blanks were received for the Slovak Slet, July 1, 2, and 3, in New York.

Participant forms were received from St. Paul. The BOI. was informed that an entry fee of 50c per contestant and \$1.00 per team will be charged by the Sokol Slet in St. Paul. The group was also informed that the program on June 19, Sunday, in St. Paul will begin at 1:30 P.M.

The St. Paul committee inquired about renting the swimming pool at the high school. Sis. Drozda was going to inquire as to how many units were staying at motels which had a swimming pool.

It is planned to have a calisthenics judges workshop sometime in May.

A sincere thank you is sent to each unit, as it was their cooperation and support that made the Card Party profitable beyond expectations. Sis. Pavoucek indicated that it was unbelievable the number of prizes donated by members, the cooperation of all units in distributing the chance books, and the willingness of the workers. There were 140 prizes donated by 91 members of Sokol Omaha and South Omaha. There were also 15 cakes for the Cake Walk. The prizes for the 6/25 chances totaled more than \$150.00. The 57 table prizes were donated by the South Omaha and Omaha junior gym classes.

There were approximately 250 people attending the Card Party. Yet, more than 370 Omaha and So. Omaha members sent money for their tickets in addition to donations.

The U.S. Savings Bond was won by Frank Poul of Hopkins, Minnesota.

Director of Women—Drozda: At the So. Omaha and Omaha workshop, bro. Linhart and Ptacek showed new techniques in advance tactics. The

workshop was very beneficial. Bro. Linhart was enthused with turnout and would be glad to return again. It is up to each unit whether or not they wish to enter in the New York Slet.

Director of Men—Benak: Outline sent to bro. Janssen. Received entry blanks for the Slovak Slet. It is planned to have a clinic for St. Paul judges to go over calisthenics so that judging can be made easier.

Slet ad sent to bro. LeRoy Bauman reading "Nadzdar to St. Paul Western District Slet" and listing the names of Western District officers.

General Discussions: Sis. Drozda to check with Charles Mancuso to see if it is not too late for entering participants for activities during the Nebraska Centennial Year.

* * *

SOUTHERN DISTRICT

Meeting Held April 12, 1966

Minutes of the ASO. Executive Board were read.
CORRESPONDENCE:

Letter from ASO. informing us of prices on men's caps, Sokol pins, material for uniforms and stamps.

Received material from ASO. for organizing a new unit.

A letter from sis. Smercka of Yukon, Okla., requesting date of our monthly meetings so they could come down to discuss the Czech Day they are planning and requesting Sokol to participate.

Acknowledgment from the Czechoslovak National Council for contribution.

Treasury—Sis Kane: Slet Committee requests the advancement of \$2,000 which has been authorized.

Secretary—Replied to Yukon, Okla., on monthly meetings date and more information will follow after this meeting. Last month's minutes sent to all units.

Bro. President announces a special meeting of the Slet Committee for April 25 in Dallas.

UNITS:

Ennis—Gained one member.

Dallas—The unit is holding day classes 2 hours daily—3 times a week. The classes are well attended and coached by a qualified instructor. Also advises the district that it was decided not to hold the kurs.

Fort Worth—Annual Family Easter Picnic was successful.

Technical Staff—Sis. Laznovsky sent in a written report. Received letter from sis. Hermis of Corpus Christi that classes are attended by children and

juniors—no adults. Are requesting some help from the Technical Staff. Report from sis. Busch of Houston that classes are well attended—new ideas used in classes. Also will be unable to hold the children's competition. Received letter from sister Zdenek giving information on junior girls uniforms. Taught calisthenics in Ennis and Dallas. Scheduled to make a trip to West. Attended Dallas clinic and instructed.

Report of Physical Director—Attended and instructed at Dallas clinic. Had attended all Slet Committee meetings. Made tapes for units. Mailed AAU. rule books to units. Attended and participated in a gymnastic program in Monterey, Mexico; this was a project made of various gymnasts of the local area, several of whom were Sokols.

Bro. Milan gave a detailed report on the prospective unit in West. Classes are well attended which are held at a high school gym. They had built a pair of low bars and are to build a beam. Obtained a trampoline. Tentative plans for a short program to show the community their aims.

SUBJECTS OF DISCUSSION:

Yukon, Okla.—The unit will be advised to suggest a date for the meeting and the Executive Board will avail themselves at that time.

Kurs—After considerable discussion it was proposed that the district hold the kurs. And feeling that Dallas was the best location, the unit will be approached for rental of facilities.

Sokol Clinic—Discussed the appropriation made in the annual meeting. The appropriation was \$200 and the units holding a clinic not to exceed \$50 per unit.

Support of the Prospective Unit of West—The appropriation was made to be used by the Technical Staff. It was intended for it to be the responsibility of the units to provide their expenses in supporting the unit. Expenses of the District Directors will be paid only when representing the district. Also to be used to obtain apparatus if necessary.

LEADERSHIP—Simply and plainly defined, a leader is a man who has followers. The leader deserves to have followers—he has earned recognition.

AUTHORITY alone is no longer enough to command respect. The leader does not say, "Get going!" instead he says, "Let's go!" and leads the way. He does not walk behind with a whip; he is out in front with a banner.

—Wilfred A. Peterson

Unit, District and ASO. History Caught On 35 mm. Kodachrome Slides

How often we wish we had pictures of certain events. In discussing district and ASO. Slets as well as unit exhibitions, pictures would make us relive those great moments, intensifying the drama and pleasure. Movies are great, but costly and hard to secure. We have a relatively inexpensive method in 35 mm. Kodachrome slides to secure a

historical library, compact, easy to transport, inexpensive to duplicate and a fine source of publicity both between units and for the general public.

We strongly urge our units to take advantage of this means of perpetuating their history in 35 mm. colored slides. We also ask you to send us copies

of your pictures for the ASO. library of slides. A fine opportunity lies just ahead of us in our district Slets, the SGUS. Slet in New York and the dedication of Sokol St. Louis' new home. Experienced people should be secured to take pictures of these events as well as obtaining copies from the amateurs who sometimes come up with classic shots.

The more we think of the slides the greater the idea becomes from every angle. Candid camera type shots of activities in the unit gyms can also become a fine source of local publicity and a valued addition to the unit's library. Can you imagine what pleasure it will be when the units exchange slides between themselves and so learn about each other, how they operate, their home, their participation in local affairs and the exciting great moments they live thru?

Hundreds of members have the 35 mm. camera, love to take pictures and so at no great expense you can convert a fine hobby into a practical historical record.

From the Last Active Gym in Chicago - Sokol Havlicek-Tyrs

For a number of years bro. Stransky taught all our children's classes as well as the men's class. It was at this time that he molded many of us who are now active in our units.

During these years sisters Rose Lejhanec and Louise Kliner taught the girls' classes. Many of us remember going with sis. Kliner to the circus (by streetcar) and seeing one of the 1st TV shows in the studio.

After bro. Stransky, bro. Frank Michalek taught our boys' classes for many seasons.

For a number of years sis. Zdenka Tintera, Rose Lejhanec, Emily Welcl, Lill Sramek, and Emily Kirch shared the responsibility of teaching the women's class. Also, bro. Swartz came in and helped out with the women's class. Bro. George Basta handled the men's class for many years.

Many other instructors have come in and helped us in furthering the Sokol program.

Our classes were the largest and we also had the largest membership in the ASO.

At present our tots' class is handled by Norma Kaspar and her daughter. 1st and 2nd class is taught by sis. Lorraine Zdenek who would like to continue the discipline she was used to, but finds it difficult. Bro. Bob Lempke has been active with our 2nd and junior classes and is doing a great deal to further the apparatus work in our unit. Bro. Tony Kirch teaches the men's class which has increased a great deal in the last couple of years. Sis. Zdenka Tintera continues to teach the women's class and we certainly have benefited from her wonderful setting up exercises.

Of late our adult classes are flourishing.

Blanche Jirousek

The Educational Committee of ASO. asks all of those who took slide pictures of the last Slet in Berwyn, Ill., to send them copies of their shots, and also copies of other colored slides they may have of other events either unit, district or ASO. We are creating a library of 35 mm. colored slides on a national level and welcome every conceivable type of picture. Go thru your collection of slides taken during the past years, add to this the ones you have taken now and send them to—Educational Committee, ASO., 5611 W. Cermak Road, Cicero, Ill. 60650, attention Jerry Madera, Film and Slide Chairman.

This is a valuable project in which every member can participate and help record Sokol history in the making. Your own fine imagination will certainly contribute many fine slides for our permanent records.

Thank you for your active cooperation.
Nazdar!

James L. Cihak

Sokol Detroit

At last our dreams are a reality. The breaking of ground which took place April 11, 1966, for our new Sokol Cultural Center, is a culmination of many years of planning by a corps of devoted Sokol members. We realize that the job ahead is a hard and rigorous battle, but as our own fathers and older members have done in the past, the future of this project will be successfully attained.

Bro. Tony Suster, President of the Northeast District, and bro. Edwin Jirousek, honorary district instructor, were guests at the Detroit joint annual meeting held in February of 1966. Bro. Suster gave a vitalizing and humorous speech concerning Detroit Sokols and Sokol in general.

The following members received twenty-five year pins for length of service in Sokol: Walter Klepac, John Lochniskar, Joseph Miller, John Nezbeda, John Pazdernik, Henry Seidel, Paul Svinka, Charles Tittl, Jr.

Bro. Frank Jirasek received a fifty year pin. Bro. Jirasek gave a few words in appreciation and told of the progress he has seen in his years as a Sokol. The new officers were initiated by bro. Tony Suster. Our new president, bro. Victor Hurrych, then gave an urgent call for unity, strength and financial help from all members and friends. Because of the huge task ahead of us, we must pull together more than ever, to attain our goal. Films were shown of the 1965 Sokol Slet in Chicago. A buffet supper and dancing followed.

Nazdar!

Eugene Kopecky

Detroit Sokol BOI.

On March 26th, six of our junior girls and one Class I girl competed in the Open Gymnastic Meet at Clarenceville High School. Mary Lou Hurrych placed seventh in her class, a very fine achievement for her first competition. The junior girls enjoyed the competitions and realized much needed competition experience.

Roger Schamanek, Sokol junior, entered the M. A. G. Open Meet at Lansing Saturday, April 9, as a member of the winning North Farmington High School gymnastic team, and won a second place silver medal on the horizontal bar. Congratulations! Chuck J. Bares was appointed an assistant to the instructor of the physical education class at M.S.U., because of his good Sokol background in gymnastics.

We will hold a gymnastic practice—"nacvična"—at Sokol Camp on opening day, June 5. We will participate in the Cleveland Slet on June 26th. We also will take part in the SGUS. Slet in New York, July 1, 2, and 3. A bus will be chartered, and it is possible that there may be seats available for some

spectators.

June 3rd the Class I and II boys and girls will have their annual competitions at the Falcon Hall. Sokolice will hold a Bake Sale in connection with this event.

Our junior boys and girls have formed a Social Club and elected their officers. In addition to the social end of the club, they will also endeavor to come up with some rewarding fund raising activities to help defray their travel expenses to the various gymnastic activities they will attend. Please support their projects.

Don't forget Sunday, July 10, 1966: Annual Summer Exhibition at Sokol Camp. Nazdar!

Chuck Bares



JOSEPH CARDINAL BERAN, THE HEROIC AND DISTINGUISHED PRELATE, ARCHBISHOP OF PRAGUE, VISITS BERWYN, ILLINOIS.

Cardinal Beran in his younger days attended Sokol classes and is a staunch admirer of Dr. Miroslav Tyrš' ideals. He was liberated by the U.S. Army after four years of imprisonment by the Nazis. In 1949 he again became a prisoner of the Czechoslovak Communists in Prague. Fourteen years later he was released.

Pictured above from left to right: Bro. Charles M. Prchal, City of Berwyn Building Inspector, Mrs. Otto Kerner, Sr., mother of the Illinois Governor, bro. George E. Dolezal, Mayor, City of Berwyn, bro. Emil Vacin, City Clerk, Berwyn, Joseph Cardinal Beran, bro. Otto Kerner, Governor, State of Illinois.

K. M. PRCHAL:

BOJ O PÁTOU KOLONU

BĚHEM DRUHÉ VÁLKY SVĚTOVÉ A JEHO SOKOLSKÁ NÁPLŇ.

Příspěvek k dějinám.

Obranný výbor Československé národní rady v Americe.

V činnosti Československé národní rady v Americe, v níž se soustředovala odbojová akce prováděná americkými občany československého původu, byly úseky, o nichž se v době války a zápasu téměř nepsalo a nemluvílo. Kromě delegátů na našich sjezdech a pracovníků v příslušných výborech ani

širší veřejnost krajanská s nimi nebyla obeznána. Byly to zejména dvě věci, dva úseky naší práce odbojové, jež obdržely za války celkem málo publicity, totiž naše práce propagační a činnost obranného výboru při Národní radě organizovaného.

Často byla Národní rada vyzývána, aby více psala

la o tom co propagačně dělá, aby veřejnost měla správnější představu o této rozsáhlé činnosti a aby nedůvěřiví lépe znali "nač ty peníze jdou". Často jsme obdrželi radu, někdy velmi naléhavou, zvláště v době, kdy některé skupiny a složky nepřestávaly se v denním tisku chlubit tím co dělají, aby také Národní rada se svou činností více chlubila, že by jí neškodilo, aby se také, jak se v našem lidu říká, trochu "vytahovala". Na to byla u vedoucích Národní rady vždy odpověď: Předně není čas na vytahování se, dále, samo to vytahování se není věc zdravá a působí nekladně, ale rozkladně v době, kdy nám třeba držet odbojové hnutí pohromadě; posléze pak, při své propagaci bychom oslabovali zbytečně její účinnost, kdybychom se jí chlubili, neboť nejúčinnější propagací je informační činnost, jež nemá ráz propagandy: dávat této činnosti punc propagandy by znamenalo ubírat jí na pronikavosti. Spokojili jsme se celkem proto jen zprávami o tom co jsme konali veřejně, zejména o našich publikacích periodických i knižních.

Ještě závažnější byl důvod, jenž vedl k tomu, že takřka beze vší publicity zůstávala činnost **Obranného výboru Československé národní rady**, jenž byl zorganizován již před vstupem Spojených států do války, aby přispěl americkým úřadům a věci spojenců sledováním a potíráním německé sabotáže průmyslové a nacistických rejdů. Neboť zde platilo heslo: Čím méně hluku, tím lépe pro věc. Čím větší ostražitost a čím méně mluvení o této činnosti s naší strany, tím více naděje na úspěch.

Této opatrnosti bylo nejvšak třeba, poněvadž nacistický živel nejen před válkou, ale i v době války měl v USA oči i uši otevřeny a vedl v patrnosti vše, co se dálo i mezi Američany českého a slovenského původu, neb neměl žádných ilusí o našem stanovisku k Hitlerovu Německu. Proto naše hnutí bylo s této strany pozorně sledováno a německý konsulát v Chicagu měl zaměstnance, schopné jak českého tak slovenského jazyka, což nám nebvlo tajností. A totéž platilo i o maďarských agentech me-

zi našimi Slováky, kde slidiči byli v stálé pohotovosti. Jak dobře svým pánům sloužili to je jiná otázka. My jsme se aspoň přesvědčili, že zprávy jejich — pokud s naší strany mohly být kontrolovány — byly neobyčejně přehnané. Tato jejich tendence vše přehánět, aby se svým představeným zdály jejich informační úlovy důležitější, hrála nám vlastně do rukou. Typickým dokladem toho byl na příklad leták maďarských agentů, vydaný na samém počátku naší osvobozené akce v r. 1939 v maďarštině i angličtině, v němž se tvrdilo, že odbojové hnutí, organizované Národní radou, disponuje milionovými fondy, z nichž podporuje rejdy Dr. Beneše. . . To v době, kdy Národní rada organizovala svou počáteční odbojovou činnost z půjčky \$4,000, kterou jí poskytla Americká obec sokolská ze svého Pomocného fondu, sebraného po Mnichovu na podporu sokolského hnutí v staré vlasti. . . Rozumí se, že jsme tvrzení maďarského letáku nevyvraceli, ale měli radost z toho, když maďarský leták vyvracel fakticky tvrzení nacistických listů jiných, že naši američtí krajané nejdou za Dr. Benešem, ale za právoplatným státním presidentem Háchou. . . Nepřátelská propaganda nám fakticky sloužila reklamou, jaké bychom se sami nebyli odvážili, už proto ne, že jsme se ve své informační činnosti důsledně varovali přehánění, a drželi se fakt, pamětliví poučení z prvního odboje, kdy President Osvoboditel nepřestával zdůrazňovat, že na "long run" je pravda vždy nejlepší směrnici a že vyrábění senačních pověstí se nevyplácí, ty že mohou mít jen úspěch dočasný. Nezapíráme, že i mezi našimi krajany se někdy projevila tužba po takovýchto methodách senačnějších, že prý lépe odpovídají psychologickému založení americké veřejnosti, ale naše vedení se touto pochybnou cestou nedalo a jak pozdější události dokázaly, dobře učinilo. Naše zpravodajství, jak tiskové tak důvěrné dobylo si vážnosti posléze právě tím, že se senačností varovalo a bylo solidní a spolehlivé.

(Pokračování)

KAREL M. PRCHAL:

UMŘEL VLASTENEC . . .

Ve středu 13. dubna přišla žalostná zpráva, těžce postihující náš život, že v noci 12. náhle zemřel bratr Jaroslav F. Chmelíček.

Celý mohutný dav skloněných, zasmušilých tváří a zarmoucených srdcí tísnil se v kapli Chrástkova pohřebního ústavu v Berwyn, když jsme se s ním přišli rozloučit. Všichni, staří i mladí, ho vzpomínali. A s nimi vzpomínali mnozí a mnozí doma i jinde.

V kapli pronesli projevy bratři Vodrážka a Gorman, v kapli na hřbitově Prchal a Vodrážka.

Zde mluví jen velmi stručné výňatky rozloučení bra. Gormana, které přeneslo bolestné vzrušení na všechny přítomné. Duše se rozechvěly a mnohé oko zaslzelo . . .

V pondělí odpoledne jsem s Tebou mluvil a slíbil jsem Tě koncem týdne navštívit . . . Dnes jsem tedy zde u Tvé rakve, bych dostal svému slibu . . . bychom si pohovořili jako bývalo našim zvykem a bych ještě jednou mohl říci Jarko s bohem . . .

Nepomysleli jsme si ale, že naše setkání bude tak jednostranné . . . že Ty budeš již pohřben v Tvůj věčný spánek a já že tu budu stát bych se s Tebou loučil na věky jménem toho širokého kruhu známých a přátel zde přítomných a nepřítomných, kterými jsi se za živa obklopil. . .

Smrt se přihnala jako rozběsněná vichřice, která srazí k zemi krásně urostlý, vysoký, zdravý strom a svým chladným dotekem zkrátí předčasně mladý život dobrého poctivého člověka. Byl vyrván náhle, nečekaně z našeho středu v jarém mužném věku čtyřiceti sedmi let.

Jeho odchodem nastala nenahraditelná, nevyplnitelná mezera v našich řadách. Ne . . . Jaroslav Chmelíček, jak jsme jej znali, nebyl velikánem na poli literárním, divadelním, vědeckém, politickém, sociálním . . . nezanechává po sobě žádné velké pozemské statky . . . ani žádný markantní odkaz kulturní. V Americe ztrávil přes čtyřicet let svého mladého života, prošel americkými školami, sloužil

v americké armádě. Ovládal bezvadně anglický jazyk . . . Jaroslav Chmelíček se mohl plně a beze stopy ztratit z našeho krajanského života . . . ale on zůstal věren svému češství, které mu bylo vštěpováno jeho rodiči již od nejútlejšího mládí.

Když se Jaroslav Chmelíček vrátil z vojny před dvaceti lety nevěděl do čeho zakousnout . . . co by si mohl vybrat za jeho životní cíl . . . snažil se o práci manuální . . . nezajímavou, ale dlouho v tom nesetřval. Naskytla se mu příležitost před patnácti lety převzít redaktorství Orgánu ČSA. a od té doby byl ve svém zivlu. O pět let později převzal vedení radiového rozhlasu. Radiový rozhlas byl jeho snem. Snil po leta o místě na některé celonárodní radiové síti a bylo to jeho velké zklamání, když se ten jeden velký sen nesplnil . . . Mluvíli jsme o tom často a stěžoval si, že to byl jeho cizí přívzvuk, který byl vždy proti němu když se hlásil o místo rozhlasovače na větších celo-amerických stanicích.

To, co nemohl dosíci na širším, celo-americkém poli snažil se uplatnit v zmenšeném měřítku v jeho práci jako redaktor a ředitel českého radiového rozhlasu. Měl smělé dalekosáhlé plány do budoucna. Chtěl probouzet zájem v řadách dorůstajících generací, by s pochopením a zanícením mohly oceniti význam a krásu české tradice. . . .

Chmelíčková melancholie, jeho zasmušilost a sebezavřenost dostoupila chorobných až rozměrů smrti jeho milené máti, kterou jsme zde doprovázeli na poslední cestě před sedmnácti měsíci. Od

její smrti stával se mrzutým, trudnomyslným. Byl až nezdravě jemnocitný a přecitlivělý. Byl často terčem hrubé kritiky z řad jeho posluchačů a čtenářů a neměl dosti síly čeliti narážkám, pletichám a tomu bahnu podvrtné činnosti, které jej obklopovalo a ohrožovalo.

V lednu letošního roku, když se Jaroslav vrátil z jeho prvního pobytu v nemocnici, žádal mne telefonticky, abych ho přišel navštívit. Hovořil jsme o životě a o jeho matce. Seděl s hlavou skloněnou a štkal hlasitě jako malé dítě . . .

Řekl jsem bez jakékoliv předmluvy: "Jarko, už toho mám dost. Musíš se sebrat . . . vytřebať se z té nemístné melancholie. Máš před sebou ještě dvacet let účelného života než mne dohoníš. Nejsi jediný, kdo ztratil někoho drahého. Pamatuj si, že já ztratil nejstaršího syna v druhé světové válce . . . ale musel jsem setřást ze sebe tu bolest a ten pocit seblitosti a plahočit dál a v práci hledat zapomenutí."

Od té doby jsme se scházeli častěji . . . a jednou během rozpravy Jaroslav se mě přiznal, že to slunně odpoledne, má slova vzpruhy a hlavně tak krásně vyjádřené myšlenky o matce, které jsem mu četl z knihy básní Otakara Březiny, byly mu jako zázračným lékem . . . Rozešli jsme se a jako obyčejně jsme končili: tak s bohem a na shledanou . . . Dnes, když jsi nás opustil již na věky, musím zkrátit naše vzité rozloučení — dnes mohu říci jen s bohem . . . S bohem buď Jarko na věky. . . .

MARIE BRICHTA.

Psal se rok 1915, kdy stala jsem se členkyní Sokolic Slávských. Tehdy také začala jsem cvičit pod přísným, vzorným cvičitelem br. J. Tomšem. Náš útulek byl v České Plzni, na 18. a May ulicích.

Když přišla k Americe první světová válka, téměř všichni mladí cvičenci dali se zapsat do čl. legií a za nedlouho odjeli ke svým plukům. Byl mezi nimi i br. Tomeš. Těžko jsme se s nimi loučily při večírku k jich počtě pořádaném. Cvičení žen převzal br. Jan Holan a později br. Václav Černý. Po skončení války všichni bratři se vrátili, jen br. Kovařík již nepřišel. Válka zničila jeho mladý život. Br. Tomeš převzal opět cvičení.

V té době, po dlouhých debatách, rozhodnuto spojit jednotu se Sokolem Karel Jonáš v Ciceru. Sokol Slávský se přestěhoval do budovy Jonáše.

Při spojení zastávala jsem úřad starostky a ses. Prokešová v jednotě Jonáš. Tato se vzdala úřadu a vedla jsem úřad ve spojené jednotě. Byla jsem zvolena do V. V. Sokolské Obce, kde jsem zasedala po dva roky. Starostou byl br. Jos. Čermák a jednatelem nezapomenutelný br. Jarka Košař. Brzy potom postavena nová budova (dnes budova ČSA.), do které jsme se stěhovaly s velkými plány a nadějemi. Bohužel ne dlouho těšily jsme se my a netěšili se bratři z krásného našeho domova. O tom však nemíním se rozepisovat.

Nepamatuji se, zda byla to ses. Pejřilová nebo Radvanovská, která byla ve výroční schůzi zvolena starostkou. Mně připadl úřad jednatelky, který jsem zastávala dlouhá léta. Tehdy byla jsem povolána do cvičitelského odboru a zvolena jeho dopisovatel-

kou. Zprávy o podnicích jednoty jsem psala do "Svornosti" a "Hlasatele" po několik let. Po dvě léta byla jsem členkyní náčelnictva žen župy Střední. Knihovnu Slávských jsem opatrovala po tři roky. Ráda jsem vypomáhala cvičiteli v početných třídách žactva i dorostenek a u žen vedla družstvo, v čemž jsme se střídaly. Při závodech bývala jsem pravidelně soudkyní.

Časem zavítali do tělocvičny kočující cvičitelé Obce: Kadlec, Kos, Příhoda a náčelník AOS. br. Jarka Jelínek. Těšily jsme se na jejich návštěvy, neb při pochodových cvičeních nesl se tělocvičnou náš krásný, mně drahý, český zpěv.

Co cvičenka účastnila jsem se všech sletů AOS., počínaje prvním, r. 1921, v Coliseu (jednatelem byl dlouholetý starosta AOS. br. Prchal), pak na Vojínově poli, župních sletů v Čermák parku, Plzeňském parku, Cicero Stadium, pak v Racine, Milwaukee, Cedar Rapidsích, Clevelandu. Naše veřejná jsem nevynechala ani jednou — až do chvíle, kdy jsem těžce onemocněla. Nyní, již několik let, jsem vedena jako čestná členkyně jednoty Nemohu být již tak činnou, jako dříve a tak se snažím pomoci alespoň dárkem při našich podnicích.

V Příbrami, mém rodném městě, byl v roce 1902 založen ženský odbor jednoty. Byla jsem jednou z prvních, která se hlásila do cvičení. Sestry mne zvolily jednatelkou a úřad jsem zastávala až do roku 1911, kdy jsem odjížděla do této nové země.

Pátého Všesokolského sletu, konaného roku 1907 v Praze, na Letné, účastnila se Příbramská jednoty (Dokončení na stránce 72)

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ta cvičícími muži a ženami v počtu 96. Byla jsem mezi nimi. Cvičily jsme kuzele. Než přišly jsme na program, na západě nakupily se černé mraky a když jsme nastupovaly, blesk stihal blesk, leč my klidně braly jsme si rozstup. Statisíce rukou, zvlášť hosté z ciziny, tleskalo naší neohroženosti. V seřadišti uhodilo. S nebe řitily se řeky. Celá zátopa se snesla na cvičišť. Vůle a kázeň přemohly strach. Leč tehdy příšerně zazněl signál: sraz a odchod. I ten většinou proveden v pořádku. Nevylíčitelná bouře potlesku vděčila sestřím za vzácnou podívanou. A potoky vod tekly z cvičišť do seřadiště, kde bylo bláta nad kotníky. V šatnách plavaly naše šaty ve vodě.

Té noci místo spánku jsme praly, sušily a žehli-ly. Bylo rozhodnuto a ampliony hlásaly, že cvičení žen bude následujícího dne opakováno. Mnoho sester mělo cvičící úbor zkažený. Tmavo-modrý úbor, námořní límec a šerpa ze světlemodré látky — vše pustilo dohromady. Můj úbor byl však této pohromy ušetřen — a tak byla jsem mezi těmi sestrami, které sice v hodně zmenšeném počtu slavně následujícího dne cvičily ku cti sokolského jména.

Nechlubím se těmito řádky — je to pouze nástin mé činnosti dlouhých let v Sokole. Řídila jsem se vždy heslem: "Ni zisk, ni slávu!"

Nyní máme v úřadech jednoty i ve cvičitelském sboru mladé síly, dobré cvičenky. Velké třídy zač-
tva a dorostu jsou vedeny snaživými a vzornými cvičiteli a cvičitelkami.

Resoluce.

Členstvo Sokola Galveston želi odchodu krásné osobnosti, která se více nevrátí do tábora sokolského. Naše věrná, obětavá sestra, **HEDVIKA STANOVSKÁ**, opustila nás náhle dne 13. března. Zemřela ve spánku. Bydlila sama a byla nalezena za dva dny po svém skonu.

Jejími dítkami: Jos. J. Stanovskému, State College, Pa., Robertu Lee Stanovskému, Richardson, Tex., dceři Frances Holt, Dallas, Tex., a sedmi vnoučatům vyslovujeme hluboce cítěnou soustrast.

Sdílíme jejich hluboký žal. Také nám je smutno a bude nám chybět. Dělal tu všední, každodenní, těžkou práci, nosila nadšení a náměty k prospěchu jednoty a udržení ideálů. Vzpomínáme vděčně její zásluh i práce.

Sestře Hedvice zachováme povždy čestnou vzpomínku.

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