

# AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

No. 6

June, 1966

E. KOPECKY:

## SOKOL DETROIT

Sokol Detroit began the machinery moving for a new Sokol Cultural Center back in 1959. Committees and many Sokols, that have faith in the future, made possible the beginning and perpetuation of ideals strongly imbedded and endured for over a century. It is truly a fact that we, here in Detroit, were favorably and generously supported by our members and by many true Sokols throughout our great nation. Our thanks to these true Sokols that have enough faith and conviction as shown by their voluntary financial aid. Experience teaches us many things and I'm sure our brothers and sisters, such as those in Dallas, Texas, and St. Louis, Missouri, for example, know that Sokol can be expanded and propagated effectively with new and modern facilities. The undertaking is big and requires dedicated members that can provide the necessary direction and unite on a larger basis many dedicated Sokols together, and you'll experience a wave of encouragement and financial help by those who know what it is to work for something as worthy as perpetuating Sokol activities.

If by some miracle every Sokol member felt this way, we could build enough units throughout the nation in such numbers that if you were to place them all in one location, we would not be just a dot on the map, but a fortress of strength! Voluntary financial aid, for some reason, is not as pronounced as we'd

like it to be. For example: If you drink coffee at ten cents a cup. Would you give up ten cups of coffee a year and donate? If you drink. Would you pass up four bottles a year and donate? If you go to the movies. Would you give up just one show a year and donate? That's a few ifs and I must say that if one of these ifs doesn't fit, there are many many ifs that do. The problem is so simple that all you have to do is to take one or two ifs, multiply it by over 12,000 Sokols and we're on our way. With these thoughts in mind, doesn't it then make logical sense that we should help our brothers and sisters through the Sokol cause.

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# AMERICAN SOKOL

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## Červen je měsícem sokolských sletů.

Zde vzpomínka na slet AOS. v roce 1947.

VINCENC SEDLÁK:

### ZDAR! SOKOLSKÉ OLYMPIÁDE V CHICAGU.

U vod Michiganu, na Vojínově Poli,  
slavnostní kdož chystá ruch:  
tot' bohatýrský rod Sokolů,  
osvěživ jej Tyršův duch,  
na volné půdě — o národa čest zápolí,  
ve svorné řadě — druh a druh.

Vlastem — původu svého — i své Americe,  
vzdává hold klasických dob;  
dle starých Helenů tradice,  
oděn ve sokolský rob,  
ve snaze být vzorem Republice,  
s heslem: "Bratrství — prostým všech zlob!"

Připravil Sokol Olympický tu hodokvas,  
kamž cíl dnes bujarý rod;  
svůj let spojiv v jarostí jas,  
Hle k metě statně na pochod,  
I přes moře víří — lásky Vlasti nese vzkaz,  
nedbaje dále — širokých vod.

Přes Alleghenské vrchy, Coloradské hory,  
s heslem — na přední stráž,  
slétají se junácké sbory,  
jakž zákony erbu káží,  
vnést klasický kult těla v zář hřivě žáry,  
v tísťech — na Marathonské pláži.

Na stožáru hvězdnatý prapor vlaje  
a v zásad společné idee roli  
červenobílý prapor po boku máje  
jasná modř tvoří klín v poli;  
vštepěné v mocný peň — z malého kraje,  
jež lásku za lásku si volí.

Raz! zazní signál k šiků tisíců, a z dálí,  
finou se v rej sokolské voje,  
v gladiatorské kresbě rýsuji svaly,  
koloryt barev — v úchvatné znoje,  
Síla, zdraví, krása se rytmem v sebe hall,  
co v korouhvích se snoubí barvy troje.

Co v mužích síla — v ženách je krása,  
v kánatech kvetoucí máj,  
Slzy radosti a duše jásá,

žehná Vám hrdě i starý kraj!  
Ve Vás je život, naděje — budoucí spása,  
sokolské sémě — tvořící ráj.

Triumfálně zní fanfár, i Hymen národních zvuk,  
vroucené z kolonád jezerní hráze.  
Vítězů se štítem nesčetný pluk.  
Srdce se chví i raší blaze;  
slib Vlasti k přísaze zvedá tisíců ruk,  
a volá Zdar! — Slovanské Praze!

## Calendar of Events

- JULY 1-3—SGUS. SLET IN NEW YORK.  
JULY 3—LADIES AUXILIARY of Sokol Camp in  
Valley, Nebr. — Annual chicken dinner.  
JULY 3—SOKOL HAVLICEK-TYRS, CHICAGO.  
Camp at Crystal Lake opens.  
JULY 7—SOKOL HAVLICEK-TYRS, CHICAGO.  
1st outing to Forest Preserve. (Then every Thurs-  
day—weather permitting.)  
JULY 10th—SO. OMAHA SOKOL DAY — Sokol  
Park, Highway 75.  
JULY 10th—SOKOL DETROIT, MICHIGAN.  
Annual Exhibition at Sokol Camp.  
JULY 10-16—SOKOL ST. PAUL, MINNESOTA.  
Children's Camp Week. Camp on Cross Lake  
near Pine City.  
JULY 10-24—SOKOL ST. LOUIS, MO. — Camp-  
ing of children at Sokol Camp.  
JULY 17th—SOKOL CECH-HAVLICEK, CLEVE-  
LAND, O. — Family basket picnic at Mentor  
Headlands State Park.  
JULY 21st—SOKOL MILWAUKEE, WISCONSIN.  
Harvest Festival—Endris Field.  
JULY 24—SOKOL ST. PAUL, MINNESOTA.  
Picnic at Sokol Camp.  
AUG. 6-7—SOKOL WILBER, NEBRASKA.  
Czech Day.  
AUG. 7th—SOKOL ST. LOUIS, MO. BOARD OF  
DIRECTORS. — Picnic at the Sokol Camp.  
AUG. 14th—BOARD OF DIRECTORS of SOKOL  
ST. LOUIS HALL. — Picnic at the Camp.  
AUG. 14th—SOKOL CECH-HAVLICEK, CLEVE-  
LAND, O. — Family picnic at Cedar Point—via  
chartered bus.  
AUG. 21st—SOKOL TYRS, CLEVELAND, OHIO.  
Annual picnic—IOOF Camp.

### SOKOL DETROIT—

(Continued from cover page)

Now that our Sokol Cultural Center is under  
construction, the need for donations is great. We  
appeal to all our brothers and sisters, so that the  
Sokol ideals can be carried on for generations to  
come. Nazdar!

## In Memory of Sister Kalabza

A donation of \$1,000 has been made by  
bro. A. P. Kalabza of Sokol Fuegner, L. I.,  
New York, in memory of his wife, Mary  
Kalabza, who passed away recently.

This money is to be used to send twenty  
children of Sokol Fuegner, to New York  
Sokol's Camp at East Haddam, Conn., for  
a two weeks vacation.

Our heartiest thanks and best wishes to  
bro. Kalabza for this generous donation.

# AMERICAN SOKOL

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CHAS. M. PRCHAL:

## SOKOL DISCIPLINE

Sokol gymnastic veterans remember the years when they "drilled" to develop muscles in their arms and legs, toughen their bodies and strengthen their minds. We should not wonder. The rules in the gymnasiums were very different and there were not many other places of recreation or opportunities for beneficial physical and mental exercise for the earlier immigrants. A truly brotherly spirit ruled over the activities and a firm discipline and understanding for a good cause prevailed. The finest of gymnasiums and equipment would not have been of more value if there would not have been the love and respect for one another, respect for national and humanitarian values and so, finally, for Dr. Tyrs' Sokol heritage.

In this spirit were conducted activities in the whole class hour from the beginning to the conclusion of the program. The apparatus exercises were conducted and executed precisely, beginning with an approach and always ending with retreat; all executed with obvious enthusiasm and strength. Attending Sokol classes was a great privilege and honor. To the children, their instructor's words, kind but firm, were a command.

Frequently, even the parents would not reverse his decisions. The children were taught courtesy and respect for the instructor by their parents. To them he was always a teacher and they obeyed him as they did their public school teacher. The boys and girls regarded him as a parent, and for this reason class attendance and participation in all Sokol events and projects was almost 100%.

During visits of the Unit or District Educator, the Director or President of the Unit, all eyes were turned to them with the respect due to those in high office. At home, the parents were given a full account of these visits by their children.

Sokol pride was obvious in the classification of age groups. Those who were soon to be transferred to junior classes were accorded much respect by the younger class members. To become a junior meant that he would soon be a real Sokol. The junior was already permitted to wear the same uniform as the director and the men. Perhaps the teaching methods were not as accelerated as today's; however, many 16 to 17 year old juniors, especially in small units, trained and competed with men and these developed into champions that astounded the world with their achievements and so won fame for their Sokol.

Classes were attended regularly with joy and enthusiasm; in fact, there were instances when juniors assisted their instructor in his work by acting as squad leaders. The discipline was the

same for juniors as for men. Each command was obeyed without excuse and with obvious recognition of duty. To refuse was a major breach of discipline that terminated further class attendance. Such humiliation before comrades was unbearable for any boy, and it was especially difficult for him to confront his parents.

Finally, the men's class. Each regular class was like an exhibition. Each member wore the regulation uniform; removal of the shirt was permitted only during activities. No sweaters, training shorts or sweat shirts of all colors were allowed. Uniforms were in perfect order. The men competed with others of their teams in all divisions during every class hour. Included in the class program were wrestling, boxing, fencing, and resistives of all kinds. All were participated in with verve and enjoyment, in a spirit of brotherhood. Games in the gymnasium were a picture of the character of each individual. Marching tactics were done flawlessly. Even the older members stepped forward with a proud bearing. Of course, this was a prologue to singing. And when the Sokol songs or national songs resounded during the march, each and everyone sang with feeling and strength. Many of these songs were known by all.

The class hour ended with registration of attendance. Each member loudly answered "Here!" when the roll was called. With a clear "NAZDAR!" the class ended. Not, however, for all. Actually then started the work of the so-called "hard workers" on new apparatus elements.

The spirit of brotherhood was also evident in addressing each other: "brother President," "brother Director," "brother Secretary," etc. Also heard were "brother Joe," "brother Frank," and others.

Excitement and bustle were most evident before annual exhibitions, the Sokol holiday. The gymnasts, juniors, children and adults, all participated in the preparations. The gymnasium was put in order, bleachers were set up in gymnasiums that did not have balconies or audience facilities. The sisters baked and cooked. This was all gratis, without demands for remuneration. The holiday approached. Audiences literally jammed the gymnasiums to witness the results of the season's achievements. Applause was spontaneous and almost continuous as the class participants executed each movement or element to the best of his or her ability. The audience remained long after the last "number," congratulating instructors and participants and enjoying the company of friends, then contentedly departing. Another successful exhibition had been added to the history of the unit.

All of the projects sponsored by the Sokol unit were very well attended. All annual and monthly meetings were fully attended and for the most part attended regularly.

Is this only a memory that belongs to the past?

Let each judge for himself and many will judge the value immediately. I do not agree with all as it was; but even if a change in the method of teaching was necessary, WAS IT CORRECT TO CHANGE THE DISCIPLINE?

GEORGE C. BASTA:

## From the Membership Chairman

At the March meeting of the ASO. Executive Board, bro. Barcal appointed me as membership chairman. My work began by compiling statistics on the size of each unit as of December 31, 1965. This report of our adult membership was presented in the April meeting where it was decided to publish the figures semi-annually, as of June 30 and December 31. Report is as follows:

### TOP THREE UNITS IN EACH DISTRICT

<b>Eastern District</b>		<b>Northeastern District</b>	
New York	256	Detroit	373
Baltimore	231	Tyrs	350
Little Ferry	205	Cech-Havlicek	213
<b>Central District</b>		<b>Southern District</b>	
Havlicek-Tyrs	296	Zizka, Dallas	165
Tabor	283	Karel-Hav., Ennis	99
Slavsky	261	Houston	97
<b>Western District</b>		<b>Pacific District</b>	
Omaha	314	Los Angeles	278
Cedar Rapids	312	San Francisco	188
Fuegner-Tyrs	224	Fresno	60

### TOP TEN UNITS IN ASO.

1. Detroit	373
2. Tyrs (Cleveland)	350
3. Omaha	314

## EXECUTIVE BOARD ASO.

Meeting Held May 24, 1966

Bro. Barcal extended greetings to our guests, sis. Kate Danko, for many years a member of the ASO. Executive Board and presently Honorary Director of Women, and sis. Blanche Kos, member of the Organization Committee and also a long time enthusiast. Also extended a hearty welcome to sis. E. Welcl-Ruzicka who was on leave and was hospitalized, but returned nicely sun-tanned.

**Reports of Districts**—Minutes of meeting of Central District held March 23, Western District meeting held May 9, Southern District meeting held May 9, 1966.

### CORRESPONDENCE:

Letters received from Sokol New York, American Sokol Organization of Little Ferry, N. J., Sokol Washington, D. C., bro. M. Neumann, President, and from the Pacific District.

Request from sis. Vlasta Nozicka, President of Sokolice Detroit, in the matter of tax exemption. Information requested will be sent and request turned over to bro. C. Kropik who is looking into this matter for us.

4. Cedar Rapids	312
5. Havlicek-Tyrs (Chicago)	296
6. Tabor (Berwyn)	283
7. Los Angeles	278
8. Slavsky (Cicero)	261
9. St. Louis	259
10. New York	256

The compiled figures are for combined units and individual units where the men and women units are separate. By publishing these figures twice a year, we hope the members will become more conscious of their unit membership and will all strive to recruit new members.

We all know that deaths and drop-outs are continually pecking away at our organization. New members must be solicited in at least an equal number to stay even OR a larger number if the unit is to grow. There is no secret way to attain new members. It is hard work in this day and age, competing with other organizations and their activities. However, I feel we have more to offer than other organizations and more material at hand to do a good selling job.

The job of securing new members should not be left to one or two individuals but a job for all. A committee can also be formed that will work wholeheartedly and really produce. We have a fine organization but we lack salesmen.

Letter from Sokol Galveston, bro. Karel Siller—explaining their circumstances today. Letter will be referred to Southern District to ascertain what can be done in the matter.

AAU. re: World Gymnastic Championships, Dortmund, Germany. Letter referred to ASO.-BOI.

Czechoslovak National Council of America invitation to convention, which was held May 14-15. Sis. Welcl-Ruzicka, who represented ASO., reported of progress and activity. The Council has 24 branches in the United States; also a new district has been formed in California. Bro. J. Cihak has been elected to the Board of Directors and bro. B. Vanek elected as Secretary. Sis. Welcl-Ruzicka was awarded a diploma for her many years of service in the Council.

Denni Hlasatel—jubilee issue. Approved taking full page ad to carry, among other data, name, address, city and state of all our units. Also to arrange with Denni Hlasatel to group all Sokol ads together. Bro. C. Prchal will prepare ad and make all arrangements.

Letter from bro. James Cada, President of Sokol Cedar Rapids, in explanation of special assessment.

Invitation from District Ludevit Stur of Sokol USA to a banquet in commemoration of the 150th anniversary of their patron—May 15.

**REPORTS:**

**BOI.**—Bro. E. Linhart: Combined meeting of BOI. was held May 18th.

**Scholarship Committee**—Chairman bro. G. Basta: Out of 14 requests for applications sent out, 9 were received, namely, Central District 4, Northeastern 1, Eastern 2, Western 1, and Southern 1. The recommendations as made by the committee for Northeastern, Eastern, Western, and Southern Districts were approved. Pacific District—*forfeit*, no applicants submitted. Central District due to number of applicants submitted—postponing selection until committee can meet and complete selection. The committee was empowered to complete selection of applicant for Central District. All possible publicity will be given these scholarship awards.

**Sokol Supply**—Reported by sis. Prchal and bro. Linhart. Sis. Trajhan is relinquishing the business in June and will try to fill all orders thus far received. Suggestions were made to look into the possibilities of ready-made manufacturers.

**School Division Chairman**—This duty involves setting up plans and details for courses. Districts would appoint a School Director who would contact chairman pertaining to either district or national course. Sis. Prchal elected School Chairman.

**Physical Fitness Program Report**—Bro. Satek reported we would issue duplicate report forms—one for the AAU. and one for ASO. Bro. Satek and sis. Sladek will work out further ideas.

**U.S.G.F.**—Sis. Prchal reported on her activities on the championships held at the Air Force Academy, Colorado Springs, on April 14-15. Sis. Prchal supervised the women's divisions and reports that the competitions were very well organized. Among the Sokol observers was sis. Linda Burghardt and bro. Phil Cahoj, who is boys' instructor from Omaha. Rich Beran of Omaha competed on the horse in the "A" Division and Jamie Hruban, described in the Omaha Bulletin as the "Best all-around high school gymnast," competed and placed 3rd in the All-Around title in the "A" Div. The Board will send congratulations to bro. Hruban.

Sis. Prchal also attended the AAU. National competitions and the Olympic Committee meeting held in Bartlesville, Oklahoma, May 5, 6, 7, at her own expense.

**Bro. Fina** reported on the AAU. National Meet held in Bartlesville, Okla., on May 5-7, where he judged every event. In the National Board meeting of May 7th, Chicago requested that tryouts be held here for the U.S. World Championships. Also at that time the Teenage Physical Fitness Jamboree will be held in McCormick Place. During the Olympic Committee meeting on that same afternoon, the issue was how to select a Pan American team and eventually an Olympic team. Motion was made by colleges that any national body may send gymnasts to the tryouts.

**Bro. Zitny** reported Central District will send approximately 20-22 men and junior boys and 4 junior girls to the Jubilee Sokol USA. Slet in New York. Northeastern District will send approximate-

ly 100-130 gymnasts while the other districts are yet uncertain.

**Educational Committee**—The BOI. acquired three sets of new booklets, written in English, on the Sokol Organization. Also examined were bulletins and newsletters from other districts. A lengthy discussion was held pertaining to the selection of medals. Bro. Linhart brought samples for the Board to examine, likewise, designs submitted by bro. Hosek. Bro. Linhart reminded members to urge participation in the Sokol design contest. Perhaps a chosen Sokol emblem could also be incorporated in medals as well as Sokol letterheads, office supplies, etc.

**Sokol Gymnast**—Report given by sis. Prchal. It was recommended that sis. Prchal be delegated to obtain a suitable picture for the Gymnast and be allowed to have it printed as she sees fit.

**Attendance Forms**—Sis. Zdenek reports she is working on the new set at the present time.

**Dallas Slet**—Bro. Barcal gave a resume of his meeting with bro. Hrabina which centered around the financial aspect of the Slet and is very encouraging at this time. The BOI. in Texas requests Slet material. Bro. Fina reported they requested judging sessions. Bro. Barcal suggests units start fund drives and continually advertise and display Slet pamphlets, posters, etc.

Progress of calisthenics is as follows:

Junior boys and men will drill together. No music as yet.

Junior girls will use 1963 calisthenics and music.

Women will use 1961 calisthenics and music.

1st class girls calisthenics are finished and 2nd class are in preparation, will use 1961 music. Approved by Men's BOI. as it is same for boys.

Apparatus exercises for junior boys by bro. Zitny. Ready to try out.

Apparatus exercises for men by bros. Ptacek and Basta. Not finished.

Apparatus exercises for junior girls and women still in preparation.

Since many units ask for sheet music, sis. Halik has been fortunate in obtaining some, but will contact bro. Bastar to help find more.

**Traveling Instructor**—This committee of bros. Barcal, Linhart and Basta, and sisters Zdenek and Schnabl formulate a schedule of qualifications for the use of the districts of the funds available for use for a traveling instructor.

**I.G.M.**—Bro. Gombos reported on his company and answered questions pertaining to taking over our Sokol Supply and how he would handle same.

Since I am working on an attendance report of our units and districts. In going back over the years, I find no statistics to tell us of our strength in the gymnasium classes, so we have no indication of any increase or decrease in attendance.

I will attempt to write to every unit director enclosing official attendance blank and see what results I will get.

In a long distance conversation Monday, May 23, with Jerry Milan, Director of the Southern District, he informed me that he will be in town June 3 and 4 to meet with our committee. Requests information, any material that is ready, and plans for trip.

**BOI.**—Sis. L. Zdenek: Publicize in May issue of Sokol Gymnast long-playing record of instruction just issued by sis. Mildred Prchal in conjunction with her book on Artistic Gymnastics.

There was a lengthy discussion pertaining to the management of the present Sokol Supply. It was suggested the Obec should either subsidize the business or subsidize one person financially. Sister Zdenek will notify bro. Linhart as there are two Sokol members interested in this undertaking.

A card from sis. Norma Zabka regarding the qualifications of a student.

Detailed reports were read from all the districts. Activities in all districts are very encouraging.

During May I sent out to all districts all entry blanks, judges' forms, individual entry forms, and medical report blanks for the SGUS. Slet. Replied to all communications from directors and sent out additional Slet material where requested.

Read and discussed with the BOI. progress reports received from several of the districts, including a few annual reports. Progress reports on technical material for 1967 is very good.

Have sent my acceptance to the SGUS. and my regrets to the Western District for attendance at these Slets.

Attended the Central District second class girls' competition, where I assisted on the tabulation committee on May 22nd.

**Editor.**—Bro. C. Prchal: American Sokol is being printed—material is coming in late. This issue will be 4 pages larger. The insert re: Dallas Slet will be included, and meets postal regulations. Motion passed that the expense of the enlarged issue be approved. Attended every gymnastic exhibition in the Chicago area. Also spoke to bro. G. Spanek, San Francisco, and bro. Salak, Los Angeles, who were in Chicago.

**Educational Committee.**—Bro. J. Cihak: Plans were made to attend dedication of Sokol St. Louis' new home and to take pictures for slides for the historical library.

A request will be made through "American Sokol" and by letters to units, districts and individuals to take pictures of district Slets, their gymnasiums and camp activities for their slide library. Copies will be requested for the ASO. library.

Committee members were requested to formalize plans for the educational seminar to be held early in the fall. Discussions took place to especially concentrate on material for juniors. All material will be in written form and made available to all districts.

Every effort will be made urging units to begin their library of slides as soon as possible. Articles were written for American Sokol. Served on preparatory committee to welcome Joseph Cardinal Beran, at request of President bro. Barcal. Served on reception committee at the airport Friday, Apr. 22, attended banquet Sunday, Apr. 24, Passion Play at Morton West Monday, Apr. 25, ceremonies at Loyola University, where honorary doctorate was awarded to him, on Apr. 26, and public gathering at Blessed Agnes of Bohemia Church that evening.

Supplied material and wrote articles for units. Carried on heavy correspondence. Last of four brochures is off the press.

**Stamp Committee.**—Bro. J. Cihak: Due to heavy schedule, members of Stamp Committee could not get together. Will definitely have report ready for June meeting.

Bro. Barcal expressed our thanks to bro. Cihak for serving on the preparatory and welcoming committee for Joseph Cardinal Beran, during the latter's visit to Chicago.

**Organization Committee.**—Sis. E. Welcl-Ruzicka gave report. Various problems confronting our units were discussed. Is making trip to Cleveland June 22-25—going on to New York and Washington, D. C. Asked for approval to represent ASO. at conferences and meetings in trying to get better acquainted in these districts and to organize our program. Approval granted. Discussed membership drive with bro. Barcal—this is possible on several levels. Sis. B. Kos suggested booklets be distributed in membership drive. Sis. B. Prener suggested that bro. G. Basta be asked to serve on Organization Committee. Sis. Welcl-Ruzicka wrote article on Sokol camping and outing for American Sokol. Also talked to bro. Spanek, San Francisco, bro. Benesh, Detroit, and bro. Salak, Los Angeles. At a banquet in Miami extended congratulations to bro. and sis. Venzara of Connecticut (members of Sokol New York) on their anniversary.

Reminder for Dallas, Texas tour that buses must be reserved far enough in advance. Will draft plans for a tour from the districts to Dallas—approximate cost and length of time. The prerogative to remain with the districts on conducting of tours. Approved.

Called attention to CSA. convention in August at Pick-Congress Hotel.

**Public Relations Committee.**—Sis. A. Basta: Have arranged to submit one-half page congratulatory ad for Slovak program book as approved in April meeting. Text referred to bro. Barcal for OK.

Received one design as of this date for the contest previously announced in April issue.

Recent issues of Československý Svět had reports of Sokol stamp issuance, Slet convention report and also of sis. Prchal's appointment to Olympic committee. Shows that our work is being closely followed in Czechoslovakia.

Bro. Rabas is preparing his next Czech news article.

Received many interesting articles from bro. Pavoucek of the Western District of all their recent publicity. Very good work on their part; need more of it in all districts.

Have recently devoted time to publicity of Central District Slet.

**Secretary.**—Office personnel. Sis. Agnes Sotka, Accounting Dept., reports all quarterly reports processed. Some units delinquent in sending special assessment. Telephone requests referred to respective channels. Inquiry from Post Office regarding damaged package referred to bro. Linhart. Audit of books completed—was able to file reports. Thomas Sotka, who is leaving for college in September, will not be available after that time to perform office duties.

# SOKOL GYMNAST

June 1966

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

ED. STETKA:

## GYMNASTS!

While the primary purpose of the Sokol Organization is the development of a sound mind and body of all who participate in our program, we must also make every effort to give every possible assistance to those who give evidence of developing into good gymnasts, but never at the expense of an entire class or group.

It cannot be emphasized too strongly that in order to become proficient in gymnastics, or any activity, there must be a real desire and constant practice. For example, the best musicians make it a point to practice every day, if only for a short time, rather than for several hours once or twice a week. In any activity, there is a retrogression when regular practice is missed.

In the Sokol, sessions are held on the average of two days a week which is hardly sufficient for the development of good gymnasts. There are very few who have a perfect attendance record which brings their attendance average to about 1.5. Consequently, every time that a gymnast is absent there is a retrogression. If the gymnast shows a real desire and is willing to practice three to five days a week, the improvement would be rapid and an occasional absence would not be detrimental.

Gymnastics is not a seasonable sport, but a year round activity, but in most Sokol gyms activity

ceases during the summer months. Every director should make it a point to have classes during the summer, if only on a limited basis, for the juniors and seniors.

Overall, there must be a real desire by the participants to improve themselves by constant practice through regular attendance at regular scheduled classes, at extra sessions and during the summer. There must be a willingness for them to master all of the basic elements on all of the apparatus and then continue to improve on them as they advance progressively to the more difficult elements. In combining two or more elements, the gymnast must always strive for a controlled and smooth performance. The gymnast should work to attain a routine on each apparatus of at least five elements and should practice this routine until perfection is reached. As he learns the more difficult elements they should be added to or substituted for other elements in the routine. It is ridiculous to simply practice elements, but fail to combine them with other elements, because it is only through practicing a series of elements properly combined that a gymnast could give a smooth performance on the apparatus.

These are the things that must be stressed by the instructors to the young gymnasts.

MILDRED PRCHAL:

## USING WEIGHTS FOR STRENGTHENING LEG MUSCLES

The use of weights for strengthening leg and abdominal muscles is not new. Today we hear much about isometrics, but this method has always been very important in the Russian ballet training program and is one reason for the almost unbelievable height attained in the execution of leaps, beats, etc. I can remember Boris, a magnificent dancer from Russia, who "worked out" in my studio daily while in Chicago many years ago. After a systematic warming up at the technique barre the real work began. Beside the technique barre, his most important "apparatus" was 10 little  $\frac{1}{2}$  lb. leather pouches filled with sand with a strong hook attached. Boris "hung" one of the pouches on each side of a special belt around his waist and began a series of leaps and jumps, after a few minutes another couple of these weights were hung on the belt and more leaps and jumps were executed. This procedure continued until five pounds of sand were suspended from his waist. After a period of

more intensive practice, the small pouches were gradually removed.

Many of the girl gymnasts in Europe also use weights to strengthen their arm, leg, back and abdominal muscles. Their sojourn at the beach is not only to acquire a tan and enjoy swimming but to prepare and condition their bodies for the active gymnastic year ahead. These same sandbags are an important part of their training as are stones that can be held in the palm of the hand.

**Fasten a 1 lb. bag with a strap or tape to each ankle.**

1. In stradleg seat support, alternate raising legs as high as possible. Also do slow high joint front-leg, lowering slowly. Repeat.
2. Left hand on support, left hip to support; raise right leg front and close 8 times, being careful to lower leg slowly each time. Do this exercise in sideleg 8 times and rearleg 8 times. Then

- turn and repeat with opposite leg. Body well drawn up and straight—free arm extended to side.
3. Same as 2.—but lying on back, then on side and stomach.
  4. Stand on one leg, slowly extend other leg to rear; without stopping tip body forward to arched arabesque; slowly straighten body without disturbing arch and lower rearleg to close. Reverse and repeat.
  5. Do SLOW backbends in kneeling positions and stands stradleg holding a stone in each palm; stone should be just big enough to hold comfortably in the palm.
  6. Hold 1 lb. sandbag in each hand, bend closearm,

hands shoulder high:

- a) feet closed; slowly rise high in toestand,
- b) arms slowly stretch to uparm (hold toestand),
- c) bend closearm slowly,
- d) slowly lower to stand.

Do a number of times—increase weight in each hand.

7. Jump repeatedly in place while holding weights, being sure to land on bent knees.
8. While facing stall bars or ladder have light weight girl sit astride your shoulders with her hands resting on rung before her to control her balance. Slowly raise to toestand and lower to stand a number of times; stridestand sideway (about 12") and repeat rising to toestand.

**JERRY POLACEK**, top all-around gymnast. Jerry is a member of Sokol Tabor, Berwyn, Illinois, and a student at Western Illinois University. He has a long background of Sokol education and training. His parents, Otto and Blanche, and sister Janice, each have a fine Sokol record.



## EXERCISE WITH UTILITY BALL For Junior or Senior Women

Composed by **ANNELIESE SCHLOTTMAN**, Sokol West Suburban

To be done in pairs by any number of junior or senior women, preferably in rows of 4.

### PART I.

16 measures of 4/4 count.

#### I. With ball held in both hands waist high . . . .

1. Bounce ball with both hands, closeleg knee dip with bounce.
2. Repeat.
3. Repeat.
4. Repeat bounce but catch with both hands in front, closeleg knee dip.

#### II.

- 1.-4 Repeat entire first measure.

#### III.

- 1.-2. Toss ball up, arms extended upward, closeleg toestand.
- 3.-4. Catch with both hands at waist level, closeleg knee dip.

#### IV.

- 1.-4. Repeat III.

#### V.-VIII.

Repeat first IV. measures.

#### IX.

1. 45° turn to left.
- 2.-4. Bounce ball in front with right hand and skip left, right, left with 3 bounces.

#### X.

- 1.-3. Repeat bounces and skips of IX. (2.-4.) but to the rear.

4. Catch ball with both hands closeleg.

#### XI.-XII.

1. 90° turn to right.
- 2.-8. Repeat bounces of IX. and X.

#### XIII.-XVI.

1. 90° turn to left.
- 2.-15. Repeat IX.-XII.
16. Catch ball with both hands waist level turning 45° right to face front.

### PART II.

25 measures of 3/4 count.

#### I.

- 1.-2. With ball in right hand, left arm closearm, swing right hand to rear, closeleg knee dip, then forward, repeat dip.
3. Transfer ball to left hand.

#### II.

- 1.-2. Repeat I. with left hand, right arm closearm.
3. Transfer ball to right hand.

## III-IV.

1-6. Repeat I-II.

## V-VI.

1-6. With ball in right hand palm upward, push ball overhead, to left closeleg knee dip and catch with left hand uparm, palm up. Lower to shoulder and hold.

## VII-VIII.

1-6. Repeat V-VI. but to the right.

## IX-X.

1-6. Repeat V-VI. to left, but extend left leg sideward with knee dip, transfer to right, closeleg.

## XI-XII.

1-6. Repeat IX-X. to right. Transfer ball to left, but then bring ball around to front to hold with both hands waise high.

## XIII-XXIV.

1-36. Repeat from beginning of Part II. (I-XII.)

**PART III.**

32 measures of 3/g count.

## I-II.

1-6. Run forward, holding ball with both hands waist level, beginning with left leg, throw ball up on count 4. and catch on 6.

## III.

1-3. Bounce ball with both hands, closeleg dip,

catch ball.

## IV.

1-3. Turn 180° to left with short running steps, to about face.

## V-VIII.

1-12. Repeat I-IV. ending with ball at waist level.

## IX.

1-8. Grasp ball with right hand so fingers dig into ball enough to have firm hold and with closeleg knee dip, left arm closearm, swing right arm to rear and around in 360° circle.

## X.

1-3. Flex wrist, so fingers point to rear, closeleg knee dip and complete 90° half circle, bend forward at waist.

## XI-XII.

1-6. Reverse movement with knee dips to original position as beginning of IX. and transfer ball to left hand.

## XIII-XVI.

1-12. Repeat IX-XII. with left arm, but of count 12. end with both hands holding ball at waist level.

**PART IV.**

16 measures of 4/4 count.

## I-XVI.

Repeat entire first part.

MARIE PROVAZNIKOVA:

**THE FOUNDING OF SOKOL**

Nazdar, children! Because you are Americans, in school you learn how our country originated and what her history was. It would be disgraceful if you didn't know it, right! Similarly, since you come to Sokol you should know how Sokol originated. I will tell you.

In the middle of Europe there is a small country, Czechoslovakia. Once, long before Columbus discovered America, it was a famous independent kingdom. But later it lost its independence and foreign rulers dominated and unjustly suppressed the people. The Czechs longed to be free so that they could rule themselves—just as the American settlers wanted to be free and not dependent on England. But there were few Czechs and they were surrounded by their enemies, therefore, they could not start a revolutionary war as our forefathers did.

More than 100 years ago a young doctor and university professor, Dr. Miroslav Tyrš, thought about how in history some small nations defended

their freedom, but on the other hand, some powerful states crumbled into oblivion; big nations perished without leaving any trace. He concluded that it doesn't matter how many people there are but rather if the nation is physically and morally fit and strong. The big nations died when their citizens were soft, lazy, selfish and imprudent. Tyrš wanted to train his nation to such strength, bravery and morale so that it would not die but again be able to win back its freedom. That is the reason Tyrš started Sokol. Sure enough, it didn't take long till the Czech and Slovak nation once again gained its independence. And most of the credit belonged to Sokol.

Our American nation is big, but even it must keep healthy and morally strong so that it will remain powerful in the future. That is why we establish Sokol units in the United States and gym in them, training ourselves and others so that our nation will remain big and strong, in the future and forever.

**GIRLS – HIGH BEAM**

(CONTINUED FROM MAY)

## EXAMPLES:

1. Run and jump jointleg to support kneel—90° turn to left to step right forward—chasse hop left forward (step, close)—step forward left and arabesque—rearleg right, reararm, thru

sidearm—hold.

2. Run and jump jointleg to support squat—90° turn left, body wave to toestand left front—uparm thru sidearm—step forward left and hop left forward to squat right before left—

jump to stand reartouch left.

3. Run and jump jointleg to support squat sideleg right—90° turn to left and swing right leg along beam to step right front—sidearm.

#### 18. JUMP TO STAND MOUNTS:

##### Execution:

1. Mount without manual support to front, side or end of beam.
2. Mount from side: to squat frontleg, to stand frontleg, to stand rearleg.  
Mount to front: to arabesque.  
Mount to end of beam to stand bent frontleg right (left).
3. Mounts are executed from run—takeoff from board which is placed a short distance from beam.
4. In all above mounts without support to various stands, the role of the swinging leg is most important; it must swing high above beam.
5. The takeoff leg straightens and hips are drawn high.
6. After swinging leg steps on beam from above, the mount is finished.

##### Teaching:

1. Mounts are first taught on wider area—Swedish box is best.
2. Later, mounts are done on lower beam.
3. From the beginning, the gymnast helps herself with one hand on mount.
4. First teach mounts diagonally to half squat front touch, later front and side mounts at end of beam.

##### Assist and Spotting:

1. During mount from run diagonally, the instructor stands on same side as gymnast during takeoff, the instructor grasps gymnast by hips or during the first attempts he travels with gymnast, holding her hand (the instructor turns his palm up so gymnast can lean on palm).
2. After mastering takeoff and swing, the instructor stands behind beam and from beginning assists during jump holding gymnast's hand.
3. During jump front, instructor stands before beam and observes gymnast's shoulders to prevent fall forward.

4. During jump on end of beam, the instructor stands at side and at beginning assists gymnast by extending hand during takeoff.

#### 19. JUMP MOUNT TO STAND ON BEAM.

##### Execution:

1. Mount frontway or sideway onto end of beam.
2. Mount SIDEWAY: to squat frontleg, to stand foretouch, to stand rearleg.
3. Mount FRONTWARD: to scale or arabesque.  
Mount on end of beam: to stand foretouch bent right.
4. Mounts are done from run—rebound from board that is placed at moderate distance from beam.
5. On all mounts the swinging leg plays the vital role as it must swing high above beam.
6. The rebounding leg straightens while the hips are drawn upward.
7. After stepping with swinging leg upon beam from above, the mount is completed.

##### Teaching:

1. Teach on broader area at first—best is Swedish box or table.
2. Later, teach on low beam.
3. At beginning gymnast assists herself during mount by placing hand on beam.
4. First teach mount diagonally to half squat foretouch, later jump frontward and crossway on end of beam.

##### Assist and Guard:

1. During jump after run diagonally, the instructor stands on same side as gymnast, at moment of rebound he grasps her hips or during the first attempts he can run with gymnast holding her hand (instructor holds his hand, palm up, upon which gymnast supports herself).
2. After mastering the rebound and swing of leg, the instructor stands behind beam and at beginning helps during mount by holding her hand.
3. During rebound frontward the instructor stands before beam, observes the gymnast's shoulders to keep her from falling forward.
4. During jump to end of beam, the instructor stands at side and at beginning assists the gymnast by raising his hand during mount.

(Continued)

JAMES L. CIHAK

## Sokol for Children

The first Sokol unit in the United States was formed on February 14, 1865, in St. Louis, Missouri. The Sokol was 100 years old last February. The Post Office Department and government of our country honored the Sokols on that date. They did this by printing a commemorative stamp. (show stamp). You can read the words Centennial of the Sokols and Physical Fitness. This was a great honor for the Sokols as our government only prints 15 commemorative stamps in one year.

The Sokols received this honor because they trained thousands of children, their parents and grandparents to be physically fit. Exercise throughout our lives helps us to become strong and healthy. Good health helps us to work better, study harder and enjoy life more. You are lucky to be in a Sokol gymnasium. Very few children get this chance because there are not enough good teachers to help them.

## Financial Report ASO.

May 1966

### INCOME:

Dues .....	\$ 1,607.25
Convention Fund .....	21.25
Special assessment .....	135.00
Dividends and interest .....	435.68
Jewelry and hats .....	92.50
Sale of Sokol stamps .....	830.00
Sale of educational pamphlets .....	19.70
Sale of Manuals .....	5.50
Film rentals, postage .....	71.37
Resale of office supplies .....	3.27
<b>Total Income .....</b>	<b>\$ 3,221.52</b>

### DISBURSEMENTS:

#### Administrative Department

Salaries .....	\$192.36
Rental, janitor service, phone ....	133.04
Advertising .....	50.00
Traveling expense .....	45.00
Office supplies .....	31.66
Petty cash .....	70.41
	<hr/>
	\$ 522.47

#### Educational Department BOI.

Salaries .....	\$187.95
Editor "Sokol Gymnast" .....	25.00
Printing "Sokol Gymnast" .....	27.72
Printing educational pamphlets ...	403.00
Music from bro. Kubina .....	25.00
	<hr/>
	\$ 668.67

#### Sokol Publication

Printing .....	\$529.15
Postage—April 1966 .....	29.02
Editor .....	75.00
	<hr/>
	\$ 633.17

#### Promotional

Slet film refunds .....	\$ 80.00
Transfer of funds to savings accounts .....	\$ 4,500.00
	<hr/>
	\$ 4,580.00

**Total Disbursements .....** \$ 6,404.31

### BALANCE:

Totals brought forward:	
Western National Bank of Cicero check- ing account .....	\$ 8,071.91
Income—May 1966 .....	3,221.52
	<hr/>
	\$11,293.43
Disbursements—May 1966 .....	6,404.31
	<hr/>
	\$ 4,889.12

## FROM OUR DISTRICTS

### CENTRAL DISTRICT

Meeting Held April 27, 1966

Bro. Prechal will contact Bohemian National Cemetery for a loan of a tent for the use and/or rain protection of musicians at the Slet.

Sis. Ellen Jeanne Schnabl. Correspondence handled—refund checks mailed on return of Slet films. Also scheduled films for future viewing. With sis. Falta sent out 2 new booklets—"Dr. Miroslav Tyrš" and "Our Task, Aim and Goal"—to all units. Sis. L. Jindra, Sokol West Suburban, was given 600 pamphlets for insertion into program books for exhibition held May 7. Paper holders installed by bro. Ed Schnabl. Cut stencils and sent out News Bulletin for sis. A. Basta.

Sis. B. Prener reports office matters are handled expediently. By-laws of Sokol Fuegner-Tyrš, So. Omaha, have been approved and forwarded to bro. Pavoucek. Income tax reports for 1965, compiled by bro. Vodrazka, have been filed. The Internal Revenue Department has been asked to correct the name of our organization. Attended auditing committee meeting. Called attention to necessary meeting of Slet officers and Financial Committee to settle final Slet matters. Recommend Ellen Jeanne Schnabl's salary be increased to \$2.00 per hour effective immediately. Approved.

**Financial Secretary**—Sis. A. Falta read report of receipts and disbursements for the month of April. Books audited from October through March by 2 members of auditing committee—bro. F. Marsalek, bro. S. Barcal, sis. B. Cihak, sis. B. Prener—sis. A. Falta assisted. Motion made and passed that bro. Basta and bro. Vodrazka, together with sis. Agnes Sotka arrange disbursements into proper departments.

Bro. Barcal reports bro. Vodrazka advised depositing of \$5,000 into savings and loan account. Approved. Bro. Vodrazka advised there is \$6,750 in stamps on hand.

**Membership Chairman**—Bro. G. Basta: Printing of revised quarterly report will be delayed until results of contest for Sokol emblem are in July 1. Compiling of statistics for each unit as of December 31, 1965—this report will be published semi-annually and will appear in next issue of American Sokol.

**President**—Bro. S. Barcal: Met with bro. Emil Hrabina of Southern District and bro. F. Vodrazka and discussed July 1967 Slet details. All possible information given. Also discussed black and white insert for American Sokol. Discussed with bro. Spanek and bro. Salak subject of incorporation of men's and women's division of Sokol Los Angeles. Spoke with bro. Suster of Northeastern District. Discussed progress of Sokol activities at Cleveland and Detroit. Helped with the auditing of the books. May 14th attended dedication ceremonies at the new American Czech Educational Center in St. Louis. This was very well organized and very well attended. Attended wake of bro. John Chrastka. Unable to attend West Suburban and Racine exhibitions due to other engagements. Recommended additional members be obtained for auditing committee.

Sis. Welcl-Ruzicka expressed her thanks for get-well wishes extended during her illness.

KEEP YOUR ENTIRE FAMILY PHYSICALLY  
FIT FOR BETTER HEALTH.

Received the March minutes of the ASO. and the minutes of the annual meeting of the Western District.

Report of the men's director, bro. Roy Zitny, contained in a large part the preparations for our Slet, Victory Dance and tournaments. All committees for competition, awards, Victory Dance program and Sokol Day are functioning and all unit resources are being made available to them. Many details of a technical nature are to be ironed out, but all important decisions as to our program have been reported at prior meetings. All that remains now is for all to work for our common goal.

Bro. Basta has arranged for bus transportation to New York (Greyhound) to leave from Sokol Brookfield on Wednesday, June 29.

Full report of the St. Louis gymnastic clinic April 23 and 24. The prepared outline of the Sunday program was thoroughly discussed. The recommendation of the BOI. for sending gymnasts to the Slovak Slet, July 3, in New York was debated. The men recommended 28 men and juniors be sent, the women one team of high division junior girls. District will pay transportation—one bus. The individual gymnasts to cover other expenses.

The president, men's and women's directors, will represent Central District at the Slovak Slet in New York, July 3. The expenses will be paid by Central District.

Agreed to print a few posters for the Victory Dance.

Brother Karel Prchal will contact Vydra Movers and arrange for the transportation of apparatus for Sunday at the directive of BOI.

The summer course of the district is planned for several weekends in September and October. This will give more of a chance to those who would be unable to take up a straight two week session.

The tournaments will be held for the 2nd class June 4; junior boys and men June 11.

Women's Director, sis. Cheryl Savel: St. Louis gymnastic clinic was conducted by sis. June Pros (representing sis. Savel), sis. Janet Loyd (both of Sokol Tabor), bro. Charles Kalat (Sokol Slavsky), Chris Zitny, Jr. (junior from Sokol Brookfield) and myself.

Sis. Pros and I are in agreement that the work by the individual instructors was exceptionally well done. It was very gratifying to hear of so many people willing to help out in the various classes. It appears not to be uncommon for 3 or 4 members to assist the various classes, and is a credit to the enthusiasm by all.

The taped music was sent to Milwaukee, Racine and St. Louis. Tournament registration blanks and calisthenic corrections were mailed out. April 24 a gymnastic clinic was held under the supervision of sister Schnabl.

Brother Svambera and sister Falta gave a progress report on our souvenir program and ads.

Brother Karel Prchal reported the Bohemian National Cemetery will furnish the tent for musicians and also approved a \$40.00 ad for our program.

Sister Drozd wil ask her son Jan to paint 10 or 12 signs for posting on corners to direct public to the stadium.

The district flag bearer bro. Lankas will get our district flags in proper order and will ask ASO. to loan us the two white and blue flags we borrowed in 1964.

Sister Basta will negotiate with the school for a loan of the stadium on some other date in case of rain on June 12.

Riverside-Brookfield High School loaned us their ring construction.

Brother Kriz sent out Slet tickets to units and Czech organizations. Victory Dance tickets will go out this week.

\* \* \*

#### WESTERN DISTRICT

Meeting Held May 9, 1966

A letter was sent from the district executive officers to each unit within the district to encourage participation in the Western District Slet in St. Paul.

Letters were sent to Sokol Karel Jonas, Wilson, Kansas, and Sokol Caldwell, Kansas, regarding their status with the district.

**Board of Instructors**—Heinz Rohde, Secretary: Sis. Drozda reported that Sokol Cedar Rapids is sending 4 men to attend the May 14 and 15 workshop in Omaha. St. Paul is sending 2 men. A meeting will be scheduled with the St. Paul representatives to work out last minute details with bro. Benak and sis. Drozda.

Approved that in the event of a single entry (men or women) in the championship division, that the participant must score a total of more than 85% on all exercises to be awarded a championship trophy. It was felt that any one should be rewarded for their efforts during the year and continue their efforts for self-improvement.

The number of individuals to make up a team is as follows: Women—Low 5-4 count; Intermediate 5-4; High Division 4-3. Men—Low 5-4; Intermediate 4-3; High 3-2 count.

St. Paul committee will be asked to schedule the judges meeting at 5:30 P.M. on Friday, June 17, to allow the judges and contestants to attend the Twins baseball game scheduled that night.

Decided to acquire the necessary column flags anticipated to be used at the St. Paul Slet. Bro. Chab was to investigate the number of flags now on hand.

Numeral tags for the St. Paul Slet were donated by Paramount Paper Company.

**Director of Women**—Sis. Drozda participated in the Sokol Omaha Gymnastic. Waiting for letter in regard to swimming pool accommodations in St. Paul. Participation of the Sokols during the Nebraska Centennial Year will be based the same as the public schools.

All attendance cards are in. Did not receive high division floor exercise music.

**Director of Men**—Bro. Benak taped the vocal for song to be sung closing the St. Paul Slet.

**Director of Education**—Bro. Al Swoboda wrote letters in the So. Omaha Newsletter. Also preparing a leaflet on what the gymnast should expect in Slet competition.

Rich Beran and Joe Vonasek have been submitted for the Sokol scholarship.

Possibles for the Slovak Slet in New York are as follows: Wilber 2, Omaha 1, South Omaha 3.

An additional \$11.00 was returned for card party tickets boosting the profit to \$702.36. Our thanks again to the chairman, sis. Bea Pavoucek.

All units are reminded to refrain from mailing raffle books to members as it is against postal regulations.

St. Paul Sokol is working diligently as host for the Western District Slet to be held there June 18 and 19. All events will be held at the Highland Park High School.

Remember to keep Sokols in the limelight. Continue the drive for new members. Are you doing as well as Sokol So. Omaha who averages two new members each month?

Reminder to all units that Sokol Centennial Stamps are still available in large quantities from the ASO.

Sis. Drozda suggested that the ASO. try to keep the present Slet schedule so that the units can enjoy one another's Slets.

Bro. Chab asked to have Sokols participate in the Czech Days in Wilber.

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## SOUTHERN DISTRICT

Meeting Held May 9, 1966

### CORRESPONDENCE:

Letter from sis. Zdenek, ASO. Director of Women, a reply to the district's inquiry about calisthenics. The letter states that all calisthenics for all classes and competition exercises for seniors and juniors for the 1967 Slet will be ready and distributed early in September 1966. Received a newsletter from the Public Relations Committee of ASO. Reports from secretaries of units Corpus Christi and Houston.

### REPORTS OF THE UNITS:

**Yukon, Okla.**—Bro. Kouba: The unit is working jointly with the ZCBJ. fraternal association for the Czech Day to be held October 15 in Yukon. The unit is requesting a gymnastic participation at that time.

**Dallas**—Bro. Jurcik: Gained one regular and two associated members. The unit's facilities will be available for the district course but stipulating that the day gym classes are being conducted from

3:30 to 6:30 three times a week and intend to extend the classes to 5 days.

**Ennis**—Sis. Jurcik: Plans for a clean-up day. Change of meeting date next month due to ZCBJ. state meeting. Gained two members.

**Fort Worth**—Sis. Milan: Gym classes have increased both in children's and adults. Eight members attended the Slet meeting on April 25. In order to increase attendance of meetings of the unit letters are mailed to members urging them to attend.

**Houston**—Sis. Petrzelka: Activity on each Sunday of April. Easter egg hunt, dinners, dances and bingo games listed as activities. Four gymnasts entered AAU. meet. Martha Busch won second place on the high-low bars.

**Corpus Christi**—Bro. Kucera: At the regular meeting in May will have dinner for members and will distribute Sokol pins to long-term members.

**Report of the Treasury**—Sis. Kane gave detailed report.

### REPORT OF THE TECHNICAL STAFFS:

**Director of Women**—Sis. Laznovsky: Mailed attendance cards to sis. Zdenek. Approved and mailed sis. Busch's application (Sokol Houston) for Sokol scholarship. Had inquiries on children's competitions and course. Made a trip to West.

**Director of Men**—Bro. Milan: Attended AAU. meet in Hurst. Sokols participated as competitors and judges. Announces and displays a Slet pamphlet that has been mailed out.

### SUBJECTS OF DISCUSSION:

**Course**—Tentative plans to hold the course August 7 thru 20. The Technical Staff will contact the ASO. about a instructor. The units will be advised of the date and for prospects of students.

A recommendation was made to send representatives to the SGUS. Slet. The recommendation will be presented to the Slet Committee.

**Yukon, Okla.**—The members of the unit present gave a report on plans for the one-day affair. The day has been proclaimed as Czech Day by the Governor.

Bro. President reviewed the Slet Committee progress and said that he had a verbal approval on that progress from the ASO. He stresses the need to stimulate more interest in the units.

K. M. PRCHAL:

## BOJ O PĀTOU KOLONU BĚHEM DRUHÉ VĀLKY SVĚTOVÉ A JEHO SOKOLSKÁ NĀPLŇ.

Přispěvek k dějinám.

Proč byl organizován Obranný výbor.

Od samého vzniku války bylo nám jasno, že německá propaganda bude pokračovat ve Spojených státech v tom co činila za první války světové, ba že, což u nacistů německých se rozumělo samo sebou, bude ještě pronikavější a nebezpečnější. Věděli jsme, že rozvinou velkou akci tiskovou, mající za účel "prodat Američanům" německou ideu a učinit německou věc v americké veřejnosti nejpřijatelnější. Proto jsme sledovali pozorně německý tisk, zvláště sloupce orgánu německého Bundu v Americe, který jsme pod krycím jménem předpláceli,

stejně jako propagační literaturu ze samého Německa do Ameriky zasílanou po celou dobu, dokud Německo nebylo s Amerikou ve válce. A také jsme věděli, že od té doby, kdy americké zbrojovky získaly objednávky zbraní a válečného materiálu ze spojeneckých zemí a Amerika, ač neutrální země v té době, stala se fakticky zbrojovkou spojenců, němečtí agenti budou i nyní, jak to činili za války poslední, snažit se o zpomalení pracovního tempa ve zbrojovkách a sabotáží podlamovat výrobu válečného materiálu, případně i ničit a kazit materiál vyrobený.

Této zločinné činnosti bylo třeba klást meze nejen z prosté občanské povinnosti, ale i z jiné, pro nás velmi důležité příčiny. Ve zbrojním průmyslu americkém bylo zaměstnáno i mnoho našich krajanů spolu s dělnictvem ostatních slovanských národností. Pozdější zkoumání Úřadu válečných informací ve Washingtoně zjistilo v r. 1942, že 53 procent osazenstva amerických závodů, pracujících pro obranu země, složeno bylo z dělnictva slovanských národností. Tudiž i život a zdraví našich vlastních krajanů bylo vystaveno nebezpečí při zločinných pokusech německých agentů o ochromení zbrojní výroby v Spojených státech. A bylo tedy přirozeno, že jsme neminili nečinně přihlížet k zločinným akcím Hitlerových agentů v amerických továrnách. Sledovat a odhalovat jejich činnost bylo třeba jak na ochranu amerického majetku, na ochranu americké a spojenecké branné moci a způsobilosti vést boj proti zavlitému nepříteli, tak na ochranu zdraví a životů našich krajanů a slovanských pobratimců, v takových masách v zbrojním průmyslu americkém pracujících.

Od samého počátku nám bylo neméně jasno, že jest se nám vyvarovat důsledně jakékoli akce samovolné, jež by, třeba organisována na ochranu Ameriky, nebyla v plném souhlasu s americkými zákony a příslušnými úřady. Nebyl také čas a příležitost na ochotničení a hraní si na privátní detektivní službu a hledání slávy na detektivním poli. Takové služby Amerika v tuto chvíli nemohla potřebovat a příslušné úřady přímo varovaly před samovolnými akcemi. Ostatně bylo neméně jasné, že bez ukázněného zapojení se do úředního aparátu amerického a spojeneckého akce naše by nemohla přinést žádoucího výsledku. Bylo třeba s naší strany akce široce rozvinuté, systematicky prováděné, odborně vedené a plně zapojené do akce amerických úřadů a spojeneckých činitelů. Na těchto zá-

sadách byla akce naše organisována a posléze postavena.

Byla uvítána velmi sympaticky se strany příslušných činitelů, chápujících, že doplňuje činnost jejich a má možnost zjistit leckdy případy, jež zůstávaly utajeny zřízencům úředním, jichž počet byl celkem dost omezen, kteří nemohli mít oči všude a namnoze nebyli ani dobře obeznámeni s místními poměry. Bylo nám nemalým zadostiučiněním když na příklad po takové návštěvě v naší úřadovně jsme slyšeli uspokojivou poznámku zřízence, že tato návštěva u nás ušetřila mu deset návštěv jiných. Velikou, ba neocenitelnou výhodou naší bylo, že mezi dělníky českými bylo více osob znalých němčiny a mezi slovenskými znalých maďarštiny než ve skupinách jiných a ti měli příležitost i schopnost sledovat rozvratnou činnost Hitlerových lidí a jejich maďarských spojenců lépe než kdokoli jiný, zvláště pak než těchto jazyků neznalí pozorovatelé zvenčí. Tato okolnost byla známa činitelům úředním a proto vítali pomoc s naší strany. Rovněž jim dobře byly známy služby, prokázané organisací kapitána E. V. Vosky v první světové válce, což bylo velmi dobrým doporučením i době války druhé. Kpt. Voska sám, když se mu podařilo uniknout z Československa do Ameriky, vstoupil přímo do příslušné služby spojenecké. O své činnosti v době první války světové vydal v r. 1940 knihu, v níž vylíčil své zkušenosti. Vydána byla v době, kdy Amerika byla ještě neutrální a znovu upozornila na činnost německých agentů v Americe, ale zároveň upozornila na možnost obnovení této činnosti německými agenty a isolačníky křičícími, že prý se s naší strany pracuje pro zatažení Ameriky do války po boku spojenců, zvláště Anglie, proti které se německá propaganda zvláště soustředila, používajíc s výhodou protianglických nálad amerického lidu přezívajících z dob války za neodvislost a uměle Němci stále živěných.

(Pokračování)

## Marie Anna Veselá

V Corpus Christi, Texas, zemřela 8. května sestra Marie Anna Veselá. Na její pohřbu, který se těšil veliké účasti členstva a občanů, promluvil br. Václav F. Kučera. Výňatky z jeho projevu:

Smutná událost přivedla nás dnes na toto místo posledního odpočinku, abychom se navždy rozloučili z naší zesnulou sestrou, matkou, babičkou a prababičkou, která podlehla zákonu přírody a navždy nás opustila. Vzpomeňte tiše v této chvíli na hrdě vztyčenou hlavu ženy, která s námi v dobách zlých i dobrých kráčela. Byla to žena, která viděla daleko kupředu.

Z kruhu našeho odešla v neděli, dne 8. května, ve věku 77 roků. Žena čistého srdce, obdivuhodná, tichá. Jejeho odchodu bude želeno všemi, kdož ji znali. Bolest a stesk pro ni je větším, že byla vzornou manželkou, pečlivou matkou a věrnou přítelkyní všem.

Sestra Marie Veselá, rozená Marie Anna Moravcová v roce 1888 v Zěhušicích v Čechách, přijela do Ameriky v roce 1906. V Little Ferrv, New Jersey, se poznali s pozůstalým manželem Frankem

Veselým, kde uzavřeli sňatek 5. dubna 1908. Do Corpus Christi přijeli v roce 1939. Měli spolu pět dětí, tři dosud žijící. Syn Václav v Corpus Christi dcera Helen, provdaná za Veselého (bez přízně) žijící v Chicagu a druhá dcera Francis, provdaná za Jos. Dudžinského v Mercedes, Rio Grande Valley, Tex. Zesnulá zanechává 4 sestry a jednoho bratra v Československu a jednu sestru v Berwyn, Ill., 7 vnoučat a 8 pravnoučat. Zesnulá požívala úcty všech, kdož ji znali. Nikdy nehleděla na hmotné statky, ale poctivé, upřímné a chápavé duše nade vše si zamilovala. Život lidský byl pro ni jako sen, než ji stihla nemoc a byla upoutána na lůžko.

Loučím se s Tebou, sestro Veselá, za všechny členy spolků, ku kterým jsi patřila. Loučím se s Tebou za celou rodinu, kterou jsi tolik milovala. Věděla jsi co jest bida, starost, drsná práce. Přejeme Ti zaslouženého klidu a odpočinku po plodném životě, naplněném záslužnou a užitečnou prací. Spi sladce spánek svůj poslední. Čest Tvoji památce. . . .

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