

AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

No. 10

October, 1966

CHARLES PRCHAL:

SOKOL PHILOSOPHY

Briefly stated the SOKOL ideal is basically an educational program aimed at unifying and uplifting a nation as a whole. It was Miroslav Tyrs, one of the founders of the Sokol, who recognized its underlying mission when he wrote: "Health, strength, morality, prosperity, success in all spiritual as well as physical activities, arts and sciences, all these important facets of human existence, are closely interlocked with the Sokol idea." The preceding quotation expresses in condensed form the very essence of the Sokol.

That is why Tyrs directed all his endeavors to the nation as a whole, to all its political, social and economic strata. And that is also why Jindrich Fuegner, the second Sokol founder, was so insistent upon the need for mutual brotherhood and deep social understanding when he wrote, "Be at all times a wealthy brother of one who is less gifted with material possessions; or one who devotes his spiritual strength toward his country's betterment, and be a sincere brother of every Sokol whose palms are roughened by callouses of honest physical labor."

From its very beginnings the Sokol aims were directed with equal emphasis to the youngest as well as the oldest members of the nation and to men as well as women. Writing in 1865, Tyrs addressed himself to the women of the nation, saying "You, whose subdued yet nevertheless powerful influence rules the hearts of men. There is no general, all-embracing patriotism, which was not planted by a mother's guiding words, and woe to any nation in which the men's virile efforts are not fully appreciated by its women."

(Continued on page 120)

You do not have to be an excellent gymnast to be physically fit—BUT you must be physically fit to be an excellent gymnast!

—MILDRED PRCHAL

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OFFICE OF THE EXECUTIVE BOARD ASO.

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Calendar of Events

— 1966 —

- NOV. 5th—SOKOL LITTLE FERRY, N. J.
69th Annual Duck Dinner.
- NOV. 5-6—SOKOL TYRS, CLEVELAND, OHIO.
Theatrical Guild production "Once Upon a Mat-
tress."
- NOV. 6th—SOKOLICE LIBUSE, SO. OMAHA,
NEBR. — Card Party.
- NOV. 12th—SOKOL ST. LOUIS, MISSOURI.
Minstrel Show.
- NOV. 12th—SOKOL BROOKFIELD, ILLINOIS.
35th Anniversary Banquet.
- NOV. 13th—SOKOL OMAHA GYM CLASSES.
Annual Dumpling and Pork Dinner and Carnival.
- NOV. 18-19-20—SOKOL MILWAUKEE, WIS.
Holiday Folk Fair.
- NOV. 25th—SOKOL HAVLICEK-TYRS, Chicago,
Ill. — Annual Fun Fair. Games and sale at booths.
Supper from 5:30 p.m.
- NOV. 26th—SOKOL SLAVSKY, CICERO, ILL.
4th Annual Banquet—"Hawaii Calls," Peacock
Room, CSA. Building.
- NOV. 26th—SOKOL SLAVSKY, CICERO, ILL.
Annual Dinner Dance.
- NOV. 27th—SOKOL SO. OMAHA, NEBR.
Card Party—21st and "V" Streets.
- NOV. 29th—SOKOL & SOKOLICE SO. OMAHA,
NEBR. — Falstaff Party.
4. PROS.—SOKOLICE TÁBOR, BERWYN, ILL.
Divadelní představení k oslavě stého výročí trvání
Sokola Tábor: "Krajánek Holandr — jde na
vandř". Začátek ve 2:30 odpo.

- DEC. 31st—SOKOL LITTLE FERRY, N. J.
Annual New Year's Eve Celebration.
- DEC. 31st—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — New Year's Eve Dance.
- DEC. 31st—SOKOL TABOR, BERWYN, ILL.
New Year's Eve Banquet.

— 1967 —

- JAN. 4th—SOKOL SLAVSKY, CICERO, ILL.
Installation of officers, Gold Room, CSA. Build-
ing.
- JAN. 21-22—SOKOL TABOR, BERWYN, ILL.
100th Year Anniversary.
- JAN. 28th—SOKOL TOWN OF LAKE, CHICAGO,
ILL. — Townites Social Club Annual Masquerade
Dance—Peacock Room of the CSA. Bldg.
- FEB. 4th—SOKOL MILWAUKEE, WISCONSIN.
Jaternice Supper and Social.
- FEB. 5th—SOKOL SLAVSKY, CICERO, ILL.
Pancake and Rummage Sale, Gold Room, CSA.
Building—7:00 a.m.
- FEB. 25th—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — Annual Šibřinky.
- FEB. 26th—SOKOL MILWAUKEE, WISCONSIN.
Sun., Feb. 26th—Winter Outdoor Carnival.
- MAR. 4th—SOKOL BROOKFIELD, ILLINOIS.
Gymnastic Exhibition.
- MAR. 11 & 12—SOKOL TABOR, BERWYN, ILL.
Gymnastic Exhibition.
- MAR. 19th—SOKOL SLAVSKY, CICERO, ILL.
Gymnastic Exhibition.
- MAR. 25th—SOKOL BERWYN, ILLINOIS.
Gymnastic Exhibition.
- APR. 1st—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — Gymnastic Exhibition.
- MAY 13th—SOKOL MILWAUKEE, WISCONSIN.
Annual Exhibition.
- MAY 20th—SOKOL MILWAUKEE, WISCONSIN.
Interclass Meet.

Za br. Antonínem Kuželem.

Sokol Americký, v Chicagu, ztratil svého zaklá-
dajícího člena, dlouhá léta člena čestného, vzácné-
ho člověka, ryzí povahu, opravdového Sokola —
bratra Antonína Kužela. Zemřel 8. září 1966 ve
stáří 75 let. Narozen byl na Moravě a ve Spojen-
ých státech žil 55 roků.

Po 37 let byl vedoucím cestovního oddělení Ska-
lovy státní banky a členové, kteří se účastnili zá-
jezdu Americké Obce Sokolské k X. všesokolskému
sletu v Praze v 1938 si vzpomínají mnohých slu-
žeb, které jim poskytl; zvláště členstvu cvičícímu.
Letošního roku navštívil se svoji manželkou kraje,
v nichž rostla jeho mladá léta. V Československu
pobyl dva měsíce a srdeční záchvat donutil oba k
rychlému návratu domů. Zde odebral se do nemoc-
nice, ve které se jeho srdce zastavilo docela.

Byl dobrým hudebníkem, malířem (vlastním jím
vypracovaný krásný diplom čestného členství), na-
psal řadu básní i článků a byl i schopným socha-
řem.

Ti, kteří ho měli štěstí poznat, nikdy nezapome-
nou. Čest památce věrného stoupence nesmrtelné
myšlenky Tyršovy!
kmp.

AMERICAN SOKOL

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SOKOL SCHOLARSHIP WINNERS



Christine Ann Tuma



Jane Mastny



Martha Busch



Susan Basta

The delegates at the X General ASO. Convention held in Chicago in June 1965, accepted the recommendation of the Finance Committee to grant scholarship awards from the Sokol Future Leaders Fund.

The task of making the selection was placed on the ASO. Board of Instructors as agreed at the convention. Early in the year, a Scholarship Committee was formed and after several meetings, basic requirements were agreed upon, mainly that applicants be taking a course in Physical Education at an accredited college or university. An application blank was designed to give the committee as much information as would be needed in order to make their selections. The official announcement was published in the American Sokol in May 1966 issue, soliciting applicants for the scholarship awards. Fourteen applicants applied from the various districts, except Pacific.

During the month of June, the Scholarship Committee met and formulated a point system, evaluating each item asked for on the application. The

following were selected as the winners of each District:

EASTERN—Christine Ann Tuma, Sokol Little Ferry
NORTHEASTERN—Jane Mastny, Sokol Tyrs
CENTRAL—Susan Basta, Sokol Brookfield
WESTERN—Richard Beran, Sokol Omaha
SOUTHERN—Martha Busch, Sokol Houston
PACIFIC—No applicant

In order to perpetuate our Future Sokol Leaders Fund members can make direct donations to the fund through legacies, in memory of a deceased member, relative or friend. This way our fund will grow and serve the purpose it was intended for. These contributions made to the American Sokol Organiza are tax deductible. Perhaps the next convention may increase the present \$100.00 scholarship award to a more substantial figure.

Best wishes to each of our scholarship award winners in their school studies and in their future Sokol work to promote our Sokol motto of "A sound mind in a sound body."

SCHOLARSHIP COMMITTEE

GEORGE C. BASTA, Chairman
EDWARD LINHART

LORRAINE ZDENEK
PAUL LEBLOCH

ASO. Organizer Visits Sokol Detroit Camp at Sandy Bottom Lake, Mich.

Congratulations to Sokol Detroit on a beautiful camp!

Preparations were being made for the unit's public exhibition the following day, when we arrived—

and the camp was in excellent shape, especially with a new snack bar "plaza" constructed in place of the former kitchen. Cleveland Sokols arrived in two buses Sunday morning and all received a free

dinner from the hosts. Gymnasts from Windsor, Ont., Canada, arrived with their flag.

The program was published in the last issue of American Sokol and all I want to add is that the setting was beautiful. Just picture a lake in the background, wooded shore line, mass calisthenics on the grass in the foreground and you perched on a high hill under shade trees watching the performance.

We had one meeting Saturday evening and talked over many of our problems. Detroit's officers are all younger people with families and now in the midst of finishing their new building which they open in January 1967 at a cost of over \$225,000. Junior boys and girls are working together for the Dallas Slet travel fund selling cookies, having pancake breakfasts and washing cars. The gym conducts a car raffle every year, rummage sales and paper drives.

It was a pleasure to see many of our workers busy at the booths, in the ranks, etc. The Women's Division Physical Director Jarmila Kalivoda (graduate of Sokol School at Potter's Lake) and Harry Valek, Men's Physical Director, conducted the program very well and were well rewarded for their hard work. The Detroit Women's Division is headed

by President sis. Nozicka, who was our hostess, in one of the many cottages owned by members on the grounds. We greeted a delegation of Polish Falcons and a Slovak group from Rossford and Cleveland. We were asked why the camp is not used more often for an instructor's course? We met with bro. Mily, a member and worker since childhood, following in his mother's footsteps, who always had the camp and classes as his one hobby. Starosta bro. Hurych is assisted by able Henry Siedlik and Jos. J. Kovar. The problem of serving food to hundreds of guests was solved by an able kitchen committee serving cafeteria style, plus service at the three-way snack bar outside.

The new building is in Dearborn, Mich., in a new section, next to a large city park where members will be able to conduct outdoor activities. Men's and women's units hold separate meetings, pay moderate dues and vote on an assessment in addition every year. Contentment seemed to reign over all and we were happy to meet many former co-workers, the Zborils, Wimmers, A. Benesh and many others. We thank them for all they are doing and wish them the best in the future.

Emilie Welcl-Ruzicka

SOKOL PHILOSOPHY

(Continued from cover page)

Each Sokol unit is basically a school for national regeneration whether it is directed toward its physical, spiritual or moral regeneration. This underlying concept must be grasped by all who want to really understand the full meaning of being a Sokol. When I had an opportunity to touch on this subject several years ago I wrote in substance as follows: "The aim of the Sokol is to develop better men and women, better physically as well as spiritually and possessed of a better, understanding heart. It represents a systematic, harmonious, symmetrical, physical and spiritual upbringing of the widest strata of mankind.

Physical Fitness through gymnastics is not the only aim of the Sokol. It is merely a means toward the betterment of man in every way possible. That is why we are not so exclusively concerned with our gymnasts or their record-breaking attainments. We are not interested in the one-sided excellence of an individual. Our goals are directed toward the all-around, systematic training of the widest masses of mankind, and toward their sound physical, mental and spiritual health. Physical training is but a stepping stone toward a much higher pinnacle, a useful instrument in the service of grand, eternally true ideals. It is the perfect blend of physical fitness joined inseparably with one's will and determination.

Much could be written about the Sokol physical fitness program and its place in the world of sports, but that is not the purpose of this article. Stated simply, the Sokol is not merely a physical training program with emphasis on one's bodily well-being and strength. To be truly a Sokol ideal it must be directed toward the development of one's mind, and soul and heart as well. In the long

run these are the truly important facets of the Sokol ideal.

When, as is often the case today, we read and hear hopes and plans for the closer understanding among nations and among people, let us bear in mind that physical training, physical health, can do much to bring about this sorely needed harmony. But at the same time let us be realists and understand that healthy, well-fed, comfortable human beings in themselves do not and will not spell better world-wide understanding. To promote such universally desired ends we must combine moral strength, better education and open minds. That is why I firmly believe that improvement of the hearts and souls of men are most dependable foundations upon which to build mutual understanding and cooperation among the people of tomorrow. With these prerequisites we can hope for a better world to come, without them who knows? And it is important for every well informed Sokol to understand and realize that both Tyrs and Fuegner understood this world-wide significance of a better society among better morally and spiritually adjusted people, and that they implanted these basic thoughts in their earliest Sokol teaching.

Taking the works of the founders of Sokol, Dr. Miroslav Tyrs and Jindrich Fuegner in their entirety, we can say that in its fundamental concepts it is a philosophy of peace and mutual love and respect, transgressing the boundaries of narrow nationalism and embracing all mankind. That is why the Sokol ideal as promulgated by its founders has become one of the deepest, strongest roots sustaining the life and health of the nation. It is in this timeless unchanging interpretation that we must learn to understand to live and to spread the Sokol ideal!

Executive Board of the ASO.

Meeting Held Sept. 27, 1966

Dispensed with reading of minutes of meeting of June 28, 1966.

Minutes of special meeting of Executive Committee held September 7, 1966, were read. The action as taken by the Executive Committee is hereby ratified, and the minutes are made a part hereof.

Districts—Minutes of meetings of the Pacific District Aug. 10 and Sept. 14.

Regarding scholarship question brought up—the scholarship fund letter was sent to all districts and information appeared in American Sokol.

Minutes of meetings of the Southern District, July 11, August 8, and September 12.

Letter of August 3 regarding inserts of center pages in American Sokol—as formerly ruled, insert to appear in a total of 4 issues, namely: May, September, January and April.

Letter of August 28—requested copies of reports from other districts will be sent along with our minutes.

Regarding meetings to be conducted during week of Slet. Recommend that a "get-together" type of meeting be held, but closer to main Slet day—suggest Wednesday. Approved.

Approved the issuing of a Slet Seal for 1967. Labels will be run off and sent to Southern District for mailing of Slet Seals. Orchestration will be ready in early November.

The Baker Hotel, Dallas—information re: attendance and number of facilities required. Districts should be contacted for this information.

Correspondence—Sis. M. Provaznik referred to us application for position of ASO. instructor received by her. Will write to applicant for more information.

Czechoslovak Sokol Abroad asks permission to list ASO. on Slet program and letterhead as sponsoring II. Slet in Montreal, Canada, early in July 1967. Approved. Attention will be called to our Mid-Slet in Dallas July 1967.

Reports—Sis. E. Welcl-Ruzicka, Org. Committee Chairman, on trip to the West Coast. The Pacific District sends warm regards to the ASO. Executive Board. A full detailed report was given of the circumstances surrounding the Los Angeles unit incorporation, by both sis. and bro. Ruzicka. In this connection, bro. Barcal, President, bro. Rabas and sis. Prener met with bro. Frank Gajda (while he was in Chicago), and discussed the by-laws sent to us for approval. After thorough discussion, it was decided that bro. Barcal, sisters Ruzicka and Falta will go over the by-laws and make corrections thereto so as to coincide with the framework of our ASO. by-laws, submit these to our officers and then send these to bro. Gajda for approval at their meeting to be held Oct. 8, 1966.

Trip to San Diego, Calif.—Bro. J. Pokorny's car was used to make this trip. Meeting was arranged in San Diego with interested people, some of them former Sokol members, at the home of sis. V. Lacina. They will close list of names Oct. 9 at the Park Festival. Bro. Pokorny and sis. Palas will try to get them started gymnastically. A foundation for a new Sokol unit in San Diego has been laid.

Dallas—In Dallas everything is perking. Bro. J. Pokladnik called meeting at his home. Sis. Ruzicka has much material for bro. E. Linhart and sis. L. Zdenek. There is a very high degree of interest in the Dallas Slet. The total mileage covered was 5,850 miles, and cost of gasoline consumption was \$93.50. Sis. and bro. Ruzicka desire no remuneration for this expense, but make this their contribution to the ASO. Bro. Barcal, President, expressed our thanks to sis. and bro. Ruzicka for all their efforts on behalf of ASO. and hopes that much good will derive therefrom.

Tax Exemption of Units—Bro. C. Kropik, former V.P. of ASO., attended our meeting to explain the situation concerning tax exemption. ASO. is listed locally in individual capacity. Units will be informed as to procedure to institute in filing for exemption. Bro. Barcal thanked bro. Kropik for his explanation and invited him to stay for remainder of our meeting.

ASO.-BOI.—Bro. E. Linhart: Report of New York trip with meetings on gymnastic activities, competitions, special meeting of officials, and Slet festivities are contained in report of July-August American Sokol.

Correspondence received: I have been invited to attend the Sokol Detroit opening day ceremonies on January 27th and 28th, 1967.

During the past month, my activities have been taken up with the compiling of Slet calisthenics and apparatus exercises for the Dallas Mid-Slet. Will request meeting of Southern District in near future.

Traveling instructor and fund committee will determine allotment due each district for their use as per notification in letter to district presidents and secretaries. Due now is payment to sis. Geri Krizenecky for 2 weeks of instruction at Southern District course. Plane fare already paid.

I am submitting bill of \$50.00 for dues payable to the AAU. for year 1966-67.

As reported in last meeting, I had bro. Kubina recopy the music for our men and junior boys calisthenics. There is a bill of \$10.00 due bro. Kubina for this. Thanks to bro. Barcal who had a dozen copies of the music reproduced.

At this time I am requesting approval of the following names as members of the 1966-67 BOI., with additional ones to be named later: Stanley Barcal, Richard Ptacek, Roy Zitny, George Basta, Paul Fina, Paul Lebloch, John Satek.

Election of BOI. officers was deferred to the October meeting.

Letter read from bro. Kotlan, Northeastern District, requesting that taped fully orchestrated music be made available for all units. Bro. Linhart will investigate.

Sokol Detroit requests a special number to be used for the grand opening of their hall.

Bro. Capek, Eastern District, wrote requesting that a contest be held for the ASO. medal to be used only at the regular National Slets of the ASO. He suggests that the awards for the Dallas Mid-Slet have a Texas motive. The Eastern District requests that a District Directors conference be held in 1966 instead of 1967.

Bro. Linhart gave a report on the Slovak Sokol Slet in New York. AAU. medals were awarded to winners in each apparatus event. Bro. Linhart will

investigate the possibility of getting these AAU medals for our Slets.

Bro. Barcal reported on the executive meeting held between the ASO. and Sokol USA. in New York. It was agreed that we should leave the door open for co-operation.

It was recommended that speeches and introductions be eliminated or held to a minimum at ASO. Slet programs.

Bro. Basta reported for the Scholarship Committee. The pictures of the winners will appear in the "American Sokol." Bro. Rich Beran's picture has not been received.

Jamie Hruban, junior boy champion at the Sokol USA. New York Slet, will be requested to send a picture of himself for the "American Sokol." Pictures will also be requested from brothers James Reis and Peter Dusek, 1st and 2nd place men's championship winners.

A letter with regulations for the allocation of funds in lieu of a traveling instructor was sent to all districts. The Northeastern District replied with information regarding their course and their willingness to travel within their district.

Sis. Provaznik sent information on a Czech P.E. instructor living in Sweden. We will correspond with him in English regarding his qualifications for the ASO. traveling instructor's position.

Bro. Gombos of IGM. will be contacted regarding Sokol Supply and Sokol uniform specifications.

New tournament rules will be published. A listing of active units will also be made available.

Reports on instructors' courses held in Texas, New York and Cleveland were received.

AAU. dues will be paid. Information regarding the AAU. convention in Hawaii was received. Sister Prchal and bro. Fina will be contacted as to whether or not they will attend. It was recommended that \$15.00 per diem be paid per ASO. by-laws if they agree to represent the ASO.

Dallas Mid-Slet—It is hoped that all Mid-Slet material will be in the mail by the end of September.

Bro. Linhart will be in charge of the Dallas Slet championships. Bro. Fina will be asked to be head judge.

The Southern District will be in charge of all children at the Slet. Bro. Linhart will be in charge of junior boys and men.

An Old Guard drill will be made available and used if there are enough participants. Bro. Milan will be contacted regarding which Beseda they will perform. If space permits other Sokol districts and folk groups should be invited to participate.

It was recommended that diplomas be awarded to all Slet contestants.

It was agreed that a volleyball tournament be held for men and junior boys. Bowling and track events will be considered.

It was voted not to hold a basketball or swimming tournament.

Regarding AAU. convention in Hawaii—delegates attending will be paid \$15.00 per diem for 3 days only. Sis. Ruzicka reports in this regard that sis. Florence Palas is going to Hawaii and will attend as our delegate if desired.

Postponed for future action—attendance at Sokol Detroit opening day ceremonies Jan. 27 and 28, 1967. Payment of salary for 2 instructors for 2

weeks instruction at Southern District course, plus travel expense, approved, and to be charged against allocation of funds in lieu of traveling instructor. Names of new members (men) of ASO.-BOI. for 1966-67 approved.

BOI.—Sis. L. Zdenek, Director of Women: During July and August no regular meetings were held; however, I met with members of the BOI. on several matters.

One was in reply to requests from both the Eastern and Southern Districts for diplomas for the schools. It was determined that as our supply was exhausted, a new supply must be ordered immediately and with samples that bro. Linhart had, I worked out a new diploma which, with bro. Barcal's sanction, was printed. These have been sent on to the Southern and Eastern Districts, however, not in time for the conclusion of these schools.

Secondly, I attended to the printing of attendance cards and control sheets authorized in the June meeting of the Executive Board and these are now on hand in the office.

Replied to all correspondence received.

First meeting of the new season was held Sept. 19th, at which time the women of the BOI. assembled all competition exercises and calisthenics for the 1967 Mid-Slet. We had set the month of September as a final date for distribution of all technical material for 1967, and all members worked hard during the summer preparing exercises, editing calisthenics, cutting stencils, which were run off here in the office by sis. Schnabl.

During the last month, I have cut stencils for the 1st class boys, second class boys and men's calisthenics, which are now in the process of being mimeographed.

We have been assembling music for these calisthenics and have had a little difficulty in locating some of these. However, in the last three days, upon searching our own music supplies, sis. Schnabl and I have found copies of the original manuscripts for all classes. This means that we may have these copied any number of times for our own units' use without cost other than that of the copying.

Upon recommendation of the women's BOI. and with the approval of bro. Linhart, I request that the necessary orchestrations for 1967 be purchased from bro. Bastar, copied, and the originals retained in permanent file in this office. As we have had these difficulties before, it is my recommendation that in the future, any time original music is written for calisthenics and is purchased from the composer, when orchestrations are made for the use of the ASO. in any of our Slets, this be handled as a transaction by contract and all originals remain the property of the ASO.

I would like to submit the names of two prospective members to the women's BOI. for approval. They are: Sis. Mildred Udaykee, who has previously served on this board, and sis. June Pros, member of Sokol Tabor and newly elected Director of Women for the Central District.

Approved sisters M. Udaykee and J. Pros as new members. Submitted notes on informal meeting with leaders of SGUS. held in New York City; also report on SGUS. Slet June 30, July 1-3, 1966.

Editor—Bro. C. Prchal requests that the 3 issues of American Sokol containing the "insert" of Southern District be enlarged by 4 pages. Approved.

SOKOL GYMNAST

October 1966

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

ED STETKA:

THE SOKOL SYSTEM

In the training of any individual, we must take into consideration his mental attitude and his body type. In the training of the boys and girls, we must remember that their bones are small and soft and give them exercises which will not damage them.

The observance of discipline is necessary if the program of training is expected to procure satisfactory results. This also means the wearing of the regulation gym uniform to all gym classes.

During the past years, we have disregarded the most important part of the Sokol system and that is, progressive training. Progressive training is the instructing of the basic elements properly and the gradual progress to the more difficult elements. The proper development of a gymnast requires a gradual succession of one training period after another and only by degrees can an individual advance to a mature and controlled performance on the apparatus.

We should never push or rush an individual into a higher classification and we should never place an emphasis on a certain apparatus. We must not overlook the mastery and technique in the fundamental elements.

Proper spotting is also an important part of the Sokol system and no one should be permitted on

an apparatus unless a spotter is present. A spotter must always assume that the performer may fall on every element that he attempts and must be always alert.

Gymnasts, who have had the benefit of learning the basic elements properly, will know how to react when they "break" on the apparatus and consequently will never suffer any serious injuries. They also make the task of spotting easier as it is more difficult to catch a body out of control than one under control.

Learning how to swing properly on each apparatus can be considered the most important of all elements. By learning how to swing correctly and under control, the gymnast can secure the proper coordination for the more difficult routines.

In conclusion, it may be stated that the gymnast needs a correct foundation and the instructor must make the proper methodical selection of basic elements. These elements must be taught gradually and completely and performed perfectly. Failure to do this and trying to rush the gymnast into doing the difficult exercises, before he learns to control his body is not only dangerous to the gymnast, but it is contrary to the Sokol system.

JAMES L. CIHAK, Educational Director ASO.

Be On Time

You know how important it is for you to be on time for school. When all the children come into class together the teacher can begin her work quicker. You gain by this. No subject has to be shortened because you came late.

Be on time for your gym classes and wherever

you are sent on an errand. This is another good habit for your entire life. You will be respected because you will be dependable. Time is as valuable as money. Many times it is more valuable. Don't waste time, either yours or that of other people. A Sokol always shows consideration for others.

MARIE PROVAZNIKOVA:

ORGANIZATION

Nazdar, children! Do you know some other Sokol units besides your own? How could you not know them when you competed with them and you gymed with them on Slets. Which ones do you know? . . . But Sokol isn't only in America. I said to you that the first Sokol unit was born in Prague, in Czechoslovakia. That is a small country, but there were more than a million Sokols. Every 10th person was a Sokol. They had Slets with

300,000 gymnasts gyming in the largest stadium in the world which was built just for them and to which people came from all over the world to see. Sokol was also in Yugoslavia, in Poland, in Bulgaria and in Czarist Russia. In all these lands Sokol was forcefully broken up when the communists seized power, because Sokol trains its followers to democracy, to mutual love and to freedom, all of which the communists oppose.

The first Sokol unit in America was founded over 100 years ago in St. Louis. The American Sokol Organization, to which our unit and district belong (do you know their names?), has units from the Gulf of Mexico all the way to Oregon, from the Atlantic shore to the Pacific. When we all assemble at our Slets, we have one big group. But that isn't all. In the U.S.A. there is still a Slovak Sokol, Polish Sokol, Russian Sokol and Workers or

D.A. Sokol. Sokols who emigrated from Czechoslovakia, so that they wouldn't have to live under Communist rule, established a Sokol in Exile, which creates units everywhere, not only in the U.S.A., in Canada, in Europe, in South America, in Africa and in Australia. So you see that Sokol isn't only some small organization. It is a tremendous movement spread out over the whole world—except Asia.

MILDRED PRCHAL:

GIRLS – HIGH BEAM

(CONTINUED FROM SEPTEMBER)

EXAMPLES:

1. Step forward left, rebound from left to leap forward right landing in arabesque—half squat reartouch left, grasp beam, frontroll to seat—high frontleg—sidearm.
2. Jump to squat support left sideleg—90° turn to right—sidearm, frontroll to seat.

FRONTROLL OVER SHOULDER

Execution:

1. Grasp beam before body (as in roll over head).
2. Place shoulder on beam close before hands—head to side along beam.
3. Raise hips, bend head forward causing upper back to curve, hand which is on same side as head regrasps below beam.
4. Front roll movement follows—after roll, lay head on beam, the other hand also regrasps to below beam, elbows press firmly to head and roll finishes the same as head roll.

Teaching:

1. Teach correct holding of hands and placing of shoulder on low beam.
2. Teach roll over shoulder on low beam from kneel rearleg support.
3. Teach from various positions as in rolls over head.

Assist and Spotting:

1. Same as in roll over head.

MAIN FAULTS:

1. Insufficient rounding of upper back when beginning front roll movement.
2. Poor work of arms in directing movement.
3. Tardy regrasp and tardy placing of head on beam.

EXAMPLES:

1. Seat—high frontleg—stradleg and rearswing to kneel rearleg support right—sit on left heel—frontroll over right shoulder to sit to right side of beam—left bent frontleg along beam—right rearleg—right frontarm, left sidearm.

26. BACKROLL OVER HEAD AND OVER SHOULDER

BACKROLL OVER HEAD

Execution:

1. Begin from lying position on beam.

2. Grasp beam close to nape of neck, press elbows together.
3. Smoothly and slowly raise stretched legs, then hips—then sharply thrust legs diagonally upward and over head, one leg continues in movement, the other steps on beam (pass to squat rearleg support).
4. Simultaneously with the thrust of legs there is an intensive push and straightening of arms and regrasp so that thumbs point front, elbows straight, head up, and the rear leg is raised as high as possible.

Teaching:

1. Backrolls on mat.
2. Backroll on bench, on low beam and later on high beam.
3. Teach roll to various positions such as squat rearleg support, kneel rearleg support, one-leg stand support, the other leg highrear, etc.

Assist and Spotting:

1. Instructor stands hip to beam, facing gymnast, grasps gymnast's hips from back and directs movement, and assists in roll.

MAIN FAULTS:

1. Insufficient thrust of legs in roll.
2. Insufficiently firm pressure of hands on beam.
3. Insufficient effort in straightening arms.

EXAMPLES:

1. From front support overpass right sideleg and 90° turn to left—lying back position—backroll to kneel support on left, right high rearleg.

BACKROLL OVER SHOULDER

Execution:

1. Begin from lying position on beam, head to side (moderately bent back along side of beam).
2. Grasp beam close to head, hand on side of head which is bent back holds under beam, the other on top of beam.
3. Raise legs to frontleg, benthip lying position, at this point stop movement of one leg, the other continues over to kneel close to shoulder, arch and toes lie upon beam.
4. Regrasp to upper area of beam, straighten elbows, raise trunk and head (head during

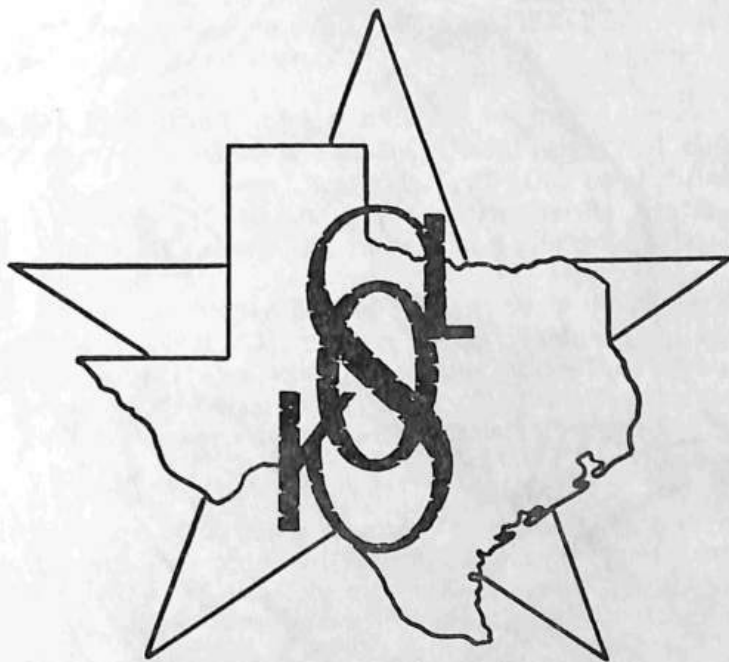
American

SOKOL

Organization

SOUTHERN DISTRICT

EXTENDS A MOST CORDIAL WELCOME TO YOU,
TO ATTEND THE 1967 SLET



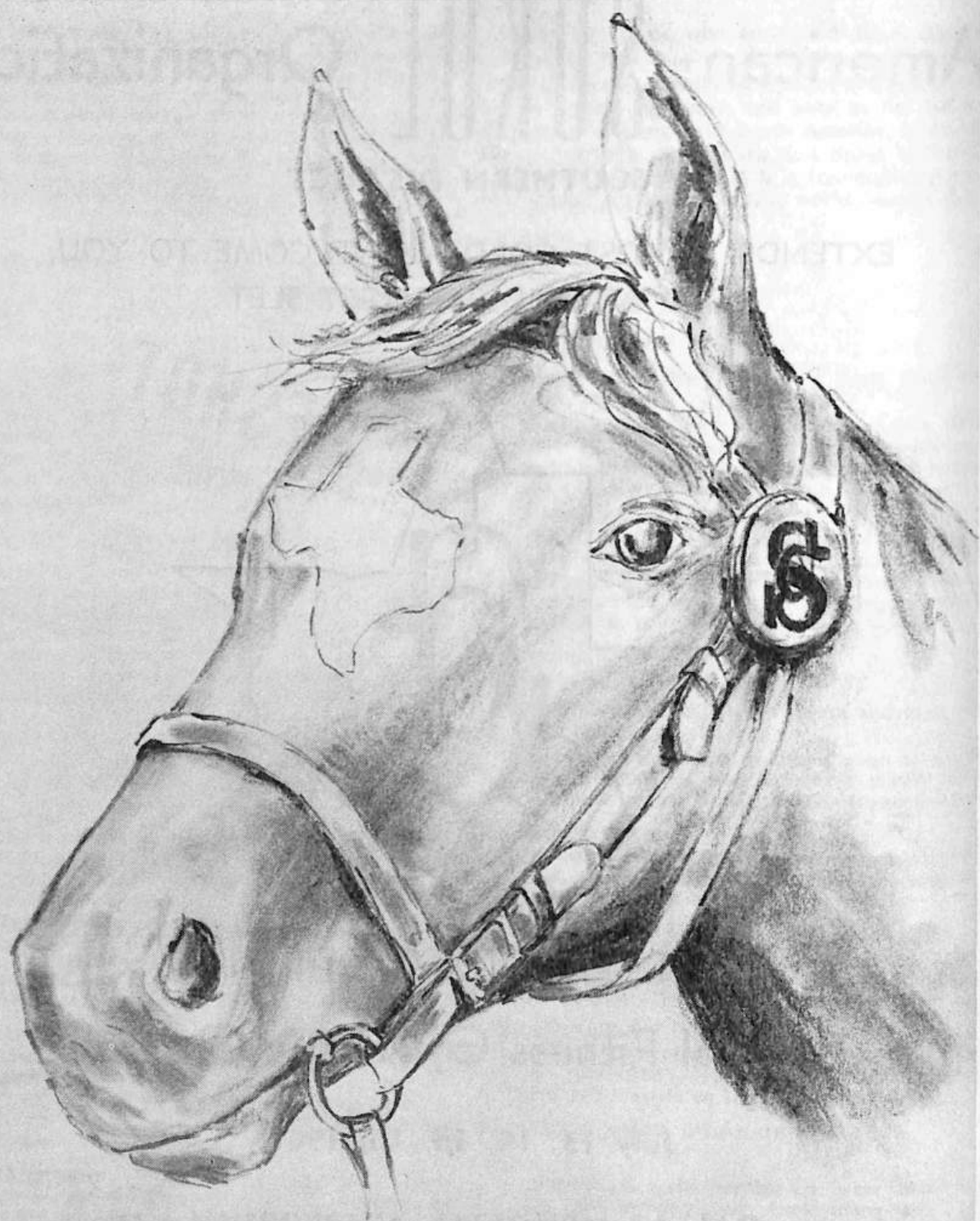
KALEIDOSCOPIC

Physical Fitness Gymnastic Classic

July 13, 14, 15, 16, 1967

DALLAS MEMORIAL AUDITORIUM
AIR-CONDITIONED

Dallas, Texas



YES SIR - RITE FROM THE HOSSES
MOUTH - Y'ALL LOVE TEXAS

A MULTITUDE OF THINGS TO SEE AND DO IN AMAZING DALLAS, AMERICA'S FOREMOST CITY

ARRIVING . . . a full week of a seemingly endless prepared program of enjoyment has been capsuled for you.

Excellence is the keynote, excitement with elegance, freshness with tradition and a bounty of western culture combined with Texas hospitality awaits you.

Excursions, tours, meetings, socials, cookouts, luncheons, banquets, dances, sock-hops, picnics, fashion shows, parades, parties, swimming, exhibits, amusement parks, shopping centers, theatrical productions, with emphasis on athletic endeavors.

In Texas, diversified cuisine tells its heritage. Choice Texas beef cuts and steaks, western-style Bar-B-Qs, southern fried chicken, hush-puppies and blackeyed peas, seafoods with the creole flair, Mexican enchiladas, tacos and chili con queso, citrus fruits, watermelons and tantalizing beverages satisfy the most discriminating palate.

Legendary Texas comes to life in America's most fabulous family entertainment center, "Six Flags Over Texas" (ask anyone who has been there). The museums and exhibits of the State Fair Grounds, Amon Carter Museum of Western Arts, Casa Manana, Frank Lloyd Wright Theatre, musicals, modern zoos, and much, much more are here for you to visit.

Fashion center of Texas and style leader of the Southwest, Dallas is home to famous stores, manufacturers, designers and couturiers. For the ladies, Saturday, all this becomes available with a special luncheon featuring a style show arranged by the Slet Fashion Committee.

A Panorama of Physical Activities highlights the Slet days. Athletes aspiring high honor display power, agility and elegance thru gymnastics.

AT MEMORIAL AUDITORIUM:

- July 13—Thursday Competition — Junor Divisions
- July 14—Friday Competition — Senior Divisions
- July 15—Saturday Downtown Parade — Championship Meet
- July 16—Sunday Kaleidoscopic Physical Fitness Gymnastic Classic

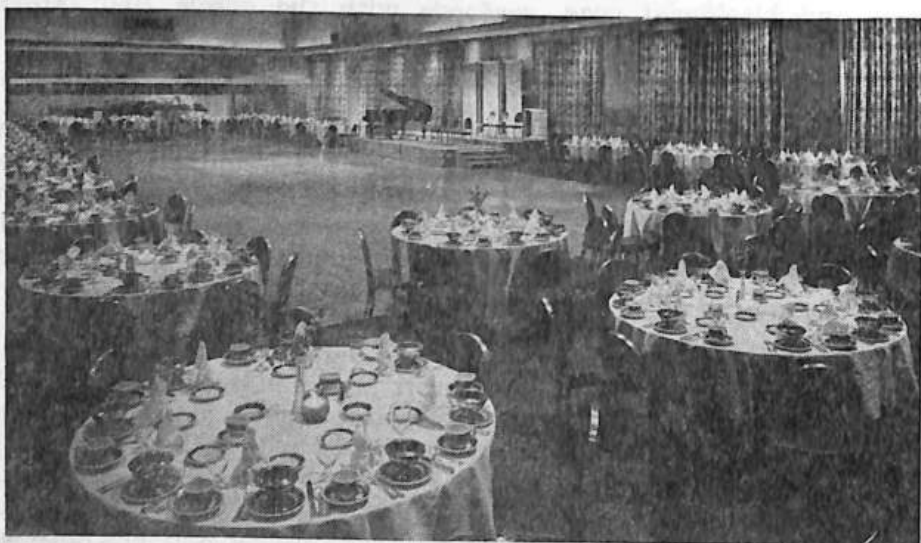
And, Friend—you ain't seen nothin' YET.

N a z d a r !

TECHNICAL DEPARTMENT



BAKER HOTEL
Slet Headquarters
Victory Dance



Baker Hotel Rooftop Terrace — Site of Teen Sock-Hop

STATLER-HILTON
Site of Banquet



entire period of roll is beside beam). Finish in kneel on one leg, the other extended high in back, arms straight in support, head up.

Teaching:

1. Teach benthip lying with head to side of beam.
2. Teach roll from lying position on bench or wider area.
3. Do complete roll on bench, then low beam, and finally on high beam.

Assist and Spotting:

1. Same as for roll over head.

MAIN FAULTS:

1. Low movement of leg, also raising rearleg outward during roll.
2. Arms not stretched enough in support.
3. Tardy regrasp and not far enough forward.

EXAMPLES:

1. Chasse step forward right (step forward right, close left to right) step forward right and hitchkick left, right forward—half squat left and sit—back roll over shoulder to squat support right rearleg—sidearm.

27. **ARCHED BACKROLL OVER SHOULDER.**

Execution:

1. Begin from lying position on beam; grasp on beam and position of head the same as backroll over shoulder.
2. Raise legs to benthip lying position with hips high above beam.
3. Thrust legs straight above head—after thrust regrasp to upper area of beam.
4. Push pelvis forward, bend head back (gymnast must be sufficiently arched throughout complete second phase of roll).
5. During passage from cradle (chest) to seat, arms must be stretched, legs straddle when close to beam, then finish to crossway stradleg seat support (arms before body).

Teaching:

1. At first teach handstand on mat and slowly bend arms and lower to arched chest roll to support lying position.
2. Teach backroll over one shoulder on mat.
3. On low beam, stand on shoulder and slowly arched passage to stradleg seat support crossway.
4. Then do complete roll on beam.

Assist and Spotting:

1. Assistance is given by instructor and another individual.
2. Grasp gymnast (from opposite sides) one hand on hip the other grasps front of thigh—direct thrust and control movement in second phase of arched roll to seat.
3. When gymnast masters roll, instructor spots alone.

MAIN FAULTS:

1. Thrust of legs too soon and direction not precise.
2. Tardy regrasp of hands on beam.

3. Second phase of roll piked, or piking to stradleg seat too soon.

EXAMPLE:

1. Waltz run forward right, waltz run forward left, plie step forward right and leap left—right frontleg and squat on left to seat—lie back and simultaneously arched backroll over shoulder to stradleg seat crossway—high frontleg, sidearm—step left forward, right rearleg, bent uparm.

28. **DIVE ROLL.**

Execution:

1. Begin from closeknee half squat; low reararm.
2. Rebound diagonally upward and forward—stretch body diagonally forward and upward; frontarm upslant.
3. Reach far forward before body to grasp beam (between rebound and grasp of beam, there must be a short phase of flight).
4. Bend head forward (chin to chest)—back rounded, especially upper area.
5. Pike and regrasp to under side of beam and continue turn.
6. Press elbows to head and finish movement as in frontroll.

Teaching:

1. On bench, teach complete straightening of knees, and distant grasp of beam followed by frontroll, but omit dive.
2. Same on low beam.
3. Teach rebound and dive on bench and later on beam.

MAIN FAULTS:

1. Bent legs throughout entire roll.
2. Omitting rebound, insufficient stretch forward and grasping beam too soon.
3. Insufficient muscular effort during beginning of roll, and insufficient bending forward of head.

Assist and Spotting:

1. Same as frontroll.

EXAMPLE:

1. Half squat step forward left, jump forward to half squat (5th) with right front—vertical jump changing feet and landing in half squat with left foot front—180° turn to right—sidearm—dive roll to benthip lying position—seat—high frontleg—stradleg—rearswing to squat left rearleg support.

HANDSTANDS AND HANDSTAND ELEMENTS

29. **HANDSTAND CROSSWAY.**

Execution:

1. Start from oneleg rebound.
2. While grasping beam place shoulders correctly; they are carried lightly forward and during rebound hips are slightly piked.
3. The grasp is executed from above so that palms cover as much area as possible, fingers grasp beam firmly from both sides.
4. Arms are straight, elbows are turned inward.

5. Body is completely stretched, abdominal and buttock muscles tightly contracted, head moderately back.
6. Regulate the balance in handstand as follows: if falling over, draw shoulders back and increase bend of head backward; when falling in starting direction, bend elbows slightly and pike hips moderately.

Teaching:

1. Basic teaching: handstand on floor by wall with hands closer together.
2. Start on low beam with assistance of instructor, then change to high beam.

Assist and Spotting:

1. During teaching on low beam, instructor stands with hip to gymnast and grasps upper part of thighs from back, assists in holding balance in stand; later he holds only lightly so gymnast learns to adjust body for balance herself.
2. During training on high beam the instructor stands before gymnast and grasps hips to guard from falling over; so that he can reach gymnast, he can use a part of the Swedish box or suitable object to stand on.

MAIN FAULTS:

1. Excessive arching just before reaching handstand.
2. Pulling from shoulders and extreme bending back of head prevents further regulation of balance in stand.
3. Bent arms in handstand.

EXAMPLE:

1. Chasse right forward—step forward right, close left, step forward right—catstep left, right—

step right forward—180° turn left with swing of left leg forward and back; step left forward—right frontleg and step right to rebound to handstand crossway (bend one leg front, stradleg, etc.)

30. FROM HANDSTAND CROSSWAY.**a) REAR DISMOUNT.****Execution:**

1. Shoulders remain forward in handstand.
2. Maximum rearbow of head.
3. Transfer weight to left arm.
4. Increase arch—carry toes overhead.
5. Thrust from right arm.
6. Dismount at point of hand grasp, left hip to beam.
7. Body arched during entire dismount (do not pike).
8. Press shoulders forward, body arched to maximum, contract back and buttock muscles.
9. In the second phase, the right arm also assists in holding arch; right arm passes to uparm outward.

Teaching:

1. After mastering handstand, practice transfer of weight to one arm on floor.
2. On low beam, later on high beam.

Assist and Spotting:

1. Instructor assists by standing beside gymnast, places left hand under her left shoulder, right hand grasps front of thigh to control dismount; simultaneously assists in greater arching in lower back.

(Continued)

EDITOR'S ITEMS

Summer is always a very busy season for physical education teachers. This is the period when new material is gathered for the oncoming season and many gymnastic clinics are conducted in gymnasiums, camps and ballrooms throughout the country. This is also true of teachers of ballet. One of the biggest and oldest dance associations has conducted student and teachers schools in Chicago for many years. Ballet schools are now besieged by young gymnasts who want to study ballet to augment their gymnastics training. The Chicago National Dancing Masters, of which I am a member, asked me to introduce artistic gymnastics during the clinic conducted in the Bal Tabarin of the Sherman Hotel in Chicago during the last two weeks in August 1966. Needless to say that since only very experienced dancers were on the floor, this was an exceptionally interesting session.

* * *

Many requests are received by members of the American Sokol Organization in all districts from schools, universities and other institutions of learning requesting assistance or cooperation in formulating physical fitness and gymnastic programs or teaching special subjects in clinics conducted by them.

The Editor of the Sokol Gymnast also receives letters and telephone calls asking for assistance. Whenever it is possible to fulfill these requests, I am glad to do so. Future assignments include teaching at clinic sponsored by IAHPER on October 29th, conducted in the Danville High School, Danville, Illinois; attending AAU National Convention November 29th to December 4th in Honolulu, Hawaii, as Sokol delegate; lecturing and teaching at Western Illinois University, Macomb, Illinois, in January 1967; also will visit the Western Michigan University, Kalamazoo, Michigan, upon their request to see their physical education and gymnastic program with a view to assisting.

* * *

The United States Gymnastic Federation and the AAHPER (American Association for Health, Physical Education and Recreation) will have the same compulsory exercises for all levels for the next two years. I am assisting in compiling these.

* * *

The USGF book of exercises for girls and women may be ordered from the United States Gymnastic Federation, P.O. Box 4699, Tucson, Arizona 85717. Price 50c.

Financial Secy.—Sis. A. Falta reports supply of men's caps is low. Additional supply will be ordered. 500 membership pins were ordered. Made deposit of \$2,000 at Lincoln Federal, \$3,000 at Guarantee Savings & Loan.

Due to lateness of hour meeting adjourned and will reconvene Oct. 4, 1966, at 8 p.m.

Meeting of Executive Board Held Oct. 4, 1966

Correspondence—Bro. J. Cihak requests a six months leave of absence on advice of his doctor. Also sends best wishes to the Executive Board. Leave granted with our wishes of a speedy recovery.

Sis. A. Fara was hospitalized, is home and recuperating nicely.

Bro. E. Linhart read report of sis. L. Zdenek regarding orchestrations (9—12 musicians). These are available from bro. Bastar at \$25.00 per class. These are needed for 4 classes. Purchase approved.

Financial Secy.—Sis. A. Falta read list of donors to Future Sokol Leaders Fund. Withdrew \$500.00 for the Scholarship Fund. Donations to this fund are tax deductible and future listings will be so noted.

Letter from bro. Frank Zahradka, attorney for Sokol Los Angeles, regarding by-laws. Reply will be made as drafted by sis. E. Ruzicka and bro. S. Barcal will call. A standing ovation was given sis. and bro. Ruzicka for their help in clarifying this situation.

Public Relations—Sis. A. Basta reports 3 designs were submitted for contest re: standardization of Sokol emblem. Committee will meet to decide the matter. Bro. J. Rabas prepared Czech article for various Czech publications. Will translate same and send to units. Approved mailing of pamphlet of Sokol Havlicek-Tyrs to all units. A larger supply of Sokol stamps will be kept in office.

Editor—Bro. C. Prchal reports American Sokol is in the mail. Would like to receive material for publication a little sooner. Prepared ASO. ad in jubilee issue of Hlasatel. Attended events of Czechoslovak Sportsmen in Exile, bro. G. Basta was called as representative of ASO. Also in attendance was sis. A. Basta and sis. E. Ruzicka. Was introduced at Bohemian Old Peoples Home as representative of ASO., bro. and sis. Basta arrived later. Attended Moravian Day festivities at Sokol Tabor and Havlicek-Tyrs. Also spoke to bro. F. Gajda. Spoke at funeral services of bro. Anthony Kuzel.

Membership Committee—Bro. G. Basta read letter from bro. E. Pavoucek regarding unit membership standings. Suggestion will be worked out. Org. Com. and Mem. Com. will send out questionnaire to units for purpose of compiling information.

Sis. N. Zabka writes regarding deposit for Slet film and whether \$10.00 charge also pertains for course use. Refund will be made of \$10.00 and charged to district allocation of funds (traveling instructor).

Western District expressed thanks to all who attended Slet held in St. Paul. Received minutes of their meeting of Sept. 7, 1966.

Invitation received from Moravian Cultural Society. Sokol Brookfield—information regarding banquet and well wishers. Invitation received from Czechoslovak Sportsmen in Exile.

Secretary—Accounting Dept.—sis. A. Sotka. Complete report of office activity for month of September. Supply of quarterly reports will be ordered. Audit of books scheduled for Oct. 28, 1966.

Sis. E. Schnabl: Complete office activity report. Information on copying machine presented. The 3M "107" model will be procured on 30-day trial basis.

Sis. B. Prener: Report of activity for months of July, Aug., Sept. Correspondence taken care of.

President—bro. S. Barcal: Prepared greetings for Sokol Brookfield's 35th anniversary. Invitation extended to attend banquet—sis. and bro. J. Cihak will advise if can accept. Attended Slet in New York. Gave detailed report re: Federation; technical matters; and uniforms. Attended CSA. banquet and judged beauty contest. Unity of Czech Ladies and Men convention was addressed by sis. B. Cihak. Met with bro. Gajda, sis. Prener, and bro. Rabas. Also met with bros. Hrabina and Vodrazka re: Dallas.

Letter from bro. T. Suster, Cleveland, regarding convention reservations at Sheraton-Cleveland Hotel. This to be discussed further at next visit of bro. Suster to Chicago with a few of our members present.

Office space reported on by bro. S. Barcal, G. Basta, sis. B. Cihak and B. Prener.

Bro. Prchal reports he has been invited by the Czechoslovak Legionnaires to speak at Czechoslovak Independence Day celebration Oct. 28, 1966.

**Financial Report ASO.
September 1966**

INCOME:

Dues	\$ 1,229.20
Special assessment	95.75
Dividends and interest	112.50
Resale of jewelry	129.60
Sale of Sokol stamps	1,409.30
Sale of educational pamphlets	52.85
Sale of manuals and decals	13.00
Postage	16.97
Film rentals	50.00
Withdrawal from Future Sokol Leaders Fund	500.00

Total Income\$ 3,609.17

DISBURSEMENTS:

Administrative Department

Salaries	\$ 145.63
Rental, janitor service, phone, postage	153.43
Travel expense	12.20
Petty cash	26.97

\$ 338.23

Educational Department BOI.

Salaries	\$ 187.95
Editor "Sokol Gymnast"	25.00
Printing "Sokol Gymnast"—July-Aug. and Sept. issues	55.44
Office supplies	7.24
Association dues	50.00
Travel expense	135.00

\$ 460.63

Sokol Publication

Printing—July-Aug. and Sept. issues	\$1,220.17
Editor	75.00
Postage	29.98
	\$ 1,325.15
Miscellaneous	
Special assess. acct.—So. Dist.—teaching expense	\$ 150.00
Future Sokol Leaders Fund—scholarship awards	500.00
Transfer of funds to savings accounts	5,000.00
	\$ 5,650.00
Total Disbursements	\$ 7,774.01

BALANCE:

Totals brought forward:	
Western National Bank of Cicero checking account	\$ 7,953.99
Income—September 1966	3,609.17
	\$11,563.16
Disbursements—September 1966	7,774.01
	\$ 3,789.15

FROM OUR DISTRICTS**EASTERN DISTRICT**

Meeting Held Sept. 13, 1966

Correspondence:

Minutes of the meeting of the ASO., held on June 28, 1966.

Sokol Belcamp sent an annual report of activities of Sokol Belcamp and photos of the SGUS. competitions and Slet held in New York.

Letter from bro. Stetka of Sokol Baltimore notifying us of the illness of bro. William Kolomaznik. Sis. Sylvia Peifer is also recuperating at home after being involved in an automobile accident with her husband. Unfortunately her husband passed away. Our deepest sympathy to sis. Peifer. Best wishes for a speedy recovery to bro. Kolomaznik and sis. Peifer.

Annual report of activities for the past year from Sokol Schenectady.

Sis. Christine Tuma of Sokolice Little Ferry has been awarded a \$100 scholarship from the ASO.

Information from the ASO. in regards to traveling instructors and reimbursement for Sokol courses.

Director of Women—sis. Zabka: Forty-nine students attended the Eastern District course at East Haddam, Conn.

There were approximately thirty participants in the Slovak Slet.

Director of Men—bro. Capek: Judged the senior men and boys competition of SGUS.

A track and field meet will be held on October 8th at Boonton, N. J.

Sis. Provaznik asked whether it would be permissible for the Sokol group from Brentwood, L. I., to attend our nacvičny. They will be permitted to attend.

Educational Director—sis. Misek: Attended the instructors school and the graduation at East Haddam, Conn.

A dinner dance will be held at Sokol Little Ferry on Saturday, October 15, at \$3.75 per person.

In reference to the hiring of an instructor by the ASO, sis. Provaznik has submitted the name of an instructor to be considered by the ASO.

Written reports to be given to the secretary at the annual meeting.

A financial report was given by bro. Anton Chaloupka.

* * *

CENTRAL DISTRICT

Report of Men's BOI—bro. Roy Zitny: Meeting held Sept. 26, 1966. Bro. Charles Kalat elected secretary.

Volleyball tourneys: The junior tourney would be the same as last year, i.e., a double elimination type to be held on two Sundays, November 6 and 20. The seniors will again have two divisions (A and B) depending upon the number of teams entered.

A discussion followed on the advisability of having a unit director's conference. Our BOI. recommends I discuss with sis. Pros the feasibility of same as soon as possible. It was felt much good comes from them.

Sis. Pros and I met to discuss a weekend instructor's course to be held on weekends of October 28, 29 and 30, and November 18 and 19. Schedules and instructors are to be decided on. A more comprehensive report will be made at our next meeting.

Report of Women's BOI—sis. June Pros: Meeting held Sept. 28. All units represented.

Letter from Sokol St. Louis, requesting clarification of unit membership and a request of a special number performed at the Victory Social.

Volleyball will start on October 20th.

Sis. Schnabl sent a letter to the Berwyn Recreation Center requesting the use of their facilities to hold a track and field event for 2nd class girls, junior girls and women. No decision as yet.

Distributed the tots calisthenics and 2nd class girls apparatus exercises to all units. Picked up the calisthenics and apparatus exercises for all classes at the Sokol office and have sent these out to all out of town units.

Tentative dates for competitions: 2nd class girls—May 20, junior girls—May 18 and 25, women—Mon., June 5th.

Will hold a judging course in the near future, which will consist of 3 sessions: 1—for those who have never judged, 2—judged only 2nd class or attended 1st session, 3—advanced judging. Sisters Schnabl and Udaakee in charge.

* * *

WESTERN DISTRICT

Meeting Held Sept. 7, 1966

Correspondence Received: St. Paul Sokol Slovo. Executive Board meeting minutes. Outline on traveling instructor. A letter from sis. Prener wishing the Western District success in all proposed under-

takings at the semi-annual meeting. Announcement of Sokol Tabor's 100th anniversary.

Correspondence Sent: St. Paul thanking them for hosting the Slet. To ASO. thanking their members for attending the Slet. To Sokol Schuyler with congratulations on their 75th anniversary.

Director of Men—Bro. Benak: Attended Slovak Slet along with three other Western District gymnasts. Besides trophies 1st, 2nd and 3rd place, medals were given. This was never done previously. American Sokol was well represented. People were friendly. Expected more spectators. Program was short, but it had variety.

Director of Women—Sis. Drozda: Compiled results and sent them to each unit director. Report for end of term in. All activity reports in, except 3. Requested both drills and music for men's and women's drills, so that they might be kept in one place. Richard Beran will receive the Sokol scholarship in September. Two women, three junior girls and one junior boy attended the Michigan State University clinic.

The President congratulated the Slovak Slet participants and the gymnasts who attended the University Michigan clinic. They did a fine job.

Last Call for Sokol Stamps—It is recommended that all units purchase stamps in the near future.

Sis. Drozda will send a formal request to the Sokol Omaha Camp Board of Directors if facilities would be available in two or three years for a judge's clinic to be conducted by bro. Paul Fina.

Sis. Drozda will purchase a binder to hold all activity data.

A \$10.00 ad will be taken in the Sokol Tabor souvenir program.

St. Paul has a few souvenir programs left. Sokol Schuyler is 75 years old! Secretary will send a congratulatory letter.

Bro. Pavoucek covered outline of the traveling instructor information.

Debate whether the traveling trophy is still traveling.

* * *

SOUTHERN DISTRICT

Meeting Held Sept. 12, 1966

CORRESPONDENCE:

Reports from Sokol Houston on activity in unit. Also a newsletter from the unit. The unit is to be complimented on a fine publication.

From Yukon, Okla., requesting information about the program Sokols are planning for the Czech Day October 15th.

Letter from Sokol Galveston by bro. Siller informing us that after a meeting the unit has decided to dissolve and requesting the Executive Board to approve their decision.

REPORTS OF THE UNITS:

Dallas—Membership dues will be increased the first of the year. Tentative plans to participate in program at the State Fair. Technical staff report is good. Improvement of gymnasts attending day classes.

Fort Worth—Incorporation of unit is in progress. Several gymnasts participated in competitions in Dallas.

Ennis—Plans for a benefit dance sponsored by the Junior Sokols October 8. Proceeds to be used

to purchase needed equipment for the gym. Bro. Pokladnik suggests for the unit to publicize the event and for members to support the cause.

Houston—Held socials every Sunday in July. Activities: dances, dinners and beach party. Eight members were presented with 25 year pins. Several gymnasts participated in the Dallas competitions. Performed at the annual Slovanic Festival in their local area. Gym classes well attended with enrollment of 58.

Technical Staff—Contacted bus company for rates to Yukon. The Czech Day committee in Dallas was contacted and program planned accordingly. Program will consist of calisthenics, tumbling and some apparatus—all classes will participate. Similar program is planned for Yukon.

Bro. Milan read a report on the results of the course. The course termed as successful was attended by 23 students, completed 2 weeks of instruction.

Slet Stamp—The Executive Board approves the original Slet stamp and expresses disapproval of the second recommendation as proposed by the Slet Committee due to the improper uniform. The original recommendation stresses gymnastics and adds prestige to our heritage of the Sokol idea.

Report of the President—Bro. Pokladnik reported that he had been notified by bro. Barcal of bro. and sis. Ruzicka's presence in the Southern District September 20 through 26, and suggests a schedule accordingly.

Will be unable to attend the program in Yukon, designates bro. Prevratil, vice-president, to represent District. Submits a check for \$25.00 from the Slet Committee for 500 stamps advanced to the Slet Committee by the District in May. Reported on the Slet Committee progress.

* * *

PACIFIC DISTRICT

Held Sept. 14, 1966

Welcomed our guests, bro. and sis. Ruzicka of Chicago. Sis. Ruzicka is the ASO. organizer.

Correspondence:

ASO. letter of forthcoming visit of sister Ruzicka. ASO. letter in explanation to our inquiry of incorporating Sokol Los Angeles.

Sokol Fresno sent a donation of \$49.54, part of their profit from their June 4th dance.

Letter from Southern District in regard to the proposed operetta was received after our August meeting, and was turned over to bro. Chadek.

Sister Ruzicka conveyed greetings from ASO. Discussion of Sokol Los Angeles incorporation followed.

All unit women directors (náčelnice) are asked to send sis. Palas quarterly reports. It is important that bro. Pokorny and sis. Palas have the quarterly statistical reports.

Question came up of why no one was submitted to the scholarship fund of ASO. No such announcement was received by the secretary of the District.

Several subjects of interest discussed: Sokol membership, traveling instructor, Dallas Mid-Slet, bus tours, organizing a unit in San Diego. Sis. Ruzicka, accompanied by sis. Palas and bro. Pokorny, will visit a group in San Diego.

T. B. Hlubeček:

Chápeme dnešní význam sokolství?

My starší se jistě dobře pamatujeme doby, kdy jsme na sokolství pohlíželi někdy až žárlivě jako "své vlastní!" Stáli jsme ve svých jednotách semknuti nejen společnými zájmy k věci sokolské, ale také národnosti a z toho jsme s odstupem let museli hodně slevit. Stačí se podívat na dnešní seznamy členstva, kde mimo typicky českých jmen se nachází spousta jinonárodních. Pozvolna, ale soustavně výsledky práce v našich tělocvičnách pronikaly do amerických kruhů. Bylo to vidno na školách právě tak jako během válek ve vojsku, kde odchovanci Sokola se lišili od ostatních jako den od noci.

Jméno "Sokol" bylo možno slyšet často ve vládních kruzích washingtonských zásluhou takových státníků druhu senátora Romana Hrušky z Omahy a jiných. Programy tělesné a mravní zdatnosti doporučené americkému národu mají v sobě mnoho základních hodnot a cílů, jež najdeme v původních spisech Fuegnera a Tyrše pouze s tou výjimkou, že se neomezují na žádnou určitou národnost. Jen zřídka dnes slyšíme otázky — "What is this Sokol . . . What does it mean?" Také nejsme porovnávaní k docela odlišným i když záslužným organizacím jako "Eagles", "Elks", "Moose" atd. Se jménem Sokola jest ztotožňována tělovýchova zaměřená k výchově lepšího a odpovědnějšího muže a ženy.

A nyní, co se pokouším vzvednouti ohlavením této osobní úvahy: "Chápeme dnešní význam so-

kolství?" Kdyby zakladatelé Sokola a statisíce řadových cvičenců mohli sledovati dnešní postoj nej-silnější země světa vůči Sokolu — byli by nadšení. Pravda, vzalo to celé století úsilí, práce a víry, ale stálo to za to. Stejně jako Masarykova "Pravda zvítězí", tak i sokolské heslo — "Ve zdravém těle zdravý duch!" staly se nesmrtelnými. Faktem zůstává, že i za ideje se musí bojovati a k jejich udržení pracovati. Stává se, že i v našich sokolských jednotách zmalátníme, zakolísáme, postěžujeme si na nezájem "těch mladších" atd. Někdy k tomu máme příčiny, ale velmi často zapomináme, že "ti mladí" nemají chuti kráčet ve starých šlápějích, vyhrazující sobě plného práva hledati své vlastní.

Věřím, že i zakladatelé Sokolstva by přiznali, že nezáleží na různosti způsobů a cest — jen když cíl je společný! Nerozlučnou částí moderní tělovýchovy je sport. I tomu jsme se kdysi bránili. Dnes není snad jediné Jednoty bez nějaké sportovní činnosti k podchycení a udržení mládeže, v níž spočívá nejen budoucnost, ale přítomná existence Sokola. Ted', když máme oslavy stoletého výročí za sebou a mnoho bylo řečeno a napsáno o vykonané práci jest ne-smírně nutné míti jasnou a proveditelnou strategii další činnosti, jež bude odpovídati potřebám doby. Nejsem bohužel technikářem, snad pouze idealistou staré školy. Stejně, jako z dob svého učitelování jsem se vždy snažil držet krok se svými žáky, tak i v sokolském programu musíme míti na prvním místě na mysli ty, o kterých často mluvíme — na něž se spoléháme — naši mládež!

Future Sokol Leaders Fund

Following is a listing of donations through August 31, 1966:

Previously reported	\$16,552.70
Ollie Suchy, in memory of dad, bro.	
Joseph Suchy	\$ 20.00
Dividends—Clyde Savings & Loan Association	144.99
Sokol Hopkins, in memory of sis.	
Josephine Totushek	2.00
Anna Zajicek & family, in memory of Joseph Zajicek	5.00
Dividends—Belle City Savings and Loan Assn.	2.25
In memory of sis. Aloisie Pech:	
Charles Ruzicka family	\$10.00
Mr. Andrew J. Suski	25.00
Mr. & Mrs. Jerry Pech	50.00
Mr. & Mrs. E. W. Longner	10.00
Mrs. Mvra Bettner	25.00
Mr. & Mrs. F. L. Kauffman	15.00
Leo Wyneck	25.00
	160.00
	334.24
	\$16,886.94

DONATIONS:

April	\$ 20.00
May	2.00
June	5.00

July	160.00
Total Donations	\$ 187.00
Dividends earned	147.24
	\$ 334.24
Previous Balance	16,552.70
TOTAL	\$16,886.94

From Sokol Brookfield

Sokol Brookfield is a beehive of excitement and enthusiasm these days, preparing for it's 35th year anniversary banquet. Everyone is working diligently and pitching in like busy beavers. The planning committees are really going all out to make this a memorable affair. Other great Sokol units older than ours, with enviable reputations, have had wonderful celebrations. We will try very hard to equal theirs with congenial and friendly service. We hope to see many old friends and hope to make many new friends.

So remember the date, Nov. 12, 1966.
Nazdar!

Pokračování "Boj o pátou kolonu" v příštím čísle.

1854

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1966

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**ZÍSKEJ NOVÉHO
ČLENA!**

Svornost a jednota jsou samozřejmě potřebou u organizace tak důležité, jako je Sokol, a u národa tak malého a ohroženého, jako je národ náš. Jak však potřebu svornosti a jednoty srovnat s požadavkem tvoření stran?

Svorností malé věci vzrůstají, nesvorností i největší se rozpadávají. Ovšem že jednomyslnost co do cíle nikterak nevylučuje různost názorů co do prostředků; v tom směru budiž volné pole popřáno i stranám. Kde není stran, není proto vždy svornost, nýbrž hustěji netečnost a nerozhodnost.

ALCOHOLISM has been described as the fourth most serious health problem in the United States (after heart disease, mental illness, and cancer). It takes a heavy toll, not only of persons who are alcoholics, but of their families and other innocents who are the victims of the high crime and accident rates brought on by alcoholism.

FALL and WINTER Grave Decoration

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100 LET SOKOLA TÁBOR V BERWYN, ILLINOIS.

19. srpna 1966 bylo tomu 100 let, kdy byla na Taylor ulici v Chicagu založena první "Tělocvičná Jednota v Chicagu". Při založení měla Jednota 59 členů. Možno říci, že to byla první sokolská jednota ve Spojených státech amerických, neboť Sokolský Spolek v St. Louis, založený 26. února 1865, neměl dlouhého trvání.

Cvičení zahájeno v síni "Slovanské Lípy" na Clinton ulici, blíže Van Buren. S tímto spolkem se Sokol spojil v roce 1868 a převzal na sebe tíživé povinnosti finanční. Povstala z toho nespokojenost mezi členstvem, což vedlo k ochabnutí a jakémusi celkovému nezájmu. To trvalo až do března 1871, kdy byla Jednota zreorganizována a přijala jméno "Tělocvičná Jednota v Chicagu".

V roce 1872 převzal Sokol i budovu Slovanské Lípy. Když pak v roce 1877 byla utvořena "Národní Jednota Sokolská" v Americe, byla Jednota Sokol v Chicagu pozvána za člena a již v roce 1878 byla zastoupena na sjezdu.

Téhož roku stala se Jednota členem "Českého Národního Hřbitova v Chicagu", právě zorganizovaného. Dodnes jest zastoupena 2 delegáty. V té době existovalo již několik sokolských jednot v rozličných čtvrtích Chicagu.

V roce 1879 vyšlo první číslo měsíčníku "Sokol Americký". Redaktorem byl Gustav B. Reišl.

V únoru 1885 navrhoval bratr Josef Čermák

sloučení všech sokolských sborů. Byl za tím účelem zvolen výbor, který se však nedopracoval žádoucích výsledků.

Dne 6. července 1892 došlo ke sloučení Jednoty Sokol se sousedním Česko-americkým Sokolem pod jménem "Sokol Slovanská Lípa v Chicagu". Síň byla prodána a Jednota se odstěhovala na De Koven ulici. Opuštěná síň brzy vyhořela, čímž byla smazána každá stopa veřejné činnosti staré Jednoty.

Kolem roku 1890 začali se naši krajané a sokolové z dolejšího města stěhovati na západ. Určitý počet jich byl již usazen ve čtvrti zvané "Merigold", v oblasti kolem 12. ulice a Crawford Ave., dnes Pulaski Road. Ač to byla jedna z nejmenších českých osad v Chicagu, bylo zřejmé, že stále více krajanů bude opouštět starou Českou Plzeň a stěhovati se dále na západ.

14. prosince 1890 byla založena ve čtvrti "Merigold" sokolská jednota. Byl přijat návrh bratra Augusta Procházky, aby se tato jmenovala "Sokol Tábor". Přes velmi obtížné začátky, měla se Jednota čile k životu; ihned od počátku se pilně cvičilo.

Prvním vážným otřesem Sokola Tábor byl požár, který zničil nejen místnost, v níž byla tělocvična, ale i veškeré nářadí a jiný majetek jednoty. Ztráta byla těžká, neboť nic nebylo pojištěno.

(Pokračování)

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