

# AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

No. 11

November, 1966

## K VALNÝM HROMADÁM.

V prosinci schází se členstvo našich jednot, aby ve valných hromadách zúčtovalo práci a ducha v jednotě a přehlédlo celoroční činnost. Tento přehled je radostný v jednotách pilných, nevědecký v jednotách liknavých.

Hleďte k tomu, aby průběh jednání byl provanut láskou a čistým sesterstvím-bratrstvím. Podejte zprávy poctivé; hodnot'te činnost nejen podle jakosti, ale hlavně dle důvodu, proč byla konána. Mnohé bude oceněno, na mnohé se i při nejlepší vůli zapomene. Důležité, aby jste nezveličovali zásluhy jedněch, aby se snížily skutečné zásluhy druhých.

Příliš mnoho sladkosti i hořkosti kalí ráz valné hromady. V Sokole jsme si všichni rovni — rovnocenná jest i naše práce. Práce toho, kdo vykonal hmotnou práci jako toho, kdo psal, obstaral mnohé věci, splnil mnohé úkoly, které život jednoty přináší. Nic z toho nemůžeme přehlížet — když podnět byl stejný: nezištně prospět!

Budete volit činovníky na rok 1967. Vyhledejte sestry a bratry schopné, bystrých hlav, nebojácných srdcí a pracovitých rukou. Volte členy dochvilné, přesné, kteří dávají záruku, že jednotu dobře povedou a povznesou. Kteří dovedou poutati skupiny lidí nejrozmanitějších povah. Pro všechny naléztí vhodné úkoly. Dovedt v pravý čas pozdvihnout umdlévající srdce.

Vy, kteří vezmete na sebe odpovědnost a přijmete úřady, ukažte, jak se to dělá! Činovník má být v práci příkladem. Vím ovšem, že i ten nejschopnější a nejobětavější činovník nemůže vykonal zázraky bez čiperných činovníků druhých a obětavých členů. Uvědomte si, že máme více než právo: nechat se kritisoivat — to jest právo, které se všemu členstvu příznává — právo na práci. Té se nevyhýbejte a bude-li toho potřeba, přidejte ku svým šesti pracovním dnům i sedmý. Tento pro svoji jednotu!

Doba velí, aby se zmnožilv řady pracovníků a tak kdvž i Vy přestanete váhat a probudíte své schopnosti a na místě nečinného přemítání přiložíte svoji ruku, svoji hlavu a své srdce k věci společné, pak můžeme očekávat, že budeme pokračovat stejným chvatným krokem jako se běře svět kolem nás. Že budeme moci očekávat vzrůst naší síly a podáme veřejnosti krásný obraz o naší vyspělosti. Pohneme bratrstvo k sebevědomému pochodu za ideály lidství a lásky.

Přeji Vám štěstí. K štěstí jest vedle zdraví nezbytně třeba vědomí, že jsem nežil nadarmo. Toto vědomí dodá především činnost ve prospěch druhých, pro dobro celku.

Mějte na mysli čest Sokolstva! Poslechněte hlasu svého svědomí! Nářky nám nesluší — ale činnost! Tedy chopme se práce! — Nazdar!

—BOILEAU

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The wisest man is generally  
he who thinks himself the  
least so.



# AMERICAN SOKOL

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## OFFICE OF THE EXECUTIVE BOARD ASO.

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## Calendar of Events

— 1966 —

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 OMAHA, NEBRASKA. Hovorka Orchestra.

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 vandr". 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 TÁBOR, BERWYN, ILL. New Year's Eve Banquet.

— 1967 —

JAN. 4th—SOKOL SLAVSKY, CICERO, ILL. Installation of officers, Gold Room, CSA. Building.

JAN. 21-22—SOKOL TÁBOR, 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.

JAN. 28th and 29th—SOKOL DETROIT, MICH. Official opening of new hall. Banquet, Akademie, dance.

FEB. 4th—SOKOL BALTIMORE, MARYLAND. Šibřinky.

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. 11th—SOKOL BALTIMORE, MARYLAND. Dozvuky.

MAR. 11 & 12—SOKOL TÁBOR, 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.

## Nová knížka Josefa Martínka.

V minulých dnech vyšla v nakladatelství Univerzum Press nová knížka Josefa Martínka, novináře, spisovatele a básníka krajanské Ameriky. Tentokrát to není kniha básní, nebo historie, ale knížka českých pohádek "O holoubkovi, který se na všechno ptal", snad první knížka původních českých pohádek, napsaných a vydaných v Americe.

Byla původně napsána před dvaceti lety pro básníkovu dceru Hanu v Chicagu, kde se usadili po útěku z Prahy před nacistickou okupací. Je to vlastně povídka o té holčičce z Prahy, jak si o ní vypravují holoubkové, které krmila v Paříži na cestě do Ameriky. A ti se o ní a o jejích osudech dozvídají od vrabců, kteří všude vlezou, do všeho zobáček strčí, u každého otevřeného okna naslouchají a proto všechno vědí. A tak je v té knížce Praha a Paříž, Ženeva, newyorské mrakodrapy, Chicago, americká farma, Texas a Mexiko, vše viděné ovšem ptáčímá očima a s ptáčím perspektivou.

Jako ostatní publikace Univerzum Press i tato knížka je pěkně a vkusně vypravena, tištěna na tuhém papíře a hezký čitelným písmem, takže mohou z ní předčítat i babičky a dědečkové, jimž už zrak dobře neslouží. Hodí se za vánoční dárek jak jednotlivcům, tak českým doplňovacím školám. Cena je \$1.50, a lze ji objednat buď u Univerzum Press Co., 283 Oak St., Perth Amboy, New Jersey. 08861, nebo u autora autografovanou: J. Martínek, 2931 N. Edith Blvd., Tucson, Ariz. 85716.

Vřele doporučuji!

kmp.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVII.

November — 1966 — Listopad

Číslo—No. 11

## From Sokol Little Ferry, N. J.

Summer is over. We are starting another season of our Sokol. We sent 8 young girls of our Sokol and we understand only 3 young boys to camp at East Haddam, Conn., to take the instructors course under sis. Marie Provaznik and bro. Slavik. We understand that there were about 55 in the class. The graduating ceremonies were most appropriate. It is too bad our young men, as instructors, are falling off.

Thirty-four years ago, when one of the instructor's classes was held in our Sokol Auditorium, we had many young men and women taking the course. Pupils were housed in the homes of the members and at one time, we had them in a large empty building. A great interest was shown in our Sokol in those days. Although our auditorium did not look as beautiful on the inside as today, the real Tyrs Sokol spirit prevailed. We know that conditions are changing. There are movies, television, and other interests taking their place. Thirty years ago, we did not have one-third of the population we have today, our newly arrived citizens think we are only a physical training organization. The American Sokol is different from many organizations of its kind in the USA. It teaches a philosophy of life.

We of the Educational Committee wish to inform the fathers, mothers and citizens what our American Sokol is. It was founded by Dr. Miroslav Tyrs over 100 years ago, a professor at Charles University in Prague. He also included calisthenics and gymnastics—in a healthy body is a healthy spirit. He was opposed to prize fighting and any brutal force that may injure or destroy the body. Tyrs wanted the world to adopt these ideals. If they were lived and practiced, there would be a better understanding of mankind in the world. There are organizations in the USA, who call themselves Sokols, but they do not follow Dr. Tyrs' ideology. The word Sokol translated means—falcon, a free flying bird—a friendly bird, true to his master, and one of the longest lived birds. Therefore our motto—Freedom, Friendship, Truth and Longevity. We teach moral uplift and individual responsibility. We want our members to uphold the Constitution of the USA. We have always, as in the Constitution, held Church and State separate; Church and Sokol separate. We accept men, women, and children of all nationalities and their membership in churches is their private affair. We recognize complete freedom of conscience and creed.

In Little Ferry, we have a fine auditorium. We lack the old American Sokol spirit. We want the parents who send their youth to our auditorium to become members and a part of our American Sokol. In the old days, 60 years ago, we had a Sokol band, our own orchestra with a fife and drum corps; we had a fine Sokol glee club and dramatic

circles; we had wonderful outings. We believe there are many new families that could take an active interest with their children for the sake of the posterity of our nation.

There are nearly 100 Sokol units in 20 states of our nation. The presidents, educators and instructors are the leaders of Sokol and here we print some of the Sokol goals:

1. To strengthen and improve the health of individuals.
2. To train people of strong will, capable of self-denial, people of firm and constant character, who can put their plans into action.
3. To form of them more competent working units.
4. To teach them to work for society and in society.
5. To make them the basis of a healthier posterity.
6. To increase their defensive capacity.
7. To influence them by beauty, and to inculcate in them a sense for beauty.
8. To make them forever conscious that liberty and freedom are a priceless gift, its protection a sacred duty.

A few of our mottos are:

1. For neither gain or glory.
2. Freedom, Equality and Brotherhood.
3. Always forward when right; do not retrogress.
4. Speak the truth, love the truth and live by the truth.
5. Keep physically fit to serve your country.
6. Stagnation brings deterioration.
7. Individualism, **nothing**; mutual cooperation, all.

There are Sokol organizations in France, England, Canada, Austria, Switzerland, Australia, Argentina and Brazil. The communists destroyed the Czechoslovak Sokol, also the Russian, Yugoslav, Polish and in other countries, where Sokol carried on before 1940. Sokol is opposed to communism.

Many Sokols fought in the Civil War under Lincoln to save our Union.

We want people of our nation to join with us to carry on these ideals which were brought to our shores over a hundred years ago.

Next year our American Sokol unit will observe its 70th anniversary.

Sokol New York will observe its 100th anniversary. Sokol Baltimore—it's 95th anniversary. Sokol Washington—it's 20th anniversary.

Let us carry on to preserve our nation and carry on these lofty ideals. Ask our Membership Committee or officers for information.

Thousands of young men and women have had a wonderful life in our Sokol in Little Ferry. Our calisthenics and gym classes today number about 250.

Ladies' and Men's Division,  
The Educational Committee,  
American Sokol, Little Ferry, N. J.

## Executive Board ASO.

Meeting Held October 25, 1966

**Reports of Districts:** Western District—Minutes of Sept. 25, 1966 semi-annual meeting. Minutes of Oct. 10, 1966 meeting. — Northeastern District—Minutes of Sept. 28, 1966 meeting. — Eastern District—Minutes of Sept. 25, 1966 annual meeting. Minutes of Oct. 17, 1966 meeting. — Pacific District—Minutes of Oct. 12, 1966 meeting.

**Correspondence:** Sokol Toronto (Canadian Sokol Organization) sent names and addresses of newly elected officers. Invitation of Czech District Council CSA. of Chicago and Vicinity to banquet Nov. 6 and play Nov. 27. By-laws as amended received from T. J. Sokolice Omaha. Copies made, for all officers, for review and approval. U.S. Olympic Committee notice of biennial meeting. Letter offering Czechoslovak Slet Památníky—referred to bro. Rabas. Sokol Slavsky invitation to Luau Nov. 26. Invitation from bro. and sis. Rosicky to attend their newly opened cleaning plant.

**Committee Reports: BOI.**—Bro. E. Linhart read report and minutes of combined meeting. Sis. M. Prchal and F. Palas attending AAU. Hawaiian convention at own expense—only per diem on convention days is authorized. Sokol organizations will be sent formal invitations to our Dallas Mid-Slet. Request for 3-day clinic in Omaha and 4 instructors to be held in February 1967 approved. Bro. G. Kalas approved as member of BOI. Revisions-to-manual committee—sis. N. Zabka and bro. W. Slavik approved as members to assist in coordination of material.

**BOI.**—Sis. L. Zdenek read report. A supply of daily class attendance record forms will be ordered from the lowest bidder.

**Public Relations:** Sis. A. Basta reported activity. Will meet to consider new suggested changes in Sokol emblem, and decal as recommended by bro. F. Capek. Bro. Rabas prepared another Czech article which was sent to Hlasatel. Letter re: proposed survey on membership dues and initiation fees will be sent to the units.

**Editor:** Bro. C. Prchal reported American Sokol is in print. The deadline for receipt of material set as of the 5th of the month. Sokol Schenectady sent \$7.50 for Future Sokol Leaders Fund in memory of sis. Hermine Matusek. Received letter from Sokolice Omaha who would like to publicize a Hawaiian Tour in July 1967 in American Sokol. Approved. Bro. Prchal will answer.

**Organization Committee:** Notes left by sis. E. Welch-Ruzicka re: Dallas. Points discussed. The meeting of district representatives with Executive Board will set date for By-laws Committee meeting. Decision—there will be no By-laws Committee meeting in Dallas.

**Financial Secy.:** Sis. A. Falta read receipts and disbursements for September. Ordered 500 membership pins. Additional supply will be ordered. Requests are heavy.

**Treasurer:** Bro. F. Vodrazka reported his records correspond to that of Fin. Secy. Watching investment accounts.

**Secretary:** Accounting Dept. Sis. A. Sotka sent complete report of activity for October. Also called attention to units in arrears on payment of dues, Convention Fund and Special Assessment. Sis. E.

Schnabl submitted report of activity for October. Reported difficulties encountered in sending film to Canada. 3M Copier was brought into office Oct. 18, to facilitate faster flow of communication. Total cost \$391.92. Also a 21-month service contract was arranged. Above expenditure approved for payment. Sis. B. Prener prepared rough draft of letter regarding tax exemption of units. Handled routine matters.

**President:** Bro. S. Barcal reported a good portion of his efforts expended on the Los Angeles by-laws. Talked by phone to attorney, bro. F. Zahradka. Attended BOI. meeting. Wrote to Cleveland.

## Meeting of the Combined ASO.-BOI.

Held Wednesday, October 19, 1966

Reports were presented on the instructor's courses and clinics which were held. Follow up letters will be sent to the districts to help determine whether they are getting any benefits from these courses.

Bro. Fina will conduct judging clinics in Omaha and Dallas.

Rules for travel instructor's fund allotment have been sent to districts.

\$50.00 AAU. dues were paid. The names of sisters Mildred Prchal and Florence Palas and brothers Ed Linhart and Paul Fina were submitted as our Board of Governors designees for the 1966 AAU. Hawaii convention. Sisters M. Prchal and F. Palas will attend and represent the ASO. at this convention.

Bro. Fina will investigate AAU. Olympic development medals for Sokol competitions.

Sokol uniforms and supplies were discussed in detail. Bro. Ed Gombos of IGM. will be contacted. Sis. Sladek will give him samples of all our uniforms. We will request bro. Gombos to report whether or not he can meet our specifications. A price list will also be requested.

The Sokol Manual revisions were discussed. The Sokol USA. welcomes suggestions and cooperation from the ASO.-BOI. The ASO.-BOI. officers met with sis. Provaznik Oct. 14. Sister Provaznik reported on the progress made and suggested revisions were discussed in detail.

Sister E. Ruzicka submitted a written organizational report. The preparations of the Dallas Slet Committee and their schedule of Slet events were discussed.

RE: Dallas Mid-Slet.

Women's apparatus and calisthenics are distributed. The men's work will be out shortly.

Bro. Bastar will sell us orchestrations at \$25.00 per class. Extra copies of piano music and orchestrations will be needed.

500 copies of the ASO. competitions rules will be printed. Bros. Ptacek, Lebloch and sisters Pros and Schnabl were named to the rules committee. It will be their responsibility to see that all new rules and revisions are incorporated into the new edition.

It was recommended that all Sokol organizations be invited to the Dallas Slet i.e. Slovak GUS., DA Sokol, Slovak Catholic Sokol, Polish Falcons and both Canadian Sokol organizations.

Bro. Satek will get estimates on the printing of class attendance records.

Bro. Basta reported for the scholarship committee.

Bro. Fina reported on the 1966 World Gymnastic Championships held in Dortmund, Germany.

## Financial Report ASO. October 1966

### INCOME:

Dues .....	\$2,423.00
Convention Fund .....	.50
Special assessment .....	156.00
Dividends and interest .....	225.00
Resale of jewelry .....	46.00
Sale of Sokol stamps .....	650.70
Sale of educational pamphlets .....	46.50
Sale of manuals .....	5.50
<b>Total Income .....</b>	<b>\$3,553.20</b>

### DISBURSEMENTS:

<b>Administrative Department</b>	
Salaries .....	\$222.92
Dist. Dir. of Int. Rev.—F.I.C.A. and F.W.T.—3rd qtr. ....	151.19
Rental, janitor service, phone, electric .....	145.63
Advertising, customs fees, safe deposit box rental .....	108.50
Office supplies .....	57.46
Jewelry .....	229.74
Business machines—photo copier ..	362.96
Petty cash .....	26.31
	<b>\$1,304.71</b>

<b>Educational Department BOI.</b>	
Salaries .....	\$187.95
Dist. Dir. of Int. Rev.—F.I.C.A. and F.W.T.—3rd qtr. ....	139.50
Editor "Sokol Gymnast" .....	25.00
Office supplies .....	17.93
	<b>\$ 370.38</b>

<b>Sokol Publication</b>	
Postage—September .....	\$ 29.07
Editor .....	75.00
	<b>\$ 104.07</b>

<b>Promotional</b>	
Slet film refunds .....	\$ 80.00    80.00
<b>Miscellaneous</b>	
Eastern Dist.—Special assessment ..	\$ 10.00    10.00
<b>Total Disbursements .....</b>	<b>\$1,869.16</b>

### BALANCE:

<b>Totals brought forward:</b>	
Western National Bank of Cicero—checking account .....	\$3,789.15
Income—October 1966 .....	3,553.20
	<b>\$7,342.35</b>
Disbursements—October 1966 .....	1,869.16
	<b>\$5,473.19</b>

## FROM OUR DISTRICTS

### EASTERN DISTRICT

Annual Meeting—Belcamp, Md.—Sept. 25, 1966

Correspondence—Annual reports from units and technical board.

**Report of the President**—Bro. Zraly mentioned the different activities and meetings in which he participated. He stressed the importance of holding more district functions which we had not done over the past year.

**Report of the Secretary**—Report was given by bro. Zraly in the absence of sis. Zraly who is recuperating from a recent operation.

**Report of District Directors**—Frank Capek and Norma Zabka: Gave list of activities—emphasized our good participation in many activities over the past year and the fact that we won many medals and trophies. Gave a brief talk on financial matters concerning instructor's course. Will send Chicago a picture of the instructor's school. Mentioned that \$100 scholarship was won by Chris Tuma of Little Ferry Sokol.

**Report on Instructor's School**—sis. Marie Provaznik, school co-ordinator: The Instructor's School for beginners was held at East Haddam, Conn., from August 14—28 with 49 students in attendance. Instructors consisted of school co-ordinator sis. Provaznik, sisters Zabka, Keil, Belsan, Misek, Koval, and bros. Stetka, Sauer, Worback and Slavik. The motives of the course were to answer the needs of the units, i.e., the units need team leaders for children's classes. They were taught how to teach and give the kind of moves adequate for the age level they will be instructing. Emphasis was placed on practice teaching. Out of the 49 students who started, one went home sick and one was sent home because she could not adjust to camp life, with the remaining 47 distributed as follows: 4—Baltimore, 10—Belcamp, 11—Fuegner, 9—Little Ferry, 5—New York, 2—Washington, 4—DA Sokol, 2—Sokol Long Island.

Sis. Provaznik recommended that a beginner's school be held every year in order to reduce the number of participants in order to make teaching and learning easier.

**Report of Educational Director**—sis. Joy Misek: Stressed importance of receiving reports from all units and also calendar of events.

**Report of Treasurer**—bro. Anton Chaloupka: Books were audited Sept. 24, 1966, by bro. Neumann, sisters Henrietta and Betty Hochner.

**Report of Vice-President**—bro. Neumann: Listed all activities attended. Gave best regards from bro. Barcal. Bro. Zraly praised the work of bro. Neumann.

**Unit Reports**—Written reports were received and accepted from all units.

Sympathy extended to sis. Peifer on the loss of her husband.

Bro. Kolomaznik—glad to see that he is feeling better and back to meetings. He thanks all units and individuals for cards and good wishes sent during his illness.

Sis. Zraly—recuperating from an operation.

Sis. Sazama—doing well, recuperating in a nursing home in White Plains.

Meeting called at 12:30 for lunch—convened at 1:45 p.m.

Bro. Zabransky spoke on the importance of the advancement of Sokol.

**Report of Technical Committee Meeting**—bro. Frank Capek: List of events—Track & Field Meet United Sokols, Sat., Oct. 8, Boonton, N. J. — Refresher course for instructors, Belcamp, Md., Nov. 12 and 13. — Judges clinic for women, Hunter College, Oct. 22, Nov. 5, Nov. 19, Dec. 3. — Volleyball tryouts, Thanksgiving eve. — United Sokols volleyball finals, December. — AAU girls novice meet, Jan. 14, compulsory and optional moves. — Montreal Slet, July 1 and 2. — Dallas Slet, July 14, 15, and 16. — Semi-annual meeting of the Technical Board tentatively set for Jan. 21 at the Concord Hotel at the same time as the New York Assn. of Health, Education and Recreation will be there.

**Officers 1966-1967—Eastern District Board of Instructors:** Director of Men, Frank Capek; 1st Asst., Edward Stetka; 2nd Asst., Frank Kubelka. Director of Women, Audrey Benda; 1st Asst., Norma Zabka; 2nd Asst., Carole Keil. Secretary, Shirley Lange. School Director, Marie Provaznik. Athletic Directors, Virginia Belsan and Henry Keil.

\$10 per gymnast or a maximum of \$700 will be allotted for gymnasts who participate in the Dallas Slet of 1967 in two of calisthenics, apparatus competition and/or judging.

New district flag will be purchased immediately. The Director of Men will be custodian for the flag and responsible for it at all times.

Seat of the district for the coming year—New York.

Letterheads and envelopes will be printed with no street or state address, just Eastern District American Sokol and name and address of writer typed or stamped on letter.

**Election of Officers 1966-1967:** President, Charles Zraly; Vice-President, Matthew Neumann; 2nd Vice-President, Frank Capek; Secretary, Blanche Zraly; Treasurer, Anton Chaloupka; Financial Secretary, Ludmila Elkins; Educational Director, Joy Misek; Asst. Educational Director, Dinka Kolnik.

**Educational Director's Report**—Joy Misek: Reports were requested from all educational directors and also asked to submit calendar of events.

Letter to be sent to Jerry Hardy on his selection as international representative to the Federation of International Gymnastics.

Please send in calendar of events as soon as possible so that two events aren't scheduled at the same time.

Sis. Provaznik extends an invitation to all to join the Montreal Slet July 1 and 2. Calisthenics are the same as in Dallas except children's classes who will use hand apparatus.

A discussion followed on the arrangement of tours for Montreal and Dallas.

Bro. Neumann was made Publicity Director. He requests all delegates to send calendar of events to both him and sis. Misek.

Bro. Neumann reported on the new unit in San Diego—68 members.

Sis. Zabka gave a brief talk on Long Island Sokol.

## NORTHEASTERN DISTRICT

Meeting Held Sept. 28, 1966

**Reports from Units**—Sokol Rip submitted a report about the agreement to sell all of their property, except part of the site near the creek. Sokol Detroit submitted reports covering their activities. The unit's Sokol Cultural Center is slated to be ready for occupancy by Nov. 1, 1966.

**District BOI.**—Bro. Kotlan: Reported a letter was sent by the BBOI. to Slovak Sokol USA. in regard to the Slet held in New York in July 1966. Copies were sent to bro. Linhart of the ASO. and to the Detroit BOI. The District BOI. lodged a protest with Slovak Sokol in regard to the fact that the Northeastern District ASO. participants were not allowed to march on the field as members of ASO. Letter from Sokol Detroit for gymnastic participation for their Akademie will be given to the three Cleveland units.

Annual meeting of the Northeastern District will be held on Sunday, January 15, 1967, at Sokol Tyrs.

Bro. Suster announced the tentative dates of the 1970 convention of ASO. June 22 to 28, 1970.

## CENTRAL DISTRICT

Meeting Held Wednesday, Sept. 28, 1966

Brother Prchal read the ad he prepared for our district to be inserted in Hlasatel in their 75th jubilee number.

Sister Trajhan will represent the district at the Sokol Brookfield 35th anniversary banquet on November 12, 1966. Bro. Drnec was invited as a guest.

Passed an ad for the Czech Legionnaires.

Read the letter and the instruction sheet of the ASO. concerning the fund from which various activities of our BOI. will be remunerated. Secretary will announce our weekend teacher's course to the ASO., so that we may be eligible to collect the expenses for the course.

Sokol Tabor announced their 100 year celebration to be held Jan. 21 and 22, 1967.

Read a note from bro. Tom Sotka who thanked the district for making it possible for him to participate in the New York Slet.

Bro. secretary will thank sister Zacek and her clients for donating their radio broadcast time for our Slet promotion.

Sister June Pros gave a report for September.

A short debate was conducted on improving our judging and it was decided to let the BOI. work out their own improvements.

Director bro. Roy Zitny reported for September.

The Central District received a bill for first aid for Junior R. Spika. The bill was approved for payment, but the following resolution was unanimously voted upon and will be sent to all units:

"Any injury incurred at a Central District meet, tournament or any other function shall be the responsibility of the unit which the person represents."

Brother Zitny gave a full report from the district tour to the New York SGUS. Slet and presented two trophies which were won: First place team trophy for intermediate junior boys, and first place men's volleyball.

# SOKOL GYMNAST

November 1966

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

MARIE PROVAZNIKOVA:

## In Unity There Is Strength

Nazdar, children! One Sokol slogan is "In unity there is strength." That means that none of us can be alone on this earth. All of us belong to some society, class in school, family, nation, and Sokol unit. The better the group we belong to, the better the benefits we derive from it. If a family is well off, then each member benefits from it. If a nation is rich and powerful, as our American nation is, we all benefit. Therefore we must all make sure that everything will go well for the entire group to which we belong; our family, organization and nation. A good person, good citizen and good Sokol thinks first of the group and then of his own interest because he would be unhappy if everyone around him was not doing well. Just think, children, your father would probably like to take a trip to Europe or around the world; but he wouldn't do it because he feels he must first take care of you and make sure you have everything you need. Similarly during the war everyone would rather have stayed home with his family and earned money so that he could have a better life but because the country needed soldiers all the young men went into the armed forces and many lost their lives so that their country would remain free and powerful.

That's what we are learning and preparing for in Sokol. In competitions and games we try to make our TEAM win or at least place among the first. We learn calisthenics so that at exhibitions our unit will be well represented. We deny ourselves a movie or party and come to gym because we know that one person's absence holds back the learning of the whole group. That's how we became accustomed to respecting the group interest before our personal enjoyment and temporary benefit. Now the groups we are talking of are still only large units and clubs, but in a few years we will be a nation-wide group.

MILDRED PRCHAL:

## GIRLS - HIGH BEAM

### MAIN FAULTS:

1. Dismount is executed from rearswing (only 45°).
2. Pulling from shoulders during dismount.
3. Frontbow of head and piking.
4. Dismount far from point of grasp.

### EXAMPLES:

1. Frontroll to seat—stradleg—regrasp before body and rearswing to squat support—body wave to step left forward and thrust to handstand crossway—rearleg dismount to left.

2. Jump high, landing in half squat foretouch left—sidearm—reartouch right—step right forward, reach to beam, handstand crossway with flank stradleg (right front, left back)—stand on right with support—left high rearleg—up-right.

### b) FRONTROLL

#### Execution:

1. Draw body from shoulders and allow feet to fall forward.
2. Bending arms place head close before hands (arms control fall to beam and pike).
3. Quick joint regrasp under beam, elbows hold beam firmly on both sides.
4. It is necessary to hold benthip lying position with hips high above beam.
5. Only upon attaining balance in lying position is it possible to place hips on beam.

#### Teaching:

1. On floor, teach roll forward to benthip lying.
2. On low beam teach correct folding and stopping in benthip lying.

#### Assist and Spotting:

1. The instructor stands before gymnast, grasps her hips and teaches her the correct direction during folding.
2. Later it is sufficient for the instructor to hold hips only during high benthip lying position when finishing roll.

### MAIN FAULTS:

1. Too fast execution of roll from handstand (arms do not control lowering of back to beam).
2. Not stopping in benthip lying, hips drop to beam (only slight misdirection will cause fall from beam).
3. Opening elbows in benthip lying (again it is impossible to control direction).

### EXAMPLES:

1. From stand on right, bend frontleg left—bent uparm; 3 runs (left, right, left)—sidearm; stag leap landing on right; step forward left, frontleg right; step forward right to handstand crossway and frontroll to benthip lying.

### STRADLEG SEAT CROSSWAY

#### Execution:

1. Handstand; this time we do not draw from shoulders, rather the body sets on the shoulders; allow shoulders to lean forward right from the start.

2. Begin arching; maximum head rearbow.
3. Push shoulders forward, arms remain straight, elbows turned inward.
4. Pass through balance with contracted back and buttock muscles.
5. Stradleg seat close to handgrasp.

## Teaching:

1. Teach handstand to cradle on floor.
2. When starting on beam assistance should be from both sides of gymnast.

## Assist and Spotting:

1. Grasp under shoulder from front with one hand and front of thigh with other hand. Same assistance should be given on opposite side by another individual.
2. Later spotting from one side will be sufficient to control passing to stradleg seat.

## MAIN FAULTS:

1. Shoulders not pressed forward enough in handstand.
2. Bend head forward.
3. Passage to seat done by piking.
4. Arms bent too much.

## EXAMPLES:

1. Run and jump on end of beam without support to stand on right, bend frontleg left—sidearm—step forward left—waltz step forward right, waltz step forward left, frontleg right and step forward right, handstand crossway—stradleg seat crossway—high frontleg—sidearm.

## 31. HANDSTAND PARALLEL.

## Execution:

1. Handstand parallel on beam is done from cartwheel to handstand; start from crossway stand on left (right)—frontarm upslant.
2. Most important is placing shoulders when starting handstand; during alternate hand grasp, shoulders are moderately leaning forward which assists in regulating balance in handstand.
3. Directing swinging leg: starting with frontbend often causes the leg to swing indirectly and to finish with piking; the leg from which rebound is made follows swinging leg; that is why we teach from the beginning to contract back and thigh muscles; the finish is in vertical position.
4. Head is moderately bent back, balance is controlled by wrists.
5. Do firm handstand with but small arch.

## Teaching:

1. Basics again on painted or chalked line on floor; about 20" from wall; gymnast tries to do parallel handstand touching wall with toes for balance.
2. Teach same on low beam; by supporting feet on wall gymnasts learn proper swing of leg to firm handstand without piking.
3. Try finding and controlling point of balance while in stand by slightly removing toes from

wall. Control balance by pressing either fingers or heel of palm to beam.

## Assist and Spotting:

1. On low beam, instructor stands before beam so that when gymnast is in handstand he is facing her back. Teach correct direction of hips; by grasping on both sides of hips, instructor insures correct placing of shoulders.

## MAIN FAULTS:

1. Rebound to handstand too big making stop in stand impossible; trunk turns to rearvault or to side.
2. Beginning handstand with piked hips; swinging leg not directed with contracted muscles in thighs and buttocks; straightening handstand is then difficult and must be executed with bent arms.
3. Completing handstand on bent arms is a major fault.

## EXAMPLES:

1. From halfsquat rearleg left uprise to high left frontleg—uparm and left cartwheel to handstand parallel—rearvault to left on left arm.

## 32. FROM HANDSTAND PARALLEL.

## a) STAND ON BEAM WITH ONE LEG

## Execution:

1. Flank stradleg handstand (split).
2. Press shoulders while piking but hold maximum split up to step down to beam.
3. In the instant of stepping on beam, hands leave beam and body straightens to upright arabesque.

## Teaching:

1. Leg swings to handstand, other leg to split in handstand.
2. Controlling balance in split handstand is simpler because beside controlling handstand with wrist movement, balance can be controlled by stretching legs in split.
3. During jump on beam, foot steps between hands; maximum press of shoulders forward will assist in attaining element.
4. In handstand, we draw trunk from shoulders as high as possible (inhale and hold breath), also draw in abdominal muscles; gymnast must have feeling that hips are raised to maximum point; rebound is done by piking hips and slow raising of legs front.
5. Simultaneously with increase of pressure of fingers against beam, shoulders press forward, head bends back.
6. Arms remain absolutely straight.
7. Hold maximum split during movement; in instant of step extend arms to side; quick tightening of back muscles assures control in one leg stand.
8. Buttock muscles must not relax during step on beam; this will help to keep leg high in rear.

## Assist and Spotting:

1. Instructor stands at hips of gymnast who is executing handstand; with one hand he grasps

her arm under shoulder, his other hand is placed under her hips; after she steps on beam he assists her in straightening trunk.

**MAIN FAULTS:**

1. Gymnast starts from calm and controlled handstand; only in this way can the gymnast regulate correct hip and shoulder placement; as she begins to fall, she jumps sharply; it is then difficult to hold an upright position in stand on one leg.
2. Holding beam too long when stepping down; then the raising of the trunk to upright position is too slow, it is uncertain and does not present an aesthetic appearance.
3. Relaxing buttock and thigh muscles immediately upon stepping; leg raised in rear falls and sharp piking occurs, also resulting in loss of control and straightening of body.

**EXAMPLES:**

1. Toestand, right before left—step left forward, rebound from left to jump forward to squat, right front—180° turn to left from squat to stand left reartouch—step left forward—right frontleg—frontarm upslant—handstand parallel with flank stradleg (split)—rebound to stand support on right, left high rearleg—reararm—tip to arabesque on right.

**b) STRADLEG STAND SUPPORT****Execution:**

1. From stradleg stand support raise trunk to handstand with maximum drawing of body from shoulders.
2. Simultaneously with progressive leaning forward of shoulders pike in hips.
3. Jump on beam into stradleg (not too wide) stand.

**Teaching:**

1. Teach slow piked handstand from stradleg stand support.
2. On lower beam teach holding piked position as long as possible; folding in hips is slow.

**Assist and Spotting:**

1. The instructor stands before gymnast and grasps her hips, assists by holding her hips in highest position.

**MAIN FAULTS:**

1. Insufficient carriage of shoulders forward—jumping to beam too quickly.
2. Bending arms when stepping on beam.
3. Bending legs when stepping on beam (during folding of body in hips).

**EXAMPLE:**

1. From run and jointleg rebound jump to squat support—90° turn to left, step left forward and raise right high frontleg—parallel handstand—jump to stradleg stand support—90° turn left to seat—high frontleg.

**33. FRONT HANDSPRING DISMOUNT.****Execution:**

1. Executed fast from strong hand rebound.

2. Grasp end of beam, fast swing of legs and rebound from supporting leg to jointleg handstand.
3. Head rearbow, moderate withdrawal of shoulders.
4. When feet pass beyond trunk, hands push from beam.
5. Trunk in handspring is only moderately arched, head in line with trunk.
6. Dismount to half squat (plie).

**Teaching:**

1. Teach handspring on floor, pay particular attention to correct and properly timed rebound from hands.
2. Teach as dismount from box, sidehorse or table.

**Assist and Spotting:**

1. Instructor grasps gymnast under shoulder with one hand and under hips with other; it is important to hold gymnast's hand all the way—stand on floor (girls very often fall forward).
2. At first, spotting should be from both sides of beam; gymnasts learn to guard each other.

**MAIN FAULTS:**

1. Bent arms during handstand.
2. Pushing shoulders too far forward in handstand.
3. Head bent forward.
4. Slow execution, heels lead in dismount and arch is too extreme—no thrust from hands.
5. Insufficient thrust from hands.

**EXAMPLES:**

1. Split leap forward, left; step forward right and stag leap forward left; frontleg right—step forward right—uparm and reach for end of beam, rebound from right to handspring dismount.
2. Step forward right (1.), tap left toes behind right heel (2.), hop right (3.) (step, tap, hop); repeat all with left step forward; swing right frontleg and stepping forward on right do frontspring diagonally to left with support on right hand.

**34. REARVAULT DISMOUNT.****(FROM HANDSTAND PARALLEL)****Execution:**

1. Controlled handstand.
2. Moderate carriage of feet over head.
3. Transfer weight to right hand.
4. Turn head and shoulders to right.
5. Thrust from left hand, uparm outward.
6. Execute the dismount in an arched position (head rearbow and contract back and buttock muscles firmly).
7. Dismount with right hip to beam, beside point of grasp.

**Teaching:**

1. Teach transfer of weight on floor, then from Swedish box or sidehorse and later from beam.
2. Learn to control parallel handstand.

(Continued)

## National Summer Gymnastics Clinic

Michigan State University — East Lansing, Mich. — August 21—26



Left to right: Karen Peterson, Linda Burghardt, Jamie Hruban, Janice Krejci, Frankie Wiener.

Five girls and one boy from Sokol Omaha attended the clinic.

Over 300 gymnasts attended from ages 5 to 50. Some came for professional instruction, others as competitors. The competitors were divided into their ability levels, then subdivided again. There were thirty-eight instructors who always were ready to help in any way.

Our program started at 9:00 every morning and we followed a rigid schedule of workouts until 4:30 in the afternoon. We had approximately 7 hours of gymnastics a day. Our evenings were filled with extra workouts, picnic supper, program, and going to bed early.

Competition was held on Tuesday night. Sokol Omaha brought home a total of 10 plaques and two trophies.

Here are the results:

**Jamie Hruban:** 1st Place—All Around — high bar, free exercise, vaulting, side horse, parallel bars, rings.

Jamie also won "The Most Valuable Gymnast Award." (This is a trophy awarded to the most promising gymnast at the clinic. Two girls and two boys received them.)

**Sis. Frankie Wiener:** 6th place—All Around, 3rd place—Beam, 5th place—Free exercise, 6th place—Unevens.

**Sis. Karen Peterson:** 3rd place—All Around, 4th place—Unevens, 4th place—Vaulting.

**Sis. Jan Krejci:** 5th place—Vaulting.

**Sis. Linda Burghardt:** 2nd place—All Around, 2nd place—Beam, 3rd place—Unevens, 6th place—Vaulting, tie 1st place—Floor exercise. She also received "The Most Valuable Gymnast Award."

Bunny Buckingham was injured the first day of the clinic.

We learned many new stunts, techniques, ballet movements and more instruction to become a better gymnast.

One of the main features of the clinic was the NITE OF STARS program. The show is something like an exhibition and consisted of Olympic stars performing, criss-cross vaulting, comedy acts, talent numbers, and apparatus work.

The director of the clinic along with many other people commented upon the conduct of the Sokols. They were impressed by 1—our training, 2—our behavior, 3—our eagerness to learn, and 4—neatness of uniform as well as appearance.

"Bo" Drozda

MARIE PROVAZNIKOVA:

### Sokol and Sports

I said to you that Tyrš founded Sokol so that he could bring up his fellow citizens in good health and character. The core of his training was gymnastics. Tyrš himself composed an ingenious systematic method so we would know HOW to educate gymnastically. This systematic method of Tyrš is the difference between Sokol, and the training you could get at various sports clubs like the Y. M. C. A., etc. There you learn all kinds of tricks and routines, whereas in Sokol we try to improve the gymnast's health, strength, speed, dexterity and general flexibility. In short, at Sokol we don't gym so that you can execute a few effective tricks, but so you will be dexterous in all you attempt, not just gymnastics.

Tyrš also wanted us not to be satisfied with what we already know and can do; but to always want to be better, stronger, and more skillful. That's why we have competitions in Sokol so we can com-

pare our strength, skill, and improvements with others since our last competition. We cannot all be first but we must all try to be better than yesterday and better tomorrow than today. That way we will all attain the level which we are capable of achieving. Not all of us can be a Lincoln but everyone should try to do his best in life and do everything that he is capable of for his nation.

### CORRECTION

#### GIRLS — HIGH BEAM

June 1966 scratch element "19". (Mount to stand on beam.)

July-August 1966 — Change numbers of elements:

"20" to "19"                      "21" to "20"

September 1966:

"22" to "21"                      "23" to "22"

"24" to "23"                      "25" to "24"

"26" to "25"

Bro. Drnec also gave a report from New York and thanked bro. Zitny, sis. Pros and all who represented our district, for excellent results and good conduct.

It was unanimously approved to let Basta-Musil and Co. handle our excursion to Texas. Details will be presented in our next meeting.

\* \* \*

## WESTERN DISTRICT

### Semi-Annual Meeting, Sept. 25, 1966

A moment of silence was observed in memory of our departed brothers and sisters.

#### OFFICERS REPORTS

**BOI.—Women:** Sister Drozda waiting for reply from Charles Mancuso to further Sokol activities during the Nebraska centennial year. The Mid-West AAU. Meet is in December. Discussion on judges clinics. Drills for Dallas are in the 1960 American Sokol if anyone would like advanced scanning. Discussion on mid-winter workshop. Election of officers: Sister Drozda elected. First and second assistants are Georgiana Buzicky and Beverly Kilborn. Sis. Drozda reported that Omaha Sokol Camp requires a six month notification for any clinics to be held there.

**Men:** Election: Raymond Lastovica is the Director and the assistants are Heinz Rohde and Al Chab. No traveling instructor yet available. Money to be refunded on a prorated basis. Bro. Hasterlo suggested utilizing the money available.

Sister Drozda to contact ASO. as to possibilities of four instructors to come to Omaha from Chicago for a clinic.

#### UNIT REPORTS

**Sbor Sokolice Renata Tyrsova, Cedar Rapids, Iowa**—Barbara Nemecek, President: Top project is baking kolacky. Other sources of income are cooking banquets for private parties, sewing quilts, making rugs and other items of handiwork.

**Cedar Rapids Women's BOI.**—Betty Petrzalek: Annual spring program was April 17. April 20 a group performed at the Oakdale Sanatorium. Took part at the banquet honoring Cardinal Beran. Seven girls competed at the AAU. meet on April 30. May—small girls I competition. June—small girls II competition. Twenty junior girls and 7 women participated in St. Paul Slet. Five junior girls performed for the Summer Festival in Green Square. Fall season opened September 13. Had summer class for advanced gymnasts.

**Sokol Cedar Rapids, Iowa**—James V. Cada: 133 members. Held three social evenings with sisters. Akademie. Pork supper in the spring.

**Sokolice Libuse, Crete, Nebr.**—Lulu Kohel, Director of Women: Had a float in Wilber Czech Festival, the theme being "World Wide Sokol." Won first prize in Saline County Fair. Gym has been completely redone.

**Sokolice Libuse, Crete, Nebr.**—65 members. 7 over 50-year members. Donated to several fund drives. Had float in Wilber. Won first prize.

**Sokol Crete**—Elmer Pomajzl, Director of Men: Gym classes began September 20.

**Sokolice Omaha**—Blanche Masek: Joint entertainment and refreshments with men's unit. Annual Mother and Daughter social evening. Sent 2 gymnasts to Michigan State University clinic. Now 161 members. Will sponsor a tour to Hawaii.

**Sokol Omaha**—J. J. Susterka: Due to many repairs the hall is barely breaking even. Are sprucing up for the coming Nebraska 100th anniv. Bowling alley doing fine. Have started a newsletter.

**Sokol Omaha BOI.**—Beverly Kilborn, Raymond Lastovica (combined report): April—Exhibition and children's competition. June—Slet. July—Children's camping. Traveled to Clarkson, Nebr., for Czech Festival. Participated in So. Omaha Sokol Days. August—Participated in Wilber Czech Festival. In July sent 1 junior boy to Slovak Slet. Held summer gym classes. Two women, 3 junior girls and 1 junior boy went to Michigan State University clinic and brought back honors for Sokol with 10 plaques and 2 trophies.

**Sokolice Libuse, So. Omaha**—Barbara Swoboda: Have 96 members. Had Victory Dinner for gymnasts who attended Slet in St. Paul.

**So. Omaha BOI.**—Phyllis Jirka, Vojmir Benak (combined report): March—Exhibition at Veterans Hospital. April—Exhibition at Omaha Boys Club. May—Card party, parade in So. Omaha, competition for small boys and girls. June—Slet in St. Paul, sent three gymnasts to Slovak Slet who returned with 2 trophies and 6 medals. July—So. Omaha Sokol Day, sidewalk bake sale, car wash, 1 week camp for boys and one week camp for girls, danced Beseda at Notre Dame Academy. August—Participated in Wilber Czech Festival.

**So. Omaha Sokols**—Al Swoboda: Hold entertainment for the public every Thursday evening. February—Social with Sokolky, films shown and dancing followed. Successful season at Sokol Park with dances and local organizations having picnics there. The Board of Directors are contemplating further repairs to the main hall such as a new furnace, new front facing, new retaining wall, and we already have new tile in the basement. 30 to 40 members attend the meetings. Membership drive is still on.

**Sokol Wilber**—June Kucera: Had a number of modern and polka dances in hall. Also a number of banquets. In April Sokol Omaha brass band held a concert in our hall. August—Covered dish supper. Float in parade at the Czech Festival, it won 3rd prize. Served dinners during Czech days.

**Sokol Wilber BOI.**—Al Chab, Director of Men, Olga Chab, Director of Women (combined report): Exhibition at Wilber Czech Festival. Boys and girls helped. Danced Beseda in Wilson and Jennings, Kansas, and Fairbury and Lincoln. Participated in pageant for Czech days. Sent 15 to St. Paul Slet.

**St. Paul**—Robert Vanyo: Enjoyed hosting Slet. Gym classes on Tuesday nights during the summer. Averaged 12. Children's week at camp. Annual booya. Gym classes began September 19th.

**Unfinished Business**—District will defray bro. Linhart's expenses of \$18.30 to the St. Paul Slet.

Our falcons were shipped back to Colorado because the Henry Doorly bird houses are not yet built.

No District Slet will be held in 1967 due to the Mid-Slet in Dallas.

Traveling trophies will be retired to Crete.

### Meeting Held October 10, 1966

**Director of Women**—Bo Drozda: Waiting for approval of Sokol Omaha for use of gym before writing an official letter to Chicago for possibilities of

instructors. Received women's drills for Slet in Dallas. Sent drills to all units. For any performances during the Nebraska Centennial, we will be listed under nationality groups.

**Director of Men**—Ray Lastovica: Men's drills not ready but have piano music. Mid-winter meet postponed until later date.

**Correspondence**—Sokol Slovo from St. Paul. The American Bulletin soliciting subscriptions. Announcement of Sokol Brookfield's 35th anniversary.

## Plzeňský Sokol, Chicago, Ill.

### VACATIONING AT CAMP SOKOL

As one woman guest said: "This is paradise." It was her very first visit to camp and she said words cannot describe the beauty and loveliness of it.

I believe those of us, who are members, just take this beautiful place for granted, but deep in our hearts we all love it. The grounds were exceptionally beautiful this year. The abundance of spring rains made the grass greener and the evergreens more upright. The beautiful flower boxes with the red geraniums and colorful petunias were a delight to behold. We also concentrated on planting flowers near the office, transplanting some large bushes, which enhanced the beauty of the office.

We enjoyed a prosperous year. I mean a prosperous year in making new friends, renewing old friendships with guests, who had not been to camp for a few years. It was also a prosperous year in attendance.

An evening which we shall remember was a showing of slides of beautiful birds of America. The photography was superb. This was shown by a Mr. and Mrs. Clarence Cook of Three Oaks, Mich.

We would like to extend an invitation to all brothers and sisters of the various Sokol units to come and visit us and enjoy this beautiful summer resort. We will send you a brochure by request. Come and spend a day or two or your entire vacation. Hoping we may have the pleasure of seeing you next summer. Nazdar!

Eleanor Solin, President of Pilsen Sokol

## Three Members of Sokol So. Omaha Pass Away

### V. LEWIS KORISKO

Bro. Korisko was born in Czechoslovakia on Nov. 5, 1893, and passed away Sept. 2, 1966.

Bro. Korisko was a member of Sokol So. Omaha. He is a past president, served on the Board of Trustees, was secretary and served on many committees. It would be impossible to total the number of hours that bro. Korisko willingly and unselfishly contributed to Sokol work. Bro. Korisko was one of the members instrumental in organizing and selecting our Sokol Park site. His foresight is now a reality for us to enjoy. He was a charter member of Sokol Park and an honorary member of Sokol Park Board. He was Sokol Park manager and also secretary-treasurer.

Bro. Korisko's helpful counsel to his Sokol brothers and his wise leadership is a record of service which few men can achieve. He was a devoted Sokol and his life as a Sokol will be an

example hard to follow. His understanding of the changing of times eminently fitted to cope with the problems of today and the future. His constant encouragement to the younger generation is reflected in the progress of the unit. The half century of progress because of his accomplishments indicate how well he filled every position he occupied.

Bro. Korisko will be remembered in the hearts of So. Omaha Sokols.

### JAMES BURESH

Bro. Buresh was born in Omaha, Nebraska, on Nov. 15, 1895, and passed away on Aug. 27, 1966.

Bro. Buresh was a member of Sokol So. Omaha. He served as chairman of the Hall Board of Directors for over 15 years, was treasurer of the Board of Directors, and held other offices and worked on many committees.

Bro. Ed Pavoucek, President of Western District, gave bro. Buresh's Sokol eulogy.

Bro. Buresh will be remembered by members of Sokol So. Omaha for his long years of service and his willingness to help.

### JOHN FISHER

Bro. Fisher was born in Ord, Nebr., on Sept. 19, 1894, and passed away on Aug. 18, 1966.

Bro. Fisher was a member of Sokol So. Omaha. He owned the Fisher Fixture Company, which originally had its store across from the old Jungmann School.

## Vivian Kovacek

The members of Pilsen Sokol were saddened this summer by the death of a very young and dear member, Vivian Kovacek. Vivian, beloved daughter of bro. Frank and sis. Marie Cermak and niece of sis. Lillian Ludvik and bro. and sis. Edward Valha.

Vivian had lived in Maitland, Florida, for a few years, where her husband Frank and three young children are residing.

## Bratr Kohoutek.

Bratr Kohoutek mrtev! Ruka vzpírá se napsat, rozum uvěřit! Bezděky cítíš, že se sřítíl mocný a silný sloup podepírající v řídké řadě ostatních mohutnou a smělou klenbu organisace sokolské. Dal jí všechno a byl jí vším. Celou Americkou Obcí Sokolskou jde účta k jeho jménu.

Zpráva došla při uzávěrcce čísla. Jeho život bude vyzvednut v příštím čísle Sokola. kmp.

## Sokol Portland, Oregon

The following paragraph was found in the 3rd quarter report from Sokol Portland, Oregon:

"We are living like a club of Sokol pensioners. Just 2 members are still working and 8 are on pension—from 67 to 82 years. The overage age of our women is a little better. We haven't received a single D.P. from Czechoslovakia though we spent a lot of money on them. We meet regularly, have our meetings, sing some Czech songs and enjoy one another's company. We pay our dues to the District and Obec and as long as we are able we want to be under the Sokol flag." Bro. Wirostek, Fing Secy. (age 82).

## 100 LET SOKOLA TÁBOR V BERWYN, ILLINOIS.

Ihned po požáru byla 11. prosince 1892 svolána mimořádná schůze k získání nového nářadí. Tehdy přispěly sokolské jednoty v Chicagu Jednotě Tábor finančně, aby mohlo být zakoupeno to nejnútnejší. V roce 1896 usnesl se Sokol Tábor zakoupení pozemek na jihozápadním rohu 13. ulice a 41. Avenue (nynější Karlov Ave.). Brzy potom si Sokol Tábor postavil — sice dřevěnou, ale — vlastní budovu. Osada "Merigold" byla pak po Sokolu Tábor nazývána "Nový Tábor". Byla tam později založena jiná jednota, "Sokol Slavoj". Její členové byli příslušníky župy Fuegner-Tyršovy a používali původní český sokolský kroj, zvaný "červený", na rozdíl od kroje Sokola Tábor, který byl modrý. Členové Sokola Slavoj byli většinou mladí, nedávno z Čech přijetí. V "Novém Táboře" docházelo k zápolení o primát, a jednoty vyvíjely velkou činnost.

V roce 1914 spojil se Sokol Tábor se Sokolem Slovanská Lípa ze staré osady na De Koven ulici. Tato jednota splýnula před lety s Tělocvičnou Jednotou Sokol. Tím nově sloučená Jednota Tábor-Slovanská Lípa, stala se nejstarší sokolskou jednotou v Chicagu.

Sokol Tábor byl v roce 1915 znovu postižen ohněm. Větší část budovy byla poškozena.

Následkem opětovného stěhování se krajanů, tentokrát do západních předměstí Cicera a Berwynu, bylo zdrženo rozhodnutí členů Sokola Tábor zbudovati si nový domov.

Až v roce 1926 bylo rozhodnuto o spojení se Sokolem Oak Park v Berwynu, který krátce před tím si postavil svoji budovu a potřeboval finanční pomoc. Spojení se uskutečnilo, jednotě ponecháno jméno "Sokol Tábor".

Dnes tedy, kdy vzpomínáme 100 let činnosti Sokola v Chicagu, jest Sokol Tábor přímý pokračovatel prvních jednot chicagských, ve své vlastní budově na Clarence Ave. a 16. ulici v Berwyn, Illinois. Se svým osvědčeným a schopným ředitelem tělocvičku bratrem Edwardem Linhartem a několika dobrými úředníky, jest Sokol Tábor mezi předními jednotami župy Střední a Americké Obce Sokolské. Z tělocvičny uplatňují se bratři a sestry na různých závodech, svědčí o tom plně skříň získaných trofejí. Také v činnosti kulturní a osvětové, jest Sokol Tábor vřdva na svém místě.

Jedno sto let činnosti přináší sebou mnoho trpkých, ale také radostných vzpomínek.

### Češi a Nebraska.

Kniha památek "Czechs and Nebraska", o které jsem před časem psal, že ji hodlám vydat spolu s A. Nováčkem, je hotova. Záleží nyní na vhodné tiskárně, která ji bude tisknout. Kniha tato je výsledkem mnohaměsíční práce, studia i pomoci mnohých krajanů. Bude mít asi 400 stran a 80 originálních obrázků. Obálka bude barevná. Bude to pravděpodobně jediná kniha toho druhu vdaná k centeniu Nebraska. Sotva jiná etnická skupina vydá něco podobného. Jakkmile bude kniha vtištěna, oznámíme vám a požádáme o vaši laskavou spolupráci k její propagaci. Bude jistě pěknou, rodinnou památkou i darem. Hleděli jsme zaznamenat příchod českých pionýrů do všech okresů tohoto státu, dále historii náboženských hnutí, kulturních

Výbor pro jubilejní oslavy v čele s bratrem Karlem Prchalem, o jehož dlouholeté a záslužné sokolské činnosti jest tolik známo, a čestným předsedou, starostou města Berwynu bratrem G. E. Doležalem, pracuje pilně na přípravách důstojných oslav "100 let Sokola Tábor". Původní datum oslav bylo stanoveno na 15. a 16. října 1966. Pěvecké sbory ČSA. konaly svůj koncert již léta v té době, proto bylo datum změněno na 1. a 2. října 1966. Nepředvídané okolnosti, působující neklid v naší oblasti, nás přinutily, odložit "jubilejní oslavy" až na 21. a 22. ledna 1967.

Jednota Sokol Tábor má dnes 125 řádných členů (mimo Sokolic), tělocvičnu navštěvuje přes 300 cvičenců, od té nejmenší drobotiny, až po muže a ženy.

Mezi členstvem jest mnoho význačných osob (guvernér státu Illinois, bývalý i nynější starosta města Berwynu, předsedové bank a výpomocných spolků, lékaři, právníci, podnikatelé, obchodníci a jiní).

Každý dobrý a slušný člověk českého či slovanckého původu jest upřímně a vřele zván do bratrského života sokolského.

Myšlenky zakladatelů Sokolstva spočívaly na tělesné zdatnosti, ryzosti citění, národní příslušnosti a hloubce lásky ke svobodě a demokratickému způsobu života. Byla v nich projevována víra v lepší život, víra člověka k člověku, víra sama v sebe.

Myšlenka sokolská je nesmrtelná a ve své podstatě, i když snad v určitých a nevyhnutelných proměnách, bude žiti stále a hlásat bude světu, že vznikla v malém sice, ale kulturně vysoce vyspělém národě v samém srdci Evropy.

Chceme-li, aby všechny příští generace setrvaly při základním úkolu sokolské výchovy, kráčely dále cestou ke zdraví, které je pramenem tělesné, mravní a duševní zdatnosti a síly, pak je na nás, abychom je k tomu vedli.

Přijďte s námi společně užívat všeho, co nám má a musí být společným. Uvědomělá a činorodá láska k vlasti staré i nové, národu tělesné a mravní jeho zdraví, demokracie, svoboda, kázeň, spravedlnost a snaha po pokroku.

Pomozte nám k našemu 100letému jubileu doplnití naše řady o 100 nových členů.

Přihlaste se do nejstarší a jedné z největší jednoty "Sokol Tábor".

L. S.

spolků, práci českých farmářů pro rozkvět zemědělství. Kniha také obsahuje řadu jiných kapitol z minulosti i přítomnosti. Informace podají: Dr. Kučera, Nebraska State Historical Society, 15 R Str., Lincoln, Nebr., nebo Alfred Nováček, Dwight, Nebr. — K.

### Sokol Schuyler, Nebr.

Naše Tělocvičná Jednota oslavovala 75leté trvání své činnosti. Je to tedy hezká řádka let, jsme na to trochu hrdí, a tak se chceme tím trochu pochlubit. Zatím co některé jednoty zanikly, my se ještě stále držíme. Ne sice v tak velké činnosti, v čemž nás mnohé jednoty předčí, ale naše jednota bývala velmi čilá. Cvičilo žactvo, dorost, muži i ženy. Hrála se divadla, pořádaly se zábavy. To však je nyní

pryč, a zbývají jen vzpomínky.

Za takových okolností nebylo nám tedy možno uspořádat nějakou větší slavnost, ale při naší pravidelné sokolské schůzi jsme tuto příležitost před oslavili. Manželé bratr a sestra Ed Varejčkovi, bratr a sestra Ed Svobodovi a sestra Marie Krivohlávková připravili občerstvení a svačinu. Vřelé díky jim.

Při schůzi byla přečtena blahopřání k 75letému trvání naší jednoty a to od Amerického Sokola, Západní župy a několika jednot. Byli jsme tím velmi mile potěšeni, a srdečně všem děkujeme.

Po schůzi byla podávána svačina, a pak jsme se až do půlnoci příjemně, v sokolském duchu, bavili.

Jsmo rádi, že se můžeme ještě stále aspoň jednou za měsíc takto sejít a pořádat naše schůze. Je nás sice málo, odešli někteří tam, odkud není návratu, a jiní, ač členy Sokola zůstávají, schůze ne navštěvují.

Česká řeč se stále zde udržuje. Oživilo se to vlivem kursů češtiny, které zde vyučoval Dr. Vladimír Kučera z Lincoln, Nebr. Založili jsme zde Český klub, jehož předsedou je bratr Ed Vařejčka. Klub uspořádá každý rok Český den, a ten je vždy četně navštíven a všude hlaholí jen česká řeč, hudba a zpěv.

Všem bratřím a sestřím Sokolům přeji mnoho zdraví a úspěchů, aby mohli dlouho, dlouho pokračovat v sokolské činnosti. — Nazdar!

Za Tělocvičnou Jednotu Sokol Schuyler,  
Anna Králová.

## Sokol Seattle

Dear Brother Prchal:

I think that it is time that Sokol Seattle made itself heard. We are not large in number, but we are looking forward to growth with the phenomenal growth of the Pacific Northwest. This area is fast becoming a "melting pot."

We held a Valentine Dance in February, a dinner in honor of Masaryk's birthday and a spring dance festival in April. All were well attended by members and friends. On October 30th we will have an Independence Day dinner and on December 10th we will celebrate the Mikulas. All social activities are held in the VFW hall in Ballard. Proceeds from

KAREL M. PRCHAL:

## BOJ O PÁTOU KOLONU BĚHEM DRUHÉ VÁLKY SVĚTOVÉ A JEHO SOKOLSKÁ NAPLŇ.

Příspěvek k dějinám.

Lidé ve vedoucích postavení měli více než dosti příležitosti poškozovat zájmy americké, zdržovat a zpomalovat výrobu válečnou. A neváhali této příležitosti využívat jak svědčí četná hlášení našich důvěrníků, zejména z továren na letadla a jejich součástky. Je pravda, že mnoho poruch, jež se v americké výrobě v té době objevily, jest připisat na účet přirozených potíží provázejících s úžasným tempem prováděnou přestavbu výroby mírové na válečnou a na účet okolností, že do závodů bylo přijato mnoho nezaškoleného dělnictva jakož i na účet práce přes čas, tělo a nervy vyčerpávající, ale v těchto poměrech právě bylo snadno jistým lidem a skupinám množit zmatek, kazit jakost

these activities are the main financial support for the children's gym.

Meetings are held the second Wednesday of each month in the Queen Anne recreation center.

Gymnastics classes (which are well attended by children and adults) meet each Thursday evening at 7 p.m. in the Queen Anne High School gymnasium.

This year sisters of the local BFO. lodge initiated a special fund for children's camp in honor of the late Charles B. McClellan, who was extremely active and interested in Sokol Seattle.

Each year, one boy and one girl are selected from the gym classes (on the basis of achievement and attendance) to attend a summer camp. This year Mike Korvas and Kim Novotny each spent a week at the YMCA summer camp on beautiful Orcas Island in the San Juan Archipelago. Until we realize the dream of our own camp, these arrangements will continue.

We have had some good publicity and will continue to strive for more. We feel that once we can get Seattle interested in our activities, the response will be great.

The future of Sokol Seattle is a challenge to us all, and there is only one way to go—up and forward! Nazdar!

Anthony Novotny

## Tours To Dallas, Texas, for Sokol Events July 1967

The Central District office is now in the process of preparing excursions to the Sokol events in Dallas. Rates and dates will soon be announced—for transportation via train and buses out of Chicago. Units outside of Chicago, including Detroit, N. Y., St. Paul, etc., will be able to join groups leaving Chicago, thereby securing lowest rates possible. — Nazdar!

Joseph F. Drnec, President  
James Kriz, Secretary

výrobní, překážet a vytvářet pracovní a výrobní "bottle-necks", zdržujících soutěsky plně rozpětí americké výroby válečné sloužící jak samým Spojeným státům tak jich spojencům, kteří na americké výrobě tolik záviseli. To se dalo v mnoha továrnách a obráželo se v hlášeních našich důvěrníků, jimiž zjištěny byly mnohé nepřístojnosti, šlendrián a i zlá vůle usilující o poškození amerických zájmů.

Zjištěny případy, kdy chod práce byl zlovolně zdržován dílovedoucími a instruktory z kruhů německých a italských.

(Pokračování)

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**"Hawaii Calls"**

This is the theme of SOKOL SLAVSKY'S 4th Annual Banquet to be held Saturday, November 26th, 1966, in the plush Peacock Room of the CSA. Building.

This year Sokol Slavsky has added a special attraction to its banquet — entertainment by the "ALOHA NANIS" group — specialists in the beautiful exotic dances of the islands. Don't miss out on a good time. Plan on being with us and bringing along a few friends to this gala "luau." Group reservations invited.

Here are the details: Saturday, Nov. 26, 1966, Peacock Room of the CSA. Bldg., 6144 Cermak Rd., Cicero, Ill. Cocktail hour 6:00 p.m. — dinner 7:00 p.m. Dancing; Music by Frank J. Zakrocky. Tickets: \$5.00 per person. — Reservations must be made in advance—money orders or checks to be made payable to Edith Kral and mailed to her at 2431 S. 61st Court, Cicero, Ill. 60650.

Aloha! (Nazdar!)

Sokol Slavsky Banquet Comm.

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