

AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

No. 12

December, 1966



SEASONS GREETINGS

TO ALL MEMBERS AND FRIENDS:

It is traditional to greet friends, old and new, in the spirit of Good Will that marks the occasion.

May you and all whom you hold dear be graced with the blessings of Good Health and Happiness, Peace, Freedom and Security at this Holiday Time and in the coming New Year.

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AMERICAN SOKOL

436

Published Monthly

(Except bi-monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION

5611 W. Cermak Road, Cicero, Illinois 60650

Subscription: \$3.00 per year.

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

OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

5611 W. Cermak Road, Cicero, Illinois 60650

Tel.: 652-5220

Calendar of Events

— 1966 —

- 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.
- DEC. 31st—SOKOL TYRS, CLEVELAND, OHIO.
New Year's Eve Dinner and Dance.
- DEC. 31st—SOKOL ST. PAUL, MINNESOTA.
New Year's Eve Dance.

— 1967 —

- JAN. 4th—SOKOL SLAVSKY, CICERO, ILL.
Installation of officers, Gold Room, CSA. Build-
ing.
- JAN. 14th—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — Installation of officers and distribution
of pins.
- JAN. 15th—N. E. DISTRICT Annual Meeting. —
10 A.M.
- JAN. 21-22—SOKOL TABOR, BERWYN, ILL.
100th Year Anniversary.
- JAN. 28th—SOKOL TYRS, CLEVELAND, OHIO.
"Night in Prague."
- 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.
- JAN. 28th—SOKOL WASHINGTON, D. C.
Šibřinky.
- FEB. 4th—SOKOL BALTIMORE, MARYLAND.
Šibřinky.

- FEB. 4th—SOKOL MILWAUKEE, WISCONSIN.
Jaternice Supper and Social.
- FEB. 4th—SOKOL ST. PAUL, MINNESOTA.
Šibřinky.
- FEB. 5th—SOKOL SLAVSKY, CICERO, ILL.
Pancake and Rummage Sale, Gold Room, CSA.
Building—7:00 a.m.
- FEB. 5th—SOKOL OMAHA, NEBRASKA.
Annual "Gymnasticale"—2:30 P.M.
- FEB. 11th—SOKOL CLEVELAND-CECH-HAVLI-
CEK, CLEVELAND, O. — Annual Exhibition.
- FEB. 12th—SOKOL TYRS BOI., CLEVELAND, O.
Card Party.
- FEB. 18th—AMERICAN SOKOL, INC., Cleveland,
Ohio. — Fund Raising Kick-Off Banquet—Pick-
Carter Hotel.
- 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 TABOR, BERWYN, ILL.
Gymnastic Exhibition.
- MAR. 19th—SOKOL TYRS, CLEVELAND, OHIO.
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.
- APR. 1st—SOKOL NOVA VLAST, CLEVELAND,
OHIO. — Gymnastic Exhibition.
- APR. 9th—SOKOL OMAHA, NEBRASKA.
Annual Spring Pork Dinner and Carnival.
- APR. 21st—SOKOL TYRS BOI., CLEVELAND, O.
Fish Fry.
- MAY 13th—SOKOL MILWAUKEE, WISCONSIN.
Annual Exhibition.
- MAY 20th—SOKOL MILWAUKEE, WISCONSIN.
Interclass Meet.
- MAY 20th—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Annual Exhibition.

XXII. sjezd Slovenského sokolstva.

V Tampa na Floridě konal se sjezd Slovenského sokolstva v USA. Jeho průběh byl velmi úspěšný a přinesl celou řadu důležitých usnesení týkajících se dalšího rozvoje sokolské myšlenky. Starosta AOS, br. Barcal zaslal sjezdu pozdravný dopis a ses. Welclová-Růžičková zúčastnila se sjezdu a jménem výkonného výboru AOS. pozdravila jeho účastníky. Sjezd učinil také jednomyslné usnesení plně se zúčastnit Mezisletu Amerického sokolstva v Dallas, Tex. v červenci příštího roku.

Ve volbách bylo zvoleno nové vedení pro další čtyřleté období. Starostou byl zvolen Andrej Venglarčík z Clevelandu, místostarosty Jan Kerekeš a M. Kadriková, tajemníkem John Babuška, pokladníkem Melvin Černický a tisk. taj. F. Chetko.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVII.

December — 1966 — Prosinec

Číslo—No. 12

Zdařilá jubilejní oslava Sokola Brookfield.

Sobota 12. listopadu byla významným dnem sokolské jednoty Brookfield. Oslavovali svoje jubileum — 35 let práce a činnosti v sokolské tělesné a duchovní výchově. Přesto, že je to jedna z mladších jednot AOS., může s hrdostí pohlédnout zpět na uplynulá léta, vyplněná soustavnou sokolskou činností, obětavostí velké řady členů a skutečným bratrstvím.

Pěkně vyzdobená síň v národních barvách s velkým sokolským odznakem v čele byla zaplněna asi 350 účastníky slavnostního banketu. Po chutné večeři, zahájil br. Roy Žitný program uvítáním všech přítomných a předal slovo obřadníkovi br. J. Cinerovi, který pak řídil celý program. Úvodní proslov měl starosta jednoty br. Rudy Svoboda, který uvítal přítomné a vyslovil radost nad úspěchem jubilejní oslavy, které se dostalo významné pocty účastí guvernéra státu Illinois Otto Kernerera. Vzácný host byl uvítán nadšeným potleskem všech přítomných. Ve svém proslovu poděkoval za pozvání i za uvítání a uvedl, že je hrdým na svůj český původ i svoje členství v Sokole a na práci, kterou naše sokolstvo koná v programu tělesné i mravní výchovy. Potřebujeme širší uplatnění sokolské výchovy a pak bychom neměli tolik problémů s naší mládeží. Litoval, že pro zaneprázdnění ve svém úřadě nemůže navštívit všechny české podniky, na které je zván.

Místostarosta AOS. br. George Bašta gratuloval jednotě jménem výkonného výboru AOS. Zmínil se o těžkých začátcích jednoty, která zásluhou vytrvalosti členů vyrostla v jednu z nejlepších a uplatňu-

je se i v nadřazených složkách, jako v župě, kde br. Žitný je náčelníkem a v Obci, kde tři členové jsou ve výkonném výboru. Zdůraznil, že naše sokolská práce je dělána jen dobrovolným nadšením bez jakékoli finanční či jiné pomoci z veřejných míst a fondů. Přesto naše sokolská rodina roste a sílí, staví se nově budovy a prohlubuje se sokolská činnost.

President města Brookfield, p. Hollinger, děkoval Sokolu za jeho obětavou práci pro obec a za jeho účast na všech veřejných oslavách a akcích a vyslovil naději, že i v roce 1968 se jistě Sokol plně zapojí do oslav 75 let města Brookfieldu. Mezi jednotlivými proslovy byly zařazeny živé obrazy sokolské zdatnosti předvedené cvičenci jednoty a pěkná zpěvní čísla br. Ant. Kopeckého. Br. Ciner přednesl také stručný nástin historie jednoty.

Závěrem pak byla představena řada hostů, mezi nimi i další činovníci AOS., zástupci různých jednot a organizací a i br. Jerry Milan, náčelník župy Jižní, který zde dlel na poradách o Mezišletu AOS., který bude v červenci 1967 v Texasu. Pozdravné telegramy zaslal Sokol Milwaukee a Susan Bašta. V dolejší místnosti sokolovny byla pěkně upravena sokolská výstavka s řadou fotografií, trofejí a jiných upomínek na minulou práci jednoty. Členům pak byly předány odznaky za dlouholeté členství.

Byl to krásný a slavnostní večer, na který mohou být brookfieldští hrdí a který bude pro ně jistě velkým povzbuzením k další vytrvalé sokolské práci.

VŠEM ČLENŮM A PŘÁTELŮM:

Je naší tradicí pozdraviti naše přátele, staré i nové, v duchu dobré vůle, kterou se vyznačuje vánoční období.

Nechť požehnání pevného zdraví a štěstí, míru, svobody a bezpečnosti provází Vás i Vaše drahé o vánočních svátcích i v nastávajícím Novém roce.

Výkonný Výbor Americké Obce Sokolské.

Zemřela Dr. Alice Masaryková.

V úterý 29. listopadu zemřela v České útlně v Chicagu dcera prvního presidenta Československé republiky T. G. Masaryka — Dr. Alice Masaryková ve věku 87 let. Pohřeb konal se v pátek 2. prosince odpoledne z pohřebního ústavu J. T. Chrástka v Berwyn za velké účasti krajanské veřejnosti. Pozůstatky zesnulé byly zpopelněny v krematoriu Českého národního hřbitova.

Byla to vzácná žena, která zasvětila svůj život práci pro veřejnost, práci pro sociální a kulturní rozvoj a pro porozumění mezi lidmi v prostředí, kde ji osud postavil a určil. Její životní úděl byl jaksi spjat s pohnutou historií posledních let českého a slovenského národa, s jeho bojem za svobodu, s jeho šťastnými dny první republiky i s tragickými zvraty do područí nacismu a komunismu.

Po řadu let byla předsedkyní Čs. čerVENÉHO kříže a pracovnící v řadě sociálních institucí mladého čs. státu. Za první války byla vězněna pro odbojovou práci svého otce. Za druhé války žila v exilu a pomáhala úsilovně v práci za opětnou svobodu svého domova. Užila jí však jen na krátko. Po komunistickém puči opět opustila domov a žila několik let v New Yorku, kde psala vzpomínky svého mládí, které později vyšly tiskem. Pro postupující stáří odstěhovala se na Floridu, kde žila v rodině své přítelkyně pí. Vokálové. Posledních 8 měsíců ztrávila v České útlně, kde bylo o ni vzorně pečováno.

Její život, ač často pohnutý, byl bohatý na záslužnou práci.

Executive Board of the ASO.

Meeting Held November 22, 1966

Dispensed with reading of minutes of Oct. 25, 1966 meeting.

Correspondence: Letter from sis. B. Nemecek of Cedar Rapids—inquiring about tax exemption on unit level. Also pertaining to activities of Organizer in district (referred to Org. Com.). Letter will be sent to all units explaining exemption matter. Joseph Lisik inquiring as to subscription rate of American Sokol—also other Czech publications in eastern states. Request of sis. B. Drozda for decals. Will advise new one is in preparation. Sis. Pat Lastovica sent amended by-laws of Sokolice Omaha for approval. Minor simplifications suggested. Letter from bro. and sis. Nekuda expressing personal appreciation for help given by sis. and bro. Ruzicka; also for help in correcting by-laws. Denní Hlasatel—an ad will be placed in New Year issue. Invitation from Sokol Detroit and Ladies Auxiliary to official opening dedication celebration January 28-29, 1967. Bro. S. Barcal, President, and bro. E. Linhart, Dir. of Men, will represent the ASO. Invitation from Sokol Tabor to their 100th anniversary celebration—bro. S. Barcal will represent the ASO. Bro. E. Linhart requested use of ASO. flag. Approved.

Letter from bro. A. Suster, Cleveland (Nov. 1, 1966), regarding tentative dates for ASO. 1970 convention in Cleveland. The suggested dates of Monday, June 22, to Sunday, June 28, 1970, were approved on a tentative basis only. Many details will have to be resolved.

Districts: Southern District minutes of Oct. 3, 1966. Pacific District minutes of Nov. 9, 1966.

Special Meeting Nov. 13, 1966, of ASO. officers and Southern District—bro. J. Pokladnik, President, and bro. J. Milan, District Dir. of Men. Re: Kaleidoscopic Physical Fitness Classic. Minutes read and accepted with two minor changes. After thorough

discussion, the action taken by the Executive Committee (officers) was ratified by the Executive Board.

REPORTS:

ASO. BOI.—Bro. E. Linhart read minutes of combined meeting; also report for November. The 1965-66 men's BOI. officers were unanimously re-elected for the 1966-67 Sokol season. Bro. Halik has agreed to be a member of the BOI. Bro. Fina will conduct judging clinics in Omaha in March and Dallas in either April or May. Sisters M. Prchal and F. Palas will represent the ASO. at the Hawaii AAU. convention. AAU. Olympic development medals are available to Sokol. A complete outline of our Dallas competition has been submitted to bro. Fina.

Re: Sokol Supply. Bro. Gombas was contacted by phone during the meeting and has agreed to pick up our uniform samples and work with us.

The ASO. Executive Committee has approved the names of sis. Norma Zabka and bro. Walter Slavik to work on the Sokol Manual Revision Committee.

Letter received from the Office of the President, American Federation of Musicians, explaining their members are not allowed to record background music for rehearsal or performance purposes. A copy of this letter will be sent to bro. Kotlan of the Northeastern District.

The Western District requests a clinic to be held in February 1967.

An Olympic Committee meeting is to be held in Chicago, February 26, 1967. Our representatives, bro. S. Barcal, M. Prchal, and P. Fina will be requested to attend.

Bro. Linhart reported on a meeting with bro. Al Walko, SGUS. Men's Director, and Bea Dorchek, SGUS., held Nov. 1st.

Bro. Walko suggests that a standard leotard be used for the junior girl uniform.

The SGUS. suggests that two combined courses be held in the Central and Eastern areas. The ASO. men's BOI. recommend that a national combined course could be held after the Dallas Mid-Slet, if a suitable site could be procured. Bro. Milan will advise whether or not they can get a site for this course.

As agreed in the ASO. convention a combined set of competition rules will be printed. Sisters Bea Dorchek and M. Chilla will represent the SGUS. on this committee. Advertising will be solicited from gymnastic supply firms to help finance the printing. It was suggested that this publication be sold to insure that more copies than can be used aren't requested by units or directors. Bro. Ptacek will call a meeting of this committee.

Dallas Mid-Slet—Brothers Barcal and Linhart reported on the meeting with bro. J. Milan and bro. Joe Pokladnik of the Southern District held Sunday, Nov. 13th.

All men's work has been sent out. Full orchestration of the men and junior boys drill were given to bro. Milan. All music for Dallas calisthenics is being prepared.

It was recommended that the Old Guard calisthenics be called "Sokol Veterans" and be for people 50 years and older. Bro. Prihoda of Sokol St. Louis will be asked to submit a veterans drill for men and women. A letter will be sent to all units regarding discipline and chaperons. A certificate will be awarded to all competitors. A volleyball tournament will be held for men. Unit and district teams will be permitted. Junior boys can be used to fill out teams. Bro. Satek will be asked to set up rules for this tournament. It was decided that track and field events for men not be scheduled for this Slet.

* * *

Bro. Fina reported on gymnastic meets that are scheduled in the Chicago area this season. These dates will be forwarded to the Central District. It was decided not to hold a December meeting.

The work of the Physical Director for the month of November has been touched on in the minutes of our BOI. with letters and requests answered and meetings attended.

From the minutes of our last meeting, I request the approval of: 1—The election of our officers for 1966-67. 2—The membership of bro. Edwin Halik to our BOI. Also, I have contacted sis. Trajhan and on my own have forwarded certain supplies to bro. Lago of Belcamp, Maryland.

Received a letter from Creative Marketing Associates regarding a sports spectacular to be held at DuPage County Fair Grounds. I request that our Public Relations Dept. study this.

Sokol Detroit sends their formal invitation to dedication of new Sokol Cultural Center.

Approved election of officers for 1966-67. Bro. E. Halik approved as new member. A report on the Traveling Instructors Fund will be published at end of the year.

Sister L. Zdenek read report for November. Regular meeting of the Women's BOI. was held on November 4th, at which time were discussed various phases of preparation for the Mid-Slet, including preliminary surveys, final surveys, the format for which I have completed; judges' slips,

entries, competition rules and supplies for tabulators, a list of which has been given to bro. Milan.

Met on November 13th with members of the Executive Board and bros. Pokladnik and Milan regarding the Mid-Slet.

Sent requested copy of second class girls competition exercises to sis. Laznovsky; replied to all other correspondence. Attendance cards and control sheets were sent to all district directors.

Attended Sokol Brookfield's 35th anniversary banquet. Am working on music for taping for all classes except men's calisthenics, which bro. Linhart has completed.

Taught at Central District course on October 28. According to Sokol Baltimore's newsletter for November, the Eastern District held a refresher course in Belcamp on November 12 and 13.

The Sokol Baltimore BOI. has undertaken a fund raising program in an effort to send a large delegation to the Slet in Dallas.

Public Relations—Sis. A. Basta: A Czech article was prepared by bro. J. Rabas for publication in Hlasatel. Submitted design for new decals and stickers. Recommended that committee carry on further taking into consideration stationery, envelopes, labels and other printed matter. Prices will be obtained.

Editor—In the absence of bro. C. Prchal, bro. J. Rabas was asked to compile the December issue of American Sokol. He is gathering material for the issue.

Organization Com.—Report sent by sis. E. Welcl-Ruzicka. Took care of correspondence. Wrote articles for American Sokol. Had letter from sis. Lacina of San Diego.

Fin. Secy.—Sis. A. Falta read report of receipts and disbursements for month of November. 12 units are in arrears in payment of special assessment. Units will be notified. Insurance on plate glass will be obtained through bro. G. Basta. Will order a supply of 25-year pins.

Auditing Com.—Sis. B. Prener reported the books and records were audited by bro. F. Sula, F. Svamera and sis. A. Fara and found in order. Report of receipts and disbursements for period of Mar. 1 to Sept. 30, 1966, presented by bro. F. Vodrazka.

Membership Com.—Bro. G. Basta reported new quarterly report is ready to be sent to all units with letter of instructions. The printing of this form was the donation of Mr. Roy Krapec of Datafold Forms, Inc. A letter of appreciation will be sent.

As 2nd Vice-President bro. G. Basta reported he spoke at banquet commemorating 35th anniversary of Sokol Brookfield.

Secretary—Sis. B. Prener read report of Accounting Dept. compiled by sis. A. Sotka. Two men from Chicago Post Office visited our office regarding our "Statement of Management, Ownership and Circulation," regarding our publication. Brother Mejdric (printer) was also present. Contributions received for Future Sokol Leaders Fund were reported.

Office Report—Sis. E. Schnabl: Filled out necessary forms Statement of Management, Ownership and Circulation. Sent letter to U.S. Information Agency, Washington, D. C., regarding refund of duty to Canadian Sokol. Current office matters taken care of.

Sis. B. Prener reported on correspondence answered. Letter on tax exemption is receiving bro. Kropik's attention and should be sent to all units next month. Prepared greetings for December issue.

President—Bro. S. Barcal reported the sad news of the passing of bro. J. Kohoutek, representative (Pacific District) of the By-laws Committee. Bro. G. Spanek was requested to represent the Executive Board at the funeral services. In lieu of flowers a \$15.00 contribution to a fund honoring the memory of bro. Kohoutek was approved. Attended CSA. banquet; meeting of BOI. Also meeting of Southern District delegates and ASO. officers.

December meeting will not be held—the officers to handle any urgent matters during this period. Bro. Barcal extended Thanksgiving Day greetings as well as Christmas and New Year greetings to all and adjourned our meeting.

Financial Report ASO. November 1966

INCOME:

Dues	\$1,920.30
T. J. Masaryk dues	6.25
Dividends and interest	309.38
Donation—"American Sokol" publication..	15.00
Resale of jewelry	50.00
Sale of Sokol stamps	640.00
Sale of educational pamphlets30
Postage	2.18
Total Income	\$2,943.41

DISBURSEMENTS:

Administrative Department	
Salaries	\$196.03
Rental	95.00
Janitor service	14.00
Phone	44.37
Office supplies	29.48
Maintenance—business machines ...	50.00
Petty cash	33.50
	\$ 462.38
Educational Department BOI.	
Salaries	\$187.95
Editor "Sokol Gymnast"	25.00
Printing "Sokol Gymnast"	27.72
	\$ 240.67
Sokol Publication	
Printing "American Sokol"	\$664.88
Editor	75.00
Postage—October	28.46
	\$ 768.34
Total Disbursements	\$1,471.39
BALANCE:	
Totals brought forward:	
Western National Bank of Cicero—checking account	\$5,473.19
Income—November 1966	2,943.41
	\$8,416.60
Disbursements—November 1966	1,471.39
	\$6,945.21

Special Meeting Held Nov. 13, 1966, at the ASO. Office

Southern District — Kaleidoscopic Physical Fitness Classic

Bro. S. Barcal, President, extended greetings to: Bro. Joe Pokladnik, President, Southern District, Jerry Milan, Dir. of Men, Southern District, and bros. George Basta, Ed Linhart, Frank Vodrazka, sisters L. Zdenek, B. Prener, A. Basta. Guest—sis. E. Schnabl. Excused: sis. B. Cihak and A. Falta.

Bro. J. Pokladnik gave a brief resume of division of committees: Public Relations, Finance, Technical and Executive.

Objective . . . that the national headquarters try to formulate and promote a new type Mid-Slet effecting closer communications with units and districts. To this extent all units and districts should be represented as well as officers of the ASO. The U.S. Chamber of Commerce of Dallas would extend welcome to visitors coming to Dallas. Officers of the ASO. would conduct informal conferences, discussions of today's problems and possibilities of improvement. These will be informal discussions—no final decisions can be made. The Southern District will extend invitation to the districts and units to attend this "kick-off" meeting, which would be scheduled for Wednesday afternoon. The units and districts will finance their own representatives. The Executive Board (officers) and the Organization, Public Relations, Educational Committee chairmen, and Editor, should attend as panel moderators.

Hotel space will be available in 3 hotels—roughly 1500 rooms for the entire week. Headquarters will be at Hotel Baker. Informative material will be sent by Hotel Baker to all units.

Public Relations: Have invited all press, TV and radio in the Dallas-Fort Worth area to a dinner—to outline what proposed program is to be in July. A brief performance by the gymnasts will be included at this dinner.

Program Book (souvenir): Will be done by a professional publisher. Advertising rates will be announced. Certain space will be free. Will contain program and all information pertinent to all activities. The program book will be given to all attending at time of registration at hotels. Format approximately 8½x11. Recommend program book be sold at Sunday performance.

The net profit of Mid-Slet will be prorated—55% to host unit, 25% equally amongst the active units within the District, and 20% to the District.

Parade: Will be conducted on Saturday in downtown Dallas. Will include floats, school bands and our gymnasts marching. Start at 10 a.m. Distance approximately 1¼ miles.

Finance Committee: Banquet will be held Friday at the Statler-Hilton—Grand Ballroom. Governor has been asked to be guest speaker—and bro. Stanley Barcal, President of the ASO. Banquet theme—Physical Fitness. A Sock Hop will be held at the Terrace Room of Hotel Baker the same evening. Supervision of teenagers will be emphasized. Room will be available for teenagers with TV sets—again with proper supervision.

Sunday program: All tickets will be numbered to all activities. Area will be reserved for gymnast

SOKOL GYMNAST

December 1966

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

BROTHERS AND SISTERS:

WE WISH YOU ALL A JOY-
OUS HOLIDAY SEASON.

A MERRY CHRISTMAS AND
A NEW YEAR FILLED WITH
HAPPINESS, HEALTH, SUC-
CESS AND PROSPERITY.

Edward C. Linhart, Dir. of Men
Lorraine Zdenek, Dir. of Women
and

The American Sokol
Board of Instructors

ED STETKA:

CALISTHENICS

Over the past century, calisthenics have gone through many changes. In the beginning, each part of a calisthenic number consisted of about 16 counts performed four times and each movement was done in a rigid or forceful maner. Through gradual changes, the present day calisthenics are compositions of beauty with few repetitions, with a series of stretch and relaxing movements.

Through calisthenics we strengthen every muscle in the body and develop good posture, but only when done correctly. It is therefore most important that the instructor teach the correct position of every move. The instructor must also emphasize the position of the head in relation to the movement of the arms or the rest of the body. For instance, many times in the uparm and reararm positions, we see the gymnast with their head in a normal position or even tilted slightly forward instead of in a slight rearbow. In the frontarm, sidearm and uparm positions, the arms should be stretched from the shoulders to the fingertips. However, in frontarm down across, the arms should be relaxed with a slight bend in the elbows.

Circles and swings are executed with the arms relaxed, but straight, with the stretch coming generally at the end of a circle or swing. In circles, when passing through the uparm position, the arms

are stretched and the head in a slight rearbow.

Other points to remember:

There is a tendency for most gymnasts to frontbow, more or less, when doing a dip halfquat. A dip halfquat is correctly done by keeping the trunk in an upright position. (Unless a frontbow is designated.)

In squats and halfsquats, the trunk must also be in an upright position.

In support squatting, kneeling and lying, look forward. Do not frontbow head unless the instructions designate this position.

In some bend sidearm positions, especially with the hands behind the head or neck, there is a tendency to do these moves in a bend frontarm outward position.

In frontbow of trunk, rearbow head to look forward and arch back. This does not apply in situations such as a relaxed frontbow.

In frontarm upslant positions, look at hands. For instance, in frontarm upslant outward right, look at right hand.

In flankway circles of one arm or both arms on one side of the body, follow the hands with the eyes.

It may be mentioned that some of the above will apply to Free X and positions on the balance beam.

MILDRED PRCHAL:

GIRLS - HIGH BEAM

(CONCLUSION)

Assist and Spotting:

1. Instructor stands beside right arm of gymnast; with his left hand grasps from the front under the right shoulder and his other hand supports her left arm above the elbow (so that he assists her in arching during dismount); gymnast finishes dismount facing the instructor.

MAIN FAULTS:

1. Turns too soon (before finishing handstand), dismount is not beside point of grasp.
2. Tardy finish of turn.
3. Piking during dismount.

EXAMPLES:

1. Squat with right foot before left—frontroll to seat, frontleg, bend right frontleg and swing left along beam—stand on right, left rear-touch, rebound from right to parallel handstand—rearvault to left on right arm.

35. CARTWHEEL DISMOUNT.

Execution:

1. Beginning is the same as cartwheel on floor;

- at end of beam, parallel, alternate grasp, second hand placed at end of beam.
2. As gymnast attains handstand from rebound, legs must close.
 3. The trunk is firm, without arch, drawn from shoulders.
 4. The hand that placed first is released first, and passes through uparm to sidearm.
 5. The second hand directs complete movement; it thrusts body from beam; head remains in rearbow.

Teaching:

1. Teach as dismount from box, table or long-horse.

Assist and Spotting:

1. Instructor stands on elevated platform so that gymnast finishes with her back toward him; teach the correct direction of the hips by grasping her hips with crossed hands.
2. Later assist gymnast with only one hand (closer) under the shoulder and the other hand assists direction of floor—from behind.

MAIN FAULTS:

1. Tardy closing of legs (sometimes almost upon touching floor).
2. Neglecting to pass through parallel handstand.
3. Relaxing of hips (sidebow) in second phase of dismount—cartwheel is short, has insufficient height, gymnast falls to floor in direction of movement.
4. Insufficient push from beam.
5. Bent arms during cartwheel.

EXAMPLES:

1. About the middle of beam, handstand crossway—frontroll to seat—high frontleg—rear—swing to squat support—step forward left, high right frontleg, frontarm upslant, reach for beam and execute right cartwheel to stand on floor.
2. Split leap forward right—stag leap left—step forward right—left frontleg, step forward left, reach to end of beam, execute left cartwheel to stand on floor.

36. CARTWHEEL ON BEAM.**Execution:**

1. Begin with high frontleg (right or left), step forward transferring weight to forward leg; most important is the first phase of the cartwheel; movement must lead directly in line with beam.
2. Gymnast passes through well drawn handstand, without piking or arching.
3. The swinging leg, or second leg, leaves beam in instant when one hand is already in contact with beam.
4. The second hand quickly (alternately) grasps beam and insures the transferring of weight from legs to hands.
5. Then rebound or push from supporting leg; legs must be in maximum stride position in handstand.
6. When stepping with first leg to beam, regulate the speed by holding other leg in maximum high rearleg.
7. Finish cartwheel with back to direction of movement.

8. Hands leave beam alternately, hand holds beam until body is completely transferred to landing leg.
9. Cartwheel is finished by straightening body (contracting back muscles) and holding leg in high rear; arms finish sidearm after leaving beam.

Teaching:

1. Begin teaching on chalked mark on floor: cartwheel to scale.
2. Practice on low beam or bench—with assistance, also without assistance.
3. On high beam with spotting.

Assist and Spotting:

1. In low beam, the instructor grasps gymnast's hips with crossed hands (gymnast is in handstand with her back to instructor) and leads in correct direction.
2. On high beam, instructor places one hand under hips and grasps gymnast's upper arm with his other hand.
3. On high beam it is possible for instructor to use two heights of the Swedish box or table to stand on while giving assistance or spotting.

MAIN FAULTS:

1. Pushing shoulders too far back when starting cartwheel.
2. Piking or extreme arching.
3. Insufficient strideleg.
4. Cartwheel does not extend enough (swinging leg descends too rapidly from handstand; gymnast pikes too sharply and it is difficult to control balance).
5. Hands remain on beam too long after stepping on beam, straightening of the body is too slow and is not aesthetic or sure.
6. Relaxing rearleg when stepping down on beam.

EXAMPLES:

1. Arabesque on right, left high rearleg—close left to toestand right crossed before left—180° turn to left in toestand—high frontleg right and right cartwheel to stand on right, left rearleg—left uparm, palm forward, right sidearm.
2. Hitchkick right, left forward—rearswing left, 180° turn left on right to stand left foretouch—left cartwheel.

DISMOUNTS OF HIGH DIFFICULTY.**37. AERIAL CARTWHEEL.****Execution:**

1. Alternate rebound, in instant of rebound arms swing to bend frontarm.
2. When swinging leg to rear turn trunk and sidebow; this whole phase is executed with moderate fall forward—sidearm.
3. Flight is parallel with beam; pass through maximum strideleg; legs join after turn to parallel level.
4. Arms must be straight in sidearm during flight, head is in moderate rearbow.

Teaching:

1. Teach on floor as in tumbling.
2. When teaching later on box or table or beam it is necessary to differentiate intensity of execution from higher point of rebound.

Assist and Spotting:

1. Instructor stands behind gymnast, one hand placed under hips in instant of takeoff, the other hand grasps her upper arm during turn.

MAIN FAULTS:

1. Rebound leg not straight.
2. Big angle between trunk and leg (beginning with frontbow).
3. Insufficient stride.
4. Relaxed trunk.
5. Frontbow of head.

EXAMPLES:

1. Jump forward to half squat, right foot before left; vertical jump rear leg left—step forward left—2 running jumps—preparation hop on left—rebound from right to right aerial cartwheel.

38. REAR AERIAL SOMERSAULT.**Execution:**

1. Start movement from half squat to stand, follow with slight fall to rear; with quick movement to front arm upslant and finish short rebound from legs.
2. Rotation begins with sharp pull of knees to shoulders with a simultaneous moderate rearbow of head.
3. The second phase of the somersault is executed far sooner on the beam than when working on the floor; unfolding is fast, and is accomplished by the sharp thrust of legs diagonally rear with simultaneous uparm outward movement so that just before landing the body is straight.

Teaching:

1. Teaching on the floor and on the trampoline (teaching correct folding).
2. On progressively heightened area, with belt.

Assist and Spotting:

1. Teach with belt from Swedish box.
2. Teach on beam (from beginning one or two sections of Swedish box may be used for spotting).
3. After complete mastering without belt on beam, spotting is done from gymnast's side. Hands high to height of gymnast's hips; in turning phase grasp above elbows.

MAIN FAULTS:

1. Knees too bent before rebound.
2. Unfinished rebound (no thrust from toes).
3. Backward movement of trunk too sharp, arms swing away up to uparm, head does rearbow too sharply.
4. Too early or too tardy unfolding.

EXAMPLES:

1. Left cartwheel to reartouch left stand—90° to left—close right—rear somersault dismount.
2. Rear foldroll to squat left foot front—90° to right—upright and rear somersault dismount.

This completes the treatise on the teaching of 39 elements for beam exercises. I cannot emphasize too strongly the importance of teaching the various fundamental steps, and the stress on proper posture.

A thorough training in the use of head and arm movements with each step should not be neglected. The accompanying head and arm movements during the entire beam exercise must not only assist in controlling balance and executing the exercise. They should, if possible, be even more expressive and amplified than in floor exercise in order to counteract the necessarily restricted extensions and freedom of the leg work.

F.I.G. Competitive Rules are as follows:

Exercise time limit is 1 min. 20 sec. minimum; 1 min. 45 sec. maximum. The combination consists of an impressive mount, various dance steps, hops, jumps, turns and pirouettes, balance and acrobatic elements and dismount; the gymnast should travel dynamically and buoyantly across the beam 6 or 7 times; elements should include high and low positions. All should be done smoothly and lightly; a maximum of 3 holds are allowed. 5 elements of difficulty must be included, 4 of them of high difficulty and one of superior.

JERRY POLACEK:

TECHNIQUE OF GAME INSTRUCTION

Choosing a Game

Careful thought should be put into the selection of a game. Following are a few helpful hints:

- Consider age, physical condition and mental ability of the players. Take weather conditions into consideration. Avoid strenuous games in hot weather.
- Alternate a strenuous game with a semi-active one—a block of games should not be made an endurance contest.
- Do not limit your choice to games requiring a ball. Feature games which are played without equipment and also those which require a variety of apparatus.

Preparation for the Game

The Sokol instructor should know his game and know it thoroughly. This necessitates more than a mere reading of it. He should know not only what he is going to do, but how he is going to do it. This is especially important with the large classes we have.

Conduct of a game requires preparation on the part of the instructor just as teaching of a classroom lesson requires preparation on the part of the teacher.

In addition to being familiar with the description and rules of the game, the instructor should plan for the location of the game in the gym so that when he starts the game he doesn't find that he hasn't enough space or there are obstacles in his way.

In preparing the game, study should be made of the play materials needed and possible variations of the game; for instance bean bags for balls.

If boundary lines are necessary, they should be definitely marked in advance. Play equipment needed should be in possession of the instructor before the game is introduced. In other words, all should be in readiness so that when the children

are assembled the game can go on without interruption.

Explaining the Game

The instructor should be enthusiastic, in manner and voice.

The instructor should take a position so he can be seen and heard by the entire group. Undivided attention of the group should be secured before beginning. Explanations should be made interesting. This is a salesmanship proposition.

Instructions should be as brief as possible. Minor matters will iron themselves out.

If needed, demonstrations should be made with one or more players. The most enthusiastic and brightest players should be used for this purpose. The slower ones will "catch on" after play is in progress.

Before actually beginning to play, play leader should make sure that everyone understands the fundamentals of the game. It is well to conclude the explanation with a chance for asking questions. Lengthy and dull periods of explanation are an aggravation. The ball should be set a-rolling as soon as possible.

Conducting the Game

It may be necessary for the instructor to take part in the game in order to get it started.

The instructor should analyze the game for possible improvements through variations. Often a slow game can be speeded up through an additional ball, bean bag, or chaser.

A game should be ended before players tire of it. This is best done by introducing the group to a new game.

Enthusiasm on the part of the instructor helps to make play snappy and vigorous. Children should be trained to play with enthusiasm, concentration and earnest effort.

At the Close of the Game

One, or better, two players should be asked by the instructor to bring to him personally the play material when play is ended.

Interest in individuals is what makes Sokol work interesting, worthwhile, and of true satisfaction.

LOW ORGANIZED GAMES AND RELAYS

Poison: Divide the class into two groups, place one group on one side of the gym and the other on the opposite side of the gym. One man from the class is "IT" and he takes his position in the center of the gym equidistant between the two groups; at the signal "Black" both groups run and try to gain the opposite side from which they are standing before "IT" tags them; all those persons tagged before reaching the opposite side must take their places in the center with "IT" and help him catch the rest of the members. This is continued until all are caught.

Tire Tag: Place several chairs, or whatever may be available about the gym floor, for the purpose of obstructions. Each participant has a tire which he must hold onto and roll along with him wherever he goes. The idea of the game is to tag someone else before they tag you or try to make the other person knock over the chair or whatever obstruction is penalized by being dropped from the

game. The game continues until one man is left, who is the winner.

Circle Swat: This game is most practical to play when you have a class of twenty-five or more participants. The formation is a circle of four, five or six deep facing inward.

A player is designated as "IT" and runs alertly around the circle choosing a squad of players he wishes to have in the chase. "IT" swats the last player in the squad, on the rump, and each player in the squad swats the one in front of him, until all in the squad have been swatted. As soon as a player is swatted he gives chase and runs around the circle to the starting position or formation. The last player in line is "IT" and continues the game by swatting the last player of some other squad, etc. During the chase around the circle the players should swat any players that are running in front of them as this adds to the pep of the game.

(To be continued)

MARIE PROVAZNIKOVA:

The Name Sokol

Nazdar, children! What is the name of this building in which we gym? And what is the name of our club? Yes, Sokol. And do you know what it means? Is someone able to tell us? Yes, "Sokol" is the Czech name of a bird which in English is called "falcon." It is a fast, keen and alert bird and freely flies high into the clouds.

Dr. Miroslav Tyrš wanted to develop his people into alert, healthy, freedom loving people who would always want to strive higher.

That's why the gymnastic club, which he founded, chose the falcon bird for its symbol and even used his name and put his picture in flight on their flags. Similarly, a Sokol gymnast should always be in action, not sit complacently in his place and be satisfied with himself; but he should always strive further and higher, always try to be better, to know more, to be able to do more, to accomplish more, always flying, always on the wing.

Everywhere in the world, where Sokol organizations were started, they gave themselves the name "Sokol" according to the original Czech model. Even in our own United States we call ourselves "American Sokols," so that we won't forget why Sokol started and what its ideals were.

Whether you're home with the folks or
far away, or—

All alone on Christmas Day

A VERY MERRY CHRISTMAS

And if sincere wishes do come true,
you'll have

A Happy Healthy New Year too!

MILDRED PRCHAL, Editor

viewers. Final set-up of program will be made by ASO. BOI. Ticket package deal will contain: ticket to Banquet and Victory Dance, and will be obtainable at the registration desk at hotels.

Tours will be arranged to tie in with all programs. Six Flags Over Texas, very interesting tour, will take 5 hours. Two main tours—City of Dallas and Oakcliff. Fashion show and luncheon scheduled for Saturday.

Music for Victory Dance, Saturday night, will be by Kucera. Will play concert-type music prior to Sunday afternoon program.

Bro. Jerry Milan discussed technical aspects of Kaleidoscopic Classic.

Discussed awards. 5 medals will be awarded per division. Entry fees from gymnasts go to Trophy Fund.

Beseda number will include 25 rings and will be danced by the Southern District.

Regarding volleyball competition—bro. E. Linhart will advise.

Articles in American Sokol: Short news items should appear in every issue—tucked in throughout. Publicize also in Czech papers and in publications of guest organizations.

A discussion of uniforms followed. Bro. Milan brought floor plans of the Memorial Auditorium, giving many details. A copy was left with bro. Linhart. Seating capacity is ample as is the floor space for calisthenics. Pressure sensitive floor markers will be used. Also discussed payment of course instructor from traveling instructor fund.

After a full day spent discussing all phases of our activities, bro. S. Barcal expressed appreciation to all for the time and attention given, and all present felt a sense of accomplishment had been obtained through the medium of the conference.

FROM OUR DISTRICTS

SOUTHERN DISTRICT

Meeting Held Oct. 3, 1966

Bro. Pokladnik presided. Minutes of last monthly meeting accepted as read.

Correspondence: Reports from Sokol Houston and Corpus Christi.

UNIT REPORTS:

Dallas—Day classes continuing. Placed an order for new balance beam. Unit will provide the necessary apparatus for the Czech Day program.

Fort Worth—Held monthly meeting September 30. Had several rentals of building. Four circles will dance the beseda at the Fair.

Houston—Held socials every Sunday of September and had monthly meeting. Obtained benches in exchange for a few hours of painting. Building plans progressing.

Ennis—Classes well attended—about 50 gymnasts will participate in the Czech Day program.

Corpus Christi—Improvements made on property. Plan to start membership drive. Appeal made for more attendance to gym classes.

Treasury—Sis. Kane gave an itemized financial report on the course. Bills were approved for payment.

Director of Women—Notified units about the schedule and type of program for the Czech Day

in Dallas and Yukon. Replied Yukon giving information on tentative program. Informed by sis. Smrcka on condition of apparatus and allotted time for Sokol program. Received calisthenics and apparatus drills for the 1967 Mid-Slet.

Director of Men—Received the course diplomas and Sokol Gymnast bulletins and distributed to units. Attended meeting held during sis. and bro. Ruzicka visit. Attended Slet Committee meeting held at Baker Hotel. Worked with bro. Hosek on the 4-page Slet literature for insertment in the American Sokol.

A bus will be chartered by the District to the Czech Day in Yukon, Oklahoma, October 15.

President: Bro. Pokladnik summarized the results of the Slet Committee meeting at Baker Hotel recently. Reported on the banquet, excursions, speakers, housing and other accomplishments of the Slet Committee. The original Slet stamp had been accepted and printing of it is now in process. He briefed the Board on the meeting with sis. and bro. Ruzicka held at his home. Meeting pertained mostly to the Slet.

Meeting Held Nov. 14, 1966

Bro. Pokladnik presided.

Correspondence: From ASO. In reference to a mailing list requested by the District—the labels are to be run off and sent to the secretary of the Slet Committee.

A reply from sis. Zdenek informs that the request for the reimbursement for the second instructor of the course will be discussed in the ASO. Board of Instructors meeting of October 19.

A letter from Oklahoma Czechs expressing appreciation for Sokol participation in their Czech Day program.

Announcement from Sokol Detroit of the grand opening of their Sokol Cultural Center. Reports from Houston and Corpus Christi.

REPORTS OF UNITS:

Houston—Held social activity every Sunday of October. Held annual program and picnic. Will participate at an international festival in the city market square. Team of girls presented a special number at the WBFA. meeting. Bids now opened for the new building.

Corpus Christi—Annual picnic held October 30 was a success. Donation made to Sokol Tabor. Gained three new members. Annual meeting will be held December 11. At present gym classes are small.

Ennis—In process of repainting outside of building by members. Gym classes held once a week. Plans for Christmas party discussed.

Director of Women—Sis. Sylvia Laznovsky distributed Slet material to units by mail and personally. About 120 gymnasts took part in the Czech Day program at the Fair. 17 gymnasts performed at the Czech Day program in Yukon, the group presented a variety of gym activity.

Director of Men—Assistant director bro. Larry Laznovsky reported on a AAU. meeting attended by bro. Milan and himself with other gym and school instructors to discuss problems of the gymnastic field and means of solution.

Bro. Prevratil representing the District at the Czech Day in Yukon gave a report about the festival attended by several thousand. Gymnasts par-

ticipated in the parade and program. A Sokol float entered by Sokol Yukon was very impressive. Bro. Prevratil spoke at the program on behalf of Sokol—the 1967 Mid-Slet was promoted at the affair.

A motion was approved to place a one-fourth page advertisement for \$25.00 by the District in the Sokol Detroit souvenir booklet.

Report of the President—Bro. Pokladnik as chairman of the Slet Committee reported on a trip made by bro. Milan and himself to Chicago, Sunday, November 13. Met with ASO. Executive Board members—a complete summary of Mid-Slet committee plans and accomplishments were related, reviewed and clarified. Also discussed various subjects of interest to the Sokol Organization. The meeting lasted most of the day.

Bro. Pokladnik thanked those present for their reports and adjourned the meeting.

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WESTERN DISTRICT

Meeting Held Nov. 14, 1966

Meeting was called to order by President Ed Pavoucek. October minutes approved.

Correspondence: Received minutes of meeting of the ASO. Executive Board. Third quarter reports from Sokol Crete, Sokol Wilber, Sokolice Renata Tyrsova, Cedar Rapids, and Sokol Karel Jonas, Wilson, Kansas. Also received a request from sis. Sula for information on pork dinners given by other units. Sis. Masek to reply. Sokol Slovo received from St. Paul. Thank you note from Sokol Schuyler. Received invitations and announcement from Sokol Detroit. Discussions and questions on comprehension of Detroit's Ladies Auxiliary. Detroit's official opening banquet is January 28th.

BOI. Meeting—Heinz Rohde, Secretary: Brother Lastovica reported that he had received the calisthenics for the Dallas Slet. These have been mailed to all units in the District. It is proposed that an instructors clinic will be held in Omaha the 10, 11, and 12 of February. The ASO. has been given their 60 day prior notice as they requested. Plans will be finalized prior to the next meeting. Sis. Drozda will request that the ASO. send her piano tapes for all calisthenics. These tapes will be mailed to all units as soon as they are received. She further proposed that we investigate the possibility and cost of making fully orchestrated tapes of these calisthenics.

Director of Women—Sis. Drozda will send official word to the ASO. requesting information on an adult clinic. Sis. Drozda received a letter from bro. Linhart asking permission to use the Western District flag for a setting of Sokol flags during the centennial of Sokol Tabor in January. A piano tape will be sent to each unit upon request. Sis. Drozda received attendance and activity reports and sent them to the units. These sheets are to be kept up and sent to the District when the season has terminated.

Director of Men—Bro. Lastovica has sent all calisthenics to the units. Attendance reports are SLOW coming in. NOTE FROM PRES. PAVOUEK: All units are urged to get attendance cards in on a monthly basis! Pres. Pavoucek requested that the Director of Women and the Director of Men work out a special number for the Dallas Slet. The num-

ber should be simplified enough to make it possible for quick learning. The number will be learned by all Western District units to be performed by these units at the Dallas Slet in July, 1967.

Western District By-Laws Committee—Meeting at the So. Omaha Sokol Hall, 21st and "U" Street, on November 30, 1966, at 7:30 P.M.

Public Relations—Bro. Benak collected data and sent it to the ASO.

Historian—Sis. Masek will contact willing translators to undertake the project of going through the Czech minutes of the Western District and list the officers and active members of previous years.

Deferred Business—Sis. Masek will write to St. Paul for explanation of additional \$4.50 balance due the Western District as their share of the St. Paul Slet profits.

Traveling Instructor—Motion made by bro. Benak and seconded by bro. Swoboda that plans continue for an adult clinic to be run on a district basis, in the event that monies can be allocated in time. Carried.

The Sokolice Omaha tour to Hawaii is postponed until 1968 due to lack of facilities for housing reservations.

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CENTRAL DISTRICT

Women's BOI.—Our meeting was held Tuesday, November 8, 1966. The athletic meet for 2nd class and junior girls was held on Saturday, Nov. 5th, at the ball field at 31st and East Ave. Participation was very good—20 teams—89 individuals from 2nd class, 7 teams—32 individuals from junior girls. Ribbons were awarded to all participants and team trophies are ordered, 3 for 2nd class and 2 for junior girls. A special thanks to the judges, they did a fine job. A thank you was sent to bro. Kalat for all the help he gave in setting up the field.

The instructors course went very well. 46 full time students attended the Oct. 28, 29, and 30 session held at Sokol Tabor. Certificates were given to 5 students after this session of 19 hours.

The second session of Nov. 18 and 19 held at Sokol Stickney had 41 full time students attending, these 41 received certificates after completion of the 34 hr. 2 weekend course. The instructors and their subjects were: Ed Linhart—apparatus, Roy Zitny—calisthenics, Ed Halik—marching, Mildred Prchal—modern gymnastics, Jerry Polacek—games, Dick Ptacek—guarding, Lorraine Zdenek—dancing and class leadership by bro. Linhart, Zitny and sis. Pros. These instructors did a fine job and we feel the students brought back to their classes much useful and practical information. Our thanks to sis. Mraz for preparing the food at Sokol Tabor and sis. Trajhan and her helpers for their fine job at Sokol Stickney, everything was delicious.

The women's volleyball tournament is almost completed but a playoff will be played to determine the "B" division 2nd and 3rd place. The junior girls "B" division is not completed as yet.

Next BOI. meeting will be a combined meeting held at Sokol Brookfield on Wednesday, Dec. 14th.

Men's BOI.—Our meeting was held on Wednesday, Nov. 9. Bro. Satek presided. Discussed were the junior and senior volleyball tourneys and the coming basketball tourneys. The senior "A" division tourney is still in progress because of the large

number of teams entered, but the "B" division has concluded with the results as follows: 1st—Sokol Brookfield, 2nd—Havlicek-Tyrs, 3rd—Tabor, 4th—Stickney.

Our junior tourney ended Sunday, Nov. 20, with results as follows: 1st—Sokol Brookfield, 2nd—Sokol Berwyn.

Bro. Kulousek has mailed to all units, with a senior basketball team, schedules for the games beginning Dec. 2. The junior basketball tourney will be held between the holidays and will be under the direction of bro. Chas. Kalat.

The instructors course held its 2nd and final sessions on Friday and Saturday, Nov. 18 and 19. Sis. Pros is to be congratulated on the fine job of promoting and handling the entire course.

All information, typing, registration, arranging for Sokol halls and arranging for meals were taken care of by sis. Pros.

On behalf of the Men's BOI. I thank her for her efforts in a job well done. Nazdar! — Roy Zitny.

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PACIFIC DISTRICT

Meeting Held Nov. 9, 1966

President bro. Nekuda called meeting to order.

A moment of silence was observed in memory of our departed bro. Anton Kohoutek, who was a Dis-

trict president for many years, and honorary chairman.

Minutes of Oct. meeting read and approved.

Correspondence: ASO. Sept. minutes. Sokol San Francisco August, Sept. and Oct. minutes. Sokolice San Francisco October minutes. Sokol Seattle Oct. minutes.

Secretary's Report: No answer from San Diego to our letter offering our cooperation in organizing a unit there. Sent them our ASO. by-laws. Also no answer so far to our letters from units pertaining to Dallas Mid-Slet, and their need for technical help. Called bro. Spanek in regard to his representing the District at bro. Kohoutek's funeral and ordering flowers for us.

Physical Director's Report: Bro. Pokorny reports he received the men's, junior boys and boys drills. He will send them on to the units. He received no reports from the units. A letter to be written to San Francisco, asking if the last Sunday in January 1967, will be satisfactory for the annual District meeting. Also if a dance could be held to help the District's finances.

Agenda for Annual Meeting: Each unit to share with the District traveling expenses of their own delegates to the annual meetings.

To ask each unit to conduct a once a year benefit dance or program for the District treasury.

Sokol a vlastenec bratr A. Kohoutek.

V pátek, dne 4. listopadu, zemřel po krátké nemoci v předměstí San Franciska — Fair-Fax — starosta Sokola San Franciska br. Antonín Kohoutek. Zpráva o jeho smrti roznesla se rychle po celém zálivu i daleko po celé krajanské Americe, kde byl, pro svou vlasteneckou činnost, velmi dobře znám. Narodil se dne 29. května 1892 v Lužné na Moravě. Ve Vidni, kde se učil řemeslu, chodil tajně do cvičení dorostu Sokola "Pod Lípou". Tam zúčastnil se několika veřejných cvičení, které obyčejně končily srážkou s nepřátelskými Vídeňáky. To již tenkrát zocelilo jeho vlastenecké nadšení. Po vyučení se vrátil do Valašského Meziříčí, kde vstoupil do sokolské jednoty a tam se mu dostalo dalšího sokolského vzdělání. Odejel do Ameriky a 5. května 1913 usadil se v Pittsburghu, Pa. Přijel tak jako nadšený Sokol — se cvičebním úbořem pod paží a stal se záhy cvičitelem dětí, dorostu a později žen a mužů a v roce 1915 byl zvolen náčelníkem jednoty.

V roce 1917 opustil východní oblast a usadil se se svou manželkou ve Fresnu v Kalifornii. Tam však postrádal krajanský život, protože v té době ve Fresnu žilo jen málo krajanských rodin. Odejel proto v roce 1919 do San Franciska, kde se ihned zapojil do činnosti místní sokolské jednoty. Poválečné poměry v této jednotě nebyly dobré a hlavně činnost tělocvičná byla slabá. Br. Kohoutek byl přesvědčen, že jedině tělocvičnou činností jednota může být přivedena k životu. Stal se cvičitelem. Také Pacifická župa měla malou činnost a její pokladna byla prázdná. Stal se náčelníkem župy a postupně navštěvoval všechny její jednoty, což pro velkou jejich vzdálenost nebyla snadná práce. Podařilo se mu však s ostatními bratry postaviti župu na dobrou základnu. Vyrcholením jeho práce v Pacifické župě

bylo zorganizování župního sletu v roce 1939 u příležitosti mezinárodní výstavy v San Francisku. Nebyl to jen sokolský slet, ale byla to národní manifestace v této tragické době pro Československo. Na tuto národní politickou činnost br. Kohoutek nikdy nezapomněl. Byl účetním okrsku Českého národního sdružení. Po válce se mu dostalo cti, aby přivítal v San Francisku československou delegaci s Janem Masarykem v čele.

Br. Kohoutek byl vždy Sokolem celou svou duší. Sokolství věnoval velkou část svého života, často i na úkor svůj a své rodiny. Za jeho starostenství jednota i župa prospívala a i v dobách zlých se mu podařilo je udržeti při životě. Byl rádcem zvoleným úředníkům a dobrým bratrem všem členům. Dovedl velmi dobře spojití s vvřesiti choulostivou otázku rozdílů smýšlení mezi starousedlíky a nově-přijetými.

Br. Kohoutek byl také duší a organizátorem lože "Zlatá Brána", Č.S.A., a jeho zásluhou tato prospívala.

Jeho odchodem Sokolu San Francisco nastala velká ztráta. Za ta dlouhá léta pobytu v Americe mohl se, tak jako mnoho našich krajanů, ztratit z našeho krajanského života . . . ale on zůstal věren svému původu.

Jiří Špánek.

RESOLUTION FOR 1967

All Sokols head for Dallas Mid-Slet —
Kaleidoscopic Physical Fitness Classic
July 13—16th

Competitions — Banquet — Sock Hop — Parade
Fashion Show — Tours — Other Features

Southern District 1966 Instructors Course



TOP ROW—I. to r.: David Kuzel, Victor Mikeska, James Barta, Carl Harris, Johnny Laznovsky, Gordon Castro. — 2nd ROW—I. r.: Jeri Krizenecky, Linda Busch, Barbara Svec, Becky Smith, Mary Stefek, Pam Fish, Jerry Milan. — 3rd ROW—I. to r.: Robert Bily, Kevin Kuzel, Johnny Vavrin, Terry Kaska, Robert Peshlakai, Tom Kohler. — BOTTOM ROW—I. to r.: Mary Wade, Elizabeth Moucka, Pam Hammack, Darlene Patak, Sandra Parma, Juanita Foster.

Sunday, August 7, 1966, immediately following a gymnastic meet sponsored by Sokol Zizka, Dallas, the Southern District began its 1966 instructors school.

Registration by sisters Vlasta Laznovsky and Sylvia Laznovsky officially opened the school. Students were served their evening meal and the rest of the night was spent setting up cots and making necessary preparations for two weeks of instruction. Instructors for the school sis. Jeri Krizenecky and bro. Jerry Milan brought the students together for rules and regulations governing the school, then orderlies were selected and lights out at 10:30 p.m.

As closely as possible the recommended schedule of classes of the ASO. School Committee was followed. Instruction included apparatus terminology, calisthenic terminology, marching tactics, tumbling and acrobatics, artistic gymnastics, anatomy and hygiene, physical fitness testing, first aid, track and field, folk dancing, pyramids, Sokol history, Sokol

system, resistives, practice gym hour, spotting and safety. Bro. Joe Pokladnik lectured on organization, sis. Libbie Smith lectured on discipline, games were taught by bro. Bobby Podhradsky, spotting techniques by bro. Walter Hosek, and singing by sis. Jane Novak. Bros. Walter Hosek, Larry Laznovsky, Larry Janousek, Jerry Stransky and sis. Sylvia Laznovsky assisted the students in self-improvement classes. Mr. Perry Hatch of the American Red Cross demonstrated "rescue breathing" and had the students practice on a model "Clorabelle." He passed out literature and made available four films on first aid. Other films shown the students were "Tokyo Olympics" furnished by I.G.M., and the N.F.L. players visit to Viet Nam by bro. H. B. Smith courtesy of the Dallas Cowboys.

On Tuesday and Friday nights the students participated with the regular gym classes of Sokol Zizka and gained teaching experience by acting as instructors for the children's classes.

1854

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1966

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BOJ O PÁTOU KOLONU**BĚHEM DRUHÉ VÁLKY SVĚTOVÉ A JEHO SOKOLSKÁ NÁPLŇ.**

Příspěvek k dějinám.

Případ německého inženýra, jenž byl své doby zaměstnán v továrnách Kruppových v Německu a měl přístup do všech závodů velké firmy v oblasti pittsburghské, ač byl znám jako stoupenec nacistického učení.

Případ v letecké továrně, kde objednávka výslovně označena za naléhavou byla dodána zbytečně s měsíčním zpožděním.

Případ v jiné továrně na letadla, kde dělníci přímo dílovedoucími byli naváděni, aby nečekali na inspektora až dá na součástku po prohlédnutí značku O.K. Metal Stamp, ale dávali ji sami a odváděli výrobek nepřehlédnutý a nevyzkoušený bez ohledu na to, jaké škody na životech amerických vojáků tím mohou být způsobeny. Měli jsme ve vlastních řadách tragický doklad toho, jak se taková nepřesnost nevyplácí. Šlo o případ letce z krajanských řad a člena sokolské jednoty, jenž před vzletem s novým strojem si u rodičů stěžoval, že na stroji nezdá se mu být všechno v pořádku a jako člen posádky zmíněného letadla tragicky zahynul při havarii, kterou v brzkou následovala druhá.

Případ, kdy výroba zdržována stálým stěhováním důležitých strojů.

Případ, kdy padesát lisů stálo po týdny bez použití.

Případ, kdy byla mezi dělnictvem známa porucha součástky letadla, ale nikdo si netroufal na závadu upozornit dílovedoucího německého původu ze strachu, aby nepřišel o práci a když tak učinil jeden náš krajan dostalo se mu strohé odpovědi, aby se staral o svoje. A došlo k tomu, že stroj touto součástkou vybavený byl nucen nouzově přistát na štěstí bez ztráty na životech.

Případ v továrně na tanky, kde byli dílovedoucími Němci a kde výroba dle hlášení našeho důvěrníka se fackovala o všechno pryč, jak podrobně bylo ve zprávě doloženo.

Zjištěn případ v dřevařském závodě, kde zaměstnanci německého původu hlučně oslavovali zprávu mezi nimi kolportovanou, že Němci pobili 800,000 Rusů.

Případ, kdy členové německého spolku Milovníků přírody, kterou nejvíc milovali při nedělních piknikách, kde šířili mezi dělnictvem provokační pověsti.

(Pokračování)

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