



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

January 1967

CHARLES M. PRCHAL:

INTO A NEW VOLUME OF OUR PUBLICATION AND INTO A NEW YEAR FOR THE AMERICAN SOKOL ORGANIZATION

"American Sokol" crosses the threshold of time into its 88th year—and this in itself is no mean accomplishment!

The elapsed 87 years mark more than mere existence or a simple passage of time. These years represent knowledgeable progress toward idealistic perfection—a rocky road of hard, unselfish labor, a true devotion to cause. These 87 years have required adaptation to the chores at hand and the ability to recognize the needs of the times, to raise heads high and keep hearts stout, to help spirits soar, to analyze and allay the fears and sorrows of those very difficult periods in history, and to serve Sokol, and above all, to be the most ardent defender of human rights and our nation's rights.

Just as its pages have given impetus to thoughtful consideration of our ideals and our goals, so shall these pages continue to bend every effort to fully and honestly set forth themes and suggestions on the spiritual and moral aspects of the Sokol idea, the wellspring of Sokol tradition, and the rich annals of Sokol history.

The pages of American Sokol will do their utmost to fan the spark of desire in the indifferent, to serve brotherhood and our great nation. They will do all possible to pour fresh strength into the sinews and strong resolution into the hearts of men. You too, each and every one, can help to insure that each monthly issue contains material which will help keep the torches of brotherhood aflame.

More than a century of the existence of Sokol is proof of the powerful strength of the Sokol idea. Let our days, the straining to the utmost of all of our powers, remain an everlasting monument to Sokol fidelity. Let the heritage of Fuegner and Tyrs lead the Sokol brotherhood along the path of good, beauty, truth, an active love for fellow man, and love of country. Let it lead along the path of the ideal man, the real man, the enlightened man! It is not enough to simply repeat these great names. We must honor them by filling each of our own days with the rich content of their bequest of work and deeds.

Upward into the dim mysterious horizons soars the pure and majestic Sokol idea. As it has been protected and nourished for the past century, so must we continue to protect and nourish it, keeping it forever pure and unsullied.

Conviction of the value of the Sokol ideal, the reality of Sokol brotherhood, must penetrate and saturate all phases of our brotherhood, so that the inner richness of this ideal be permitted to blossom out in all of its glory.

Sokols are filled with physical, moral and mental strength in the greatest measure. It is important to our great American nation that these values and strengths be constantly preserved, ad infinitum, for our beloved country.

(Continued on page 5)

AMERICAN SOKOL

436

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2419 Scoville Ave. Berwyn, Ill. 60402

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OFFICE OF THE EXECUTIVE BOARD ASO.

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Calendar of Events

— 1967 —

REMEMBER! July 13-16 — Mid- Slet of ASO. — Dallas, Texas

- JAN. 21-22—SOKOL TABOR, BERWYN, ILL.
100th Year Anniversary.
- JAN. 28th—SOKOL TYRS, CLEVELAND, OHIO.
"Night in Prague."
- JAN. 28th—SO. OMAHA SOKOL and SOKOLICE.
Tour and Luncheon, Strategic Air Command.
- 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—SO. OMAHA SOKOL-SOKOLICE.
Annual Dinner and Luncheon, So. Omaha Sokol
Hall, 6:30 P.M.
- FEB. 4th—SOKOL MILWAUKEE, WISCONSIN.
Jaternice Supper and Social.
- FEB. 4th—SOKOL ST. PAUL, MINNESOTA.
Šibřinky.
- FEB. 5th—SOKOL MILWAUKEE, WIS.
Jaternice supper—Bohemian Hall, 1878 N. 12th
Street. 12:30 P.M.
- 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-HAVLICEK,
CLEVELAND, O. — Annual Exhibition.
- FEB. 12th—SOKOL TYRS BOI., CLEVELAND, O.
Card Party.
- FEB. 18th—SOKOL BROOKFIELD, ILLINOIS.
Spaghetti Dinner—4 to 8 P.M.
- FEB. 18th—SOKOL MLADOCECH, RACINE, WIS.
Sweetheart Ball—1313 Lincoln Street.
- FEB. 18th—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Sweetheart Dance, Laborer's Union
Hall, Ogden and Cass Aves., Westmont—8:30 p.m.
- FEB. 18th—SOKOL BERWYN, ILLINOIS.
3rd Annual Winter Dinner-Dance . . . featuring
venison. Contact bro. L. Jenicek—GU 4-3014.
- 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.
- FEB. 25 & 26—WESTERN DISTRICT ANNUAL
MEETING.
- MAR. 4th—SOKOL BROOKFIELD, ILLINOIS.
Gymnastic Exhibition.
- MAR. 11th—SO. OMAHA SOKOL GYM CLUB.
Easter Fashion Show, Southroads Auditorium.
- 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.
- APR. 30th—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Gymnastic Exhibition, Herrick Jr.
High School, Linscott and Grant, Downers Grove,
9:00 p.m.
- MAY 6th—SOKOL MLADOCECH, RACINE, WIS.
Annual Gymnastic Exhibition.
- MAY 13th—SOKOL MILWAUKEE, WISCONSIN.
Annual Exhibition.
- MAY 20th—SOKOL MILWAUKEE, WISCONSIN.
Interclass Meet.
- MAY 20th—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Annual Exhibition.
- NOV. 18th—SOKOL NEW YORK. — 100th Year
Anniversary—Banquet.
- NOV. 19th—SOKOL NEW YORK. — 100th Year
Anniversary—"Akademie."

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVIII.

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Číslo—No. 1

STANLEY BARCAL:

PRESIDENT'S MESSAGE

Members themselves determine the success or failure of an organization, if they have a complete understanding of what the organization is trying to accomplish and give it their full support. Full support means more than paying dues, attending an occasional meeting and reading the organization's literature and publications.

An organization's effectiveness scales upward in direct proportion to the enthusiasm and efforts of its members. For one to be successful without his volunteer involvement is absolutely impossible . . . because member participation is the essential ingredient for a good Sokol organization.

Members who get the most from belonging to the Sokol organization make affiliation a two-way deal. Instead of asking "What does my organization do for me?", they keep inquiring, "What can I do for my organization?" They know that in the long run, the more effort they put into their organization, the more they will receive in return. Their participation gives them extras in the form of satisfaction, self-projection and a steadily widening circle of friends.

Here are some of the things every member can do to enlarge his stake in Sokol

affairs: **SPEAK UP AT MEETINGS.** Don't be a wallflower or a shrinking violet, hoping someone else will ask the question or make the comment you have in mind. Keeping the ball rolling is the responsibility of everyone in the audience, not just of the few who can be counted on, meeting after meeting, to take the floor. Get in the act—you'll enjoy it.

DO SOME COMMITTEE WORK. This is the real grass roots of your organization, the area where important things take place. Every new policy, every major change, every big step forward stems from some committee. You get on the "inside" by accepting and serving; those who don't, miss the real essence of organization activity.

BE NEW-MEMBER MINDED. Make new members feel welcome. Don't rely on chance for the first contact; go about it intentionally. These new members can help you as well as the organization. The same is true of non-members; doing your best to incline them toward joining is so much insurance for the future. If enough eligibles fail to join, it eventually spells the end of the organization.

CHARLES M. PRCHAL:

50 YEARS

The American Sokol Organization just reached 50 years of its existence. Following are excerpts from the history of these years.

The foundations for the organization were laid at a meeting of the Advisory Committee at a most memorable meeting held at the residence of bro. J. Siman on the 22nd day of September, 1916, in Chicago, Illinois. Members of this committee were: for the National Sokol Unity, bros. Joseph Cermak, Jan Siman, Adolph Vlk and for District Fuegner-Tyrs, bros. Jarka Kosar, Anton Dolezal and Cyril Popelka.

All of the burning questions which had caused the disintegration of all previous efforts for a merger, were smoothly ironed out to the satisfaction of both of these fine Sokol Organizations. This was done with the full knowledge and recognition

of those most difficult times when the Czechoslovak nation was engaged in a bitter world war in a battle for freedom and democracy and the need for a united front by joining all forces into one strong block. An agreement was drafted and presented to the individual units of both groups. On January 1, 1917, the American Sokol Organization became a reality.

The names "blue Sokol" and "red Sokol" as the two separate groups were called, were relegated to the annals of past history of American Czechs in which both groups played such an important role.

The National Sokol Unity functioned for 40 years, having been founded in the year 1878 at Chicago, Illinois, with 15 units and 935 members.

The younger organization, District Fuegner-Tyrs, was founded in Chicago in 1897 with 344 members

and 6 units. They adopted the Czech uniform as against the existing American blue uniform.

This year's MID-SLET will be most successful—if it will be attended by the greatest number of gymnasts and most of the members.

Until the year 1904 there were no close ties between the two organizations. Each worked in accordance with its prescribed programs. The older organization, more Americanized in spirit, made its gradual way in the field of physical education into American circles and schools, whereas the younger organization, despite its smaller numbers, through its courageous efforts and purely Czech spirit succeeded in gaining the patronage and recognition of many Czechs not yet touched by Americanization.

Two willfully opposite streams, which might have been joined into a strong river, which could have fulfilled its mission and responsibilities to both the old country and the new.

This unfortunately did not take place until August 1904 during the National Sokol Unity Slet and competitions on the occasion of the St. Louis World's Fair. On this occasion the red unit Sokol Slavsky under the direction of bro. Jarka Kosar, took part in Sokol celebrations and created brotherly ties with members of the "blue" Sokol. This recognition of common goals culminated in a memorable Sokol Day at the Chicago Coliseum on April 30, 1905, when under the direction of bro. Kosar the gymnasts of the National Sokol Unity, District Fuegner-Tyrs, our Slovak and Croation brothers, all joined together to take part in the program. After this very successful performance (346 men, 258 women and 1,114 children), a committee was elected to work on bringing about the consolidation of all American Sokols under one flag.

This was no easy task for the consolidation committee. They had bitter battles to fight against many an obstacle and deeply entrenched prejudice.

These could not be swept aside in one felled swoop, for this was a many headed dragon. It remained, therefore, to painstakingly lay the groundwork, mainly amongst the drilling gymnasts, with frequent meets and personal contact on the athletic field, and with carefully written articles to break down the barriers of outdated preconceptions still existing in the minds of senior members of both camps.

No small contribution to the cause was effected by the visit of the COS. (Czech Sokol Organization) championship team from Prague in 1909. This team took part in the competitions and Slet of the National Sokol Unity in Chicago. In those glorious days, full of excitement and enthusiasm, the seeds of cooperation and brotherly love began to break out of their hardened pods, and suddenly old prejudices and bitterness began to fade away especially, when the younger organization grew and strengthened through its earnest and unselfish efforts.

Then came the big historic moment when at the outbreak of World War I., the small oppressed Czech nation, determined to shed the yoke of tyranny, cast their lot with the allied nations in the fight for their own freedom and independence.

The Sokols of America rose as one man ready to sacrifice both lives and property in support of the rights of the Czechoslovak nation.

You too should begin gymnastic classes – and all members – prepare to attend!

On the basis of the decisions reached at the Baltimore convention of the National Sokol Unity and under the mighty spell woven by the successful Slet of Fuegner-Tyrs in Chicago in the year of 1916, a top notch advisory committee comprised of members from both organizations was chosen. This committee was endowed with full powers to work out satisfactory conditions for a complete merger of all American Sokols at any price.

(To be continued)

From Sokol Baltimore "Topix"

Through my 30 plus years as an instructor and Director in the Sokol system of physical fitness through gymnastics I have seen a constant improvement in the type of training that is being given in our Sokol gym classes. However, basically, the Sokol system has not changed one iota since its inception more than a century ago, because it was conceived after a thorough and concentrated study and even today it is considered the best system for the physical and moral development of the individual.

Through the President's Advisory Committee on Physical Fitness, organized more than a decade ago, efforts have been made to improve not only the physical fitness of our youth, but persons of all ages. However, we do not yet have a vigorous na-

tional program due to the lack of qualified instructors and the apathy of the general public, or to be blunt, the indifference of the parents. They are unaware of the value of preventive medicine—regular exercise.

It is evident that the instructors in the schools and colleges are more interested in producing champions and stars than in promoting physical fitness, so that more time is given to athletes (the fit, motivated young people) than to the weak, the obese and the unfit—the very ones most in need of a great deal of attention. There is no program which would most likely lead to adult habits of regular and sensible exercise.

In the Sokol system, our primary interest is not to produce champions and stars, but to make and

keep every participant physically fit—individuals of all ages, the weak, the obese. Through a series of progressive exercises we improve the fitness of the individuals. We help those with greater potentials, but not at the expense of the weak.

In 1870, the founder of Sokol, Dr. Miroslav Tyrš wrote:

"The great majority of the people cannot remain as spectators only in our program. We were not created so that they could watch us perform and applaud our efforts. We do not want the spectators to disappear, but to participate and to develop themselves by years of training. We feel that another's strength and exercise will not help the

individual and that the able efforts of a small fraction of the population cannot change the overall results, when there is no general effort to do the same. An active, well developed fraction that would always remain a fraction, would never have a decisive influence for the life of a nation."

As we enter the year 1967, the members of the BOI would be more than pleased to see more of our members actively participating in our gym classes and for our members to enroll their children and grandchildren so that they can gain the many benefits of the Sokol training. It is fun keeping physically fit.

Ed Stetka, Director

Into a New Volume—

(Continued from cover page)

Recognition and propagation of these values is your responsibility, not via the route of empty words, but by deeds, by performing the minor daily chores, the routine, tedious jobs which so few are willing to undertake day after day, after day. Strong leadership in the field of physical, moral and spiritual guidance of all those young, flexible beings who have been entrusted to our care. Sokol offers the ideal recipe for a healthy, fruitful personal and public life.

No one can ever use the Sokol for his personal interests. Sokol belongs to all factions and to all levels of society.

Our lives consist only of deeds—only work can bring contentment. Our designated places in life must be fulfilled to the utmost usefulness. In our unified effort, seeking the same goal, we will find the way to the tomorrows; in discipline and unselfish sacrifice. You, too, give of yourself mentally, spiritually and physically so that utmost love and beauty can flourish in our midst.

We have many gigantic tasks before us this year, but small is he who has a small goal. Let us each perform all of that which lies within our individual powers, and new successes will come!

NAZDAR!

BETWEEN THE LINES

By EDITH KERMIT ROOSEVELT

AN APPEAL FOR STAMINA

WASHINGTON—As a matter of principle, this columnist avoids any reference to herself personally or her family background. But a subject has been pounding itself into my mind for some years now, and I have been pushing it aside because I felt it would sound personal. But a letter has just come to me that confirms that this subject is not personal but national. It concerns individual, physical stamina to which the vitality of our national structure is directly related.

The letter concerns "Teddy" Roosevelt, who happens to be my grandfather. (This is the first time I have ever referred to this in the seven years that I have been writing this column.) The letter is from William Loeb, publisher of the Manchester (N.H.) Union Leader. Loeb's father was my grandfather's personal secretary in the White House. Loeb writes me:

"Not only are Nackey (Mrs. Loeb) and I delighted to learn from your good letter that you have joined a health club, but I am sure your grandfather would have very much approved, also.

You know, I have often written that I believe there was a distinct link between the vigorousness of our foreign policy at the turn of the century and your grandfather's vigor. Of course in a sense, also, his vigor was a reflection of the general physical vigor of the nation in those days."

In his letter the publisher recalls the famous ride that grandfather took from the White House to Warrenton, Va. and back—all in a single day. At that time, there was a great uproar over the fact that he had set a series of physical tests for army officers. There was much criticism voiced that the tests were too severe. One of the tests was that the officers were obliged to ride 100 miles in three days.

Grandfather, annoyed by the uproar, decided to do the whole 100 miles in a single day. He did this by using relays of horses. He left the White House at about 5:30 a.m. and returned around 9 p.m.

Loeb writes: "In this connection, I had a fascinating experience. I took Nackey through Sagamore Hill after your grandmother died, but fortunately,

before it was all cleaned out and became a museum.

"For some strange reason, lying on the desk your grandmother used to use was your grandfather's engagement book for the year I have just been discussing, when the ride took place. It was opened to the day of that ride.

"Interestingly enough, the entries, both before and after, were in my father's fine hand. The entry dealing with the day of the ride to Warrenton and back was in your grandfather's stubby, rounded handwriting."

This columnist is convinced that we do a terrible thing in this country by giving so many of our children little or no organized, regular physical training. Physical fitness for girls seems to be especially neglected. Ballet lessons or running around in field hockey is no substitute for daily gym or strenuous calisthenics classes. Four years ago, I sent my daughter, Margot, now 16, to calisthenics classes. It was amazing what effect this had on her, not only in building muscle and proportioning her figure, but in the development of her character—strengthening her self-control, her sense of balance and self-confidence.

From my own experience, too, I believe that a regular physical fitness program not only relaxes you, but makes you feel better and gives you more reserve to work better, longer hours and to think more clearly. I think that this was the lesson my grandfather "Teddy" was trying to teach us, when he used to lead a gaggle of his children and their friends down Cooper's Bluff in Oyster Bay after a big Sunday lunch.

In memory of him, this practice was continued

for years after his death by my grandmother, also Edith Kermit Roosevelt. I remember well in my own childhood that after every Christmas dinner, my uncles, Ted and Kermit, and my father, Archie, used to lead me and my cousins for a run down that old, steep bluff.

How many of our Senators, State Department officials or White House aides could do likewise? I am shocked by how many of our men in government posts present a soft appearance with their pudgy faces, noses red from martinis at long luncheons and ample "bay windows." Such men are hardly calculated to impress fist-pounding Communist delegates at conference tables. Asians in particular are impressed by a virile appearance. This is why they so frequently photograph their own leaders swimming rivers, horseback riding, hiking and shooting.

Doctors stress nowadays the close relationship between mind and body in illness, but aren't we forgetting that the same relationship exists in what we call health? Our high standard of living is proving a mixed blessing. We ride in automobiles even when we save but a few steps. We take elevators instead of climbing up a short flight of stairs. Yet, there is no indication that a national human resource of strong, healthy bodies is not just as important as it ever was. Modern total war involves whole civilian populations, testing their will and endurance. Thus, the stamina of every American becomes a factor in our national survival. In the future, too, as we explore other planets and eventually colonize worlds in outer space, we will require the vigor of our pioneer forefathers.

Financial Report ASO. December 1966

INCOME:

Dues	\$ 999.55
Convention Fund	169.25
Special assessment	262.00
Dividends and interest	466.93
Subscriptions to "American Sokol"	3.00
Resale of jewelry	24.00
Sale of Sokol stamps	1,050.00
Sale of Manuals	55.00
Postage42
Redemption of "K" Bond	1,000.00
Total Income	\$ 4,030.15

DISBURSEMENTS:

Administrative Department															
Salaries	\$ 216.66														
Rental, phone, electric, janitor service	151.04														
Miscellaneous expense	56.55														
Petty cash	44.91		<hr/>		\$ 469.16	Educational Department BOI.		Salaries	\$ 187.95	Editor "Sokol Gymnast"	25.00	Printing "Sokol Gymnast" —		November & December	55.44
	<hr/>														
	\$ 469.16														
Educational Department BOI.															
Salaries	\$ 187.95														
Editor "Sokol Gymnast"	25.00														
Printing "Sokol Gymnast" —															
November & December	55.44														

Printing and office supplies	228.50	
	<hr/>	\$ 496.89

Sokol Publication

Printing "American Sokol" —		
November & December	\$1,071.37	
Postage on foreign matter	1.15	
Editor "American Sokol"	75.00	
	<hr/>	\$ 1,147.52

Promotional

Film refunds	\$ 50.00	
	<hr/>	\$ 50.00
		\$ 2,163.57

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—checking account	\$ 6,945.21
Income—December 1966	4,030.15
	<hr/>
	\$10,975.36
Disbursements—December 1966	2,163.57
	<hr/>
	\$ 8,811.79

**Heslo letošního roku:
VŠICHNI NA SLET V DALLAS!**

SOKOL GYMNAST

January 1967

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

MILDRED PRCHAL:

FREE FLOOR EXERCISE IN COMPETITIVE WORK

The free floor exercise cannot interpret any story, theme or idea. It must adhere to the following requirements:

1. Movements and elements included in the exercise must be all-around and varied. The movements must be of the widest range; the muscular group exertion should be balanced. The gymnast should show her all-around ability, physical courage and advanced technique.
2. Individual elements must be naturally combined and logically tied. Movement must flow one from another in a smooth manner.
3. The free floor exercise must be dynamic with correct gradation. The progression of movement from the viewpoint of physiology coincides with the progression of movement from the viewpoint of aesthetics:
 - a) The exercise starts calmly—it upgrades toward the center—then again finishes calmly.
 - b) The exercise begins dynamically and begins to calm down toward the center but picks up again toward the finish.
 - c) Exercise starts calmly and progressively becomes more dynamic until the end. The conclusion must be clear, definite and expressive.
4. Contrast in rhythm, movement, dynamics and pattern contributes to the interest of the composition, but must not be in conflict with the gradation because too much contrast weakens this important phase of the composition.
5. The free exercise must be adjusted to the area. At the present time an area of 12x12 metres or about 40'x40' is used in competitions. The area must be fully utilized, and the pattern must not be monotonous. The changes of pattern must also coincide with the phrases and parts of the music.

6. The free exercise with or without hand apparatus should be more difficult than the COMPULSORY exercise of the given grade.
7. The free exercise must include prescribed elements of difficulty. These are selected by the gymnast according to her ability to master them. The combination of these should not be too common but must be original and interesting.

The following are elements included in compositions of floor exercises:

WALKS	BODY WAVES
RUNS	BALANCES (HOLDS)
DANCE STEPS	HANDSTANDS
JUMPS	ROLLS
LEAPS	CARTWHEELS
URNS	WALKOVERS
PIROUETTES	LIMBERS
KNEELS	HANDSPRINGS
SEATS	TINSICAS
SPLITS	SOMERSAULTS

Strength elements such as press handstands should be avoided.

8. When composing:
 - a) Select classical music. The selected part must not be corrected or shortened, nor must the phrases be changed. The selection must remain in its original form, in tempo and dynamics.
 - b) Length of exercise should be no more than 1 minute, 30 seconds. It is preferable to compose an exercise a few seconds short of the prescribed limit. Facilities furnished for accompaniment are not always tested for speed accuracy and may differ from original recording. At the present time, only one instrument may be used for accompaniment whether on record or otherwise.

MILDRED PRCHAL:

MUSIC AND FLOOR EXERCISE

The distinguishing quality of Artistic Gymnastics over and above the material and method is the close relationship of movement with music. In fact, music is an indivisible part of artistic gymnastics. BUT influence of music upon movement is also very important in other departments of physical education. Most typical, however, in artistic gym-

nastics, is the emotional expression and interpretation of musical content, and from this emanates the specific feature of the technique of this event. This is where the distinct difference from the rest of the gymnastic category arises. In artistic gymnastics, or floor exercise, the melody and dynamics of music determine the form of movement; it ac-

quires a dance character and movements from the art of dancing (stylized folk dance elements, ballet and interpretive dance) lend themselves admirably to this beautiful event.

Teaching harmony of movement with music instills in the gymnast a perception of music and its interpretation through physical movement. This perception of music influences movement in that the melody effects the emotions of the gymnast so that her interpretation becomes more animated and inspired. Her movements blend perfectly and she learns to react naturally and harmoniously to music.

The ideal method of selecting music for floor exercises is improvisation by an experienced pianist who is constantly in contact with the instructor during class hour. The character of accompaniment must, however, be in harmony with the character of the exercise.

The floor exercise can also be composed to music selected by the gymnast from the vast repertoire of popular classics. But here the relationship of music and movement is strictly limited because of the musical principles that must be adhered to. During competitions we often hear such compositions as the Waltz from Eugene Onegin by Peter Iljitch, Tchaikowsky's Nut Cracker Suite, Waltz from Faust, Waltz from Ballet in Masquerade by A. Katchaturian, excerpts from Swan Lake, etc. The majority of this type are, however, difficult to use because of the changes that must be made in the

original music; usually it is necessary to adapt its structure for the inclusion of a row of acrobatic elements, climax and time element.

Teaching of music is divided into: Tempo, measure, rhythm, dynamics and character. It is important from the beginning that the instructor encourage efforts toward composition of eight and later sixteen measures to music of the student's choice.

There are many good recordings available for teaching floor exercises; I have also found many of the recordings of music specifically for ballet that are excellent for teaching floor exercises.

Recordings:

HOCTOR—DRLP 3090 Music for Competitive Free Exercise
HLP 4006 Artistic Gymnastics
HLP 4011 Floor Exercises—Gymnastics
HLP 4014 Floor Exercises—Gymnastics

STEPPING TONE—

STLP 1000 Ballet for Gymnastics
STLP 1010 Ballet for Gymnastics
STLP 1020 Three Floor Exercise Routines
STLP 1020 Twelve Numbers for Floor Exercises

STATLER—SLP 1023 Music for Gymnasts

MILDRED PRCHAL:

JUMPS, HOPS, LEAPS

High elevation and lightness (ballon) are synonymous in the execution of floor exercises. Not many individuals are endowed with natural elevation but it can be developed through a well balanced training program. It is useless to constantly stress height when teaching jumps or leaps if the feet, knees and thighs have not been prepared, or the importance of back muscle control and proper posture have not been instilled in the gymnast. Strength and elasticity in the legs and feet together with control of the spinal muscles produce brilliant elevation and add to the beauty of the exercise.

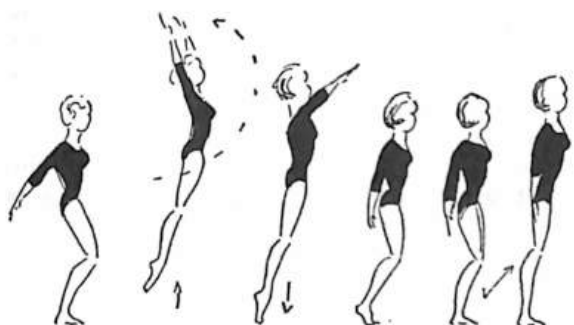
Jumps, hops and leaps are some of the most demanding elements in the floor exercise. Light and well mastered jumps and hops are included in the first part of a class period for quick warming up. Teaching or training of these, however, is included in the main part of the program. Fatigue can be avoided by alternating group and individual execution; it also gives the instructor the opportunity to correct faults of individuals.

The first and most important basic exercise for teaching is the demi-plie, (well known to ballet students and dancers) a bending of the knees with soles of feet held firmly on the floor. By keeping the soles firmly on the floor while bending the knees, the Achilles tendon is stretched, and by adding the releve (rising to halfpoint) and other lifting exercises to the class period program, a strong set of muscles will be developed in the arch and the ball of the foot. The demi-plie is used as a

preparation for the spring and a cushion upon landing. The correct and regular practice of the demi-plie and releve insures lightness, softness and ease.

The following four phases are applicable to all jumps, hops and leaps:

1. Preparation for spring or rebound is a demi-plie or half-squat. This bending of the knee or knees is done very quickly. The sole of the foot must be firmly upon the floor. Inhale.
2. The thrust from floor is very fast with an extension of the legs in all joints finishing with a maximum push from the toes. The hop or jump is directly vertical (mostly in jumps from both feet or hops on one foot) or diagonally upward (in leaps). In leaps the body travels forward, sideward or backward.
3. After the thrust from floor, the body and limbs immediately assume the position of the prescribed jump, hop or leap. At the peak of flight the movement is slower and momentarily static. Hold breath.
4. The landing is done by "rolling" from toes to heel with simultaneous flexing of hip and bending of knee joints. Sufficient strength of lower leg is evident in instant when it is necessary, after landing, to straighten and extend legs and body without loss of control. Without preparatory and strengthening exercises landing is heavy and continuation to next movement is retarded. Exhale during landing. (pic. 1.)

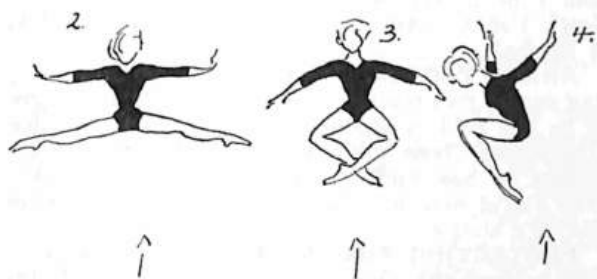


Inhaling before preparation, holding breath in flight, exhaling when landing applies to all jumps or leaps requiring flight and height.

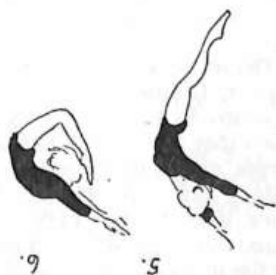
Following are a few hops, jumps and leaps included in floor exercise combinations:

a) SPRING FROM BOTH FEET—LAND ON BOTH FEET

1. Vertical jump without arch. Landing with feet crossed or strideleg. Crossing of legs or strideleg in flight, landing on both. The same with other leg movements, i.e. bending one leg or both, swinging one leg front or back while in flight. These jumps are executed with trunk straight, bent forward or sideward. Shoulders must not be raised, head perfectly straight. (pic. 2., 3., 4.)

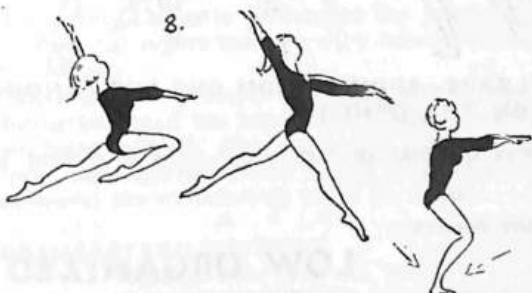
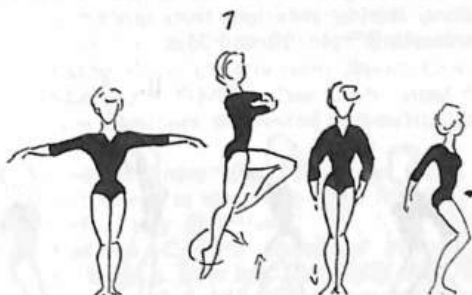


2. Arched jump from both feet. The same with side-bend. Same with one or both legs bent, front or back. During these jumps the pelvis is energetically pushed forward, the rest of the body either in fundamental position or backbend. (pic. 5., 6.)



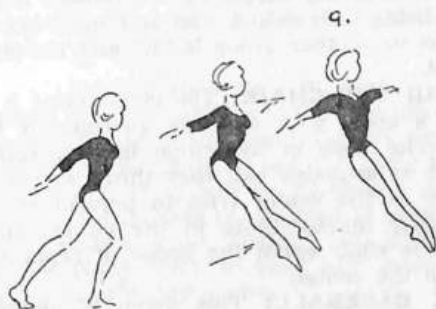
3. Jumps from both feet with turns of 90°, 180°, 360° up to 450°. The same with one leg bent front or back. Jumps with turns are executed without arch. If turns of greater degree are attempted, "spotting" is necessary. (pic. 7.)
4. Stag leap—spring from both feet vertically, one leg bent forward, the other extended to rear,

the toes of the bent leg touch knees of rear leg. Quick stretch and closing of feet before landing is necessary. Executed in place, finish on both feet. (pic. 8.)

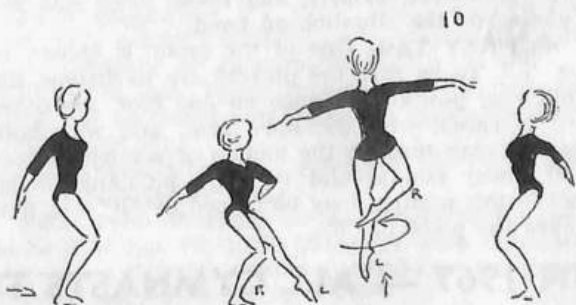


b) JUMPS FROM ONE LEG—LANDING ON BOTH

1. Low spring forward from one leg while extending other leg front—before landing close leg from which spring emanated to front leg and land with both. This jump is often used before other jumps requiring great height. Swinging the front leg too high retards the horizontal speed. (pic. 9.)

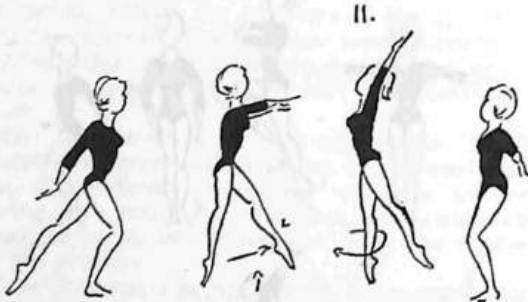


2. Jumps with other leg bent or swinging front, then back (or opposite).
 3. = 2. with swinging leg straight.
- No. 2. and 3. jumps are low and small, landing



is done on both. Where one leg is swinging forward or back, its closing is a little retarded.

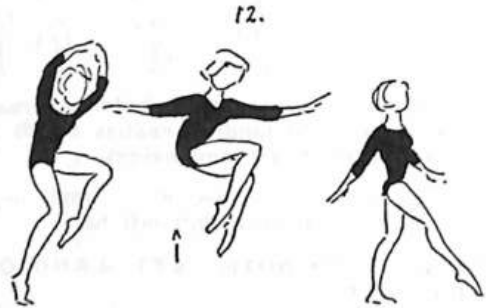
4. = 2., 3., but with turns. The rotation begins upon finish of takeoff and must be completed before landing. The free leg is held in prescribed position during rotation, then quickly closes before landing. (pic. 10 and 11.)



c) LEAPS—SPRING FROM ONE LEG LANDING ON THE OTHER

1. Pas de chat or "cat step"—this is a bent leg

scissor step done forward. Starting with a raising of one leg bent forward, the other leg quickly following, knees alternately raise to height of hips. Feet are arched and toes pointed. Trunk does not bend forward unless specified. (pic. 12.) (Ballet pas de chat differs in that it is executed with knees well turned out and both feet close into 5th position.)



(To be continued)

JERRY POLACEK:

LOW ORGANIZED GAMES AND RELAYS

(CONTINUED)

CHAIN TAG: (Threes) This is a variation of partner tag. The formation is a circle of players arranged in sets of threes by interlocking arms and placing hands on hips. All players face inward. Two players are outside of the circle and the one being "it" chases the other. A player being chased can hook on to either end of a set of threes, but when he does so the player in the center of the original three must free himself and hook on to another group before being tagged by the runner. A player that is being chased and who is tagged before he hooks on to another group is "it" and the chase is reversed.

GUARD THE CHAIR: The class forms a circle around a chair with one boy guarding it in the center. The boys in the circle have a volleyball and just as in dodge ball they throw at the chair. The boy in the center tries to prevent the chair from being hit by those in the circle. The boy hitting the chair earns the honor of replacing the guard in the center.

KICK BASEBALL: This game is played like regular baseball, only you use a basketball. The pitcher rolls the ball to the batter who in turn kicks the basketball and runs to first base as in regular baseball. With proficiency the batter can kick grounders, loopers, and make place hits depending on the situation on hand.

MONKEY TAG: One of the group is chosen to be "it". To be safe the players are to assume the following position: balance on one foot, the other leg is raised with the knee bent, and with both hands going through the motion of scratching oneself under and around the arm pit. Any player not in this position may be tagged by "it" and thus takes the place of "it".

BASEBALL: (On all fours) Construct diamond with bases 15 feet apart. Regulation rules are used except that the batter bats the ball with his fists and runs to the bases on all fours, (hands and feet). Use a soccer ball or a volleyball instead of a baseball.

ANKLE TAG: This game is played like ordinary tag except that the player is safe from being tagged if he has hold of another player's ankle or ankles. The player whose ankle is being held can be tagged unless he has hold of some other player's ankle. The player may hold his own or some of the other player's ankles also.

PROTECTING THE ISLAND: Make a circle 20 feet in diameter. This will be the island. Divide the group into two teams, place one team in the circle to protect the island and the other team outside of the circle. At the signal "Go", the team outside of the circle rushes in and tries to remove those within the circle. A player who touches the line or any part outside of the circle is eliminated. The team that has at least one player who survives within the circle is the winner.

SWEEPSTAKES: Draw lines on the gymnasium floor about 40 feet apart. Divide into three groups. Appoint one of the groups to be the horses, one to be the riders and the other to be the betterers. The riders mount the horses and line up at one of the lines, each of the betterers pick a horse they think is going to win. The ones that do not pick a winner become the horses and the game continues until they win a race. The winner of each race sits down on the sidelines. The last horse to be left in the game receives the penalty which is made before the game begins. At intervals the riders should change with the horses.

(Continued)

IN 1967 — ALL GYMNASTS TO MID-SLET IN DALLAS, TEXAS!

FROM OUR DISTRICTS

EASTERN DISTRICT

Meeting Held Nov. 21, 1966

A moment of silence was held in memory of sis. Sophie Szama.

Correspondence—Bro. Novak of Sokol Philadelphia sent a letter and check for \$10.00 donated by bro. and sis. Trinkl in memory of their father bro. August Pribramsky, a former president of Sokol Philadelphia.

Bro. Neumann of Sokol Washington sent copies of news releases to various newspapers regarding the annual meeting held in Belcamp. Also a letter containing information and recommendations for the annual meeting to be held in Washington in 1967.

Minutes of the Executive Board meeting held on Oct. 4th and 25th, 1966. A letter of confirmation had been received from sis. Betty Prener, of the order of a new district flag which is now in process and will be sent to sis. Zraly.

National Council of Women of Free Czechoslovakia—sale of Czech Christmas cards and request for donation.

Sokol Detroit and Ladies Auxiliary, Dearborn, Michigan, invitation to official opening and dedication ceremonies.

Report of the Director of Women—Sis. A. Benda reported on unit activities. The volleyball tournament had been changed from Wednesday, Nov. 23, to Nov. 25, at 7 P.M. at Sokol New York. A bowling tournament will be held at the Queens Bowling Center on Dec. 3rd.

Report of the Director of Men—Bro. Capek gave a report on unit activities. Attended the refresher course held in Belcamp on Nov. 12 and 13, 1966, and asked sis. Provaznik to report on the activities.

Refresher Course Report by sis. Provaznik—There were 69 members registered, 54 of them on the gym floor. Complimented instructors who did a fine job and felt that students learned a great deal. Also found weak spots which will be corrected in future sessions. Emphasized the fact that units send children who are mature and willing to learn.

1. Refresher courses should be held several times a year.

2. Suggested one day refresher courses rather than two day sessions.

3. More experienced gymnasts and instructors who have not had a recent training course should take advantage of these training periods.

4. Appealed to units not to send immature children who disturb classes and lectures.

5. Seek compensation from Chicago for traveling expenses (of instructors) if refresher courses will be held in the future.

Educational Director sis. Joy Misek submitted a written report read by the secretary (pro tem). Stressed the importance of units submitting their reports of activities to her. Sis. Misek attended the refresher course at Belcamp on Nov. 12 and 13.

UNIT REPORTS:

New York Sokol expressed appreciation to sis. Provaznik for her assistance given the unit. Party for bro. Sliva on his 70th birthday.

Fuegner, L. I.: Several members will attend the bowling tournament.

Sokol Newark: Surprise party for sis. Perina on her 80th birthday.

Little Ferry Sokol Men's Division: Planning celebration of 70th anniversary (March). Reported the death of bro. Thaddeus Mastik in November.

Little Ferry Women's Division: Seven new members. Conducting a Merchandise Club (fund raising affair). Five members interested in bowling tournament.

Unfinished Business—The purchase of a typewriter will be held in abeyance until the next meeting when sis. Zraly is present.

New Business—Certain members expressed an interest to hold a Boonton Slet with SGUS. this spring and requested an official inquiry from our district. Bro. Capek to investigate the possibilities.

A financial report was given by bro. A. Chaloupka, treasurer.

Sis. Provaznik provided members with up-to-date information about the Montreal Slet and a package deal being offered. She requested that delegates inform their members and report any interest so that travel accommodations could be made.

* * *

NORTHEASTERN DISTRICT

Meeting Held Oct. 26, 1966

Excerpts of the minutes of the Executive Board of the ASO. were read. Bro. Pekar has contacted numerous airlines regarding transportation to the Slet in Dallas, Texas, in 1967.

UNIT REPORTS:

Sokol Cleveland-Cech-Havlicek—Winter exhibition to be held on Feb. 11, 1967.

Sokol Nova Vlast—Unit is planning to participate in dedication of Sokol Center in Detroit. Winter exhibition to be held on April 1, 1967.

Sokol Tyrs—The unit is sponsoring a Fabulous Raffle, prizes are trips to Hawaii, Paris and Las Vegas, plus a color T.V.

Meeting Held Nov. 30, 1966

Excerpts from the minutes of the Executive Board of the ASO. were read. Sokol Detroit requesting the District to purchase an ad for their souvenir booklet. A \$100.00 ad will be purchased and each unit in the District was encouraged to purchase an ad for a lesser amount. District will purchase an ad in the Nový Svět wishing our friends best wishes for the Holiday season.

President bro. Suster read a letter from Sokol Toronto that the Sokols in Canada are planning to unite. Their camp is rented by the Y.M.C.A. for the year. There will be a Slet in Montreal in 1967. An announcement was made that Sokol Tabor in Chicago is celebrating it's 100th anniversary. Sokol Detroit is asking Cleveland units to participate in their akademie on January 29, 1967.

Vice-Pres. bro. Pekar reported that United Air Lines has contacted him regarding transportation.

UNIT REPORTS:

Sokol Nova Vlast will celebrate it's 75th anniversary in February 1967.

Sokol Tyrs—Working on the "Night in Prague" to be held Jan. 28, 1967. Delegates were reminded there are still raffle tickets available for the grand drawing the unit is holding.

Sokol Detroit and Auxiliary—Unit hopes to have Gov. Romney at its grand opening festivities on Jan. 28 and 29, 1967.

BOI.—Planning to send three members to participate in the gymnasticale at Sokol Detroit on Jan. 29. The women are planning to organize a district volleyball competition. BOI. is compiling a list of

gymnastic publications to send to each unit in the district if a unit wishes to develop a library.

Annual meeting will be held on Sunday, Jan. 15, 1967, at 10:00 A.M. The BOI. will convene at 9:00 A.M. All presidents were asked to contact and remind their delegates and alternates to attend. Bro. Barcal from Chicago will be in Cleveland Feb. 18.

Frank L. Bašta.

21. prosince 1966 v Largo, na Floridě, vydechnul svou duši br. Frank L. Bašta. Dožil se 77 let. Smrt přišla tiše, nečekaně, a shasla rázem světlo jeho života. Narodil se v Čechách. Ve Spojených státech žil 57 roků.

Byl spolumajitelem cestovní a pozemkové kanceláře, byl tajemníkem a později předsedou ve výpomocném spolku. Byl činným členem několika organizací. Po dobu 55 let byl členem Sokola. V Sokole Havlíček-Tyrš zastával mnohé úřady: starosty, člena ředitelstva a jiné. Zasedal jednu lhůtu ve Výkonném výboru Americké Obce Sokolské a byl pokladníkem jednoho ze sletů. Býval členem Výkonného výboru župy Střední. Dobrý sokol — prokázal bratrské naší organizaci mnohé platné služby.

Rodina jeho vychována sokolsky. Syn, br. Geo.

Bašta, je místostarostou Obce a starostou Sokola Havlíček-Tyrš. Manželka George, sestra Anna, je předsedkyní odboru "Public Relations" v Obci a starostkou Sokolic Havlíček-Tyrš.

Br. Frank L. se činně účastnil krajského života. V roce 1962 známá jeho osoba odešla z Chicaga, kdy odešel na odpočinek na Floridu.

Je-li neklamným měřítkem hodnoty člověka láska jeho rodiny, jak ráda měla svého dědu, otce a manžela, pak jsme ji viděli, když oči jejich slzely zármutkem, že ho již není.

V pohřební kapli byla velmi početná účast a velký smutek nad zmlklým a ztichlým srdcem zvěčnělého.

Byli jsme šťastni, že jsme ho měli. V duších těch, kdo s nim šli životem, žije dál jeho jméno a jeho památka . . . kmp.

Sokol Tabor

Members of the Sokol Tabor 100th anniversary committee, recently presented plaques to the principals of two Berwyn schools which bear the names of Karel Havlicek and Jan A. Komensky. Each school had a special program presented to it's students, with the main speaker being bro. Roderick Gorman, a member of Sokol Tabor, who is widely known for his writings, among them his translation into English, "Soul of a Century," an anthology of 100 years of Czech poetry, and his translation of several of Karel Capek's works, and currently is working with various publications. Bro. Gorman

pointed out to the school children that Jan Komensky was one of the first educators to promulgate physical fitness and education, and devised today's system of graded education. He told them of K. Havlicek, who died at 35, as a model for fearless devotion to liberty and truth, his writings contributing to a national consciousness. Havlicek was also credited with revolutionizing journalism and awakening the spirit of nationalism.



Charles Prchal, R. A. Gorman, Peter Switkin, school principal. — Mark Zaloudek and Lori Bradshaw, student council officers (Havlicek school).



Principal W. Calvert accepts the plaque from bro. Prchal and sis. Blanche Kos. — Speaker Gorman watches (Komensky school).

The tribute paid to Havlicek and Komensky is part of the program for the 100th celebration of Sokol Tabor, which will be officially opened with a banquet at Sokol Tabor on Jan. 21st. On the following day, Sunday, Jan. 22, there will be a demonstration of Sokol Tabor's finest gymnasts, this program being preceded by a Sokol parade. Also present for the plaque presentations were bro. Charles Prchal, chairman of the 100th anniv. committee and sis. Blanche Kos, plaque committee chairman.

KAREL M. PRCHAL:

PADESÁT LET AMERICKÉ OBCE SOKOLSKÉ.

1. ledna 1917 vznikla sloučením dvou stávajících sokolských těles: Národní Jednoty Sokolské a Župy Fuegner Tyrš — naše Americká Obec Sokolská. První Výkonný Výbor byl zvolen 12. února 1917. Tedy v tyto dny dovršeno padesát let Obce.

S vědomím vykonané práce vzpomínáme těchto padesáti let. Léta ta byla ve znamení Tyršova věčného ruchu a nespokojenosti. Dospěli jsme nespočetných met, ale ukládáme si nové úkoly a velké, a jdeme pevně a odhodlaně za velkými metami, které si bratrstvo určilo. Nelekáme se obětí, neznáme překážek — známe jen úsilovnou činnost a snahu za tělesným i mravním povznesením členstva a svého okolí.

Nehodlám vyzdvihovati činy jednotlivců, ale chci pouze zjistit, že Sokolstvo v Americe ukázalo cesty, kterými by se měl bráti život náš celý: láskou k vlasti, kázní a sebezapřením, bratrstvím; slovem, lidstvím. Vůdčími hesly jsou: síla a statečnost, činnost a vytrvalost, mravnost a prospěch společného cíle, tělesné a duševní zdraví národa.

Máme mnoho věrných, ideálům oddaných sester a bratrů. Nejen celá desetiletí, ale celé lidské věky lnou se vzácnou oddaností k našemu Sokolstvu. V práci byli a jsou nám nejvěrnější záštitou a oporou. Přispěli a horlivě přispívají platně k rozvoji nejen Sokolstva, ale sokolských ideí. S upřímným vděkem vzpomínáme jejich pilné práce a nehynoucích zásluh. Jsou nám vzorem a mocnou pobídkou v práci zasvěcené prospěchu naší organizace.

Řada vzácných duší opustila navždy naši sokolskou rodinu. Udržovaly národní vědomí, odvahu a sílu v pohotovosti. Památka jejich svítí jako zlatý sen do našich dní a zůstane povždy hluboko vtisknuta v našich vděčných srdcích. Bude nám vždy posilou v dalším usilování. Smrtelným lidem určen je krátký věk, ale věčně budou trvat ideály, kterým oni sloužili.

Nechť naši drazí spí klidně; my pamětlivi jejich velké lásky a jejich úsilí, jež zasvětili vynikajícím způsobem službám sokolským, rodné vlasti a vlasti americké, neopustíme odkazu, který nám zanechali.

Organizace, pilníci za výchovou silných a pracovitých lidí má velké úkoly do budoucna, které budou od nás vyžadovat mimořádných obětí. Jsme ale přesvědčeni, že plnění dobrovolně převzatých úkolů ještě těsněji semkne naše řady, nadchne členstvo k mimořádným obětem, jež přinese s láskou a radostí Sokolstvu. Vždyť to, co konáme, konáme nejen pro sebe, pro svoji mládež, ale dáváme Spojeným státům, jejichž prospěchu světime své síly.

Rok jubilejní má přivodit i zvýšenou činnost a práci tělocvičné. Má ukázat, že jsme se nezastavili, že dobrá vůle a vytrvalost vede nás dál k plnění úkolů doby. Po skončení padesáti let není nám dovoleno složit ruce v klín. Čeká nový postup, po nových snad cestách, ale za stejnými cíly. Nečekáme zázraků, ale společným napětím sil a společnou láskou zázraky se stanou.

Všem příznivcům, kteří nám jakýmkoliv způsobem ochotně přispěli, naše srdečné díky — a zveme je k vstupu do našich řad. K společnému, všestrannému usilování nejen s ohledem na zájmy jednot, ale našeho sokolského celku, společné zájmy všech našich lidí a zájmy amerického lidu.

Mám pevnou víru a jistotu, že jdeme cestami správnými. Víím však také předobře, že nesplněny všechny naše tužby a přání tak, aby ukojena byla mysl. Projevují jedinou prosbu: účastněte se, sestry a bratři, ještě horlivěji práce než dosud. Práce promyšlené, oživované láskou a nadšením. K šíření ideálů a zvýšení počtu členstva — výchovou tělesnou, duševní i mravní a jako po všechna leta — věcným i nestranným poučováním ukazovat správné cesty ku pravdě, lásce a mravnosti. Konejte vše tak, abyste mohli vlastnímu svědomí odpovědět, že byli jste i Vy platnými členy sokolské rodiny. Že jste přispěli, byť i malou hřívnou, drobnou nenáročnou prací k velkému dílu, krásnému a důležitému poslání, jež nám dali příkazem ti, kteří před padesáti lety uskutečnili spojení našich dvou sokolských táborů v Americkou Obec Sokolskou!

N A Z D A R !

O dějích, kterými bratrstvo v prošlých padesáti letech procházelo, piši stručně v článku anglickém.

Sokol St. Louis, Mo.

It has been a long time since I have written any news from Sokol St. Louis and I think that it is only appropriate I do so at the end of a year so glorious in the activities of our Sokol unit. Our new and beautiful hall, which we named the American Czech Educational Center, is prospering beyond all expectations. There are so many applications for rental of the hall for weddings, dances and various forms of entertainment, that we are booked to almost the middle of the coming year and more are applying. The cocktail lounge is a financial success as well and although Sokol is the majority stockholder, the other shareholders, the C.S.A. as well as the lodges of the Unity of Czech Ladies and Men, together with our wonderful Ladies Sewing Circle are making all this possible. Our gym classes are large, we have a choral and dramatic group, a wonderful entertainment committee, board of gym instructors, camp committee as well as our Sokolice Vlasta, who contribute so much to our finances.

Our gym classes are preparing to participate at the Dallas Mid-Slet in large numbers and to defray

most of the expenses, the children are selling candy among many other projects and our unit is planning a bus tour to Dallas for all St. Louisians who wish to make it.

This year we gave a Barn Dance, gymnastic exhibition with over 200 children, juniors, men and women participating, two picnics, camping for children, Halloween Party and Minstrel Show, and now we are preparing for our annual New Year's Eve Party.

We also started our own 12 page publication "The St. Louis Sokol News," printed in both the Czech and English languages, to keep our members informed and to become interested in our activities.

Under the able leadership of our President (starosta), bro. William Shana, so dedicated to the Sokol ideals, I am sure that Sokol St. Louis will reach even greater heights in the future! Wishing all Sokols and Sokolky all over America a Happy New Year, with a Sokol "Nazdar!"

John Reiner, Educational Director
Sokol St. Louis, Mo.

Highlights from the 1966 National AAU. Gymnastic Convention Minutes, Hawaiian Village, Hawaii

Gymnastics Meeting of Men and Women

Meeting called to order at 9:00 A.M. Dec. 1, 1966, at the Hawaiian Village by Men's Gymnastic Chairman William Coco. It was moved and seconded that minutes of Bartlesville meeting be dispensed with as they were mailed to all members.

The following bids were received for the 1968 Senior National Championships:

- 1) Bartlesville (Oklahoma Assoc.)
\$3,000.00 guarantee for both men and women
\$2,000.00 guarantee for either men or women
- 2) Lake Erie Assoc. (Akron, Ohio) (men and women)
\$3,500.00 guarantee and all profits to gymnastics
- 3) Southern Pacific Assoc. (women only)
\$2,000.00 guarantee and/or 50% of profits to AAU, and would pay transportation to top three all-around gymnasts and Women's Chairman and Technical Committee.

It was moved and seconded that we should have separate championship sites for men and women. The motion was defeated, 13 NO votes to 6 YES votes. Southern Pacific Assoc. amended their bid and raised their guarantee to \$3,500.00 for both men and women. The vote on the 1968 Senior Nationals was:

- | | |
|---------------------------------|---------|
| 1) Oklahoma | 5 votes |
| 2) Lake Erie Association | 7 votes |
| 3) Southern Pacific Association | 8 votes |

Championships for 1968, therefore, go to Southern Pacific Association.

Fred Martinez gave a report on the preparations for the 1967 Senior National Championships which he will host May 1967 at NATCHITOCHE, LOUISIANA.

Bids were received for the 1968 Junior Nationals for men and women; no money bids:

- 1) Southwestern Assoc. represented by Mr. Milan to be held at Hurst, Texas.
- 2) Central California Association to be held at Fresno, Calif. Southwestern Assoc. was awarded the championships by 15 votes to 4 for Central California.

It was decided that the National Committee seek approval of the Foreign Relations Committee for the Southern Pacific Assoc. (Larry Huston) to hold exhibitions and competition with Mexican gymnasts.

LEGISLATION:

Item 184 approved with correction

Add at end of third sentence of paragraph 1, following the word "years" the words "for Sr. Championships and 14 years for Junior Championships."

Item 186 rejected as written and the following substituted: Delete "14" in fourth sentence, line 4, and substitute thereafter the figure "13" and permit the winner on the Junior All-Around event to compete in the Senior Nationals thereafter; otherwise the age limit is 15 years for female competitors in Senior Nationals. Approved.

Mr. Vannie Edwards brought up the subject of electing the new National Women's Gymnastic Chairman. Erna Wachtel received 5 votes. Mr. Vannie Edwards also received 5 votes; the chairman broke the tie in favor of Mr. Vannie Edwards.

1. Voting on the new Men's Chairman:

- | | |
|--------------------|-------------------|
| (1) Don Wilderoter | 4 votes (elected) |
| (2) Fred Martinez | 3 votes |

2. It was decided after considerable discussion that the various sub-committee appointments be left to the new chairman.

3. A report was given by William Coco on the North African Gymnastic tour that was sponsored by the State Department.

4. Jerry Hardy gave FIG report.

5. The following items were discussed and passed by the committee:

- (1) The compulsory exercise for the 1967 Men's Sr. National Championships would be the 1968 Olympic Compulsory.
- (2) The compulsory exercises for the 1967 Women's Senior National Championships would be the 1968 Olympic compulsories if they are distributed by Feb. 1, 1967, or if the Pan American meet will require compulsories. The decision would be made by the Chairman and Technical Chairman.

- (3) For the 1967 Junior Nationals at Southern Connecticut:

- (a) The Women's compulsories that are in the gymnastic hand book will be used, but with corrections in Free Exercise and Vaulting. (Copies to be obtained by National Office.)

- (b) The men's compulsories will be new and may be obtained from the National Office.

6. William Coco stated the need for a gymnastic director at the National Office and urged everyone to write the National Office to hire one and for all delegates to submit qualified people for this position.

7. Fund Raising—Gymnastic pins and 1966 World Games Tiles were available for sale from the National Office and everyone should do his part in selling them to raise money for the gymnastic fund and also urged everyone to become an associate member.

8. The 1967 North American Championships will be held in Maywood, Illinois, on April 13, 14, and 15, 1967.

9. It was approved that a new handbook be printed and brought up to date. The discussion followed on what should be included and it was decided that a committee be formed by the new chairman. The following people submitted their names as willing to serve in this committee: Fred Martinez, Jerry Hardy, Mildred Prechal, Irene Schmidt, Erna Wachtel and Bud Marquette. Some suggestions for the committee:

- (1) The handbook be printed in a form that supplement may be added.

- (2) Supplements be published each year with new compulsories, rule changes, etc.

10. Mildred Prechal moved that we honor by a Memorial Award at our National Championships the people in gymnastics who have lost their lives through tragedy. Approved.

11. Jerry Hardy recommended that the International Section should function as such for all international competitor. Bud Marquette stated that he was willing to serve on the committee.

12. New Business—The Trampoline Committee present stated that the 1967 AAU. National Championships would be the final for the World Trampoline Tryouts. R. Tanac, Acting Sec

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KAREL M. PRCHAL:

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

Těchto několik případů dává představu o tom, jaké povahy byla služba našich důvěrníků na závodech a že nebylo nadarmo, že měli oči otevřeny a dovedli posvitit do mnohého tmavého kouta, kam bdělé oko úředních orgánů dohlédnout nemohlo.

Tato služba začínala již u závodů. Byl zjištěn případ, kdy na hlavní ulici vedoucí k důležitému letišti takměř všechny restaurace, jídelny, stravní domy a podniky podobného druhu byly vlastněny lidmi původu německého.

Zjištěn případ, kdy v jídelně proti vchodu továrny na letadla v době, kdy byl tisk upozorněn, aby neuveřejňoval zprávy a dat vojenského úsilí Ameriky se týkajících, podávána jídla s papírovými ubrousky, na nichž zakresleny byly mapky zevrubně označující vojenská tábořiště a rozložení vojenských jednotek. . . V tutéž dobu naši lidé upozornili na magazin, jenž přinesl "vědecké pojednání", v němž podrobně vysvětleny a vyjmenovány byly druhy letadel používaných v americké a anglické letecké moci — ba i které jednotky kterých druhů používají. A bylo na příslušných vyšších činitelích, aby si zjistili zda šlo o pouhý "boner" zaviněný trestuhodnou nedbalostí nebo o něco horšího.

Protispojenecká propaganda.

Ze závodů vedly i mnohé nitky vedoucí na stopu

protiamerické a hlavně protispojenecké agitace v místech, jež by jinak byla ušla pozornosti. Vždyť nacistická propaganda nezastavila se ani u kostelů, jak svědčil případ německého kněze, jenž osadníky vyzýval, aby americkým vojákům neposílali na vojnu známé balíčky, ba ani dopisy; jistě rada vypočtená na rozvrácení morálky amerických vojáků. A jiného, jenž ještě v roce 1942 ukazoval dětem německé propagační filmy, líčící krásný život Hitler Jugend v Hamburku a ve Vídni. A jiného jenž osadníky vyzval k modlitbě za vítězství německých zbraní.

Leckde při odhalování plánů nepřátelských posloužila čirá náhoda. Tak v případě jedné tiskárny vlastněné krajanem, ale nesoucí název, z něhož nebylo možno soudit, že vlastníkem je Čech, kam v říjnu 1941 přišel pán a nabídnul tiskárně tisk čtvrt milionu letáků vyzývajících k stávce proti válce od 3. do 10. listopadu. Udal, že zastupuje Přátelství America First Committee. Firma ovšem nabídku nepřijala a následovalo upozornění na to co se chystá a našim důvěrníkům dány byly příslušné pokyny, aby vedli tuto akci v patrnosti. Ale upozornění úřadům postačilo a bublina praskla dříve než byla nafouknuta.

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