



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

February 1967

STANLEY BARCAL, President, A.S.O.:

ADDRESS GIVEN AT SOKOL TABOR'S 100th ANNIVERSARY BANQUET

Brother Chairman, Mayor bro. Dolezal, Officers, Brothers, Sisters and Guests:

I wish to thank Sokol Tabor for bestowing this honor upon me as it is my privilege, on behalf of the American Sokol Organization, our entire Sokol family, to extend congratulations and best wishes on the 100th birthday of Sokol Tabor.

Over 100 years ago, around 1840, the first Czech and Slovak immigrants were arriving in Chicago. This continued in the years following. These people had many things in common: They were all young—they were homesick and lonesome—they were penniless—and, most important, there was the language barrier. So, quite naturally, they formed their own community for mutual assistance and communication. They were ambitious and willing to work in their adopted homeland. They recognized the need for a program of physical training and cultural activities and to preserve and perpetuate their proud Czech heritage.

On August 19, 1866, the first Sokol unit was organized in Chicago with 59 charter members. This took place on Clinton Street near Van Buren. During the years that followed, several mergers and two fires took place. In 1926 Sokol Tabor moved to its present home.

Out of the turbulence of mergers and the smoke and dust of two fires, with determination and hard work, we have our proud Sokol Tabor of today. History books give us the dates of the mergers and fires, but they cannot possibly tell of all that took place in the 100 years—the thousands of members—their contributions and their efforts, their disappointments and their elations and the countless hours of meeting and planning.

Sokol Tabor has given us its share of National Sokol leaders: Bro. Prchal was our National President for over 31 years; sis. Millie Prchal, our National Women's Director for over 10 years and now bro. Ed Linhart, our National Director of Men. All have done and are still doing a yoeman's job for our Sokol Organization.

The Sokol Organization was born in the horse and buggy days and is going strong in this fast-moving atomic age because it was designed to satisfy a need. The need for physical training existed then as it does today, although many things have changed. Most of us earn by the hour as much or more than our founding fathers did by the week. Their work day was twelve hours. Most all was manual labor. Today we live in the great machine age of automation with more and more technical knowledge required and less and less of physical effort. Therefore it is very important that we all have a program of physical training to provide a strong healthy body for a sound mind.

We should all be thankful to our founding fathers as the Czech people were always a minority with a strong will to work and provide for themselves and not depend on someone else to do things for them.

(Continued on page 17)

AMERICAN SOKOL

436

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EDITOR

Charles M. Prchal

2419 Scoville Ave. Berwyn, Ill. 60402

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OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

5611 W. Cermak Road, Cicero, Illinois 60650

Tel.: 652-5220

Future Sokol Leaders Fund

Following is a listing of donations through January 23, 1967:

Previously reported	\$16,886.94	
Sokol Schenectady in memory of sis. Hermine Matousek	\$ 7.00	
Clara H. Pokorny in memory of Mrs. Otilie Ciskovsky	2.00	
James Vodak in memory of bro. Anton Vodak	10.00	
Dividends — Clyde Savings and Loan Assn.	143.71	
Czechoslovak Society of America..	500.00	
Anton Smunt	30.00	
Dividends — Belle City Savings & Loan Assn.	2.50	
Frank & Antoinette Pelich	2.00	
Lodge Columbia J.C.D.&P. in mem- ory of Anna & Jerry Chvatal ...	10.00	
Wm. Zabransky, Jr.	10.00	
Sokol Washington, D. C. in mem- ory of sis. Pavla Baginsky's hus- band, Kazimier	10.00	
Amer. Czech Ladies Club, Miami, Fla., in memory of their presi- dent, Kveta Hron	25.00	
Martin & Antonie Pavlik, Frances & Charles Chmelir, Frank and Emilie W. Ruzicka in memory of Kveta Hron	15.00	
Neighbors of the Basta family in Brookfield in memory of Frank L. Basta	20.00	
Joseph & Blanche Masek in mem- ory of sis. Marie Ptak	5.00	792.21
		<hr/>
		\$17,679.15

Transfer of funds to checking account for scholarships	500.00
	<hr/>
	\$17,179.15

Donations:

November 1966	\$ 19.00
December 1966	530.00
January 1967	97.00

Total donations	\$ 646.00
Dividends earned	146.21

\$ 792.21

Previous balance
 16,886.94 |

\$17,679.15

Scholarships awarded
 500.00 |

\$17,179.15

The above contributions are tax exempt.

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

- MAR. 4th—SOKOL BROOKFIELD, ILLINOIS.
Gymnastic Exhibition.
- MAR. 8th—SOKOL DETROIT, MICHIGAN.
Luncheon — Card Party.
- 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. 12th—SOKOL SOUTH OMAHA, NEBR.
Card Party.
- MAR. 17th—SOKOL STICKNEY, ILLINOIS.
Corn Beef Dinner.
- MAR. 18th—SOKOL LITTLE FERRY, N. J.
Joseph's Dance.
- 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. 5th—SOKOL STICKNEY, ILLINOIS.
Salad Luncheon.
- APR. 9th—SOKOL OMAHA, NEBRASKA.
Annual Spring Pork Dinner and Carnival.
- APR. 15th—SOKOL CEDAR RAPIDS, IOWA.
Sokol Supper.
- APR. 16th—SOKOL LITTLE FERRY, N. J.
70th Annual Gymnastic Exhibition.
- APR. 21st—SOKOL TYRS BOI., CLEVELAND, O.
Fish Fry.
- APR. 22nd—SOKOL STICKNEY, ILLINOIS.
Gymnastic Exhibition at Morton West.
- APR. 23rd—EASTERN DIST. - SOUTHERN DIST
Competitions.
- APR. 29th—SOKOL ST. PAUL, MINNESOTA.
Competitions of All Gym Classes.

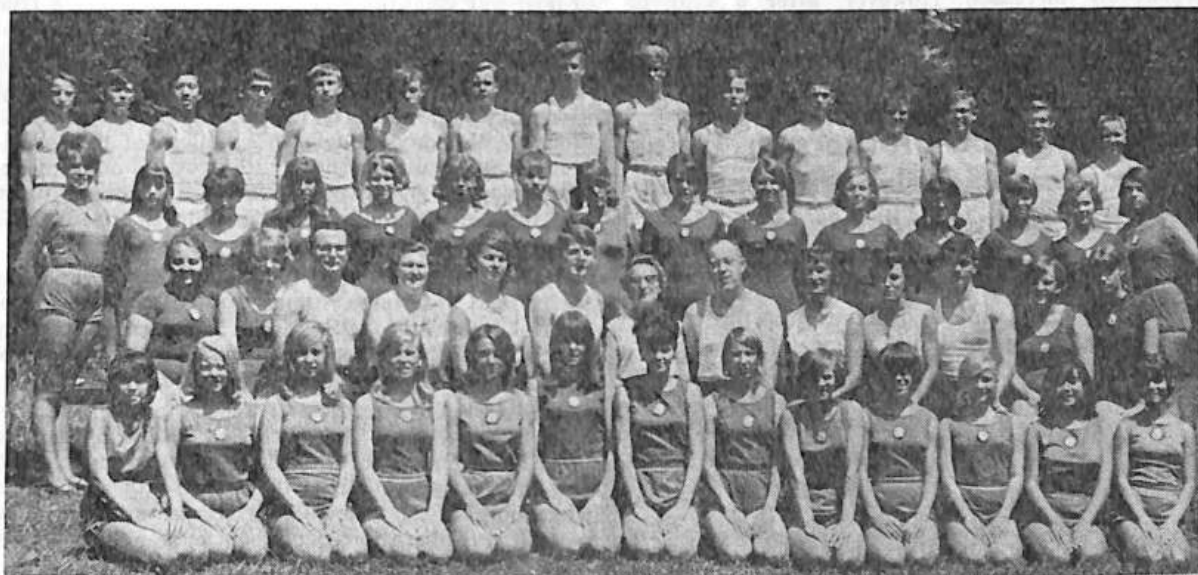
AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVIII.

February — 1967 — Únor

Číslo—No. 2



1966 EASTERN DISTRICT INSTRUCTORS COURSE HELD AT CAMP SOKOL, EAST HADDAM, CONNECTICUT

This was the largest course ever conducted by the Eastern District.

Attending the course were members of the ASO. units from Baltimore, Fuegner, Little Ferry, New York, and Washington. As a result of the new activity of children's classes, Sokol Washington had students at a Sokol course for the first time in their history. Also attending were four students from D.A. Sokol and two students from Sokol Long Island. Regular instructors were: Marie Provaznik, Virgiina Belsan, Carol Keil, Miro Sauer, Ed Stetka and Norma Zabka. Nazdar!

CHARLES M. PRCHAL:

50 YEARS

(Continued)

Shortly after the historic Baltimore Convention the complete integration of all American Sokols became a reality. Without a doubt the seriousness of the tragic world situation had succeeded in melting away the many differences amongst our people and forging a solid front against those who would enslave humanity. The common goal was sweet freedom for all—for individual, for nation, for the land of our fathers and for the world!

On February 12, 1917, an Executive Committee of the Sokol Organization was elected from the representatives of both the National Sokol Union and District Fuegner-Tyrs. The President was Jan Siman, Secretary, Thomas Vonasek, Physical Director, Joseph Paskovsky, and editors of the Organ, bros. Dr. J. Rudis-Jicinsky and J. Kosar.

Immediately upon the occasion of the first Executive Committee meeting a military committee was elected. This committee worked on the organiza-

tion of a voluntary legion of Sokols. An assessment of 10c per month per member was levied to afford financial assistance to the Czechoslovak National Alliance. All this was part of the movement for the liberation of the mother country—Czechoslovakia.

Alas, President Jan Siman succumbed to an insidious ailment on February 28th, 1917, in the very early stages of the program. The Sokols sorrowfully laid their first president to rest and elected in his stead the deserving and hard working bro. Jos. Cermak.

The American Sokol Organization, with the temporarily organized Advisory Committee bent its main activities and efforts toward assisting the revolution for Czechoslovakia's independence. In the face of this greater issue, strides in the gymnastic field fell by the wayside. The ranks of our top gymnasts were constantly drained by volunteers from the gymnasiums answering the call to join the

fight for freedom and upon entry of our own United States into this fight for world democracy, many more were called to fulfill their duties as citizens, and to fight under the American standards.

At the first convention of the ASO. in October 1918 at Cleveland, Ohio, a new set of by-laws was accepted and at this same convention the units of DAS. were added to ASO. Thus the ranks were measurably increased. However, after a year of disagreement over diverse ideology, DAS. units once again resigned from ASO. and again formed an independent organization.

Our sisters and brothers in Texas are conscientiously and enthusiastically preparing for the Slet.

When the historic struggle of the Czechoslovak people culminated in the overthrow of the tyrant, and the Declaration of Independence of the Czechoslovak people on October 28th, 1918, it became the concern of all Sokols to guarantee its continuance. The land had, during the long siege been sapped by the Austrian military, its people were impoverished; suffering and misery existed throughout the country on which had fallen the first ray of freedom. Yes "freedom from tyranny" had been accomplished. Now the important issue was "freedom from want." Committees were organized in Czechoslovakia and abroad and especially in our United States to alleviate the miseries brought on by the war. Food, clothing, shoes, etc. were collected and sent over. The ASO. outfitted 1,000 children of the new republic completely and this was no small task. In addition monetary gifts were turned over to local bureaus overseas for widows and orphans of fallen Czechoslovak heroes.

In 1920 the ASO. sent out a team of men and a team of women to the VII. Slet in Prague. With a \$50,000 loan the ASO. guaranteed that food would be available in Prague during the days of celebration. Of this \$50,000 loan, one-half, that is \$25,000, was donated to ČOS. in Prague.

Upon the resignation of bro. Thomas Vonasek, Secretary, and bro. Paskovsky, Physical Director, three important offices were placed on the broad capable shoulders of bro. J. Kosar, namely secretary, physical director and editor of the Sokol Organ.

In order to stimulate unit activity in the post war period, to rouse our people from lethargy, to divert them from the distasteful arguments and dissensions which were attacking the very core of our various organizations like a deadly spreading plague, the first Slet and competitions of the ASO. were held in August 1921. The ČOS. was invited and sent a 5 member delegation and a ten member team whose expenses were covered by ASO. The Slet and competitions held from the 24th through the 30th of August were days of uninterrupted joy, enthusiasm and brotherly love. They stimulated in full measure the desire toward further fruitful work; they brought much valuable knowledge and acknowledgment from our distinguished guests, and

financially the Slet brought to the ASO. an unexpectedly large return.

44 teams of men and 26 teams of women took part in the competitions. At the exhibition held at the Chicago Coliseum over a 2-day period, 691 children, 231 juniors, 367 men and 369 women took part. These numbers did not adequately reflect the total membership of the ASO. but in consideration of post-war conditions in the units, they were a true demonstration of the herculean efforts of loyal Sokols in these most difficult times.

The ČOS. delegation with its exemplary team of gymnasts added much to the brilliance of these glorious Slet days. The performances of this excellent group aroused much admiration and enthusiasm not only during the Slet and competitions, but throughout their ensuing tour of the United States.

Through the influence of the ČOS. delegation at the Sokol Conference August 30th, 1921, a technical staff of Czechoslovak Sokols in America was set up which then directed the progress of physical programs of both groups—the ASO. and SGUS.

The second convention of ASO. held on October 29th to November 3rd, 1923, at Chicago, Illinois, voted a program of broader organizational work and cultural programs so that the Sokol idea might find foothold in those Czech communities where, with the cooperation of Czech lodges, new Sokol units might be organized.

Bro. Joža Havranek, one of the remaining delegates of ČOS. was selected as Organizer and Cultural Director who succeeded in resurrecting failing units and setting up new ones especially in Minnesota, Texas and Oklahoma. In the west, bro. Frank Chmelik, ASO. instructor, with the able assistance of bro. S. Serpan of Omaha, strengthened and broadened the ranks of the Western District so that the number of ASO. units increased by 24 and 2,651 members.

Let us surprise them with the greatest participation. Have you made arrangements to be there?

At the head of the Executive Committee stood bro. Jos. Placek as President, sis. Marie Stepanek and bro. Anton Dolezal as 1st and 2nd Vice-Presidents, bro. J. Kosar, Secretary, bro. Jarka Jelínek, Physical Director, and Dr. Lad. Stofa as editor.

Of the many great accomplishments of that era was the 1st Slet and competitions of the Czechoslovak Sokol Federation held June 24 to 28th, 1925, in Chicago. This Slet with its broad participation of both gymnasts and audience was the largest manifestation of American Czech and Slovak Sokols. 50 teams of men and 42 teams of women took part in the competitions. Calisthenics were performed by 640 men and 720 women at the beautiful stadium on the shores of Lake Michigan. Slet and competitions were directed by the Technical Staff at whose helm stood Physical Director, bro. J. Jelínek, to whom belongs the greatest credit.

(Continued)

ADDRESS GIVEN AT SOKOL TABOR'S—

(Continued from cover page)

The strength of an organization, a community, state or a nation is not measured by the number of people it encompasses. Rather it is measured by the things that they produce—their activities—their enthusiasm—their health and their vigor. We know that Sokol Tabor is a strong, proud, healthy unit because of its activities and the enthusiasm of the members.

The future of our Sokol Organization is assured if we continue to support it. Let us not ask what will Sokol do for me, but let us rather ask what can I do for our Sokol and, as in anything else, our rewards will be in proportion to our efforts. It is our responsibility to carry on in our Sokol program to provide the same opportunities that we have had for our children and their children—our future good Americans.

Let us never underestimate the youth of today.

In conclusion, I would like to have you all join me in wishing Sokol Tabor a "Happy Birthday." Zdar! Zdar! Zdar!

Executive Board of the ASO.

Meeting Held Jan. 24, 1967

Report of Districts: Minutes of Western District: 11/14, 12/12, and 1/9; minutes of Eastern District: 11/21, 12/19, and 1/16; minutes of Southern District: 11/14; minutes of Central District: 10/26 (excerpts).

Reading of the minutes of the November meeting was dispensed with, and the minutes were adopted as sent out by the Secretary.

Report of the Treasurer, bro F. Vodrazka: Due to another commitment, bro. Vodrazka presented report. Recommends following investment of funds: \$10,000 (investment certificate) Home Federal S. & L.; \$5,000 Fidelity S. & L. (plus \$5,000 on deposit as an investment certificate); \$3,000 Olympic Savings & Loan. Total \$18,000. Approved. Interest on Investors S. & L. will be paid end of January, at which time our account will be withdrawn and deposited at Clyde S. & L. Approved. On behalf of the Centennial Committee of Sokol Tabor brother Vodrazka thanked all for attending and helping to make the event a success, after which he departed.

Central District. Bro. J. Janecka, representing the district, was welcomed as a guest. Our attention was called to error in government publication re: Sokol Centennial Stamp. This matter will be brought to the attention of the Government Printing Office. Bro. Barcal thanked bro. Janecka for his interest, who then left.

Correspondence: U.S. Olympic Committee biennial meeting notice referred to ASO.-BOI. Ebsco Ind. Inc. (wholesale subscription agency) request for price information American Sokol. Recommendation we do not comply—approved. Letter from Austria referred to Dr. J. Papanek. The XXVIII. convention of the CSA. granted a donation of \$500.00 to the Future Sokol Leaders Fund. Check was acknowledged with our sincere appreciation. Central District request referred to ASO.-BOI for recommendation Sis. E. Welcl-Ruzicka forwarded following contributions to Future Sokol Leaders Fund in memory of sis. Kveta Hron, deceased: Czechoslovak Ladies Club of Miami \$25.00, Mr. & Mrs. Charles Chmelir \$5.00, Mr. & Mrs. Martin Pavlik \$5.00, and Mr. & Mrs. Frank Ruzicka \$5.00.

REPORTS:

BOI.—Dir. of Men bro. E. Linhart read report for past 2 months; also minutes of meeting of the Combined ASO.-BOI.

The Olympic Committee announced a meeting to be held February 25th and 26th in Chicago. Sis. M. Prchal is our delegate; bro. Linhart and sis. Zdenek will be named as alternates.

Sis. Provaznikova is requesting ASO.-BOI. suggested terminology revisions for the new Sokol Manual. Bro. Halik reported on the progress he has made in assembling his proposed changes. These will be reproduced and sent to sis. Provaznikova.

Bro. Kotlan of Northeastern District is requesting information on traveling instructor fund allocation. He also requests a bibliography of Sokol books and Sokol technical material. This request will be given to the ASO.-BOI librarians.

Bro. Prihoda of Sokol St. Louis submitted a Veterans (stara garda) drill.

Bro. Milan, Southern District, requests orchestrations. These will be ready at the end of January.

Bro. Ptacek reported that the rules committee met in December with representatives of Sokol USA.

Bro. Satek reported on progress made on the physical testing program. Information will be published in the American Sokol and the tests will be mailed to the units.

Re: Sokol Supply:

Bro. Gombos of IGM. will be requested to report whether or not he can supply Sokol uniforms, by January 29th.

Sis. Zdenek reported that sis. Zabka, Eastern District, has found a New York firm that can produce our uniforms. They request statistics as to quantities used each year. Sis. Hilda Jelinek will be contacted for this information.

Sis. Trajhan has not replied to our request for an inventory of material she has on hand. It was suggested that the ASO. purchase her inventory.

Bro. Fina gave a brief report on the AAU. convention held in Hawaii. He announced that the North American gymnastic championship will be held at the Riverside-Brookfield High School in Chicago's western suburbs, April 13-15th. A FIG judging course will be held April 11th at the West Suburban YMCA. in La Grange, Illinois.

Bro. Linhart reported on the meeting he had with bro. A. Walko, Sokol USA. Men's Director, Jan. 14th, 1967. The SGUS. will divide their participation between our Dallas Slet and the Canadian Expo 67 Slet. A meeting between ASO. and Sokol USA. officers will be held February 4-5th.

The problems of holding a 1970 Federation Slet in Cleveland were discussed.

It was discussed that we could alternate our Slets with the SGUS. so that there would be a national Slet every two years. The SGUS. Slet would replace the ASO. Mid-Slets.

Bro. Basta reported on the special instructors fund assessment collected per district in 1965 and the amount of allocations available per district. The names of delinquent units were read.

Bro. Barcal reported on the Sokol USA. convention held in Florida. The "American Sokol" will be sent to their Directors—bro. Al Walko and sis. Christine Kerekes.

Re: Dallas Mid-Slet:

The conclusion to the women's drill and corrections will be sent out.

The veteran drill will be performed only if we have 50 or more participants. The veteran gymnast must be 50 years or older.

A volleyball tournament will be held for both men and women. Bro. Satek and sis. Pros will be in charge of the respective tournaments. It was recommended that we obtain paid referees. An entry fee will be charged.

AAU. Olympic development medals will be awarded for the first three place winners on each apparatus. The AAU. requires that the meet be sanctioned by the Southeast AAU. and that an entry blank be furnished to the AAU.

Survey sheets will be sent to all units.

It will be stressed upon each unit that they must supply chaperones for all their participants. We insist upon strict discipline at all times. Units will be held responsible for any vandalism.

Invitations to Slet have been sent to all Sokol organizations.

The Slet will be filmed by a Dallas TV station.

Bro. Milan will advise whether they can get a site for a national instructors course after the Slet.

Special Allotment by Districts—report was explained by bro. G. Basta. This, together with rules governing the allotment and the disbursements made to date will be published in American Sokol.

BOI.—Dir. of Women—Combined meeting held with men. Sis. Zdenek's report will be mailed.

Secretary: Accounting Dept.—report of sis. A. Sotka in detail. Also listing of contributions made to Future Sokol Leaders Fund. Supply of ledger sheets will be obtained; labels will be ordered in near future. Office report of sis. E. Schnabl for Dec. and Jan. Correspondence sent; units are sending information re: by-laws; is also making music tapes. Sis. B. Prener reports receipt of questionnaire from Harvard University; annual report to Springfield taken care of; received by-laws of Sokol Detroit Ladies Auxiliary; installed newly elected officers and committees of Sokolice Havlicek-Tyrs and attended centennial banquet of Sokol Tabor. Bill for postage and printing of Christmas cards presented.

Financial Secretary: Sis. A. Falta read receipts and disbursements for December and January. Reports increase in charge for window cleaning and service of A. B. Dick. Officer's bond was renewed. Will arrange for auditing of books. Worked on mailing list corrections.

Educational Committee: Sis. B. Cihak advised bro. J. Cihak was doing very well and hoped to attend next meeting.

Editor: Bro. C. Prchal reports American Sokol January issue is out. Slight delay due to addition of zip codes. Thanked bro. Rabas for getting out December issue. Sis. Ruzicka called for a copy of the text of Ceska Beseda, which was sent. University of Minnesota wanted information on Sokol publications, which was sent, including dates of printing. Expressed appreciation for birthday greetings received. Installed officers of Czechoslovak Garden Club. Will install officers of Moravian Cultural Club February 7. Regarding article from Sokol in Exile, decision of the Board was not to publish at this time due to length. Request to straighten out our cuts granted and once this task is accomplished an inventory will be kept. Cuts will be issued only with approval of the editor. Congratulations will be sent to Yugoslav Sokols commemorating their 100th anniversary. Jan. 1, 1967, marks 50 years of the formation of the Executive Board as a part of our administrative structure. Bros. Barcal, Vodrazka and sis. Prener (with bro. Linhart as alternate), will ascertain how best to commemorate this anniversary. Explained further regarding statement of Ownership, Management and Circulation. Letter will be written.

Publicity: Sis. A. Basta called attention of bro. Bednar to dates of Kaleidoscopic Physical Classic in Dallas. Coordinated with bro. Zitny, Central Dist. re: DuPage County Fair. Committee will present final report on decal, etc., in next meeting.

Organization: Sis. E. Welcl-Ruzicka sent article concerning Dallas. Sis. Basta will forward to bro. J. Pokladnik for verification and approval. Sent report of SGUS. convention. Extended our greetings. The expense incurred—hotel bill of \$49.44 plus gasoline for 500 miles of driving, is a contribution for the good of the ASO. Report accepted as read.

Membership Com.: Bro. G. Basta—new quarterly report together with detailed instructions was mailed to all units. Sample of a completed report was sent as an example.

President: Bro. S. Barcal—attended various meetings and installed officers of Sokol Slavsky, Berwyn, and Havlicek-Tyrs. Attended 100th anniversary celebration banquet of Sokol Tabor; spoke to many guests from out of town; attended meeting of ASO.-BOI.; set up informal meeting with bro. T. Suster of Cleveland in Detroit. Letter from bro. Hrabina re: former member of Sokol Brookfield; also letter from Sokol Brookfield. Matter will be referred to Dallas with our explanation. Dedication ceremonies in Detroit, sis. B. Prener will attend as official representative of ASO., together with bro. S. Barcal and E. Linhart.

Sis. B. Cihak reports having installed officers and initiated new members at Sokol Stickney January 14, 1967.

Congratulatory birthday greetings will be sent to

SOKOL GYMNAST

February 1967

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

Safety in the Gym

Throughout the country, in the factories, on the highways, in the homes and in sports, the main theme is safety. Most accidents do not just happen, but are caused by negligence.

The safety of the gymnasts should be practiced in our Sokol gym classes, at exhibitions and in competitions.

The most important safety rule that should be strictly enforced constantly is that no individual should be permitted to mount or perform on any apparatus unless a qualified instructor is present. In cases when a difficult element or routine is being performed, two or more spotters may be required for the safety of the gymnast. The instructor must always bear in mind that no gymnast is so perfect that he is immune from falling from the apparatus.

The second safety rule is that no one should be permitted to wear a sweater or sweatshirt while performing on the apparatus. Also, neither the gymnast nor the spotter should wear any jewelry.

The main concern of the instructor should be to prevent injuries to the members of his class, so, therefore, he must know the capabilities of every

member of his class. There must be proper supervision, proper instruction, proper progression and properly maintained equipment.

The instructors must teach and participants must learn to do the basic elements correctly. The instructor must never rush the gymnast into trying the difficult elements if he had not mastered the basics as this is not only foolhardy and dangerous to the performer, but also places an unnecessary burden on the spotter.

The instructor must also assume the role of spotter when directing the class. As a spotter, he must be alert, keeping his eyes constantly on the performer. He must know what element or routine will be performed. He must be in a position to prevent the gymnast from falling on his head, neck or back or from hitting his head on the uprights of the apparatus.

An instructor or spotter who relaxes against the uprights, converses with someone or stands at a distance from the apparatus in the role of a spectator is definitely of no value as a spotter, because he is not in any position to catch a falling gymnast.

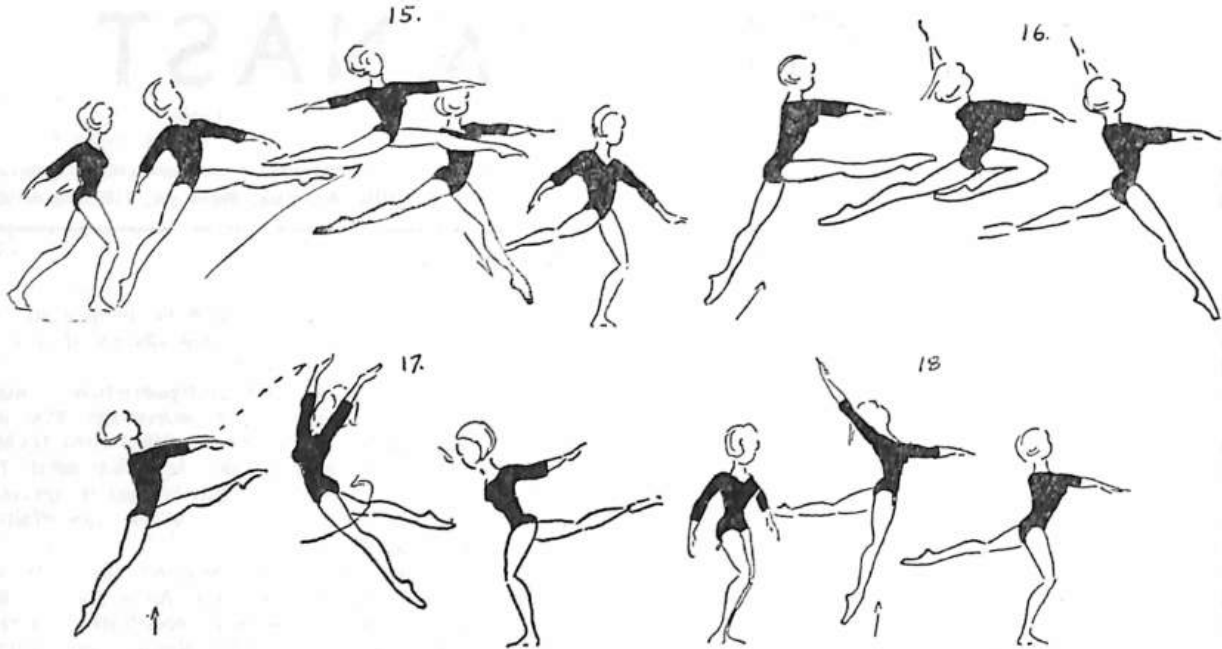
Ed Stetka

MILDRED PRCHAL:

JUMPS, HOPS, LEAPS

2. Ciseaux or "Hitchkick"—scissor jump; may be done forward, backward and inward; swing of legs should be hip high. Trunk is straight (to ease execution gymnasts lean back). Trunk leans forward on back ciseaux and to side on inward ciseaux. (pic. 13., 14.)
3. Grand jete—split or extension leap; start with a demi-plie on one leg, other leg pointed on floor in rear ready to step forward for takeoff, inhale deeply. Hold breath during quick step forward and immediately thrust sharply from floor swinging free leg high front, quickly extend takeoff leg to rear (legs should be in complete split position). Exhale while landing on front leg to slow demi-plie. (pic. 15.)
4. Stag leap—similar to "8." but travel forward and land on leaping leg. (pic. 16.)
5. Jete en tournant, also known as tour jete. After thrust or takeoff from floor swinging one leg forward turn 180° in direction of takeoff leg. Before landing, legs are changed so that first extended leg prepares to land while takeoff leg swings high in rear. In the instant when the rear swing is being executed, gymnast must control trunk in an upright position. The most common fault occurs at the beginning when leg is being extended forward; many gymnasts begin to turn before the leg is in the extended position. This fault leads to a misdirection and the turn is not rhythmical, or aesthetic. (pic. 17.)





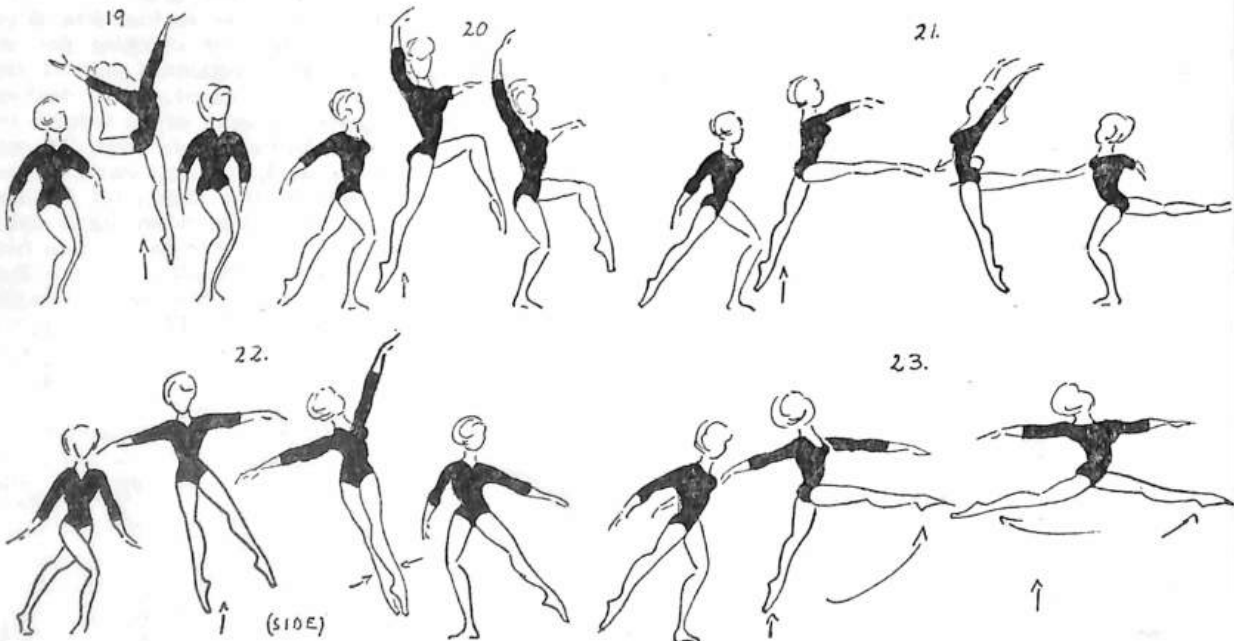
d) JUMPS FROM BOTH FEET—LAND ON ONE LEG

1. Jump from both, extend one leg to rear and land with extended leg, being careful that leg does not lower itself upon landing. Gymnast must hold body upright throughout, with strong control in lower back. Land in soft demi-plie. (pic. 18.)
2. = 1. but with bent leg in rear; the foot should be above head, shoulder back bend. Gymnasts with flexible backs are likely to bend in the lower back rather than raise the leg to the maximum; the knee of the raised leg should be on a level with the hip at least. (pic. 19.)
3. Jumps with turns landing on one leg, the other bent front, side or back.

4. = 3. but with movement of extended legs, generally in arc. These jumps demand great coordination.

e) HOP FROM ONE LEG—LAND ON SAME.

1. Hop from one leg with other leg extended in rear or bent forward. Movement of free leg to prescribed position must finish with spring from floor. Landing is on same leg as takeoff. (pic. 20.)
2. Hop with other leg extended front turning 180°; executed same as the first phase of "jete en tournant." It is usually used as a preparation. The difference is only in the impulse of rotation. (pic. 21.)
3. Cabriole—beating step forward, sideward or backward; typical in that trunk leans in opposite



direction from side of beat. The movement of the swinging leg must never raise above a 45° angle. When it reaches this height, the thrusting leg quickly moves to beat shin, side or calf of swinging leg depending upon direction of step. (pic. 22.)

(After spring or push from floor, both legs must be strongly extended immediately to avoid a painful kick to the ankle.)

4. The hop with a pendulum swing of the free leg requires strength and speed in the leg joint. The extension forward of the swinging leg must not be higher than parallel. The emphasis is on the rear extension just before landing. This rear swing tends to prolong the flight. The rearswing is executed with such strength and speed that the takeoff leg swings slightly forward. In such instances, in the second phase (swinging leg to rear) the legs are extended to a split. (pic. 23.)

MARIE PROVAZNIKOVA:

Before An Exhibition or Slet

Nazdar, children! I wonder if you remembered why we gym at Sokol! Who can give us the best explanation? . . . Yes, we gym so we will grow up to be healthy, strong, disciplined citizens who know how to work for our country and to defend it. President Kennedy told us to ask ourselves what we can do for our country. What can you do while you are still children? What do you think? . . . You're right, you are working for your country now by preparing yourself well for your future life: by diligent learning in school and by trying to perform your best in Sokol.

In this aspect of your upbringing, Sokol is spending much money and lots of effort. Surely none of you thinks that the dues which you pay in Sokol are enough to pay for everything that your gyming costs. It's not even enough for the light, heat, and cleaning of the gym; even this the unit must

add to and besides that, maintain the hall, apparatus, and school for your instructors. Your instructors don't receive any money for their work. And you know how many nights a year the instructors give freely and still come back the following year all because of their love of Sokol and their American nation.

Don't you think that you should also do something for your unit? If you attend Sokol faithfully and try hard to gym your best, you are doing it for yourselves. The unit merely wants you to perform twice a year, at the unit exhibition and district Slet—and of course to perform your best. Surely it isn't much in comparison with what the club does for you; therefore, show that you are good gymnasts and that you will grow up to be good Sokols. We will watch for this at the exhibition and Slet.

JERRY POLACEK:

LOW ORGANIZED GAMES AND RELAYS

(Continued)

BLIND BADGER TAG: Set off a playing area of about 60' x 30'. Choose one of the class to be "IT", he in turn is then blindfolded and stationed in the center of the playing area with a volleyball in his arms. The rest of the players line up just beyond the end lines. When "IT" yells "Blind Badger" all the players start to run for the opposite line from which they are standing while "IT" attempts to hit one of them with the ball. The player who is hit becomes "IT".

KICK BALL TAG: (Use a soccer ball, basketball, volleyball, or a soft baseball.) Set off a playing circle about 30 feet in diameter. One of the players is chosen as "IT". "IT" attempts to hit any of the players by kicking the ball. The player that is hit by the ball or steps out of the circle becomes "IT". If the ball is kicked out of the circle all players must remain in the positions they are until "IT" recovers the ball because play cannot continue until the ball is within the circle.

PINCHO: Choose one of the class to be "IT". The rest of the class joins hands, and line up about a yard away from "IT". "IT" must have his back to the class. At a signal from the instructor the first man in the line squeezes the hand of the man next to him and this proceeds down the line up to the last man, the last man upon being squeezed calls out "OH". At this call "IT" turns around and chases the class and tags as many as he can before they can reach a designated goal. All those that are tagged must line up with "IT" and help

him catch the remaining players. The last man to be caught is the winner.

WAND HOCKEY: Age—any age. Number—any over ten. Material—one wand for each boy except the goal keeper. One "puck" (a four inch rubber doughnut or a rope ring). Formation—two teams are chosen. Game—each team has a goal at their end of the gym (preferably a small mat or two high jump standards). The object of the game is to drive the puck into the goal. The goalie is the only one who can handle the puck without a stick (he can guard the goal using the hands and feet). Warning—the puck must not be hit; it must be "skooted," drawing back the stick to hit is dangerous—so warn the boys to keep the stick on the floor. The game is started in the center of the floor with the captains as centers. The puck is "addressed" 1-2-3 fashion as in "Shinny."

MURPHY SAYS: Players are in line, the leader commands them to do various things. If he prefaces his command with "Murphy says" they must instantly do it, but if Murphy does not say it, they must stand motionless. Those making errors must fall out. The game continues until only one remains standing, or if it is a team game, until all of one team falls out.

BULL IN THE RING: Players form a circle each with right hand grasping wrist of the players on the right. The "Bull" must break through, the player allowing the break becomes the "Bull."

RIDER BASE: Any number can play this game. Two lines are formed facing each other across the room. Count off in twos. Number one are the riders

and number two are the horses for the first trip across, change on the second trip. On signal one of the teams attempts to cross and touch the opposite wall without letting the rider touch the floor (getting knocked off). Each one crossing this way gets a point for his team. The other team only "bucks off" the other team (they do not attempt to score). Both teams, having changed sides and changed riders, now change methods—the team who did the bucking before, now does the scoring.

SLAM-BANG: Any number can play. The leader throws a ball into the group of players. The boy that gets the ball becomes the slammer. He must bounce the ball against the wall before he attempts to throw it at one of the boys. If the boy is hit he is out of the game. While the ball is being thrown the ball is free, and then it becomes anybody's ball. Whoever gains possession of the ball becomes the slammer. The game continues until all have been eliminated.

BASE-BASKETBALL: Two teams are chosen as in baseball. The game is played as in baseball, except that the ball is batted with the palm of the hand and a volleyball is used instead of a baseball. The pitcher throws the ball and the batter bats it in fair territory and then runs around the bases. The fielder must pass the ball or dribble it as in basketball to the basket and then try to make the basket before the runner circuits the bases. If the ball goes through the basket before the runner gets around the bases the batter is out, if not, the runner scores a run for his team. Fouls are strikes except on the third strike. Ball caught on a fly is an out. Three strikes is an out. Three outs retires the side.

CENTER BASE: All players but one form a circle. The odd player or "IT" stands in the center of the circle and tosses the ball to anyone of the other players. The player receiving the ball runs with it to the center of the circle and places it on the floor. He then attempts to catch "IT" who runs around the outside of the circle. "IT" may save himself from being caught only by running in the circle and touching the ball. When "IT" is caught or has touched the ball without being caught, both players choose others to take their places.

STEALING THE BACON: Divide the class into two equal groups, place one group on one side of the gym and the other on the other side. Each member of one group is given a number that is identical to that of the member of the other group. An Indian club is placed in the center of the gym equidistant from the two groups (this is the bacon). The instructor or the odd member of the class calls a number and the two opponents having the corresponding numbers run to get the Indian club and return to his goal before he is caught by the other man. One point is allowed for each successful stealing of the bacon.

UNSCRAMBLING THE SHOES: Have each member of the class place his right shoe in the center of the gym. Then have each member line up on a starting line facing the wall, and at a given command by the referee each member runs to the pile of shoes and tries to locate his shoe, when he finds it he must place it on his foot and tie it properly. The first man through wins the contest.

(While the members of the class are facing the wall the referee mixes the shoes up so it will be more difficult for the member to find.)

PUSH BALL: The class is divided into two equal groups. Certain goals are designated for each group. A ball three or four feet in diameter is used. The instructor acts as the referee and tosses the ball up into the air mid-way between the goals of the two teams. The object of the game is to see which team can keep the ball in the air and bat it over the opposing team's goal. If the ball touches the floor the referee tosses it up at the point where it touched and play is continued.

WAR: Select two teams or divide the class equally into two groups. Line each team on the opposite sides of the gym. In the center of the gymnasium draw a line across the entire width of the gym. This is known as the restraining line which divides the area into the war space for each team and beyond which contestants are not allowed to step. Use very soft indoor balls and divide equally among both teams. At a given signal the players throw the balls at their opponents. When a player is hit directly with a thrown ball, he is eliminated; the game is terminated when all the players have been eliminated. A player cannot catch the ball because it is regarded as a hit. If the ball hits the floor first and then hits a player the player is not considered hit. Players are not allowed to retrieve a ball that is in the opponent's territory but are allowed to roam anywhere and throw a ball from any part of their own territory.

CHASE THE NEXT: The players stand in a number of equal circles facing in. One in each circle is the starter. At the signal, the starter in each circle starts a balloon around, naming it the "grass-hopper." It is passed from one player to the next all around the circle. As soon as it has gone once around a second is started after it, called the "chicken." The chicken tries to catch the grass-hopper. When both have gone around the circle, a "fox" is started after the chicken. After these have gone around, a dog chases the fox. This time each balloon stays at the starting point when it arrives there. The circle wins which first gets all the animals home.

LEAP FROG RACE: Teams in columns of fives. At the signal "GO" all stoop and the rear man jumps over all in turn, and then himself, makes a "back" when he comes to the head of the line. So it continues until the leading man comes again to the head of the line when the race finishes.

(Continued)

It was a great pleasure to see four of our Sokol Omaha girls participating in the Midwest Gymnastic Meet in the gymnasium of the Rich East High School in Chicago. The competition was held on December 17th. The girls in their light blue leotards led by sis. Linda Burkhardt made a fine impression upon the judges and certainly were a credit to our Sokol Organization. Their execution in all events showed meticulous preparation. Over eighty gymnasts, about half of them juniors, were registered.

The Western District may well be proud of such fine representation!

M. P.

Dr. Antonin Hrebik. Invitation to Czechoslovak Allied Org. IX. Representative Ball Jan. 28 received. Invitation to Moravian Cultural Society social evening and installation of officers—bro. C. Prchal will extend our greetings.

Silent tribute honoring the memory of our late bro. Frank L. Basta, former Executive Board member and father of bro. George Basta, II. Vice-President, was observed.

Bro. Barcal thanked all for their attention, diligence, and work done and adjourned the meeting.

Financial Report ASO.

January 1967

INCOME:

Dues	\$ 2,834.25
T. J. Masaryk dues	14.00
Convention Fund	920.00
Special assessment	2,792.00
Dividends and interest	160.63
Subscriptions and advertising—"American Sokol"	183.00
Resale of jewelry	142.60
Sale of Sokol stamps	775.00
Sale of manuals and Sokol emblems	25.50
Postage20
Balance of profit from XI. Slet	6,832.85
Total Income	\$14,680.03

DISBURSEMENTS:

Administrative Department	
Salaries	\$228.96
Dist. Dir. of Int. Rev.—F.I.C.A. & F.W.T.—4th qtr.	160.48
Rental, janitor service, phone	137.77
Office supplies, printing & postage	79.50
Office machines — maintenance contract	44.00
Advertising	47.00
Secy. of State—Non-profit Corp. fee	1.00
Petty cash	16.45
	715.16
Educational Department BOI.	
Salaries	\$187.50
Dist. Dir. of Int. Rev.—F.I.C.A. & F.W.T.—4th qtr.	139.50
Editor "Sokol Gymnast"	25.00
Printing "Sokol Gymnast" — January 1967	27.72
U.S. Olympic Committee—dues 1967	10.00
	389.72
Sokol Publication	
Printing "American Sokol" — January 1967	\$569.74
Postage—November and December 1966	56.92
Editor "American Sokol"	75.00
	701.66
	\$ 1,806.54

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—checking account	\$ 8,811.79
Income—January 1967	14,680.03
	\$23,491.82
Disbursements—January 1967	1,806.54
	\$21,685.28

SPECIAL ASSESSMENT ALLOTMENT BY DISTRICTS

	Eastern	North-eastern	Central	(Minn.) (Kansas) Western	Southern	Pacific	Total
PROPOSED ALLOTMENT	\$1,211.00	\$1,197.00	\$2,560.00	\$1,229.00	\$ 567.00	\$ 623.00	\$ 7,387.00
Membership per district 12/31/65	605.50	598.50	1,280.00	614.50	283.50	311.50	3,693.50
Allocation from ASO. (50c per member)	\$1,816.50	\$1,795.50	\$3,840.00	1,843.50	\$ 850.50	\$ 934.50	\$11,080.50
TOTAL							
ACTUAL ALLOTMENT	\$1,064.00	\$ 609.00	\$2,140.00	\$1,213.00	\$ 310.00	\$ 545.00	\$ 5,881.00
Special Assessments paid by units (1966)	532.00	304.50	1,070.00	606.50	155.00	272.50	2,940.50
Allocation from ASO. (50c per \$1.00 coll.)	\$1,596.00	\$ 913.50	\$3,210.00	\$1,819.50	\$ 465.00	\$ 817.50	\$ 8,821.50
TOTAL							
Short due to non-payment of Special Assess.	\$ 220.50	\$ 882.00	\$ 630.00	\$ 24.00	\$ 385.50	\$ 117.00	\$ 2,259.00
Units that did not pay Special Assessment	Curtis Bay Schenectady	Detroit Moravan Tyrs	Americky Cechie St. Louis Town of Lake (men)	Caldwell	Corpus Christi Praha Zizka	Seattle Seio	

FROM OUR DISTRICTS

EASTERN DISTRICT

Meeting Held Dec. 19, 1966

Correspondence—Minutes from the Exec. Board of the ASO. held on Nov. 13 and 22.

The ASO. headquarters request all units and districts to send representatives to the Kaleidoscopic Physical Fitness Classes to be held in Dallas from July 12 to 16, 1967.

The units and districts will finance their own representatives.

Director of Men, bro. Capek, reported on unit activities. All reports should be mailed in prior to the district meeting.

So that we may have closer cooperation with the Slovak Sokols, bro. Capek contacted bro. Yablonsky and was advised that the Slovak Sokols do not wish to hold combined Slets with the American Sokol in Boonton.

Our senior women were victorious at the United Sokols bowling tournament. Since there has been a great interest in the bowling tournament, it was suggested that the units of the Eastern District hold their own sometime in the spring.

Fuegner, L. I.—Members attended services for our late sister Sophie Sazama.

Unfinished Business—We discussed the possibility of holding a District Slet in 1967.

It was decided to inquire of D. A. Sokol whether we could rent one Sunday of next year to hold a Slet at Ironia.

Meeting Held Jan. 16, 1967

District flag delivered to sis. Zraly on Jan. 16, 1967.

Report of Director of Women—Sis. A. Benda was excused. Her report was read by bro. Capek. Gave a report on unit activities.

Sis. Benda has a generous supply of calisthenic and apparatus moves on hand. Any unit can obtain additional copies of the current calisthenics or apparatus moves by writing to sis. Benda, 34 Brandt Street, Little Ferry, New Jersey 07643.

Director of Men, bro. Capek, reports that the junior girls of Sokol Fuegner, senior women of Sokol New York and senior men of Sokol New York were victorious in their divisions at the United Sokols of the East volleyball tournament.

On March 18th an apparatus competition will be held for the junior and senior classes.

Educational Director, sis. Misek, reported on social activities of two units who sent her their report. Asks for calendar of events from units.

UNIT REPORTS

Sokol Little Ferry is having many fund raising affairs which are very successful.

The 69th annual Josephs Dance will be held on March 18th. Their 70th anniversary will be held on Oct. 14th.

Sokol New York—Plans are being made for a 100th anniversary banquet on Nov. 18th. On Nov. 19th an Academy would be held. The district will be asked to assist in the program. Other programs are being planned throughout the year.

Bro. Zraly asked all members to rise in memory

of sis. Hron who was a former member of the Eastern District Executive Board.

Sokol Newark—Members are planning to attend the Slet at Montreal and the annual meeting in Washington, D. C.

Sokol Belcamp held a physical fitness training methods exhibition on Dec. 4th.

The Sokol group at Brentwood, L. I., have asked our participation in their exhibition.

Bro. William Zabransky of Sokol Little Ferry, who is 79 years old, hopes to attend the Stara Garda classes in Little Ferry Sokol.

Bro. Mathew Neumann, Vice-President of the Eastern District, and sis. Neumann will represent our district at the 100th anniversary of Sokol Tabor, Berwyn, Ill.

* * *

NORTHEASTERN DISTRICT

Annual Meeting Held Jan. 15, 1967

The morning session was devoted to yearly reports from all the units: Sokol Detroit, Sokol Nova Vlast, Sokol Tyrs and Sokol Cleveland-Cech Havlicek. Written reports were sent in from Sokol Moravan (Toledo, Ohio) and Sokol Rip (Pittsburgh, Pennsylvania).

The afternoon session started with the election of officers for 1967. Results will appear in the annual March roster of ASO., districts and units.

Under new business, it was voted upon unanimously to allocate \$2,500 from our treasury to the BOI to use for transportation of gymnasts to the Dallas Slet, in 1967—"Texas, here we come!" This money will be divided among the gymnasts of the various units of the district.

* * *

CENTRAL DISTRICT

Meeting Held Oct. 26, 1966

The correspondence was taken care of.

Brother Kalat gave a report in place of bro. Zitny for the men's BOI.

Sister Pros then presented a detailed plan for the instructor's school.

It was pointed out that all our units are expected to have their active membership and children insured, the insurance also applies for gymnastic participation in the district. The units not insured as yet could contact Sokol Tabor, who's insurance seems to be most fit for our purposes.

Bro. Karel Prchal, Educational Director of the Central District, presented a lecture on the life and work of bro. Jindrich Fuegner, the co-founder of our organization. He described his meeting with bro. Tyrs, the beginning of their great plans, the foundations of their famous accomplishment and the tragic death of this great man, founder of the now internationally known organization. All present sincerely appreciated bro. Prchal's contribution to the evening.

* * *

WESTERN DISTRICT

Meeting Held Dec. 12, 1966

Bro. Lastovica reported that any special drill planned by the District for the Dallas Slet is limited to approximately 4 minutes in length in program content.

Sis. Drozda has received no reply in regard to the traveling instructor or tapes. The brass band

willing to tape orchestration. Sis. Drozda suggested that a committee be formed to work out details of the District Number for the Dallas Slet.

By-Law Committee—Amended by-laws as recommended by the District By-Law Committee were sent to each unit.

Mid-Slet—A letter was sent to bro. Joe Pokladnik that we have discussed the possibility of a District number.

Sisters Helen Dusek and Marie Horejsi will translate the old Czech Western District minutes.

The Wilber Beseda dancers are still doing a fine job.

Meeting Held Jan. 9, 1967

Board of Instructors—Sis. Drozda sent a letter to Cedar Rapids urging them to contact bro. Fina and possibly take advantage of a judging clinic at the Ten State Iowa Gymnastic Meet.

Bro. Linhart, in a letter to sis. Drozda, reported that the District was to receive \$1.00 per year for the past two years for every member assessed and paid for the period with a matching 50c from the ASO.

The subject of uniforms was discussed and resolved that all units would have to scrounge for themselves to supply their needs for any of their own activities, however, uniforms for the Dallas Mid-Slet are in process and will be available by catalog.

Director of Men—bro. Lastovica: Called bro. Linhart in regard to tapes. Only the men and junior boys are completed. The tapes will be sent upon completion of the other classes.

Deferred Business—Bro. Rohde wrote to a concern in Dallas about the photo play-up on the Slet. Waiting for data.

Sokol Milwaukee

As we enter our 99th year in Sokol work our eyes are focused on our approaching 100th anniversary in 1968. Some plans are being formulated to celebrate this event in our wonderful city, the home of the Old Milwaukee Circus Parade, many breweries and the Old World Festival.

Looking back over the last year's events, our gym classes were active only in the children's division. Participating in the annual Holiday Folk Fair, viewed by over 59,000 people, was again a very successful financial undertaking. Other events during the year were our Recognition Dinner, Jaternice and Pork Dinner and the annual Gymnastic Exhibition.

This year the children's classes are active again. At our Recognition Dinner we honored six Sokols for 50 year membership. They were: Henry Zelenka, Edward Brikner, Frank Janacek, Charles Junek, Mary Zelenka and Aloisie Cerny. Many brothers and sisters of over 50 year membership were present. Viewing this gathering one prides himself for being a part of such a wonderful organization. Especially when families such as the Allen Shabarts, August Shabarts and Henry Zelenkas have all devoted 50 years each to our Sokol as very active members.

The past year we were honored to help celebrate two 50 year wedding anniversaries. Allen and Sophie Shabart and August and Barbara Shabart

were the happy brides and grooms. A wonderful feature of this is that bro. Anton Shabart is also married over 50 years. It is really something to be proud of that one family of brothers can celebrate 150 years of wedded bliss.

So Sokol Milwaukee, with its eyes upon its 100th anniversary, is proudly making plans for the future. Hope to see many of you in Milwaukee in 1968.

We are planning to see you at the Slet in Dallas, Texas. Nazdar!

Fred Stankovsky, Secretary

Sokol Seattle in 1966

In February a Valentine dance was held.

In March we received excellent publicity in the Seattle Times prior to our Masaryk Day dinner.

A spring dance was held in April and in July our annual picnic.

Our Czechoslovak Independence Day dinner held in October was attended by almost 250 persons and a distinguished guest speaker from the University of Washington gymnastic department.

The year's social activities were completed with our customary Mikulas party.

Our summer camp fund benefited by donations from the sisters of Lodge #181, WBFA., Mrs. Olga McClellan and others, in honor of the late Charles B. McClellan, in whose memory the camp fund was started.

One boy—Mike Korvas—and one girl—Kim Novotny—were sent to summer camp this year at the YMCA facility on Orcas Island.

Sokol Seattle was incorporated as a non-profit organization with the help of Sokol Seattle's friend, Attorney J. D. McLaughlan.

Květa Hronová, roz. Špalková.

Těžko je psát, když jedna krásná osobnost za druhou nám odchází. 31. prosince 1966 skupinu našich lidí v Miami, na Floridě potkala bolestná rána. Překvapila všechny neočekávaná zpráva, že jedna z věrných nositelek sokolského jména, sestra Květa Hronová, náhle zemřela. Předobré její srdce došlo.

Narodila se 5. října 1896 v Praze, na Smíchově, poblíž sokolovny, kam již jako mladé děvče chodila do cvičení. Zde také později byla cvičitelkou dorostenek. V roce 1921 přijela do Spojených států, do New Jersey, odkud 5 roků pravidelně jezdila do cvičení v sokolovně New York, kde byla členkyní Tělocvičného Sboru Paní a Dívek. Když obdržela svůj občanský list, přestěhovala se do New Yorku.

V roce 1932 a 1938 účastnila se výprav k IX. a X. všesokolskému sletu v Praze a brala účast v ukázkovém vystoupení AOS. V roce 1942 se pro-



Manželé Anton
a Květa Hronovi.

vda. Také její manžel byl vynikajícím sokolským pracovníkem. Oba byli na svém místě.

V době druhé světové války byla činnou v Českém národním sdružení. Pracovala ve sběrně šatstva pro zajatce a postižené krajany. V roce 1948 přestěhovali se manželé Hronovi do Meriden, Connecticut a roku 1959 do Miami, Fla. na odpočinek. Zde stala se členkyní Dámského Amerického Československého klubu, jehož poslední dvě léta byla předsedkyní.

Minulého roku navštívili manželé starou vlast, znovu vidět místa, kde rostla jejich mladá léta a vidět své sourozence a staré přátele. Členkyně cvičitelského sboru sešly se na její počest a vzpomínaly společně šťastné doby mladých let.

Kromobyčejné účastenství při rozloučení se sestrou Hronovou bylo důkazem, jaké lásce, úctě i oddanosti těšila se poctivá, obětavá sestra sokolská. Obřady vykonala lože Eastern Star, Dámský spolek a za Sokol promluvila ses. Welcl-Růžičková. Provedená sbírka přinesla obnos \$40.00 a je určena na cvičitelský výchovný fond sokolský.

Necht' ostatky Tvé, sestro Květo, klidně spí; věčný sen Tvůj provází naše paměť. . . .

—PRCHAL

Mary Rose Pták.

Marie Pták narodila se v Čechách v obci Tis u Habrů, kde se Marie Růžena narodila jako dceruška Augusta a Františky Šerpánových 26. listopadu 1891. Když jí bylo 9 roků přijela do Ameriky se svojí maminkou a dvěma bratry, Stanislavem a Františkem. Přistěhovali se za tatínkem do Omahy, neboť on zde byl již 9 let před jejich příchodem. Marie se provdala za Josefa F. Ptáka 25. listopadu 1908 a žila spolu ve šťastném manželství po 54 léta. Její manžel předešel jí na věčnost před 4 roky, v tentýž den co ona nyní odešla z pozemské pouti. Babička zemřela 30. prosince 1966 ve věku 75 roků.

Zanechává zde velkou rodinu a mnoho přátel, kteří truchlí jejího odchodu. Za poslední 2 a půl roku vedla ještě domácnost svému vnukovi, Štěpánu Součkoví, když navštěvoval Omažskou universitu. Všichni, kdož ji znali a milovali, budou ji velmi postrádati, poněvadž, společně se svým manželem, věnovala svůj život českému vzdělání, umění a osvo-

bození své milované vlasti, zvláště mezi Sokolice v Omaze, sokolském táboře, řádu Vlastislava Ječnoty Čes. Dam a Pánů, v řádu ZČBJ, Elišky Přemyslovny. Byla zakládající předsedkyní Českého Šicího klubu, který za II. světové války pořádal sbírky pro Americký Červený Kříž, posílání CAR balíčků a šatstva pro Československo po válce, době II. světové vojny byla věrnou pracovníčkou Českém národním sdružení, Klubu matek, Společnosti lidového umění, pěveckého sboru Lyra a Českých škol, kam věrným příkladem vedla i své děti, které se velmi krásně naučily naší libé mateřštině a dosud ji plynne hovoří. Našla dosti času i pro svou zamilovanou zahrádku a květiny. Při vši této rozsáhlé činnosti vzdělávací a národní, první misí v jejím životě: rodina, muž, děti.

Byla dobrou, vzácnou ženou, na kterou budou vždy vzpomínat ti, kteří ji znali.

Čest její památce! Pokoj její popeli!

KAREL M. PRCHAL:

BOJ O PÁTOU KOLONU

BĚHEM DRUHÉ VÁLKY SVĚTOVÉ A JEHO SOKOLSKÁ NÁPLŇ.

(Pokračování)

Stejně podařilo se naší službě včas upozornit zásluhou hrdinně později v boji proti nacismu zahynulého prof. br. Jaroslava Mičana na letáky a brožury šířené tajně fašistickou organizací Stříbrných košil v kruzích školských dříve, než pověstné Silver Shirts antisemitského agitátora Pelleye a jejich role ve válce upoutala pozornost amerického tisku.

Uvedené případy naznačují jen směr práce, kterou naše obranná služba vykonávala v zájmu naší americké vlasti a kterou jsme se účastnili úsilí udržet americký obranný průmysl v plném chodu jak toho americké a spojenecké zájmy vyžadovaly.

Střežili jsme i vlastní svoje řady.

Střežice zájmy Ameriky, aby nebyly poškozovány z řad příslušníků skupin, jejichž staré vlasti se Spojenými státy válčily, střežili jsme ovšem zárlivě i čistotu svých vlastních řad, majíce na mysli přísloví, že ten, jenž mete před prahem jiným, má zametat nejprve před prahem svým vlastním. Je pravda, že tato práce nebyla zvláště obtížná, neboť naši krajané čeští ve své obrovské většině byli nejen velmi loyální vůči Americe a věci spojenců, ale — a to možno říci bez přehánění — podpořovali válečné úsilí Spojených států loyálněji, než průměrní Američané domácího původu. Ale ostražitost nikdy není

na škodu. Z tak zv. Protektorátu před vstupem Ameriky do války přibýlo do Spojených států lidí a nebylo možno ručit za spolehlivost každého, jenž měl československou státní příslušnost, nevládnul českým jazykem. Bylo třeba, abychom dali pozor, by v jazyk naše řady nevloudili se živé nežádoucí a nebezpečné. Ale spolu byla na místě kritičnost a pozor, aby nebyly poškozeny osoby kruhů emigrantských, o nichž v době nervosity válečné vznikly pověsti, jež při bedlivějším vyšetření se ukázaly bezpodstatné. Zkušenost ovšem ukázala, že ostražitost i v našich řadách nebyla zbytečná, jak výstižně dokumentuje případ firmy, jež při válce měla styk se starou vlastí, zaměstnávala dosti krajanů, ale většinu Němců a po jisté změně ve vedení i vlastníky, jevila tak málo ochoty spolupracovat ve válečném úsilí americkém, že při špičce války zatajila své zásoby surovin k vedlejší války potřebným a byla jí proto vládou Spojených států vyměřena velká peněžní pokuta, suroviny zabaveny a firma donucena zavést výrobu válečnou. Jest podotknout, že neochota spolupracovat s Amerikou rovnala se u vedení této firmy neochotě spolupracovat s našim odbojem a že tam v době války zastaveno dovození prodávát vstuppenky na naše rodiny a odbojové podniky mezi zaměstnanectvem (Dokončení v příštím čísle)

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Further information will be available in the near future.

TYRŠ ODPOVÍDÁ.

Tělesná výchova se vztahuje na ženy stejně jako na muže. Kdo však má tvořiti a vésti tělesnou výchovu žen?

Byli jsme vždy toho názoru, že jedině ženy jsou kompetentní, aby meze tělocviku ženského vyměřily a určily.

Více než kde jinde platí zde pravidlo: Jen ženy znají dokonale poměry a potřeby svoje, jen ženy mohou záležitost ženskou vpravdě a do všech podrobností s naprostou platností rozřešiti.

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ZÍSKEJ NOVÉHO ČLENA!

Za bratrem Václavem Anýžem.

Z projevu bra. Aloise Buriana v den pohřbu
23. ledna 1967.

Pokusím se vyzvednouti z minulosti a snad i ze zapomenutí dílo, které bratr Anýž vykonal ve své jednotě a celé krajanské společnosti ve Schenectady.

Z plného přesvědčení prohlásiti mohu, že to co bylo české jemu bylo drahé. Ve svém vlastenectví neznal ústupků ani výhrad. Co bylo české, dle jeho přesvědčení muselo býti i dobré. Toto opravdové vlastenectví vedlo ho k činnosti v sokolské jednotě a všech ostatních českých organizacích naší osady. Nebylo národního podnikání, nebylo akce, aby se jí nezúčastnil, nebo ji nějakým způsobem nepodpořil. Tak tomu bylo od roku 1914, kdy mladí manželé Anýžovi se do Schenectady přistěhovali, až do doby jejich přesídlení do Miami před desíti lety.

Po více než třicet roků zastával bratr Anýž úřad jednatele Sokola Schenectady. Na hlavu jednatele nekladou se nikdy a nikdy vavříny. On nikdy není oslavován. Za své výkony není odměňován potleskem tak jako cvičenci anebo řečníci. Od něho se očekává služba tichá a nenáročná. Dříve se dočká oprav a kritiky nežli pochvaly. Takové nevděčné práce po tak dlouhou dobu byl schopen bratr Anýž. Vykonal jí svědomitě a vzorně v každém ohledu.

Na jeho pomník vytesati bych chtěl sokolské heslo: "Ni zisk, ni slávu!" Heslo, kterému se bratr Anýž nikdy nezpronevěřil, protože myslel více na jiné nežli na sebe.

Výsledek své práce, svého důmyslu nebo umění jest to jediné, co kdo z nás na tomto světě může zanechat. Dobré a hodnotné skutky, to jsou ty články v nekonečném řetězu, který lidstvo poji. To jsou ty základy, na které nastaví budoucí generace; to jsou ty hodnoty, ze kterých těžiti budou, stejně jako my těžime z odkazů našich předchůdců.

Není tedy pravdou, že všechno lidské jest pomíjející; o umění, vědě, záslužné a účelné práci se to říci nemůže. Tyto lidské snahy chovají v sobě prvky nesmrtelnosti.

My, kteří jsme bratra Anýže blíže znali, s ním ve snahách o společné zájmy a cíle se podíleli, my víme, že obohaceni jsme byli tím, že jsme ho znali. Krátceje svou životní cestou, rozdával hodnotné dary: Lásku své rodině, vlídná slova, pomocné skutky a spolehlivé služby v Sokole, a všude jinde, kde působil. Může kdo více dáti?

Loučíte se s Tebou, bratře Václave, slibujeme postupovati Tvoji cestou. Čest budiž Tvoji památce!

Za organizaci ČSA. br. Martin Ploužek a za klub Miami ses. Emily Růžička se rozloučili se zesnulým.

Sokol Karel Jonas, Wilson, Kans.

Wilson, Kansas, has been incorporated as the Czech capital of Kansas and will be dedicated during Sokol Karel Jonas' "After Harvest Festival" July 10th and 11th. July 10th will be the Czech Day. The Sokol members are helping with Czech Day. This is about the only way the older members can help.

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