



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

April 1967

NEKLID DOBY.

Žijeme ve vírech myšlenek a názorů, které otrásají dosavadním solidním obsahem života. Staré hodnoty jsou vystavovány nárazům nové doby, která však nedala jisté a určité základny, na kteréž by mohl býti vybudován přesný obrys nové stavby. Tato dnešní přechodnost, jež mimochodem vzbuzuje dojem úpadkovosti, zachvátila veškeré složky kultury: umění, vědu, výchovu i podklad celé společnosti.

Není to poprvé ani naposled, kdy dochází k změnám a otřesům. Celými dějinami vine se linie vzestupu, úpadku, stavby a zřícenin.

Kultura helenská zatlačila do pozadí bohatství Asie, křesťanství stavělo na troskách vyžilého období řeckého, gothické křesťanství ustupuje vzkříšené antice v humanismu a renaissanci, hnutí toto je zase potlačeno žářem náboženské obnovy v protestantismu, nová doba obrací potom zájem na úplně neznámé pole rozumově zdůvodněných zájmů na hmotě, pára a stroj zvrátily úplně dosavadní cestu života, uspíšily ohromný výbuch utajené síly lidské masy ve velké francouzské revoluci.

Cesta do vrchu, sestup s hor — tot' dějiny.

Není to změna rychlá — naopak, myšlenky zrají celé desítky let jako spodní vlnění, po stu letech dochází často teprve k viditelným opravám v životě národů i jedince. Vzpomeňte, že křesťanství potřebovalo plná tři století, než ovládlo společnost natolik, že z šera katakomb vyšlo volně do ulic a zajistilo si místo v hranicích státu.

Náš věk žije stále ještě pod velkým rozmachem francouzské revoluce. Vždyť od té doby, která vklínila do dějin člověčenstva mohutná a podmanivá hesla o sociální spravedlnosti, všelidském bratrství a volnosti, Evropa se ještě neuklidnila. Celé devatenácté století je ve znamení pronikání jejího dědictví v nervy národů. Někde je to postup rychlejší, jinde ony mlýny osudů melou pomalu. Stroj, vynálezy a pokroky situaci ještě činí tísnivější: "Kam dál? Kde je pevný bod, zaručující klid národů i jedinců?" Každý nový objev, vynález, každé nové kolečko stroje má v sobě železný důsledek dnešního neklidu a úporného boje o chléb, kterýž přirozeně odráží se v hladině života.

Pracující neživá hmota, za člověka vystupující na dějiště — stroj, mnohé vynálezy, které naši dědečkové a babičky jistě hodnotili jako dílo proti Bohu, dílo Satanovo, masy otrásti člověkem, jenž k nim nemohl zůstatí lhostejný. Tedy revoluce strojová a z ní vyplývající sociální otázka, ztracená moc lidské síly, ustupující před dýmavými komíny továren a mamutích podniků, tot' vše podklad pro náš šedý dnešek. Uskutečněné sny Verneovy, které nás rozplameňovaly v dětství, nemohly lidstvo nechat v onom starosvětském klidu, po kterém dnes blouzníme, který však by podmiňoval zavřítí očí, zacpatí uší a uzavřítí se cele před ranami lidského rozumu na brány nám tajných přírodních zákonů. Všim tím byl svět otřesen a nenalezl posud uklidnění. Zvykli jsme si vše sváděti na světové války, které však pouze vyzvedly ve svých stínech jednotlivosti, jinak však všechny

(Pokračování na str. 44)

AMERICAN SOKOL

436

Published Monthly

(Except bi-monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION

5611 W. Cermak Road, Cicero, Illinois 60650

Subscription: \$3.00 per year.

EDITOR

Charles M. Prchal

2419 Scoville Ave. Berwyn, Ill. 60402

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

OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

5611 W. Cermak Road, Cicero, Illinois 60650

Tel.: 652-5220

Calendar of Events

- APR. 21st—SOKOL TYRS BOL., CLEVELAND, O.
Fish Fry.
- APR. 22nd—SOKOL STICKNEY, ILLINOIS.
Gymnastic Exhibition at Morton West.
- APR. 23rd—SOKOL NEW YORK. — Annual Gym-
nastic Exhibition (Veřejné cvičení).
- APR. 23rd—EASTERN DIST. - SOUTHERN DIST.
Competitions.
- APR. 29th—SOKOL ST. PAUL, MINNESOTA.
Competitions of All Gym Classes.
- APR. 29th—SOKOL TOWN OF LAKE, CHICAGO,
ILL. — Townites Social Club Annual Masquerade
Dance—Peacock Room of the CSA. Bldg.
- APRIL 29th—SOKOL BROOKFIELD, ILL.
Annual Aunt Jemina Pancake Day — 6 a.m. to
2 p.m.
- APR. 30th—SOKOL CEDAR RAPIDS, IOWA.
Physical Culture Exhibition.
- APR. 30th—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Gymnastic Exhibition, Herrick Jr.
High School, Linscott and Grant, Downers Grove,
2:00 p.m.
- MAY 6th—SOKOL ST. PAUL, MINNESOTA.
Gymnastic Exhibition.
- MAY 6th—SOKOL MLADOCECH, RACINE, WIS.
Annual Gymnastic Exhibition.
- MAY 7th—SOKOL FUEGNER, LONG ISLAND,
N. Y. — Gymnastic Exhibition.
- MAY 12th—SOKOL SLAVSKY, CICERO, ILL.
Card and Bunco Party at the Cicero Community
Chest (Red Feather) Building.
- MAY 13th—SOKOL ST. PAUL, MINN.
Gym Class Exhibition.
- MAY 15th—SOKOLICE CEDAR RAPIDS, IOWA.
Mother-Daughter Banquet.

- MAY 20th—SOKOL MILWAUKEE, WISCONSIN.
Interclass Meet.
- MAY 21st—EASTERN DISTRICT.
Arlington National Cemetery.
- MAY 21st—SOKOL MILWAUKEE, WIS.
Gymnastic Exhibition at 2:00 p.m.
- MAY 28th—EASTERN DIST. - SOUTHERN DIST.
Exhibition in Belcamp.
- JUNE 3rd—PACIFIC DISTRICT. — Children's
competitions in Fresno and dance in the evening.
- JUNE 4th—PACIFIC DISTRICT. — Volleyball
competitions in Fresno.
- JUNE 4th—SOKOL BALTIMORE, MARYLAND.
Exhibition.
- JUNE 11th—NORTHEASTERN DISTRICT.
Annual Exhibition.
- JULY 9th thru 15th—SOKOL ST. PAUL, MINN.
Kids Week at Sokol Camp.
- JULY 9th—SOKOL SOUTH OMAHA, NEBR.
Sokol Day.
- JULY 9th—SOKOL DETROIT, MICH.
Gymnastic Exhibition.

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

- AUG. 20th—SOKOL TYRS, CLEVELAND, OHIO.
Annual picnic—I.O.O.F. Camp.
- SEPT. 16th—SOKOL SOUTH OMAHA, NEBR.
King Korn Carnival bus trip, Plattsmouth, Nebr.
- SEPT. 23 & 24—EASTERN DISTRICT. — Annual
Meeting in Washington, D. C.
- OCT. 7th—SOKOL BALTIMORE, MARYLAND.
95th Anniversary Dinner and Dance.

České slavnosti v Nebrasce.

České oslavy stého výročí prohlášení Nebrasky
státem Unie byly zahájeny v lednu programem
Českého klubu v Omaze. Nejbližší český program
bude opět v Omaze a sice v neděli 7. května o 2.
hod. odp. v auditoriu sokolovny, 13. ulice a Martha
Pak následuje "Centennial Spectacular" Klubu Ko-
menský při universitě v Lincoln. Bude konán v
neděli 21. května o 2. hod. odp. v sále Student
Union, 15. a R Str.

Krajané, pamatujte a připravte se k hromadné
návštěvě tohoto českého odpoledne na Lincolnské
universitě. Oba minulé programy byly manifestačně
navštívány a naše akce podpořit a posílit školení
českého jazyka na této universitě nutně žádá zvlá-
ště letos vaši návštěvu a podporu. Připravili jsme
vám líbivý program. Vstupné pro dospělé jeden
dolar, pro děti 50c. včetně kávy a koláčů. — 18.
června je tradiční festival ve Schuyler, středisku
české hudby v Nebrasce, pak 15. a 16. července
festival ve Dwight. V srpnu vrcholí české manifesta-
ce dvoudenním festivalem ve Wilber — 5. a 6.
srpna. — K.

CZECHS AND NEBRASKA. Všem přátelům,
kteří projevili zájem o tuto knihu historických
vzpomínek, sdělujeme, že tiskařský proces se po-
někud zdržel a kniha bude hotova během měsíce
května. Došla nám už řada objednávek a dnes žá-
dáme ty, kteří mají zájem o tuto knihu, aby si ji
zajistili na adrese: Dr. Kučera, N. State Historical
Society, 15 R Str., Lincoln, Nebr., nebo A. Nová-
ček, Dwight, Nebr. Kniha bude též vydána v tvrdém
obalu. Napište při objednávce jaký obal žádáte.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVIII.

April — 1967 — Duben

Číslo—No. 4

Tribute To the American Sokol Movement

(Congressional Record — Appendix A645)
February 15, 1967

Extension of Remarks of

Hon. Charles S. Joelson of New Jersey
in the House of Representatives

Mr. JOELSON: Mr. Speaker, the AMERICAN SOKOL MOVEMENT has recently observed a 101st anniversary. Its founders came mainly from BOHEMIA, an area now familiar to us as a part of CZECHOSLOVAKIA. The durable organization which they began has always had as its purposes the physical, mental and cultural training of its members.

Those members now number over 250,000 Americans. Their splendid organization is entirely self-supporting. With the dues it collects and the donations it receives it builds and staffs gymnasiums, foreign lan-

guage schools, libraries, summer camps, and many other physical and cultural programs and activities.

It has a magnificent motto: "For neither profit nor glory." That motto conveys the stress laid on independence, initiative, and self-discipline by the Sokol movement.

Some of its members are as young as 6, some are over 60, but boys and girls, men and women, all share in the benefits of an athletic and recreational program that is second to none in this country. Think of the value to children and teenagers of an organized program like SOKOL'S! The approach taken by SOKOL is the one that avoids juvenile idleness and juvenile delinquency, that builds health through physical fitness, that inculcates a democratic spirit by team play, and that makes tomorrow's leaders of today's children.

COMPETITION AND DEFENSE

By Josef Roch

Translated by Trocnov

Solon, the great Greek, said that physical culture in ancient Greece had more significance than victory at the various gymnastic contests, or the winning of laurels. It was to help all citizens attain the maximum in physical and mental development — to make every one a defender of liberty and right; to create such favorable social (living) conditions that the entire community would profit.

Sokol competitions (závody) have a similar goal: not only to allow the individual contestant to achieve the pinnacle in gymnastic ability, but to help us become exemplary citizens. Our really finest award? The knowledge that we have contributed to the good of the whole, have helped not only ourselves, but our fellowmen — that in this interpretation of "patriotism" there is no chauvinism, no intolerance.

Even those who for various reasons cannot regularly and actively participate in Sokol gymnastic classes, life offers an endless series of "competitions" — for by virtue of our social set-

up we are pitted against our fellow beings in the struggle to survive. The more complex our times and our society, the greater are the demands upon the ability of everyone who endeavours to make a success of life.

It is fortunate that the competitions amongst our gymnasts have no ulterior goal — on the contrary, we seek to outdo one another in showing what capable, skillful athletes we are — and thereby enhance our actual and potential value to our Sokol. Every capable gymnast should be willing to help others, to gladly allow the less capable to benefit by his unusual abilities. He who wins medals at our závody and makes no contribution to the good of our organization does not understand the true import of Sokol philosophy.

In the past we have shown how certain good habits learned in the Sokol gymnasiums have a wholesome effect in building sound character throughout life. For instance, we know that a conscientious gymnastic teacher seeks perfection in our unique PROSTNÁ. She will point out

flaws in a friendly spirit to her charges, request them to try a movement again. Unconsciously, the youngsters learn to be careful of details in other avenues of life — to let nothing remain unpolished; not to be satisfied with a slipshod job. Even a simple exercise (small job) when done correctly, presents a finer picture than a complex number (big task) done in slovenly fashion.

Competition in the Sokol? Of course! Zeal to excel in gymnastic ability, in perfection, in voluntary discipline, in co-operation, in outvying one another to see what contributions we can make for the good of the Unit to which we belong, and to the entire Sokol. Permeating all of our work is the principle of sound, true BROTHERHOOD. For us, the familiar salutation "Ty" in the gym has a deep significance: We are equals, and the respect is mutual between members.

As we mature, we realize that many problems face us, and none must be dodged. By careful, systematic preparation, we shall tackle each one successfully, unafraid, with confidence in our ability. How similarly does the gymnast prepare herself for coming závody, step by step! And how similar the inner satisfaction in both cases — the knowledge that we did our best, and did a good job!

Neklid doby—

předpoklady oné t. zv. dnešní krise nalezla již při svém počátku mezi námi. Pamatujeme si jistě, jak staří lidé před oběma válkami stěžovali si na ten nový, mladý svět, jak často strachovali se před brzkou budoucností!

Tam dále, vzadu je ten předěl, který již dříve ohraničil údobí prvních průkopníků. Dnes se toto dědictví stává duchovním majetkem všech vrstev. Bráníme se, stavíme hráze, mnozí utíkají k těm, kteří jsou mluvčími oněch, naší obrazotvornosti zkrášlených dob, bědujeme nad mládím našich dětí, snahy naše jsou však skoro marné. — Chceme se vrátiti do těch vykouzlených dob, chceme své děti uchrániti větrů přítomnosti, výsledky práce však se drobí pod rukama!

Nebud'te slepí! Což nevidíte již ve svých dětech onu myšlenkovou změnu, názorový otřes, kterého jste je chtěli uchrániti? Celé desítky let to nové bylo hrou vrchních vln, dnes zachvacuje vrstvy dolní! Pod dosahem nových vln žije dnešní mládí,

During the World War every nation strove so hard to attain victory, that it proved itself capable of accomplishments undreamed of. Let us, who believe in progress, in democracy, and peace, pool our knowledge, our ability, to make our Unit a better one, our Union a stronger one, our beloved United States a still finer place in which to live in the future! While we recognize the fact that the world is one, there is nothing jingoistic in the Sokol interpretation of patriotism, nor is there any reason why any national group should cease cultivating its native cultural heritage. On the contrary, each group has something of value to contribute to world culture, world civilization.

Patriotism begins at home. If one waves a flag, shouts love of homeland, but mercilessly exploits his fellow citizens and thus undermines, weakens society — then he is NOT a good, sound patriot. The stronger our nation is, the more co-operation and mutual respect between the various classes which comprise it — the more wholesome unity will there be, and the better can we protect ourselves from attacks of unfriendly peoples.

We must be on guard against those elements which place material gain, greed, above welfare of the nation. We must expose and render harmless those whose ties with capitalists in other countries are stronger than their love for their fellow-countrymen.

(Continued from cover page)

dnešní lidstvo. Jako kdysi pohanským Římanům zdálo se křesťanství úpadkovým zjevem, tak se zdá strašim lidem vše nové i nový způsob života úpadkem a zkázou. V tom novém kvasu je jistě mnoho neschopného dalšího života, mnohé zanikne, mnohé nese skutečně v sobě úpadek, něco však je v tomto chaosu kladného, co vyroste v kladné hodnoty.

Vrátit se nemůžeme! Ve výhni toho, co stává, pozvolna zraje k nové náplni celý svět. Doba nalezne svou víru, svůj vznět. Člověk vždy znovu bude usilovat o svobodný život ve svobodné vlasti a proto dříve nebo později vrátí se na zem úcta k člověku, k pravdě, k spravedlnosti. Ovšem, nestačí jen věřit, jen chtít. Činy mluvit, činy v duchu Tyršova hesla o věčném ruchu, o vznošené cestě světové kultury. Nikdy víc k starým chybám! Vždycky znova k velkým myšlenkám, za kterými jde Sokolstvo dále, než celé století!

Nebud'te malomyslní! Svět nepadne, nepadne ani člověk se svým dílem. Snad léta bude tápati, cestu však najde!

An Interesting Letter

Nazdar Mr. Prchal:

Though we have never met, I salute you. My name is Anton Eminger, ex-Plzensky Sokol.

Before World War I, I enlisted in the United States Navy and made it my career. Mr. Heller and Mr. Styblo were the instructors at Plzensky Sokol. Al Forst, Mikuta, Vaclav Stransky, Vesely, Frank Paul and scores of others.

A friend of mine, Edward J. Bouse, sends me the American Sokol after reading it; I then send it on to other Bohemians, even to a small town newspaper editor in Trenton, Georgia.

Učím se čísti a psát česky. Zapomněl jsem drobet česky, but I am improving.

In different parts of our universe I've met many Czechs; in Shanghai, China, in Constantinople, Turkey. These Czechs living in Turkey in 1920 were in Damascus during World War I. At a circus in Nice, France, walking amongst the circus wagons, I heard a voice in Czech say, "Josefe, máš klíče?" That sure made me feel at home; the musicians of this circus were all Czechs. I can understand Slavic dialects, including some Russian.

Today I believe every school child should keep

in touch with his forefathers' culture and language.

Tomorrow the youth of today will travel all over the universe; languages and understanding will bring the world PEACE.

The Sokol movement must not die! Who taught us discipline? Our parents and our gym instructors. We were also taught to discipline ourselves. This is lacking in millions of Americans. It is a shame!

Mr. Bouse stated you are retired from Western Electric? I have many retired friends from Western. Wm. O. Serp, Bill Kotas, Joe Rybar; also there are a number living in this "hill billy" country of Arkansas and Missouri. They call themselves Pioneers.

You can recall this Slet: It was held in a ball park on 40th Avenue (Crawford Ave., now Pulaski Road), 22nd Street and Ogden Avenue. There was a team from Praha, one had a patch over his eye. (That was bro. Karel Starý, top gymnast.) They were great, but today there is quite a change in gymnastics. The parade started from C.S.P.S. hall on 18th Street, May or Fisk Street.

Yes—this I will say. A Sokol in top physical fitness can and does march with dignity and pride.

At times they remind me of the ancient Greeks. IT'S NOT NECESSARY TO BE A CHAMP.

JUST KEEPING FIT AND DISCIPLINING ONE'S SELF! ONE NEVER KNOWS WHEN HE HAS TO FACE THE RIGORS OF WAR. Take the Boy Scout motto "BE PREPARED" and that's for any emergency.

You are doing an excellent job, bro. Prchal; assisting in making a great nation. And it is through hard work. At times it looks as though we are weakening but then again . . .

I've great faith in these our United States. Our forefathers, yes, they were "greenhorns," but they brought some culture to these United States. Some years ago while visiting Washington, D. C., I made it my business to visit the Congressional Library. There are české noviny "České Listy"—it made me very happy.

HOW CAN I THANK ALL THESE ČESKÝ IMMIGRANTS?

Thanks for listening, Mr. Prchal. Yours truly,

Anton Eminger
Box 442 S.R., Branson, Mo. 65616

Executive Board of the ASO.

Meeting Held March 28, 1967

Correspondence: Sokol Houston advising progress of their new building and soliciting advertising and well wishers for program. Western District, bro. E. Pavoucek, regarding by-laws. U.S. Track & Field Federation letter referred to ASO.-BOI. Sokol Milwaukee advises will celebrate 100th anniversary June 29, 1968; also sent copy of by-laws. Czechoslovak Sokol Abroad invitation and informative literature on Slet and Gym. Festival in Montreal. Invitation from Czechoslovak Sportsmen in Western World to III Dance Evening.

REPORTS:

BOI. Dir. of Women—sis. L. Zdenek: During this month I have replied to several letters from other organizations, as well as our own units, regarding the availability of uniforms and answered their questions in the best way possible.

Have been in contact with sis. Zabka and sis. Jelinek, having sent to sis. Zazka the particulars which she requested, as well as other sample uniforms and sources of supply.

Sent a tape of the music to bro. Henry Albrecht of the D.A. Sokol.

Have cut stencils of the final surveys for Slet and competition activities, and for participants' parental consent and medical release forms. These will be sent out early in April.

Have written to bro. Milan to set up the meeting for the purpose of coordinating Slet activity, for the weekend of April 22nd and 23rd.

BOI. Dir. of Men—bro. E. Linhart: At meeting of bro. Slovaks and our officers on February 28th, I loaned to bro. J. Babuska the music for the 1967 Slet that bro. James Bastar had orchestrated. This was copied by the Slovak group and our Eastern District, and returned to me. Orchestrations are now available to all districts.

I received a phone call from bro. Jerry Milan of the Southern District requesting information on our

visit, the instructor's travel fund, some questions on calisthenics and apparatus exercises. As yet they did not receive letter of explanation sent by sis. B. Prener on March 13th.

For the next few months sis. Zdenek and I request that our technical meetings be held jointly.

I have been contacted by Mrs. Blanche Mica, of 140 Valley Road, Lombard, Ill., MA 7-2464, about organizing a Sokol in the Lombard area. She says there is a definite interest there.

AAU: AAU. sanction given to Dallas Slet competitions—AAU. Olympic development medals will be awarded. Information as to number of medals needed will be sent by bro. Linhart.

Czech-American Workingmen's Sokol requests calisthenics and apparatus moves. These were sent.

Sokol Detroit requests permission for bro. Milý to compete. Permission granted per ASO. rules.

Bro. Joe Pokorny, Pacific District Director: Report and letter from sis. Louise Nekuda of Los Angeles.

Sokol New York requests music. Sent.

Bro. Jan Waldauf, Canadian Sokol, sends thank you to brothers Linhart and Ptacek for apparatus and calisthenics workshop held February 18th. He also sent a Czech translation of the men's drill and an annual report of Sokol Toronto.

Bro. Ed Stetka, Eastern District, submitted calisthenic corrections and inquiry regarding Sokol Supply. Corrections will be sent out shortly.

Sis. Phyllis Jirka, Western District, asks about traveling fund distribution. Request for use of funds for photographer declined.

Bro. Basta reported for the Scholarship Committee. The rules will remain the same and will be published in the American Sokol.

Bro. Linhart will conduct workshops in Cleveland and Omaha.

Bro. Fina and Tom Maloney of the AAU. have been asked to conduct a FIG judging clinic in Dallas.

Sister Mildred Prchal gave a detailed and comprehensive report on both the AAU. convention held in Hawaii and the Olympic Committee meeting held in Chicago, Feb. 24, 25, and 26.

ASO. membership in the U.S. Gymnastic Federation was discussed and will be put on the agenda of the District Directors Conference.

Bro. Ed Gombos of IGM. presented samples of boys and men's uniforms. Style, material, distribution and cost per item were discussed.

The New York uniform supplier requests samples of our uniforms. These will be sent.

Bro. Stanley Barcal reported on proposed progress toward reactivation of the American Sokol Federation. Efforts will be made for workable solutions for closer co-operation between the ASO. and SGUS. The ASO. Executive Board voted to hold the 1969 Slet as scheduled. The Federation will be put on the agenda of the ASO. 1970 convention.

Re: Dallas Slet—ASO. Directors will visit Dallas prior to Slet. Music orchestrations finished by bro. Bastar. No site for an ASO. school has been obtained by the Southern District.

The Southern District requests that course expenses should come from the traveling instructors fund. A letter of explanation has been sent.

The Western District was advised that it is permissible to reimburse auto expense at 8c per mile per car for members traveling to gymnastic workshops.

The North American Gymnastic Championships will be held April 13, 14, and 15. A judge's clinic on FIG rules will be held April 12th.

Financial Secretary: Sis. A. Falta read financial report of receipts and disbursements for February. Several units have paid special assessment. Checked by-laws of Western District.

Treasurer: Bro. F. Vodrazka's report corresponds with the report of Financial Secretary. Reported on funds deposited which will improve our position on interest earned.

Publicity—Sis. A. Basta: American Sokol, March issue, carried picture, as did CSA. Journal, of contribution to Future Sokol Leaders fund made by Czechoslovak Society of America. Preparing Czech article for newspapers. In contact with bro. J. Pokladnik re: details concerning Dallas. Sent information on Dallas Slet to Modern Gymnast and U.S.G.F. report. Information obtained on scholarship fund was referred to Scholarship Committee. Slovak Catholic Sokol Slet scheduled July 21-23, 1967, at Morton West. Convention will be held at Pick-Congress. Congressional Record received from Senator from Pennsylvania, contained article on Sokol, was referred to bro. C. Prchal. Printer will be contacted by bro. E. Linhart re: samples and quotation on printed matter. Bro. Rabas is preparing article for newspapers on Dallas. Dallas Slet seals will be obtained for our office.

Educational Committee: Bro. J. Cihak reports committee is scheduled to meet soon.

Secretary: Accounting Dept.—sis. A. Sotka. Books are ready for audit. Letters sent to units in arrears on special assessment for 1965. Convention fund—some units in arrears. Donations to Future Sokol Leaders Fund listed. Sis. E Schnabl report—routine correspondence handled. 35 units have responded regarding by-laws in use. Sis. B. Prener reports in

communication with office; correspondence taken care of. Bro. Vrzalik, Secretary of Sokol Baltimore, visited our office. Checked by-laws of Western District. Attended gymnastic exhibitions of Sokol Slavsky and Sokol Berwyn. Postage expense for 3 months presented.

Matter of advertising, in American Sokol, booklet by Dr. L. K. Feierabend tabled.

President: Attended 3 local exhibitions. Attendance of public very good. Gymnastic activity good. BOI. meeting attended—matter of uniforms discussed. Additional pages were added to March issue of American Sokol. Committee (4 members) will meet after close of meeting to discuss commemoration of 50th anniversary of Executive Board ASO. Auditing Committee, plus members of Executive Board will be notified to audit records. Commemorative stamp—we will participate in the endeavor, of the affiliation of philatelic groups, who are working on obtaining a stamp commemorating the signing of the Declaration of Independence of the Czechoslovak Republic in Philadelphia in 1918.

Editor—Bro. C. Prchal: American Sokol, March issue, is out. Bro. Prchal will confer with bro. Barcal as to need for additional pages, and 6 point type may be tried. Due consideration was given request by bro. Tesar for advertising space in American Sokol. Space is limited. Bro. Prchal will so advise.

Sis. A. Falta reported mailing of booklets. Postage on booklets not to be charged.

Financial Report ASO. March 1967

INCOME:

Dues	\$1,152.75
Convention Fund	189.25
Special assessment	1,869.75
Dividends and interest	179.26
Advertising "American Sokol"	100.00
Resale of jewelry and Sokol emblems	71.40
Resale of ledger sheets	4.10
Sale of educational pamphlets	24.00
Sale of Sokol stamps	175.00
Postage	1.84

TOTAL INCOME \$3,767.35

DISBURSEMENTS:

Administrative Department	
Salaries	\$222.94
Rental, janitor service, phone	140.61
Office supplies	46.74
Petty cash	31.30
	\$ 441.59
Educational Department BOI.	
Salaries	\$187.50
Editor "Sokol Gymnast"	25.00
Printing "Sokol Gymnast"—March 1967 (additional copies)	27.72
Office supplies	22.15
Sokol emblems	215.03
Phone	10.55
	\$ 487.95
Sokol Publication	
Printing "American Sokol"— March 1967	\$761.76
Editor "American Sokol"	75.00
	\$ 836.76

TOTAL DISBURSEMENTS \$1,766.30

SOKOL GYMNAST

April 1967

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

MILDRED PRCHAL:

INSTRUCTORS

The level of physical and mental education in our gymnasiums depends upon the knowledge and qualifications of our instructors. The problems of developing and educating teachers should be the most important subject in our program.

One of the reasons for the lack of instructors, especially for juniors, is the great demand that the work with youth of this age places upon the instructor. His technical and practical knowledge must be good because this quality impresses the class members and instills in them the desire to follow his example. However, an older instructor, though he may not be able to demonstrate as well as the younger, has tremendous teaching experience and great knowledge of method and is just as successful in attaining the desired goals with his pupils.

Individual physical ability and good technique do not yet automatically guarantee success for the teacher, because we have many examples of an outstanding gymnast who is unsuccessful with this particular age group. He does not understand the young boy and continues to have constant conflicts. He feels that the class members do not "take him seriously."

The instructor of youth between the ages of 14 and 18, when the boys are fast growing into adulthood both physically and mentally, must have TACT, though firmness is necessary. Youth often shows a desire to somehow attract attention, to be of service, to achieve some success and to be SOMEBODY. A boy of this age is very often overconfident, even conceited, critical of others, sometimes to the extent of inconsideration and even coarseness. However, he finds criticism of himself

hard to take, is often sullen and quarrelsome. Frequently actions that are extreme, undisciplined and coarse are a reaction to unfair treatment from some older boys toward the younger in the class.

From an educational viewpoint this period is the most important because the characteristic traits and the moral foundation is being formed. This period in the life of the young individual creates most educational problems. Youth is creating its ideals, and tries to imitate actions of its "heroes." This is why we must interest ourselves in the ideals of those we teach; we "go along" with their thoughts. The instructor who is able to talk seriously with his class about youthful ideals and can show each individual the right path to take at his most important crossroad of life, creates for himself an undying memory in the mind and heart of each class member.

Knowledge of the psychological side of the older youth will enable us to understand them and to choose the correct method for the progress of these young people. Authority can never be permanently built upon compulsion. It grows from the consciousness of the pupils that their instructor, himself, was or is a good gymnast, that he understands them and is able tactfully to lead them from the indecisiveness and perplexities of youth upon the correct road of life.

THE PERSONAL EXAMPLE OF THE INSTRUCTOR, THAT HIS OWN PRINCIPLES ARE NOT DIFFERENT FROM THOSE HE "PREACHES" TO HIS CLASS, IS A FUNDAMENTAL CONDITION FOR THE RECOGNITION BY HIS CLASS, OF HIS REAL AUTHORITY!

Health Notes

1. Regular medical examination is an unwritten health law. You may not be as healthy as you feel. Do not neglect a checkup.
2. Brushing the teeth after every meal and visits to the dentist prevent extractions.
3. Start your exercises each morning before an open window or outside. The best opportunity for regular exercises is during an outing or swimming. Accustom yourself to the proper clothing according to seasonal changes.
4. Good food is simple food. Sugar is the way to obesity. Less fat. If you wish to compete, do not try to "out eat" another.
5. After work engage in exercise or sport that employs those muscles and parts that have not been sufficiently used during the day.
6. A clean body, clean clothing, and a thorough bath or shower after every exercise period should be a must.
7. Do not say that the janitor is responsible for the cleanliness of the gymnasium. First of all, you yourself be careful about cleanliness in the gymnasium or in the dressing rooms. Report any flaw in the apparatus. Perhaps your observance and report will help avoid useless injury.
8. If you feel ill do not even go to the gymnasium but visit the doctor, or if you are not well during exercising, tell the instructor. Again remember: early examination and care will prevent a

long period of convalescence or complications.

9. The lack of discipline is the most common reason for many people that need doctors' care. Injuries arise because warmups are ignored, exer-

cise on apparatus is done without spotting, or because of individual carelessness. Discipline must be a matter of course for every gymnast and instructor!

Items of Interest

The 46th International Federation Congress (FIG) will be held July 11th to 16th, 1967, in Warsaw. Site of 1969 World's Championships in Artistic Gymnastics will be decided. Also a report will be made about preparations for the 1968 Olympic Games in Mexico City and status of preparations for the 1970 World's Championships in Gymnastics in Lublan, Jugoslavia. The site of the 47th Federation Congress in 1968 will also be decided.

★

In the Women's Executive Committee in Paris during January 4th to 8th of this year, it was definitely decided that the new asymmetric Reuther bars will be used for the first time during the European Women's Championships in Amsterdam in May, 1967. Also on May 20th the compulsory exercises for the 1968 Olympic Games in Mexico will

be demonstrated.

★

A special FIG Award that is given to those who attain 90% of the possible attainable points in World's Gymnastics Championships and Olympic Games were given to the following Americans:

Men: John Beckner—1958, Larry Banner—1960, Donald Tonry—1960, Abie Grossfeld—1960, Fred Orlofski—1960, O'Quinn—1960, Robert Lynn—1962, Armando Vega—1962, M. Sakamoto—1964, Russell

Women: Gail Sontegrath—1960, Doris Fuchs—1960, Sharon Richardson—1960, Muriel Grossfeld—1962, Betty Maycock—1962, Marie Walther—1962, Avis Tieber—1962, Dale McClements—1964, Linda Metheny—1964, Kathleen Corrigan—1964, Marie Walther—1964, Kathy Gleason—1966, Joyce Tanac—1966, Carolyn Hacker—1966, Debbie Bailey—1966.

STRENGTH EXERCISES

The following are exercises that every adult of normal development should be able to do. These may be done in the gymnasium, or outdoors during the summer. They are used in warmups during a regular class hour or whenever we have free time, i.e. while waiting between "turns" on apparatus. The instructor can see weaknesses and correct them accordingly.

ARMS—LIE ON STOMACH—UPARM

- 1-2. 360° roll to right to support lying back back of arms—frontarm, shoulder width, palms on floor. 3. & a.4. Hands alternately step forward l., r., l., r. to complete lying position (uparm). 5-8. = 1-4. opposite.
2. **Lying support back of arms, palms flat:**
 1. Raise palms from floor to support on tips of fingers.
 2. Lower palms to floor. 3-4. = 1-2.
3. **Lying back of arms support:**
 1. & 2. &. Hands walk forward as far as possible without lowering body to floor. 3. & 4. & Hands walk back to straight arm support. REPEAT.
4. **Lying back of arms support:**
 1. Jump from hands and feet—clap hands in air landing back to lying support and repeat.
5. **Lying back of arms forearm support:**
 1. Straighten to straight arm support.
 2. Lower to forearm support. REPEAT.
6. **Lying back of arms support, tips of fingers touching:**
 1. Bend left arm to forearm support (other arm remains straight).

2. Bend right arm to forearm support (both arms bent, forearms in one line, tips of fingers touching).
3. Straightarm support left (right remains bent).
4. Straight arm support right (both arms straight).

LEGS—SIT BENT CROSSLEG, RIGHT FRONT

7. 1. Stand right crossed before left (without assist from hands).
2. Toestand—360° turn to left (feet do not move from place).
3. Sit bent crossleg, left front.
8. **Stand stradleg—sidearm:**
 1. Squat sidetouch left—bent uparm inward, fingers at nape of neck.
 2. Uprise to stand stradleg—sidearm.
 - 3-4. = 1-2. but to left.
9. **Stand on left—frontleg right, grasp right ankle with left hand:**
 1. Squat left.
 2. Uprise left.
10. **Squat reartouch right—bent uparm outward, fingers at nape of neck:**
 1. Change weight to squat foretouch left.
 2. Change weight to squat reartouch right.
11. **Closed stand:**
 - 1-2. Two small vertical jumps in place.
 3. High vertical jump, strad frontleg—frontarm outward touching toes with palms of hands.
12. **Squat foretouch right:**
 1. Hop to squat foretouch left.
 2. Hop to squat foretouch right.

13. **Squat sidetouch left:**
 1. Hop to squat sidetouch right.
 2. Hop to squat sidetouch left.

TRUNK—BACK

14. **Closeleg seat—frontarm:**
 1. Uparm back.
 2. Stradleg seat—frontbow touching floor with chest.
15. **Stand stradleg:**
 1. Arched frontbow uparm.
 2. Hold.
 3. Drop loosely in frontbow.
 4.-6. Upright (shoulders and head last).
16. **Stand stradleg:**
 1. Deep arched frontbow—uparm.
 2. Upright—closearm.
17. **Lying on stomach—uparm:**
 1. Arch back strongly raising arms, legs and

- head high from floor.
 2.-3. Hold.
 4. Lower to floor.

18. **Lying on back, legs bent, arms closed:**
 1. Raise body with arch from floor, head and feet on floor.
 2. Lower body to floor.

ABDOMEN

19. **Closeleg seat support, hands back of hips on floor:**
 1. Raise legs front stradleg.
 2. Cross legs right over left.
 3. Stradleg and cross legs, left over right.
 4.=2. (Continue to 7. and lower to floor).
 Repeat.

ALL ABOVE EXERCISES SHOULD BE REPEATED A NUMBER OF TIMES.

JERRY POLACEK:

GAMES AND RELAYS

(Continued)

SHUTTLE RELAY: (Over and Under) Divide the class into two groups. Divide each group into two teams of equal number. In single file place each team of each group opposite each other with about thirty feet distance between them. Give the first man of each group a medicine ball. At the signal "GO" the ball is passed through the legs of the members of one team to the last man, who runs across the playing area to the other team, takes his place and passes the ball overhead, the last man gets the ball and runs back to the other team and passes the ball through his legs. This is repeated until every man gets back to his original position. The first team or group through first, wins.

HORSEBACK RELAY: The class is divided into two teams. The first man of each team gets down on all fours, the second man mounts the back of the first man. At the signal "GO" these two men travel across a designated distance, and return. The next two men repeat until all players have had their turn. The team finishing first, wins. For variation, the players may change riders and horses by running only half of the distance.

STRIP RELAY: The class is divided into two teams. A zone is marked off in front of each team about thirty feet distance. The first man of each team runs to this zone, takes off his shirt, or whatever is designated before the game is started, runs back to his line, puts on the shirt, tags the next man who in turn repeats the act. The team finishing first, wins.

EAGLE RELAY: Class is divided into two equal groups. The first man of each group runs the length of the gym imitating an eagle flying to a designated goal, returns to his line and the next man repeats. The team finishing first, wins.

SKATING RELAY: Two teams of equal number are formed. At the signal "GO," the first man of each team runs to a certain goal and on the return trip imitates a skater. The team finishing first, wins.

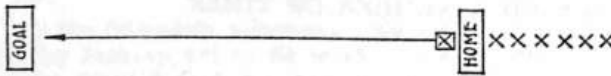
DRIBBLE THE BALL RELAY: Two teams are formed of equal number. A soccer ball is placed in front of the first man of each team. At the signal "GO," the first man dribbles the ball to a designated goal about thirty feet distance, turns around and dribbles back to his team, tags the next player who in turn then dribbles the ball and this is continued until all have had their turn. The team finishing first, wins.

BASEBALL RELAY: The class is divided into two groups. Each group is divided into two teams. The captain of each group is given an indoor baseball. Each team is separated about 25 to 30 feet. When the signal "GO" is given, the first man throws the ball to the first man on the other side, who then runs with the ball and takes his position in front of the captain, at the same time that the man catches the ball of the last man of the group that is throwing the ball runs to the end of the line that is catching the ball. This is continued until all men have had their turn at throwing and catching the ball. The teams finishing first, win.

BASKETBALL RELAY: Divide the class into two teams: Each team has various stations from where to shoot their baskets. At the signal "GO," the first man runs to position No. 1, shoots till he makes the basket, shifts to position No. 2, shoots till he makes the basket, then shifts to position No. 3 and shoots till he makes the basket. Upon making the basket from the last position he then dribbles the ball back to the line and the next man takes his turn. The team finishing first, wins.

FIREMAN RELAY: Equipment needed is two or more 3x6 mats. The class is divided into two or more teams of equal number. Each team is then lined up in groups of threes, the two outside men carrying the mat with the middle man riding. At the signal "GO" the first group carries their man to a designated goal and return, the next group repeats, this is continued until all have had their turn. The team finishing first, wins.

LINE DODGE BALL: Two parallel lines at least 30 ft. apart. Two bases are marked midway between lines, one at each end. Two groups of equal number. One group is lined up at home. The other group is divided in half, each half spread out behind one of the lines. One player behind line has a ball. On the signal "GO," the first player on team X lined up at home base attempts to run down the center between the side line players to the other base. The side players attempt to throw the rubber ball and hit the runner waist high. As soon as the first runner is hit or gets to the far base, the second runner runs. A team has one and a half or two minutes to make as many complete runs as possible. At the end of the time, teams change sides.



Rules: Runner who has been touched with thrown ball drops out immediately between side players and gets in line again. Runner may not start until player ahead has been tagged or reaches far base. Run is made when player has crossed line at home without being touched by ball on trip to far base or on return trip. Players on sidelines may not step into space between two lines when throwing. Side players may go into playing space when retrieving a ball which has stopped. Players must go behind line to throw ball. Runners should go to their right-hand corner base and return from the far corner. A runner may stop at far base and wait to return.

VAULTING RELAY: Divide the class into two teams. Place a buck about 25 feet away from each team. At the signal "GO," the first man of each team runs to the buck, executes a vault designated at the start of the game, returns, tags the next man, who repeats the same. The team finishing first, wins.

BACK CARRY RELAY: Two teams are formed at equal number. At the signal "GO," the first two men of each team turn back to back, hook elbows

and one man carries the other to a designated goal. On the return trip the men change places, and the team finishing first, wins.

CAP ON STICK RELAY: Class is divided into two teams of equal number. The first man of each team is given a wand and a cap. At the signal "GO," the first man runs to a designated goal with the cap on the wand, returns, tags the next man and the feat is repeated. The team finishing first, wins.

SOCCER DODGE BALL: Group of ten or twelve make circle with at least three feet between players. Five or six players are in the center. The players on the outside circle attempt to touch inside players with a kicked ball. When player in center is touched, he changes places with the one on the outer circle who kicked the ball that hit him.

UNCLE SAM: All players except one, who is designated as the caller, line up on a line at one end of the gym. The caller stands about 20 ft. in front of the players and is facing them. The players then start the game by saying "Uncle Sam, Uncle Sam, may we cross your river dam?" Uncle Sam (the caller) then says "Not unless you have the color _____ on." All the players who have on that color get to cross the gym to the other side free. When all the free players have gone across Uncle Sam says "Run for your lives." All the rest of the players then try and run to the other side of the gym and join the rest of the players before Uncle Sam tags them. If they are tagged they go to the sideline. Each Uncle Sam has two chances to catch players. The winner is the one who caught the most players.

MIDNIGHT: All players except one, who is designated as Mr. Fox, are sitting in a circle at one end of the gym. Mr. Fox stands at the opposite end of the gym. The game starts with the sheep (all the players except Mr. Fox) going up to Mr. Fox and saying "What time is it, Mr. Fox?" Mr. Fox replies by saying any time that comes to his mind. As long as Mr. Fox doesn't say midnight the sheep keep on asking him what time it is. When he says it's midnight all the sheep try and run to their circle before Mr. Fox can tag them. If he does tag some players they help him tag on the next round. The game ends when all the sheep are caught.

The Mad Gymnast's Alibi

(Modern Gymnast)

1. Ate too much.
2. Weak from lack of nourishment.
3. I'm building up for 3 years from now.
4. I don't want to improve too rapidly.
5. I didn't think.
6. I thought too much.
7. Poor judges.
8. I thought I was having a heart attack.
9. I got lost.
10. Too much competition.
11. No competition.
12. Cheap medals.
13. I wanted to see what the other place medals looked like.
14. Nobody cared about my performance.
15. I don't like organized athletics.
16. I felt great and that's always a bad sign.
17. I heard we weren't getting a meal after competition.
18. I can't stand too much success.
19. The horse was slick at the end.
20. The long horse had a loose skin.
21. The rings were too wide.
22. Horse was wrong color—it was hard to see it.
23. My steps were wrong.
24. He didn't beat me—he just got a higher score.
25. My pants were too tight.
26. The P-Bars were facing the wrong direction.
27. I didn't allow myself enough rest.
28. I was too high to stoop through.
29. My arms are too short.
30. The horse was too solid.
31. My coach reminds me of someone and I hate both of them.

BALANCE:

Total brought forward:	
Western National Bank of Cicero—check-	
ing account	\$3,854.24
Income—March 1967	3,767.35
	<hr/>
	\$7,621.59
Disbursements—March 1967	1,766.30
	<hr/>
	\$5,855.29

FROM OUR DISTRICTS

EASTERN DISTRICT

Meeting Held Feb. 20, 1967

Correspondence—Minutes from the ASO. Executive Board.

Information pertaining to the Physical Fitness Gymnastic Classic to be held in Dallas, Texas. Conferences will be held for all officers. Units are requested to send in the names of their representatives. All units and districts are to finance their own representatives.

Bro. Zabransky of Sokol Little Ferry has requested of the ASO. to make a change of the color of the Sokol emblem to blue.

Director of Women—sis. A. Benda absent—given by bro. F. Capek: Sent calisthenic and apparatus moves to all units. The training period held on January 29th was poorly attended. The United Sokols of the East competition will be held March 18th. Junior girls and senior women will compete at Sokol Towers in Astoria.

Director of Men—bro. F. Capek: Asks units to please send in their reports. Is disappointed in the declining attendance of the junior boys and senior men's classes. States that it would be impossible to hold a District Slet this year.

Educational Director—sis. Misek: Reported on social activities of units. Urges all units to send in their calendar of events.

Any persons interested in attending the Montreal Slet should contact sis. Provaznik. The round trip by Greyhound bus is \$18.00 per person. Busses would leave on Friday, June 30th, and Saturday, July 1st, and arrive home on July 3rd and 4th.

UNIT REPORTS:

Sokol Little Ferry conducts many social functions which are profitable. The women's division will admit 11 new members. Preparations are being made to celebrate their 70th anniversary. Although funds are being allocated to send gymnasts to Dallas, only those who know all of the moves and the calisthenics plus perfect attendance will be sent to the Slet.

Sokol Fuegner exhibition to be held on May 7th.

Sokol New York—Renovations are being made due to the new management of the hall. Gym classes are once again increasing due to the assistance of sis. Provaznik. Exhibition will be held on April 23rd. The committee has started planning their Centennial celebration being held on Nov. 18th and 19th, 1967.

For the Good of the Organization—Sis. Provaznik has suggested that another refresher course be held after all exhibitions are over, possibly later in May.

Delegates are to inquire of their units whether they will send students to a Sokol course in our District if we decide to hold one this summer. The place and time would be decided upon at a later date.

Bro. and sis. Zraly and sis. Provaznik had represented the Eastern District at memorial services held for the late Alice Garrigue Masaryk, at the Jan Hus Presbyterian Church.

Meeting Held on March 20, 1967

Correspondence—Minutes from the ASO. Executive Board. The next ASO. Slet will be held in Chicago in 1969.

Bro. Zraly has received an invitation to attend the exhibition of the Long Island Association on April 30th at North Babylon, New York.

Director of Men—bro. Capek: Was disappointed at the small attendance of competitors at the United Sokols meet which was held on March 18th. There is a need to increase the junior boys and men's division.

Director of Women—sis. A. Benda: The American Sokol won the trophy for the highest mark at the United Sokols meet.

Educational Director—sis. Misek: Worked on the tabulating committee at the competition held in New York Sokol.

UNIT REPORTS:

Sokol Fuegner—Some members are interested in attending the Montreal Slet. If a course is conducted, five students may possibly attend.

Sokol Little Ferry—Oct. 14, 70th anniversary celebration. The ladies division is sending packages to the boys in Viet-Nam.

Sokol New York—The Centennial banquet will be held at Sokol Hall. The Academy will be held on the following day. There is a possibility that an exhibition will be held at Sokol Camp, East Haddam, Conn., with units being asked to participate.

Unfinished and New Business—To date the District has not been reimbursed from the ASO. for instructors at the course held in August, 1966, at East Haddam, Conn.

Eastern District will submit ads in the Dallas and Montreal Slet souvenir books. Each unit will be taxed toward the ads.

Bro. Capek reported that the United Sokols of the East are planning to have a dinner dance.

Sis. Provaznik is waiting for a reply from bro. Stetka, in reference to having a refresher course in the Southern Section in May.

Sis. Belson and bro. Keil will be asked to set a date for a bowling tournament among the units of the Eastern District.

Bro. Zraly will represent the District at the Dallas Slet.

Sincerest thanks to bro. William Zabransky for his donation of a typewriter.

* * *

NORTHEASTERN DISTRICT

Meeting Held Feb. 22, 1967

Delegates paid tribute to the deceased Sokols by a moment of silence.

Read excerpts from the minutes of the Executive

Board ASO. Received notice from Lake Erie AAU. that dues are now \$15.00. Dues were paid.

Received an invitation from "Vcelka" to attend their 50th anniversary play and dinner to be held on March 12. Bro. and sis. Suster will represent the District.

UNIT REPORTS:

Sokol Cleveland-Cech Havlicek held a winter exhibition on February 11, and in spite of the extremely inclement weather, it was a success. On April 16, a pork dinner and rummage sale to raise money for its traveling fun.

Sokol Nova Vlast will hold an exhibition on April 1, 1967. Brother Galik moved that the Executive Committee congratulate bro. Horacek of Sokol Detroit on his many years of devotion to Sokol. Approved. A letter will be sent by the Executive Secretary.

Sokol Tyrs—Bro. Hantl reported that the "Night in Prague" was a big success financially and "play-wise." The unit realized a net profit of \$2,786.54 on its recent raffle. The card party held on Feb. 12, 1967, yielded a net profit of \$560.00. The unit's winter exhibition will be held on March 19.

Sokol Detroit—Bro. Eisenstein submitted a complete report on the activities of the unit. The dedication ceremonies held at their new cultural center were a great success, together with their Gymnasticale.

Director of Women sis. Hantl reported that 20 gymnasts from Cleveland participated in the dedication ceremonies held at Detroit. Sister Hantl also reminded the delegates that the District Slet will be held on June 11, 1967.

Meeting with ASO. President Stanley Barcal, on Feb. 19, 1967: The 1970 convention will be held in Cleveland and the Slovak Sokols have asked to participate with the ASO. in this convention. Bro. Barcal questioned the advisability of holding the Slet in 1969 and in Chicago. Motion by bro. Galik that the Exec. Committee of the N.E. District invite ASO. to hold the Slet in Cleveland in 1970 in connection with the 1970 convention. Approved.

ASI (American Sokols Incorporated) function held on Feb. 18. Bro. Pekar and bro. Voris reported on this banquet, which turned out very successfully. Bro. Pekar reported that bro. Barcal of ASO. was very encouraging and felt that the two Cleveland units were headed in the right direction.

Meeting Held March 22, 1967

Czechoslovak Sokol Abroad is asking the N.E. District to participate in the 2nd Sokol Slet to be held in Montreal, Canada, on July 1-2. Letter to be turned over to BOI.

Southern District is asking for trophy and medal contributions. District will contribute \$30 for two trophies to be inscribed N.E. District.

Unit reports were given and all units are getting ready for the Dallas Slet with money-making projects.

Each unit is to take care of its own hotel reservations.

A meeting of all persons attending the Dallas Slet will be held on June 15. To date, there are about 116 members preparing to go to Dallas.

CENTRAL DISTRICT

Meeting Held Feb. 22, 1967

Bro. Drnec introduced the honorary president of the ASO. bro. Charles Prchal, who made an inspiring Sokol initiation of the Central District officers and committees for the year of 1967.

Bro. Stanley Barcal, President of the ASO., gave a report on his trip to Cleveland. He explained the problems that were discussed there and are prevalent in our whole organization and should be under consideration by all of us.

Sis. Pros, Director of Women, gave a report on women's meeting and on the judge's clinic conducted in February. Calisthenic clinic was held with the help of sis. Ann Halik. She also requested information on our trip to Dallas.

Men's director reported on the BOI. meeting and announced the postponed conference of the unit directors to be held February 26, at Sokol Stickney. He invited bro. Drnec to attend the conference and welcome the unit directors. The results of the men's and junior basketball tournament are as follows: Juniors: 1. Sokol West Suburban, 2. Sokol Stickney, 3. Sokol Slavsky, 4. Sokol Berwyn, 5. Sokol Tabor, 6. Sokol Brookfield. — Men: 1. Sokol Havlicek-Tyrs, 2. Sokol Slavsky, 3. Sokol Berwyn, 4. Sokol Tabor. Sister Ann Basta is still negotiating for the rental of the Riverside-Brookfield High School stadium. The date and place for our Victory Dance will be set when the stadium contract is completed.

Bro. Janecka, new Educational Director, gave a short address about the Slet forbidden by the Austrian Government in 1887 in Praha, Bohemia.

* * *

WESTERN DISTRICT

ANNUAL MEETING—Feb. 26, 1967

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

Sis. Drozda brought up the question of uniforms. Bro. Pavoucek asked for samples of pieces needed and quantity so that he could get an estimate on having them made locally.

A motion was made and seconded to (tentatively) hold a workshop in Omaha on APRIL 29th and 30th. The workshop will be conducted by bros. Ed. Linhart, Dick Ptacek and Paul Fina. A judge's clinic will be held on Saturday, April 29th. Units would be limited to seven gymnasts (4 girls and 3 boys) and their instructors and assistant instructors.

An instructor's clinic will be held in Omaha on OCTOBER 13th, 14th, and 15th. Sis. Drozda will finalize details with those who will conduct the clinic. Services of sis. Mildred Prchal and bros. Ed. Linhart, Dick Ptacek and Paul Fina will be requested.

President Ed Pavoucek asked for district number for the Dallas Slet. He suggested that all units check their files for a simple number which could be completed within three minutes.

Director of Men—Raymond Lastovica: Enrolled in classes—209 little boys, 71 juniors, 25 men.

Director of Women—Bozena Drozda: Enrolled in classes—47 tots, 321 girls, 103 juniors and 48 women. Omaha and So. Omaha will participate in

the Nebraska Centennial events. Received invitation for Kansas Czech days on July 10th. Have had to decline because it is the same week as our Mid-Slet in Dallas.

St. Paul will not send gymnasts to proposed clinic. Sis. Drozda suggested that they investigate the possibilities of their own clinic.

All corrected tapes will be sent to the units as soon as they are received.

Educational Director—Al Swoboda: Has written for the So. Omaha Sokol Newsletter. Is composing lessons to be used in the gym. Will send any information on Sokol to any unit upon request.

Public Relations—Vojmir Benak: Sokols were well publicized in local newspapers.

Note from Bro. Pavoucek—Outstate units should send any articles or photos that appear in the news media. Articles are to be sent to sis. Bea Pavoucek, our newly elected Historian.

Dallas Mid-Slet—Send names of representatives who will attend to bro. Pokladnik.

Indemnity Bond—By-laws require a bond for officers handling monies. An indemnity bond will be purchased.

Officers for the year 1967-1968 were elected and installed by bro. Joe Bures, past secretary of the Western District.

Note from Pres. Pavoucek—Many units are asking what the District is doing for their unit. If there are any problems, please write the District. We cannot solve problems that we do not know about.

Meeting Held March 13, 1967

Director of Women—Bo Drozda: Called sister Prchal re: drill for Western District number for Dallas Slet. Sister Prchal stated that she would check into the matter. No confirmation re: instructors for April clinic.

Director of Men—Ray Lastovica: Competition enrollment forms sent to all Western District units.

Educational Director—Al Swoboda: Wrote an article for So. Omaha Newsletter.

Historian—Bea Pavoucek: Sent letters to the following units for list of officers and activities for History Book: Caldwell, Wilson, Schuyler, Hopkins and Minneapolis. Also sent a letter to ASO. re: first day covers and stamp material as this was not put in the History Book.

Deferred Business: No further investigation on uniforms will be made locally until a reply is received from sis. Zabka of New York, who also has a source of supply for uniforms.

By-Laws—Sent to ASO. for approval.

Copies of film used on Dallas T.V. in regard to the Slet will be available upon request.

Tours will be available in Dallas. It was stressed that chaperons be very strict!

Slet Stamps—District will purchase \$5.00 worth of stamps. Sis. Jirka will inquire whether or not the unused stamps are to be returned.

Slet Souvenir Program Book—District will purchase a ¼ page in the book reading: Nazdar from the Western District and carrying the names of all the District officers.

SOUTHERN DISTRICT

Meeting Held March 9, 1967

Sokol Houston—New building under construction is well on schedule, due to favorable weather. Tentative plans for opening in mid-May.

Sokol Ennis—Plan to enter a float in a parade, Polka Festival, sponsored by their city. After discussion it was decided the float to represent the District as a promotion of the Slet.

Director of Men—Due to bro. Milan's absence, bro. Pokladnik gave report as related to him. Had received the Old Guard number for the Slet. Was contacted by bro. Morris of West requesting Sokol participation in the Czech Spectacular in September. Informed that the prostna tape is in the mail — that bro. Fina and Mr. Maloney are scheduled to be in the District April 16 and 17 to hold judging sessions, Sunday 16th for the men and 17th for the women session.

Director of Women—Sylvia Laznovsky: Was informed by sis. Zdenek in regard to women head pieces that the matter of change has to be made in a convention or conference. Instructed and reviewed girls, junior girls and women prostna and apparatus exercises in Houston—brought up several inquires by Houston in regard to the Slet. Children competition is tentatively set for the first part of June.

Course—Discussed the possible use of facilities in one of the units for the course. Information will be related to bro. Milan.

* * *

PACIFIC DISTRICT

Meeting Held Feb. 21, 1967

Correspondence—Sokol Fresno requests technical help from sis. Palas and bro. Pokorny. Southern District notified us of the district officers meetings at the time of the Slet in Dallas. Promise from bro. Linhart to send us the drill for Stara Garda for Dallas Slet. ASO. minutes.

Director of Women—sis. Palas: On her week-end visit in Fresno taught first part of drills to women and junior girls. Also had a telephone call from Seattle, asking for information about responsible people to help in their gym, which sis. Palas gave them.

Bro. Pokorny and sis. Palas will work out their own schedule for their tour to Fresno, and will correspond directly with Sokol Fresno, about their plans, thus saving time. Sis. Palas will type out the drills for the children's competition in Fresno. Sis. Palas with bro. Pokorny will work out an itinerary of their unit visits, to be presented to the ASO.

Director of Men—bro. Pokorny: Reports on plans for the children and volleyball competition in Fresno. Sis. Palas will take care of the medals, bro. Palas the trophies.

Sis. Palas reports she sent copies of drills to sister Kucera in San Francisco 2 months ago, and now they were returned to her as "undeliverable," after 2 notices were left at Kucera's home.

From now on, District meeting will be held each 1st Tuesday of each month.

Meeting Held March 7, 1967

Correspondence: ASO. minutes. Seattle minutes

and article by bro. Novotny, President of the Seattle Sokol. Excerpts from the article will be printed in Los Angeles Sokol News.

Slet stamps in the amount of \$50.00 from Dallas. Sokol and Sokolice Los Angeles received \$100.00 worth also.

Ze Sokola Havlíček-Tyrš.

Sokol a Sokolice Havlíček-Tyrš letos opět odevzdávali členstvu odznaky dlouholetého členství AOS. V roce 1961 při oslavě 50tiletého trvání jednoty, 44 sester a 33 bratří obdrželo 25tileté odznaky, 23 sester a 21 bratří 40tileté a sedm bratří a tři sestry obdrželi 50tileté odznaky, a sice sestry A. Benda, M. Žitný a M. Votava, bratří F. L. Bašta, C. Chmelíř, F. Plzák, V. Šimaner, T. Špatný, V. Stránský a S. Votava. Bratři Šimaner, Votava, Bašta a Plzák již zemřeli.

Po druhé odznaky členství odevzdávány při letošním nastolování činovníků jednoty. Obřadům předcházela chutná večeře připravená našimi sestrami. Nastolovací obřady a odevzdání odznaků provedl starosta AOS. br. Stanley Barcal a jednatelka AOS. ses. Betty Prener. Devět sester a sedm bratří obdrželo 50tileté odznaky a jsou to sestry: F. Chmelíř, E. Houkal, B. Janouš, A. Jirgl, M. Kačer, W. Kalaš, H. Krátký, M. Svoboda a Z. Tintěra. Bratři: F. Bláha, J. Fořt, A. Hladík, E. Houkal, F. Krajčovič, F. Veselý a V. Sedlák. 10 sester a 9 bratří obdrželo 40tileté odznaky, 16 sester a 20 bratří 25tileté a 43 sester a 31 bratří obdrželo 10tileté odznaky. 10leté odznaky předávány poprvé po schválení posledním sjezdem AOS. Počítána jsou léta skutečného členství AOS. Léta v žactvu, dorostu, neb v kanadském neb Čs.O.S. počítána nejsou.

Sokolice Havlíček-Tyrš snad byly první, které předaly 75tiletý odznak, a sice sestře Votavové, která 27. dubna se dožívá 95 let. Starostka ses. A. Bašta a sestry Maršálková a Šimanerová odevzdaly sestře Votavové 75letý odznak v jejím domově. Ovšem do odznaku zasazen byl tradiční diamant. Při té příležitosti ses. Votavová vzpomínala jak při jejím odjezdu z rodné Plzně do Ameriky hudba hrála sokolský pochod, což ses. Votavovou tak dojalo, že si předsevzala stát se členkou Sokola v Americe. Poněvadž přijela ku svému strýci v Milwaukee stala se členkou Sokola Milwaukee. Později přestoupila k Sokolu Racine a posléze přijela do Chicaga, kde stala se spoluzakladatelkou Sokolic Havlíček-Tyrš. Po několik roků byla místostarostkou a v letech 1922, 1931 a 1932 starostkou. Po celou dobu činnosti ve sboru Sokolic Havlíček-Tyrš byla členkou ředitelstva budovy. Sestra Votavová se svým manželem Štěpánem Votavou byla činna po dlouhá léta. V roce 1961 zúčastnili se společně 50tiletého trvání jednoty. Přejeme naši sestře Votavové, aby se ve zdraví dožila stoletých narozenin.

Anna Bašta.

Three Deceased Members of Sokol Wilber, Nebraska

Brother FRANK J. NOVAK, 85, passed away December 1, 1966, at his home in Crete, Nebraska. He was born on November 25, 1881, to Frank and Anna Duchek Novak. On February 19, 1907, was

married to Mary Kaspar and they made their home on a farm near Pleasant Hill, Nebraska. In 1928 his wife, Mary, passed away. On June 30, 1947, married Mrs. Stevie Kadlec and moved to Crete. Brother Novak was on the auditing committee of Sokol Wilber at the time of his death and was a very active member. Was always active in civic and community affairs and was proud of the fact that he never missed an election after reaching voting age. Interment was at the Bohemian-Slavonian Cemetery near Wilber. Survivors include his wife Stevie; daughters: Libbie Aksamit of Crete, Christine Janda of Bemidji, Minnesota; son Orin Novak of Oklahoma City, Okla.; two step children, four grandchildren, one great-grandchild; one brother, Joseph, and two sisters: Anna Vosika and Emily Zajicek, all of Wilber.

Sister ANNA CHALOUPKA, 95, passed away December 31, 1966, at the Crete Hospital. She was the daughter of Thomas and Katie Sedlacek Pasek and came with her parents to Nebraska when she was a year and a half old. She was married to Frank J. Chaloupka at Wilber and they made their home on a farm north of Wilber. Unit's Vice-President Georgia Ripa spoke words of sympathy on behalf of our unit. Burial was in the Bohemian-Slavonian Cemetery near Wilber. Survivors include two daughters, Mrs. Ana Cook of Lincoln, and Mrs. Mildred Badousek of Wilber; eight grandchildren, 21 great-grandchildren, 4 great-great-grandchildren, and a sister, Mrs. Abbie Cerny.

Brother HENRY SOBOTKA, 81, passed away February 19, 1967, at the Crete Hospital, Crete, Nebraska. He was born on a farm west of Wilber on December 20, 1885, and was the son of Joseph and Mary Duba Sobotka. On September 1, 1909, was married to Daisy Chasdek at Wilber and they made their home on a farm west of Wilber, retiring to Wilber 19 years ago. Funeral services were conducted with those of his brother, William, who also passed away on February 19th. Burial was in the Lincoln Memorial Park Cemetery near Lincoln. Survivors include three brothers, Joseph of Tobias, Frank of Longview, Washington, and Adolf of Wilber, and two sisters, Mrs. Jennie Choutka of Madison and Mrs. Rose Cresap of Los Angeles California. He was preceded in death by his wife, Daisy, brothers John, Edward and Charles, and a sister, Ludmila. Frank Kucera, Jr., Secy.

In Remembrance

I read with interest the obituary notice of the passing of sister Kveta Hron. In our American Sokol, one part of her activity in Sokol was somehow overlooked. I knew both brother and sister Hron and over the years visited their home in Meridan, Connecticut often. They both spent many weekends at the East Haddam Sokol Camp.

I wish to state that sister Hron was secretary of the Eastern District for many years—a sincere Sokol. I always will remember her defense of my report when I returned as a delegate of the Eastern District from Omaha from the convention in 1946. I will always remember sister Hron for her sincerity and all the work she gave for Sokol Tyrš.

William Zabransky, Jr., Sokol Little Ferry

What you EARN during your lifetime isn't important, but the amount you SAVE is important!

Secure an insured savings plan with a Modern Society in its second century of FRATERNAL INSURANCE SERVICE to American Families offering a complete new portfolio of popular policies for Adult and Junior members of the family.



- LIFE
- ACCIDENT & SICKNESS
- HOSPITALIZATION
- DREAD DISEASE
- RETIREMENT
- MORTGAGE REDEMPTION

Be Modern – Go Modern – Join and insure with

CZECHOSLOVAK SOCIETY of AMERICA

PIONEER OF FRATERNAL LIFE INSURANCE

C.S.A. BUILDING

2138 SOUTH 61st COURT

CICERO, ILL. 60650

TYRŠ ODPOVÍDÁ.

Je třeba mnoha idealismu a obětí i od těch, kteří spolek vedou. Jak je to s nimi, "nepraktickými idealisty", jak bývají nazýváni?

Nepraktickými idealisty byli všichni, kdož k svému přesvědčení v dobách těžkých věrně a mužně stáli, kdož celek nad osobnost stavěli, kdož za blaho lidstva, za volnost ducha, za nezávislost svého národa bojovali, trpěli a umírali. Ale snad uzná i naše doba ještě, že tito nepraktičtí idealisté přece jenom větší lidé jsou a byli než mnohý praktikus, jenž žaludek a kapsu každodenně svědomitě plní, ale o všeobecné zájmy, o život národa v ničem se nestará.

Jaký účinek se dostavuje, jestliže se tělesná výchova pěstuje jen pro osobní slávu nebo pro osobní zisk?

Svoboda Řecká klesá v této době, v níž se řecký tělocvik v jádře svém rozpadává, účastenství všeobecně mizí, hry pythické a nemejské a sám hod olympický se v představení zjištěných a chlubných atletů zvrhají.

AŽ JEDETE KAMKOLIV

vlakem, lodí nebo letadlem,
po celém světě nebo jen
po Americce,
vždy pojedete nejlépe od

HEGER

TRAVEL BUREAU

6118 W. Cermak Road
Cicero, Illinois 60650
TOwnhall 3-4774

**ZÍŠKEJ NOVÉHO
ČLENA!**

Spring and Summer Grave Decoration

should be ordered
NOW!

Those who shall order first,
shall be so served.

SINGLE, DOUBLE DEPTH
and COMPANION
GARDEN CRYPTS

are available on pre-need sale
basis for cash or on easy terms.

EARTH BURIALS
CREMATION

**BOHEMIAN
NATIONAL
CEMETERY**

5255 No. Pulaski Road
Phone: KEystone 9-8442
STanley 8-8442

CHARLES M. PRCHAL:

50 YEARS

(Continued)

In 1926, the ASO. organized two tours which attended the VIII. Sokol Slet in Prague. The ASO. was represented by President J. Placek, Vice-President Anton Dolezal, Physical Director Jarka Jelinek and Editor Lad. Stolfa. Additionally 16 men and 15 women gymnasts were sponsored to take part in the Slet and competitions, and many more made the trip and participated at their own expense. After the Slet 37 brothers and sisters remained to complete an instructors course of the ČOS. in Prague and to bring back to America new concepts, ideas and knowledge.

The III. convention of ASO. took place on August 30, 1928, in Chicago, Illinois. For the period 1928 to 1933 a 15 member Executive Committee was elected with the following officers: President, Joseph Cermak; I. and II. Vice-Presidents, bro. Frank Vlach and sis. Marie Stepanek; Secretary, bro. Jarka Kosar; Physical Director, bro. Jarka Jelinek, and Editor of the Organ, bro. Ferd. L. Musil.

Amongst the many memorable accomplishments we must include the formation of the Federation of Slav Sokols of America on April 11th, 1930, and concurrently the Federation of Czechoslovak Sokols of America. In 1929 the second Slet of ASO. took place. This was both a financial and moral success with 734 competitors, 1,106 youngsters and 1,062

members performing calisthenics for a total of 2,168. The ČOS. sent a representative team.

In the year 1932 the ASO. was represented in large numbers at the IX. ČOS. Slet in Prague. 28 sisters and 40 brothers attended. The financial returns from the two tours sponsored by ASO. was of the greatest assistance to the ASO. in a most difficult period when banks failed and unemployment was widespread. Every unit felt the pinch of those depression years in full measure. In 1933 the II. Slet of the Sokol Federation was held in Chicago. 1,295 Czechs and 350 Slovaks competed. 1,361 Czechs and 520 Slovaks performed calisthenics along with 1,353 Czech and 169 Slovak children for a total of 3,403 participants. A ČOS. delegation with representative teams of men and women took part in this great Slet lead by the President of ČOS. Dr. Stanislav Bukovsky.

In August of that same year, members and children of the Sokol organizations participated and performed in large numbers in a pageant at the celebration of Czechoslovak Day, along with other organizations at the Chicago World's Fair, A Century of Progress. This festive performance was directed by bro. Jarka Jelinek.

(Continued)

69th

SUCCESSFUL

YEAR

Fraternal Life Insurance

PROTECTION

Organized in 1897 with 1,259 insured members in 8 states. Now licensed in 20 states, over 60,000 certificates, has over \$77,500,000 of insurance in force. Total assets over \$28,900,000. Offers Legal Reserve Fraternal Life Insurance to Juveniles and Adults to age 65.

HOME OFFICE
CEDAR RAPIDS, IOWA

M. L. HROMADKA, National President
U.S. SEN. ROMAN L. HRUSKA, National Vice-President
CHARLES H. VYSKOCIL, National Secretary
GEORGE J. SHULTZ, National Treasurer

**WESTERN BOHEMIAN
FRATERNAL ASSOCIATION**

Západní Česko-Bratrská Jednota

LARGEST

CZECH-AMERICAN

ORGANIZATION IN U.S.A.