



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

May 1967

JAMES L. CIHAK:

DEMOCRACY IN AMERICA

By ALEXIS DE TOCQUEVILLE

From 1832 to 1834 the young republic of the United States of America had a rare visitor. He was only one of many coming to our shores to study this young giant, as yet unconscious of its own potential or role in world history. His name was Alexis de Tocqueville, a young Frenchman with a brilliant, perceptive mind. He traveled everywhere, talked to everyone, saw things others passed by and returned to France to write his famous "Democracy In America."

Not only was he eminently fair in describing his observations but, with a prophetic vision, he foresaw and foretold matters occurring today and far beyond our own vision. For instance at the end of Vol. I of his two volume work we read the following:

"There are, at the present time, two great nations in the world, which seem to tend towards the same end, although they started from different points: I allude to the Russians and the Americans. Both of them have grown up unnoticed; and whilst the attention of mankind was directed elsewhere, they have suddenly assumed a most prominent place amongst the nations; and the world learned their existence and their greatness at almost the same time.

"All other nations seem to have nearly reached their natural limits, and only to be charged with the maintenance of their power; but these are still in the act of growth: all the others are stopped or continue to advance with extreme difficulty; these are proceeding with ease and with celerity along a path to which the human eye can assign no term. The American struggles against the natural obstacles which oppose him; the adversaries of the Russian are men: the former combats the wilderness and savage life, the latter, civilization with all its weapons and its arts: the conquests of the one are therefore gained by the ploughshare; those of the other, by the sword. The Anglo-American relies upon personal interest to accomplish his ends, and gives free scope to the unguided exertions and common sense of the citizens; the Russian centers all the authority of society in a single arm: the principle instrument of the former is freedom; of the latter servitude. Their starting point is different, and their courses are not the same; yet each of them seems to be marked out by the will of Heaven to sway the destinies of half the globe."

The above was written in 1834. Sir Robert Peel, the Edinburgh Review, the London Review, the Quarterly Review, all of them authoritative judges, welcomed de Tocqueville's great work as the first scientific study of democracy. They equally admired its style and marveled at his perspicacity. Hundreds of serious students and historians since then have availed themselves of this fountain of knowledge. It would not be too far afield to state that "To know America and democracy to its depths, one must know de Tocqueville first, just as to know philosophy one must first be a Spinozist." (Continued on page 56)

AMERICAN SOKOL



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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

Rare Offering For Our Sokol Districts and Units

The Executive Board of ASO. at its meeting of April 25, 1967, decided to dispose of all First Day envelopes and post cards at the following closeout prices:

	Cost	Resale
Physical Fitness post card (no stamp) .06		.10
Physical Fitness post card—1 stamp11		.20
Envelopes (in 3 colors)—1 stamp10		.25
Envelopes (in 3 colors)—2 stamps15		.30
Envelopes (in 3 colors)—4 stamps25		.50
Envelopes (in 3 colors)—4 stamps (with either zip code or plate block numbers)30		.75

This is a rare opportunity to secure the official First Day covers at bargain prices. The districts or units can certainly use the profit for their many fine projects. Send your orders in now to:

James L. Cihak
American Sokol Organization
5611 West Cermak Road
Cicero, Illinois 60650

Calendar of Events

MAY 26th—SOUTH OMAHA and OMAHA SOKOL Centennial Program, in South Omaha, 6:30 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 6th—OPENING DAY — FUEGNER-TYRS, SOUTH OMAHA SOKOL PARK, South Highway 75. Free dancing under the stars.

JUNE 11th—NORTHEASTERN DISTRICT. Annual Exhibition.

JUNE 17th—CENTRAL DISTRICT. Victory Dance and Gymnastical at Sokol Tabor, corner 16th St. and Clarence Ave. in Berwyn, Ill.

JUNE 18th—CENTRAL DISTRICT "Sokol Physical Fitness Day" at Riverside-Brookfield High School Stadium, corner Washington and Forest Ave., and Golf Road, Brookfield, Ill. 2:00 P.M.

JULY 9th—SOUTH OMAHA SOKOL DAY. Sokol Park, South Highway 75. Dinner 11 to 1:30 P.M. Free admission. Gymnastic exhibition at 2:00 P.M.

JULY 9th thru 15th—SOKOL ST. PAUL, MINN. Kids Week at Sokol Camp.

JULY 9th—SOKOL DETROIT, MICHIGAN. Gymnastic exhibition at the Sokol Camp.

JULY 9th—SOKOL HAVLICEK-TYRS, Chicago, Ill. — Picnic at the Camp.

JULY 23rd—SOKOL HAVLICEK-TYRS, Chicago, Ill. — 25th Camp Anniversary dinner at the Camp.

JULY 13-16—MID-SLET OF ASO., Dallas, Texas.

JULY 30th—SOKOL ST. PAUL, MINN. Annual Picnic at Sokol Camp.

AUG. 19th—SOKOL DETROIT, MICHIGAN. Summer Festival at Camp.

AUG. 20th—SOKOL TYRS, CLEVELAND, OHIO. Annual picnic—I.O.O.F. Camp.

SEPT. 10th—SOKOL DETROIT, MICHIGAN. Grape Festival at 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.

SEPT. 23rd—SOUTH OMAHA - WESTERN DIST. Sokol Centennial Invitational Gymnastic Meet, Plattsmouth, Nebr.—1:00 P.M.

SEPT. 23rd—Semi-Annual WESTERN DISTRICT BOI. meeting—7:30 P.M.

SEPT. 24th—Semi-Annual All Unit WESTERN DISTRICT meeting—9:00 A.M.

SEPT. 26th—SOKOL OMAHA and SOKOL SOUTH OMAHA gymnastic program—WBFA. National Convention, 13th and Martha Streets, 8:00 P.M.

OCT. 7th—SOKOL BALTIMORE, MARYLAND. 95th Anniversary Dinner and Dance.

OCT. 13, 14, and 15—WESTERN DISTRICT. Instructors clinic in Omaha.

OCT. 14th—SOKOL LITTLE FERRY, N. J. 70th Anniversary Celebration.

OCT. 25th—SOKOL CEDAR RAPIDS, IOWA. Sokol Supper.

OCT. 28th—SOKOL DETROIT, MICHIGAN. Halloween Masquerade at Cultural Center.

NOV. 4-5th—SOKOL DETROIT, MICHIGAN. Old Fashion Bazaar at the Sokol Center.

NOV. 4th—SOKOL LITTLE FERRY, N. J. 70th Annual Duck Dinner.

NOV. 18th—SOKOL NEW YORK. — 100th Year Anniversary—Banquet.

NOV. 19th—SOKOL NEW YORK. — 100th Year Anniversary—"Akademie."

AMERICAN SOKOL

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Future Sokol Leaders Fund

Following is a listing of donations up to February 21, 1966:

Previously reported	\$14,595.23
In lieu of Christmas cards (1964):	
Blanche and Jim Cihak	15.00
Charles and Mildred Prchal	15.00
Dividends:	
Investors Savings & Loan Assn.	404.00
Belle Savings & Loan Assn.	6.76
Clyde Savings & Loan Assn.	245.71
Anton Smunt	10.00
Rose B. Kerner in memory of Judge Otto Kerner	15.00
Jerry R. Madera in memory of Christine & James Madera and Dr. C. D. Berquist	25.00
Edward Gregor	100.00
Anna Klaus in memory of James & Anna Klaus	10.00
Henry L. Poupa in memory of Dr. James B. Poupa	100.00
Libuse Kalivoda	10.00
Tomas Spatny in memory of his wife, Elizabeth Spatny	10.00
Charles T. Kropik	25.00
In memory of Amalie Chotovinsky:	
Jaroslav & Vlasta Vota, Milwaukee	5.00
Frank & Bessie Vorel	10.00
In memory of Fred Riegel:	
Stella Riegel	10.00
Blanche and Jim Cihak	10.00
In memory of Marie Heydusek:	
Frank Fristensky	5.00
Joseph and Ludmila Kaminsky	2.00
Rose Sandquist	2.00
Mamie Fishback	1.00
June Kalina Hasett	5.00
Lodge Columbia-Ceske Vlastenky No. 79, J.C.D.a.P. in memory of deceased members—1964	20.00
Aloisie Pech in memory of bro. J. Pech ..	5.00
In memory of bro. James Sura:	
Bohous and Rose Nekolny	5.00
Charles Dvorak	7.00
Mr. & Mrs. John Nekolny	5.00
James Vodak in memory of Edw. Vanek ..	5.00
Jaroslav Rabas in memory of bro. A. Prerost	10.00
Mrs. Clara Novotny in mem. of her mother Mrs. M. Hejdusek	3.00
Hilda Jelinek in memory of Jarka Jelinek ..	25.00
In memory of Dr. Frank J. Vitek:	
Libuse Kalivoda	10.00
Blanche and Jim Cihak	10.00
Mr. & Mrs. Joseph Kos	2.00
Sokol Chicago in place of volleyball trophy	10.00

In memory of Joseph Bitterman:

Mr. & Mrs. Emil Wolf	5.00
Mr. & Mrs. H. Ellison	5.00
Krouzek Ceskych Zen, Dallas, in memory of sis. M. Rendl	5.00
Alice Novotny in memory of Mrs. Mary Heyduk	5.00
Rudy and Mildred Liska in memory of Mr. Frank Kourim	5.00
American Czechoslovak Club of Seattle ..	100.00
Simon Rokusek, Omaha, Nebr.	100.00
Kristof Kacerovsky in memory of all deceased brothers and sisters of Sokol Cedar Rapids, and especially their unforgettable teacher, F. Machovsky	50.00
In memory of James Simaner:	
Blanche and James Cihak	10.00
Ann Falta	10.00
Sokol Stickney	25.00
Camilla and William Shana	5.00
Bro. and sis. Ronald Triska	5.00
Bohus Nekolny Family	5.00
Senator Roman L. & Mrs. Hruska	100.00
Florence and Karl Palas in memory of Agnes and Joseph Vessel	10.00
Lydia and Joseph Hrbek in memory of W. Matousek	10.00
Libbie and Charles Schamanek	100.00
Frank and Bessie Vorel in memory of Ant. Slechta	10.00
George and Millie Cermak in memory of Vaclav Konecny	10.00
Anton and Anna Smunt in memory of Frances Cmunt	15.00
Mildred and George L. Cermak in memory of Leonard Lech	15.00
Sokol Hopkins, Minn., in memory of sis. Amalie Kimmer	7.00
In memory of Theresa R. Dobias:	
Mr. & Mrs. G. Kutilek	10.00
Mr. & Mrs. J. Jebavy	10.00
Mrs. Agnes Vesely, Mrs. Elsie Swatek, Mr. & Mrs. W. Hamilton	10.00
Blanche and Jim Cihak in memory of bro. Bohumil Marek	10.00
Irene Marek in memory of husband, Bohumil Marek	50.00
Ella & Henry Vydra in memory of brother-in-law, Bohumil Marek	10.00
Anna Kuchler in memory of husband, James Kuchler	10.00
Anton Smunt	30.00
Charles Kropik	25.00
Vince Sedlak in honor of bro. Charles Prchal	2.00

Sokol Town of Lake in memory of bro. James E. Picha	10.00
Aloisie Pech in memory of husband, John Pech	10.00
	\$16,552.70

July	"	80.00
September	"	287.00
October	"	80.00
January 1966		67.00
February	"	10.00

DONATIONS:

Dec. 1964 (not previously reported)	\$ 15.00
January 1965	355.00
February "	67.00
March "	8.00
April "	55.00
May "	127.00
June "	150.00

Total Donations	\$ 1,957.47
Dividends earned	656.47
Previous balance	14,595.23
TOTAL	\$16,552.70

(Continued)

Democracy In America—

(Continued from cover page)

Our primary function in Sokol is to help create WHOLE people. Every great pedagogue realized this and insisted upon the simultaneous development of mind, spirit and body. Why do we always wait until disregard for known and proven facts wave the flag of "disaster ahead" before we act—and then try in desperation by crash programs to overcome our laxity?

If only a handful turn to de Tocqueville and read him time and again it will have been worth the effort. Thomas G. Masaryk's utterances and writings on scores of occasions carried on in the same vein. Eventually de Tocqueville's analysis will become the guideline to a better future. How much the world will suffer in the meantime no one knows. — Nazdar!

ASO. Executive Board

Meeting Held April 25, 1967

REPORTS:

BOI.—Due to curfew at Oak Lawn, which was devastated by a tornado, sis. L. Zdenek, Director of Women, presented report for April; also minutes of meeting of April 7, 1967.

Replied to letters received during the month: request from bro. Stetka regarding clarification of junior girls' exercises; to Eastern District requesting an itemized bill and report of their 1966 course, as well as constant communication with sis. Zabka regarding uniforms. More samples were received.

All entry blanks, physical releases and final surveys were mailed out following the April 7th meeting, with a due date of return set for June 15th.

As a result of inquiry from sis. Laznovsky the BOI voted to have women wear the red caps for the Slet as well as the parade in Dallas.

Re: the letter to bro. Nekuda of the Pacific District, have not as yet received a reply. However, sis. Ptacek has sent duplicate attendance records to each unit in the Pacific District with covering letter as to their use and disposition. I noticed that this letter was brought up in the Pacific District meeting and sis. Palas advised that she would look after the matter.

We have received further samples of uniforms and the women's div. was so well satisfied that they voted to use the New York source for women's uniforms. The LaCrosse Glove Co. was contacted and sample shoes and information has been received by them.

Letters that have been answered by sis. Zdenek:

1. Eastern Dist. re: payment of their clinic—an itemized bill has been requested by sis. Zdenek.

2. Invitation from USGF. to attend their meet in Tucson—sis. Zdenek is unable to attend.

Letters to be discussed in joint board meeting on April 19th:

1. Western Dist. requests change of date of their clinic. Would like to set a date in October.

2. Southern Dist. request for traveling instructor.

A discussion was held on the wearing of the red caps to "finish" the women's uniform during the calisthenics which are to be performed in Dallas. As a result, the following motion was made: That all women must wear the red print caps in the parade and the mass calisthenics. Motion was passed.

Sis. secretary read a copy of the letter which was written to bro. Emil Nekuda, President of the Pacific Dist., re: permission to send information for women's dept. direct to units, since this board has not received any information from the Pacific Dist. Board of Instructors for some time.

Uniforms: Sis. Zdenek was in contact with sis. Zabka and was able to report information from sis. Jelinek with regards to quantities, sources of belting, emblems, etc. Sis. Zdenek was directed by women's ASO. Board of Instructors to speak to sis. Zabka and request price lists, other definite information such as when orders can begin to be placed and how, etc.

After a phone call to bro. Barcal, ASO. President, to obtain clearance, the following motion was made by sis. Schnabl:

It is moved that we use sis. Zabka as intermediary and Mr. Silverman of New York as direct supplier of women's division gymnastic uniforms. Unanimously passed.

Sis. Udaykee will write to LaCrosse Glove Company, LaCrosse, Wisconsin re: possible source of supply for ballet slippers.

Recommendations To Executive Committee: 1. During the Mid-Slet in Dallas a fitting tribute

should be made by the ASO. at the site of President Kennedy's death. — 2. On Memorial Day, a wreath be placed at the grave of bro. Jelinek.

Women's BOI. Working Uniform: Sis. Zdenek will ask if Mr. Silverman can make A-line skirt and Olympic-type jacket, with matching piping on skirt as on jacket yolk. Other sources previously suggested have been exhausted.

Competitions In Dallas: Those in charge of various divisions, will be as follows: Championship—sis. M. Prchal. Other women's divisions—sis. J. Krizenecky. Junior girls—sis. E. J. Schnabl. Tabulation—sis. A. Halik.

It is up to these members to choose their assistants.

On Saturday, April 8th, I spent the afternoon at I.C.M. in consultation with bro. Gombus on the status of our uniforms. Not much more has been accomplished than in recent meetings. I am now sending a sample of the men's needs to the manufacturer in New York with recommended changes we have made. I have also met with sis. Trajhan and inquired of her inventory.

On Thursday and Saturday, April 13th and 15th, I attended the North American Gym Championships at Riverside-Brookfield High School. I had a brief meeting with our bro. Jerry Hardy.

On April 21, 22, and 23, I visited the Southern Dist. ASO. and held workshops, meetings and inspection of facilities for our Slet.

Bro. Basta and the Central Dist. have submitted an agenda of their proposed tour to the Dallas Slet. It consists of a 7 day all expense trip—\$138.50 per person.

BOI.—Bro. E. Linhart, Director of Men, read report for April.

Letter and application for traveling instructor position from Mirko Lachman of Sweden was read and discussed. It was decided to write a letter of thanks for his interest with an explanation that our main interest is Tyr's system of gymnastics and not team sports. It was suggested that a personal interview would be needed before a decision could be made.

Bro. Basta reported for the scholarship committee. Request forms have appeared in the American Sokol. We received four new applications and two from previous recipients.

Re: Sokol Supply. The women's BOI. decided in their meeting to use the New York manufacturer as the official Sokol supplier of uniforms for the women's department with sis. Norma Zabka as their intermediary. Samples of women's shorts, junior girl's uniform, men's pants and LaCrosse Glove Co. gym slippers were passed around.

Bro. Linhart sent a tailored junior boy's uniform and boy's uniform samples to New York.

The Omaha Western District clinic has been changed to next fall. Brothers Linhart and Ptacek will visit the Western District April 28-30th to teach calisthenics and competition moves.

The Central District's request for funds for St. Louis, Milwaukee and Racine workshops was granted.

The Eastern District request for reimbursement for their 1966 course is being held pending the receipt of a report and a bill.

The Pacific District request for \$300.00 for sis. Palas and bro. Pokorny to travel in their district to prepare for the Mid-Slet was granted. This will be sent when the travel is completed and report received.

The Southern District request for a traveling instructor will be handled by bro. Linhart and sis. Zdenek when they visit the district.

Bro. Linhart received district directors reports from bros. G. Kotlan, Jerry Milan and J. Pokorny.

Bro. Linhart reported on the North American Gymnastic Championships held in Riverside, Ill.

It was decided that we order 24 manuals of FIG-ABC. These will be sold by the ASO. office. Bro. Linhart will also order FIG rules.

Re: Dallas Slet: Survey sheets and entrees have been sent out. A few have been received.

The men will hold their volleyball tournament if a suitable site can be found.

Medals from the AAU. Olympic Development have been received.

It was recommended that we ask the Southern District to reconsider the \$3.00 gymnast entrance fee for the Victory Dance.

Letter from sis. Laznovsky read with questions regarding Slet responsibilities. These will be answered by the ASO. directors when they visit Dallas April 21-23.

An ASO. instructor's course will not be held in Texas because no site has been found. An SGUS. course will be held following our Slet at Potter Lake, Wis. The ASO. has been invited to participate.

The men met briefly after the combined meeting. Apparatus moves were discussed.

It was recommended that we purchase our gym slippers from IGM.

Item of Central District's workshops at St. Louis and Milwaukee-Racine approved, and payment will be made pending receipt of bills. Bros. E. Linhart and R. Ptacek to teach calisthenics and competitive moves at Western District April 28-30. Approved. The Omaha (Western District) clinic has been postponed to next fall. Approved. The Pacific District's request for \$300.00 travel expense for sis. F. Palas and bro. J. Pokorny to prepare for the Mid-Slet, granted; and payment will be made upon receipt of bills and report of activities. ASO. office to arrange for purchase of 24 FIG manuals, ABC moves, to be sold by the ASO. office.

Dallas: Sis. Zdenek and bro. Linhart gave a fine detailed report of their trip to Dallas. The matter of \$300.00 traveling instructor fund allocation Southern District, referred to ASO.-BOI. for recommendation. Their reports will be published in the American Sokol.

Reports of Districts: Northeastern District—minutes of March 22, 1967; Eastern District—minutes of April 17, 1967; Western District—minutes of Apr. 10, 1967; Pacific District—minutes of April 7, 1967.

Correspondence: Sokol Houston requesting several Sokol songs to be sung on occasion of dedication of their new building May 14. Songs will be sent. — Invitation from Sokol Houston that bro. S. Barcal, President, be present at dedication ceremonies of their new building May 13-14. Approved that bro. Barcal represent ASO. — Sokol Los An-

ges in matter of identification card—to be referred for discussion at Dallas. — Sokol Detroit report on by-laws; also working committees' activities show good results. — Western District on invitation from Kass County King Carnival plans to hold a district competition meet at Plattsmouth, Nebr. Sept. 23rd. The Western District will be advised as to who will represent us at WBFA. convention. Information requested on unit histories will be forthcoming. — Letter written by J. Novak was given to bro. R. Svoboda of Sokol Brookfield. — Sokol Crete, Nebr. advise they obtained tax exemption in 1966. Also are driving to Dallas. — Letter from Academic Media tabled. — Hotel Adolphus letter will be referred to sis. Zvolanek. — Czechoslovak Council of America booklet "Panorama" will be placed on agenda for Dallas. — Approved ½ page ad in souvenir program book commemorating 60th Anniversary of District Ludevit Stur. — Sokol Slet (Montreal) Expo 67—½ page ad approved (1 contrary vote). — Request from Mrs. R. O. Slatineau, Cedar Rapids, Ia., for information on Sokol. Our booklets will be sent; also 1965 Slet program.

Reports: Editor bro. C. Prchal reports American Sokol (April issue) is out. Request for insert from the Texas Slet Committee for the May and June issues. Southern Dist. will be notified that only 4 inserts were approved. Yugoslav Sokols sent letter of thanks for article in February issue of American Sokol. Mention will be made of their publication in another issue. Received invitation from Polish National Alliance to attend celebration and program commemorating the 176th anniversary of Poland's adoption of the Constitution at Humboldt Park May 3rd. Post Office will announce increase in postal rates—all publishers will be notified. Attended all gymnastic exhibitions; attendance at all very good. Attended North American Gym Championship.

Educational Com.: Bro. J. Cihak read minutes of meeting of Educational Committee. Also read report for April. Sent out material requested. Suggested use of 1965 Slet Program and Centennial Stamp Program to Southern District. Filled requests for material. Matter of Lerner publications satisfactorily completed. Post cards and First Day Covers still available—will be offered to units interested. Translation made of Joseph Cermak's "Epistles on Self-Control" and turned over to bro. Barcal.

Publicity Com.: Sis. A. Basta, working with bro. Novak on the new letterhead—trying to get publicity promoting Slet (Dallas). Information brought back from Dallas will help. Articles will be written.

Organization Com.: Sis. E. Welcl-Ruzicka sent tentative agenda for Dallas meeting. A separate meeting will be called to work up details.

Financial Secretary: Sis. A. Falta read report of March 1967 receipts and disbursements. 9 units are delinquent in the payment of special assessment. Books were audited Apr. 22, 1967, and found to be in order.

Treasurer: Bro. F. Vodrazka reports his records are in accord with those of Financial Secretary. Read financial report for the year 1966. Receipts and disbursements of departments. The report was discussed and will be sent to all units.

Secretary: Accounting Dept.—sis. A. Sotka. Quarterly reports processed. Correspondence answered. Compiled listing of donations to Future Sokol Lead-

ers Fund through Apr. 6, 1967, for publication in the American Sokol. Sis. E. Schnabl reports Sokol Gymnastic Assn. of Canada advised receipt of refund of duty and sales tax on importation of Slet film. Handled all correspondence. Obtained Dallas seals for ASO. office use. Telephone credit card obtained for sis. Zdenek and bro. Linhart. Sis. B. Prener reports current correspondence has been answered. Contacted sis. Zdenek regarding certain information needed from Dallas. Wrote letter of thanks to sis. A. Trajhan for work done on men's caps gratis. Attended Sokol Stickney gymnastic exhibition—appropriate special number—"Kick-off Sokol Stickney—Touchdown Dallas." Helped audit books. Petty cash audited through March 31, 1967. Sis. Falta is looking up information (historic) requested by bro. E. Pavoucek, President of the Western District.

President: Bro. S. Barcal called attention to officers and department chairmen traveling to Dallas for Thursday meeting, that due to time involved some would necessarily have to fly. After discussion, approval granted that travel be by plane; those traveling by car to be compensated on the basis of 8c per mile. Special meeting will be called to work up agenda on sis. E. Ruzicka's arrival here. The number of rooms needed for our group—this information will be transmitted to H. B. Smith, Dallas. Bro. Barcal wrote to bro. Zabransky, Little Ferry, N. J. Wrote article for the Houston publication, attended meeting of the BOI.

Received program of Sokol New York Centennial. Also program from bro. Zabransky. Two new unit publications have been received: Voice of Slavsky and Tabor Talk.

Financial Report ASO.

April 1967

INCOME:

Dues	\$2,566.75
T. J. Masaryk dues	9.00
Convention Fund	77.25
Special assessment	273.00
Dividends and interest	191.67
Advertising in "American Sokol"	392.00
Subscriptions to "American Sokol"	6.00
Sale of Sokol emblems, educational pamphlets and rosettes	48.30
Postage30
Total Income	\$3,564.27

DISBURSEMENTS:

Administrative Department

Salaries	\$205.71
Dist Dir. of Int. Rev.—F.I.C.A. and F.W.T.—st qtr.	170.20
Rental, janitor service, phone, electric	147.98
Miscellaneous expense	40.00
Petty cash	39.26

\$ 603.15

Educational Department BOI.

Salaries	\$187.50
Dist Dir. of Int. Rev.—F.I.C.A. and F.W.T.—1st qtr.	142.20

SOKOL GYMNAST

May 1967

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

TO ALL UNIT PRESIDENTS AND DIRECTORS:

As we approach the American Sokol Competitions and Slet in Dallas, Texas, we have in mind the welfare of our junior competitors and participants.

The most important responsibility that falls to you, the officers of your Sokol unit, is to see to it that these young members are cared for in the best manner possible. To that end, selection of the chaperones is vital. Those selected to chaperone juniors must be free to care for them at all times. Do not tie up competitors and judges whose free time will not coincide with that of the young people.

Our host hotel has provided a social room at no charge, which will be available to our juniors at all times. A teen dance has been planned for them on Friday night, and there is the Victory Dance on Saturday. Make some plans for them for Friday, when they will have no planned activity.

Be sure that your juniors know their responsibility as Sokol members and representatives and that their behavior is at all times exemplary. It is our goal to have NO ACCIDENTS or INCIDENTS during this Slet and it is up to you to carry it through.

EDWARD LINHART
ASO. Director of Men

LORRAINE ZDENEK
ASO. Director of Women

THE KALEIDOSCOPIC PHYSICAL FITNESS GYMNASTICS CLASSIC - JULY 13 TO 16, 1967

The Dallas, Tex., Mid-Slet of American Sokol Hosted
by the Southern District

To All Directors, Instructors, Competitors, Judges

On the above dates we will observe the culmination of two years of intensive work, devoted to the Mid-Slet and Competitions to be held in Dallas, Texas. Many of our units have donated time and expense to have their Sokol represented at this great gathering, in which not only will the gymnasts participate but also our officers of units, districts and on the national level. We hope that everyone will have an enjoyable time during the days of the Mid-Slet.

To help create an orderly function of this magnitude and promote good Fellowship and Brotherhood throughout the Slet festivities, we are publishing the following rules that are to be observed.

1. Upon arrival, all gymnasts are to register at the Hotel Baker's Registrar Desk—2nd Floor, and indicate where your lodgings are for the Slet; also the name of your group chaperone.
2. During your stay in Dallas, you are to be on your best behavior. Boisterism in the hotel—vandalism on the premises will not be tolerated. The units and parents will be held responsible for any damages. Anyone found disobeying will be sent home immediately.
3. At the meet, you must have a proper Sokol uniform, belt, shoes, etc. See that they are clean and pressed; be neat in appearance, no jewelry.
4. Present yourself at the Municipal Auditorium one-half hour prior to starting time of competition and register at the desk for your competitor number. ALL INSTRUCTORS MUST HAVE RETURNED THEIR ENTREE BLANKS AND ENTREE FEES AT THIS TIME, OTHERWISE NO NUMBERS WILL BE GIVEN TO CONTESTANT. WARMUPS WILL BE PERMITTED AT THIS TIME ONLY. The Baker Hotel is only 3 blocks away from the Auditorium, so that the gymnasts may dress in Sokol uniform and walk to the Auditorium. If your unit has special jackets, wear them.

5. In the meet, be courteous to other fellow gymnasts—observe a quiet atmosphere—proceed in an orderly group to and from each apparatus. At the conclusion of the meet, leave the floor and watch from the stands. No one, but judges, gymnasts and instructors **WHO ARE IN PROPER SOKOL UNIFORM** will be allowed on the main floor.
6. Only the official photographers as designated by the Director of Men, Edward Linhart, and Director of Women, Lorraine Zdenek, will be allowed on the competition floor to take pictures of events. They will be asked to allow the Slet Committees to view their pictures after being developed.
7. As an added incentive to our meet, we are awarding a set of three Olympic Development Medals for each apparatus (first, second and third places). These will be given to each division of men and women, junior boys and girls. A total of 234 medals will be awarded.
8. For the men's division the meet directors will be:
 - MEN—RICHARD PTACEK
 - JUNIOR BOYS—ROY ZITNY
 - CHAMPIONSHIP DIVISION—EDWARD LINHART

These officials will be in complete charge and will administer all rulings.

COMPETITION SCHEDULE FOR MEN AND JUNIOR BOYS

THURSDAY, JULY 13	7:30 a.m.—REGISTRATION OF JUNIOR BOYS
	8:00 a.m.—JUNIOR BOYS' LOW DIVISION
	11:00 a.m.—JUNIOR BOYS' INTERMEDIATE DIVISION
	1:00 p.m.—JUNIOR BOYS' HIGH DIVISION
FRIDAY, JULY 14	7:30 a.m.—REGISTRATION OF MEN
	8:00 a.m.—MEN'S LOW DIVISION
	11:00 a.m.—MEN'S INTERMEDIATE DIVISION
	1:00 p.m.—MEN'S HIGH DIVISION

COMPETITION SCHEDULE FOR WOMEN AND JUNIOR GIRLS

	Registra- tion	Start of Competitions	Division
THURSDAY, JULY 13	7:30 a.m.	8:00 a.m.	LOW DIVISION JR GIRLS "B"
	8:30 a.m.	9:00 a.m.	LOW DIVISION JR. GIRLS "A"
	10:30 a.m.	11:00 a.m.	INTERMEDIATE DIVISION JR. GIRLS
	1:30 p.m.	2:00 p.m.	HIGH DIVISION JR. GIRLS
FRIDAY, JULY 14	7:30 a.m.	8:00 a.m.	LOW DIVISION WOMEN
	9:30 a.m.	10:00 a.m.	INTERMEDIATE DIVISION WOMEN
	10:30 a.m.	11:00 a.m.	HIGH DIVISION WOMEN
SATURDAY, JULY 15	1:30 p.m.		CHAMPIONSHIP DIVISION—MEN AND WOMEN

Directors of Junior Girls and Women's Divisions will be:

WOMEN—GERI KRIZENECKY
 JUNIOR GIRLS—ELLEN JEANNE SCHNABL
 CHAMPIONSHIP DIVISION—MILDRED PRCHAL

EDWARD LINHART
 ASO. Director of Men

LORRAINE ZDENEK
 ASO. Director of Women

Report On Trip To Dallas, Tex., Apr. 21-23, by Bro. Edw. Linhart, ASO. Director of Men, and Sis. Lorraine Zdenek, Director of Women

The first session of this weekend took place on Friday evening, when we attended the Sokol Zizka classes, checked over the calisthenics for all classes and helped when and where we could with these. Bro. Milan, District Director of Men, and sis. Laznovsky, District Director of Women, were present.

Later a meeting was held with the following attending: bros. Pokladnik, Prevratil, Ehrenberger, Milan, Hosek, Caldwell, sis. Laznovsky and Zdenek. Points of discussion were:

1. **PARADE**—Will assemble at Market Street at 9:30 a.m. Starting time set for 10:00 a.m. A diagram of the parade route and feeding points will be sent to us.
2. **VOLLEYBALL TOURNAMENT**—Site and time to be announced later.
3. **AWARDS**—Will be made in the Terrace Room of the Baker Hotel on Saturday evening. The Hospitality Room in the Baker Hotel will also be open to accommodate any juniors not attending the Victory Dance.
4. There will be sufficient food available at the Memorial Auditorium at all times during the days we are there.
5. A tentative program for the Slet has been set. The Czechoslovak Legion will send 4 or 5 members to Dallas in uniform and has asked to post colors at the Slet. This offer has been accepted.



PHYSICAL FITNESS GYMNASTIC CLASSIC

July 13, 14, 15, 16, 1967

Physical Fitness



Through Gymnastics

Slet Schedule

WEDNESDAY, JULY 12, 1967

BAKER HOTEL

6:00 P.M. Judges and Technical Staff meeting

THURSDAY, JULY 13

MEMORIAL AUDITORIUM

7:30 A.M. Registration of gymnasts

8:00 A.M. Junior competition

BAKER HOTEL

9:00 A.M. Beginning of informal conferences

7:00 P.M. Volleyball competition

FRIDAY, JULY 14

MEMORIAL AUDITORIUM

7:30 A.M. Registration of gymnasts

8:00 A.M. Senior competition

STATLER HILTON HOTEL

8:00 P.M. Banquet—\$10.00 per plate (capacity for 500 only)

BAKER HOTEL

8:00 P.M. Teen Dance—Terrace Room
Admission free to all participating junior gymnasts. Tickets will be distributed through Technical Staff Dept.

SATURDAY, JULY 15

10:00 A.M. Parade Downtown Dallas

STATLER HILTON HOTEL

12:30 P.M. Ladies Luncheon and Style Show—Admission \$4.00 per person

MEMORIAL AUDITORIUM

1:00 P.M. Championship competition
Admission \$1.00 per person

BAKER HOTEL

8:00 P.M. Presentation of Awards—Terrace Room

9:00 P.M. Victory Dance—Crystal Ballroom. — Admission \$5.00 per person. Gymnasts \$3.00. Orchestra Ernie Kucera from Nebraska. Reservations: For only parties of 10 or more—capacity 800 people.

SUNDAY, JULY 16

MEMORIAL AUDITORIUM

9:00 A.M. Rehearsal

2:00 P.M. SLET PROGRAM

\$5.00 reserved seats

\$2.00 general admission

\$1.00 children under 13 years

HOUSING

Contact Baker Hotel. All reservations can be completed through Baker Hotel or

Mrs. Ann Zvolanek
6317 Ravendale
Dallas, Texas 75214
Tel. TA 1-1808

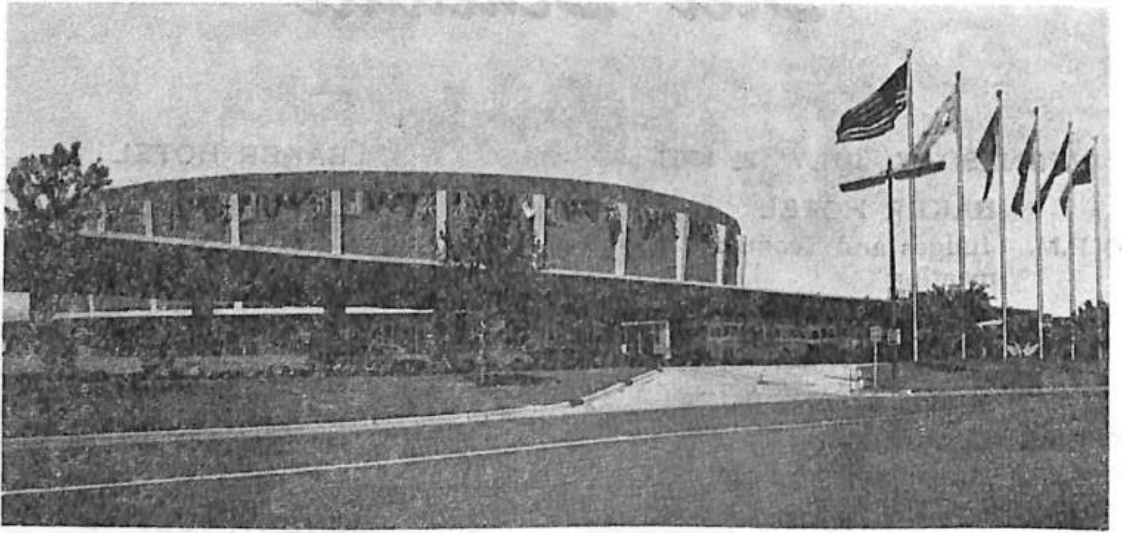
TOURS

Commercial tours and special tours are scheduled through

Mrs. Josie Kankrlik
6831 East Grand Ave.
Dallas, Texas
Tel. DA 7-0772

Exhibits and Souvenirs—Baker Hotel

The Sokol Athletic Center will be open every day during the Slet serving refreshments and food.



MEMORIAL AUDITORIUM



Crystal Ballroom — Baker Hotel — Victory Dance

At noon on Saturday, bros. Hosek, Milan, Prevratil, Linhart, sisters Laznovsky and Zdenek met at the Memorial Auditorium and surveyed the facilities; these were more than satisfactory. We then went to the Baker Hotel and inspected the meeting rooms that will be available and are scheduled for our use.

On Sunday morning, bro. Linhart went to the Sokol early to teach the men's and women's calisthenics and apparatus; a meeting was scheduled for 1:00 p.m. Sis. Zdenek talked with bro. H. B. Smith who is liaison between the Baker Hotel and the accommodations committee chairman, sis. Zvolanek. He said that dormitory rooms at the Baker Hotel are filled and that reservations received now are going to the Adolphus and Southland Hotels. However, all reservations should be sent direct to sis. Zvolanek and will be handled through regular channels. Reservations should be made as soon as possible to get the closest accommodations to the center of activities.

Meeting convened Sunday at 2:00 p.m. Present: bros. Linhart, Pokladnik, Milan, Hosek, Ehrenberger, Caldwell, Prevratil and sisters Laznovsky and

Zdenek. Guests sisters Prevratil and Maca. Discussion consisted of:

- Scholarship Fund
- Travel Instructors Fund
- School (kurs) after Slet
- Volleyball tourney
- Trophies, medals and uniforms
- Admission to events
- Old Guard Number
- Musicians

UNIT AND DISTRICT FLAGS—Have your own color bearers who will post your colors, retire them and be responsible for your flags.

VOLLEYBALL TOURNAMENTS will be held on Thursday. Site and time to be announced later.

Teachers' Course: Because of lack of facilities and an insufficient amount of time left to prepare and give notification of such school, the Course by the ASO. has been dropped. If a site is found in the interim, the Southern District may hold their own, inviting students from other districts.

Meeting adjourned at 4:45 p.m.

MILDRED PRCHAL:

BOYS' FLOOR EXERCISES

NO. 1:

1. Frontarm, palms down; reararm, palms back, vertical jump, swing forward to uparm and finish jump to closeknee squat support.
2. Hands grasp shins under knees and rock backward, return to squat, frontarm, palms down; grasp shins below knees and rock backward; return to squat, frontarm, palms down.
3. Place hands on floor and roll forward to seat, frontbend, uparm, hands touch toes; dip in frontbend.
4. Backroll to kneel support, kneel without support.
5. Backbend, flank circles starting back—squat support; stand support; toestand, uparm outward; closeheel stand, closearm sideward.

NO. 2:

1. Frontarm, palms down; sidearm palms up; knee dip, uparm, palms forward; jump to stradleg, closearm sideward; jump to closeheel stand, uparm.
2. 3 or 4 running jumps, jump forward, reararm and jump from both vertically, arms up, palms front; finish jump to squat support, close arms sideward.
3. Squat support on right, left reartouch and dip on right; close left and frontroll to seat stradleg; frontbend, uparm, hands touch floor.
4. Slow lying back, close legs; uparm, palms up; 180° roll to left to lying position (face down); arms move sideward to bent closed position, palms on floor; push back to sit on heels in kneel support, frontbend; jump to squat support.
5. Vertical jump, uparm, palms front; finish to half-squat, sidearm, closeheel stand, closearm.

NO. 3:

1. Bend arms in closed position, hands touch sides

of shoulders, uparm; jump to side stand stradleg, closearm; closeheel stand, uparm.

2. Knee dip, moderate frontbend, swing forward to low reararm; knee dip and dive frontroll to seat, frontbend, uparm, hands touch toes.
3. Backroll to stand wide stradleg support; reaching beside body to seat; close legs and smooth shoulderstand (show); arms rest on floor.
4. Seat support to close knee squat (with assistance of hands behind body if necessary); arabesque (scale) on right (show), arms high outward; closeknee squat support.
5. Arabesque (scale) on left (show), arms high outward; closeknee squat support.
6. Rebound to lying back of arms support; rebound to closeknee squat support; stradleg jump, arms high outward; finish to halfsquat, sidearm; closeheel stand, closearm.

NO. 4:

1. Toestand, reararm; 2 or 3 runs, dive frontroll to squat, frontarm; frontroll to squat; arched jump, arms high outward, finish in closeheel squat support.
2. Stand support; jump turning 180° to left, uparm; finish in stradleg stand, sidearm; frontbend; reach to floor for stradleg stand on head, hold 2 cts., close legs.
3. Roll forward to seat, frontbend, uparm, fingers touch toes; bent hip lying, uparm; thru seat forward to stand, frontarm (this can be nip): knee dip, moderate frontbend, reararm; knee dip and jump with stradleg and arch, uparm; finish jump to closeknee squat support (thru sidearm).
4. Closeheel stand, sidearm; stepping forward with left do forward hop on left foot (prep. hop) right frontleg, arms close and swing forward to frontarm upslant; right cartwheel to stradleg stand, sidearm; close left to right, closearm.

NO. 5:

1. Sideway uparm; dip in halfsquat, frontbend (slight), reararm; forward dive roll to closeknee squat—frontarm.
2. Second frontroll to seat; frontbend, uparm, touch feet with hands; slow shoulder stand, arms on floor to side; roll to closeknee squat (without assistance of arms), frontarm.
3. Closeheel stand, reararm; halfsquat and jump with 180° turn to left, uparm, finishing jump to closeheel stand, sidearm; left frontleg, closearm and continue to frontarm upslant; rebound from left and swing right back to handstand (show).
4. Squat support on right, reartouch left; close right to left (front lying position) jump to kneel support.
5. Slow kneel, backbend, uparm outward, palms front; upright, sit on heels, place hands on floor (bent arm) head touches floor—rebound to squat support.
6. Upright, jump to squat, and without stopping step forward and hop on left or right leg, extend other leg forward, run to roundoff and back flip; arms pass thru sidearm, then uparm and close.

MILDRED PRCHAL:

WARMUPS - WOMEN AND JUNIOR GIRLS

Begin with walking around gymnasium: on signal start run—hopping with bent leg forward, point toes strongly. Free run around gymnasium: on signal start squat walk around gymnasium.

PREPARATORY EXERCISES

1. Stand sidetouch left—sidearm; 1.-3. dip in half-squat to stand sidetouch right—front downward circle right. 1.-3. dip in halfsquat to stand sidetouch left—front downward circle left.
2. Moderate stradleg stand: 1.-3. frontarm. 1.-3. dip in moderate backbend—flank downward circles. 1.-3. dip in moderate backbend—flank downward circles 1.-3. reararm.
3. Stand stradleg; uparm inward, palms up, back of one hand over palm of other: 1.—sidebend left. 2.—dip in sidebend. 3.—sidebend to right. 4.—dip in sidebend.

4. Stand stradleg—sidearm: 1.—frontbend to right—uparm left (hand touches outside of right calf). 2.—straighten—sidearm left. Do same opposite and repeat number of times very fast.
5. Moderate stradleg stand—sidearm: pelvic circle starting left: push hips to left, then back, then to right and forward sketching complete circle (use hoop if possible).
6. Closeheel stand—closearm; 1.-3. slow deep arched frontbend—slow reararm. 4.—straighten—closearm.
7. Squat support: 1.—stand support (head on knees). 2.-3. leaving body loose, gradually straighten body, head last. 4.—squat support.
8. Closeheel stand—sidearm: 1.—frontleg left. 2.—rearleg left. 3.-4. high frontleg left turning 180° to right (finish movement when in rearleg). Repeat 5x. Do all opposite.

(Continued)

To All Unit Directors of Junior Girls and Women:

One month ago, final surveys and entry blanks were mailed to you. You will have noted that a due date of June 15th, 1967, was posted on these. I urge you to complete these forms and mail them to me by this date.

In case of judges for teams entered: Please give the name and address of each judge, and if she should have some preference of what to judge, list it also. All particulars will be mailed to judges well in advance so that they may familiarize themselves thoroughly.

Be sure that proper uniform is worn for competitions by all representatives of your unit. The royal blue leotard may be worn only in the Championship divisions for women and junior girls, and in High and Intermediate divisions for women.

The red cap, which is a part of the regulation uniform for all outdoor activities, **WILL BE WORN FOR BOTH THE PARADE AND SLET PROGRAM. UNIFORM BELTS SHOULD BE NEW AND UNWASHED.**

LORRAINE ZDENEK
ASO. Director of Women

CORRECTIONS**LOW DIVISION—WOMEN**

BUCK—42" high—Reuter Board
FLANK VAULT RIGHT—90° TURN RIGHT—SIDEARM
OR FLANK VAULT LEFT WITH 90° LEFT—SIDEARM

LOW DIVISION "A" JUNIOR GIRLS

HORSE (without pommels) — 42" high — Reuter Board
FLANK VAULT RIGHT WITH 90° TURN RIGHT—SIDEARM
OR FLANK VAULT LEFT WITH 90° TURN LEFT—SIDEARM

LOW DIVISION "B" JUNIOR GIRLS

HORSE (without pommels) — 42" high — Reuter Board

1. From a run, jump to squat support	3.0
2. Uprise to stand—sidearm	3.0
3. Jump with 180° turn—uparm—to dismount, halfsquat, sidearm—uprise to closearm stand	3.0
Approach and Retreat	1.0

FIG. CODE OF POINTS for MEN and WOMEN, each \$1.25. Order from American Sokol Organization, 5611 West Cermak Road, Cicero, Ill. 60650.

Editor "Sokol Gymnast"	25.00
Printing "Sokol Gymnast"	27.72
Office supplies	8.05
Travel expense	222.40
	\$ 612.87

Sokol Publication	
Printing "American Sokol"—April 1967	\$527.18
Postage—February and March 1967	58.18
Editor "American Sokol"	75.00
	\$ 660.36

Total Disbursements\$1,876.38

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—checking account	\$5,855.29
Income—April 1967	3,564.27
	\$9,419.56
Disbursements—April 1967	1,876.38
	\$7,543.18

FROM OUR DISTRICTS

EASTERN DISTRICT

Meeting Held on April 17, 1967

Correspondence: Minutes from the Executive Board of the ASO.

The Czechoslovak Sokol Abroad has asked for our participation in their Second Slet. We have also been asked to submit an ad in their souvenir book.

The technical committee will reply to the ASO., pertaining to reimbursement for instructors at the course held at East Haddam, Conn., in August, 1966. The Executive Board has stated that we will receive a refund.

Report of the Director of Men—Bro. Capek: Reported on unit activities. Sokol Belcamp will send 31 juniors to the Slet at Montreal. Sokol Baltimore will hold a competition for the small boys and girls classes.

A dinner dance will be held by the United Sokols of the East. A chairman has been selected from the Slovak Sokols. A meeting will be held to decide when and where the affair will be held.

After a long discussion, the district delegates voted favorably to invite the Long Island Sokols from Brentwood, to membership of the United Sokols. In due time they will be asked to join one of our Sokol organizations.

Director of Women's report presented by bro. Capek due to the absence of sis. A. Benda.

Educational Director's report—Sis. Masek reported on social activities of units.

UNIT REPORTS:

Sokol Little Ferry—Annual exhibition a success. Sponsoring a softball team. Preparing for their 70th anniversary. A team will be sent to the Dallas Slet.

Sokol Fuegner—Inviting members to attend their exhibition. Several members will attend the Montreal Slet.

Sokol New York—Sis. Provaznik is instructing classes in preparation for their exhibition. Several members will attend the Montreal Slet. The date

of July 30th has been selected for the bus trip to Sokol Camp at East Haddam at which we will hold an exhibition. All units will be invited to take part. Applications for a head counselor at Sokol Camp should be sent in immediately. A salary from \$80 to \$100 plus board will be paid to the counselor. Preparations are being made to hold a concert and their 100th anniversary.

Sokol Newark—Sis. Elkins reports that the Sokol Hall, which is owned by several organizations, is up for sale.

Unfinished and New Business—The bus trip to the annual meeting which will be held in Washington, D. C., has been scheduled for Sept. 23 and 24. The fare will include hotel and banquet reservations to Sokol Washington's 25th anniversary, at the Presidential Arms.

Sis. Provaznik will conduct a refresher course in Little Ferry on May 21st and in Baltimore on May 27th.

Units are requested to notify sis. Provaznik on whether they will send students to a course of the Eastern District. Sokol Fuegner will probably send 5 students.

We will submit a ½ page ad in the Montreal Slet souvenir program book at a cost of \$50.00. Each unit will be taxed \$3.00 toward the ad.

Director of Men, bro. Capek, and Director of Women, sis. A. Benda, will attend the Dallas Slet with all expenses paid by the district.

Bro. and sis. Zraly and sis. Misek attended the annual exhibition of Sokol Little Ferry.

Our best wishes for a speedy recovery to sis. Blanche Kubat, president of Sokolice Little Ferry, who has undergone surgery.

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CENTRAL DISTRICT

Meeting Held March 22, 1967

Following decisions were made in regards of the Southern District mail: \$30.00 approved for two \$15.00 trophies; \$20.00 for ¼ page ad for the Dallas Slet program book. The package of 100 sheets of special Slet stamps to be returned since all units in the district also received the stamps.

Sokol Milwaukee announced their exhibition, Sunday, May 21, 1967. Their Centennial celebration is definitely scheduled for June 29, 1968.

Received a check from ASO. for \$99.19 refund on the April, 1965 BOI. clinic in St. Louis.

Received copies of correspondence of the ASO. office with the U.S. Post Office Department in regards to the proper explanation in the U.S. official stamp publication about Sokol stamp.

Bro. Roy Zitny will contact Basta-Musil & Co. and arrange for a new plan for the Central District Dallas excursion.

Women's Director, sister June Pros: The conference of unit directors was held February 26, in Sokol Stickney. Clinic for judges held March 14.

Men's Director, bro. Roy Zitny: Men's BOI meeting held March 20. The tournament planned as follows: June 10, II class boys, director bro. Kalat; June 17, at Sokol Tabor, junior boys, at 9:00 a.m., director bro. Lebloch; at 11 a.m., men, director bro. Domansky.

Victory Dance will be held June 17 at Sokol Tabor. Numbers for program will be chosen by bro.

Zitny and sis. Pros. The direction of program and trophies award will be conducted by sis. Pros. District president bro. Joseph Drnec has contracts from brother Zakrocky for both the dance and the Slet.

It was decided not to plan for a district number at the Dallas Slet.

The BOL was given permission to participate in the Du Page County Fair if it will fit their plans.

* * *

WESTERN DISTRICT

Meeting Held April 10, 1967

Letter received from bro. Ed Linhart, National ASO. Director of Men, complimenting the Western District on their annual meeting résumé. He also complimented the So. Omaha Newsletter for their clear explanation of the ASO. special assessment.

A letter was received from the ASO. accepting the Western District by-laws as submitted.

Received a letter from King Korn Carnival at Plattsmouth, Nebr., asking that our annual competition meet be held at Plattsmouth during their King Korn Carnival Days. Bro. Pavoucek has answered the letter asking that a committee be able to meet their group for possible participation on an exhibition basis.

Solicitation for ad in Montreal souvenir program. Tabled.

Letter from ASO. re: application for tax exemption. Sis. Masek to inquire for the Western District.

Solicitation for donation for Dallas Trophy Fund. Contribution of \$15.00 will be made.

A letter was received from Henrietta Shutt of WBFA. asking for a Sokol honor guard to present the colors at the opening session of the WBFA. convention. The convention will be September 25, 1967. Accepted.

No reply from the Southern District re: to unsold Slet stamps.

No reply from St. Paul re: participation in the Dallas Mid-Slet.

BOL.—Sis. Drozda received tapes for the Dallas Slet. These will be dubbed for mailing. **DISTRICT WORKSHOP**—April 28-29-30th. All outstate units will be entitled to an 8c per mile travel allowance out of the travel instructor's fund.

A request was made for any or all Sokol units to attend the Kansas Czech Days at Wilson, Kansas, on July 11th to put on 4 performances. The request was declined as it was impossible for any of the units to attend due to travel time en route to Dallas. Committee, co-chaired by the Directors of Men and Women, will go over the District number, prepare the material and mail to all Western District units.

Janice Krejci reported that Mr. Gerald Gross, of the Regal Trophy Co. in Omaha, can supply certain Sokol supplies. They are: 2" embroidered Sokol emblems at 26c each, boy's blue shorts at 90c, boy's white T-shirts at 76c, boy's T-shirts with rubberflex emblem at 84c, jr. boy's white shorts at 90c, jr. boy's white T-shirts at 65c and little girl's shorts at \$15.00 per dozen.

Director of Women—Bo Drozda: Received correspondence from USGF. women re: revitalizing gymnastics. Sis. Drozda felt that it would be worthwhile to keep in touch with USGF. No reply from

Kermit Hansen re: Sokol participation in Nebraska centennial affairs. The first five parts of Jarka Jelinek's 1941 drill will be used for the Western District Special at Dallas.

Director of Men—Ray Lastovica: Cedar Rapids and Crete are delinquent in their monthly reports. All other units are current. **NOTE FROM PRES. PAVOUCEK**—These reports are important. Get them to bro. Ray Lastovica.

Historian—Bea Pavoucek: No reply from Schuyler, Hopkins, Caldwell, Wilson or Minneapolis re: history of their units or activities.

Reply from ASO. that in the near future, first day covers of Sokol Centennial stamp will be sent.

Deferred Business: By-laws—approved. Sis. Jirka will prepare and send final corrected by-laws to the ASO. for final approval.

Sis. Krejci will continue to secure prices on Sokol uniforms and other supplies that are needed. Carried. Pres. Pavoucek thanked sis. Krejci for her interest and continued efforts to help promote Sokol.

Since film coverage of the Slet will be available in Dallas, the ASO. has declined to approve the Western District's request to use monies of the travel instructor's fund to obtain this type of film on a district basis.

Bro. Rohde is still working on the sample progress sheets and merit badges.

New Business: St. Paul will be 85 years old in June. The **DEADLINE FOR SCHOLARSHIP APPLICATIONS IS MAY 1st.** District will purchase a ¼ page ad in the WBFA. XVI National Convention souvenir book.

Request from bro. Bures, chairman of the WBFA. XVI National Convention, for a ½ hr. gymnastic program in conjunction with the WBFA. pork dinner to be held on Sept. 26th at Sokol Omaha. Accepted.

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PACIFIC DISTRICT

Meeting Held April 7, 1967

Correspondence: Minutes from the following: ASO., Sokol Seattle, Sokol San Francisco, Sokolice San Francisco, Sokol Fresno.

ASO. Director of Women, sis. L. Zdenek, letter to bro. Nekuda, advising him on the lack of reports to her from Pacific District Director of Women, sis. Palas.

San Diego Czechoslovak group informed us on the lack of interest in San Diego on organizing a new Sokol unit.

Reports: Sister Palas will take care of the reports to ASO. as soon as she receives them from the units. Fresno report was handed to her by bro. Pokorny this evening. Sister Marty Lizak of Fresno requests physical fitness material, and her presence in Fresno as soon as possible to teach more of the drills. Sent AAU. Calif. state test, also old ASO. test to Fresno. On March 15th, a gymnastic exhibition was given for the Rotary Club and Women's Club of Brawley, Calif. Two Los Angeles Sokol girls, Cindy Santo and Dagmar Hintnaus, demonstrated tumbling and free exercise. Sister Palas gave a talk on the history of gymnastics and showed films of apparatus work.

Bro. Pokorny in his report elaborated on his visit to Sokol Fresno, where he attended their regular meeting. He taught the men's drill, and demon-

strated all the apparatus moves for the 2 classes of boys, in preparation for the June 3rd and 4th competitions. He expects to go back to Fresno the first week in May. We are to contact Sokol San Francisco and inquire whether they wish to have bro. Pokorny and sister Palas come to their unit to teach the drills, etc. Bro. Linhart advised him we are entitled to \$817.00 from ASO. for the traveling instructors.

District will ask ASO. for \$300.00 for traveling expenses to San Francisco and Fresno to teach drills etc., for which several trips will have to be made before the Dallas Slet.

Slet Stamps: District will send \$10.00 to Dallas for 10 sheets, and send the rest back.

Sokol Detroit

It has been but a few months since the official dedication of our new Sokol Cultural Center, yet somehow it seems like it is still a dream of the future. This dream, however, has become a reality. A reality of something that was accomplished from long hard work and sacrifices. Certainly there will be more of the same in the future, but somehow it seems that the best is yet to come. The enthusiasm and the steady gain in membership makes you feel that the seed which was planted not too long ago, is now growing and bursting forth with such new energy that it cannot miss being a success. The functions and events, at the new center, are now rapidly increasing. Participation, by the members, is also increasing. It gives one a feeling of pride and accomplishment to be a true Sokol.

The Sokol Detroit Teen Club also shows a lot of pride. This club was formed for the purpose of raising money for the different excursions, and for getting together socially. They have been working hard for the Dallas Slet and for other worthwhile projects. This, mind you, was started strictly through their own initiative. They have their own officers and run things according to Hoyle. We certainly are proud of them.

At this time, Sokol Detroit wishes to thank all the other Sokol units for their help and cooperation

KAREL M. PRCHAL:

VYTRVALOST.

Vytrvalost je jedna z nejdůležitějších opor lidského působení a podmínek zdatu. Ovšem vytrvalost v dobrém usilování, stálá, stejnosměrná, činěná ne pro slávu, titul, ale pro dobro samo je pro nás samozřejmá. **Vytrvalost přes překážky a čím jich více, tím pevněji státi na svém místě.**

Myslím, že není jedné naší jednoty, která by neměla těžké starosti o své Osudy — a práce nad pomyslení. Žádá-li si život jednoty, abys svoji účastí pomohl plnit úkoly, které doba přináší, jichž vyřízením jednotě nejen pomůžeš, ale je oprávněná naděje, že přivedeš i liknavé k rozšíření činnosti, učíš tak bez omluvy a rád, neboť sloužíš-li Sokolstvu, sloužíš dobré věci.

Máme velký počet bratří a sester, kteří pochopili sokolství v celé jeho hloubce a vytrvale je uskutečňují celým svým životem. V plném poznání úkolů se k jejich plnění připravili nejprve sami a dávali potom vytrvale tam, kde toho národ a Sokol nejvíce potřeboval. Žádná ze sokolských otázek ne-

prošla kolem nich bez povšimnutí a bez jejich osobní účasti. Jejich příkladem připojili se k nim i nečiní a po nadšené a perné práci získali jméno Sokol pověst nejkrásnější.

Podniky jednoty jsou navštěvovány mnoha hosty, mnoha přáteli a nesmíme dovolit, aby byly mezery v obsluze — ba naopak, aby vždy nad našimi podniky vanul dech svěžesti, vytrvalosti a oddanosti, aby všude byla zřejmá ochota, aby se všichni cítili "u nás" šťastnými a aby v radostném očekávání vždy znovu k nám se vraceli.

Jsi-li cvičencem, a každý z nás má projit tělocvičnou, nevynechávej ni jediné cvičební hodiny, kdy nemusíš. Cvič houževnatě a za nějaký čas budeš se s takovou lehkostí vznášet nad náradím, že se Ti bude zdát, že Ti v rukou povoluje, že se Ti shýbá, abys snáze výkon provedl. Tím nejen posloužíš svému zdraví, ale pomůžeš radostnému duchu v tělocvičně a také druží budou se snažit vniknout v pravou krásu tělocviku.

Looking to a bright future, Nazdar! from Sokol Detroit.

Eugene Kopecky, Sokol Correspondent

Sokol Brochures In English

Those of you, who have not seen or read the brochures published by ASO. within the last year, have an opportunity to purchase them now. There are four of them, "Sokol and the Sokol Ideals," "Dr. Tyrs" by Joseph Cermak, "Dr. Scheiner" by Antonin Krejci and "Our Task, Aim and Goal" by Dr. Tyrs. They are 15c each or 60c for all four.

This is an ideal way to instill the ideals of Sokol in the minds and hearts of our youth. The overwhelming majority want to become fine citizens, proud of their background and their Sokol. Give them the chance to learn about it and have its idealism permeate their being as it has ours. The more they learn about Sokol, the more they think about it and the deeper they penetrate into its philosophy the more they will value what had been done for them.

Our youth is a fine youth, waiting only for guidelines to lead them into their own future. Whatever is done now while their character is being formed will very soon bear fruit. Will it be sweet or bitter? We have a duty to perform that we dare not shirk. We who had been led into Sokol by our predecessors and painstakingly shown its great value for our entire lives cannot and must not be complacent about the charges in our own hands today. The least anyone of us can do is to give the young the benefit of our experience. It has been rich in its rewards.

We sincerely believe these four brochures will open the door for many to a better life, spiritually, mentally and physically.

Nazdar!

James L. Cihak

Jak šťastna je jednota, jejíž členstvo má plně vědomí zodpovědnosti a dobrovolně se hlásí do výborů a odborů a kde členové, když jsou povoláni, ochotně přijmou. Máme pověst o obětavosti členstva, kterou bys marně hledal jinde. V službě sokolským ideálům vidí povinnost vlastní, již se záplem vytrvale konají. Také Ty s chutí a vírou plň úkoly na Tebe vložené. Ne slova, ale činy, ne prázdná holoedbání, ale postup promyšlený. Ukaž co dovedeš a jak umíš!

Kroniky mluví o příkladech vzácné oddanosti a vytrvalosti, kdy bez jakýchkoli nároků na uznání a odměnu vykonána velká práce, projevono tolik lásky pro věc a tolik pochopení, že si zaslouží vděčnosti všeho bratrstva. V našich myslích budou vždy zářivými vzory neúporné píle a vytrvalosti. Měli jsme je v uplynulých sto letech, máme je dnes. Čest jim!

Nešilhěj po těch, kteří se práci vyhýbají. Daleko čestnější je místo při plnění úkolů!

Vytrvej! Neustaň pracovat pro dobro Sokolstva, neodchyl se s cesty vyznačené Tyršem, kráčeť ve stopách lásky Fuegnerovy dále, vždy vpřed, nikdy zpět! Bud' zapřisáhlým, věrným nositelem Tyršova: "Věčný ruch — věčná nespokojenost", a přidej: věčná snaha po krásnějších.

Sokol Tábor.

Těžce dopadla ruka Osudu na Sokol Tábor a než jsme se vzpamatovali, během jednoho měsíce, čtyři členové z našich řad odešli do neznáma . . .

JOHN OPIE (OPOČENSKÝ) děle churavěl, ale s vědomím, že v životě svém vždy jen dobré činil, odešel bratr John Opočenský dne 5. dubna, ve věku 73 roků. Narodil se v Lucku, ve Volyni v Rusku a ve Spojených státech žil dlouhou řadu let.

Byl velmi úspěšným průmyslovým podnikatelem, členem i ředitelem významných dobročinných, vzdělávacích a národních organizací, zakladatelem Národní Jednoty Československých Protestantů. Byl všestranně činným a váženým v československých i v amerických kruzích. V manželce Vlastě měl plnou oporu ve svém snažení. Jeho rodina ctíla svého otce, tchána a dědečka — jako všichni, kteří měli štěstí bratra Johna blíže poznat.

JOSEPH GOTTWALD zemřel 30. dubna ve věku 64 roků. Narodil se v Čechách a v této zemi žil 15 let.

V Čechách byl mlynářem v Samopše nad Sázavou, ve Spojených státech byl stavebním kontraktorem v Berwyn, Illinois.

Byl dobrým člověkem, věřil v bratrství, šířil pochopení k problémům života druhých. Rozvážný a

upřímný vlastenec, hodný plně důvěry.

16. dubna, ve věku 69 roků, zemřel **JOHN E. NAGL**. Narodil se ve Skutčích, v Čechách a ve Spojených státech žil 54 roky.

V první světové válce byl prvním americkým československým legionářem z Chicaga, který se hlásil do čsl. armády k otevřenému boji proti Rakousko-Uhersku, za obnovu státní svobody rodných krajů.

Poznal jsem bratra Nagla blíže. Cokoliv dělal, dělal vždy vzorně, tak jako vzorně žil. Byl mírné povahy, měl úctu a přátelství všech, kdo ho znali. Neznám člověka, který by býval neměl zesnulého rád a jeho si nevážil.

V bratru Johnovi odešel milující manžel, otec a děda, rozvážný člověk, upřímný vlastenec.

LEONARD JAKES se dobrovolně rozloučil se životem 1. května 1967, ve stáří 50 let. Narodil se v Chicagu. Napsal, že nemohl déle snášeti bolesti jeho choroby.

Byl právníkem, býval smírčím soudcem v townšipech Bremen a Palos a místním soudcem v Markham. Letošního ledna byl přeložen k právní divisi obvodního soudu. Před několika měsíci se oženil.

Zájem o mládež a účinné bratrství bylo náplní jeho života.

Pozůstalým rodinám projevujeme hluboce citěnou soustrast.

Se všemi se jménem sokolského bratrstva, v kaplich pohrobů, rozloučila skupina bratří a promluvil starosta, br. Karel Prchal.

Památka a život jejich zůstává v našich srdcích. K uctění této památky od sebe samých požadujeme prostě: plnění sokolských úkolů, osvědčování věrnosti, činy a práci. kmp.

Češi v Kansas v plné akci.

Krajanská Amerika s potěšením sleduje práci Čechů v Kansas. Jejich vrcholná organizace "Kansas Czechs, Inc.", založená v minulých dnech, zahájila rozsáhlou akci, aby oživila tradici a dědictví českých pionýrů v tomto státu. Na den 10. července kansasští připravují první velkorysý, celostátní podnik "Czech Day" v městečku Wilson, Kansas, který je proklamován "Czech Capitol of Kansas". Programem tohoto dne, jehož se zúčastní guvernér státu, bude přehlídka našich krojů, tanců a ukázková výrobků české kuchyně. Slavnost bude zahájena státním senátorem Jelínkem, načež promluví Dr. Kučera z Nebrasky u příležitosti odevzdání památníku českým pionýrům Kansasu. Obětává pí. Shiroká z Wilsonu plánuje širokou akci zahájením učení češtině a oživením lásky k české písni, hudbě a tanci.

From Units in the Western Dist.

Sokol Cedar Rapids—Frank Stefl: Activities—Beseda dancing, calisthenics and apparatus exhibitions. Trampoline. Fund raising projects: Card party, suppers, Akademie, camp activities and New Year's Eve party. Classes—80 boys, 24 juniors, 12 men.

Sokolice Renata Tyrš, Cedar Rapids—Bette Trefny: Beseda dancing and calisthenics and apparatus exhibitions. Fund raising projects: Card party, rummage sales, candy selling, sewing circle quilting and kitchen crew aiding our brothers preparing pork suppers.

Social activities: Annual pot luck supper, Christmas party, New Year's Eve party and Sibirsky. Classes—34 tots, 76 girls, 22 juniors, 9 women, 9 keep-fit, 25 adult recreational. Participated in Czech Days held at Lindale Plaza.

Sokolice Libuse, Crete, Nebr.—Lulu L. Kohel: Classes—54 girls, 11 juniors and 2 women. Fund raising activities: Juniors and women take turns working and selling in the concessions at the teen dances. Planning a bake off and soup supper. Social activities: Give treats at Christmas and Valentine Day and celebrate the children's birthdays.

(Continued)

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Aby byla doplněna jednostranná výchova národa a získány vlastnosti, jichž národ potřebuje k získání a udržení předního místa mezi národy, byla založena sokolská organizace. Jaký je v podstatě její hlavní úkol?

První a povšechný úkol (náš) záleží v tom, že jsme před jinými povolání zachovávatí svůj národ při té všestranné jarosti, která nedá národům odumřít, při té síle stálé a svěží, při té zdravotní tělesné, duševní i mravní, která nedá vzniknouti nižádné zkáze a tím i žádnému stanutí, žádnému zpátečnictví, tomuto nejhoršímu, ba vražděnému zločinu na národech páchanému.

Do jaké míry a jak máme čerpat z cizích vzorů?

Nestačí vždy jen přijmout. Nutno vše našim poměrům, našim snahám přizpůsobit, a co se duchu a celku našemu přičí, i tenkrát zavrhout, kdyby snad poskytnouti mohlo i některé podřízené výhody.

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CHARLES M. PRCHAL:

50 YEARS

(Continued)

On October 23, 24, and 25, 1933, the IV. American Sokol Organization Convention was held in Chicago. Because of the unfortunate financial status of the Sokol treasury, the delegates of out-of-town units were compelled to attend at their own or their unit's expense. The new Executive Board comprised of 15 representatives of Chicago and suburbs, who were elected to the Executive Board by vote in these units, elected in the organizational meeting held on January 21, 1934, bro. Charles M. Prchal President, bro. F. L. Basta, 1st Vice-President, sis. Marie Stepanek, 2nd Vice-President, bro. Jarka Kosar, Secretary, and bro. Vaclav Klaus as Treasurer. All were installed into office February 1st, 1934, in the first meeting of the new Executive Board.

This was a period of great depression when banks were closing, unemployment reigned, individuals were financially exhausted, many losing their homes. . . . The Executive Board was burdened with debts by units and other heavy obligations. There was no hope for payment of these in the near future; meanwhile, further debts accumulated, for the majority of units were unable to pay membership dues to the Sokol Organization that they themselves did not receive.

There was the great danger of complete termination of activities in all the units and in fact, many of them disappeared from the ASO. roster.

Sokol Milwaukee requested that it be suspended but by the February meeting a letter had arrived stating that . . . upon the basis of the election of the new Executive Committee, in which they placed great faith, Sokol Milwaukee decided to remain a member of the Sokol Organization.

The financial condition of the American Sokol appeared as follows at that time:

Treasury (the only working fund)	\$ 742.50
Bonds—Chicago & N.W. R.R.	5,000.00
Unit debts—note and mortgage	19,451.16
Further the Organization owed the 1st National Bank of Cicero	1,720.10
After paying bills received in January, there remained in the bank	\$ 140.65

In the first meeting of the Executive Board a motion was received from Sokol Chicago, recommended by the Central District, that dues for individual members in all units should be lowered: WOMEN from 25c for 3 months to 15c. MEN from 50c for 3 months down to 30c. The motion was sent to all units for vote and was also published in the February issue of Sokol Americky. Motion was approved May 28th, 1934.

(Continued)

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