



# AMERICAN SOKOL

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Educational and Physical Culture Organization

September 1967

## **PARTS OF ADDRESS BY REP. EARLE CABELL, 5th DIST., TEX., Before the American Sokol Organization (Southern District) Dallas, Texas, July 14, 1967**

I don't know how many people suffer from a similar delusion, but for many years I confused the name of your organization with the Swedish toast—Skool.

It means "To your good health" and I hope that you can see there was some reason for my misunderstanding.

Of course, I know much different today . . . I know that Sokol means a great deal more than "health" or merely a strong body.

I know that it is the Czech word for falcon . . . a proud and courageous bird . . . one noted for physical fitness and for endurance, a bird that can rise far above the petty problems and arguments of a material world . . . a bird that is a friend and an example to man.

Almost one hundred years from the day the first Sokol organization was formed in Prague, Czechoslovakia, our own Air Force took as the emblem of its new Colorado Academy the high-flying bird that has been a symbol of freedom and fitness for so many years.

I also once believed that Sokol was confined to families of Czech descent. But I know that today it is worldwide in influence and that the first Sokol unit was founded in this country in St. Louis, Missouri, in 1865, less than three years after the first unit had been organized in Europe.

Today, though Czech families still provide the framework that keeps the organization together, young men and women of many nationalities are active and your American Sokols stretch from border to border and coast to coast.

This is not my first time to be your guest and to share your hospitality and it will not be the last.

Though I was not present for your last great gymnastic displays here in Dallas at the Cotton Bowl in 1936 and 1937, I have long been familiar with your achievements and I am most grateful for your many kindnesses to me and to Mrs. Cabell while I served as Mayor of Dallas.

I suppose that it is a major advantage of being a congressman . . . you get such a fine opportunity to learn.

Before I was sent to Congress three years ago, I believed I had learned a few things. Some of them from experience. But since I have been in Washington, it is amazing the number of things people tell me I don't know.

I must get at least two or three letters a day telling me just how stupid I am.

(Continued on page 97)

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## Resolution of Sympathy

The undersigned officers of Sokol Corpus Christi, Texas, wish to express sympathy to the family of our departed brother, **CHARLES REGMUND**, who passed away August 15, 1967, at the age of 64 years. He was a charter, faithful member of Sokol, always active and very dependable in all his duties as a holder of different offices in his 47 years as a resident of Corpus Christi. For 22 years he was Fin. Secretary of Lodge Cermak SPJST.

Survivors are his wife, Mrs. Annie Regmund; stepdaughter, Mrs. Charlie Hroch of Robstown; a stepson, James Polacek of Corpus Christi; two sisters, Mrs. J. J. (Alice) Krusinsky, and Miss Annie Regmund; four brothers, John W., Louis, Will C., and Jerry Regmund, all of Corpus Christi, and five grandchildren.

May our departed brother rest in peace, and his memory live among us forever.

Dated Sept. 10th, 1967, at Corpus Christi, Texas.  
Frank F. Sacky, Pres. Jim F. Kucera, Secy.

John Stasa, Reporter

## Calendar of Events

- OCT. 7th—SOKOL BALTIMORE, MARYLAND. 95th Anniversary Dinner and Dance.
- OCT. 8th—Sokol Park Picnic. — All SO. OMAHA SOKOL-SOKOLICE members.
- OCT. 10th—SOKOLICE LIBUSE, SO. OMAHA. 65th Anniversary Celebration.
- OCT. 12th—SOKOLICE VLASTA, ST. LOUIS, MO. Chicken Dinner Social at American Czech Center—11:30 a.m.
- OCT. 13, 14, and 15—WESTERN DISTRICT INSTRUCTORS CLINIC. — National ASO. instructors Ed Linhart and Mildred Prchal.

- OCT. 14th—SOKOL & SOKOLICE MILWAUKEE, WIS. — Recognition Dinner.
- OCT. 14th—SOKOL LITTLE FERRY, N. J. 70th Anniversary Celebration.
- OCT. 20th—SOKOL BROOKFIELD, ILL. — Card and Bunco Party—7:30 p.m.
- OCT. 21-22—SOKOL ST. LOUIS, MO. — Board of Directors Homecoming at 4690 Lansdowne Ave.
- OCT. 22nd—SOKOL NOVA VLAST, CLEVELAND, OHIO. — 75th Anniversary Celebration.
- OCT. 25th—SOKOL CEDAR RAPIDS, IOWA. Sokol Supper.
- OCT. 28th—SOKOL ST. LOUIS, MO. — Halloween Party by Camp Committee at American Czech Center.
- OCT. 28th—SOKOL DETROIT, MICHIGAN. Halloween Masquerade at Cultural Center.
- NOV. 3, 4, 5—SOKOL TYRS, CLEVELAND, O. Theatrical Guild production "The Red Head."
- 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. 5th—SOKOLICE LIBUSE, SO. OMAHA, NEBR. — Card Party, So. Omaha Sokol Hall, 31st and "U" Streets—2:00 P.M.
- NOV. 11th—SOKOL SLAVSKY, CICERO, ILL. Annual Dinner-Dance, C.S.A. Peacock Room.
- NOV. 16 and 17—Youth Achievement Week. —SO. OMAHA SOKOL PROGRAM, Southroads Shopping Center.
- NOV. 17th—SOKOL WEST SUBURBAN, Downers Grove, Ill. — Card and Bunco Party at St. Andrew's Parish Hall, Franklin and Saratoga Aves., Downers Grove—7:30 p.m.
- NOV. 18th—SOKOL NEW YORK. — 100th Year Anniversary—Banquet.
- NOV. 19th—SOKOL NEW YORK. — 100th Year Anniversary—"Akademie."
- NOV. 17, 18, 19—HOLIDAY FOLK FAIR—MILWAUKEE WIS.
19. LIST.—SOKOLICE TABOR, BERWYN, ILL. České divadlo: "Jak vznikla česká muzika". 2:30 hod. odpol.
- DEC. 2nd—SOKOL TYRS, CLEVELAND, OHIO. St. Nick's Dance.
- DEC. 9th—SOKOL TABOR, BERWYN, ILL. Board of Instructors "Las Vegas Night" and Spaghetti Dinner.
- DECEMBER 31st**
- SOKOL LITTLE FERRY, N. J. — 70th Annual New Year's Party.
- SOKOL AND SOKOLICE CEDAR RAPIDS, IA. New Year's Party.
- SOKOL DETROIT, MICH. — New Year's Dance.
- SOKOL TYRS, CLEVELAND, O. — New Year's Eve Party.
- SOKOL TABOR, BERWYN, ILL. — New Year's Eve Banquet.
- 1968 —
- JAN. 27th—SOKOL TYRS, CLEVELAND, OHIO. "Night in Prague."
- FEB. 24th—SOKOL TYRS, CLEVELAND, OHIO. "Šibřinky."
- JUNE 29th, 1968—SOKOL MILWAUKEE, WIS. 100th Anniversary Banquet.

# AMERICAN SOKOL

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R. A. GORMAN

## PETR BEZRUC

(Sept. 15, 1867—Feb. 17, 1958)

What do you want, despondent rhapsody,  
Are there still people who read poetry?



R. A. Gorman

With these opening lines of a poem Petr Bezruc wrote in his early thirties, the Bard of Bezkyd sounded his own pessimism, and his negative non-resistance to the evil he saw about him. Petr Bezruc (Vladimír Vasek) was born in Opava September 17th, 1867, and died within the past few years in Olomouc, having reached the venerable age of past four score and ten years. His father was professor Anton Vasek, known for his open denial of the authenticity of the ill-fated Manuscripts. In his career as a poet, Bezruc followed closely his father's footsteps, devoting his time and talents to calling attention to the economic, social and nationalistic plight of the people of the Bezkyd region.

Young Bezruc spent his early years in the schools of his home town, later in Brno and finally matriculated at the University of Prague where he studied classical philology and related subjects. For reasons unknown he left the university without completing his studies and from 1891 to 1893 served as a postal official in Mistek. After two years he was transferred to the postal department in Brno where he remained during all his active years. During World War I he ran afoul of the authorities, because of a short poem which appeared in a publication in Paris signed with the initials P.B. The poem was written as eloquent praise of the Czar of Russia, and Bezruc spent some time in jail, before it was found that he was not the author. Most of the poet's life was spent in postal services, in anonymity and self-imposed isolation.

Fundamentally the poetry of Petr Bezruc is deep rooted in Silesia, mostly around Tesin, Opava and somewhat in the region of Prussian Silesia. His first poems appeared as early as 1899 in the periodical CAS, and aroused a nation-wide interest in the poet's identity. The mystery of who is Petr Bezruc was solved in the spring of 1906, when an article dealing with the life of Antonin Vasek, the poet's father, mentioned Petr Bezruc as his son. This revelation followed by more detailed exposure of the recluse-poet's identity in 1910 in the course of a lecture by Adolph Kubis, ended his poetic creativity. Thus we see the entire development of

the Silesian Songs compressed within the short span of less than ten years. And yet the poetry of Petr Bezruc had its powerful impact on the Czech and Slovak poetry that followed and was in a sense the forerunner of reams and volumes of socialistic and communistic poetry.

The poetry of Petr Bezruc combines three elements that keep reappearing intermittently like a sobbing refrain. The poet keeps calling attention to the deterioration of his Czech language under the dual attack of the German and Polish environment. The second dominant undertone is the poet's calling attention to the alienation of the Silesian people from their national origin. The last, most powerful motive in the Silesian Songs is a social or economic battle cry, pointing out the deplorable living conditions of his 70,000 people living in the dark, dank mines away from air and sunshine. Analytically Bezruc points to the cause of all this misery, the wealthy Germans and Jews of the region, the landowners and storekeepers whose exploitation sucks the very blood from the people's veins.

Petr Bezruc's poetry has been compared by various critics to Walt Whitman's LEAVES OF GRASS and to other simple strong expressions of an understanding suffering soul. I, personally, find much of Carl Sandburg in Bezruc, in the straightforward powerful language calling attention to conditions as they are, without suggesting means of correcting such evils. Petr Bezruc is a negativist as far as direct action is concerned. He merely calls attention to the "status quo" and hopes that others will pick up the cudgel and go to battle. This attitude of non-violent resistance to evil is best illustrated in the poet's own words:

I went away to a strange new land,  
Running away from the flag on high.

It is to the poet's credit indeed that he realized his weakness, saw his flaws and admitted these in his terse, self-accusing verses. He knew that his theme was limited, his motives monochromatic, always the same bitter lamenting over the fate of his:

Seventy thousand are we now  
Neath the Tesin, neath the Tesin,  
Hundred thousand Germanized,  
Hundred thousand became Poles,  
Holy peace deep in my heart.  
Now that we are the survivors,  
Seventy thousand still remaining,  
Can we live?

For all this misery, the suffering, the relentless extermination of a people, Petr Bezruc blamed only one cruel relentless source, and offered only his poems to assuage the anguish of dying. Listen as he cries his lament and his self-accusation:

One huge dragon bled my people,  
With his fist around their throat,  
And my poems just one dactyl,  
Just one sorrow gazing forth.

One hundred years have passed since Petr Bezruc first saw the light of day. Much has changed during the sixty-eight years when his first poems began to appear in CAS. The world today is not the world of Petr Bezruc. His people went through a rebirth through two stages of externally imposed slavery. A truly democratic Czechoslovakia tried to correct the many social and economic evils so forcibly pointed out by the poet. Today a new Czechoslovakia shows on the face of the earth, and

only the main actors have been changed in the drama of History of Czechoslovakia. Russian communists and those in Czechoslovakia subservient to their rule are the present day oppressors. Although Bezruc rarely raised his voice in defiance, or to stir the multitudes there is one poem where he deviates from his spirit of non-resistance as preached by Tolstoy and Petr Bezruc prophetically sounds a note which might well be the war cry of today:

Do not ask me, brother Ondro,  
Whip them, strike them, brother Ondro!  
Wreck their schools of foreign colors,  
Bury deep their dark black mine pits,  
Shatter wide their smelting ovens,  
Chase the strangers from our Bezkyds,  
Whether dressed in tattered kaftans  
Or in capes with gold embroidered,  
Whip them, beat them, brother Ondro.

Chicago — 1967

EMILY WELCL-RUZICKA:

## THE SOKOL SLET IN DALLAS A GREAT SUCCESS!

Sincere congratulations to the Slet Committee of the Southern District are extended by all who were fortunate to be a part of or see the Mid-Slet in Dallas, Texas, July 12 to 16th. Pictures and articles in all the major newspapers days ahead of the event forecast an outstanding event and so it was. Advance publicity in the Czech and Slovak newspapers, publications, etc., for months ahead brought visitors from 18 states from as far as Florida and N.W. Washington State. An especially thrilling sight was the Sokol monogram on the tall skyscraper building seen for miles in thousands of electric lights, and the electric light sign moving around atop of one of the downtown buildings.

The Slet Committee headed by bro. Jos. Pokladnik, who is President of the Southern District, planned the Mid-Slet as well as any big Slet over a period of two years and included special courtesies to our juniors in the arrangement of the Teen Dance, the Junior Hospitality Room in the Baker Hotel, the Victory Dance in the Adolphus Hotel and parade through downtown Dallas Saturday morning. The parade included several cars with our officials and guests, floats with performing dancers and gymnasts, guest organizations and the same problem as we find in many other cities, no marching bands. When we conduct affairs outside of season or school year, as was this Mid-Slet, it is difficult to secure cooperation of groups which disband for the vacation period. We all know that the somewhat awkward date of July 16 for the Dallas Slet was set because the Memorial Stadium was not available at any other time. As the temperature in Dallas in July usually runs well over 100 degrees, the Stadium was well chosen and an ideal place for the Slet competitions and main event, being air conditioned and under roof, within walking distance to dormitories and hotels. We were pleasantly surprised when the weatherman cooperated and almost cool days welcomed Slet visitors through all the days.

The Slovak Sokol USA was well represented by their Chief Physical Directors, sis. Kerekes and bro. Walko, vice-president bro. Kerekes and secretary bro. Babuska, and a fine group of gymnasts.

To enable guests to attend affairs in the new Sokol Center in the northern part of Dallas charter buses were on regular schedule between hotels and the Center. There were over 500 people at the barbecue supper Thursday evening and the banquet in the Statler-Hilton Friday evening was well attended and an exceptionally fine meal was served. This was written up by Betty Prener in last month's issue. The Statler-Hilton featured signs in their lobby advertising our Slet and served Czechoslovak food in its dining rooms prepared by chefs under the direction of Exec. Chef bro. J. Kankrlik, member of Sokol Dallas. His wife had charge of the sightseeing tours.

The special Sokol leaders conference at the Baker Hotel was attended by 54 delegates representing units and districts. Bro. Prevratil, Vice-President of the Southern District and active in all the Slet work, opened the meeting and Chamber of Commerce officials with a representative from the Mayor's office gave everyone a royal welcome and presented a key to the city to our President, Stanley Barcal. Most of the members of the Executive Board were present and all the presidents of our six districts were on hand. After a full day session a meeting of the district presidents and members of the Executive Board was held in the evening. On Saturday noon the Sokol ladies conducted a luncheon and style show at the Statler-Hilton. Some fine souvenirs were made up and on sale by a committee headed by sis. Kale.

The Public Relations Committee headed by H. B. Smith did a good piece of work with the printed souvenir program book, serving in the office at the hotel and myriad other duties connected with radio and TV interviews, etc. The trophies and awards to winners in competitions were purchased partly with funds contributed by donors.

Sunday afternoon at the Memorial Stadium in Dallas will long remain in our minds as an outstanding spectacle of physical fitness. The calisthenics of the juniors, seniors, old guard, the "Beseda" etc. were constantly studded with enthusiastic applause from their very beginning. There was no confusion or delays during the program and we saw many a tear in the eyes of the audience as the scene unfolded—bringing first this formation and then the next—the changing colors—the precision—all quite beautiful and very definitely Sokol

work at its best. Recalling the many hours that were spent in composing these mass calisthenic numbers by the authors—and the time given to master the combinations we can only say thank you to all the instructors, coaches, committee members—everyone who in their way contributed to the success of the great Slet in Dallas, Texas, in 1967—and most of all thanks to you in Dallas and the Southern District for a great event.

Nazdar!

## Parts of Address by Rep. Earle Cabell—

(Continued from the cover page)

But it's good that I can tell them my familiarity with Sokol goes back more than a few years and that I have long been a firm admirer of your basic ideals and your specific goals for your training programs.

These are principles anyone would be proud of . . . regardless of national heritage or proficiency in gymnastics.

I won't go down the list.

You are familiar with them.

But they embody such principles beneficial to all of us as firm will, constant character, an ability to plan and to put your plans into action—oh, if only more politicians possessed this ability—to work with others positively, to appreciate beauty whether it is the work of man or the work of God, and to be forever conscious of liberty and freedom as precious gifts which must be defended even at the cost of our lives.

Such goals and such objectives are the common purpose of all good men.

And our nation is proud to have such citizens as the members of Sokol who accept an obligation that goes far beyond a sound mind in a sound body.

Fitness is an appropriate word for all Americans to consider today . . . and I'm speaking not merely of physical fitness, but of fitness in all of our faculties.

Are we truly fit to accept the obligations that are being pressed upon us?

I am impressed with the record your organization has achieved in training young men to accept their physical obligation. I know that in the last few years Dr. Hans Kraus of New York University has conducted the American Association of Health, Physical Education, and Recreation tests in which the fitness of American youth was matched with that of their counterparts in Europe.

And, as I read the results, without Sokol it was a pretty sad match.

Even with Sokol, it was none too impressive.

Among the Europeans, the percentage of those failing to meet the test standards was nine percent while in this country, 60 percent of our American young men could not measure up.

But only 3 percent of the Sokol children failed these tests.

I also know that since World War I less than one percent of youngsters with Sokol training have been rejected by the United States Armed Forces.

I would say that on all questions of physical fitness, you are achieving your goals.

But . . . as you admit . . . the sound body is only one facet of your basic program.

Today while the need continues and even increases for strength and for vigor and for physical prowess, we have an equal need for the sound mind that must and usually does accompany such a program of training.

By a sound mind, we both know that we are talking neither about a bookworm nor a Phi Beta Kappa.

Admirable as are these traits of scholarship, we have equal need for those who can think clearly . . . The Falcons who can fly high, see far and think straight.

Because we live today in a world in which clear thinking is more often the exception than it is the rule.

Clear thinking means that we must look at our problems without emotion, that we must balance them on the scales of history, and that we must be willing to sacrifice today in order that we can survive tomorrow.

We often see a great deal said about the many different elements making up these United States. And I use the word united advisedly. . . .

Some of these groups are economic, some ethnic, some cultural, some religious, some political.

There is a tendency to believe that in order to cope with the problems we face that we must deal with each of these groups either separately or in small groupings.

But a closer study . . . a more clear-headed look . . . the view of a falcon . . . is to recognize that the division is much simpler.

Even the ethnic, religious and political groups are often split along the same sharp lines that separate the free world from the world led by Russia . . . into the law-abiding and the lawless.

And the eventual winner of this conflict will determine the fate of our nation.

This is not to be construed that those who protest law and order in this country are communists . . . but there is a parallel that is painful to behold.

I know the contributions you have given to this nation and the recognition from it you have earned.

I know that you were honored by our nation with a commemorative postage stamp just two years ago and that only a few years before that the late President John Kennedy saluted you for what you had done to establish physical fitness and good sportsmanship as national objective.

Your long history is testimony to opposition to tyranny or chaos of any stripe.

Your founding more than 100 years ago was to preserve the traditional freedom of Bohemia against the growing domination of the Austrian king.

And in Prague early in 1948 when the Russians were moving to devour your war-weakened nation, it was at a Sokol convention much like this one now underway in Dallas that another great move for freedom was attempted.

Those Czechs who were dedicated to the proposition of the falcon that man is born free and must live both fit and free staged a protest.

It wasn't like the demonstrations we see around this country today.

It was orderly, it was forceful, it was a sign of danger the Russians could not ignore.

And so they moved in, purged the Czech Sokol and took control of its organization . . . as they

had done throughout their empire.

Before the Nazis and the communists moved in with guns and tanks, Sokol organizations were strong in much of Central Europe . . . even in parts of Russia.

Today, it is the government that controls these formerly free organizations.

But everywhere else today . . . the Falcon flies high and free. In England, in France, in Switzerland, in Austria, in Canada, in Argentina and Brazil, in Africa and in Australia . . . yes, and right here in Texas.

In our own state we have Sokol gymnasiums and hundreds of healthy youngsters being trained to follow the Falcon and its historic ideals of physical fitness, mental alertness, and high moral courage.

Keep up the good work . . . our future as well as yours rests with you.

## Highlights from the Dallas Slet Reported by Members

Sokol Detroit News—by F. Kominek, Jr. boy

Immediately following our Slet, we found ourselves off to Dallas. This was the big event we had been preparing for so many, many months. I think I speak for all of us when I say that all the work we did was well worth it. Gymnastic-wise the trip was more of a success than we expected. However, there was more to the trip than just gymnastics. I was amazed at how easy it was for all Sokols from all over the U.S. to mix and make friends. Everyone whom I noticed had a wonderful time. It was a trip that none of us will forget.

By Jarmila Kalivoda

After the Slet on Monday morning after a big breakfast, we all met and had a chartered bus tour of Dallas. First of all we were taken to the site of the President John F. Kennedy assassination. There we laid a wreath of red and white flowers tied with a royal blue ribbon on the Kennedy Memorial. After a few moments of silence and some picture taking, we boarded our bus and continued our tour. We saw the Southern Methodist University, Apparel Mart, Cotton Bowl, Dr. Pepper plant and many famed residential areas. The tour brought us back to the hotel from where we left to Love Airport to fly back home with wonderful memories of a wonderful Slet.

Dallas — a warmhearted city with wonderful weather for the Sokols; all the wonderful apparatus they had from the Nissen corporation; the SOKOL emblem in lights in the windows of a large office building downtown and how could we forget the beautiful store, Neiman Marcus.

Cedar Rapids Sokol Bulletin—Bro. J. Pazour

In recent years the Sokols have been on the move. Not only is there an increasing interest in gym activities, but there is a lot more traveling done by the participants attending the many Slets held in different parts of the U.S. This seems to be stimulating to our activities, and it has been pointed out that gymnasts appreciate these opportunities to

go to other parts of the country for these Sokol events.

The sponsors of the Dallas activities had laid out a very elaborate plan for the Slet and their efforts met with a good measure of success coupled with good publicity.

Our national officers made extensive preparations, relative not only to the gymnastic activities, but also to inform the officers of units and districts with details of their various departments. The financial report was given in great details, as were reports from the President and other national officers.

One detail lingers with me, and that is that basically the Sokol organization as a whole is holding its own. Overall, however, WE NEED MORE MEMBERS. In relation to this point it was pointed out that some units are in considerable need of upgrading before they can attract new members. There is constant need to have the best facilities so that our establishments would be more receptive to the public, and remember we must, that we are rendering a public service and that having money in the bank and no activity is not a public service.

While in Dallas, we also visited the new home of Sokol Zizka. It is a new building with impressive surroundings. It is a new trend for many Sokol units. Upgrading the facilities, meeting the trends of the day, presenting a better public image.

Sokol Tyrs Newsletter

As 1967 is not a convention year or the year the district presidents meet, the ASO. called an informal meeting of district and unit delegates while attending the Slet in Dallas.

We met, talked, discussed but no decisions were made as everything was informal. Reports from the ASO. Executive Committee were encouraging insofar as a new spirit is emerging in the administration.

Sokol St. Louis News

The Sokol Mid-Slet of 1967 in Dallas belongs to history. We don't know if the Sokol movement has

# SOKOL GYMNAST

September 1967

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

MILDRED PRCHAL:

## II CLASS GIRLS CLASS HOUR — BEGINNERS

### WARMUPS

1. March around gymnasium, forward, to the rear, to the side; then high on balls of feet—frontarm outward on marching forward; uparm outward on march to rear; sidearm on sidestep.
  - a) Alternate running, skipping, hopping, leaping—sidearm.
2. On command: While walking around floor a) stop in squat, or walk in squat forward or to rear; b) on hands and feet, face downward, walk forward, to the rear, sideward; c) on hands and feet face up (start from sitting position placing hands on floor back of hips and lifting from floor) walk forward, to the rear, and sideward.

### Preparatory

In open rank—closeheel, closearm.

#### I.

1. Side touch left—right sidearm, bend left frontarm inward, palms down.
2. Knee dip, stand left sidestep (lower l. heel) to stradleg—swing left downward to sidearm, face front.
3. Knee dip, take weight on left, side touch right—swing right downward to bend right frontarm inward.
4. = 2. opposite.

Teach above carefully; on sidetouch, raise heel high, arch foot; knee dips should be soft and smooth; arms are not tense. Hold head high, shoulders low, chest high, stretch body. Repeat until weight changes are clean.

#### II.

1. = 1.—I.
2. = 2.—I.
3. Deep front bend (loose)—downward swing, low frontarm inward, crossing right over left.
4. Upright, downward swing to sidearm (stradleg).
5. Knee dip to stand sidetouch right—left sidearm, downward swing right bend frontarm inward.
6. Knee dip stradleg—downward swing right to sidearm.
7. Deep front bend—downward swing to frontarm inward crossing right over left.
8. Upright—downward swing to sidearm.  
REPEAT 4 TIMES.

#### III.

1. Bend left frontleg, front bend—low reararm.
2. Thrust left rearleg (stretch leg), rear bend—downward swing forward to uparm outward, head high (as left leg swings to rear, foot brushes floor).

3. Upright, close left—frontway closearm.
4. Hold.

REVERSE and REPEAT 3 times.

#### IV.

1. Stand sidestep left—sidearm, palms up (r. sidetouch).
2. Side bend to right, pushing left hip strongly to left side and return—uparm (r. sidetouch).
3. Thrust hip to left again and return.
4. Thrust hip to left again and return.
5. Upright, stradleg—sidearm, palms up.
6. Hold.

REVERSE and REPEAT (start from stradleg).

### DANCE STEPS

Dance steps have great educational value. They offer a broad repertoire of movement and acquaint girls with the beauty and richness of folk dances. Dance steps are the best medium for eurhythmic teaching and especially for the development of strength and elasticity of the lower limbs. Walking and running, of course, are fundamental to folk dancing.

Dance steps should be placed according to their character in the class hour. The fast steps for acceleration, slow steps for calming down. When used in gymnastic exercises, the technique of the steps changes to suit gymnastic execution, stretched legs, pointed toes, regal bearing, etc.

Dance steps for Gymnastic Floor Exercise adaptable to 2/4 (polka) and 3/4 (waltz) time.

- I. STEP, CLOSE, STEP: 1.) Step left forward; 2.) close right behind left in toestand; 3.) step left forward in halfsquat, straighten left knee to stand right reartouch—sidearm.  
REVERSE and REPEAT ("step, together, step").
- II. STEP, CLOSE WITH JUMP, STEP: Same as I. but closing of right behind left is done on jump from floor—sidearm.  
REVERSE and REPEAT.
- III. STEP, HOP: 3/4 time (waltz) 1.) Halfsquat left forward—sidearm; 2.) bend right frontleg—left frontarm, right remains sidearm; 3.) hop left—sidearm.  
REVERSE and REPEAT (arms continue from sidearm).
- IV. COMBINE "I." and "III." in 3/4 time (waltz).
  1. Step left forward—low reararm; 2.—3. close right behind left—low reararm.
  2. 1. Halfsquat step left forward; 2. bend right frontleg—left frontarm, right sidearm; 3. hop left.

**STRETCHING — BENDING**

- I. 1.—3. Halfsquat, loose hunched frontbend, head bent forward—swing to frontarm starting with shoulders, elbows to side and
- II. 1.—3. body wave to back bend—swing arms downward to uparm outward, straighten and stretch body.  
Kneel, sit on heels, moderate frontbend—hands on floor beside hips.
- I. 1.—3. Push pelvis forward to kneel, back bend, hands on floor.
- II. 1.—3. Upright—uparm and return to original position.
- III.—IV. = I.—II.
- V.—VI. 1.—3. Push pelvis forward to kneel, back bend—uparm.
- VII.—VIII. 1.—3. Slow seat on heels, back bend—reararm.

**FRONTROLL**

How to teach: Stress tucking before attempting front roll. Closeleg seat on floor—uparm.

- I. 1. Bring knees close to chest—bend frontarm inward, arms fold over shins—forehead touches knees.  
2. Body upright, stretch legs forward in seat—uparm.  
Repeat 3 times.
- II. In seat: Bring knees close to chest, head touches knees, grasp ankles.  
1. Roll back keeping tight tucked position by pulling ankles close to underthigh on roll. Do not finish roll.  
2. Roll back to seat.  
Repeat 3 times.
- III. = II. But start from squat and return to squat.
- FRONT ROLL: Closeheel stand.
- IV. 1. Squat—place palms of hands in front of body on floor (shoulder width).  
2. Arms bend progressively, head tucks to knees; roll forward starting from back of neck to squat.  
Common faults: If head does not tuck enough, individual places forehead or back of head on floor when beginning roll. This, of course, retards learning more difficult rolls later. Body unfolds before completion of roll.

Assistance: For very small children, place palm of hand (heel of palm at nape) on back of individual's head and press it forward at beginning of roll. If above preparation is taught, however, no help is necessary until more advanced rolls are attempted.

Teach rolls from various poses and positions; also on apparatus such as the table, on the low beam, etc.

**VARIATIONS TO BEGIN FORWARD ROLLS WITH:** Squat support; stradleg stand support; support squat rearleg; support stand (closeleg); stand stradleg. Roll without manual support; in bent arm; fingers at nape of neck; hands on hips; holding ankles; sidearm; from stand on one leg; while walking; roll in couples holding hands; hooked in elbows; or around the waist, etc.; from bent crossleg; from front lying support; from arabesque (scale); front roll after turn; from headstand; handstand.

**VARIATIONS TO FINISH FRONT ROLLS:** Front roll to lying on back; to seat; to stradleg seat; to seat bent crossleg; to seat frontleg—sidearm; to squat frontleg (one leg stretched forward); to squat and jump with turns; to squat and jump with leg movements in turns; to stand stradleg; to stand closeheel (straight legs); to shoulder stand (with manual support, also without manual support while in shoulder stand).

Divide class into two groups (or more depending upon assistants available).

**RINGS — SHOULDER HIGH**

- I. CIRCLING IN HANG STAND: Bent arm hangstand.
- Lie back straightening arms slowly to hang stand, feet below rings.
  - By alternating change of weight from one arm to the other, sketch circle while keeping feet in place.
  - During circling keep body facing front, arms straight.
  - When moving to back of circle, body pikes, head is forward; when circling front, body is arched, legs are back, head bent back, shoulders project forward, rings are turned with palms facing front.

How to teach:

- Gymnast must be able to control hangstand back with feet under rings; hang stand to left side, to right side and hang stand front.
- No assistance should be necessary if properly analyzed.

Common faults:

- Bending arms and legs; bending head back in back hang stand or bending head forward in forward hang stand.

**LOWER RINGS TO HANG LYING AND REPEAT CIRCLING.**

**II. BENTHIP HANG:**

- Body folds so that legs and trunk form 45° angle.
- Arms are straight, head moderately bent forward.
- Hips are before rings and a little higher than shoulders, find balance and hold.

How to teach:

- On shoulder high rings from bentarm hang stand, takeoff from one leg, then swing other to benthip hang.
- The same as above from joint leg takeoff.

Common faults:

- Bending head back when starting swing to benthip hang.
- Bending arms and legs, too much, or insufficient piking.

After mastering benthip hang from reach hang rings, raise rings to jump hang height adding swing. Assist by lift under hips.

**LOW BALANCE BEAM  
(Beginners)**

- Three girls on either side of beam:  $\frac{1 \quad 1 \quad 1}{2 \quad 2 \quad 2}$
- I. 1. Squat support facing beam (hands shoulder

- width on beam).
- 2. Jump to rear lying support—arms straight in support.
- 3. High rearleg right—bend arms.
- 4. Close right to left—straighten arms.
- 5.—6. = 3.—4. Reverse.

- 7. Jump to squat support.
- 8. Hold.
- Repeat but uprise and upright on 8.
- II. Repeat all 4 steps of "STEPS FOR GYM-NASTIC FLOOR EXERCISE," on beam.
- Finish with game.

## CENTRAL DISTRICT COMPETITIONS

2nd Class Girls—Held Saturday, May 20, 1967,  
at Sokol Slavsky

High Division: 9 teams—55 competitors

Low Division: 14 teams—93 competitors

Junior Girls—Held Thursday, May 18, 1967,  
at Sokol Berwyn

High Division: 2 competitors

Intermediate Division: 3 teams—11 competitors

Low "A" and "B" Divisions—Held Thursday,  
May 25, 1967, at Sokol Brookfield

Low "A" Division: 7 teams—45 competitors

Low "B" Division: 1 team—12 competitors

Women—Held Monday, June 5, 1967,  
at Sokol Tabor

High Division: 2 competitors

Intermediate Division: 3 teams—12 competitors

Low Division: 3 teams—28 competitors

### II CLASS GIRLS

#### High Division

Place	Team	Points
1.	SOKOL BERWYN	833.7
2.	SOKOL SLAVSKY	833.4
3.	SOKOL TABOR I	820.3
4.	SOKOL STICKNEY I	820.2
5.	SOKOL HAVLICEK-TYRS I	805.2
6.	SOKOL TABOR II	790.3
7.	SOKOL SLAVSKY II	778.8
8.	SOKOL WEST SUBURBAN I	761.1
9.	SOKOL STICKNEY II	751.1

Place	Name	Unit	Points
1.	Janet Vodicka,	Berwyn	166.3
2.	Barbara Vanek,	Slavsky I (Tie)	165.9
2.	Janice Wostratzky,	Stickney I (Tie)	165.9
3.	Anne Korbel,	Slavsky I	165.5
4.	Michelle Ambrosia,	Berwyn	164.9
5.	Cris Sykora,	Slavsky I	164.0
6.	Allyson DeFabio,	Tabor I	162.5
7.	Cheryl Chobot,	Havlicek-Tyrs I	162.2
8.	Judy Wehrenberg,	Tabor I	161.7

#### Low Division

Place	Team	Points
1.	SOKOL BROOKFIELD I	881.7
2.	SOKOL SLAVSKY I	871.8
3.	SOKOL HAVLICEK-TYRS I	871.0
4.	SOKOL BROOKFIELD II	869.9
5.	SOKOL STICKNEY I	854.3
6.	SOKOL TABOR I	852.3
7.	SOKOL BROOKFIELD IV	841.0
8.	SOKOL WEST SUBURBAN II	836.7
9.	SOKOL BROOKFIELD III	830.3
10.	SOKOL STICKNEY II	829.1
11.	SOKOL WEST SUBURBAN I	822.0
12.	SOKOL SLAVSKY II	820.0
13.	SOKOL STICKNEY III	810.5
14.	SOKOL BROOKFIELD V	753.7

Place	Name	Unit	Points
1.	Patricia Prochaska,	Brookfield I	177.7
2.	Karen Piane,	Slavsky I (Tie)	174.0
2.	Colleen Slott,	Tabor I (Tie)	174.0
3.	Loretta Skowron,	Brookfield I	173.6
4.	Susan Kordesh,	Tabor I	172.0
5.	Maryann Fitzpatrick,	Slavsky I	171.6
6.	Nancy Schmit,	Brookfield I	171.2
7.	Deborah Stehlik,	Havlicek-Tyrs I (Tie)	171.1

43 competed.

### JUNIOR GIRLS

#### High Division

Place	Name	Unit	Points
1.	Barbara Vondra,	Sokol Stickney	109.6
2.	Dona Peska,	Sokol Tabor	102.5

#### Intermediate Division

Place	Team	Points
1.	SOKOL SLAVSKY	295.5
2.	SOKOL TABOR	272.6
3.	SOKOL BERWYN	268.0

Place	Name	Unit	Points
1.	Susan Schaefer,	Slavsky	108.4
2.	Georgia Nesladek,	Slavsky	104.3
3.	Karen Sanko,	Berwyn	100.8
4.	Nardine Pekarek,	Brookfield	95.4
5.	Gail Capitan,	Tabor	94.8
6.	Mary Gilbert,	Berwyn	93.8

11 competed.

#### Low Division "A"

Place	Team	Points
1.	SOKOL TABOR	756.9
2.	SOKOL WEST SUBURBAN	743.4
3.	SOKOL BERWYN	735.3
4.	SOKOL STICKNEY	725.0
5.	SOKOL SLAVSKY	722.9
6.	SOKOL BROOKFIELD	722.4
7.	SOKOL WEST SUBURBAN II	721.2

Place	Name	Unit	Points
1.	Julie Barcal,	Slavsky	158.5
2.	Pat Bertino,	West Suburban II	157.3
3.	Marcey Hracek,	Stickney	156.8
4.	Janice Roti,	Tabor	155.6
5.	Frances Bagnuolo,	Tabor	154.3
6.	Holly Peroutka,	Tabor	153.7

22 competed.

#### Low Division "B"

Place	Team	Points
1.	SOKOL STICKNEY	699.4

Place	Name	Unit	Points
1.	Marie Slaby,	Havlicek-Tyrs	150.0
2.	Cynthia Hokr,	Slavsky	149.2
3.	LaVone Schiszik,	Stickney	143.8
4.	Marge Cesel,	Stickney	143.1
5.	Mary Susmilch,	Stickney	139.5

## AMERICAN SOKOL

6. Mary Kucera, Havlicek-Tyrs ..... 138.6  
12 competed.

## WOMEN

## High Division

Place	Name	Unit	Points
1.	Lily Jo Vesely,	Sokol Slavsky	148.7
2.	Mildred Foltyn,	Sokol Tabor	137.1

## Intermediate Division

Place	Team	Points
1.	SOKOL TABOR	415.1
2.	SOKOL SLAVSKY	409.3
3.	SOKOL BERWYN	398.6

Place	Name	Unit	Points
1.	Janice Polz,	Tabor	143.5
2.	Sheryl Geiger,	Tabor	137.0
3.	Dorothy Turek,	Slavsky	136.8
4.	Alicia Prusa,	Berwyn	135.8
5.	Ellen Jeanne Schnabl,	Berwyn	135.5
6.	Lynn Predovic,	Tabor	134.6

11 competed.

## Low Division

Place	Team	Points
1.	SOKOL HAVLICEK-TYRS	717.9
2.	SOKOL BROOKFIELD	700.4
3.	SOKOL BERWYN	681.3

Place	Name	Unit	Points
1.	Sue Basta,	Brookfield	149.3
2.	Luella Linhart,	West Suburban	148.9
3.	Phyllis Morgan,	Havlicek-Tyrs	146.0
4.	Carolee Michalek,	Havlicek-Tyrs	144.5
5.	Janet Kirch,	Havlicek-Tyrs	144.3
6.	Linda Simek,	West Suburban	143.1

10 competed.

## SECOND CLASS BOYS

(June 10, 1967)

Place	Team	Points
1.	SOKOL TABOR I	544.0
2.	SOKOL BERWYN	501.0
3.	SOKOL SLAVSKY I	487.0
4.	SOKOL BROOKFIELD	483.3
5.	SOKOL TABOR II	473.5
6.	SOKOL WEST SUBURBAN	414.6
7.	SOKOL STICKNEY	411.4
8.	SOKOL SLAVSKY II	392.5

Place	Name	Unit	Points
1.	Tom Slott,	Tabor I	112.3
2.	Brian Krapec,	Tabor I	110.6
3.	George Pales,	Tabor I	107.0
4.	Rus Zitny,	Brookfield I	107.7
5.	Miles Pros,	Tabor I	106.9
6.	Dennis Gilbert,	Berwyn	106.6

51 competed.

## JUNIOR BOYS

(June 17, 1967)

## High Division

Place	Name	Unit	Points
1.	Chris Zitny,	Brookfield	103.5

## Intermediate Division

Place	Team	Points
1.	SOKOL HAVLICEK-TYRS	351.7
2.	SOKOL SLAVSKY	348.4

Place	Name	Unit	Points
1.	Zigmund Zalarski,	Havlicek-Tyrs	120.8
2.	James Henry,	Slavsky	118.0
3.	John Nesladek,	Slavsky	117.7
4.	Laddie Vanac,	Havlicek-Tyrs	115.6
5.	Peter Smekal,	Havlicek-Tyrs	115.3
6.	Ron Lutha,	Slavsky	112.7

## Low Division

Place	Team	Points
1.	SOKOL STICKNEY	607.8
2.	SOKOL BROOKFIELD	597.6
3.	SOKOL TABOR	596.6
4.	SOKOL WEST SUBURBAN	530.5

Place	Name	Unit	Points
1.	L. Dostalek,	Slavsky	129.1
2.	W. Domansky,	Brookfield	126.3
3.	J. Kofron,	Tabor	124.8
4.	P. Ondrus,	Stickney	124.6
5.	J. Michalek,	Brookfield	124.5
6.	M. Sweeney,	Stickney	124.0

28 competed.

7.	J. Berousek,	Tabor	122.8
8.	R. Vrba,	Stickney	122.6
9.	R. Ptacek,	Havlicek-Tyrs	122.1
10.	N. Moscorri,	Havlicek-Tyrs	121.7

## MEN

(June 17, 1967)

## High Division

Place	Name	Unit	Points
1.	K. Heidler,	Tabor	109.2

## Intermediate Division

Place	Team	Points
1.	SOKOL HAVLICEK-TYRS	365.6

Place	Name	Unit	Points
1.	L. Slovacek,	Tabor	127.9
2.	T. Sotka,	Tabor	124.3
3.	F. Michalek,	Havlicek-Tyrs	122.7
*	G. Basta,	Havlicek-Tyrs	122.0
4.	R. Lutha,	Slavsky	121.0
5.	D. Michalek,	Havlicek-Tyrs	120.9
6.	R. Husa,	Havlicek-Tyrs	119.2
7.	G. Kalas,	Havlicek-Tyrs	116.9

## Low Division

Place	Team	Points
1.	SOKOL BERWYN	639.2
2.	SOKOL SLAVSKY	584.7

Place	Name	Unit	Points
*	P. Lebloch,	Berwyn	132.4
*	E. Kulousek,	Berwyn	128.1
*	E. Schnabl,	Berwyn	127.8
*	E. Jelinek,	Berwyn	126.7
*	J. Reuter,	Havlicek-Tyrs	126.6
*	W. Haack,	Berwyn	124.2
1.	B. Babka,	Slavsky (Tie)	123.7
1.	B. Mumm,	Stickney (Tie)	123.7
*	C. Ptacek,	Slavsky	122.9
2.	J. Juricka,	Slavsky	120.0
3.	L. Udacky,	Berwyn	118.9
4.	B. Lorenz,	Stickney	117.2
5.	S. Stolarik,	Havlicek-Tyrs	116.2

16 competed.

\* Indicates gymnasts not eligible to receive an award.

any historian or rather an evaluator who would tell us what Slet was good and which one was better, but Sokol St. Louis has a lot of old timers who went to many, many Slets and according to them this was one of the best, if not the best one.

Now what makes one Slet better than any other. The program is almost always the same, the schedule very seldom differs, the attendance varies very little. So, theoretically speaking, all Slets should be more or less alike. So, why should this Slet differ? Maybe because all activities centered in a small localized area, which may have created atmosphere and hospitality. A lot of people, not only members from the Southern District, went out of their way to make the stay in Dallas as enjoyable as possible.

People like policemen, salesmen, and people in the stores were very pleasant.

A Sokol Slet is one of the best things that could happen to the Sokol movement. Because of this Slet, attendance in our gym classes was increased considerably and all of our travel fund projects added to our social activities. One hundred people from St. Louis went to Dallas. Of this hundred, sixty participated in the Slet, from the youngsters to the "stará garda." Had it not been for Los Angeles taking part in the stará garda number, it would have turned out to be a St. Louis special number. Why Chicago asked our Teach to write such a number and then not even participate remains a mystery.

### John Kounovsky



John Kounovsky is now 96 years old and living in a retirement home in Hillsboro, No. Dakota. Hillsboro has a population of about 1,300. He retired from farming about 15 years ago but continued to live on the farm until his wife died eleven years ago, at which time he moved into Hillsboro.

Until the fall of 1966 he lived by himself and walked downtown everyday to play cards and talk to the local citizens.

Again this past summer, John was bailiff for the Traill County Court in Hillsboro. He has served as bailiff for a number of years and enjoys this very much. He spends his time watching or listening to baseball games or other sports events and also playing cards or checkers. He wheels wheelchair patients outside the retirement home.

Bro. Kounovsky is a charter member of Sokol Chicago. Sokol Chicago was organized and chartered in 1893. He was an instructor in the new Sokol organization for several years until he moved to a farm near Fargo, North Dakota, and he retained his membership for all of these 75 years and follows the Sokol activities in our American Sokol and the Czech newspapers.

Sokol Chicago sent him his 75 years membership pin in the form of our 50 year pin with the figure 50 taken out and a small diamond inserted in its place.

Stanley Barcal

### Future Sokol Leaders Fund

Following is a listing of donations through August 31, 1967:

Previously reported .....\$17,636.07  
 Anne Fara, in memory of her  
 mother, sis. A. Domansky .....\$ 5.00

Bro. Frank and sis. Antoinette	
Pelich .....	2.00
Club Springfield, in memory of sis.	
Anna Lukas .....	25.00
Vaclav Vodak, in memory of bro.	
Anton Vodak .....	10.00
Bro. Albert P. Kalabza .....	100.00
Mrs. Marie Bezkostny, in memory of husband, Wm. Bezkostny ....	15.00
<hr/>	
Total donations .....	\$157.00
Belle City Savings & Loan dividend 30/67 .....	2.50
<hr/>	
Total receipts .....	159.50
	<hr/>
	\$17,795.57

The above contributions are tax exempt.

### Sale of Tickets Important At All Events!

We have found at so many of our Sokol affairs that not enough attention was being paid to the sale of tickets PRIOR to the event. We have depended too much on publicity or announcements made in classes and meetings. A Ticket Sale Committee should be a part of all events in the unit and district. An experienced chairman with co-chairman and one or two assistants should plan weeks ahead how to contact every family, club and business house. The Org. Dept. of the Executive Board is preparing a pamphlet with some ideas about the sale of tickets and would appreciate receiving information from readers and fellow organizers who have something to add from their own experience. Address:

Emily Welcl-Ruzicka, c/o American Sokol, 5611 W. Cermak Rd., Cicero, Illinois 60650.

The supreme happiness of life is the conviction that we are loved. — Victor Hugo.

V noci na 14. září 1937, zesnul T. G. Masaryk, prezident Osvoboditel Československé republiky. Smutek, bolestný a nesmírný smutek rozhostil se nad republikou. A rty šeptaly: **Tatíček Masaryk nám umřel.**

Sokolstvo sjelo se do Prahy na pohřeb svého velikého bratra a v předvečer pohřbu sešlo se na smutečně vyzdobeném cvičišti Tyršova domu ke vzpomínce.

Uprostřed zdi tělocvičny byl postaven kenotaf. Na štíhlém černém jehlanu svítila matným stříbrem tři písmena: TGM. Mluvila za mnoho slov. Pod nimi byl vavřínový věnec se stuhou v černé roušce. Vedle jehlance na širokém kvádru planul řecký oheň. Do ztichlého prostranství, vyplněného členstvem, nastoupila stráž s praporem ČOS. a vlajkou věnovanou zesnulým Sokolstvu.

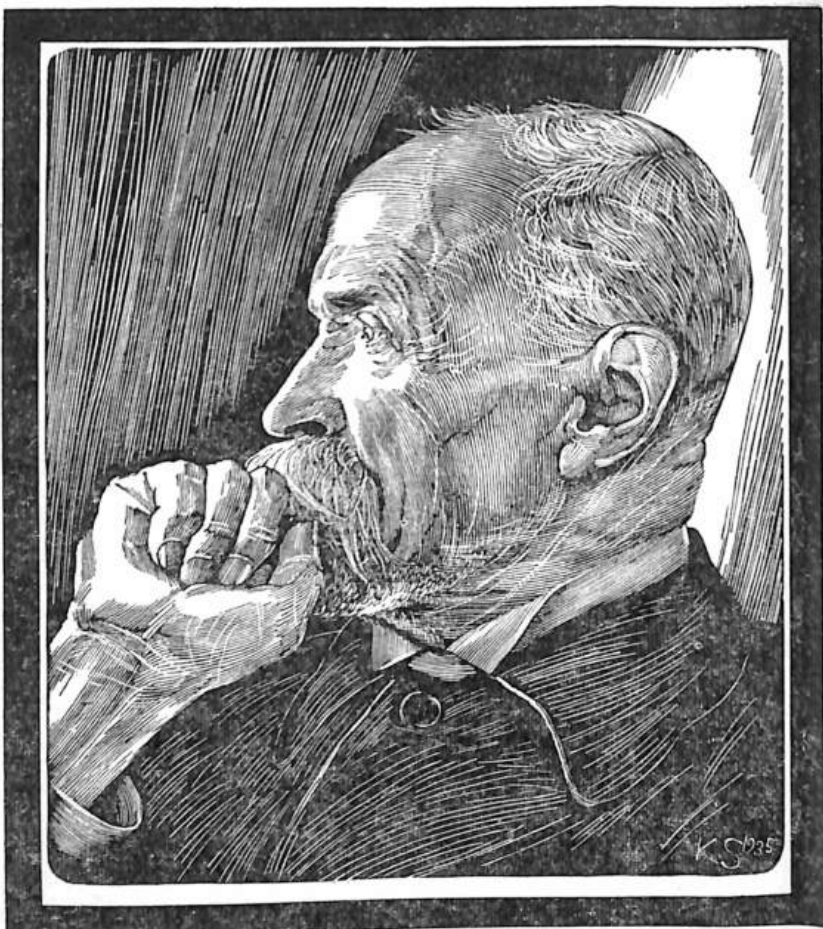
Do prostoru ozářeného jen mihotavým plápolem řeckého ohně nesla se po smutečném kvintetu lesních rohů a sboru Z osudu rukou slova bratra starosty ČOS. dr. Bukovského:

\* \* \*

"I heroická postava Tomáše Garrigue Masaryka podlehla neodvratné smrti. Ale duchovní a mravní síla, kterou tento neobyčejný muž tvořivě uplatňoval ve vývojovém ději našeho národa a kterou se vykázal v životních zápasech evropského lidstva, stala se hodnotou nadčasovou. Masaryk vřadil svůj národ opět do proudu nehynoucí věčnosti a téměř legendárním způsobem včlenil jej zdravý, svobodný a silný do životního pochodu světa, v němž se před třemi stoletími zdatně a slavně jako rovný mezi rovnými projevoval.

Tomáš Masaryk zřetelně cítil, že je mu Prozřetelností svěřeno nadlidské poslání a že je vyvolen k životu, který má svítit na cestu celým pokolením. V rozhovorech s Emilem Ludwigem prohlásil: "Cítím, že jsem nějakou silou hnán dopředu, nedovedu však jasně říci jakou." Byla to síla Prozřetelnosti propůjčená, která ho pudila ke všemu, co neslo znaky věčnosti, co časem neutrpí, co nepomijí a neumírá, byla to síla pronikavého rozumu a hlubokých mravních citů, jimiž ho osud vybavil k splnění velikých úkolů vůdcovských. A tak pod zorným úhlem věčnosti propátrával se Masaryk citem i rozumem k životní logice člověka, vnikal do smyslu dějin vlastního národa i do vývojových pochodů států a veškerého lidstva.

S jedinečnou jasností vyložil současným pokolením, jaký jest úkol člověka ve společnosti, jaké jsou jeho vztahy k bližnímu a jaké k Bohu; s dokumentární přesvědčivostí vyslovil se o právu jednotlivců i celků národních na život samostatný a svobodný. Masaryk strhoval žijící generace svou mohutností duševní a zavazoval je k ideové poslušnosti



a životní kázní svou hlubokou, ryzí čistotou mravní.

Vyrostl v národního a v evropského vůdce, poněvadž žil svými velikými a nesmrtelnými ideami, poněvadž je nejen dokonale chápal a s jedinečnou srozumitelností vykládal, ale poněvadž je i s neohroženou statečností a s nadlidským úsilím též vítězně uplatňoval v bojích o bytí a trvání zdravého, vzdělaného a mravného národa. Masarykovy ideály humanitní jsou vírou Husovou, Komenského i Havlíčkovou, jsou vůlí Žižkovou a činem Tyršovým, jsou smyslem a obsahem našeho samostatného žití národního i státního. Řečeno vlastními slovy Masarykovými: "Humanitní ideál hlásaný Dobrovským a Kollárem, náš ideál obrodní má pro nás Čechy hluboký smysl národní a historický; humanitou plně a opravdově pojatou navážeme na nejlepší svou dobu v minulosti, humanitou překleneme duchovní a mravní spánek několika století, humanitou kráčet máme v hlavě lidského pokroku. Humanita znamená nám náš obrodní úkol, vypracovaný a odkázaný nám našim bratrstvím. Humanitní ideál je všecek smysl našeho života."

Ve své studii o Havlíčkovi píše Masaryk: "Nemůže být pochybností, že se stanoviska mravního jednotlivci i společenským celkům je dovoleno bránit se proti násilí. Bránit se neznamená užívat proti

násilí násilí nového, znamená to právě jen bránit se, není-li jiné možnosti, i železem. Bránit se železem je docela něco jiného než činit násilí. Každý čin posuzuje se podle úmyslu, z něhož prýští a je tudíž jasné, že ten, kdo se brání, chce docela něco jiného než ten, kdo pozitivně znásilňuje."

Masaryk porozuměl nutkavým pokynům dějinné prozřetelnosti a stvořil za války o osud celého světa z Tyršových odchovanců legie, které železem ubránily národ proti hrubému vojáckému násilí. A tak v co Komenský věřil, co Žižka chtěl a k čemu Tyrš svůj národ úspěšně vychovával — to Masaryk nám slavně uskutečnil.

Ale Tyršův čin vychovatelský musí být každodenně znovu a pečlivě opakován, má-li být získaná svoboda národu zachována a má-li stát s Masarykovým posláním důstojně splnit v evropském vývoji úkol, který mu prezident Osvoboditel v dějinách světových určil.

## Sokol Baltimore, Md.

Bratr Vojta Martinek skonal náhle, raněn mrtvicí, dne 17. srpna, 1967, Jeden den před návratem ze svých pravidelných prázdnin na severu státu New York.

Za svých více než 50 roků členství si získal pro svoji přívětivou povahu a příjemný vzhled lásku a úctu všech, kdož jej znali.

Br. Vojta Martinek byl význačným členem v Sokole Baltimore (dříve Blesk). Vynikl nad běžný typ člena svou zásluhou a přínosem pro život jednoty svým uměním, darem přírody: byl obdařen krásným jadrným tenorem, lvrickým i hrdinným, a štědře se dělil svým darem při mnohých příležitostech; hlavně pro Sokol při oslavách a divadlech, ba i při smutných obřadech na rozloučenou s členy Sokola na cestě jejich poslední. Byl též vyhledáván jako solista při službách a obřadech různých denominací, ale hlavní jeho zásluhou bylo účinkování při divadlech pořádaných dramatickým odborem Sokola. Byl školeným pěvcem a sám po léta

To je smysl věrného členství Masarykova v bratrstvu sokolském, to jest jeho státnický odkaz sokolským vychovatelům, neboť jaký lid, takový národ a jací národové, takový svět. Necht' svítí nám veliký příklad Masarykův na cestu staletí."

\* \* \*

Ticho celého prostranství bylo ještě hlubší, když zaznívaly verše státní hymny. Lesní rohy pak jen dokreslily náladu tklivého večera.

Odešel Masaryk . . . Dědictví velké zdědil český a slovenský lid. Slavný slib zavázal všechny příslušníky bratrstva sokolského, že bude vždy v duchu Masarykově pracovat pro Jeho odkaz Jeho největší a nejvýznamnější dílo, svobodnou a demokratickou Československou republiku.

Ve vážné době národního a státního života republiky vzpomínáme lidu, s nímž jsme spojeni svým srdcem i krví.

kmp.

cvičil a vedl smíšený pěvecký odbor jednoty a tím se přičinil o udržení kulturní úrovně a společenského života v jednotě.

Br. Vojta Martinek byl rodákem z Hané a zachoval si po celý život příslovečnou hanáckou bodrost a nestrojenou dobrou vůli ke všem v Sokole a celém životě.

Narodil se v Kroměříži roku 1895. Do Baltimore přijel ve svých sedmnácti letech a zde ztrávil většinu svého života.

Všichni současníci mu zachovají vděčnou vzpomínku.

Jos. Bílek.

Smutná zpráva o skonu bratra Vojtiška bolestně se dotkla všech srdcí sokolských. Vzpomínám jeho nadšení i lásky k věci sokolské, jeho obětavosti s jakou se věnoval všem úkolům, jež si předsevzal anebo jež na něho byly vloženy a želim spolu s jeho rodinou a rodinou sokolskou jeho skonu. Přijměte laskavě vlídně projev nelíčené soustrasti. Budiž jeho spánek lehký!

kmp.

CHAS. M. PRCHAL:

## 50 YEARS

(Continued)

After a beautiful voyage on the Aquitania to Cherbourg, France, by train to Cheb. Warm welcome, music at stations where the train stopped for perhaps only a few minutes; crowds of people, shaking of hands, embracing, and indescribable joy; many times bands of musicians greeted the visitors. In Pilsen the gift was plenty of "Prazdroj" (Urquell) which soon disappeared. Further stops, greetings, and then Praha.

Wilson Station was jammed with Sokols in uniforms, distinguished representatives of public life, Sokol Honor Guard and band. No words can describe the warmheartedness and enthusiasm of the welcome.

The parade through Praha; mounted police, Czechoslovak and American flags, music, then flags of the Czechoslovak Sokol Organization, the Praha Sokols in uniform with American Sokols in uniform. Then more visitors in the ASO. delegation. Czecho-

slovak Legionnaires with flags, American, French, Russian, Italian.

Thousands of happy people filled all streets and often the music was lost in the tremendous cheers of the crowds. Down St. James Square, October 28th Street, Victory Street into Tyrš Home, where upon the balcony the President of the Czechoslovak Sokol bro. Bukovsky welcomed the delegation. President bro. Prchal replied, greeted the Praha people and the Czechoslovak nation, and presented thanks for the greeting. After these words, the band played "Lví Silou," (With Lion's Strength) and there certainly could not have been a more appropriate ending. Sokols were everywhere, rejoicing crowds everywhere!

A greeting was sent directly by shortwave radio to the Czechoslovak people in America.

On June 19th the I. Slet of the Sokol children was presented. Parade of 30,000 small boys and

girls, 23 bands from Sokol Praha to the exhibition stadium. Here defile and lunch was served to 32,000 small boys and girls in line up section.

After a successfully executed entrance, a beautifully presented exhibition by 32,000 boys and girls, before an audience of 170,000. Thundering applause accompanied their march from the stadium.

On June 15th the Americans placed a wreath upon the grave of President Liberator T. G. Masaryk in Lány. Bro. President Prchal spoke here and in the chamber where T.G.M. departed from life.

Upon returning from Lány, a stop was made on White Mountain (Bílá Hora). Local dignitaries, organization officials, and the whole local Sokol unit in uniform awaited the visitors. Upon this spot, where Czech freedom was lost on November 8th, 1620, for almost 300 years, the representatives of the American Sokol proclaimed that under no circumstances would the Czechoslovak nation ever be deserted by the American Sokols.

The last days of June truly belonged to the juniors. 16,640 junior girls and 14,352 junior boys delighted the audience with their presentation.

The parade of 60,674 juniors was greeted by hundreds of thousands of cheering spectators.

July 3rd the delegations of the American Sokol, Yugoslav, Bulgarian, and Roumanian, placed wreaths upon the grave of the Unknown Soldier in the Old Town Hall.

July 4th, on American Independence Day, the American Sokols placed a wreath by the statue of Woodrow Wilson in front of the Wilson Railway Station. On Petrin, the American flag was flown and on Strelecky Island a ceremonial dinner was served for the American guests.

The atmosphere during the main Slet days cannot be described. The mass exercises by men (28,600) and women (in their special number, 28,648) inspired faith and hope in the future. Waves of thunderous applause and expressions of joy greeted the masses on the field. 250,000 spectators witnessed this gigantic spectacle.

July 5th was the day set for the appearance of the Americans upon the field. After dinner, rain fell and continued without abate until evening. The special number was presented during the rain. 220,000 spectators in the tribunes. Our American Sokols entered the field about 7 o'clock in the evening, during a heavy downpour; the field was a sea of mud.

The whole number was constantly applauded. When in the last part of the combined calisthenics the men passed to a seating position on the ground, it seemed that the hurricane of spontaneous cheering would bring down the tribunes. When the gymnasts were retiring from the field, groups of spectators jumped over the barriers and formed an honor guard on either side. With tears in their eyes they greeted the Americans and clasped their muddied hands. Such heartfelt expression was received by none of the other visiting guests.

The representative groups of American Sokols, without their leader, was comprised of 90 men and women of the American Sokol Organization and the S.T.J.S. (Slovak Sokol).

The women's team won II award in high division, the men's team won II award in the Inter-

mediate division among 105 teams. Bro. Stanley Barcal was 5th of the individuals.

The Sokol group conducted tours, received numerous invitations and visited the National Theatre (Narodni Divadlo) when the opera "Bartered Bride" was being presented.

The Slet parade through Slavonic Prague was imposing and the greatest that the City of Prague had ever seen. It lasted for more than four hours. Jubilant Prague showered its praise upon the Sokol idea, for its sacrificing, unselfish love to the Republic and democracy. The Americans met with enthusiastic ovations on every step. Flowers poured into the streets that were covered by them.

During the entire visit in Prague we met with mutual cooperation with members of the C.O.S.: President, bro. Dr. Bukovsky, Vice-President, bro. Truhlar, Director of Men, bro. Dr. Klinger, Director of Women, sis. Provaznik, II. Vice-President, bro. Dr. Stolc, Slet Secretary, bro. Koppl, bros. Tuma, Vacik, Struppl, Kral and others.

July 6th was Army Day upon the field. Beside the Czechoslovak Army, there were the Yugoslav and Roumanian armies. Thunderous cheers and cries of "Long Live the Army" rang throughout the tribunes surmounting anything that the field had yet experienced.

Explosions of joy, loyalty, expressions of hope and love reached the utmost heights. 450,000 people overflowed the stands. During the ceremonious finale of the great Slet, the allied armies stood in joined ranks with the Sokols of Czechoslovakia and Jugoslavia.

Later in the meeting hall of the Czechoslovak Sokol Organization Board of Directors in Tyrs Home, a gift was presented by the American Sokol Organization to the COS.: a big bronze bust of the President of the United States, Woodrow Wilson. Presentation was made by President of the STJS, bro. Jan Zeman and bro. Karel Prchal of the ASO. The President of the COS, bro. Dr. S. Bukovsky accepted the gift.

The same day, after 5 o'clock in the afternoon, all of our members were welcomed by the President of the Czechoslovak Republic, Dr. Edward Benes and his wife in the palace grounds during a garden party given for them.

(Continued)

## To Sokol Members in Milwaukee

All future meetings will be held at the International Institute Building at 2810 W. Highland Blvd., in the Old World Hall, located in the lower level.

We are approaching Sokol Milwaukee's 100th anniversary. Let's all make this a memorable year by attending all of our meetings, our various Sokol activities and especially participating in our 100th anniversary event—a banquet which will be held in the Surf Room of the BOLERO on June 29th, 1968. Remember the date!

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Svoboda a kázeň je nedělitelný celek — u národa, ve spolku, i u jednotlivce. K čemu nás nabádá?

Volně, bratrsky a rovně obcujme spolu, jedneje ve spolcích svých, avšak učme se též každým dnem opanovat sebe ve prospěch nutných řádů, osobnost podříditi věci a celku, potlačovat marnivost jakožto vlastnost nedůstojnou. Kázeň, již každý takto sám sobě ukládá, šlechtí srdce, vychovává pevné charaktery, činí nás schopnými k sebezapření a k obětem, když všeobecný prospěch toho žádá.

Uč se nevšímat si svých rozmarů, uč se přemáhat, uč se celku podrobovat, i tím se odchováš k pravé mužnosti, k pravé lásce k vlasti a národu.

Co je podmínkou trvalého úspěchu v práci?

Vytrvalost! Tot' heslo hesel, tot' znamení, v němž zvítězíš. Ovšem, že vytrvalost ne v zahálce, nýbrž při činu nebo lépe při konání ustavičném, při práci každodenní a neustálé.

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## The "Inside" of a Slet

Memories of the Dallas Slet will be a part of me for a long time to come. The long hours of preparing for the Slet (two years of it for the Dallas people), a year's training for the gymnasts, the raising of funds for the trip, the trip in itself, the competition and results thereof . . . these are but a few of the obvious details of a Slet. But, what the outsiders fail to see or experience are the intangible rewards and experiences pertinent to the activities. These intangibles are of a nature that make trophies and medals almost insignificant.

The anxiety and tension I felt on the floor during the competitions was at a maximum. It existed throughout the arena with a depth great enough to cause chills, upset stomachs, and trembling, all of which are very normal and necessary. The lack of such tensions would reveal laxity and disinterest, I am sure. Performing the compulsory drills on the various apparatus under great pressures and with strict uniformity are essential in the forming of self-discipline. For myself I can say that these tensions were surpassed only by the satisfaction and pride I felt after having completed the event.

And, how can I explain the feeling of walking in downtown Dallas meeting fellow Sokols at every intersection and side street. The Sokol nametag was everywhere. . . . Dallas never had it so good. Or, how can I describe what it meant to look up Akard Street to see the Commerce Exchange Building (20 some stories) with its lights forming the Sokol

emblem across its entire front. And, similarly, the "Welcome Sokols" signs were on many hotels and at the Coliseum. Never have I experienced such recognition and appreciation. I felt an unmatched dignity while taking part in the Sunday program. Standing on the floor with the entire mass, the colors of the flags, and participating in the National Anthem created the greatest feeling of reverence and respect, combined with the feelings of pride and strength. Anyone who participated can tell you that the experience can best be described by the waves o! "goose bumps" mixed with tears. Finally, there was the awesome sight of an entire arena floor filled with hundreds and hundreds of beautiful, sound, and healthy bodies. Where else in this world and at this time can you find a "peaceful demonstration" of this nature. It was a sight "fit for the Gods" with a purpose of strength and health of mind and body for all. For being but a mere fragment of the entire Kaleidoscope, I am indeed proud. It was an experience I shall never forget, and for this, Sokol, I thank you.

Sis. D. Woodhouse, Cedar Rapids, Iowa

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Fred C. Stankovsky

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