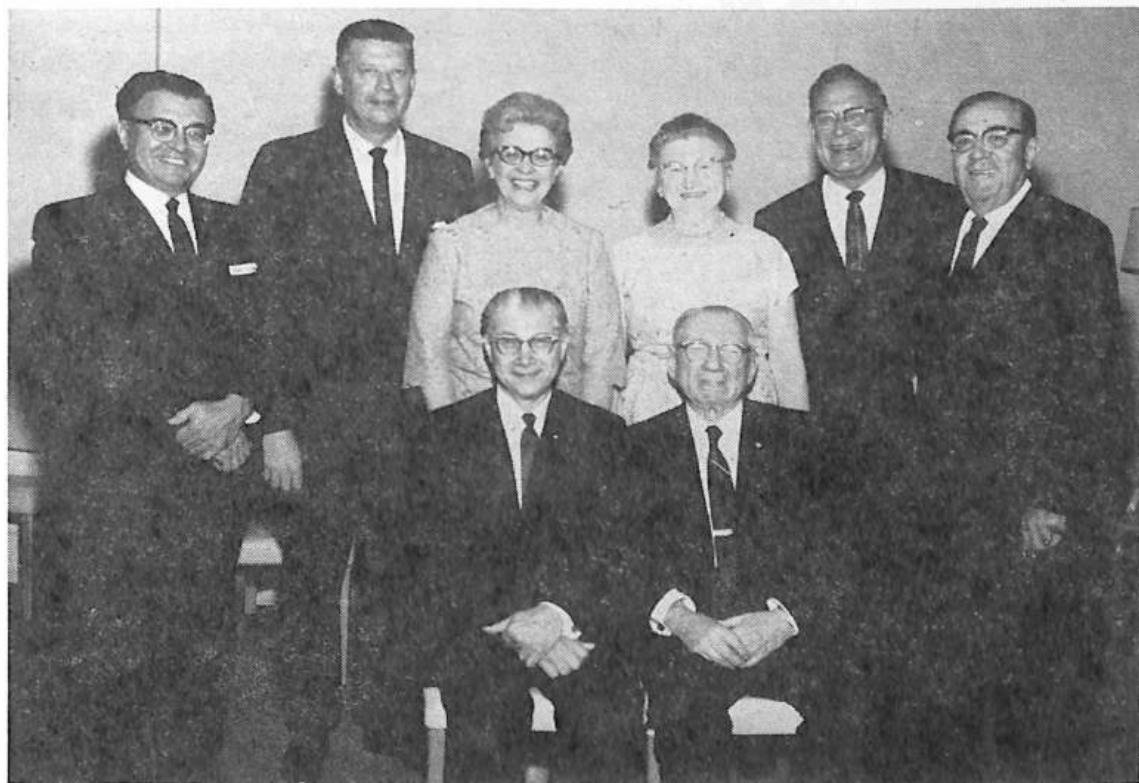


# AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

October 1967

**The Western Bohemian Fraternal Association at their Convention held in Omaha, Nebr., September 25-28, 1967, contributed most generously the sum of \$5,000 to the American Sokol Future Leaders Fund**



**STANDING:** Jerry Drahovzal, Secretary; Elmer Karasek, Vice-President; Betty Prener, American Sokol Secretary; Anne Falta, American Sokol Fin. Secretary; Sen. Roman L. Hruska, Chairman of the Board; George Schultz, Treasurer.  
**SITTING:** Charles H. Vyskocil, President; M. L. Hromadka, Past President.

The newly elected officers are on the picture above. Representing the ASO. was sis. Betty Prener, Secretary, and sis. Anne Falta, Financial Secretary, who was also a delegate to the WBFA. convention.

(Continued on page 108)

# AMERICAN SOKOL



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by the

AMERICAN SOKOL ORGANIZATION

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## EDITOR

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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

## Calendar of Events

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. 1st—SOKOLICE HAVLICEK-TYRS, CHICAGO. — Fashion Show at their hall. 8 p.m. \$1.25 admission. Refreshments.

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. 9, 10, 11, 12—FESTIVAL OF NATIONS, ST. PAUL, MINN.

NOV. 11th—SOKOL ST. LOUIS, MISSOURI. Minstrel Show and Dance.

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.

NOV. 19th—SOKOL CLEVELAND-CECH HAVLICEK. — Festival, Spaghetti Dinner, Bake Sale.

DEC. 2nd—SOKOL TYRS, CLEVELAND, OHIO. St. Nick's Dance.

DEC. 3rd—SOKOL FUEGNER-TYRS, So. Omaha, Nebr. — Card Party, So. Omaha Sokol Hall, 21st and "U" Streets—2:00 P.M.

DEC. 8th—SOKOL ST. LOUIS, MISSOURI. Rummage Sale.

DEC. 9th—SOKOL TABOR, BERWYN, ILL. Board of Instructors "Las Vegas Night" and Spaghetti Dinner.

DEC. 17th—SOKOL DETROIT, MICHIGAN. Children's Christmas Party.

## 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.

SOKOL HAVLICEK-TYRS, CHICAGO, ILL. New Year's Dance.

NEW YEAR'S EVE DANCE—South Omaha Sokol Gym Club, 12st and "U" Streets. Kostka Bros. Orchestra.

## — 1968 —

JAN. 27th—SOKOL TYRS, CLEVELAND, OHIO. "Night in Prague."

JAN. 28th—SOKOL DETROIT, MICHIGAN. Gymnastical at Center.

FEB. 10th—SOKOL WEST SUBURBAN, Downers Grove, Ill. — Sweetheart Dance at Laborer's Union Hall, Ogden and Cass, Westmont, Ill. 9:00 P.M. Music by Frank Sivak.

FEB. 24th—SOKOL TYRS, CLEVELAND, OHIO. "Šibřinky."

MAR. 2nd—SOKOL CLEVELAND-CECH HAVLICEK. — Annual Winter Gym Exhibition.

MAR. 2nd—SOKOL BROOKFIELD, ILL. Gymnastic Exhibition.

MAR. 9 and 10—SOKOL TABOR, BERWYN, ILL. Gymnastic Exhibition.

MAR. 17th—SOKOL SLAVSKY, CICERO, ILL. Gymnastic Exhibition.

MAR. 23rd—SOKOL BERWYN, ILLINOIS. Gymnastic Exhibition.

MAR. 24th—SOKOL CLEVELAND-CECH HAVLICEK. — Card Party.

APR. 6th—SOKOL HAVLICEK-TYRS, Chicago, Ill. Gymnastic Exhibition.

JUNE 29th, 1968—SOKOL MILWAUKEE, WIS. 100th Anniversary Banquet.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVIII.

October — 1967 — Říjen

Číslo—No. 10

STANLEY BARCAL, President, American Sokol Organization

## MY VISIT TO SOKOL HOUSTON



New Sokol Hall

On July 2nd, 1967, Sokol Houston, 1314 West Patton, in Houston, Texas, held the grand opening of the newly-finished Sokol Hall. There Sokol festivities began on Saturday, July 1st, with a social dance that was very well attended and all present had a very nice evening.

The ribbon-cutting ceremonies took place at 9:00 A.M. Sunday with bro. W. F. Svec, President of Sokol Houston, presiding.

Lunch was served at 11:30 A.M. with the famous Texas-style beef barbecue.

The afternoon program began at 2:00 P.M. with the S.P.J.S.T. Pokrok Choral Group, followed by speakers and an excellent gymnastic program and social dancing.

The very amazing thing about Sokol Houston is that only the necessary skills were hired to accomplish this project—all the rest was done by the members, including the furnishing of the necessary funds. They should be very proud of this accomplishment.

The building is located on the same level that the old building is on, with plenty of parking space left along with an outdoor garden and barbecue area. The building is 96 feet long, 98 feet wide; the gym floor is 74'x60'. There is a modern kitchen and apparatus room, barroom, dressing rooms and showers. It is completely air-conditioned for year-round comfort.

May this facility stand for the strength, truth and freedom on which our organization was founded.

My congratulations to the members of Sokol Houston!

## Sokol Scholarship

Four of the Sokol scholarship winners of last year have qualified for renewal of their awards for the 1967-68 academic year. Each one received the second scholarship award of \$100.00 from the ASO. office, with best wishes for continued success in their studies. The winners were:

EASTERN	Susan Basta, Sokol Brookfield
NORTHEASTERN	Christine Tuma, Little Ferry
CENTRAL	Jane Mastny, Sokol Tyrns
SOUTHERN	Martha Busch, Sokol Houston

All four of the winners found time upon completing their school terms to compete and participate in the Dallas Slet activities.

The fifth winner of last year, Richard Beran, Sokol Omaha, Western District, had completed his

education and graduated from the University of Nebraska. Therefore, he was not eligible for the second award. His letter of appreciation is printed below:

Gentlemen:

I would sincerely like to thank you for the Sokol scholarship for 1966-67. I can truly say that this aid was appreciated and well used. A transcript of my past year's grades will be sent you in the near future as soon as they are processed.

I graduated from the University of Nebraska on June 3, 1967, with a Bachelor of Science degree in Education and I have signed a teaching contract with the Omaha Public School system for this coming year. Therefore, I will not be needing the scholarship for this coming year of 1967-68.

Again I wish to thank you for showing your interest on the advancement of education and I hope to see the Sokol Organization continue to help future Sokol leaders.

Sincerely,  
Richard Beran, Sokol Omaha

This year the applicants were very few indeed. A total of six requests for application blanks were received and forwarded. However, only three applications completed and returned to the committee. This represented only two of our six districts. The original deadline of May 1st was extended to August 1st in hopes of arousing more interest and additional applicants.

Only two applicants were awarded Sokol scholarships for 1967-68:

Anne Adamec, Central District,  
Sokol West Suburban  
Marsha A. Swoboda, Western District,  
Sokolice Libuse, So. Omaha



Anne Adamec



Marsha A. Swoboda

The committee hopes that more interest will be shown in the next selection of winners and urges all unit and district directors to inform interested members to request application blanks from the ASO. office.

## The Western Bohemian Fraternal Assn.—

(Continued from cover page)

The American Sokol Future Leaders Fund was established to perpetuate the Dr. Miroslav Tyrs system of physical education and to bestow scholarship awards to deserving Sokol members who are proceeding to obtain a degree in Physical Education in an accredited college.

Both the WBFA. and the ASO. have a close working relationship as many of our people are members of both organizations. It is our fervent hope that this relationship not only continue, but that it will grow to even larger proportions.

## PANORAMA

(At the conference held at the Mid-Slet in Dallas, Texas, in July, 1967, between the Executive Board of ASO. and district representatives, it was decided to participate in the Panorama and recommend to the units and districts that they do so also.)

. . . . . A story worth telling . . . a story worth reading . . . a story that cannot be told without your participation and whole-hearted interest. This must be YOUR story, the story of your parents and grandparents . . . the story of your friends

and neighbors of Czechoslovak parentage, whose individual life stories will form a composite picture of the past 300 years of the impact of Czechoslovak immigrants upon the developing American scene.

For three hundred years the Czechs and Slovaks in America and in their native land have fought for the undying truth of Liberty For All . . . PANORAMA will re-tell this story that future generations may follow in our footsteps.

### For the First Time In 300 Years

. . . . . something is being done to preserve for future generations a living record of the lives and activities of men and women of Czech and Slovak extraction whose history in America embraces a span of three centuries.

. . . . . This is why PANORAMA will seek to include the life story of all Czechoslovaks in the United States. The most recent arrivals as well as the earliest settlers will find their lives retold in PANORAMA; prominent men and women as well as individuals little known to the public will enliven its pages.

. . . . . In this all embracing concept PANO-

RAMA, sponsored by the Czechoslovak National Council of America, hopes to preserve for posterity an authentic record of what the Czechoslovaks in America did as an ethnic group. Where did they come from? How well did they accept the American Ideal? Why did they adhere so tenaciously to their Czechoslovak heritage? These are the questions to be answered by PANORAMA.

. . . . . Your help is needed in this great undertaking. Select therefore a space in PANORAMA and underwrite the nominal cost of the space you desire. Send us your space-order together with a brief story of your life.



## 300 YEARS OF CZECHS AND SLOVAKS IN AMERICA

... PANORAMA, to be published in 1968, will commemorate October 28, 1918, the day Czechoslovakia joined the family of free nations. It will be a fitting tribute to the 50th anniversary of the founding of Czechoslovakia as a Republic. Although her people are currently being deprived of their cherished freedom, they are hopefully looking forward to a better, brighter tomorrow.

... PANORAMA is intended to be more than a retelling of the lives and deeds of the thousands of Czechoslovaks who have chosen America as their home and have adopted the American Ideal as their way of life. ... PANORAMA is to serve as a guiding beacon, as an inspiration to others whose own "way of life" at this point in history is not in tune with their deep inner feelings, their devotion to the American concept of freedom.

### Who's Who In Panorama?

#### YOUR LIFE

should certainly appear in PANORAMA. Whether you are a recent arrival or a descendant of an old settler family you want to present a story of your life for your children and your children's children.

#### YOUR PARENTS AND GRANDPARENTS

who have made their own contribution toward building a better America should have their lives immortalized as an appropriate IN MEMORIAM by those of you who are enjoying the fruits of their earlier labors.

#### OUTSTANDING INDIVIDUALS

living or long deceased, whose memory should be preserved by those who knew them, admired them, and who are willing to secure space for their life story.

#### CZECHOSLOVAK ORGANIZATIONS

national fraternal, gymnastic, cultural, as well as local social and educational groups, all deserve a space in PANORAMA to tell those yet to come what has been done in the past for a

happier, healthier community and a more prosperous and progressive nation.

Send for your brochure and information to:

**Czechoslovak National Council of America**  
4125 West 26th Street  
Chicago, Illinois 60623

The Czechoslovak National Council of America has undertaken to organize the annual commemoration by Americans of Czech and Slovak extraction of the fiftieth anniversary of the historical October 1918 declaration of independence of the freed Czech and Slovak peoples in the unified republic of Czechoslovakia, signed in Washington, D. C.

Major events commemorating this historical event will be held in the Statler-Hilton Hotel in Washington, D. C., October 14-15, 1968.

The Executive Board of the American Sokol Organization, in its meeting held October 3, 1967, concurs and is in accord with the activities of the Czechoslovak National Council of America in this respect.

CHAS. M. PRCHAL:

## 50 YEARS

(Continued)

August 20th, 1938, the Executive Board decided upon a national Sokol tax of \$1.00 for every ASO member—as a jubilee gift to Czechoslovakia for protection against usurpation of parts of the country.

September 26, 1938, the Convention of the ASO was convened by President bro. C. M. Prchal. In his opening address, he urged that the delegates take a serious part in all deliberations—and to let their personal honor and that of the Sokol pervade

throughout all their actions. "In the accomplishments of the Convention lies our future. We will not perish if we do not want to. The Sokol ideals are necessary today, tomorrow and for all time. I know the Sokols will endure and will never deviate from the course pursued in years gone by."

The elected chairman of the Convention was bro. Stanley Serpan.

The Convention was visited, among others, by past President of ASO., bro. Jos. Cermak, Presi-

dent of the Slovak Gymnastic Union Sokol, bro. Jan Zeman, and Treasurer, bro. Joe P. Kurcina, and the Sokol patriarch, bro. Antonin Polak.

Reports of activities were received with enthusiasm. Budget was worked out based upon the 100% payment of dues by the units. Directives were worked out for future activities. All possibilities were considered and discussed.

The Convention solved the problem of women's parade uniforms—but solving the problem of the men's uniform was given to the next Executive Board for further studies.

In the elections, the President bro. Karel M. Prchal was re-elected. Elected were Vice-Presidents, sis. Josephine Sykora and Prof. bro. J. J. Zmrhal, Secretary, bro. Vaclav Konecny, Treasurer, bro. Joseph Falta. Educational Director and Editor of "Sokol Americký," bro. Jarka Kosar. Director of Men, bro. Jarka Jelinek, and Director of Women, sis. Kate Danko.

Three months after the Slet in Prague a dreadful disaster struck the peace-loving people of Czechoslovakia. The nation depending in its most trying times upon promises of help, was betrayed, "sold down the river," and was compelled to submit to pressures by big powers, who believed this to be

the only recourse to the upholding of alleged European peace.

Already in May, the Czechoslovaks showed their determination to defend their freedom and compactness, but their Republic was sacrificed. The frontier territories, with all their impregnable fortifications, the best and wealthiest industrial and natural resources, that belonged to that country for over a thousand years, were given to satiate the greed of Germany. — For France and England a shame inexcusable!

The Sokol national tax—not anymore for the defense of Czechoslovak totality and democracy—but for the protection of its people—was carried on and contributions were solicited. It was declared that as in World War I, the American Sokols brought both material and sacrifices of blood for the freedom of the Czechoslovak nation, so in this period would do all for the security of the nation and change its grief and anger into a burning flame of defiance and its will to action and would multiply its moral and material strength to a common defense of the most precious domains of the Czechoslovak nation.

(Continued)

## Sokol's Commemorative Stamp First Day Covers and Cards

No doubt it was the preparations for the Mid-Slet in Dallas, Texas, that caused so many units to overlook the offer presented them in the May, 1967, issue of "American Sokol." This concerned the First Day Envelopes and Postcards offered the Sokol units and districts.

Receiving these at cost, they could be sold at a profit at various undertakings of the unit or district, bringing in revenue and at the same time serving a publicity role. They could also be used as rewards in the gymnasium for various accomplishments or sent to members who do not come to meetings regularly as another gentle reminder of the Sokol.

These are only a few of the ways in which the First Day Envelopes and Postcards can be used. Your own ingenuity will uncover many other methods of using them for the benefit of the unit or district. By all means, every unit and district should have a panel with these items on it. As a publicity feature it can't be beat. This was a hard earned and hard won recognition, by the Government of the United States, for a century of dedication to ideals as vital to its preservation today as they ever were in the past.

What the ASO. has on stock are all there are. There will be no more First Day Covers. Estimate your needs for all the functions mentioned plus whatever ideas you may have and send in your order today.

We also have a limited number of programs of the stamp ceremonies in Washington, a few of which will be mailed with each order.

The envelopes come in two designs—a medallion of M. Tyrš and J. Fügner in charcoal or beige and a statue of M. Tyrš in blue. The postcard is in blue with three figures in calisthenics poses with red and white lettering. Your cost of these items as follows:

Envelope—1 stamp .....	10c
Envelope—2 stamps .....	15c
Envelope—4 stamps .....	25c
Envelope—4 stamps and plate block No. ....	30c
Postcard—1 stamp .....	11c
Postcard—no stamp .....	.06c

Send your order in as soon as possible for these "once in a lifetime" Sokol Envelopes and Postcards to: American Sokol Organization, 5611 W. Cermak Road, Cicero, Ill. 60650.

## Resolution of Sympathy

We, the Resolution Committee of Sokol Corpus Christi, Tex., on behalf of our membership, wish to express our sincere heartfelt sympathy to the bereaved family of Mrs. Sandra Poole, whose tragic death evoked a sense of loss to all who knew her.

Beside floral offerings the following members made donations to Sokol Corpus Christi:

Fr. Sijansky, Bill and Mrs. Spencer, Anita Regmund, Chas. Majeks, Ray Peals, Chas. Holeceks,

Anne Castro, Jerry Elzners, Adolf Sassins, Mrs. A. Bren, Joe Fay, Jim Kuceras, Mrs. Agnes Jurica.

To our departed sister we wish eternal rest.

Resolution Committee:

Frank C. Sacky, President

Jim F. Kucera, Secretary

Adela Sijansky, Fin. Secy.

Anita Regmund, Treasurer

# SOKOL GYMNAST

October 1967

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

## THE IMPORTANCE OF "SOKOL" FOR PHYSICAL FITNESS

This article is meant for everyone, regardless of sex or age, who wants to do something of benefit for himself.

**SOKOL MOTTO "IN A HEALTHY BODY IS A HEALTHY MIND"**



Dr. Zd. Pelech

How to keep fit and enjoy it—go to Sokol! The Sokols were organized in February, 1862. Health and mental and physical fitness is the greatest wealth of the human body and cannot be replaced. A millionaire who is not healthy cannot be happy. This country gives everybody the opportunity for good living, providing he is healthy.

The Sokol Organization was very popular, even in the beginning, for its effect on physical fitness. The organizer of

Sokol was Dr. M. Tyrs, who was born September 17, 1832, in Czechoslovakia. On the advice of his physician, Dr. Tyrs began practicing physical culture for his health. He also studied law, but was interested in philosophy, esthetics, mathematics and anatomy. He received the title of Doctor of Philosophy. Due to his energetic work in the Sokol the first Sokol Slet was held in 1884. It was a great loss to the Sokol Organization when Dr. M. Tyrs died tragically August 8, 1884, in Oetz, in the Tyrolean Alps.

Dr. Tyrs devoted much of his training to persons with teaching ability in gymnastics. He organized a youth program and was responsible for innumerable training centers for youths. In organizing the Sokol Gymnastic Society, he perpetuated physical cultural training. Physical culture training was practiced even before the Sokols.

For example, in old China, during the reign of Hoang, about 2700 years before Christ, healing of the body and health were believed to be due to gymnastics.

The Greeks, of course, were known for their physiques, which they attributed to gymnastics. The Spartans of Greece were known for their marvelous physical training and gymnastics. The main part of their program included, not only physical training, but strict self-discipline, which was evident in their fine and extraordinary bodies.

The Greeks participated in Olympic Games, which also evidenced their physical superiority. Also, in old Greece, the Greeks trained and held combats in their amphitheatres. They had an attendance of

as many as 150,000 spectators in their Circus Maximus.

Physical training is also a necessity in the training of armed forces, and should not only be regarded as a necessity, but also a joy and pleasure.

The Sokol Organization proves that their training, both physical and mental, benefits both young and old. The training of the body keeps people fit and also delays the aging process. Differences and similarities are found in everyone. Senior citizens are no exception and each reacts to aging in numerous ways. Some age very rapidly, others remain active and alert, both mentally and physically. The few who utilize all their creative potential explains why we will always have a Dr. M. Tyrs, a Churchill, a Toscanini, Grandma Moses and many others. The Autumn Years have their disappointments and many problems. Adjusting to changes especially in the declining years is more difficult for some. The reactions to these changes depends to a great extent upon personality, education and of course health. The healthy individual (regardless of age) can practice gymnastics and physical culture and delay the aging process.

When doing gymnastics, the body is kept lithe. Every movement aids every muscle and also the bone structure. The age of people shows not by their years, but by physical well being that manifests itself.

Physical culture, gymnastics and sports keep the body fit, and with body being fit all the rest of the organs including the heart are benefited. It is wrong to believe that people with a "heart condition" or "high blood pressure" cannot be aided by the Sokols. People do not realize that many persons after a heart attack or a mild myocardial infarction were aided with exercise, which their physician prescribed. Of course, persons with any ailment whatsoever must be under their physician's care and follow his instructions implicitly. Some physicians prescribe only light calisthenics. Even if calisthenics tend to be boring, they are essential for total fitness. They promote flexibility and mobility, your best insurance against breakage of joints, bunched up muscles and poor posture. Muscles, especially, if untrained, gradually shrink and become atrophic and weak. Fitness enthusiasts have gained support from an unexpected quarter in recent years—from research on arteriosclerosis, or "hardening of the arteries," in heart attacks, strokes, kidney failure, diabetes and so forth. Medical researchers now picture the person most likely to have arteriosclerosis (vascular disease) as a

sedentary, middleaged chain smoker who is rather obese and tense. More often than not, his blood cholesterol level is high and the blood pressure is elevated. High blood pressure (hypertension) and overweight are two leading killers. They have no respect for sex, occupation, social status or religion. Hypertension is one of the leading cardiovascular illnesses and they account for approximately 50% of deaths in this country. The same can be said about obesity. There can be no question that obesity is one of the most serious health hazards of our time. Obesity develops so gradually and subtly and under such pleasant (overeating) circumstances, that the treatment is usually both difficult and disappointing. When the increased amount of fatty tissue results in a weight increase of approximately 10% more than what is considered normal for an individual, the clinical diagnosis of obesity is justified. Statistics show that obesity is considered to be one of the most physical abnormalities found. In general, one fifth of our population is significantly overweight.

Since no immediate step-by-step process from high blood cholesterol to arteriosclerosis can be traced, an understandable degree of skepticism has appeared from several reliable and cautious medical researchers. However, empiric observations in medicine often precede explanation. Cholesterol is a small, but important, molecule found predominantly in animal fat. Although the richest sources of cholesterol are consumed in the diet, there is excellent evidence to prove that the body can utilize it. But, cholesterol can do good and also bad. It is a precursor of several important and necessary bile acids, sex hormones and steroids. Cholesterol can also accumulate in the walls of the arteries, producing arteriosclerosis. It can also be deposited in the tendons and bones, causing fatty tumors.

One wonders what, if anything, should be done about controlling a person's blood concentration of cholesterol. The evidence is now certain that a definite relationship between cholesterol and various forms of vascular disease exists. The medical profession has deliberated and has had many changes of their minds on this matter. But it now is evident that exercise, substitution of animal fats by vegetable fats, and control of obesity all contribute to a much better outlook towards vascular health.

In order to lower blood cholesterol you must re-

member that animal fats are very high in cholesterol. Chief offenders are butter, eggs and meat fats. You cannot eliminate the fats entirely since many fatty acids are essential to a normal diet. Blood cholesterol concentrations can safely and effectively be brought down to normal levels by substituting vegetable oil, such as cottonseed, peanut or corn for solid fats where gastronomically feasible and selecting low-fat dairy products, lean meats, fish and poultry.

Exercise (vigorous physical activity daily) is also effective in lowering blood cholesterol—and in keeping blood vessels elastic. It is also a known fact that a sudden increase in emotional stress can increase the blood cholesterol level in a very short time. Because exercise greatly reduces psychological tension, perhaps this is part of the reason why it is so effective in lowering cholesterol.

"Better late than never" is not the best program for vascular health. A sedentary person who has regularly ingested superfluous amounts of animal fat until the age of fifty may already have acquired an amount of advanced arteriosclerosis. Reducing the blood cholesterol and increasing physical activity at this stage of incipient troubles cannot possibly undo all the damage.

It may be very possible, although medical data cannot prove this yet, a low-cholesterol diet from birth and maintenance of physical fitness and plenty of exercise may protect against coronary disease in middle and also old age. Parents can start their children on the sensible track by serving them polyunsaturated foods and, by themselves, avoid excesses of animal fats. It is a well known fact that children learn by example.

All the afore-mentioned reasons prove that it is essential to keep the body fit. In the Sokol there is a great deal of opportunity for fitness of the body and mind. Also this opportunity is given the year round. You do not take the risk of seasonal switches from month to month changes, requiring one pattern of effort to another also requiring different motions and rhythms. Of course everyone realizes that some expense will be involved. It doesn't necessarily mean that the more you spend the more fit you become. One is sure that whatever you spend for Sokol training will be returned to you in many ways. What better way of spending money is there than for the fitness of the body—and when it can be done with pleasure!

MILDRED PRCHAL:

## SMALL BOYS — CLASS HOUR

**WARMUPS**—a) Marching around gymnasium—stress correct posture.

b) 1-a, 2-a, 3-a. Six short runs beginning left—hands on hips.

4. Rebound, close knee support squat.

1. Rebound, thrust left to sidetouch.

2. Rebound, support squat on left while right extends to sidetouch.

3. Rebound, close right to support squat on both.

4. Uprise—hands on hips.

1-a, 2-a, 3-a. Repeat 6 runs.

4. Rebound, close knee squat—sidearm.

1., 2., 3. Jump in squat 3 times turning 360° to left.

4. Uprise—hands on hips.

Repeat all of above 3 times.

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

**PREPARATION—STAND SIDE STRADLEG—UPARM:**

1. Deep loose frontbend—hands touch floor.
- 2., 3. Dip 2 times in frontbend.
4. Arched frontbend, trunk parallel to floor—stretched uparm.  
Repeat all 3 times.

2.

**STAND SIDE STRADLEG—BEND SIDEARM, FINGERS ON SHOULDERS:**

1. Transfer weight to right leg, left sidetouch, deep side bend to left—uparm inward, palms in, fingers touch.
2. Upright, stradleg—bend sidearm, fingers on shoulders.
3. = 1. Opposite.  
Repeat 3 times.

3.

**SEAT STRADLEG—UPARM:**

- 1., 2., 3. Frontbend, touch chest to floor—grasp ankles and continue pulling trunk forward.
4. Upright, release ankles.  
Repeat.

4.

**SEAT BENTLEG, KNEES TO CHEST, ARMS FOLDED AROUND KNEES:**

- 1.-4. Stretch legs to high frontleg—stretch arms to uparm outward ("V" seat).

1.-4. Hold.

1.-4. Seat bentleg as at beginning.

Repeat.

5.

**CLOSEHEEL STAND—SIDEARM:**

1. Sharp high frontleg left—bend frontarm, clap hands under leg (keep body upright and both knees straight).
2. Close left—sidearm.  
Reverse and repeat all 3 times.

6.

**CLOSEHEEL STAND—SIDEARM:**

- 1., 2. Sharp high sideleg left—grasp heel with left hand.
- 3., 4. Release heel and close left.
- 5., 6., 7., 8. Reverse—repeat.

Divide class into two groups or teams. No. 1 Group: **BASICS IN FRONTROLLS** and **BUCK: JUMP TO SUPPORT KNEEL ON BOTH; ON ONE; VARIOUS ARM POSITIONS IN HOLD ON BUCK.** No. 2 Group: **STILL RINGS: HANG-STANDS, BENTHIP HANG** and **STALL BARS** or **VERTICAL LADDER: CLIMBING WITH VARIOUS LEG AND ARM MOVEMENTS. CHANGE GROUPS** and **REPEAT ALL.**

**CLOSING OF CLASS: MARCHING TACTICS:** Start and stop on command. Again stress posture. Short discussion on winter sports and recreation.

(From United States Olympic Committee September Newsletter)

## USA Wins 120 Gold Medals at Pan-American Games In Winnipeg, Canada

The games got under way impressively when Prince Philip, representing Queen Elizabeth, presided at the Opening Ceremonies before a capacity crowd of 22,000 which braved a heavy rainstorm. The inclement weather did not detract one bit from the program which had been arranged.

**The results in Men's Team Gymnastics were:**

1. USA 548.55 points (Fred Rothlisberger, Mark Cohn, David Thor, Richard Loyd, Arno Lascari);
2. Cuba 536.55; 3. Mexico 529.40; 4. Canada 519.05;
5. Ecuador 402.45; 6. Argentina 210.75.

**Final individual standings:**

- ALL AROUND—1. Fred Rothlisberger, USA, 110.75; 2. Fernando Valles, Mexico, 109.35; 3. David Thor, USA, 109.00; 4. Hector Ramirez, Cuba, 108.75;

5. Octavio Suarez, Cuba, 108.65; 6. Richard Loyd, USA, 108.55.

**The results in Women's Team Gymnastics were:**

1. USA 362.377 (Marie Walther, Joyce Tanac, Deborah Bailey, Donna Schaezner, Linda Metheny);
2. Canada 336.75; 3. Cuba 334.526; 4. Mexico 289.130; 5. Brazil 112.2331.

**Final individual standings:**

- ALL AROUND—1. Linda Metheny, USA, 74.03; 2. Joyce Tanac, USA, 72.99; 3. Marie Walther, USA, 71.61; 4. Donna Schaezner, USA, 71.61; 5. Deborah Bailey, USA, 70.86; 6. Kathy Gleason, USA, 70.28.

Linda Metheny's fine all-around performance in gymnastics in which she garnered 5 gold medals and a silver out of a maximum of 6 was laudable.

## AAU. Renames Jerry Hardy

The Metropolitan AAU, announced at its 76th annual meeting held at the Downtown Athletic Club, Manhattan, that the following were elected officers:

Jerry F. Hardy, Sokol New York, president; Aldo M. Scandurra of Greenvale, Road Runners Club, N. Y. Association, first vice-president; Joseph J. Stetz, Grover Cleveland A. C., second vice-president; Rudolph Sablo, Titan Weightlifting Association, secretary-treasurer; Charles H. Starke, Dept. of Parks, trustee for three years; Frank Diamant, Clark House A. A., delegate to U.S. Olympic Committee; Heliodoro R. Rico, Tarrytown S.S.C., alternate to U.S. Olympic Committee. The Registration

Committee and AAU. delegates and alternate delegate to the National AAU. also were named.

Hardy was elected president for his second term. Hardy was former chairman of Metropolitan AAU. Gymnastic Committee; chairman of National AAU. Gymnastic Committee, 1962 and 1963; member of 1952, 1956 (Vice Chairman), 1960 and 1964 (Secretary) U.S. Olympic Men's Gymnastic Committee. Presently member of National AAU. Gymnastic Committee, Foreign Relations Committee and Membership Committee (Vice-Chairman), U.S. representative to International Gymnastic Federation (FIG).

## Jim Jones a Leader In Gymnastics Training At Baltimore Sokol

BID computer operator James W. Jones returned from Dallas, Texas, recently where he helped guide a team of 14 junior boys and girls from Baltimore in the five-day National Gymnastic Classic there. Over 1,000 athletes from the United States and Canada competed.

Jones is the Assistant Director of the Baltimore Sokol, a member club of the American Sokol Gymnastic Organization that was started in the U.S. some 102 years ago. The term Sokol is the Czech word for Falcon, mascot of the organization.

A top flight instructor and qualified judge of gymnastic events, Jim joined the Baltimore Sokol 18 years ago with some friends as a student. Looking all the part of a gymnast, he says he feels the sport is tops for all around physical training.

"You can start at an early age and apply what you learn to almost every other sport since the gymnast is primarily sharpening his coordination, timing and muscle development," he said.

He has enlisted his children in the training program with son Wally, 6, and daughter Donna, 10, in the young children's groups. Daughter Cheryl is in the junior group and was a member of the team that went to Dallas.

However gymnastics is not just for the young ac-

ording to Jones. A California men's team in the Dallas events averaged 70 years old.

"Most of the club's members enter the training program as youngsters, stay in until college and marriage and then return to the gym usually signing up their children along with themselves," he said.

The Baltimore Sokol has over 100 adults and youngsters that work out on the parallel and horizontal bars, rings, and side horses, tumbling, vaulting and doing "free" exercises. The organization has its own gym on Madison Avenue in Baltimore where club members can spend 2 to 3 hours a week in supervised training and practice. The Sokol has 9 men and 5 women instructors.

During the past few years the club has participated in the physical fitness demonstrations with other sports groups in the Baltimore City Hall Plaza.

"We are strictly non-profit," Jim explains. "Each member is charged \$10.00 a season which runs from early September through June. Most of our activities are financed however by dances, dinners, bull roasts and similar fund raising events."

(From the Johns Hopkins University Applied Physics Laboratory publication.)

C. M. PRCHAL:

### Sokol Maxims and Mottoes

There is a wealth of educational as well as inspirational material in the numerous Sokol maxims found in Sokol literature. References to these should be frequent and to the point, during a meeting, in the course of a discussion, even during gymnastic exercises. An analysis and understanding of the underlying thought can furnish you a wealth of good, moral, intellectual and spiritual material. They are the logical steps to a better understanding of true Sokol ideals.

It is well to have some of these mottoes constantly in evidence. To refresh your and your members' memories, have these mottoes painted on suitable cards which can be conveniently hung about the meeting hall. Signs should be neat, large enough to be legible and not too ornate.

The following are but a few that can be used to good advantage:

Your soul enthused, your cheeks aglow, your arms with a lion's might.

- Forward, forward, backward not a step.
- With a lion's might and a falcon's flight.
- Develop your strength, serve your country.
- Your country in your soul, strength in your willing arms, and courage in your heart.
- Break in twain, leap across, but never cringe or crawl.
- The world moves where might is most applied.
- Liberty, equality, brotherhood.
- Nor gain, nor glory.
- Either attain or fall, either naught or all.
- One for all and all for one.
- With your shield or on your shield.
- Truth conquers.
- A sound mind in a sound body.

# Financial Report ASO.

August 1967

**INCOME:**

Dues .....	\$1,379.50
Convention Fund .....	52.00
Special assessment .....	395.00
Dividends and interest .....	34.50
Advertising in American Sokol .....	180.00
Sale of educational pamphlets and Sokol emblems .....	12.40
Entry fees for Dallas Mid-Slet competitions .....	134.50
<b>Total Income .....</b>	<b>\$2,187.90</b>

**DISBURSEMENTS:**

**Administrative Department**

Salaries .....	\$202.92
Rental, janitor service, phone, electric .....	165.41
Repairs to office machines .....	12.50
Travel expense .....	427.36
Miscellaneous expense .....	25.00
Petty cash .....	11.29
<b>Total .....</b>	<b>\$ 844.48</b>

**Educational Department BOI.**

Salaries .....	\$187.50
Editor "Sokol Gymnast" .....	25.00
Printing additional copies "Sokol Gymnast" .....	55.44
Postage .....	5.15
Entry fees for Dallas Mid-Slet competitions (to So. District) ...	134.50
<b>Total .....</b>	<b>\$ 407.59</b>

**Sokol Publication**

Editor "American Sokol" .....	\$ 75.00
Printing "American Sokol" — July-August issue .....	693.49
<b>Total .....</b>	<b>\$ 768.49</b>

**Miscellaneous**

Special appropriations — District account .....	\$ 42.00
<b>Total .....</b>	<b>\$ 42.00</b>

**Total Disbursements .....** \$2,062.56

**BALANCE:**

Totals brought forward:

Western National Bank of Cicero—checking account .....	\$6,033.35
Income—August 1967 .....	2,187.90
<b>Total .....</b>	<b>\$8,221.25</b>
Disbursements—August 1967 .....	2,062.56
<b>Total .....</b>	<b>\$6,158.69</b>

## September 1967

**INCOME:**

Dues .....	\$ 659.50
T. J. Masaryk dues .....	10.00
Convention Fund .....	26.25
Special assessment .....	105.00
Dividends and interest .....	178.13

Resale of jewelry .....	68.00
Sale of educational pamphlets .....	21.00
ABC Moves and FIG Rules .....	25.00
Postage .....	2.05

**Total Income .....** \$1,094.93

**DISBURSEMENTS:**

**Administrative Department**

Salaries .....	\$213.29
Rental, janitor service, phone .....	139.62
Travel expense .....	60.06
Office supplies .....	95.37
Jewelry .....	25.59
Petty cash .....	34.37
<b>Total .....</b>	<b>\$ 568.30</b>

**Educational Department BOI.**

Salaries .....	\$187.50
Editor "Sokol Gymnast" .....	25.00
Printing additional copies "Sokol Gymnast" .....	27.72
<b>Total .....</b>	<b>\$ 240.22</b>

**Sokol Publication**

Editor "American Sokol" .....	\$ 75.00
Printing "American Sokol" — September issue .....	535.09
Postage — July-August issue .....	29.54
<b>Total .....</b>	<b>\$ 639.63</b>

**Miscellaneous**

Future Sokol Leaders Fund — Scholarships .....	\$400.00
<b>Total .....</b>	<b>\$ 400.00</b>

**Total Disbursements .....** \$1,848.15

**BALANCE:**

Totals brought forward—

Western National Bank of Cicero—checking account .....	\$6,158.69
Income—September 1967 .....	1,094.93
<b>Total .....</b>	<b>\$7,253.62</b>
Disbursements—September 1967 .....	1,848.15
<b>Total .....</b>	<b>\$5,405.47</b>

## 20 let Sokola Washington, D. C.

V sobotu 23. září se konal slavnostní banket Sokola Washington, D. C. na oslavu 20tiletého výročí jednoty. Grand Ball Room v Presidential Arms hotelu byl slavnostně vyzdoben. Za hlavním stolem stěna s nápisy 1947—1967, 20 let Sokola Washington, D. C., a uprostřed velký obraz sokola. Vpředu malý stolek, na kterém v záplavě květů umístěno poprsí Tyrše a Fuegnera. Ostatní stoly vyzdobeny květinami. Úderem 8 hodiny byla zahájena slavnostní večeře. Obřadník bratr George Toula vyzval mistostarostu bratra G. Soltise a tento pronesl slib vlajce za účasti všech hostů. Bohatá večeře skončila v 9 hodin a to již bratr obřadník představil bratra starostu washingtonské jednoty, který pronesl krátkou uvítací řeč, při které vtipně přirovnal jednotu k dvacetileté dívce. Z celého proslovu vyplývala radostná činnost za spolupráce

všech úředníků a členů jednoty. Byla nastíněna další činnost, která bude jistě úspěšná. Za hlavním stolem byli představeni obřadníkem starosta Sokola Washington s manželkou, starosta Americké Obce Sokolské Stanley Barcal se svoji maminkou, br. Antonín Hřebík, starosta Čsl. Sokola v zahraničí s manželkou, br. Andrew Venglarčík, starosta Slovenského Sokola, ses. Marie Provazníková, náčelnice Čsl. Sokola v zahraničí, ses. G. Toullová, manželka místostarosty Sokola Washington, bratr John Vaters, čestný starosta Sokola Washington, D. C. s manželkou a bratr Charles Zralý, starosta župy Východní s manželkou. Starosta AOS. Stanley Barcal pronesl krásný projev, ve kterém ocenil práci mladé jednoty Sokola Washington, D. C. v čele se starostou M. Neumannem. Úvodem učinil projev ku svoji mamince, který ukončil srdečnou pusou. Byl to nádherný moment, kde sokolský syn na nejvyšším stupni sokolské činnosti vzdává hold své mamince, která jej vychovala v duchu Tyrše a Fuegnera. Br. Antonín Hřebík, starosta Sokola v zahraničí, vyzvedl činnost jednoty, kterou zná a sledoval od založení. Br. starosta Slovenského Sokola Andrew Venglarčík pronesl zdravici, ve které ocenil spolupráci washingtonské jednoty se Slovenským Sokolem. Ses. Marie Provazníková nabádala jednotu k další činnosti. Projevy zakončil br. Charles Zralý, starosta župy Východní, který vyzvedl hlavně kulturní a společenskou činnost jednoty a činnost starosty br. M. Neumanna, který jest též místostarosta župy Východní. Všechny projevy byly vděčně přijaty a odměněny potleskem.

Program byl zahájen sestrou Janet Janakis z Little Ferry, která předvedla volné cviky velmi ladným způsobem. Byla odměněna velkým potleskem. V pěveckém koncertu vystoupila Ramona Nevros, členka Operní skupiny Sokola Washington, D. C., za doprovodu sestry Lídy Brodenové, předsedkyně Operní skupiny. Vybrané písně nadchly celé obecenstvo. Ramona byla odměněna za citově přednesené písně bouřlivým potleskem. Po programu četny pozdravné telegramy a dopisy od senátorů, kongresmanů a sokolských jednot z celé Ameriky. Dále S.V.U., bratra Karla Prchala a celé řady dalších organizací a přátel jednoty. Byli představeni úředníci jednoty a členové slavnostního výboru.

Přítomní byli starostové a starostky mnohých sokolských jednot župy Východní s dalšími členy a řada významných hostů.

Hlavní část oslav byla zakončena písní "Spějme dál" za vedení ses. Ramony Nevros Calevas a ses. Lídy Brodenové, za účasti všech přítomných. Následovala taneční zábava, ku které vyhrávala česká kapela bratří Svitáků z Baltimore.

K 20tiletému výročí jednoty byl vydán za finanční podpory sokolských jednot a příznivců Sokola Washington, D. C. pěkně upravený "Památník", vyplněný činností jednoty. Sokol Washington, D. C. děkuje všem příznivcům za projevenou přízeň a za tak velkorysou podporu. Sokol Washington vás nezklame a vždy bude postupovat v duchu Tyrše a Fuegnera, pro demokracii a svobodu národa!

Nazdar! — Sokol Washington, D. C.

## Sokol Sydney – Austrálie

V červenci oslavil Sokol v Sydney sedmáct let existence jednoty a deset let vydávání svého sokolského Věstníku. První číslo vyšlo v květnu 1957.

Vzdělavatel jednoty, br. Dr. Bedřich Mikl, zhodnotil význam těchto výročí hodnotným projevem. Jeho slova mají význam i pro náš život. Zde je výňatek z jeho řeči:

"... Ovšem, že se v těchto letech kromě úspěchů vyskytovaly a vyskytují jako v každém spolkovém a veřejném životě různé potíže, které nás často naplňovaly bolestí a zklamáním. Jistě bychom byli rádi, aby naše tělocvična byla stále plná cvičících, aby naše mladá generace, která je jedinou nadějí do daleké budoucnosti, se ve větším počtu a rozsahu zúčastňovala sokolské a národní práce. Byli bychom víc než šťastní, abychom už měli vlastní stánek nad hlavou — Sokolovnu a setkávali se s

větším zájmem o naši činnost nejen našich členů, ale i celé krajské veřejnosti.

Díváme-li se na tuto negativní stránku veřejné činnosti z hlediska životní reality a zkušeností, poznáme, že zdaleka není rozhodující a podstatná. Neboť vždy a všude se bude setkávat úspěch s neúspěchem, vždy budou odcházet jedni pracovníci a přicházet noví, vždy bude muset být dobro na stráž proti jakémukoliv zlu, vždy bude nutno zabývat se tím, proč to neb ono nedopadlo tak či onak. Ani v jediném okamžiku však nemůžeme zapomenout, že jedno jediné vždy bude stát vysoko nade vším, jedno jest a bude věčné a stále živoucí a to jest každá dobrá idea a cíl, pro nás zde myšlenka sokolská..."

Sokol Sydney má bohatou činnost a její "Věstník" je veden vzorně. Blahopřejeme. kmp.

## SOKOL BALTIMORE

Address by Bro. James Warren Jones, Assistant Director, at the 95th Anniversary Banquet, October 7, 1967

Tonight we have reached a significant milestone in the annals of Sokol Baltimore. The Anniversary Committee thought it appropriate that the Board of Instructors present a few words regarding their feelings about our present Baltimore Sokol organization.

To do this, we had to ask ourselves, "How well off are we?" This immediately posed another question, "How should we gauge our prosperity?" We

are certainly in a good financial state—and our equipment for the most part is the best available. But these things although essential are not the answer.

The real answer to these questions lies within each participating member of the Sokol movement. The richness we possess is not in dollars and cents, but our spirit. Our claim to fame is not our bank account, but the unselfish dedication of our people.

I am happy to say, on behalf of the Board of Instructors, that this spirit prevails and grows each year with each new endeavor.

The Board of Instructors serves as the knitting element, between the main body of Sokol and our youth. So we must convey to them in our teaching this priceless feeling of pride and spirit. We must do this without reservation or hesitation and with all of the genuine enthusiasm one can muster. And most important, it must be evident in each and every one of us—not just the instructors.

We all know a dedicated Sokol when we see one. It's as obvious as the nose on your face. He reaves with enthusiasm for the Sokol cause. He's the person who is always there with a helping hand when there is a job to be done. His drive and his spirit are contagious.

"No Warmer Heart Nor Stronger Spirit Can Be Found Than Those Possessed By A True Sokol."

The youth look to us for this example—each and everyone of us. If this spirit is not conveyed to them through us, then we have failed to perpetuate the Sokol philosophy. Where else are they to get this feeling, if not from us? — Nowhere.

Each year, we have an exhibition. Tomorrow, there will be one in this hall. Those of you who will witness this affair might regard it as the reward for all our efforts and the product of our activities. It will stir your pride and recall old memories. This event symbolizes only a small part of what we have done. The real reward can only be seen by a small number of us, but I know can be appreciated by all. The real fruit of our efforts is that we have played a week by week, year by year part in the development of the minds and bodies of these young people.

Ninety-five years of dignified history is a record

to be proud of. I am sure that many of you have been a part of it.

But let's not take a back seat to that history. Ask ourselves, "What will our descendants 95 years from now have to look back on?" "Will they be proud of the role that we present tonight have played in the Sokol cause?" Are we merely adding numbers to an already big number or will the years that we devote make a mark in the archives of Sokol?

In the words of the late Knute Rockne, "your best defense is a good offense." Our most powerful weapon against dying is living. — Living with spirit. In this lies our fate and our destiny.

Why we should do all this can best be summed up by my reading a letter written by a junior boy and girl shortly after their return from the Slet this year in Dallas, Texas.

Dear Brother and Sister Sokols:

We wish to extend our appreciation to you for sending us to Dallas, Texas, for the National Slet held July 13 thru 16, 1967. We enjoyed the flight to and from Dallas and the experiences that came upon us. The program set up for us in Dallas during our short stay gave us the opportunity to see Dallas and to meet many interesting people. We feel that we have learned a lot through our experiences and will try even harder in the future.

Again we wish to thank Sokol Baltimore for sending us such a great distance and having faith in us to do our best.

In closing, I encourage all good Sokols to amplify their spirit. Help your brothers and sisters. Encourage them and God willing, we may celebrate our 100th anniversary in our new hall. Nazdar!

## WHAT SHALL WE HAND DOWN

Fifty years ago the Sokol was given ten years to live. The prophets of doom were surprised when the Sokol became the strongest in its history and gave it another ten years. A half century after their original prediction it is still here. Smaller, yes, than in 1925. No longer operating in "Czech colonies." The members of its units are dispersed not only in their city but throughout an enlarged metropolitan area that no one could foresee even 20 years ago. Distances were measured in walking time, then driving time, changed recently by our express highways into high speed, no stoplight time.

Twenty minutes to the mile is fair walking time, 25 mph. fair and safe driving time and 45 mph. fair express time. A radius of 1½ miles was considered good for the average Sokol unit, walking time 30 min. The auto increased this to 13 miles for the same time and the expressway to 22½ miles for the same half hour. This is only one phase of our problem. More children go to school longer than ever before. The university was a luxury few could afford. Today it is common. We hold the children until 18, then they are gone. How few of them have the opportunity to come back to the old nest to carry on. A better education

means a better position and the inevitable shifting around the country. It is a business practice we have to contend with.

The entire pattern of life has been drastically changed, causing shifts for economic reasons that were totally unpredictable even within cities and their metropolitan areas. The tendency to dispersal of industry rather than concentration is in full swing. What next? Who knows. So far we had been held down to certain areas by our facilities, our gymnasiums and the habits of decades. What is the next move. Will it be a reversal from the suburbs to the city due to slum riddance or will the current trend continue for two decades or more.

What type of facilities will fulfill our needs and where to locate them. How shall we finance this. Shall we depend upon the buildings etc. to be self-sustaining or shall we put our entire operation on a business basis (Y.M.C.A.). Can we forever depend upon the loyal, self-denial and self-sacrifice of our instructors or shall we have full time professional instructors. Children, even the little ones, were sent to the gymnasium. Today, because of distance and traffic they have to be driven there. How does this react on the family and its dinner hour?

These are all great problems, varying in degree from city to city. How we solve them will mark the degree to which we can expect to carry on ourselves. The solution cannot and will not be accomplished by a few, regardless of their ability. It will require a united effort as it has where they

were successful (Dallas, St. Louis, Detroit, etc.). It can, however, be done elsewhere too. With faith in the value of our Sokol work and determination to hand down to others what we had received ourselves, an equitable result is inevitable.

James L. Cihak

## Sokolice Omaha's 15 Day Tour To Hawaii July 21, 1968

Sokolice Omaha are planning a tour to Hawaii for July, 1968, to which they are inviting all Sokols and their friends. Plans are to have the group leave Omaha, Nebraska, on Sunday, July 21, 1968.

Participants from other sections of the country may join the tour either in Chicago or Los Angeles.

Beautiful jet flights to and from Honolulu . . . or return on the S.S. Lurline on August 3rd, relaxing, enjoying nights filled with entertainment, charm of gracious living—sumptuous comforts, gourmet dining and attentive service.

Travel care free in the company of your Sokol friends . . . Cherish this Hawaiian vacation for the rest of your life.

First class hotel accommodations all the way.

Visit four magnificent islands, Oahu, Maui, Hawaii and Kauai.

Enjoy the perfect hospitality of these friendly Pacific islands, sunshine setting of palm trees, orchids, surf-rimmed beaches.

Enjoy a complete sightseeing program in Honolulu and the neighboring islands—see all the best in Hawaii.

Together with sis. Cihak, who will be our tour coordinator, we will do everything we can to make this trip an enjoyable and memorable one.

For further information please contact sister Blanche Masek, 4048 S. 13th Street, Omaha, Nebr. Nazdar!

Blanche Masek, President, Sokolice Omaha

## SOKOL

Sokol is a world-wide organization, devoted to the training of both the youth and adults so that they may become and remain physically, morally and mentally fit. Every member must be an honorable man or woman, so that, as good citizens of the U.S., they may be devoted to their country and be doing their best for its welfare.

The basis of the Sokol Idea is proper physical development and moral, patriotic, democratic education.

"Sokol" is an original name for the organization. Sokol means "Falcon" in English, a bird known for its courage, endurance, lightning speed, sharp eyesight and its love of the blue heights of the sky. Thus it symbolizes the ideals of the organization: fitness, strength and high aims.

Members of Sokol call each other "brother" or "sister." The Sokol greeting is "Nazdar!" meaning "On to success!"

The founder and creator of the Sokols was Dr. Miroslav Tyrs. He drew his inspiration from the

history of the glorious past, especially from the history of the Greeks and Romans at their best. Tyrs learned from history that "not one nation died while it was youthful and strong, but when it degenerated and became indifferent and morally perverted." For this reason, he proclaimed that what is needed to keep up the national strength and power: "Courage and strength, activity and perseverance, morality and discipline, love of the country, of freedom and liberty." When a nation can boast of these, it is invulnerable, when they vanish, degeneration and the ultimate catastrophe are inevitable. It so happened to the Greeks and Romans, who were at one time at the pinnacle of power, growth and glory, only to disintegrate and fall when pride and pleasure seeking and immorality set in

From Sokol Baltimore "TOPIX"

## The Purchase of Alaska

On October 18, 1867, one hundred years ago, Alaska became a part of the United States, having been purchased from Russia for \$7,200,000. In December, 1866, Baron Edouard de Stoeckl, the Russian Minister to the United States, had been instructed to negotiate with Secretary of State William Henry Seward for the sale of Alaska, which Russia regarded as an economic liability. Seward was an ardent expansionist and, as a result of his determined energy, a treaty for the purchase of Alaska was submitted to the United States Senate the following March, and was ratified, thus permitting the formal transfer to the United States of what was popularly called "Seward's Folly." Time proved this "folly" to be one of the shrewdest and most valuable acquisitions ever made by the United States, for to date Alaska, with a population of 226,167 according to the 1960 census, has returned approximately 5 billion dollars' worth of products—not to mention its strategic value in military operations. Alaska was admitted to the Union as a state in 1959.

Dear Sister Prener:

The XVI National Convention of the Western Bohemian Fraternal Association has authorized its Convention Officers to convey to you our sincere thanks for your greetings and good wishes tendered to us on the occasion of our meeting on September 25th—28th in Omaha, Nebraska.

We wish to express our appreciation for your courtesy and thoughtfulness.

Nazdar!

Lad V. Tesar, Convention President  
Charles H. Vyskocil, Convention Secy.

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HOLIDAY FOLK FAIR  
BUS EXCURSION  
SATURDAY, NOV. 18, 1967**

**ZÍSKEJ NOVÉHO**

**ČLENA!**

### **TYRŠ ODPOVÍDÁ.**

Boj o život se vztahuje i na národy. Mocnou zbraní některých národů je jejich slavná a dlouhá minulost. Do jaké míry?

Žádná, ani nejskvělejší minulost, nýbrž jen zdravá a činná přítomnost zaručuje národům budoucnost. Národové jdou zpátky, když nejdou dál, z nitra odumírají, a obecný průběh událostí jen odkládí, co beztoho již zvetešilo, co nemá již v životě ceny.

“Co věky hodlaly, zvrtné doba” — a staleté odolávání proti všelikým návalům a nátlakům nezaručuje nikomu trvání i nadále, zvláště ne v době, kdy více dní váží než jindy léta.

### **ONE, TWO, THREE, FOUR, ETC.**

Count your garden by the flowers,  
Never by the leaves that fall.  
Count your days by golden hours,  
Don't remember clouds at all.  
Count your nights by stars—not shadows,  
Count your life with smiles—not tears.  
And with joy through all your lifetime,  
Count your age by friends—not years.

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This smiling group of women with the Dallas skyline in the background, are all members of Sokol Brookfield (Central District), and spent an enjoyable time in Dallas. You may be sure they brought back fond memories too!

Standing last row left to right: sis. Anne Fara, and sis. Jarmila Domansky, both members of the Executive Board—American Sokol Organization.

Mr. Stanley Barcal, President ASO.

Dear Brother Barcal:

On behalf of the Southern District, American Sokol Organization, I wish to express our sincere appreciation for your efforts and those of the executive officers who attended our Mid-Slet in Dallas. The devotion, untiring efforts, and assistance rendered our district in helping present the Slet will remain as fond memories to everyone that attended. Our endeavor to retain and raise a high level to perpetuate our Sokol ideas and heritage in a spectacular as presented in Dallas could have only been achieved through the support and help of our executive officers.

The informal conferences which you conducted achieved a significant goal. Future meetings of this nature at our Slets would be beneficial as they are needed for improving our communications.

We hope that the Kaleidoscopic Physical Fitness Gymnastic Classic was an inspiration for continued growth of activity in our units and districts. Nazdar!

Joe Pokladnik, President, So. District

# 70th

SUCCESSFUL

# YEAR

Fraternal Life Insurance

## PROTECTION

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

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