



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

November 1967

KAREL M. PRCHAL:

K VÝROČNÍM SCHŮZÍM

Na sklonku roku vydávají jednoty počet ze svého konání v proších dvanácti měsících, plánují úkoly do příštího období a zvolí činovníky na rok 1968. Členstvo si slíbí, že se vynasnaží, aby byl udržován nutný pořádek netoliko v tělocvičně, ale také nutný pořádek v hospodářství jednoty a z toho vyplývající povinnosti v zájmu celého sokolství.

Je tedy potřeba, aby každý člen, který jenom trochu může, přišel do výroční schůze své jednoty a bral podíl na jednání a dle svých sil účastnil se práce v roce, do kterého skládáme nové naděje.

Nadějí žijeme! Doufáme v zítřky. Vzpomínej — čím jsi přispěl každý k lepšímu příští své jednoty? Co od Tebe chceme? Konej své povinnosti sokolské, kulturní a národní podle svého nejlepšího vědomí a svědomí. Náš život sokolský musí být prolut jedinou myšlenkou: Služba jednotě, Sokolstvu a národu — bez výmluv! Kázeň, dobrovolná, sokolská kázeň je naší silou. Kázeň, která přináší Tyršovu každodenní práci.

Při volbách činovníků nezapomeňte na mladé, kteří chtějí také pracovat v Sokole, a ze členstva volte ty nejlepší osvědčené pracovníky. Činovníci pak slibte si, že v úřadě, do kterého jste byli důvěrou členstva zvoleni — ujmete se práce a vynasnažíte se, aby Vaše jednota s největším vypětím svých sil a dovednosti došla k výsledkům co nejlepším.

Zvolené činovníky neopust'ťe. Neotvírejte dveře, aby odešli. Kolik každý můžeš, vykonej. Neohlížeť se po jiných, ale pracuj, jednej a konej své poslání tak, jak nám káže učení Tyršovo a nezištnost Fuegnerova a jak vyžaduje práci od každého věrného člena Tvé Sokolstvo. Ve Vašich rukou spočívá podklad št'astné budoucnosti Sokolstva!

Účinné bratrství, stará spolehlivá kázeň, vytrvalá společná práce a důvěra musí tvořit pevný svazek a charakterní páteř všech článků sokolské rodiny bez výjimky!

Paže k paži, srdce k srdci, jedna mysl, jeden tep. — Básník Svatopluk Čech volal: ". . . věrme jen sobě, své práci a pili!" Silnidůvěrou v sebe, přinesete štěstí poslání, které je nám drahým.

Velká, ale krásná zodpovědnost! — Nazdar!

Děti do Sokola!

Mládež potřebuje zdravý a ušlechtilý pohyb. Byli si toho vědomi již zakladatelé Sokolstva a jejich následovníci, kteří budovali tělesnou výchovu žactva a dorostu. Zdravý pohyb mládeže je nejlépe chápán a podáván v Sokole prostřednictvím sokolských cvičitelů. V sokolské tělocvičně jsou děti jistě v nejlepších rukou. Pečují o ně lidé, kteří se věnují sokolské výchově z lásky k ní a k dětem. Vedou je často tatínkové a maminky, kteří vědí, co děti těší a co jim prospívá. Cvičitelé sokolské mládeže jsou pro svůj odpovědný úkol připravování ve zvláštních cvičitelských školách.

AMERICAN SOKOL



Published Monthly
(Except bi-monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION
5611 W. Cermak Road, Cicero, Illinois 60650
Subscription: \$3.00 per year.

EDITOR

Charles M. Prchal
2419 Scoville Ave. Berwyn, Ill. 60402

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

OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary
5611 W. Cermak Road, Cicero, Illinois 60650
Tel.: 652-5220

Calendar of Events

- DEC. 2nd—SOKOL CHICAGO—75th and SOKOLICE—70th Anniversary Banquet in the Peacock Room, C.S.A. Building, 6146 Cermak Rd., Cicero, Illinois.
- DEC. 2nd—SOKOL STICKNEY, ILLINOIS.
Spaghetti Dinner.
- 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. 12th—SOKOLICE SO. OMAHA, NEBR.
Pot Luck Christmas Party.
- DEC. 16th—SOKOL STICKNEY, ILLINOIS.
Junior Hop.
- DEC. 17th—SOKOL DETROIT, MICHIGAN.
Children's Christmas Party.

DECEMBER 31st

- SOKOL LITTLE FERRY, N. J. — 70th Annual New Year's Party.
- SOKOL BALTIMORE, MD. — New Year's Eve Dance.
- SOKOL DETROIT, MICH. — New Year's Dance.
- SOKOL TYRS, CLEVELAND, O. — New Year's Eve Party.
- SOKOL HAVLICEK-TYRS, CHICAGO. — New Year's Dance.
- SOKOL BROOKFIELD, ILL. — New Year's Eve Banquet.
- SOKOL STICKNEY, ILL. — New Year's Eve Banquet. Frank Zakrocky and Orchestra.

- SOKOL ST. LOUIS, MO. — New Year's Eve Celebration.
- SOKOL TABOR, BERWYN, ILL. — New Year's Eve Banquet.
- SOKOL ST. PAUL, MINN. — New Year's Eve Party.
- SOKOL AND SOKOLICE CEDAR RAPIDS, IA.
New Year's Party.
- NEW YEAR'S EVE DANCE—South Omaha Sokol Gym Club, 12th and "U" Streets. Kostka Bros. Orchestra.

— 1968 —

- JAN. 24th—SOKOL BROOKFIELD, ILL.
Luncheon.
- JAN. 27th—SOKOL TYRS, CLEVELAND, OHIO.
"Night in Prague."
- JAN. 28th—SOKOL DETROIT, MICHIGAN.
Gymnastical at Center.
- FEB. 3rd—SOKOL BROOKFIELD, ILL.
Spaghetti Dinner.
- 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. 18th—SOKOL MILWAUKEE, WIS.
Jaternice Dinner.
- FEB. 24th—SOKOL BALTIMORE, MARYLAND.
96th Annual "Šibrinky."
- FEB. 24th—SOKOL TYRS, CLEVELAND, OHIO.
"Šibrinky."
- 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.
- MAR. 30th—SOKOL BALTIMORE, MARYLAND.
Dozvuky.
- APR. 6th—SOKOL HAVLICEK-TYRS, Chicago, Ill.
Gymnastic Exhibition.
- APR. 27th—SOKOL STICKNEY, ILLINOIS.
Gymnastic Exhibition.
- MAY 18th—SOKOL MILWAUKEE, WIS.
Interclass Meet.

The Nebraska Czechs of Wilber are the co-sponsors of a fund to raise \$4,500 to send the Wilber-Clatonia Czech High School band to the Mardi Gras. They have already received the invitation.

The Nebraska Czechs will sponsor a Koclache Sale in Omaha in various locations—headquartering in the Southroads Shopping Center on December 9th. 12,000 kolaches will be brought to Omaha for the sale. The South Omaha Sokols are assisting the Nebraska Czechs.

E. J. P.

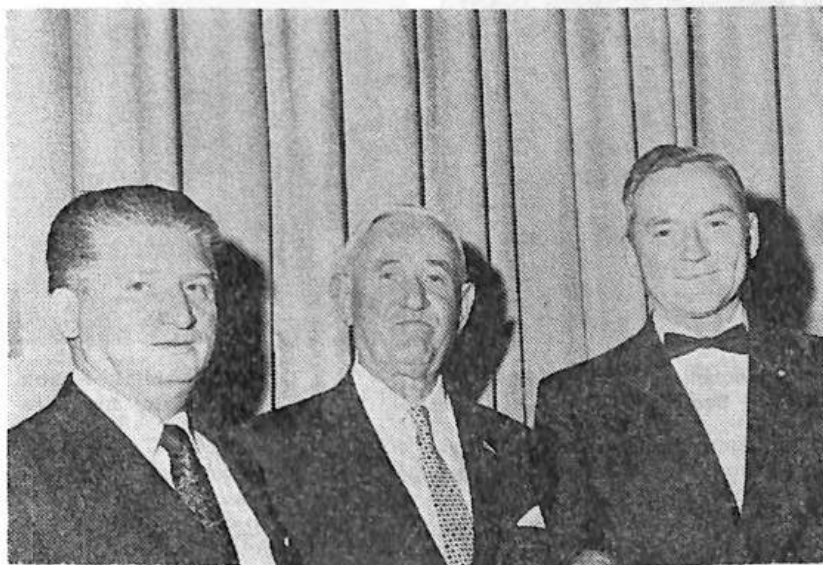
AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVIII.

November — 1967 — Listopad

Číslo—No. 11



Sokol Presidents in the Free World that attended 20th Anniversary celebration of Sokol Washington, D. C., Saturday, September 20, 1967. Left to right: Andrew Venglarčík, President Slovak Gymnastic Union Sokol, Dr. Antonín Hřebík, President Czechoslovak Sokols in Exile, Stanley Barcal, President American Sokol Organization.

My Visit To Washington, D. C.

On September 23rd, Sokol Washington, D. C. celebrated its 20th anniversary, which I was very happy to have the opportunity to attend. Sokol Washington, D. C. is one of the younger units in our family of Sokol units. This occasion also made it possible for me to visit with my sister and mother, who live in nearby Maryland. Guests of honor were:

Bro. Venglarčík, President of the Slovak Sokol; bro. Dr. Hřebík, President of the Czechoslovak Sokol in Exile; bro. Zralý, President of the Eastern District of the American Sokol Organization; sister Provazník, Director of Sokolice in Exile and a member of Sokol New York.

The food and services were very good. The speeches short and to the point, followed by free calisthenics by Janet Janokis of Little Ferry, N. J., and singing. The program was short and well announced by bro. Toula, M.C. My congratulations to bro. Neuman, President of Sokol Washington, and the entire committee for a job well done.

The following morning, Sunday, Sept. 24th, at 9 A.M., bro. Zralý, President of the Eastern District, called to order the quarterly meeting of the delegates of our Eastern District: Sokol Baltimore,

William Kolomazník, Edward Stetka; Sokolice Baltimore, Sylvia Peifer, Sophie Kolomazník; Sokol Belcamp, James V. Hesoun; Sokol Curtis Bay, not represented; Sokol Fuegner, L. I., Charles Zralý, Anton Chaloupka, Blanche Zralý, Bertha Hochner; Sokol Little Ferry, Blanche Kubat, Judith Janakis; Sokol Newark, Ludmila Elkins, Joseph Sahulka; Sokol New York, Henrietta Hochner, Marie Provazník, Vaclav Holy, Jaroslav Hanus, Frank Capek; Sokol Philadelphia, George Novak, Josephine Tunkl; Sokol Schenectady, not represented; Sokol Washington, Mathew Neumann, George Toula.

Activity plans for the coming year were presented by the District Directors of Men and Women, along with many subjects being discussed. Reports of units were presented. In some units, the activity is very high, and in some it is falling off. The problems in the Eastern District are not much different from those in our other districts. Some of our units are finding themselves in changing neighborhoods that are no longer able to support our buildings properly. All of the delegates to this meeting are sincere and energetic Sokol workers, and it was a real pleasure to take part in the meeting. — Nazdar!

Stanley Barcal

MILDRED PRCHAL:

With Our Sokol Patriarchs



Left to right: Ed Pavoucek, Simon Rokusek, Mildred Prchal



Mildred Prchal, Frank Kopecky, and his wife

During a recent teaching assignment in the Western District, I visited two very dedicated Sokols, bro. Simon Rokusek and bro. Frank Kopecky. With bro. Ed. Pavoucek, President of the Western District and of Sokol South Omaha, we drove to the beautiful home of bro. Simon Rokusek and his son Emil. It was unbelievable that we were in the presence of a man who had celebrated his 93rd birthday just a month before. Truly to him "time has been kind." He has served the Sokol for almost 70 years in practically every capacity and committee in the organization.

For his work, he is one of very few that have been named Honorary Members of the American Sokol Organization. The history of his achievements has appeared a number of times in our American Sokol. Bro. Rokusek is respected and beloved by all that know him for his strength of character, his wisdom and his devotion to the Sokol Ideals.

Sister Bozena Drozda, Director of Women for the Western District, arrived during our visit. We departed after a very pleasant visit with both bro. Rokusek and his son Emil, and sis. Drozda then drove to the home of bro. Frank Kopecky.

Bro. Kopecky is 77 years of age. He became a member of Sokol Tyrns in Omaha in 1908. There he organized classes of men, small boys and juniors. With the help of the women he organized a women's class. Became Director of the Western District in 1915 and also traveling instructor. In 1918 he joined the U.S. Army and remained throughout the I. World War. When he returned he again worked intensively in the gymnasiums. Held office of Western District Director for 23 years, president of the District, participated and assisted in all of the ASO. Slets; was a member of the 1926, 1932 and 1938 teams to Prague. Held office of Vice President and later President of Sokol Omaha, served on committees, Board of Directors, etc.

We were happy to meet sis. Kopecky, who has also worked hard in the Sokol unit and only a week before our visit had received recognition from her unit for her services.

We wish both bro. Simon Rokusek and bro. Frank Kopecky and his wife good health and contentment in the realization that their loyalty and devotion to the Sokol Ideals have contributed greatly to the Sokol cause in this country.

St. Paul Sokol Celebrates 85th Anniversary

The St. Paul Sokol Gymnastic Society celebrated their 85th year of existence in St. Paul, Minnesota.

On our regular fourth Friday meeting of the month, which was October 27th, a delicious chicken dinner was served. The dinner was catered and thus all the members were able to enjoy themselves.

Our ladies on the committee did a splendid job of appropriately decorating the tables. An 85th emblem was put on each table which was artistically cut out of styrofoam and beautiful fresh flowers adorned the tables.

The junior Sokol girls waited on the tables and were very efficient. After the dinner a short meet-

ing was held at which was announced that Sokol will have a New Year's Eve Party and all members and friends are urged to attend. Roy Gonsowski is chairman. Reservations must be in as soon as possible. February is the month of Sibrinky and the date will be set at the next meeting.

After the meeting Miro Verner gave the history of the St. Paul Sokol which was very interesting indeed. The President called on all past officers to stand. This was an honor to have them present. Each one gave a brief résumé of their term in office which gave us a few chuckles. It was interesting to note that among us we had two generations

that served Sokol since it was formed here in St. Paul. I am referring to the Smolik family. Both Mr. and Mrs. Al and Bessie Smolik were active as Director of Men and Director of Women for many years and before that Bessie Smolik's father was the unit's first Director. Today we have Georgianna Buzicky Director of Women, daughter of the Smoliks. She also has served in this capacity for many years. After the introductions we were entertained by Charles Chott with vocal selections of Czech songs, accompanied on the piano by his daughter Karleen Chott Shepperd. Brother Chott has been a member for 50 years. Everyone enjoyed his songs very much. Years ago bro. Chott played in Czech vaudeville for the St. Paul Sokol dramatic group.

From the younger group we had enjoyable gay music on the piano accordion by Don Haselbauer.

Last on the program was fashions of the gay 90's. This was thoroughly enjoyed as fashions of today do not use the yardage and expose so much more of the woman's anatomy. This was so in the very first woman's Sokol uniform. How they were ever able to execute and exercise on apparatus is hard to believe in those long bloomers, long sleeves and

high dickies up the neck trimmed with lace plus the full pleated bloomers that hung below the knee. Well I must say they certainly didn't suffer from any apparatus burns or drafts. We were told even with this uniform the girls insisted that the gym doors be locked so the boys wouldn't see them. There were beautiful long dresses with large hats and parasols and high laced shoes, and also a gay 90's bathing suit. Then we moved up into the 20's with the shorter skirts and with this dress we had a short dance of the Charleston. The models were accompanied by music appropriate to their costume by Jerry Roch on the piano.

The C.S.A. of St. Paul sent the Sokols a beautiful bouquet of red and white flowers with a note of congratulations for which we thanked them sincerely. Everyone enjoyed the evening and we hope that we will see all members at our next meeting on December 7th, which will be our annual Christmas party and also initiation of new members.

With best wishes for the holiday season to all!

Nazdar!

Lucille A. Pavlicek, President

JAMES L. CIHAK:

FACTS OR FABLES

Every child is familiar with the stories of George Washington and the cherry tree, throwing a silver dollar across the Potomac, etc. Pure fables, perhaps honestly meant, but derogatory rather than complimentary to a great man. Washington's true greatness has been shrouded and only a comparatively few know him. His few weaknesses point up his strength and incomparable contribution to his country and the place it occupies in the world of today.

The same can be said of the entire group working with him for almost 30 years. We are fortunate, in our age, for we have men and women who have devoted years of their lives, in research, to present the early years of our Republic as they really were. One of the outstanding ones is Mr. Nathan Schachner, a Chicago attorney. He spent 25 years in research on the life of Thomas Jefferson, in the meantime gathering so much authoritative information he was enabled to write classics on Aaron Burr, Alexander Hamilton, two volumes on Thomas Jefferson and "The Founding Fathers."

From his foreward to the latter we quote, "The first years of the United States—the years comprised in the administrations of George Washington and John Adams—were the most crucial as well as the most exciting in the history of the country. That short decade was to determine whether the novel experiment of a new form of government, of a new vision of the democratic way, was to perish or survive.

"That it survived and did not perish may be considered as something of a miracle. The outlook was dark and the difficulties seemingly insuperable. A world of predatory powers, locked in mortal combat, daily threatened its existence; conflicting ideologies, sectionalisms, social and economic antagonisms, and personal passions nearly tore it asunder.

"In large part, the miracle may be laid to a happy conjunction of men of talents and genius on a scale perhaps unexampled in the history of the world. Washington, John Adams, Jefferson, Hamilton, Madison, Monroe, Gallatin, Fisher Ames, John Jay, Aaron Burr, Rufus King, the Pinckneys (Charles Cotesworth and Thomas), John Marshall, Edmund Randolph, George Cabot, Oliver Wolcott, John Taylor—the list can be endlessly extended. From their internecine struggles, from their clashing philosophies, came a middle course that steered safely between the extremes of right and left. To them, rather than to the earlier group (of which indeed many of them were members), the appellation of the Founding Fathers may properly be given.

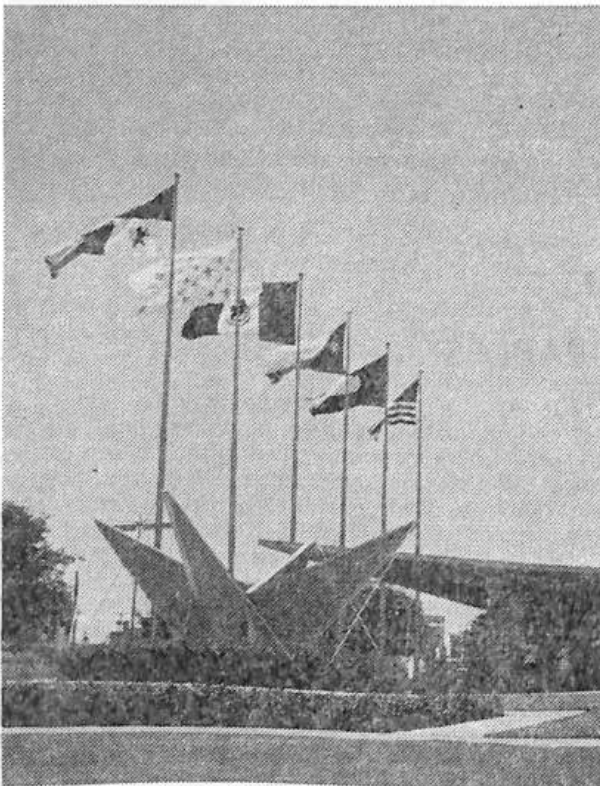
"Today, more than ever, that period merits study and understanding. For once again the United States is groping its way in hitherto uncharted seas, and amazing parallels may be traced between the two eras.

"Yet, for all the wealth of monographs on particular themes and biographies of individual leaders, no modern study in extenso has been made of the period as a whole, its panorama of men and events, its social, cultural, religious and political forces. It has been with that in mind that this book has been written." . . .

"The Founding Fathers" by Nathan Schachner does exactly that. The decade is bound together and for the first time we can follow the course of events setting most of the precedents followed to this day. They built well, setting an example of what it takes to create a nation. The stones of which the foundation was built grow stronger as time goes on. The mortar is everlasting for it is

composed of their dedicated lives, their flesh, blood, minds and spirit.

An important part of our task as Sokols is to inform our members, our teenagers and our children of what we owe to those preceding us. Material of this type on a crucial period of our history is mandatory for our reading and study. Mr. Schachner's biographies and history can become the foundation for our personal or unit libraries on the Revolutionary period. They are "Aaron Burr," "Alexander Hamilton," "Thomas Jefferson" (2 volumes.), "Alexander Hamilton: Nation Builder" and "The Founding Fathers," all published by G. P. Putnam's Sons.



Flags in front of Memorial Stadium during the Mid-Slet in Dallas

(All Mid-Slet pictures from slides taken by ED SCHNABL, President Sokol Berwyn)

Financial Report ASO. October 1967

INCOME:

Dues	\$2,615.25
T. J. Masaryk dues	9.00
Dividends and interest	112.50
Resale of jewelry	1.00
Sale of educational pamphlets	22.50
Sale of post cards, decals and ties at Dallas Mid-Slet	32.45
	<hr/>
	\$2,792.70

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 57.34

Dist. Dir. of Int. Rev. — F.I.C.A. and F.W.T. — 3rd qtr.	152.26
Rental, janitor service, phone electric	150.91
Rental of safe deposit box	4.50
Office supplies	231.92
Travel expense	198.38
Petty cash	36.55
	<hr/>
	\$ 831.86

Educational Department BOI.

Salaries	\$187.50
Dist. Dir. of Int. Rev. — F.I.C.A. and F.W.T. — 3rd qtr.	142.20
Editor "Sokol Gymnast"	25.00
Travel expense	146.00
Association dues	50.00
Postage	2.80
	<hr/>
	\$ 553.50

Sokol Publication

Editor "American Sokol"	\$ 75.00
	<hr/>
	\$ 75.00

Miscellaneous

Future Sokol Leaders Fund — Scholarships	\$200.00
Special appropriations — District account	348.98
	<hr/>
	\$ 548.98

Total Disbursements

BALANCE:

Totals brought forward—	
Western National Bank of Cicero — checking account	\$5,405.47
Income — October 1967	\$2,792.70
	<hr/>
	\$8,198.17
Disbursements — October 1967	2,009.34
	<hr/>
	\$6,188.83

ASO. Executive Board

Attention called by Pacific District to error in minutes of Dallas conference. Correction will be made as noted by Pacific District. Reimbursement to Pacific District for bro. J. Pokorny's travel expense is in order.

Western Bohemian Fraternal Assn. extending thanks for greetings tendered at their convention. — Invitation to Sokol Chicago anniversary banquet Dec. 2. — Sokol Milwaukee extending thanks to all who attended Recognition Dinner. Sokol Milwaukee extending invitation to bro. S. Barcal to be guest speaker at banquet celebrating 100th anniversary June 29, 1968. Accepted and approved. — An ad for \$50.00 was approved in the New Year's issue of Denni Hlasatel. — Letter from Panorama Committee, CNCA, J. L. Cihak, submitting samples of unit history and biographies of outstanding gym teachers to assist in preparation of history material.

Bro. George Kalas approved as member of BOI.

It was approved that the highlights of Executive Board minutes, decisions reached, will be published in the American Sokol.

SOKOL GYMNAST

November 1967

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

MILDRED PRCHAL:

JUNIOR GIRLS CLASS HOUR

WARMUPS: (In circle around gymnasium).

I.-II. a) 1.-6. Six runs forward.

7.-8. Jump to closeknee squat—frontarm.

III.-IV. 1.-2. Kneel forward—downward flank swing to reararm.

3.-4. Return to closeknee squat—downward flank swing to frontarm.

5.-6. Uprise to toestand—downward flank swing to reararm.

7.-8. Closeheel stand—closearm.

REPEAT ALL.

I. b) 1., 2., 3. Three steps forward—knuckles on waist.

4. Hop on left, swing right low frontleg.

II. 1. Hop left, swing right low rearleg.

2. Hop left, swing right low frontleg.

3. Hop left, swing right low rearleg.

4. Hop left, swing right low frontleg.

(Hop after swing of leg—supporting knee bends upon landing after each hop.)

REVERSE; THEN REPEAT ALL.

PREPARATORY EXERCISES IN OPEN RANK FORMATION — closeheel stand — arms right low frontarm, left low reararm:

1.

1. Flank swing downward right to low reararm, thumbs front, left to low frontarm.

2. Flank swing downward right to low frontarm, left to low reararm.

3.-4. Flank circles downward right, (rearward), flank circle downward left, (forward).

REPEAT 3x.

REPEAT ALL ADDING KNEE DIP ON EACH COUNT. (Stretch body and arms throughout—

turn trunk and head moderately in direction of arm circling backward.)

2.

STAND STRADLEG—UPARM.

1. Loose frontbend—hands reach as far as possible on floor between feet.

2., 3. Dip twice in frontbend.

4. Upright—uparm.

5. Arched frontbend—uparm (trunk parallel).

6., 7., 8. Upright and thrust to arched backbend three times.

REPEAT.

3.

SUPPORT KNEEL, FRONTBEND: (hands shoulder width on floor, head up, toes on floor).

1.-2. Uprise to stand support on left, (remain in frontbend), extend right high rearleg.

3.-4. Lower to kneel support.

Reverse all (be sure stand support leg is straight).

GROUP A—ON MAT

Continuous frontrolls from squat, from lunge, from sideleg squat; finishing with 180° jump turns, 360° jump turns.

Dive rolls over low object or other gymnast.

Backrolls from squat frontleg.

Combination: Deep lunge forward right, support frontroll to half-squat; dive roll forward to stand; squat frontleg and roll rearward to half-squat on left, right reartouch—upright reararm.

GROUP B—RINGS, JUMP HIGH: Benthip hang, inverted hang, knee overhang.

CHANGE GROUPS.

FINIS — MARCHING TACTICS: Fall in line, proper posture, aligning.

GAME: DODGE BALL.

MEN'S CLASS HOUR

WARMUP: Walking and running, change of rhythm, various arm movements; running forward and backward.

PREPARATION: STAND SIDE STRADLEG, LOOSE FRONTBEND, FRONTARM UPSLANT, HANDS TOUCH GROUND:

I. 1., 2., 3. Dip in frontbend .

4. Upright.

II. 1. Half-squat, backbend—flank swings upward to reararm outward and try to touch heels.

2., 3. Dip 2x in half-squat and backbend.

4. Upright, uprise.

REPEAT.

III. **SUPPORT SEAT JOINTLEG:**

1. Bend frontleg, frontbend—arms fold around shins just below knees.

NATIONAL TRAVELING INSTRUCTOR WANTED
For particulars write to ASO. National Board of Instructors,
5611 West Cermak Road, Cicero, Illinois 60650

2. Upright—high frontleg (V seat)—sidearm high rear, palms up.
3., 4. Slowly lower legs to original support seat.

IV. CLOSEHEEL STAND—SIDEARM:

1. Bend left high sideleg, left knee touches underarm.
2. Closeleg.
3.-4.= 1.-2. opposite.

V. **CLOSEHEEL STAND—SIDEARM:** Loose leg swings with left frontward and backward; then repeat with right leg.

VI. SUPPORT LYING BACK OF ARMS (face down).

- 1., 2. Jointleg sidepass to support lying in front of arms (face up).
3., 4. Bentleg thrupass to support lying back of arms.

GROUP A—PARALLEL BARS—HEAD HIGH.

1. Swinging in underarm support.
2. Swinging in underarm support to benthip position.
3. Jump to benthip hang underarm support.
4. From swing in underarm support back uprise to hand support; front swing with straight body, legs stretched.

No. 4 exercise may finish with frontleg dismount to left or to right or with turn.

GROUP B—FLYING RINGS (REACHHIGH OR JUMPHIGH IN SWING).

1. With running start or with help of another gymnast.
2. Benthip hang at foreflight; inverted hang at rearflight and foreflight; dismount at rearflight. (Height of swing according to gymnast's ability.)

GROUP C—SWEDISH BOX—BROADSIDE AND LENGTHWISE, BEAT BOARD (not spring).

1. Single leg tapoff, bentleg vault.
2. Layout bentleg vault.
3. **BOX PARALLEL:** Dive roll.
4. Dive placing hands on instructor's shoulders. Adjust height of box according to ability. Stress takeoff from toes and flight before placing hands on box.

FINIS—GAME: ROOSTER IN CAGE. Gymnasts in chalk marked circle hop on one leg and try to push each other out of circle with shoulders. Whoever finds himself outside of circle, or jumps on both feet, or touches floor with hands is out. Hopping from one leg to another is allowed. The sole remaining gymnast in circle is the winner.

JUNIOR BOYS CLASS HOUR

WARMUPS: Count off "1s" and "2s".

- I. 1., 2., 3., 4. Four walks forward starting left.
II. 5., 6., 7., 8. No. "1s" jump side stradleg—sidearm; No. "2s" crawl 4 steps between No. 1's legs.
REPEAT, No. "1s" crawl, No. "2s" jump stradleg.
I. 1., 2., 3., 4. Four runs; No. "1s" crouch or do frontbend while No. "2s" straddle leap over No. "1s", and do 2 runs more.
II. 5.-8. Repeat with No. "2s" crouching and No. "1s" leaping.

PREPARATION: In open rank; **CLOSEHEEL STAND—CLOSEARM.**

1.

Front bentleg alternately left and right, while rising on supporting halftoe—arms swing naturally in opposition (like skipping in place without leaving floor).

2.

1. Frontarm.
2. Flank circles downward.
3. Deep arched frontbend—high reararm.
4. Dip in frontbend to upright—frontarm.

3.

STAND SIDE STRADLEG—UPARM.

- 1.-2. Sidebend to left and dip in sidebend.
3.-4. Opposite.
5.-8. Circle trunk starting with backbend and deep loose frontbend.

REVERSE AND REPEAT 10x.

4.

CLOSEHEEL STAND:

- 1.-2. Sideway bent uparm outward, fingers at nape of neck.
3. Stretch uparm outward and closearm sideway pressing elbows and head back.
REPEAT 14x.

5.

LYING ON BACK:

1. Bentleg seat, arms around shins below knees.
2. Lying on back, stretch legs on floor.
REPEAT 10x.

6.

CLOSEHEEL STAND—SIDEARM; palms up:

1. High frontleg left—frontarm inward.
2. Squat rearleg left, hands on right knee (left over right).
3. Dip in squat rearleg.
4. Uprise to side stradleg—sidearm, palms up.
REVERSE AND REPEAT.

7.

LYING BACK OF ARMS SUPPORT:

- 1.-3. Bend arms and straighten.
4. Rebound to support squat (closeknee).
5. Rebound to lying back of arms support.
REPEAT 10x.

8.

CLOSEHEEL STAND:

Bend uparm outward, place backs of hands on forehead. Press hands against forehead and release while pressing trunk forward. (Slow tempo.)

9.

1., 2., 3. Three steps forward; 1., 2., 3. Squat and uprise.

1., 2., 3. Three steps backward; 1., 2., 3. Squat and uprise.

1. Step left to left; 2. Close right to left; 3. Step left to left.

1., 2., 3. Close right to left, squat, uprise.
REPEAT ALL BUT REVERSE SIDE STEP.
DO ALL OF 9. A NUMBER OF TIMES.

10.

SIDE STRADLEG—FRONTARM:

1.-2. Flank circles downward with dips in backbend.

3. Deep arched frontbend—reach as far forward as possible with hands.

4. Deep hunched (loose) frontbend—reach as far as possible between feet.

5. Dip in frontbend, reach farther back with hands.

6. Upright—frontarm.

REPEAT 10x.

11.

SIDE STRADLEG—CLOSEARM:

1. Sidebend to left.

2. Dip in sidebend—thru sidearm bend uparm right, forearm curved above head loosely.

3. Upright and sidebend right—sideway close right.

4. = 2. Opposite.

REPEAT 8x.

12.

ARCHED FRONTBEND—UPARM, HANDS RESTING ON STALL BARS, TABLE OR ANY OTHER SUPPORT:

Dip in arched frontbend 10x.

13.

SUPPORT SEAT, HIGH STRAD FRONTLEG:

Circle feet inward 15x; repeat but circle feet outward.

14.

SUPPORT SQUAT (CLOSEKNEE):

1. Uprise, sideleg left—sidearm.

2. Frontleg left.

3. Support squat (closeknee).

4. Dip in squat support.

REVERSE.

15.

LYING BACK OF ARMS SUPPORT:

1. Rearleg left—bend arms.

2. Close left—stretch arms.

3. Rebound to support squat (closeknee).

4. Rebound to original lying back of arms support.

REPEAT ABOVE AS MANY TIMES AS POSSIBLE WITHOUT PAUSE.

16.

LYING ON BACK—CLOSEARM:

Arch body so only shoulders and heels are touching floor. Hold 4 to 6 seconds.

GROUP A

a) **ROPE CLIMB (WITH KNOT):** Climb to maximum height at slow tempo; then for speed in competition.

b) **JUMPING:** Broadjump; high jump.

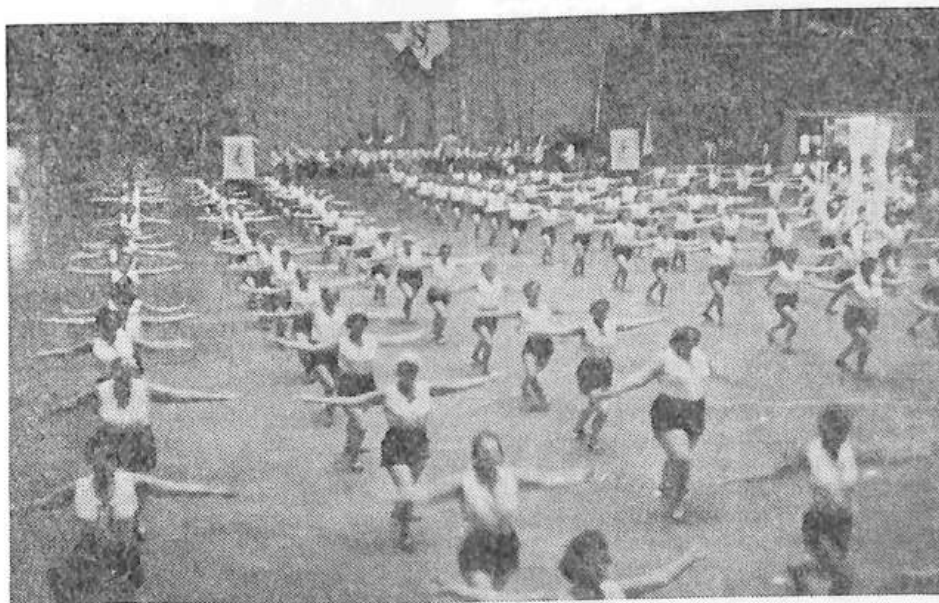
GROUP B

a) **Endurance run—**teach proper breathing (2 minutes).

b) **Basketball throw.**

MARCH TACTICS:

Turns in place.



Women's Calisthenics at Mid-Slet, Dallas Texas

Western District Instructors School

(From District Rules and Regulations)

These schools are conducted for the purpose to propagate the Sokol Ideals, keeping alive our Sokol Creed, "Physical perfection joined with a noble mind."

Our Sokol physical training goal:

1. To strengthen and improve the health of individuals.
2. To train people of strong will, capable of self-denial, people of firm and constant character who can put their plans in action.
3. To form of them more competent working units.
4. To teach them to work for society and in society.
5. To make them the basis of a healthier posterity.
6. To increase their defensive capacity.
7. To influence them by beauty, and to inculcate in them a sense for beauty.
8. To make them forever conscious that liberty and

freedom are a priceless gift, its protection a sacred duty.

"Our first and overall task rests in the premise that before any other demands, we must preserve our nation in that general vigor, that does not allow a nation to die, in that steady and fresh strength, in that physical, spiritual and moral health, that will not allow any decay to set in and with that no stagnation, that worst, even criminal action perpetrated upon nations." — Dr. Miroslav Tyrš.

The instructors school is usually organized by the District Directors, or by the Unit Directors—site of school.

The cost per student will be determined at the time the school is organized.

This school is not conducted for the sole purpose of a self-improvement clinic, although a certain period may be allotted for this.

The Sokol Contribution To the Olympic Games

By Marie Provazníková, former Director of Women, Czechoslovak Sokol Organization,
President of Women's Committee, Federation Internationale Gymnastique (FIG)

(Reprinted from "Slovenský Sokol")

In both the Olympic Games and the World Gymnastic Championships of the International Gymnastic Federation (FIG) the gymnastic competitions for women are arranged in the following order: 1) high balance beam; 2) uneven bars; 3) side horse vaulting; 4) floor exercises (calisthenics). These gymnastic disciplines are universally accepted as the most suitable for women. Do our Sokol gymnasts know that the balance beam and the uneven bars were contributed to the international gymnastic competitions by the SOKOL of Czechoslovakia? Indeed they were. The low balance beam had been in use as a popular apparatus in our gymnasium for physical training purposes since the early 1900's. In more recent years, it had been adapted to a higher level similar to the Swedish "boom," and adopted as a compulsory apparatus in the Sokol women's competitions.

In the 1930's the Czechoslovak representatives in the FIG Women's Gymnastic Committee came with a suggestion (which was finally accepted) that the high balance beam be included as a compulsory apparatus for the 1934 Women's Gymnastic Championship in Budapest and 1936 Olympic Gymnastic Competitions in Berlin. Since that time this apparatus has become a part of international gymnastic competitions.

In the beginning, the exercises on the high balance beam were mostly unknown and therefore, not too popular. The following episode indicates this sentiment. In the preparation period before the Berlin Olympiad, the German Turnverband requested the Sokol authorities in Prague for permission to send two of their women gymnasts and coach for an inspection of this new apparatus, the high balance beam. Permission was granted and the German gymnasts came to Prague. The first thing they did was to measure the upper walking plane of the beam to determine if the width of the plane was actually 8 centimeters as was stated in the rules

of the FIG Committee. It surely was and then, with obvious uneasiness, they asked for a demonstration of the prescribed exercises on such a narrow plane and so many feet above the ground. They witnessed what can be done on this so-called "dangerous" apparatus without any danger at all. Then, after the Olympiad, the Nazi sportswriters, with their typical arrogance, credited the origination of this apparatus to the German Turners. Adaptation of the balance beam into the program of the International Gymnastic Competitions was greatly helped by the excellent products of the Adam Company in Czechoslovakia. It was the reputation of this firm which at the 1936 Olympiad caused a disruption of the time schedule. According to the rules of the competition, each team was obligated to bring its own beam to Berlin, but if requested, a team had to loan its beam to other teams. The Preparations Committee placed two balance beams on the floor, one compulsory, the other for optional exercises. But all the teams wanted to compete on the Sokol balance beam!

The history of the high-low (uneven) bars shows even more clearly the Sokol contribution. This apparatus was in general use in Sokol gymnasiums since at least 1921. Originally the uneven bars were at a lower level and were used mostly for vault-passes parallel from hang on higher bar, for exercises in joint support and hang in across position, or for balancing movements. During the following years, our expert instructors developed quite an attractive method for training in this apparatus. For the first time in the history of the International Gymnastic Competitions the Czechoslovak Sokol women's team demonstrated the routines on the uneven bars in the program of the gymnastic exhibition during the 1928 Olympiad at Amsterdam. In 1934, the uneven bars were already included (for the first time) in the program of the FIG's Women Gymnastic Championship in Budapest as an optional apparatus.

Bro. J. Cihak is preparing a format for a "Panel Discussion" series of educational meetings, the first meeting to be held in January or February 1968. The same material and recommendation will be sent to districts and/or units. Recommends that we endeavor to secure statistics from districts and units for future use. Preparing format for vital statistics of units and districts.

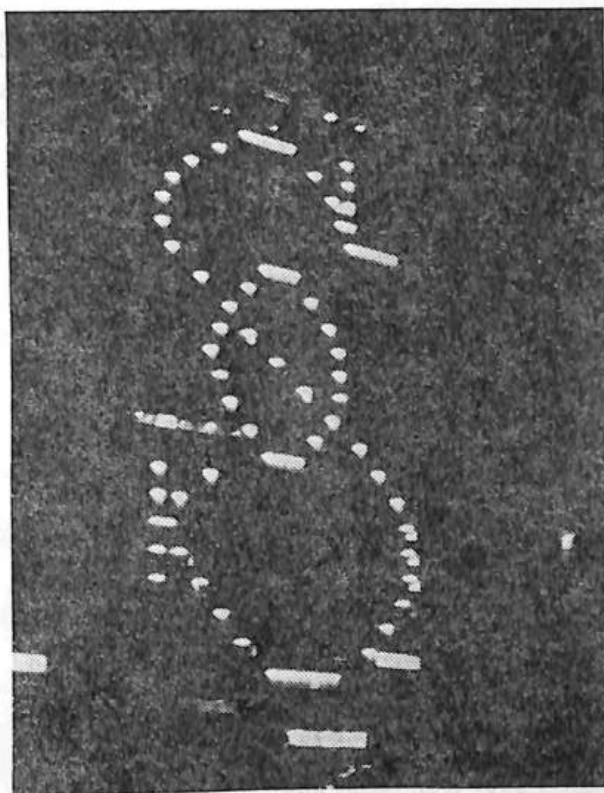
Sis. E. Welcl-Ruzicka: Attended 75th anniversary dinner of Sokol Nova Vlast, Cleveland, with sis. L. Zdenek. Spoke in Czech. Attended special meeting of District. Discussion on 1969 Slet in Chicago. ASO. convention in Cleveland will be held June 15, 16, and 17, 1970—Slet Sunday June 14, 1970, competitions preceding Slet. — Attended Recognition Diner at Sokol Milwaukee Oct. 14, 1967.

Sis. A. Basta: Will get busy on sticker for automobiles. Visited Holiday Folk Fair held at Chicago Navy Pier—refer matter of future Sokol representation to Central District.

Sis. Falta: Plate glass insurance will be renewed. Some units are gaining in membership. Sokolice Cedar Rapids have memorial fund for bro. Dezner, which is to be used for traveling.

Sis. Agnes Sotka is vacationing in Hawaii and sis. E. Schnabl handled all correspondence; sent out letter regarding Executive Board's decision for the 1969 ASO. Slet. Mailed out balance of checks for Scholarship Committee. Secretary B. Prener set up wording for Award Certificate for 50-year membership awards.

Bro. S. Barcal: Called bro. J. Pokladnik for pictures from Dallas. They have 1,500 feet of movies. Southern District units will view film until first of the year.



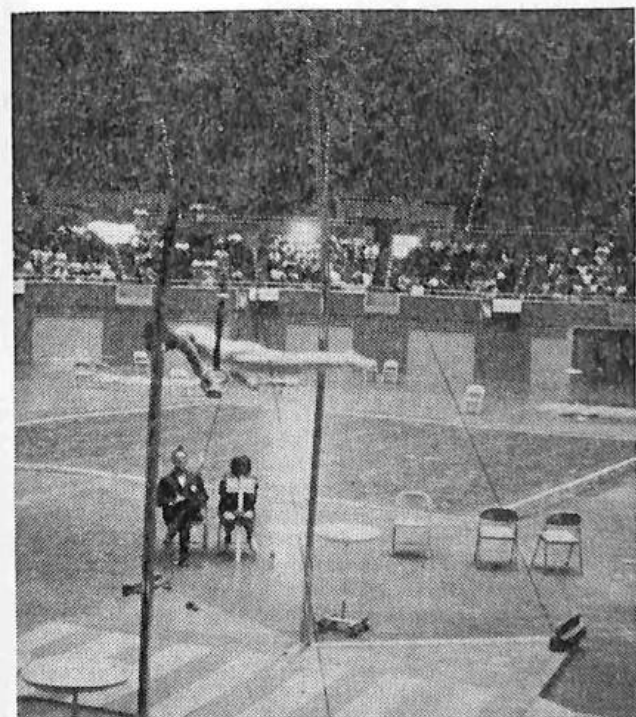
Sokol monogram 25 stories high on tall skyscraper during Mid-Slet

Future Sokol Leaders Fund

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

Previously reported	\$17,795.57
Sokol Town of Lake, in memory of bro. Jos. Grant (Grunt)	\$ 10.00
Julia Nesy Backer	3.00
Mr. and Mrs. Miles H. Jones, in memory of bro. Frank Guca	10.00
Mrs. Vlasta Hoyer, in mem. of her father, bro. Karel Kase, Sr.	5.00
Hallie Westcott, in memory of Jamie Westcott	2.00
In memory of Agnes Sotka's father, bro. Joseph K. Dvorak:	
Members of ASO. Exec. Board	13.00
The James Kofron family	10.00
Gertrude Kodidek and Florence Dwyer	10.00
Total donations	\$ 63.00
Clyde Savings & Loan —	
Dividend 10-31-67	182.53
Total Receipts	\$ 245.53
	\$18,041.10

The above contributions are tax exempt.



Mid-Slet competitions in the Memorial Stadium

Dvacátý osmý říjen 1967.

Projev bra. Karla Prchala na legionářské vzpomínce 49. výročí zrození Čsl. republiky a 50. výročí bitvy u Zborova. — (Z různých pramenů.)

Kdo zná české dějiny, kdo zabýval se životem tří století poroby, ví dobře, že samostatnost Československa není ani zázrakem, ani darem, ani výsledkem štěstí, nýbrž ovocem houževnaté práce, veliké životní síly, nezlomné vůle a zdravého optimismu, nezničitelné naděje. Dnes, kdy si znovu připomínáme největší den v dějinách československých, jest nutno zdůraznit velikou pravdu, že se nic nestalo náhodou, štěstím, a že nikdo neosvobodil národ Čechů a Slováků, ale že národ vysvobodil sám sebe.

Byly to mnohé generace buditelů, kteří snili, doufali a věřili, které vedl genius národa. Byl to Palacký a Havlíček, byl to Tyrš a Jirásek, byl to český učitel, česká maminka, český tatínek.

Byl to národ, jehož štěstím bylo, že veliká doba nalezla jej odchovaného myšlenkou sokolskou.

Byli to naši drazí hoši, bratři legionáři, rozstříknuti po celé Evropě, pod cizím kabátem, ale pod vlastními prapory, kterým dodal odvahy Masaryk. Masaryk, jejich vůdce, prezident osvoboditel. Byli to sokolové, dobrovolci, kteří měli na mysli být užitečnými svému národu, hoši zlatého velkého srdce, které žilo hluboké lásce k rodné zemi a neochvějně víře v její svobodu.

Šli, i když před cílem viděli stíny šibenic a zoufalství rodin! Kolik těch chrabrých hochů dalo své životy u Terronu, Vandy, u Zborova, Bachmače, Kazaně, Samary, u Piavy i v nesmírné ruské zemi od Volhy až po břehy východních moří, kudy hřměly válečné písně legií.

Národ dal do služeb dějin všechno, co měl nejlepšího — a proto přišel 28. říjen! Vzrušené chvíle prožíval před 49 roky, když k němu zazněla slova památné proklamace: "Tvůj odvčký sen stal se skutkem, národe český! Stát československý vstupuje dnešního dne v řadu samostatných národů světa. Novými činy zahajují se tvé nové a Bůh dá slavné dějiny!"

Od Šumavy k Tatrám rozradoval se národ — s hlavou nad oblaky, se srdcem vzhůru. . . .

Dnes myšlenky letí zvláště ke Zborovu, k mohyle padlých velikanů, k hrobům legionářů, padlých za velkou věc svého národa. Vzpomínáme slavné bitvy před padesátí lety.

Zborov! Cecová! Místo velké epeje, která pak hřměla z širé Ukrajiny přes Urál až k Velkému oceánu, místo, kde rodila se mladá sláva československého vojska. 237 českých bojovníků zde předčasně skončilo svůj mladý život a 1041 jich bylo zraněno. Skláníme hlavy svoje v údivu a úctě. . . .

Podle úřední zprávy hlavního stanu ruských vojsk ze dne 3. července 1917 "chrabrá vojska Československé brigády" zajala 62 důstojníky a 3,150 vojáků. Do večera téhož dne počet zajatců se zvýšil na 4,200. Ukořistěno 20 děl a velké množství kulometů, které ještě v boji byly obráceny proti nepřítelům.

Mohyla zborovská postavena je na místě, kde jsou pohřbeni. Mohyla zbudována je ve formě zemljanky, v jejímž čele stojí jednoduchý pomník, do jehož štítu vyryt jest stručný nápis: "Zde, na

staré slovanské půdě, odpočívají synové Československa, padlí v bitvě u Zborova, jež dala jim slavné vítězství ve svatém boji za osvobození jejich vlasti a za šťastnější budoucnost všech svobodných národů slovanských."

Zde leží naši hoši, mrtví se zmlklými touhami v duších viděti svobodné Čechy. Ano, ani to, ani to jim nebylo dopřáno. A na polích kvetou tam krvavé máky, jež nasyceny krví, mladou, žhavou krví, dávají sílu žitům, chlebům lidstva.

Zpráva o Zborovu pronikla i do rodných krajů a tam, když slyšeli o orlím letu zborovských junáků začali věřit, že v brzkou budou skončeny bídy dlouhé války a že nadchází radostnější budoucnost národu.

Vzpomínání na Zborov musí být pro nás stále zdrojem síly, příkladem nezištné lásky k rodné vlasti, kterou bitva zborovská byla nabita a z které vyzaruje podnes.

Dokud se budou rodit takový synové, jako ti, kteří bojovali u Zborova, Československo nezahyne!

Citují úchvatnou vzpomínku dorostence o sokolských oslavách zborovských v Brně 1927:

Slyšte, vy, bratři, v duchu a v krvi,
slyšte mne, vítězi praví a první,
nad hlavou zástupu mladý můj
živoucím živoucí tlumočí vzkaz:
Padli jste, věční jste, živi jste v nás!
K obloze rozpínám náruč svou mladou,
ruce mé k oblakům vysoko kladou
kyticí zraků a na místo stuh
zdobí ji vděčný a svobodný duch.
Prosím vás, oblaka, neste ji k rovu
vzkříšení našeho, ke Zborovu.

Zborov — historické zdůvodnění a oslavení skutečného národního programu. Milujeme neohroženost legií, jejich sílu, jejich oddanost a lásku k věci národní. Jejich duch, duch jejich snů živí naše odhodlání — a volám z duše vřelě a upřímně:

Pro všechno, co česká i slovenská Amerika vykonala pro československou svobodu když ukázala světu, že dovede pro svobodu československého lidu, pravdu i právo žít, pracovat, bojovat i umírat, pro nehynoucí slávu legionářů, pro věčnou slávu našeho Sokolstva, jehož zásady pronikly legie československé, pro dobré jméno milované naší rodné vlasti, pro horoucí víru i přesvědčení ve vznešenou velikost ideálů československé svobody — za starými cíly — sestry a bratři: Naše Amerika byla platným účastníkem československé národní revoluce. Ochraňujme odkaz obou odbojů! Zůstaňme věrní! Věrní až do hrobu! Nikdy česká a slovenská Amerika národ za mořem nezklamala a zůstává pevnou a věrnou v úsilí, kterým demokratické rozhodování o osudech bude vráceno do rukou lidu! Věrnou po všechny časy! Vytrváme!

Vzpomínáme rodných krajů, krásné, Československé země. Myšlenky letí tam k nám, za oceán. Za oceán letí pozdravy naše — k tobě národe, k tobě milá vlasti!

CHAS. M. PRCHAL:

50 YEARS

(Continued)

Events followed rapidly. On September 20th a conference was held with brother legionnaires; September 25th a manifestation meeting in the Chicago Stadium, where beside the Czechoslovak public, foremost American organizations and organizations of other nations were present. It was clearly proven that even when the great powers betrayed and deserted Czechoslovakia, we, here in the United States would never do so. A parade preceded this meeting; the Sokols predominated both in spirit and numbers.

In December 1938 a drive was announced for the "Sokol Youth of America to help the Czechoslovak Youth." The American Sokol Organization contributions were to help children of refugees from the parts of the country that was given to Hitler. The idea of the fund was received with great enthusiasm and the financial response was heartwarming.

From Slovakia came a call for an independent state; this, of course, meant to destroy a free republic. The patriotic Sokol Organization in Slovakia was dispersed and gymnasium buildings seized. A protest was sent to the government in Bratislava by the American Sokol Organization.

That which we feared after the treacherous Munich Conference, that Hitler would not be satisfied with the spoils given him as an appeasement "in the interest of peace" by England and France at the expense of Czechoslovakia, and that there would soon be further demands by Hitler, became a fact.

The Czechoslovak Republic, that for twenty years was a bright beacon of democracy to the rest of the European states, ceased to exist. At the Munich Conference the bordering lands were wrested from Czechoslovakia and the borders cut down, although the international committee calmly witnessed the act when Hitler, without qualms, seized the whole Republic; just so he would not want any lands of

their own. To this end brothers of Slavonic blood helped, both Slovaks and Poles.

Czech and Slovak people in America were grief stricken. The American Sokol Organization could not calmly stand by during this tragedy and the Sokol brotherhood again prepared to struggle for the restoration of Czechoslovak freedom. All of our groups, all good and inspired workers of Czech and Slovak descent, joined in one great organization to lead the fight for this freedom in the tentative headquarters of the Czech National Alliance in Chicago and Czechoslovak National Council of America. They immediately closed ranks and promised that they would not end the fight before the bells that tolled thruout the land when the German armies stepped upon the ground of our beloved mother country, would peal again for the victorious restoration of national freedom in a new and stronger Czechoslovakia.

In April of 1939, the request of Sokol Rogue Saenz Peña in Argentina to be accepted into the ASO. ranks was answered favorably. After receipt of letter from Sokol Paris, relations were also established and through Sokol Paris further ties were made with other active units outside of the Czech borders.

During the World Expositions in San Francisco and in New York in 1939, Czechoslovak Days were held. Both were dignified manifestations for the cause of Czechoslovak liberation and were a foundation of cooperative work and efforts of all American Czechs and Slovaks toward this great goal. They were true demonstrations of the high cultural development of the Czechoslovak people. Sokol exhibitions at these Expositions attracted tremendous crowds and the interest of the general public was unusual.

(Continued)

Parades of Yesteryears

From Sokol Little Ferry, N. J. Souvenir Program

The first parade held in Little Ferry was at the dedication of the first Sokol building in our Borough in 1897. When our Sokol became one of the Sokol units in our country, a large delegation of Sokols from New York and their band came to dedicate the event in our Borough. We had a population of about 700 or 800 people then. Two Civil War veterans on horseback led the parade. Our youth paraded with Civil War caps and the members wore the Union blue uniforms with the broad Civil War

hat. There were very few houses and hardly any streets. Our Main Street and Washington Avenue had woods in places on both sides.

Every 4th of July thereafter the Sokols held their parades and picnics to the year 1918. It had its own orchestra and Fife and Drum Corps, which we hope will be revived in some future days.

The organization in its younger days held many outings. A great interest was shown in the organization in those early days.

**Abundance from Liberty or Bondage from Selfishness,
the Choice Is Ours To Make**

The historical cycle of humanity seems to be

1. From bondage to spiritual faith;
2. From spiritual faith to courage;
3. From courage to liberty;
4. From liberty to abundance;
5. From abundance to selfishness;
6. From selfishness to apathy;

7. From apathy to dependency;
8. From dependency to bondage.

—Author Unknown

It will not require too much study to see how far we have slipped down the above ladder as a nation. If we have not reached number 7, we are certainly close to it. Apathy is a millstone around

our necks that seems to have no weight until it is firmly anchored and requires almost superhuman effort to dislodge. It is similar to the feeling most of us have had after strenuous efforts over a period of years. This is a feeling of being "burnt out," an inability to get started again. If we had the ability to recognize it for what it is and took the common-sense measures of complete rest that a wise nature dictates, we could overcome it in time.

But we have a conscience. This urges us on. We must not stop, even for a moment. The price exacted is a heavy one. The young have the ability and natural reserves to snap out of this in short order. For the older ones it is a tougher battle. It can be won by concentrating on manual labor first to the exclusion of all thinking and self-incrimination. A healing action takes place and matters fall into their proper perspective. We see things in a different light on a broader spectrum, decide upon our course and again enter the lists, wiser because

of the inner battle that had been fought and won. Apathy is a much underestimated scourge, the downfall of entire civilizations and the wrecker of countless millions of individual lives. It is the bane of organization life, far worse than all the arguments and personality clashes one can imagine. We see its enervating action all about us. How wise Tyrus was when he gave us his "Constant Action — Constant Dissatisfaction," as part of the guidelines for us to follow. Selfishness does not only refer to money and material things, this, in some way, could be overcome. It is a greater evil when we fail to give of ourselves, our time, thinking and constructive action.

We pay a price for everything but there are rewards obtained for the proper action, at the proper time. Let ours come from our determination to reverse the trend from apathy back to spiritual faith, courage and an intelligent liberty.

James L. Cihak

Antonie Kubátová.

9. října jsme se rozloučili se sestrou Antonii Kubátovou, která zemřela ve věku 79 roků. Déle churavěla, ale všechna lékařská péče a oddanost syna Karla a jeho rodiny i mnohých, mnohých přátel nezachránila ji od osudu nás všech.

Narodila se v Hůrkách, v Čechách a ve Spojených státech žila dlouhou řadu let. Pamatuji, když začínali se svým manželem Frankem, známým mecenášem, skrovné mlékařství, které vybudovali na jedno z velikých v celém Chicagu.

Byla členkyní Sokolic Tábora, mnoha jiných organizací a všech odboček Československé Národní Rady Americké.

Její život provázela všeobecná láska a úcta. Stala se zářícím příkladem dobroditelky, prosté všech ohledů stranických. Její lidumilnost byla někdy zneužita, ale to nezměnilo její konání. Velmi málo potřebovala pro sebe — ale ve svém velkém, lidském srdci byla štastná, mohla-li pomoci, udělat radost, jiným. Je legie těch, kdož jsou jí vděčností zavázáni.

V druhém boji za osvobození Československa scházivali jsme se častěji v jejich krásné rezidenci v Hinsdale. Vezl jsem tam též Dr. Beneše a často jeho bratra Vojtu, Jana Masaryka a snad všechny přední pracovníky odboje. Též v akci American Relief for Czechoslovakia našli jsme u Kubátů velké pochopení a podporu. Také americké dobročinné organizace měly v Kubátových velmi štědré podporovatele.

Ač churavěla a podrobila se vážným operacím, neztratila zájem o náš život ve Spojených státech a osudy rodného Československa.

V srdci těch, kteří ji znali, žije její jméno — a její památka bude žehnána po všechny dny jejího života.

Členstvo Sokola a Sokolic Tábora účastnilo se ve velkém počtu rozlučných obřadů. Za Sokol, všechny organizace i rodinu promluvil br. Karel M. Prchal.

kmp.

Albie Neumann.

Členstvo Sokolic a Sokola Tábora rozloučilo se 7. října s manželkou předního svého pracovníka Fran-

ka Neumanna — Albie Neumannovou. Dožila se věku šedesát dvou let. Narodena byla v Československu a ve Spojených státech žila 44 léta.

Ve svých zdravých letech milovala radost, štastné tváře. Sama neúčinkovala v divadlech, ale radovala se ze všech těch postav, které br. Frank na scéně vytvořil.

V poslední době života byla nemoc její údělem. Br. Frank dal jí všechnu možnou péči, opatroval ji, zaháněl její zármutek a bol, zjasnil a zradostnil její dny.

Život zesnulé ocenil a za všechny se s ní rozloučil br. K. M. Prchal.

Pokoj její popeli!

kmp.

Josef Secký.

17. října, ve stáří 77 let, vyrván byl osudem z našeho středu bratr Josef Secký, po dlouhá léta člen Sokola Havlíček-Tyrš v Chicagu.

Byl obětavým pracovníkem své jednoty a ztráta jeho pro Sokol Havlíček-Tyrš je nemalá. Byl na svém místě vždy, kdy bylo potřeba jeho pomoci; hlavně ale při výpravě "Šibřinek" maloval pozoruhodné scény, které se těšily zájmu přítomných. Také jeho obrazy, vypracované z kožešin, byly obdivovány na výstavách, na kterých byly umístěny. Posledně na sjezdu organizace ČSA.

Odešel v něm vlastenec, kterých v našem životě ubývá. Býval rád veselým, měl humor, který šlehal a jiskřil v jeho vyprávěních. Humor zdravý, bujný, smělý — a zase jímavý, tklivý a jemný.

Se zesnulým rozloučilo se členstvo Sokola Havlíček-Tyrš a procítěným proslovem starosta, br. George Bašta.

Kdo poznali br. Seckého, budou vzpomínat . . .

kmp.

Kolik jsme se nasužovali nad tím, co se nestalo, jen mohlo se státi. — Jefferson.

Ani strach a bázeň, ani trest nebud'těž hlavními pohnutkami, jimiž bychom mládež vedli k tomu, co pravé a dobré jest, nýbrž přívětivost a láska. — Pestalozzi.

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

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



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

Be Modern – Go Modern – Join and insure with

CZECHOSLOVAK SOCIETY of AMERICA

PIONEER OF FRATERNAL LIFE INSURANCE

C.S.A. BUILDING

2138 SOUTH 61st COURT

CICERO, ILL. 60650

A Ť JEDETE KAMKOLIV

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

HEGER

TRAVEL BUREAU

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

TYRŠ ODPOVÍDÁ.

Platí staré heslo "Osvětou k svobodě" a starý názor o naprosté moci peněz jen omezeně? Co tedy hýbe kromě nich světem?

Neoddávejme se klamu. Nikdy nestačil k plnému a zabezpečenému životu národů blahobyt a jednostranné vzdělání duševní. I s nimi mnohý národ zahynul a zahyne i podnes, byť se i všeobecný boj o život namnoze prostředky jinými než kdysi vedl. I s nimi jen tenkrát se národ obhájil, jím připadlo jen tenkrát vítězství, když se spojily s odchovanou, vytrvalou a nezmařenou silou celého člověka. V tom smyslu pravdivé zůstalo staré rázné české přísloví: "Tam se svět hne, kam se síla napře."

Fame is what you have taken,
Character's what you give;
When to this truth you waken,
Then you begin to live.
—Bayard Taylor

If you pick up a starving dog
and make him prosperous, he will
not bite you. That is the principal
difference between a dog and a
man.
—Mark Twain

WINTER Grave Decoration

should be ordered

NOW!

Those who shall order first,
shall be so served.

SINGLE, DOUBLE DEPTH
and COMPANION

GARDEN CRYPTS

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

EARTH BURIALS
CREMATION

BOHEMIAN NATIONAL CEMETERY

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

ZÍSKEJ NOVÉHO

ČLENA!

**STATEMENT OF OWNERSHIP, MANAGEMENT
AND CIRCULATION**

(Act of October 23, 1962: Section 4369, Title 39,
United States Code)

1. Date of filing: October 31, 1967.
2. Title of publication: American Sokol.
3. Frequency of issue: Monthly — except bi-monthly July-August issue.
4. Location of known office of publication: 5611 W. Cermak Road, Cicero, Illinois 60650.
5. Location of the headquarters or general business offices of the publishers: 5611 W. Cermak Road, Cicero, Illinois 60650.
6. Names and addresses of publisher, editor, and managing editor: Publisher—American Sokol Educational & Physical Culture Organization; Editor—Charles M. Prchal, 2419 Scoville Avenue, Berwyn, Illinois 60402; Managing Editor—Executive Board American Sokol Organization, 5611 West Cermak Road, Cicero, Illinois 60650.

7. Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.) Stanley Barcal, President, 2437 S. Harvey Avenue, Berwyn, Ill. 60402. Blanche J. Cihak, I. Vice-Pres., 405 — 50th Pl., Western Springs, Ill. 60558. George C. Basta, II. Vice-Pres., 2629 S. Maple Ave., Brookfield, Ill. 60513. Betty Prener, Secretary, 444 Oxford Lane, Crystal Lake, Ill. 60014. Frank Vodrazka, Treasurer, 1639 S. Grove Ave., Berwyn, Ill. 60402. Ann Falta, Financial Secretary, 2540 S. St. Louis Ave., Chicago, Ill. 60623.

8. Known bondholders, mortgagees, and other security holders, owning or holding 1 percent or more of total amount of bonds, mortgages or other securities. None.

9. Paragraphs 7 and 8 include, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting, also the statements in the two paragraphs show the affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear

upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner. Names and addresses of individuals who are stockholders of a corporation which itself is a stockholder or holder of bonds, mortgages or other securities of the publishing corporation have been included in paragraphs 7 and 8 when the interests of such individuals are equivalent to 1 percent or more of the total amount of the stock or securities of the publishing corporation.

10. Extent and nature of circulation:

	Average No. Copies Each Issue During Preceding 12 Months	Single Issue Nearest To Filing Date
A. Total No. copies printed (Net press run)	5800	5800
B. Paid circulation.		
1. Sales through dealers and carriers, street vendors and counter sales.	none	none
2. Mail subscriptions.	none	none
C. Total paid circulation.	none	none
D. Free distribution (including samples) by mail, carrier or other means.	5675	5675
E. Total distribution (Sum of C and D)	5675	5675
F. Office use, left-over, unaccounted, spoiled after printing	125	125
G. Total (Sum of E and F—should equal net press run shown in A)	5800	5800

I certify that the statements made by me above are correct and complete.

CHARLES M. PRCHAL, Editor
(Signature of editor, publisher, business manager, or owner)

KEEP YOUR ENTIRE FAMILY PHYSICALLY
FIT FOR BETTER HEALTH.

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.

HOME OFFICE
CEDAR RAPIDS, IOWA

CHARLES H. VYSKOCIL, National President
U.S. SEN. ROMAN L. HRUSKA, Chairman of the Board
ELMER F. KARASEK, National Vice-President

JERRY DRAHOVZAL, National Secretary

GEORGE J. SCHULTZ, National Treasurer

WESTERN BOHEMIAN
FRATERNAL ASSOCIATION

Západní Česko-Bratrská Jednota

LARGEST

CZECH-AMERICAN

ORGANIZATION IN U.S.A.