



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

December 1967

TO ALL MEMBERS:

The Holidays are here again and with them comes the realization of how much it means to have the friendship and good will of folks like you.

It is therefore a pleasure to extend to you the Season's Greetings with Best Wishes for

A HAPPY NEW YEAR.



AMERICAN SOKOL ORGANIZATION
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AMERICAN SOKOL

436

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

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

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

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Calendar of Events

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 TYRS, CLEVELAND, O. — New Year's Eve Party.
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, 21st and "U" Streets. Kostka Bros. Orchestra.

— 1968 —

- JAN. 12th—SOKOL SOUTH OMAHA, NEBR.
Chicken Dinner.
JAN. 21st—NORTHEASTERN DISTRICT.
Annual Meeting—Sokol Tyrs Hall, Cleveland, O.
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. 4th—SOKOL SOUTH OMAHA, NEBR.
Gym Club Card Party.
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. 17th—SOKOL SOUTH OMAHA, NEBR.
Junior Boys Competition.
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 HAVLI-CEK. — Annual Winter Gym Exhibition.
MAR. 2nd—SOKOL BROOKFIELD, ILL.
Gymnastic Exhibition.
MAR. 8th—SOKOL SOUTH OMAHA, NEBR.
Chicken Dinner.
MAR. 9 and 10—SOKOL TABOR, BERWYN, ILL.
Gymnastic Exhibition.
MAR. 17th—SOKOL TYRS, CLEVELAND, O.
Gymnastic Exhibition.
MAR. 17th—SOKOL SLAVSKY, CICERO, ILL.
Gymnastic Exhibition.
MAR. 19, 20, 21—SOKOL SOUTH OMAHA, NEBR.
Annual Competitions.
MAR. 23rd—SOKOL BERWYN, ILLINOIS.
Gymnastic Exhibition.
MAR. 24th—SOKOL CLEVELAND-CECH HAVLI-CEK. — Card Party.
MAR. 24th—SOKOL SOUTH OMAHA, NEBR.
Czech Bazaar.
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.
MAY 19th—SOKOL MILWAUKEE, WIS.
Gymnastic Exhibition.
JUNE 14-16—WESTERN DISTRICT SLET.
JUNE 29th—SOKOL MILWAUKEE, WIS.
100th Anniversary Banquet.
JULY 14th—SO. OMAHA SOKOL DAY.
NOV. 2nd—SOKOL STICKNEY, ILLINOIS.
40th Anniversary Banquet.

At the Milwaukee 24th annual Holiday Folk Fair, which drew 52,227 in attendance, Sokolice Milwaukee won third prize in the amount of \$500.00, for their cultural exhibit.

HOW BIG IS A BILLION?

If you gave your wife \$1 million and told her to go out and spend \$1,000 a day, she would be back from her shopping spree in less than 3 years. But if you gave her \$1 billion to spend at \$1,000 a day, you wouldn't see her for 2,700 years.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXVIII.

December — 1967 — Prosinec

Číslo—No. 12

From the Congressional Record (House)

Washington, Monday, October 23, 1967 (Page H13828)

THE AMERICAN SOKOL

(Mr. HELSTOSKI (at the request of Mr. Montgomery) was granted permission to extend his remarks at this point in the Record and to include extraneous matter.)

Mr. HELSTOSKI. Mr. Speaker, on October 14, 1967, the American Sokol Organization of Little Ferry, N. J., held its 70th anniversary of existence.

This auspicious occasion was celebrated with a banquet at the organization hall, Main and Garden Streets. Mr. Charles Kuss was the master of ceremonies; and assisting him as co-chairmen were: Charles Kubicek and Charles Iverson. The anniversary committee consisted of Charles Kuss, William Zabransky, Jr., Eugene Zabransky, Emil Tuma, Henry Vesely, George Monett, Jack DeStories, Larry Halak, Arthur Hirtler, Henry Mayer, George Janakis, Leo Kubicek, Miss Blanche Kubat, Mrs. Joan Zabransky, Mrs. Marge Hall, Mrs. Anna Funk, Mrs. Mary Killian, and Mrs. Malcolm Hill.

The featured speakers were Eugene Zabransky, president of the men's division; Mrs. Blanche Kubat, president of the women's division; Mayor Fred Heinige of Little Ferry; and myself.

The word "Sokol" translated means "falcon" and the organizational motto is "Freedom, Friendship, Faith, and Longevity." The Sokols teach moderation in all things, a healthy body and a healthy spirit.

Many of the members are active gymnasts who have participated in gymnastic competition throughout the world, having won high honors.

Mr. Speaker, I would like to take this opportunity to include the text of the speech which I made at the banquet of this wonderful organization, which is a very active group in my congressional district.

The speech follows:

THE AMERICAN SOKOL

Mr. Chairman, distinguished guests, ladies and gentlemen. I wish to express to you my deepest appreciation for inviting me to be with you today because I know that I am among people who are dedicated to a love of country and liberty—to physical exercise and mental and moral development.

As active participants in the American Sokol movement, you need not be reminded of the history of your patriotic and progressive organization. However, I would like to dwell upon it for a moment or two.

Founded on February 16, 1862, just over 105 years ago, in Prague, Czechoslovakia, the first Sokol, Educational and Physical Culture Organization

had a profound effect on history. It was brought to life by a group of public-spirited men to whom liberty and democracy were a cherished ideal. These men, well versed in the history and philosophy of the past, wanted freedom and liberty for their people.

They realized that only a nation which is willing to prepare for and retain independence must maintain it by constant vigilance. They stressed, realized, and fought for the development of the entire individual—physical, mental, moral, and spiritual. The founders of this organization created a terminology for calisthenics, apparatus exercises, and games that is so precise that units thousands of miles apart can practice the assigned drills, then meet at the great Sokol exhibitions and after only one general rehearsal, perform as if they had trained together for months.

Dr. Miroslav Tyrš, one of the co-founders of the Sokol movement, believed that the entire nation—men, women and children—should consistently exercise from the early childhood past their maturity. All of this for neither profit or glory, all of this as a dedication to their nation, an enlightened member of a family of nations, conscious of their rights, and their duties and obligations.

The Sokols are respected in every land that is free. They are hated and feared by every form of dictatorship. They were the first organization to be dissolved by the Nazis and Communists wherever these two usurped power. The Sokol leaders were the first to be imprisoned and liquidated. The Second World War saw 90 percent of the Sokol leaders liquidated in Czechoslovakia, Poland, Austria, Yugoslavia, and Bulgaria. The great mass of the powerful Sokol organizations are far from being exterminated or completely managed. The great spirit of freedom, liberty, and human justice instilled in them by courageous men and women for over a century is still very much alive and is transferred to each group of new children. We know that those who have once known freedom and liberty as we know it will never forget it.

These Sokol trained people have faith in the inexorable destiny of mankind. The Sokols in America have produced their own great leaders and thinkers. Men and women in all walks of life have felt that their greatest contribution to this great land would be to devotedly serve in the Sokol ranks, to constantly train the young in that physical, mental, moral, and spiritual strength that is the bulwark of a nation.

I wish to extend to you my most sincere congratulations upon your observance of the 70th anniversary of the American Sokol Organization of Little Ferry. Your organization has done outstanding constructive work during the past seventy years of your existence. You have played a most effective role in coping with the problems of our youth. Through your program of gymnastics, calisthenics, and games, you have contributed much to combat juvenile delinquency. You have built character and good life into countless members of youth during these past seventy years. There is no finer work that any group of men or women, or organization can be dedicated to than this.

A new generation is not born with traits of responsibility, a sense of patriotism, selflessness and dedication to principle. This is only gained by learning from others, and you have given this to our youth.

Your fine organization, knowing that youth is the future, has devoted these seventy years to providing guidance which leads toward the development of the strong and responsible citizen.

I am proud of the fact that one of the oldest units of the American Sokol Organization is located in my Congressional District here, in Little Ferry, you have a fine auditorium and the spirit of the old

American Sokol should continue to live in our community. You know the goals of the Sokol movement. It is up to you as an organization to fulfill these goals, and if I am able to add something to achieve these goals, I am always at your beck and call.

Do we, in Little Ferry, want to move backward by standing still—in the pride of future accomplishment?

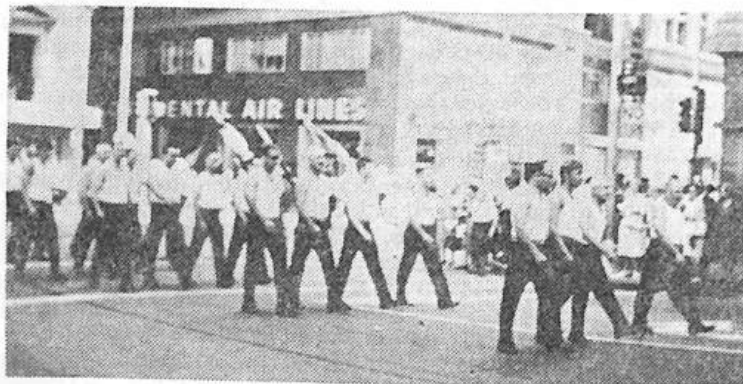
I believe that we do not and I am confident that you agree.

In the seventy years since the Sokols were organized here in Little Ferry they have contributed to the building of good character in our youth more than any other organization of like magnitude.

Let us carry on to preserve this nation and carry on these lofty ideals.

In conclusion, I wish to remind you that you have a national heritage which you must pass on to your young men and women. And, as Americans, we also have a responsibility to our adopted country. You must not fail in your endeavors to promote the ideals for which the Sokol Organization was founded.

Let me congratulate you, again, upon your past successes and wish you well in all your future endeavors.



DALLAS MID-SLET
PARADE

NEW YORK 100th ANNIVERSARY BANQUET AND AKADEMIE

I left Chicago airport at 6 p.m. Friday, November 17th, and arrived in New York at 8 p.m. I was met by sis. Norma Zabka at the airport just before she left for Baltimore. My accommodations were at the Commodore Hotel. Bro. Frank Capek called and explained that the meeting with their BOI, was not possible. I made arrangements for a meeting with Mr. Silverman, our uniform supplier, for 11 a.m. Sunday. Saturday evening at 6:30 I went to the banquet at the Sokol New York hall. Approximately 225 people attended the affair. All the older Sokols send regards and good wishes to the Executive Board. After dinner, bro. Jerry Hardy, English M.C. of the evening, introduced guests and speakers. The principal speaker was bro. Vlasten Cihak, President of New York Sokol.

I was seated at the speaker's table and asked to say a few words of welcome as were bro. Zraly, President of Eastern District; bro. Frank Capek, Director of Eastern District; bro. Holly, Centennial Chairman and a representative of New York City,

and sis. Pribil. I was asked to keep my speech short as the program was lengthy in speeches and presentations. Guest speakers from the floor were bro. Papanek, bro. Neuman, and several lodges that are affiliated there. Pins were given to senior members, followed by awarding of certificates of merit and bro. Cihak's acceptance of a plaque denoting Sokol New York's 100th year anniversary. Following the singing of "Spějme dál," the program was concluded and dancing began to bro. Charles Divisek's band. During this time I talked with sis. Provaznik on our Sokol terminology. She has been visiting bro. Bednar weekly, and they have assembled a draft of the manual in mimeograph form. They are awaiting our part of the dance steps. Sis. Provaznik states that they hope to have it complete by January. I spoke to bro. Lago regarding the conditions at Sokol Belcamp. Bro. Walter Slavik, men's instructor at New York, related conditions as they exist in their unit—classes are small, travel distance is great and parking a problem. Bro. Holy explains

his problems in a final report in the pamatnik. Sokol New York produced a very interesting souvenir journal which included a short listing of all brother and sister members. These were sold to the public. Sis. Pribil stated that she will send one to the office as soon as additional pages were printed and inserted. Bro. Neuman loaned me his film of the Dallas Mid-Slet.

At 11 a.m. Sunday, I met Mr. Silverman at his home. We went through problems of our uniforms. He would prefer to manufacture all of our needs in stretch nylon. This would reduce his type of inventory and suppliers. We discussed the price lists which he promised for next week. He explained the terms under which he will operate. No COD

orders—all orders are to be prepaid. Discounts will be given—6% on \$50.00 or more, 10% on \$100.00 or more. Prices include return postage and tax—Parcel Post insured. All material can be returned providing it has not been worn or washed. Sokol Material Supply has been registered as a New York concern.

Next I went to the Sokol Akademie. Program started at 3 p.m. and had 5 numbers plus an intermission. Children were presented with ribbons for their participation. At this time again I spoke for the American Sokol. The program ended at 5 p.m., after which bro. Zraly took me to the airport for my 6:30 plane. I just made it. — Nazdar!

Ed Linhart

EXECUTIVE BOARD ASO.

Approved as AAU. Board of Governors Designees: bros. Linhart and Fina, sisters Prchal and Zdenek. Alternates bros. Emil Milan and P. Lebloch.

Conference of District Directors will be held February 2-4, 1968.

Tentative dates for 1969 ASO. Slet are June 22 or 29.

Compiling dance steps terminology for inclusion in the revised edition of the Sokol Manual are sisters Prchal and Zdenek.

Sis. Zdenek represented ASO. at 75th Anniversary banquet of Sokol Nova Vlast, Cleveland, and attended meeting of Northeastern District.

Bro. Cihak is preparing lectures for panel discussions.

Statement of ownership, management and circulation is printed in November issue of "American Sokol."

Lack of parade uniforms was brought up by bro. Prchal.

Biographies of our outstanding Sokol members will appear in "American Sokol," starting with January 1968 issue.

Educational Department BOI.

Salaries	\$ 228.10
Editor "Sokol Gymnast"	25.00
Printing additional copies "Sokol Gymnast"—Oct. and Nov.	55.44
	<hr/>
	\$ 308.54

Sokol Publication

Printing "American Sokol"—	
Oct. and Nov.	\$1,085.63
Editor "American Sokol"	75.00
	<hr/>
	\$1,160.63

Total Disbursements\$2,006.16

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—checking account	\$6,188.83
Income—November 1967	2,577.16
	<hr/>
	\$8,765.99
Disbursements—November 1967	2,006.16
	<hr/>
	\$6,759.83

Financial Report ASO.

November 1967

INCOME:

Dues	\$1,508.50
Convention Fund	10.00
Special assessment	12.00
Dividends and interest	309.38
Resale of jewelry	83.60
Sale of educational pamphlets	51.30
Stencils and postage	2.38
	<hr/>
	\$1,977.16

Transfer of funds from Future Sokol Leaders Fund 600.00

\$2,577.16

DISBURSEMENTS:

Administrative Department

Salaries	\$ 218.13
Rental, janitor service, phone ...	155.33
Travel expense	140.28
Petty cash	23.25
	<hr/>

\$ 536.99

EASTERN DISTRICT

District Slet will be held at Throggs Neck in the Bronx.

Refresher courses are being held in Belcamp. Sokol New York has leased their building, thus enabling members to devote more attention to Sokol activities.

Eastern District flag was found rolled up with another flag in Little Ferry.

CENTRAL DISTRICT

Women's district team won a trophy at the Dallas Slet. Trophy is on display at ASO. office in Cicero.

Meeting of the Central District inactive units was held Sept. 26th.

The combined BOI. of the district held a conference of all Unit Directors on Nov. 19th.

WESTERN DISTRICT

District contemplates holding District School, but each unit would have to have students available in order to make it a success.

The Slet will be hosted by Sokol Omaha. The tentative dates are June 14, 15 and 16. Application

has been sent to the Board of Education for use of George Norris Stadium for the exhibition. Competitions will be at Sokol Omaha. The Western District will be 75 years old—a suggestion was made to tie this into the Slet theme.

SOUTHERN DISTRICT

Trophies were presented to Slet Committee members in behalf of the Southern District as a token of appreciation for their tireless efforts for work conducted and accomplished in preparation and during the Mid-Slet.

Sokol Dallas participated in Czech Spectacular in Elm Mott and at the State Fair.

Sokol Houston took part in International Festival at city market square and the annual circus.

Sokol Ennis participated in Czech Day Fair program.

Approximately 90 gymnasts took part in State Fair program.

Sokol Stickney Sounds Off

Sokol Stickney entered into its 1967-68 season with many fond memories of the past summer. The unit had many activities during the month of July. Two Greyhound buses filled with unit members and friends departed from the gym amid cheers and the sound of music and song on the journey to Dallas, Texas. The buses from Sokol Stickney were escorted onto U.S. Route 66, the route of travel, by a squad of Stickney and a squad of Forest View police.

The participants and friends from the Stickney unit had a grand time at the Dallas, Texas Slet. They brought back many memories of the kind and warm hospitality shown them by the wonderful people of Texas.

The arrival of our members at home ended project Dallas, Texas. A new project began immediately. Many of the members donated their summer evenings working in the Sokol Stickney concession booth at the Fairyland Park.

Mary Ellen Dolecek, Marcy Hracek, LaVonne Schiezik, Richard Vrba and Diane Zakrocky from the juniors, came home to repack their belongings and prepare for the Instructor Course at Sokol U.S.A. at Potter Lake, Wisconsin. The Stickney unit provided the above named juniors with a three week paid course. While at the course they were taught the fundamentals of apparatus, calisthenic theory, apparatus theory and workout, singing of

Slet film consisting of some 1,500 feet is of excellent quality.

District annual meeting is scheduled for January 28th, 1968, in Houston.

Slavonic Mutual Fire Insurance Association appropriated \$100.00 annually to Southern District.

Presentation of one of the trophies was made to the Mayor of Dallas and Chamber of Commerce in recognition for cooperation and support for the Mid-Slet.

PACIFIC DISTRICT

Annual meeting will be held in San Francisco February 18th, 1968.

Received from ASO. check for \$114.50 to cover bro. Pokorny's (Men's District Director) traveling expenses.

Sokol Seattle purchased timber property in Tacoma.

Czech songs, marching, and student teaching exercises. Every waking minute was supervised by bro. Albert Walko (National Director of the Slovak Sokol, Sokol U.S.A.) and his fine staff. During the course LaVonne Schiezik won an award for her essay entitled "What Sokol Means To Me." She read the essay at the graduation exercises. These juniors participated in the Slet held by the Catholic Slovak Sokols at the Morton West Stadium in Berwyn, Illinois, July 23, 1967.

During the month of August the unit members were overjoyed to hear that the zoning board had given the Sokol a permit to remodel the hall. The unit had applied on several occasions to build an addition or to make improvements to the hall. However our town fathers refused the unit the permit and the necessary space much needed was never constructed. Since we have received the green light to go ahead with the remodeling, the work will begin promptly January 2, 1968.

Although the work on the hall will be in progress, the Sokol classes and activities will continue.

The unit suffered a great loss in the passing of our Board of Directors President Mr. Louis Kladiva, in the month of October. A hard worker and a member of many years he will be missed.

At this time the members of the Sokol Stickney unit wish to extend their Season's Greetings to all Sokols with hopes of continued success in the New Year. Frank J. Zakrocky, Educational Director



DALLAS MID-SLET
BRO. LINHART
IN PARADE

AMERICAN SOKOL

SOKOL GYMNAST

December 1967

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402



Clinic, Western District, October 13-15, 1967

MILDRED PRCHAL:

WOMEN'S CLASS HOUR

WARMUP: Walking and running in various patterns and directions following the leader.
Skipping with alternating bent frontleg (stress pointed toes and stretched foot).

PREPARATION:

1.

STAND SIDETOUCH LEFT—SIDEARM:

1.-3. Dip halfsquat to stand sidetouch right—down-

ward front circle right.

1.-3. Dip halfsquat to stand sidetouch left—downward front circle left.

2.

MODERATE SIDE STRADLEG:

1.-3. Frontarm.

1.-3. Backbend—downward flank circles.

1.-3. Dip in backbend—downward flank circles.

1.-3. Reararm. Repeat, start with upright.

TO ALL THOSE BROTHERS, SISTERS, who dedicated their time, efforts and devotion during 1967, to the furthering of our Sokol cause in whatsoever way, THANKS — Sincerest Wishes for a Merry Christmas and Healthy and Contented New Year.

MILDRED PRCHAL

3.

STAND SIDE STRADLEG—UPARM INWARD, PALMS UP, BACK OF ONE HAND OVER PALM OF OTHER:

1. Sidebend left.
2. Dip in sidebend.
3. Sidebend right.
4. Dip in sidebend.

4.

STAND SIDE STRADLEG—SIDEARM:

1. Frontbend to right—uparm left (hand touches back of right thigh).
 2. Upright—sidearm left.
- REVERSE AND REPEAT FAST.

5.

MODERATE SIDE STRADLEG—SIDEARM:

Circle pelvis to left, then to right.

6.

CLOSEHEEL STAND—CLOSEARM:

- 1.-3. Slow deep arched frontbend—slow reararm.
4. Upright—closearm.

7.

SUPPORT SQUAT:

1. Uprise to support stand (head on knees).
- 2.-3. Slow upright (trunk loose, spine straightens progressively).
4. Support squat.

8.

CLOSEHEEL STAND—SIDEARM:

1. Frontleg left.
 2. Rearleg left.
 - 3.-4. High frontleg left, turn 180° to right (left leg remains to rear).
- REPEAT 5x; THEN ALL WITH RIGHT LEG TURNING TO LEFT.

9.

CLOSEHEEL STAND—SIDEARM:

1. Bend high sideleg left (raise knee to height of underarm).
 2. Closeheel stand.
- REVERSE AND REPEAT.

10.

KNEEL, SIT ON HEELS—FRONTARM; (arms soft):

- 1.-3. Shoulder frontbend, head frontbend, draw pelvis forward—elbows turn outward (back is rounded) (do not lift from heels).
- 1.-3. Upright, push pelvis back to original position.

11.

KNEEL—FINGERS AT NAPE OF NECK:

- 1.-3. Slowly lean trunk backward.
4. Uparm outward—thumbs back.
- 1.-3. Slowly deep arched frontbend (little fingers touch floor).
4. Hold.
- 1.-3. Slowly upright—closearm (spine straightens progressively).
4. Fingers at nape of neck.

12.

BENT CROSSLEG SEAT, RIGHT FRONT—SIDE-ARM:

- 1.-2. Uprise in crossed position right front turning 360° left finishing with left foot crossed front.
 - 3.-4. Bent crossleg seat left front—sidearm.
- REVERSE AND REPEAT FAST A NUMBER OF TIMES. (To facilitate rise lean strongly forward at beginning of uprise.)

13.

LYING ON BACK—CLOSEARM:

- 1.-2. Alternate kicks left, then right. (Be sure legs are strongly stretched, tighten thigh muscle to straighten leg.)

14.

LIE ON LEFT SIDE—UPARM:

1. Bend legs forward, bend head to touch knees and fold arms around legs, (body in tight ball).
 2. Stretch to maximum arched lying position on side.
 3. = 1.
 4. Hold.
- REPEAT BUT REVERSE ORDER, STRETCH TO ARCHED POSITION, BEND, STRETCH, HOLD.

15.

LYING ON BACK, BENTLEG, PRESS PELVIS TO FLOOR:

- 1.-4. Sideway uparm, inhale.
- 1.-4. Bend to closearm, exhale.

16.

LYING ON BACK—CLOSEARM:

- 1.-4. Slow benthip stradleg, toes touch floor overhead in stradleg.
- 1.-4. Slow jointleg return to original position.

17.

STRADLEG KNEEL—CLOSEARM:

1. Sit between heels—frontarm.
 2. Stradleg kneel—closearm.
- REPEAT A NUMBER OF TIMES (FAST).

GROUP A—RINGS—SHOULDER HIGH:

1. From bentarm hangstand, alternate takeoff to bent hip hang; fronthang lever with left overhang on left arm.
2. Reverse.

GROUP B—HIGH BEAM: MOUNTS.

1. Jump to support right sideleg overpass. Reverse.
 2. Jump to support bentleg right overpass. Reverse.
- (These mounts were analyzed in previous issue.)

GAME: Optional.

FINIS: Aligning, distance between marchers, and turning at corners. Preparation exercises may be used for two lessons. They may also be repeated in future classes.

WALKING

Leave your car sooner.
Don't use elevator all the way.
Use of leg muscles is responsible both for mental activity and physical health.
While walking, do so briskly, with good posture.

CLASS HOUR - SMALL BOYS (6-9)

WARMUP: MARCHING—running in twos—arm repel exercises.

PREPARATORY: STRADLEG—bend sidearm, forearm vertical, palm front.

1. 1.) Twist trunk to left; 2.) Twist trunk farther to left.
1.) Twist trunk to right as far as possible; 2.) twist trunk farther to right.
Repeat a number of times.
2. **STRADLEG: Both hands on hips:**
1.) Deep sidebend to right (push left hip to left)—left bent uparm; 2.) upright, knuckles on hips.
Reverse and repeat all a number of times.
3. **CROSSLLEG SEAT, RIGHT OVER LEFT**—hands on floor behind hips:
1.) Bend closearm, fingers on shoulders.
2.) Twist trunk 90° to left—uparm.
3.) Twist trunk farther to left—uparm.
4.) Twist trunk 90° to right—stretch to low reararm, palms on floor behind hips.
Reverse and repeat 3x.
4. **LYING ON BACK—UPARM:** 1.) 2.) Swing legs forward to touch floor overhead with toes—up-

arm. 3.) 4.) Slowly lower legs to lying position. Do all 4 times.

5. **CLOSEHEEL STAND—CLOSEARM:**

1.) Jump stradleg—sidearm.

2.) Jump closeheel stand—closearm.

Repeat a number of times.

GROUP A. TUMBLING: Squat holding volleyball between knees—frontarm:

1.) Frontroll finishing with high vertical jump (still holding ball between knees).

2.) Stradleg stand—low reararm:

Frontbend, backroll with manual support to stradleg stand.

Repeat.

3.) Deep lunge forward on right leg—stretched sidearm:

Tuck head to chest, pike into frontroll without support (arms are stretched sidearm) finishing in squat.

GROUP B. BUCK: Jump to support kneel; dismount.

Jump to support kneel as above; jump to squat; dismount.

BASKETBALL THROW.

GAME: Circle tag.

CLASS HOUR - SMALL GIRLS (6-9)

WARMUP: In circle facing toward center J2/.

I.-II. 1., &, 2., &. 1.) Step left to left, &, close right to left with jump. Repeat 2 more times (do not close on 4th step)—sidearm (clockwise).

III.-IV. 1., 2., 1., 2. Step right in place, high bent frontleg left—frontarm, palms down. Repeat 3 more times, left, right, left.

V.-VIII. = I.-IV. Opposite (counterclockwise).

IX.-XII. 4 steps to center of circle, l, r., l, r.—clap hands before chest with each step.

4 steps in place, l, r., l, r.—knuckles on waist.

XIII.-XVI. 4 steps to the rear, l, r., l, r.—frontarm on first step and open to sidearm, knuckles up.

4 steps in place, l, r., l, r.—closearm.

Repeat all.

PREPARATORY: LYING ON BACK—sidearm:

1. 1.) Raise to seat—frontarm; 2.) turn trunk 90° to right—sidearm; 3.) turn trunk 90° to left—frontarm; 4.) turn trunk 90° to left—sidearm; 5.) turn trunk to right—frontarm; 6.) 7.) 8.) Lie on back, hold.
2. Lying on back—sidearm: Roll back to shoulder stand—hands supporting hips; "bicycle riding" movement of legs 8 times.
3. Support kneeling: (hands shoulder width on floor in arched front bend, head up).

1.) Hunch back, head bent forward; 2.) arch back, head raised high and back.

Do hunch and arch exercise 8 times.

4. **Closeheel stand—frontarm:**

1.) Knee dip (plie)—downward arm swing to high rear (moderate front bend). 2.) Knee dip—downward swing frontarm. Do all 16 times. Be sure to straighten knees completely after each bending of knees; arms swing loosely, shoulders drawn down. (Correct posture.)

5. **Lying on back—closearm:**

1.) Kick high frontleg right; 2.) close right;

1.) kick high frontleg left; 2.) close left.

Repeat all 3 times.

GROUP A. BROAD JUMP: Teach knee dip preparation with swing of arms (as in 4. of Preparatory Exercise); broad jump to soft mat as far as possible (coordinate swing of arms and preparation).

GROUP B. VERTICAL LADDER: Climb to high rung and down, bringing feet together on each rung.

FINIS: Walk coordinating soft arm movements and breathing, i.e.

4 steps forward—inward front arm circle.

4 steps forward—outward front circle.

4 steps forward—flank circle forward.

4 steps forward—flank circle backward.

POSTURE:

Don't slouch anymore. While sitting at telephone, typewriter, at mealtimes, in brief, at all times be conscious of your **POSTURE**, tummy in, chest out, chin up—shoulders back. Reach for the ceiling now

and then. Go thru a few exercises daily—get that blood circulated.

With less food and more of the above—you will tone up your muscles and lose inches, in time, properly.

OPTIONAL EXERCISE WITH HAND APPARATUS FOR COMPETITIONS

The quality of an optional exercise comprises the perfect harmony of physical movement with the movement of the hand apparatus. This technical development and the distinguishing movements of each individual apparatus creates the beauty in Artistic Gymnastics. During evaluation the judge must see both requirements simultaneously and must not concentrate on only one of them. It is, of course, necessary to choose music so that it will best suit the character of the movement with the apparatus.

The HOOP must be used in precise levels (turning, looping, rolling, throwing, catching, etc.) so that the movement will be disciplined. The size of the hoop depends upon the size of the gymnast. The height of a throw of the hoop and sureness of catching should be fairly evaluated. Too high a throw must not be in disparity with the gymnast's movements without the hoop; in other words the gymnast must not only wait motionlessly for the catch of the hoop. Exercises with hoops do not have to be done fast from beginning to end or do they need to be dynamic throughout. However, the change from fast to slow parts in combinations of course, have always been very effective and suitable.

The exercise with the BALL is more or less dependent upon the musical accompaniment, because special technique with the ball in A.G. demands rhythm suitable, first for the movement of the hand with the ball in palm and second suitable for throwing, catching, tossing from hand to hand, bouncing, etc. The music cannot be either very fast or very slow. The ball may be of various dimensions. The size of the ball to a great degree influences the technique of execution and also the selection of the elements. A ball of smaller dimension (up to 6 inches) allows and urges the execution of movements holding it with the fingers. Bigger balls (above 7 inches) require special technique, i.e. during movement rests in the palm. The degree of difficulty with the ball rests in harmonious coordination.

JUMP ROPE is a very risky piece of apparatus; because of this there are very few gymnasts who select the rope for an optional exercise. The demands of an exercise with rope are suppleness and lightness of jumping over the rope and requires certain physical skill and nimbleness. In competition, it sometimes happens that a good, lightly and confidently executed optional exercise with rope is evaluated lower than an exercise with other apparatus. For an exercise with rope the time limit is 1 to 1½ mins.

INDIAN CLUBS, typical Czechoslovak hand apparatus, are used very little in optional exercises. Exercise with Indian Clubs requires maximum coordination of body with movement of clubs, amplified movements and neuromuscular coordination; music should be rhythmically and dynamically well balanced.

THE SCARF is a very demanding and not too appreciated apparatus. The scarf of material that is not light enough can tangle itself and makes it

necessary for the gymnast when selecting elements and combinations to confine herself to such elements that the material allows. This makes it impossible for the gymnast when composing her optional exercise to use typical technical elements used with scarfs. This lack of technique can sometimes be replaced with more difficult movements of legs and trunk which is nevertheless weak on the whole. Technical work with the scarf requires a well prepared gymnast and music that is mostly lyrical.

The STREAMER on a short wand or stick is a very decorative but very difficult apparatus. The correct movement of the streamer and the movement of the body "under the streamer" are important; the effective movements of the streamer must not hide the technical faults of the gymnast. The movements of the streamer must be correct, must form precise circles, ovals, spirals, waves in given levels. The end of the streamer should not be "dead" and individual movements must flow smoothly into each other.

Very difficult are exercises with two streamers. Because of the lesser use of the left hand which should be just as actively engaged as the right hand, there is a great demand upon the coordinative ability of the gymnast. Maximum engagement of the entire body and varied movements of the right and left arms heighten the demand upon the technical skill of the gymnast so that exercises with two streamers are chosen only by gymnasts of maximum ability.

Fast music without too many slow parts is best for streamer exercises, because it is difficult to keep the streamer in motion when music is slow.

Elements of difficulty required in exercises with hand apparatus include using both right and left hands in the manipulation of hand apparatus. The free arm must always be active; the gymnast must be conscious of this and hold arm in specific positions.

Exercises with apparatus must give the impression of lightness. Fear and caution in the manipulation of the apparatus must not be obvious. The new rules in A.G. will evaluate the dropping of apparatus in optional exercises.

EXERCISE AT HOME

For those who are unable to attend the gymnasium regularly, we are giving a set of exercises that may be done in a small space:

I. 4 circles of the shoulders to the rear and 4 circles of the shoulders forward in ¾ times. REPEAT 2 times.

II. Closeheel stand—arms to the right:

- 1.-3. knee dip—swing arms downward to right,
- 4.-6. knee dip—swing arms downward to left,
- 7.-9. knee dip—sidebend to right—swing arms downward to right,
- 10.-12. knee dip—sidebend to left—swing arms downward to left.

REPEAT ALL 3 times (during sidebend stretch body from hips to side as much as possible).

(Continued)

December 3, 1967

Dear Mr. Prchal:

"It's a beautiful day in Chicago!" . . . that it was last night at Sokol Chicago's men's 75th anniversary and women's 70th anniversary.

They say a blind man sees by the sounds he hears around him. I don't know what he would have heard last night in the banquet room but I do know that the sounds were the most beautiful that one could hear in a lifetime. They covered the complete span of requisite for a beautiful night at Sokol Chicago.

Hundreds of stories could be heard, reflecting the past and not so distant past of social events, competitions, Slets, and personal happenings in and out of Sokol life.

I met my old basketball coach from a city college located on the South Side; I teased the wife of our American Sokol Organization president who as a newly-wed some years back served me a delicious meal in their first apartment located at St. Louis and 25th Streets; I renewed many friendships and made new ones with the visiting members of other units; but most of all, I had a chance to thank the one person responsible for getting me interested in becoming a Sokol, Mrs. Frank Caba (Marie).

It's hard for one to judge his own contribution to any organization, his peers are the sole judges of this, but the American Sokol Organization does give us the opportunity to exercise our abilities by contributing to the "Future Sokol Leaders Fund."

Enclosed is my check for \$33.00, representing my 33 years as a senior member of Sokol Chicago, which I would like to donate to the Future Sokol Leaders Fund. — Nazdar!

Edward J. Bouse

The Articles of Confederation

On November 15, 1777, 190 years ago, the Continental Congress approved a plan of union, which was known as the Articles of Confederation. Drawn up by Benjamin Franklin and John Dickinson, and based on an earlier proposal by Richard Henry Lee, these thirteen articles left most powers of government with the states. The only branch of national government provided for was a Congress, which had but one house and did not have power to levy taxes. There was no executive department and no officer designated to serve as head of the government. Nor did the new plan create a system of courts which would operate under the national government. Despite these now obvious shortcomings, the Articles were sent to the states for ratification. The new plan went into effect in March, 1781, with its ratification by the last of the thirteen states. In the beginning the state would have opposed a strong national government, but they soon came to realize the need for it and this led to the framing and adoption of the present Constitution of the United States in 1789.

Is it rational that now, when young people may have to face problems harder than we faced . . . we are giving up the study of how the Romans and Greeks prevailed magnificently in a barbaric world; the study too, of how a slackness and soft-

ness finally came over them to their ruin? In the end, more than they wanted freedom, they wanted security; a comfortable life and they lost all . . . security, comfort and freedom.

One of the best and scientifically most perfect systems of gymnastics is the Sokol System. It differs from other systems in many respects. The most significant difference lies in the fact that THE SOKOL SYSTEM WAS NOT DESTINED FOR A FEW NATURALLY GIFTED INDIVIDUALS, but its primary purpose is TO ENABLE LARGE MASSES OF PEOPLE TO PARTICIPATE IN AND PROFIT BY PHYSICAL EXERCISE.
FROM SOKOL BALTIMORE "TOPIX"

Dear Brothers and Sisters:

It is time to start planning for the big event in Milwaukee!

Sokol Milwaukee celebrates its 100th Anniversary with a banquet to be held in the Surf Room of the Bowlero, 11737 West Burleigh Street. Milwaukee, Wisconsin, on Saturday, June 29th, 1968.

Hold this date open, and plan to visit the beautiful and exciting city of Milwaukee.

More information about our celebration will be mailed at an early date.

Nazdar!

SOKOL MILWAUKEE
100th ANNIVERSARY COMMITTEE
Emily Stankovsky, Secretary

Czechs and Nebraska.

Tuto obšílou knihu o práci krajanů v Nebrasce od pionýrských začátků až do dnešní doby, možno stále ještě objednat. Zajistěte si však tuto knihu zavčas, protože sotva bude tištěno druhé vydání. Publikace, psaná anglicky, má 500 stran a 130 fotografií. Možno ji věnovat jako dar k vánocům nebo jiným rodinným příležitostem. Objednejte u: Alfred Nováček, Dwight, Nebraska, nebo dr. Kučera, 2511 No. 46th St., Lincoln, Nebraska.

Martin Hlavaty

Martin Hlavaty was born in the village of Vsetina in Czechoslovakia on August 7, 1894. He died October 1st, 1967.

Bro. Hlavaty came to the United States in 1913 and worked with his great-uncle in Texas. From there he moved to Barnston, Nebraska, where he was engaged in farming. In Dewitt, Nebr., worked for the Zvonecek and Aksamit Milling Company. There, on March 5th, 1923, he married Antonie Kovanda. A year later the family moved to Crete where he found employment with the Crete Mills. Here he remained until his retirement.

He joined Sokol Crete in 1936. Served as a member of the Crete City Council for a term.

He was preceded in death by his wife, two sisters and a brother and is survived by his two sons, Lad. F. Hlavaty of Needham Heights, Mass., and Major Edward L. Hlavaty of Hill Air Force Base in Utah. There are five grandchildren.

Internment was in the Crete Riverside Cemetery.

Mothers' arms are made of tenderness, and sweet sleep blesses the child who lies therein. — Victor Hugo.

CHAS. M. PRCHAL:

50 YEARS

(Continued)

One very significant day cannot be forgotten to which I return:

A celebration for the Czechoslovak Republic was prepared for October 1938. We wanted to celebrate the establishment and progress of a free state that could well be an example for many other countries. We wanted to rejoice over the successes of the nation whose freedom we helped attain without consideration for the sacrifices. But events changed the celebration into a manifestation of protest against the greatest injustice and unheard of crime committed against Czechoslovakia. The manifestation became a courageous and dignified declaration of faith and belief in a new and happier future for the Czechoslovak nation and in new freedom for all Czechs and Slovaks. This significant and historical protest was conducted in the International Amphitheatre in Chicago and the vast and spacious arena, the second greatest covered in the city, was completely filled. The opening address was given by the President of the Czechoslovak National Council in America and the Vice President of the American Sokol Organization, bro. Jar. J. Zmrhal.

The main protest on the program was the act of the Czechoslovak Legionnaires: the return of all awards and medals to the allied powers. The declaration during this act was delivered by bro. Cihak.

During the program two very important speeches were presented: in English by the former United States Ambassador in Berlin, William Dodd, and in Czech by the revolutionary worker bro. Vojta Benes.

The pupils of the Czech Freethinking, and Catholic Schools and the Slovak Schools contributed to the program with a group singing number. The Czech and Slovak Sokols participated with three big mass numbers. Six choral groups, Czech and Slovak, under the direction of Prof. bro. Kubina, inspired the audience.

Ten squares of dancers consisting of 80 members of the Baracnici danced the Czech Beseda; the Slovak Beseda was danced by the Czechoslovak Youth Club and Moravian Societies.

The final number was the breathtaking symbolical pageant recommended, taught and directed by sis. Prchal. The pageant started with the entrance of great ancestor "Cech" and continued with excerpts from the life of Princess Libuse, her marriage to Přemysl Oráč and her prophecy about the future of the Czech nation, the legend about Svatopluk and his sons, St. Wenceslaus, the dramatic scene from the famous era of the Hussites with Mister Jan Hus and the greatest commander Jan Zizka, after them King Jiří Poděbradský. Then came the symbolization of the downfall of the nation and its resurrection. A truly fearful scene was the entrance of the rider depicting war. Then followed the liberation of the nation from servitude and its rise to prosperity—again interrupted by a demon of a new and terrible war and re-captivity of a free nation.

The number ended in a colorful panorama of all 1,250 participants. A troop of 27 riders on horseback also took part in the scene.

The Czech Sokols in America with their voluntary tax and membership in fraternal organizations and

also by membership in the National Alliance paid threefold to the National Alliance.

The President of the Czech National Alliance at that time was the President of the American Sokol Organization, bro. Karel Prchal. During his office a great net of branches was organized throughout the United States. These fulfilled their duties as stated in its declaration:

"Our battle is holy! It is the eternal struggle of the people against tyranny. For this reason the entire civilized world, all genuinely brave men, democratic Americans are with us! And for this reason we are sure of the motto that the National Alliance has upon its shield: We will win!

"It is a struggle for freedom, democracy, people's rights, truth and justice, yes, even a struggle of true christendom against the barbarian paganism; for human dignity and religious freedom; even when many do not realize it and are perhaps awaiting the mercy, conciliation and respect for privileges of classes or church from the savagery of Hitler's brown bolshevism, or its equivalent imitations in whatsoever country.

"This unconciliatory struggle we, here in America, undertake not only as sons and daughters of Czech and Slovak mothers but like Americans and like people!

"It is our holy duty, according to the traditions of the country from which we came, a nation that always stood firmly, bled, suffered and was victorious, covered with fame and honor in the front ranks of this fight, according to America's own traditions, our free, democratic, beloved country!"

* * *

May 22, 1940, the President of the Western Bohemian Fraternal Organization, bro. Frank M. Barta of Cedar Rapids, Iowa, was laid to rest. Bro. Barta was wholeheartedly dedicated to the Sokol cause. His loss was deeply felt by all. The ASO. delegate to bro. Barta's funeral was President bro. Prchal.

On June 25th, 1939, the award of Honorary Membership of the ASO. was bestowed upon Dr. Eduard Beneš, former President of the Czechoslovak Republic in recognition of his distinguished service in the building of the Republic.

* * *

June 28, 29, and 30, 1939, a gymnastic competition and Slet exhibition were held in St. Louis, sponsored by the ASO., in honor of the 75th Anniversary of the founding of the first Sokol unit in America. The ceremonial speaker for the Akademie was President bro. Prchal; for the main exhibition, Prof. bro. Zmrhal.

Present also was the Senator of the State of Missouri, Mr. Harry S. Truman, later President of the United States, with whom we had a prolonged discussion and were invited by him to Washington, D. C. The celebrations were very successful and impressive; they spoke of the strength of the Sokol cause, of the discipline of the brotherhood; the anticipation of a new impetus in the footsteps of Tyrš and Fuegner to higher goals. The greatest credit for success of the celebration belonged to bro. John Reiner.

(Continued)

Štědrý večer v Tišnově.

(Ke dni 24. prosince 1620.)

Utěšeně leží Tišnov, probudilé město moravského Horácka, ve věnci lesnatých kopců pod rázovitou Květnicí, vrchem jak mineralogicky, tak botanicky velmi zajímavým. Svažité náměstí ukončeno jest na dolním lemu svém pěknou radnicí, na průčelí zdobenou freskami, ze kterých nejvýznačnější jest obraz děsného Štědrého večera r. 1620. Děj jest tento: Lehká jízda polská, t. zv. Lisovčiči, kterou Poláci vyslali na pomoc Ferdinandu II. proti kacířským Čechům, vracějíc se od Prahy, kde na Bílé Hoře rozprášila "hrdiny" pomocného vojska uherského a tak vydatně přispěla k vítězství ligy katolické, dospěla dne 24. prosince 1620 Tišnova. Hrozná pověst, předcházející tyto bratušky slovanské (jen se nevypínejme, pověstné "černé roty" králů uherských skládaly se z prodajných žoldáků českých, kteří nic se nerozpakovali, bojovatí proti vlastní krvi), přiměla "purgmistra i raddu městskou", že v čele velkého zástupu obyvatelstva, vyšli v ústřety "statečným bojovníkům", uvítat je na hranicích města Tišnova. Doufali, že nabídka pohostinství, v den narození Spasitele, měkce dotkne se srdcí Lisovčičů, mysleli, že svátost, knězem před průvodem nesená, zapudí jakýkoli pomysl na drancování a násilnost, jímž znamená cesta surovců těchto.

Chyba lávky! Sotva dozněla pokorná slova vítací, zasviští vzduchem křivá šavle urozeného vůdce (škoda, že nezachováno nám jméno tohoto "reka

slavného") a — starosta města kácí se s rozpoltnou hlavou na zem. Jaká to nyní pastva pro palaše "statečných bojovníků", ten dav bezbranný, k jehož masakru byl počín pana hetmana znamením srozumitelným! Byl to den hrůzy pro nebohý Tišnov, ten den, jenž pro křesťanstvo určen za den lásky a pokoje: Pokoj lidem dobré vůle! Ale což pak ti prokletí kacíři byli také lidé? Ti, kteří ve jménu Říma brodili se po kolena v krvi, na otázku tu odpovídali záporně a Lisovčičům to stačilo. Hojná kofist jim byla nade vše, o krev, na ní lpící, nestarali se vůbec. S katany Ježíšovými volali rouhavě: Krev ta přijdiž na nás i na naše syny! . . .

A ona přišla. Pomáhali bratři Poláci ke zkáze kacířského státu českého, na Východě utráceli krev i statky proti pravoslavné Rusi a zatím jim slovanské Pomořansko, jehož mohutní synové jsou dnes jádrem gard pruských, propadalo germanisaci, mocná Polska, jež mohla býti chloubou a záštitou Slovanstva, sežírána byla korupcí neukázněné šlechty a krajní bídou vysšávaného lidu — nadcházal den soudu. "Finis Bohemiae!" tak znělo jásavě r. 1620, po necelých dvou stoletích nesl se jiný pokřik Evropou: "Finis Poloniae!" Mysleli jste, že bojujete pro sebe a pro Řím, jenž skutečně vaši pomocí leckde vítězil, zatím však více, třeba nechtíc, jste pracovali pro — krále pruského, bratři Lechové!

Mnoho, mnoho se změnilo za posledních padesát let . . . ale jest již konec práci zaslepené . . . ?

DR. ANTONÍN HŘEBÍK v Denním Hlasateli:

SOKOL A SOKOLICE CHICAGO OSLAVILI 75 A 70 LET TRVÁNÍ.

Sokol a Sokolice Chicago uspořádali v sobotu 2. prosince 1967 krásný jubilejní večer na oslavu 75. a 70. výročí svého založení. Večer se konal v síni Peacock budovy ČSA na Čermákové třídě v Ciceru, Ill.

V čele síně — za předsednickým stolem — byl umístěn velký sokolský znak a celá místnost byla krásně vyzdobena. Uprostřed každého stolu byly vkusně upravené květiny, které po slavnosti připadly tomu, kdo pod svým talířem nalezl na stole zlatou hvězdičku.

K slavnostnímu jubilejnímu večeru se dostavilo na 300 osob — sokolských bratří a sester a přátel sokolské myšlenky — nejen z Chicaga, ale i z blízkého a dalekého okolí, takže prostorná síň byla zaplněna do posledního místa.

Slavnostnímu pořadu předcházela seznamovací hodina při výběrných nápojích, načež přesně v 7 hodin večer obřadník bratr Edward Hlinka zahájil program představením starosty Sokola Chicago bratra Stanley Barcala a starostky Sokolic Chicago sestry Anny Faltové, kteří uvítali všechny přítomné.

Bratr Antonín Kopecký zazpíval svým sytým tenorem — za klavírního doprovodu sestry Lorraine Zděnkové — americkou a československou hymnu.

Poté byla podávána výborná večeře a třebaže bylo přítomno na 300 účastníků, všichni byli rychle obslouženi, takže již v 8 hodin večer mohl být zahájen vlastní pořad večera.

Starosta Sokola Chicago bratr Stanley Barcal, který je současně starostou Americké Obce Sokolské, podal ve svém stručném, ale výstižném anglickém projevu přehled činnosti jednoty od jejího založení 4. března 1892, kdy vznikla spojením dvou tehdejších sokolských jednot — Sokola California a Sokola Fügner.

Zmínil se nejen o slavných dobách Sokola Chicago, kdy tento stál na vrcholu své tělocvičné i kulturní činnosti a kdy jeho členové vítězili na nesčetných sokolských závodech, ale i o těžkých dobách válečných, kdy v době I. světové války nastoupilo vojenskou povinnost 40 členů jednoty a v době II. světové války 47 členů jednoty.

Svůj projev ukončil zdůrazněním, že i nyní, kdy Sokol Chicago byl nucen prodat svou sokolovnu na Kedzie Avenue v Chicagu a kdy se schází k svým pravidelným schůzím v Sokole Berwyn, snaží se všemi svými silami podporovat sokolskou činnost v župě Střední i v Americké Obci Sokolské.

Starostka Sokolic Chicago sestra Anna Faltová ve svém českém projevu vzpomněla začátků jedno-

ty před 70 roky a také ona výstižně promluvila o slavných i těžkých dobách jednoty, o jejich úspěších na poli tělocvičném i kulturním a o úspěších jejich závodních družstev.

Jak bratr starosta Barcal, tak sestra starostka Faltová ve svých projevech poděkovali za mimořádně velkou účast při tomto slavnostním večeru, která — jak oba zdůraznili — byla důkazem neuctahající podpory nejen Sokola a Sokolic Chicago, ale sokolské činnosti vůbec.

Po představení všech úředníků a úřednic obou jubiliujících sokolských jednot obřadníkem bratrem Edwardem Hlinkou, bratr starosta Barcal pak představil jediného žijícího zakládajícího člena — 96letého bratra Jana Kounovského, který v doprovodu svého 61letého syna, přiletěl k této oslavě z Hillsboro, N. D.

Byl to dojemný okamžik, když 96letý bratr Jan Kounovský přistoupil k mikrofonu, aby přednesl své vzpomínky na začátky Sokola Chicago před 75 lety.

Byl uvítán nadšeným, dlouho trvajícím potleskem přítomných, kteří všichni povstali.

Dojat a pohnut, tento jediný žijící zakládající člen Sokola Chicago vypravoval zajímavě o často obtížných, ale radostných a nadšených začátcích jednoty, která vznikla sloučením dvou tehdejších jednot, z nichž jedna měla 14 a druhá 12 členů. Z těchto původních 26 členů zůstal na živu již jen on a bylo dojemné jeho srovnání, že tehdy se jezdilo jen vozíky, taženými koňmi, a dnes — k oslavě 75 letí Sokola Chicago — přiletěl on až ze Severní Dakoty tryskovým letadlem za pouhou hodinu.

Bratru Janu Kounovskému byl udělen nejen zlatý sokolský odznak za 75leté členství, ale také krásná pamětní plaketa — a to za nového nadšeného potlesku všech přítomných.

Po svém otci stručně promluvil také jeho 61letý syn Edward, který zdůraznil, že jeho otec — od příchodu pozván na tento jubilejní večer — nemluvil o ničem jiném, než o své účasti na tomto večeru — a jak byl šťasten, že se tohoto významného výročí Sokola Chicago dožil.

Poté promluvil, rovněž dojat a pohnut, bývalý dlouholetý cvičitel a náčelník bratr Richard Molcar, který později působil po dlouhá léta také v Sokole Omaha, Nebraska, a který dnes žije se svou manželkou Lottie na Floridě. Oba byli nadšeně a srdečně přivítáni všemi přítomnými.

Bratři starosta Barcal a sestra starostka Faltová pak střídavě četli jména bratří a sestry, kteří dovršili 50, 40, 25 a 10 let svého členství Sokola a Sokolic Chicago a kterým byly odevzdány zlaté pamětní sokolské odznaky.

Bratr starosta Barcal pak představil volleyballovou četú Sokola Chicago, která již po 15 roků drží prvé místo v lize Sokolské župy Střední. Všem členům této vítězné čtyry byly odevzdány upomínkové sošky a dostalo se jim nadšeného potlesku.

Sestra starostka Faltová pak přečetla došlé písemné pozdravy a blahopřání oběma jednotám.

Bratr Antonín Kopecký — opět za doprovodu sestry Lorraine Zdenkové — zazpíval nejprve po zakládajícího člena bratra Jana Kounovského "Kde je ten krásný čas" a pak dvě krásné anglické písně.

Členka banketového výboru sestra Emily Welclová-Růžičková pak představila všechny přítomné hosty a zástupce organizací, kterých byla velká řada.

Byli to členové výkonného výboru Americké Obce Sokolské, její čestný starosta bratr Karel Prchal, čestná náčelnice sestra Kata Danková a čestný náčelník bratr Ed Halík, členka Hlavního Sboru Slovenského Sokolstva v Americe sestra Betty Studničková, starosta Čs. Sokolstva v zahraničí bratr Dr. Antonín Hřebík, velká delegace slovenské Sokolské župy "L'udevit Štúr" v čele se starostou br. Leonardem Predainou, starosta Sokolské župy Střední bratr Josef Drnec a řada členů jejího výkonného výboru, delegace České Útulny v čele s p. John Chrástka, předseda ČSA bratr Frank Vodrážka a její tajemník bratr Václav Krákora, delegace Jednoty Českých Dam a Pánů v čele s předsedkyní pí. Josefínou Drncovou a za Západní Česko-Bratrskou Jednotu br. Josef Vondrák.

Byl také přítomen člen Sokola Pražského bratr Otto Hochmann, dleci ve Spojených státech na návštěvě.

Slavnostního večera zúčastnili se také zástupci řady sokolských jednot. Byly zastoupeny jednoty Milwaukee, Wis., Kenosha, Wis., Fügner (South Chicago), West Suburban, Sokol Slávský, Havlíček-Tyrš, Tábor, Town of Lake, Berwyn, Brookfield a Rozvoj (Chicago).

Nakonec byli představeni všichni přítomní členové a členky Sokola a Sokolic Chicago a členové banketového výboru.

Doslovem starosty bratra Stanley Barcala a starostky sestry Anny Faltové byl tento krásný a radostný jubilejní večer ukončen.

Další sokolské práci zdar!

O významu sokolského slibu.

Jsou některé chvíle v životě každého z nás, na něž se nezapomíná a to proto, že byly buď příliš smutné, nebo příliš radostné, nebo takové, že tvoří mezníky na naší životní pouti.

Takovou chvílí je také zajisté chvíle, v níž jsme složili sokolský slib. Je radostnou pro členstvo, které s bratrskou láskou vítá nové bratry a sestry ve své sokolské rodině, je radostnou pro ty, kdo se tu stávají členy mohutného bratrstva, jehož síla nezáleží jen v početnosti, nýbrž, a to především, ve velikosti ideí, jimiž se řídí a cílů, k nimž spěje.

Je však chvílí také svrchovaně slavnostní a vážnou. Vždyť přijímáme mezi sebe bratry a sestry, kteří a které nadšeně a s plnou důvěrou přistupují k nepřebornému pokladu Tyršova učení, očekávající právem, že bratři a sestry, mezi něž vstupují, budou jim také bratrsky a sestersky nápomocni radou i skutkem v plnění sokolských povinností a zásad.

Tato jejich čistá důvěra v nás, bratři a sestry, zavazuje. Nesmíme a nemůžeme ji zklamat, jsme-li opravdovými lidmi, opravdovými Sokoly. Věřím, že ji nezklameme. A jako noví členové naší sokolské rodiny slibují nám dnes slavnostně, že chtějí a budou zachovávat sokolské zásady, plnit své sokolské povinnosti a po sokolsku žít, tak zase my slibujeme slavnostně jim, že jim chceme být vždycky a ve všem upřímnými bratry a sestrami.

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comes the moment to decide,
In the strife of Truth and False-
hood, for the good or evil side;
—J. R. Lowell

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Václav Přech osmdesátníkem.

V pátek 8. prosince 1967 dožil se br. Václav Přech svých 80tin společně se svou družkou, ses. Annou, v tichém domově v čís. 5117 Archmere Ave., Cleveland, Ohio.

Narozen byl v Křestovicích u Radomyšle, okres Strakonice, 8. prosince 1887. Do Clevelandu přijel se svou sestrou Marií a usadili se na Sackett Ave. Zde se vyučil pekařství. V roce 1911 se oženil se sl. Marií Bartošovou. Z jejich manželství narodili se dva synové: Myron a Oldřich. Br. Přech je již dědeček a pradědeček k jeho radosti do požehnaného věku. S jeho první manželkou založili si pekárnu na Fulton Rd. V roce 1920 a pak v roce 1932 s manželkou Marií navštívili sokolské slety v Praze. Když ovdověl, oženil se v r. 1946 podruhé a v roce 1948 s manželkou Annou navštívili opět sokolský slet v Praze.

Celý svůj život již od útlého mládí věnoval sokolskému hnutí, které mu nebylo jen pouhou náhodou, ale pevnou silou a nadšením "Paže tuž — vlasti služ!" a "V myslí vlast a v srdci smělost" bylo mu svaté nadšení. A to jej vedlo celým jeho životem. Sokolství věnoval se tělem i duší. Sokolovna a Česká Síň Sokol na Clark Ave. byla jeho druhým domovem. Jak ve své jednotě tak i v sokolské župě zastával čelné úřady a je vysloužilým starostou, tajemníkem, cvičitelem a náčelníkem. V

úřadech byl vždy přímým, spravedlivým a ochotným ve všech směrech sokolského bratrství. Členstvo Sokola Nová Vlast i Sokolské župy Severovýchodní jistě bude s vděčností vzpomínati na br. Přecha k jeho 80tinám za jeho záslužnou činnost vykonanou za řadu let pro hnutí sokolské.

Br. Přech je členem Řádu Žižka čís. 28 ČSA., kde zastával úřad předsedy. Je na předním místě v ředitelstvu České síně Sokol. Byl podporovatelem české školy Žižka na západní straně. Je členem ředitelstva The People Savings Loan Co. Je vysloužilým tajemníkem České kulturní zahrady a za jeho úřadování byla v České kulturní zahradě umístěna socha Jana Amose Komenského a T. G. Masaryka, prvního presidenta Československé republiky, zhotovené našim krajanem sochařem místrem Frankem Jírouchem.

Po II. světové válce účastnil se pomocné akce vedené našim vlastencem zesnulým Msgr. Oldřichem Zlámallem a s paní M. Kordulovou a jinými, zaslali z Clevelandu do Prahy potřebným šatstvo a prádlo. Byla to opravdová láska upřímného bratrství projevovaná našemu lidu doma v rodné vlasti.

Za všechnu vykonanou práci a obětavost náleží bratru Přechevi k jeho 80tinám srdečné díky a náš sokolský pozdrav Nazdar!

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