



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

January 1968

CHAS. M. PRCHAL:

FOUR SCORE AND NINE YEARS . . .

What stretch of time since the first issue of SOKOL AMERICKY made its appearance on January 10th, 1879. . . How many world-shattering events have rocked the very foundations of the nations of the world. Old autocratic governments have disappeared, swept away by the relentless forces of progress and man's desire to better himself, socially, economically and politically. Like a colorful kaleidoscope we can look at the great moments in modern history, ever changing, ever restless. World War I saw the end of the German Empire, the Austro-Hungarian Monarchy and in its closing years the emergence of a new world force rising out of the smoldering ruins of old Czarist Russia. Simultaneously with the disappearance of the old came the emergence of new nations, Czechoslovakia, Poland, Jugoslavia and others. After the holocaust of the "War to end all wars" the world settled down to build, to improve, to humanize its laws and institutions, but unfortunately all this lasted but a passing moment.

World War II generated by the madness of an individual insensed with thirst for power and destruction ended abruptly the promising forward advance and retrogression set in under the sheltering cloak of the brown-shirted hordes that ran wild over the face of Europe. Once again it took the combined forces of the non-Teutonic nations of the world to crush the avalanche of brutality and to bring sanity and a soothing human touch to the world scene. The second world war ended but the aches and agonies of the world at large did not subside. Concurrently with the passing of the Nazi menace a new threat, a new danger grew on the blood soaked soil of Europe. By stealth and treachery the communist forces spread their crippling nets over the face of the earth and today the battle is on, the struggle between East and West, Democracy vs. Communism. . .

Through all these large scale struggles the American Sokol has kept its fingers on the pulse and heart beat of world events. Helping materially in the struggle against the German "Drang Nach Osten" the Sokols of America offered their lives, their material possessions, their devotion and determination to speed the victory and to see the rebirth of their homeland under the leadership of Thomas Garrigue Masaryk. Pride and joy pervaded the ranks of the American Sokols when Czechoslovakia was born and throughout its brief but significant existence. Sadness and firm determination gripped the American when the very life blood of Czechoslovakia was threatened by the ruthless Nazi madmen . . . and today there is a sense of firm resolve and hopeful looking ahead to the day when Democracy as we know it will triumph over the spreading miasma of communism, with its destruction of man's dignity and independence.

The struggle is on . . . and there is no time to relax. If as all Sokols do believe in progress, if such progress is to be maintained this is no time to lay down our arms and

(Continued on page 7)

AMERICAN SOKOL

436

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OFFICE OF THE EXECUTIVE BOARD ASO.

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Calendar of Events

- 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. 10th—SOKOL ST. PAUL, MINN.
Šibřinky.
- FEB. 17th—SOKOL DETROIT AND AUXILIARY.
Joint Annual Meeting.
- FEB. 17th—SOKOL SOUTH OMAHA, NEBR.
Junior Boys Competition.
- FEB. 18th—SOKOL MILWAUKEE, WIS.
Jaternice and Pork Dinner. 12:00 noon at the
International Institute (2810 W. Highland Blvd.)
- FEB. 24th—SOKOL BALTIMORE, MARYLAND.
96th Annual "Šibřinky."
- FEB. 24th—AMERICAN SOKOL, INC., CLEVELAND,
OHIO. — Šibřinky at Sokol Tyrs.
- FEB. 24th—SOKOL NEW YORK, N. Y.
Annual Šibřinky. Theme: "Around the World in
Fairy Tales." Costumes should be symbolic of
fairy tales.
- FEB. 25th—SOKOLICE TABOR, BERWYN, ILL.
Divadlo "V českém ráji."
- MAR. 2nd—SOKOL TOWN OF LAKE, CHICAGO,
ILL. — Townites Social Club Annual Masquerade
Dance, Peacock Room of the CSA Bldg.
- 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. 9th—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.
Dozvukey.
- MAR. 30th—SOKOL NOVA VLAST, CLEVELAND,
OHIO. — Gymnastic Exhibition.
- APR. 3rd—SOKOL BERWYN, ILLINOIS.
Fashion Show at 7:30 p.m. Fashions by "Eve."
Admission \$1.00 incl. refreshments.
- APR. 6th—SOKOL HAVLICEK-TYRS, Chicago, Ill.
Gymnastic Exhibition.
- APR. 7th—SOKOL NEW YORK, N. Y.
Annual Veřejné Cvičení.
- APR. 21st—SOKOL LITTLE FERRY, N. J.
Annual Gymnastic Exhibition.
- APR. 27th—SOKOL STICKNEY, ILLINOIS.
Gymnastic Exhibition.
- MAY 17th—SOKOL MILWAUKEE, WIS.
Interclass Meet—gymnastic.
- MAY 18th—SOKOL MILWAUKEE, WIS.
Interclass Meet—track.
- MAY 19th—SOKOL MILWAUKEE, WIS.
Gymnastic Exhibition. 2:00 p.m. at the Interna-
tional Institute.
- JUNE—SOKOL NEW YORK, N. Y.
District Slet at Throggs Neck.
- JUNE 14-16—WESTERN DISTRICT SLET.
- JUNE 23rd—NORTHEASTERN DISTRICT, Cleve-
land, Ohio. — Slet at the IOOF Fresh Air Camp.
- JUNE 29th—SOKOL MILWAUKEE, WIS.
100th Anniversary Banquet at the Bowlero, 11737
W. Burleigh St.
- JULY 14th—SO. OMAHA SOKOL DAY.
- NOV. 2nd—SOKOL STICKNEY, ILLINOIS.
40th Anniversary Banquet.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. LXXXIX.

January — 1968 — Leden

Číslo—No. 1

JAMES L. CIHAK:

UNTIL WE RAISE OUR SIGHTS

The trend of the young to seek adventure, thrills and exhilaration by the use of LSD, marijuana and other drugs, points out a tragic void in their general training. The petty chores and many manual tasks the young had to perform in the past and the responsibilities they had to assume, even while very young, have been almost eliminated. Very little serious consideration has been given to find some means of filling their free time. A few service organizations are struggling manfully to fill the gap. Their battle is the harder as they do not have the understanding and backing of the parents.

The tendency to push the young in front of a TV set to get them out of the way for a while and anchor them, is hardly a school for sound and sane citizenship. And the less said about the moronic programs they see, the better.

Educators are experimenting with the pre-school training of tots and even at this stage, pleasant, surprising results are appearing. This should have been evident to us a long time ago.

Our shrubbery, roses and pets have to be trained from the outset otherwise you know what happens. Everything goes wild or becomes misshapen, forced one way or the other by obstacles or environment. As human beings we follow the same laws of nature.

Activity is the keynote of a healthy youth. Channeled into a program including physical, mental and moral development it will produce those qualities of hardiness, self-discipline, self-reliance and consideration for the rights of others so necessary in a free nation. No dictatorship with its ironclad rules for its own existence can possibly give this to them. With dictatorships it is unquestioned obedience that counts whether the program is good, bad or indifferent.

We are reminded of Jindra Vanicek (the chief Physical Director of COS. for many decades). When he overheard a lively debate among his students regarding some minor question of teaching gymnastics, he said "I wonder why you spend so much time on that. If it is good, you cannot stop it forever. If it is not, it will die a natural death." Those of us who have spent a lifetime in Sokol actively participating in keeping it going, realize the problems facing us. Changes have come so fast in the last few decades. The answers will have to come from many sources, not just a few, if practical, reasonable solutions are to result.

We know the value of a century of Sokol activity. We know how much it can mean to thousands of others. The constant desire to excel, the unwitting competition of individuals in the gymnasium, tots thru adults, in every class, at every gym hour are the finest antidote to the current trend to find exhilaration in unnatural ways. As limited as our facilities are and the adaptations we will have to make to survive, we can still be a potent force in every locality.

The time, energy expended and cost to follow thru on the Sokol ideals has been enormous on the part of many, many members. But they got something valuable in return. They became emotionally mature because they had a "cause" in which to invest their time and money, gaining a satisfaction thru this unattainable in any other way.

A century old truth with all its powers undimmed still leads on the Sokols. There will be many answers and solutions. Every section of our country shall build to fill the needs of its particular locality. But it will only be when we raise our sights, as our forefathers did, and look into the future that we will grasp the true value of what we are trying to achieve.

CHARLES M. PRCHAL:

A CENTURY AGO!

The 20th of January of the current year commemorates the date on which a specific decision was reached regarding a publication "Věstník Sokolský." At that time the Vestník died on the vine before it was ever born. As early as 1867, Doctor Miroslav Tyrs, with great enthusiasm and soaring hopes, prepared to complete elaborate plans for the Sokol Organization. At an annual meeting of Sokol Prague held October 20, 1967, Tyrs recommended that at the beginning of summer 1868 a convention of all

Sokol units be held in Prague and that this convention work toward the founding of a large, joint organization of all Sokol units under one central main body. The matter of consolidation and unification, both along organizational as well as technical and ideological lines, to be broadly publicized by means of an independent publication for which Doctor Tyrs suggested the name, "Věstník Sokolský."

This was the first forerunner of the later publication. Unfortunately, the proposed plan never reached

fruition. The chill of reality, costs, practical considerations, by which standards the directors of Sokol Prague judged these matters, soon put the damper on another of Tyrs' great dreams. On January 12, 1868, at another mass meeting of Sokol Prague, it was decided, after due consideration of committee reports, that the "Věstník Sokolský" would not be published, since such an undertaking was beyond the financial means of the organization, and it was doubtful that a sufficient number of co-workers would be available to effectively undertake such a program. At least this is the way it is recorded in the annals of history of Sokol Prague, printed in 1883.

Only after three years part of Tyrs' dream was realized, in the year 1871. It was not the "Věstník Sokolský," but a publication called "Sokol" which at that time saw the light of day.

In the years 1868 to 1871, along with the progress and development of the organization, there sounded a note of doom. It was during this period that Doctor Miroslav Tyrs, shaken to the very depths of his soul by an incurable ailment to which he ultimately succumbed, awaited death and believed that he would never be privileged to return to not only his beloved Sokol, but to life itself. It was for him a period of abject horror and misery, a time when he felt he must part with all which to him was sacred.

Fate intervened and during this period of great suffering, his poor tortured soul, midst the beauties of free Switzerland, gave birth to one of the most

beautiful declarations of the Czech nation written by Tyrs—"Náš úkol, směr a cíl." (Our Task, Aim and Goal.) There had to come a second blossoming of the Tyrs period of activity in the Sokol, and today we humbly recall these incidents of one hundred years ago.

In the year 1896 success was finally attained in defeating the Austro-Hungarian government's objection to the realization of the formation of a strong, united body of all of the Sokol units. This was accomplished in a round-about manner through means of the districts in the year 1884 and a joining nationally of these groups of both Czechs and Moravians in the year of 1889, thus creating one large unified body. In October 1896 the Federation of Czechoslovak Sokols was organized. At the first organizational meeting of the committee it was decided to publish the "Sokolský Věstník." In the introduction to the first issue, printed on January 15, 1897, bro. J. Kren described its program: "We wish to consistently work toward the elevation of the moral standards of our people and to accomplish this through means of physical exercise available to people in all walks of life, which will afford a guarantee of moral strength as well as a broadening of the mental scope of our populace, enhancing the physical body and supplementing its moral sensibilities."

The first editor of the publication was bro. Rudolf Bilek. Bro. Bilek was leader of the delegation of the Czechoslovak Sokol Organization which in 1921 attended the first Slet of the American Sokol Organization in Chicago, Illinois.

Biography of U.S. Senator Roman L. Hruska



United States Senator Roman L. Hruska of Nebraska, has been a member of Sokol

Omaha since 1926, serving for a number of years as its president and vice president.

Although a faithful attendant of drill classes as a youngster, he was unable to continue while attending the University of Omaha and University of Chicago and Creighton Colleges of law because he was working to pay his college expenses.

Brother Hruska engaged in the general practice of the law in Omaha from 1929 to 1952 when he was elected to the House of Representatives where he served one term. In 1954 he was elected to the United States Senate, and was re-elected in 1958 and again in 1964. He was a member of the Douglas County (Omaha) Board of Commissioners from 1944 to 1952, the last six years as its chairman.

He is married to the former Victoria Kuncl and they are the parents of three children, all of whom were active in Sokol Omaha until their college years and their removal from Omaha. The Hruskas have two grandchildren.

For 25 years Senator Hruska was vice president of Western Bohemian Fraternal Association and in September, 1967, was elected Chairman of the Board.

The Senator has received a long list of honors and awards as a result of his public service, including honorary degrees, the George Washington Award of the American Good Government Society and the award of the Assembly of Captive European Nations.

In addition to his senior positions on the

important Appropriations and Judiciary Committees of the Senate, he has served on a number of important boards and commissions, among them the National Commission on Food Marketing, the Select Commission on Western Hemisphere Immigration, and the National Commission on the Reform of Federal Criminal Laws.

He served twice as a Delegate to the Paris meetings of the NATO Parliamentary Conference.

STANLEY BARCAL:

Address at Sokol Chicago Anniversary Banquet December 2nd, 1967

It is indeed a pleasure and an honor to welcome you to our 75th anniversary. In order to save time a brief history has been printed and each of you have a copy.

Sokol Chicago from its humble beginning in 1892 grew to probably one of the strongest Sokol units in America. The reasons for its growth were of course—location, timing and above all a large number of devoted members along with good facilities.

The decline began after World War II when the neighborhood began to change and our members moved to outlying suburbs and the activity in our building began to drop until it became impossible to support a building of that size in such a neighborhood.

At present we conduct our monthly meeting at Sokol Berwyn and, as much as possible, support the active units in our district—some of our members are instructors in other units. And our volleyball team continues to win championships in our Central District.

As to what will happen in the future none of us know. We attended a meeting of inactive units of which there are 7 in Chicago and more meetings are planned after the 1st of the year. It is possible that collectively we may move forward. It is certain that independently we will eventually fade away.

In the family of Sokol units many find themselves in changing neighborhoods with old buildings on their hands while others like Sokol St. Louis, Detroit, Houston, Dallas and others have new buildings where the activity is again very high.

Others have air-conditioned and remodeled their buildings to maintain their activity.

In Chicagoland there is a huge fund raising campaign for new facilities.

I would like to remind you that the future of our Sokol organization is not the responsibility of your officers alone. As members we all share that responsibility equally.

More enthusiasm and interest on the part of all the members is necessary.

I wish to thank you for your support and may all of you have a happy holiday season. — Nazdar!



Sister Ann Falta, bro. John Kounovsky, bro. Stanley Barcal and his wife Rose

Bro. John Kounovsky was one of 26 members in the year of 1892 that organized Sokol Chicago. He was the first financial secretary and also one of the first instructors; in 1895 he moved to Hillsboro, No. Dakota. He maintained his membership in Sokol Chicago all of this time and is our only surviving charter member, now 96 years of age.

Don't talk about what you have done or what you are going to do . . . do it and let it speak for itself.

The real tragedy of life is not in being limited to one talent, but in the failure to use that one talent.

EXECUTIVE BOARD ASO.

Sokol Omaha observed its 90th Anniversary. Congratulations and best wishes. — Approved payment of cost of Western District gymnastics clinic. — 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 is scheduled for February 2-4, 1968. — Tentative dates for 1969 ASO. Slet are June 22 or 29. — Sis. Zdenek is working on compiling dance steps terminology for inclusion in the revised edition of the Sokol Manual. Sister Zdenek reported on her visit to Sokol Nova Vlast, Cleveland, 75th Anniversary banquet and meeting of Northeastern District, where all local units were represented. Trip was made with bro. and sis. Ruzicka. — Bro. Cihak is preparing lectures for panel discussions. Translated history of Sokolice Chicago into Czech. — Sis. Barta is obtaining bids on application blanks and membership cards. — Sister Ruzicka reported on meeting held by Central District of inactive units. — Bro. Prchal announced that bro. Cihak's article was reprinted in Sokol Times. Mentioned lack of parade uniforms. — Sokol Seattle purchased timber property in Tacoma.

Financial Report ASO. December 1967

INCOME:

Dues	\$1,276.65
Convention Fund	250.00
Special assessment	562.00
Dividends and interest	415.00
Subscriptions to "American Sokol"	3.00
Resale of jewelry	6.00
Sale of educational pamphlets and postage	10.80
Total Income	\$2,523.45

DISBURSEMENTS:

Administrative Department	
Salaries	\$179.34
Rental, janitor service, phone, electric	166.34
Jewelry	101.21
Printing and office supplies	95.44
Petty cash	38.92
	\$ 581.25
Educational Department BOI.	
Salaries	\$207.80
Editor "Sokol Gymnast"	25.00
Printing additional copies of "Sokol Gymnast"	27.72
Phone	1.50
	\$ 262.02
Sokol Publication	
Printing "American Sokol"— December	\$535.09
Editor "American Sokol"	75.00
Postage—September, October, November 1967	85.26
	\$ 695.35

Miscellaneous

Special appropriations—District account	\$225.41
	\$ 225.41
Total Disbursements	\$1,764.03
BALANCE:	
Totals brought forward:	
Western National Bank of Cicero—check- ing account	\$6,759.83
Income—December 1967	2,523.45
	\$9,283.28
Disbursements—December 1967	1,764.03
	\$7,519.25

Future Sokol Leaders Fund

Following is a listing of donations through
December 31, 1967

Previously reported	\$18,041.10
Members of Sokol Stickney, in mem. of bro. Louis Kladiva	\$ 58.00
Bro. & Mrs. Frank Vacha, in mem. of bro. Jos. K. Dvorak	10.00
Frank & Emilie Ruzicka	25.00
Edward J. Bouse, in gratitude to Mrs. Frank Caba	33.00
Sis. Hermie C. Rabstajnek	5.00
In memory of bro. Frank Dube: Bro. Henry & sis. Jarmila Smidl	5.00
Mr. & Mrs. Frank Roubik	5.00
Mr. & Mrs. Benj. Jun	10.00
Total donations	\$151.00
Belle City Savs. & Loan—dividend	2.25
	153.25
Total receipts	\$18,194.35
Transfer of funds to checking account for scholarships	600.00
	\$17,594.35

The above contributions are tax exempt.

JOIN

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

For information contact

SISTER BLANCHE MASEK

4048 S. 13th Street Omaha, Nebr. 68107

Where is the man who owes nothing to the land
in which he lives? Whatever that land may be, he
owes to it the most precious thing possessed by
man, the morality of his actions and the love of
virtue. — J. J. Rousseau.

SOKOL GYMNAST

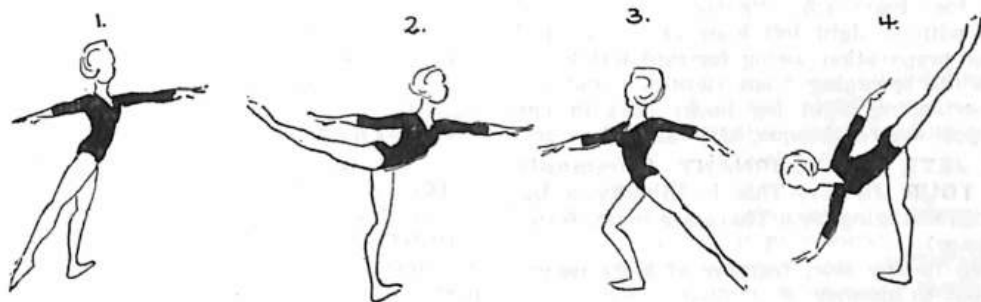
January 1968

EDITOR—MILDRED PRCHAL

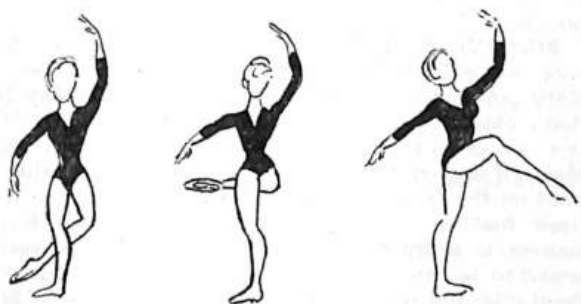
2419 Scoville Avenue, Berwyn, Illinois 60402

MILDRED PRCHAL:

TERMS AND DANCE ELEMENTS USED IN FLOOR EXERCISES



ARABESQUE—Body is balanced on one leg, free leg extended back. The most commonly used in gymnastics are the 1.) Arabesque a terre (free foot on floor); 2.) Arabesque allongée (extended); 3.) Arabesque allongée a terre (free foot on floor) and 4.) Arabesque penchée (leaning).



ATTITUDE—Pose taken from the famous statue of Mercury. Fundamentally this pose is related to the Arabesque but body is upright; working leg is bent back or in front with various arm positions.

(Arabesques and attitudes are also executed with turns.)

BALANCÉ—Called rocking step. Step forward, backward or sideward to half squat, shift weight to the ball of other foot. 1.) Stand right sidestep, demi-plié; 2.) close left behind right on half toe, lifting right foot from floor; 3.) step again on right sole in demi-plié.

CABRIOLE—While raising one leg front, back or side, the supporting leg springs from floor and raises to meet it, beating against it. Example: a.) Raise right leg forward followed immediately by left. Left shin beats calf of right leg before landing; right leg either remains raised or closes in 5th. b.) Raise right leg back, spring from left immediately and beat shin of right leg with calf of left leg before landing; right leg either remains raised or closes. Legs must be extended, feet stretched and pointed.

CHAINÉS, tour—Series of small steps on half-toe with a 180° turn on each step (chain of turns). May be done in straight line or in circle. Sometimes called déboulés or petit tour (small turns).

CHANGEMENT—From 5th position in demi-plié spring into air, change feet in air and land in 5th demi-plié. Body must remain erect throughout; soles of feet upon landing must be completely on floor. Knees upon landing must be soft.

CHASSÉ, pas—This is a chasing step (one foot chases the other). Technically correct, the step begins from 5th position; demi-plié jump vertically landing on the back foot, the front foot well pointed in front of back ankle; slide the front foot forward on floor to 4th position (about 12 inches in front of back foot); draw the back foot to front foot springing in air on closing and repeat. The chassé may be done to front, back or side.

CISEAUX (scissors)—Raise right leg high forward followed by spring and lift of left leg, (left passes right in air as right descends) landing on right. This is known as "hitch kick." May be executed forward, backward or crossed.

COUPÉ (cutting step)—One foot cuts the other forward, backward or sideward and takes its place.

DEMI-PLIÉ—(half squat or half bent). Bend knees with soles of feet remaining completely on floor. Do not bend or squat.

DEMI-POINTE—Half toe or ball of foot.

EXTENSION—Stretching legs to maximum; being able to extend and hold leg above parallel forward, sideward or backward is desirable.

FONDU—Landing in soft plié (bending of knees) after dismount or jump.

GLISSADE—Glide or tie step between springs. Small spring from supporting leg while stepping with free foot to front, back, or side; take weight on stepping foot and close released leg in front or back.

GRAND—Big.

HOP—Spring from one leg, in place, forward, sideward or backward and land on same leg (other leg raised in various prescribed positions).

INCLINE—Leaning (not bending).

JÉTÉ (Leap)—Spring from one leg, in place, forward, sideward, or backward and land on other leg.

JÉTÉ DESSUS (front jeté) (leap forward)—From 5th pos. demi-plié, right foot back, slide right toes along floor to side, raise from floor; spring from left landing in demi-plié on the right foot in front of and replacing the left foot; left leg is bent to side, and foot is back of right ankle at finish. The landing may be to various poses.

JÉTÉ GRAND (Big leap)—From stand on right (left), left toes reartouch; slightly raise left foot back; then with straight left knee and quick plié on right, for preparation, swing forward left leg to hip level while springing from right leg and immediately extending right leg back; land in any prescribed position (arabesque, attitude and so on.)

GRAND JÉTÉ EN TOURNANT (commonly known as TOUR JÉTÉ)—This is literally a big leap in a turn changing legs. There are many forms of jetés (leaps).

PAS—Step to any side, transfer of body weight from one foot to another.

PAS DE BASQUE—Folk step originated in the Basque country. This step is used in practically every national folk dance (in various forms). The basic step has three movements. 1.) Step to side; 2.) cross other foot in front and take weight; 3.) transfer weight to the back foot again.

PAS DE BASQUE GLISSÉ (Glide)—One of the most popular steps used in floor exercise. From 5th position demi-plié extend the front foot (pointed) forward sketching a small arc outward with toes and taking weight on working foot in demi-plié, (other foot is thus raised slightly from floor in 2nd pos.) (ct. 1); slide raised foot thru closed position and continue sliding forward to 4th position front (about 12" in front of supporting foot) (both knees half bent); straighten both knees, close back foot behind sliding foot to 5th pos. demi-plié. This step is also executed to rear. All movements are reversed.

PAS DE BOURRÉE CHANGÉ—From a 5th position in demi-plié raise the back foot close behind from ankle for preparation: 1.) Step down on back halftoe; 2.) step with free foot to side (2nd pos.) on halftoe; 3.) Cross over and step in front with the foot that started the first step. This is a series of 3 side steps ("back, side, front"). The PAS DE BOURRÉE has many variations. It may be executed as a series of little steps on halftoe forward, backward, sideward, diagonally, in a circle or in turns.

PAS DE CHAT (Russian) (as used in Artistic Gymnastics)—Cat step. This step is included in exercises for floor and for beam. This is a high elevation step preceded by a preparatory step such as pas chassé. From demi-plié stand on one leg with other leg either extended or low in rear; knee of back leg raises forward high into the air as for a jeté (the thigh should be hip high), the other leg follows with same movement. Land on the first foot, the second foot finishes either in front or it may continue into a pose or other step.

PETIT—Small.

PETIT TOURS—Small turns as CHAINÉS and DÉBOULÉS.

PIROUETTE—Complete turn of body on one foot. These may be executed in any position such as arabesque, attitude, with extension to side, or others. Turns may be outward (in direction of raised leg) or inward (in direction of supporting leg).

PLIÉ (plee-ay)—Bend. The plié is of the utmost importance in all steps and movements. Lightness, elasticity, fluidity and control all depend upon the practice of the demi-plié (half bend) and grand plié (full bend or squat).

POSITIONS OF ARMS (Bras)—The five basic positions are included elsewhere with the five basic positions of the feet.

POSITIONS OF THE HEAD—5 positions of the head: Erect, Inclined (leaning), Turned, Lowered, Raised.

PREPARATION—Step, kick, or other preparation for steps, acrobatic elements or turns

RELEVÉ—Rising to toes or halftoes during execution of a step or movement from a sole position.

ROND DE JAMBE—Circle of leg on floor, or in air—may be executed outward (away from supporting leg) or inward (toward supporting leg). The working foot points forward (4th pos.) and sketches an arc or semi-circle passing through 2nd position (sideway) and finishing in back (4th pos.). The rond de jambe may be small, big or very big; it may close after a circle or used as a preparation; it also is executed with jumps and turns.

SAUTÉ—Jump or jumping from both feet to one or both; in place or in any direction with various positions of legs or movements in the air.

SISSONE FERMÉE (Closed Sissone)—This step was named for its originator Comte de Sissone. Very popular in floor and beam exercises. May be done closed in any direction. Starting from 5th pos. in demi-plié, soaring into the air traveling forward separating feet to 4th position (stride); land on the front foot in plié, and quickly close the back foot into 5th position demi-plié. The back sissone is a spring into the air, travel backward, separate to 4th pos. (stride); land on back foot in demi-plié and quickly close the front foot into 5th position holding demi-plié. **SISSONE FERMEE** to side: From 5th position, jump sideway in air from both in direction of front foot separating legs in 2nd position, land on front foot and quickly close the other foot in 5th position front, in demi-plié.

SISSONE OUVERTE (open)—This is a high sissone landing in a pose, attitude, arabesque, so on. Starting from 5th in demi-plié, spring high in desired direction landing on one foot in prescribed pose. These are only a few varieties of sissone.

SPOTTING (not guarding)—When doing consecutive turns it is necessary to focus eyes on a spot at eye level and to maintain this focus as the body begins to turn; then snap head rapidly around refocusing the eyes on the same spot as turn is completed.

TOURS—Turns.

TOUR DE BASQUE—Pas de Basque turn. From 5th position in demi-plié, raise front foot forward and execute outward arc springing to side on front foot; close other foot in front in 5th position on halftoe; continue turning 360° on both feet in direction of back foot finishing with change of feet in 5th position, demi-plié.

EXERCISE AT HOME

(Continued)

III. Stand side stradleg—sidearm:

1. Frontbend—frontarm, fingers touch floor as far forward as possible,
 2. dip in frontbend,
 3. upright—sidearm high to rear, palms up,
 4. thrust arms farther back.
- REPEAT 4 times—(do at slower tempo, do not bend head forward on frontbend).

IV. Stand side stradleg—bend uparm outward, fingers at nape of neck:

- 1.-2. Halfsquatsidetouch right (left leg bent),
 - 3.-4. stand side stradleg,
 - 5.-8. = 1.-4. opposite.
- REPEAT 4 times (during halfsquats the knee of bent leg is turned outward, trunk upright).

V. Back support seat: (legs together, palms on floor behind hips)

- 1.-3. Left frontleg, carry it to side and place on floor,
- 4.-6. left frontleg and close,
- 7.-12. REPEAT with other leg and do all 4 times. (Start slowly, control trunk in upright position, do not lean back too far.)

VI. Seat stradleg—closearm:

- 1.-2. Turn trunk to left and twist again to left—uparm outward,
- 3.-4. turn trunk to face front again—closearm,
- 5.-8. = 1.-4. opposite (in uparm outward press arms back to maximum).

VII. Lie on right hip—uparm right—left hand on floor before body:

1. Bend sideleg left (knee points upward),

2. stretch to sideleg (leg vertical),
3. close left (repeat 6 times, then turn to other side and do all with right leg—do not pike, keep body straight).

VIII. Lie on stomach—bend arms and place palms on floor beside chest:

- 1.-3. Slowly straighten arms pressing upper body to backbend (thighs on floor)—in fast tempo, bend right and left alternately from knee,
 - 4.-6. lower body slowly to lying position.
- REPEAT 4 times.

IX. Support kneel:

1. Bend left frontleg—bend head forward,
2. rearleg left—head upright,
3. bend left frontleg—bend head forward,
4. close left—head upright,
- 5.-8. opposite.

X. Support kneel, palms close to knees:

- 1.-2. Spring to support squat,
- 3.-4. spring to support kneel. REPEAT 4 times—hands remain in same place thruout.

XI. Close heel stand—sidearm:

1. Stand foretouch left,
2. thru moderate sideleg left, left rearleg,
3. closeheel stand,
- 4.-6. opposite and REPEAT 6 times.

XII. Closeheel stand—closearm:

1. Loosely frontarm left,
2. loosely sidearm left, palm up,
3. close left,
- 4.-6. opposite and repeat 10 times. (Follow movement of arm with eyes.)

Best Czechoslovak Gymnast for 1967

On December 14, 1967, a cultural and entertainment evening was held in the National Hall in Smichov, Prague, attended by Czechoslovak newspaper men. They announced the results of their poll for the "best sportsman of the pre-Olympic year." Of the 31 editors of newspapers and other periodicals, also radio and television, the victor was 25 year old Vera Caslavka of Prague who again achieved great successes in 1967 and over-shadowed the men's accomplishments.

Vera Caslavka won all five gold medals in the VI European Championship in Amsterdam. Her dazzling exercise on the beam was evaluated by all five judges for the first time in gymnastics history with the ideal score of 10. Her floor exercise was literally poetry in movement. Her accompaniment was a musical arrangement of Smetana's Moldau (Vltava). Vera was the first woman in the world to execute a double back, and was also given a score of 10 by four of the judges.

MILDRED PRCHAL:

FOUR BASIC DANCE STEPS USED IN CALISTHENICS

The demi-plié (bending of supporting leg) before stepping is important whether the dance step is included in calisthenics, modern gymnastics, or when executing folk dances. This is absolutely necessary to insure lightness, softness and ease. The demi-plié or "dip" as used in calisthenics terminology serves as a preparation in hops, jumps or rises on halftoe, and also as a cushion when landing. The inclusion of plié (bending of knees) exercises in the preparatory period of each class hour is very important.

Placing and position of feet and arms should be taught before teaching dance steps.

The five dance positions of feet and arms are:
FIRST: Heels together, legs turned out to 90° angle—both arms low front—upper arm away from ribs, elbows slightly flexed, palms facing inward.

SECOND: Slide right toes to side raising heel high (knee straight); place foot down in stride position, weight on both feet. Stride should be about 12 inches—raise arms chest high, open arms to side slightly forward.

THIRD: Raising right heel high, draw right heel to arch of left foot—right (or left) arm swings inward to high in softly curved position—palm can be seen by raising eyes.



Ballet Position

FOURTH: Slide right toes forward on line with left foot, raising heel high, 12" distance between, weight on both—one arm high, opposite arm low front.

FIFTH: Raise right heel and draw to within one inch of left big toe—raise lower arm to form frame around head 10 inches before body.

Repeat all with left foot. Keep hips drawn back and level, buttock muscles tight; stretch rib cage high, shoulders drawn down and level—head high—arms relaxed—weight forward. Toes do not leave floor during change of positions. Arms pass through imaginary verticle circle 10 inches in front of body.

PRIMARY STEPS 2/4 or 3/4

STEP, CLOSE (CHASSÉ)—Step right (left) and close left (right) to right (left). May be done continuously leading with same foot or changing feet. Direction forward, backward or sideward. When done to waltz time (3/4), closing of foot may be on 2. and hold 3.; or hold 2. after first step and close on 3.

SQUARE CHASSÉ—2 chassé to left side; 90° turn to right on right while stepping to side with left; 2 chassé to left; 90° turn to right on right while stepping to side with left; 2 chassé to left; 90° turn to right while stepping to side with left; 2 chassé to left.

The chassé may be done with a jump when closing feet and is so used as a preparation step for intricate elements and jumps in folk dancing and floor exercises. The chassé with jump provides interesting warmup and preparatory exercises in single file line on each side of gymnasium facing front, hands on shoulders of girl in front; start sideward toward opposite line with inside foot: 1.) 7 chassé to side, (lines meet in center of floor); jump in place on 8. Reverse (back to place). Repeat. For variety, extend arms to side instead of placing hands on shoulders of girl in front and pass through opposite line.

(Continued)



Clinic, Western District, October 13-15, 1967

Four Score and Nine Years . . .

(Continued from the cover page)

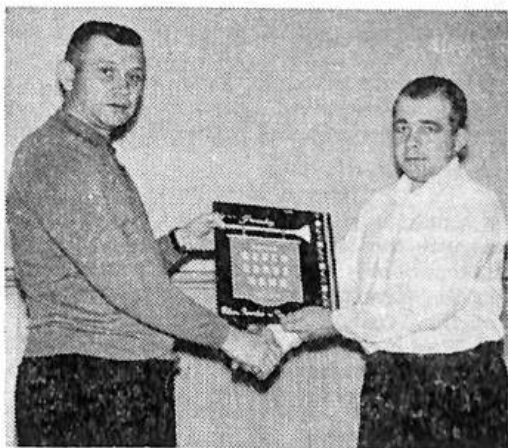
in mute resignation say "What's the use!" There is good reason to carry on, to restore law and order in the world, in our midst and in our own hearts. One hundred fifty years ago Thomas Jefferson wrote:

"Laws and institutions must go hand in hand with the progress of the human mind. As that becomes more developed, more enlightened, as new discoveries are made, new truths disclosed, and manners and opinions change with the change of circumstances, institutions must advance also, and keep pace with the times . . ."

For the Sokols of America it is one thing to look back with pride over the eighty-nine years since this publication first appeared. But it is more important to take stock of the changes that have

taken place in those eighty odd years and to attune our guiding steps to these new conditions. Today the Sokols of America are no longer the down-trodden immigrants seeking a foothold in America. The Sokol ranks today are filled with second, third and even fourth generations, of American born men and women. They have full command of the English language, they know the history and customs and laws and institutions of America, but through traditional ties they have kept in line with the Sokol ideals of their fathers and grandfathers and proudly are carrying on in the old Sokol tradition. It is the new, the present aim and purpose of this publication to help keep alive the vibrant Sokol spirit in the minds and hearts of American born Sokols who are the backbone and the hope of the American Sokol today.

So. Omaha Sokol Members Promoters of Czech Music



Charles Dvorak

Joseph Slezak

Four So. Omaha Sokol members will bring much enjoyment to your home because of their love for

Czech music and their part in the presentation of the Omaha Czech Brass Band's new album. They are bros. Karel J. Dvorak, director of the band, Joseph D. Slezak, producing and recording, Milos Novotny, assistant, and Charles Svagera, cover art work.

This album is not the customary recording of Czech music. It has old favorites such as "Muziky, Muziky" and "Koline, Koline" and ten other memorable songs. The music is very pleasing as it has the deep original tones of the old country atmosphere that can be produced only by these Omaha Czech Brass Band artists. The proud Czech heritage of these brothers is displayed in presenting this wonderful music for others to enjoy. The vocalist is Jim Cisar with whom you will reminisce because of the delightful way he presents the songs to you.

This album is available at local record departments, or may be ordered from Heritage Records, Box 6063, Omaha, Nebraska 68106. The price is \$4.00 for stereo and \$3.00 for mono, plus 35c handling and postage. E. J. Pavoucek

CZECH CAN'T FORGET AID TO MARTYRED LIDICE

From The Milwaukee Journal, Sunday, January 7, 1968

By CHARLIE HOUSE of The Journal Staff

Even now, in this 26th anniversary year, the horrors of Lidice come back to the memory of Josef Ondracek of Milwaukee and cause him sadness and great depression.

But it was Ondracek, a leader of one of three teams of searchers, who brought grieving families together and produced a measure of joy for the few survivors of that murdered village.

Lidice, a little mining community of central Bohemia in Czechoslovakia, in 1942 became the object of Adolph Hitler's rage. Its 450 residents were accused of complicity in the assassination of the German gauleiter, Reinhard Heydrich. The price Lidice paid was so brutal that it appalled the world.

Ordered by Hitler

Hitler himself gave the order to exterminate Lidice. At 10 a.m. on June 10, 1942, Gestapo agents began the murder of all male residents over the age of 14 years—172 of them. Some of the Lidice women were shot to death but 169 were taken to concentration camps.

Every Lidice child under 14 was examined to determine if he had the "true Aryan" appearance and could be Germanized. Those whose appearance was regarded as too Slovakian were methodically gassed to death in moving vans. Ninety-seven Lidice children were taken away.

Then, with brutal attention to detail, the Gestapo burned Lidice to the ground, bulldozed the ashes, tore down its very tombstones and pulverized them. The Germans plowed the land where Lidice had been and spread salt over the soil to render it infertile.

Assigned Sad Task

To the corpse of Lidice came Josef Ondracek in 1945 after the Czechoslovak rebellion against the Germans. With the advance of the American and Soviet armies, the Nazis capitulated, and the Czechoslovak government began once again to function.

Ondracek, who now lives at 2327 N. 54th St., had served in the Czech underground but was given a new and challenging assignment: Find the missing children of Lidice and other cities. Reunite families if possible.

That job required four years, from the re-establishment of the Benes government to 1949, when Ondracek fled the Communist regime of his homeland and came to live in the United States.

Ondracek and his co-workers traveled the various zones of Germany, Poland, Austria and Czechoslovakia in many guises—as Red Cross workers, police officials, soldiers and others. He now estimates that the three teams found at least 10,000 children. Only 14 from Lidice were found.

"The children of Lidice were so scattered and had been moved so often that we did not all of them find," Ondracek said in his troubled English.

The first important breakthrough, Ondracek recalled, came when he found a child, Mary Hanfova, then 14, in a German home where she had been semiadopted.

Records Not Enough

"That little girl had forgotten how to speak her own language," he said, "but she could speak German well and she remembered where some of the other children had been taken. She was of great help."

Though the Germans had kept meticulous records, there were many blind alleys. Some of the children had been in four or five foster homes and had been transferred indiscriminately.

"Some children had been gassed, some had died and been buried, some had simply disappeared," Ondracek said. "It was very sad, very depressing. I dream of these things, these dreadful things, and today more than 25 years later I am often filled with terrible grief and depression. I cannot help

myself."

Returns With Youngsters

On one tragic occasion Ondracek returned by train to Bohemia with 52 lost children. Parents of the area had been alerted that children were coming back and that they should be on hand to greet them and identify them.

"I remember the tragic moments of that day," he said. "Most of the children didn't recognize their mothers and almost none of them could speak the Czech language; they had forgotten it. In most cases the parent recognized the child, but in some," he said, struggling for the right words, "the distance of knowing each other was too far apart."

Ondracek was "an uncle" to the little ones as he brought each one homeward, he said, but he lived in an agony of fear that when he took them to their hometowns there would be no parent to welcome them.

"I loved those little children," he added simply.

Lidice has been rebuilt and some of the children whom Ondracek returned now have children of their own there. As Ondracek said, "There is still a Lidice."

Ondracek was invited to return to the little village for a remarkable reunion of key people and residents, but he would not accept. Czechoslovakia is now Communist dominated and, too, the echoes of sadness still ring through the little streets and at the memorial in the Horak farmyard where 172 persons were murdered.

Now a Machinist

Now a machinist at the Ladish Co., Ondracek was allowed into the United States through the help of the International Institute of Milwaukee County, and on the signature of Charles I. Wesley, president of the Wesley Steel Treating Co.

"Mr. Wesley signed for me and he didn't even know me," Ondracek said, "but he thought that if I'm Czech, I'm good." Wesley is of Czech extraction.

On January 27, Milwaukee area Czechs will honor the name of Lidice at the International Institute with a public dinner. Ondracek, with his American wife of 13 years, will be there and happy to be a United States citizen, he said.

With him, happiness is a thorough, but only a sometime, thing. The trouble is, Ondracek remembers.

Bro. Ondracek is a very active member of Sokol Milwaukee.

A Brief History of Czech Literature

V těchto dnech jsem vydal menší publikaci, stručnou historii české literatury, od nejstarších dob do světové války 1914. Je psána anglicky a tištěna, pro nedostatek peněz, mimeograficky. Je určena pro studium na universitě v Lincoln, ale zvláště její kapitoly o začátku slovanského písma, literatuře latinsky psané, kronikářích, Janu Husovi a Komenském, budou jistě zajímat širší veřejnost naši i americkou. Knížku, která má 150 stran, možno objednat na adrese: Dr. V. Kučera, 2511 No. 46th, Lincoln, Nebr.

Dr. Kučera.

When Miroslav Tyrš and Jindřich Fuegner founded Sokol in 1862 they did it with one aim in view, namely, a nation physically fit, with an alert, well-informed mind, with the maximum of intelligence and above all a nation made of men and women possessing a will to place the welfare of the nation above personal gain and personal glory. Tyrš gave his followers this slogan: "Not gain nor personal glory—but service." And Sokol, a falcon, a bird which always seeks the heights of the blue heavens, was chosen as a symbol because it loves the lofty places, loves freedom, has a clear eye, endurance and fitness. (Prof. J. J. Zmrhal—1940)

Výzva krajské veřejnosti ve Spojených státech!

Vážení krajané, sestry a bratři!

Pište co nejdříve svým senátorům a kongresníkům se žádostmi o vydání U.S. poštovní pamětní známky k 50. výročí čs. neodvislosti 1918-1968.

Návrh dopisu — pro usnadnění Vašeho psaní — současně uveřejňujeme, avšak každý z vás má možnost napsat dopis podle svého vlastního uvážení.

Odeslání svých dopisů však neodkládejte! **Pište co nejdříve, nejlépe ihned!** Čas rychle ubíhá a Vaše dopisy by mohly přijít pozdě.

* * *

Návrh dopisu:

Honorable _____
United States Senator (Congressman)
Washington, D. C.
(Zip Senator 20510 — Zip Congressman 20515)

Please communicate with Postmaster General O'Brien and let him know that your constituents and you are vitally interested in the issuance in 1968 of a United States Commemorative Postage Stamp, honoring the 50th Anniversary of the Proclamation of Czechoslovak Independence. Thank you very much.

Name _____
Address _____
City _____
State _____ Zip _____

* * *

Děkujeme Vám všem, vážení krajané, sestry a bratři, za Vaši pomoc v této celonárodní akci, jejíž úspěch musí být zájmem nás všech!

Za Výbor pro vydání U.S. poštovní pamětní známky k 50. výročí neodvislosti: Joseph Janečka, předseda.

Sokol San Francisco, Calif.

Po úmrtí dlouholetého a záslužného starosty br. Antonína Kohoutka Sokol San Francisco musel překonat celou řadu obtíží. Br. Kohoutek byl starostou, který dobrovolně na sebe převzal celou řadu drobných prací v jednotě, které měli vykonávat druzí úředníci. Obtíže však byly překonány a podle zprávnou vzpomínku.

CHAS. M. PRCHAL:

50 YEARS

The slets and teachers' courses conducted by the districts in 1940 were very successful.

Sept. 30—A contribution of \$100 was sent to Villa Dominica for the first Sokol building in South America.

Oct. 2—A beautiful banner was presented by the ASO. to Dr. Jan Papanek, representative of the Czechoslovak Republic, which was designated for the First Artillery Regiment of Czechoslovakia, stationed somewhere in England.

úředníků na poslední valné hromadě bylo vidět, že Sokol San Francisco čestně obstál před svou minulostí i před krajskou veřejností. Nezapomněl žádného tradičního národního svátku, který byl vždy pořádán s bohatým uměleckým programem a početné návštěvy krajanů. Zaznamenal velký morální úspěch výtečným provedením Smetanovy "Prodané nevěsty" souborem Filharmonického orchestru Contra Costa College. V tělocvičně se cvičilo po celý rok a můžeme s radostí zaznamenat zvýšený počet žactva. Cvičenců by mohlo býti více, kdyby nebyly obtíže s parkováním a dojížděním členů s dalekého předměstí po bláznivé kalifornské dálnici. Na valné hromadě byl znovu zvolen starostou br. Jiří Špánek, místopředsedou br. Karel Šlajer, II. místopředsedou br. Jar. Chlup, jednatelem br. Josef Šimeček, náčelníkem Jan Kučera, pokladníkem br. St. Štulíř, účetním br. M. Kemr a vzdělavatelem br. Karel Marek. — Sokol San Francisco vchází do 50. výročí Československé republiky s dobrou nadějí.

Starostkou Sokolic San Francisco byla zvolena ses. M. Bizková a jednatelkou ses. Stella Tatra. Jiří Špánek.

Zděňka (Stella) Lessa.

18. prosince 1967 zemřela sestra Zděňka Lessová, ve věku 73 roků. Narodena byla v Čechách a ve Spojených státech žila 57 let.

Dlouhá léta byla starostkou Sokolic Tábor v Berwyn, Ill. a tajemnicí ředitelstva jednot. Řídila divadla a sama vytvořila mnohé postavy na jevišti. Chtěla, aby se pohlíželo na každou scénu jejíma očima; propagovala horlivě své názory na každou hru. Byla proniknuta láskou k české věci, která prohřivala její snažení.

Asi před dvěma měsíci onemocněla. Měla se brzy vrátit z nemocnice po operaci na žlučové kamínky, ale mozkový záchvat ji v nemocnici zadržel. Od té chvíle její tělo chřadlo, duch její obrácen byl v neznámo.

Navštívili jsme ji — hleděla v prázdno, těžko vyrážela jednotlivé zvuky. Cítili jsme, že blíží se neodvratně konec. Sám jsem od toho dne k Zděnce nešel; nebyl bych jí býval prospěl svou návštěvou. A přec s dychtivostí jsem čekal zprávy o jejím stavu. Doufal jsem v zázrak, ale ten se nestal a smrt přišla. Svým odchodem zarmoutila sestry i bratry.

Za Sokolstvo pronesl rozlučná slova starosta jednoty, br. Prchal. Účast členstva obou jednot při tomto obřadu byla početná.

K jejímu hrobu posíláme poslední pozdrav a věčnou kmp.

The ceremony was opened by bro. Prchal, President of the organization. Excerpts from his address: "... This banner was procured with the contributions of the entire organization and will be sent to the boys in England who stand prepared, with arms in hand, against the thousand year enemy of the Czechoslovak nation, and all of civilization. Even though we are separated by thousands of miles, we want, with this gift, to prove to the people in their homeland, that our hearts beat

warmly for the sacred and just cause of the Czechoslovak nation, and for all oppressed peoples. Let the motto on this banner lead our armies 'For honor and homeland, victoriously forward.'"

Bro. Jarka Jelinek, director of men, spoke next, followed by the director of women, Kata Danko, and sis. Blaza Cihak, who spoke for the banner committee.

Bro. Prchal then presented the banner to bro. Papanek, with these words: "The Czechoslovak nation has suffered the most dreadful disaster that could ever befall it, when an armed and prepared nation was compelled to retreat and helplessly witness the invasion and looting by the enemy; when brave men who never knew tears, cried. We cried with them! The nation focuses its sight across the ocean upon us and believes in our assistance.

"We in America can understand the nobleness of spirit and the courage of the heroes of the old country. Thousands fled to foreign lands to lead the fight against the oppressors of the nation. They have our love and blessing.

M. PROVAZNIKOVÁ:

STO LET SOKOLA NEW YORK.

Sto let Sokola New York se záslužně vepsalo do dějin amerického Sokolstva. Založen r. 1867 co čtvrtá sokolská jednota ve Spojených státech, Sokol New York se stal brzy ohniskem národního života krajanského v New Yorku a vůdčím duchem amerického Sokolstva, jak potvrzuje Památník vydaný k jeho 25. výročí. Svým časným úsilím o spojení všech sokolských jednot v jednom celku se značně zasloužil o vznik Národní jednoty sokolské, jejímž byl sídlem a hlavou poprvé r. 1886, po druhé plných dvacet let, od r. 1893 do r. 1913.

Z najaté místnosti ve východní 4. ulici se stěhoval do Národní budovy v 5. ulici, na jejíž zbudování přispěl značnými částkami, po nějaký čas cvičil také v najaté místnosti v "hořejší" části města, až r. 1896 si postavil vlastní sokolovnu, na tehdejší dobu nádhernou, ve které cvičil podnes. Jeho annály vykazují živou činnost tělocvičnou, zábavní i kulturní a řadu skvělých vítězství v závodech sokolských i jiných. Sokolovna, dnes už ovšem sešlá stáří, byla dějištěm velkých národních projevů — zejména za obou světových válek, v ní se loučila družstva a výpravy odjíždějící ke sletům a závodům ve staré vlasti, v ní vítalo americké Sokolstvo návštěvy zástupců mateřské organizace sokolské v Čechách, později Československu, z ní odjížděli dobrovolníci do bojů za osvobození staré vlasti. Z této jednoty, z hlavy a rukou bratra Knedlhane, vzešel návrh státní vlajky československé.

Měla tedy novoyorská jednota nač vzpomínat a co oslavovat při svých stých narozeninách. Proto rozvrhla oslavy na více než půl roku a zařadila do nich několik podniků jako ilustraci mnohostranné činnosti sokolské.

SOKOLSKÝ DEN 23. července shromáždil četnou skupinu členů a příznivců v našem táboře v East Hadam, Connecticut. Představení Stroupečnického historické veselohry PANÍ MINCMISTROVÁ, kterou se hrála v sokolovně divadelní skupina Jana Snížka jako svůj příspěvek k oslavám, bylo všeobecně označováno za nejlepší divadelní představení za dlouhou řadu let. KONCERT ČESKOSLO-

"To show our respect for them, we stand behind their actions and are sending them this banner as proof of our recognition of their loyalty, their unity, and our belief in the highest ideals of humanity."

Dr. Papanek accepted the banner. "In the name of the Czechoslovak Army and its highest commander, President Eduard Benes, I accept this banner and assure you that it will be speedily forwarded to the President so that he can personally present it to the Artillery Regiment of the Czechoslovak Army.

"We are convinced that this banner, after victorious battles during the war, will be one of the first and highest borne when our armies will return through Prague to a liberated country.

"I thank the American Sokol for this gift which is most beautiful. I am confident our army will continue triumphantly forward under this banner."

(Continued)

VENSKÉ HUDBY 1. listopadu v Town Hall za účinkování Kohonova smíčového kvarteta (sídelního kvarteta university města New Yorku), Rudolfa Petráka (bývalého člena novoyorské City Center Opera) a mladého, ale vynikajícího pianisty p. Eugena Sabo, kteří provedli díla Smetanova, Dvořákova a Janáčkova, byl po dlouhé době vážným uměleckým podnikem v krajanském životě a připomínkou kulturních úkolů Sokola.

Vyvrcholením oslav byl SLAVNOSTNÍ BANKET 18. listopadu v sokolovně, který shromáždil více než půl třetího sta gratulantů. Slavnostní řečník, starosta br. Vlasten Čihák, vzdal čest zakladatelům a jejich nástupcům, jejichž dílo je nám stálou připomínkou a povzbuzením k následování. Obřadníci večera, br. Jerry Hardy anglicky a sestra Jarmila Uhlířová česky představili významné hosty a zástupce sokolských a jiných československých organizací. Byli mezi nimi náčelník Americké sokolské obce br. Eduard Linhart, celý výbor Ústředí Čsl. Sokolstva v zahraničí v čele se starostou br. Ant. Hřebíkem, zástupci Dělnicko-amerického Sokola, Sokola-Orla, dr. Ján Papánek s chotí, zástupci Čsl. národní rady v Americe a jejich místních odboček, Čsl. společnosti pro vědu a umění, všech jednot župy Východní s župním předsednictvem, a mn. j. Při banketu byly uděleny pamětní odznaky členům jednoty, kteří jsou jimi už 50 let a oznámena volba bratra Vojtěcha Kalabzy čestným členem jednoty. Starosta župy Východní br. Charles Zralý odevzdal jednotě jako dar župy, krásnou plaketu a br. Fr. Jonáš kovový medailon vlastní výroby.

Jak se sluší na tělovýchovnou organizaci, zahájila i ukončila jednota slavnosti tělocvičnými podniky — veřejným cvičením 23. dubna a akademií 19. listopadu. V této provedlo mladší žactvo skladbu ses. Bloudkové z Mor. Ostravy "Radosti mládí", starší žactvo cvičení s lavičkami složené ses. Provažníkovou na hudbu br. Karla Matějovce a muži pásmo úseků ze sletových prostonů od I. po XI. slet. Vedle cvičení jednotlivců na nářadí byly velmi vhodným doplňkem pořadu národní tance provedené Slovenskou taneční skupinou v New Yorku.

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JOSEPH MARTINEK:

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I, one of their un-secret sect,
After having lost a fight
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Outside and inside of me,

Determined to change the world
And resolutely resisting
Any change in myself,

Grayed and palsied by my wounds,

Sought refuge here,
But now
I wonder!
Was I really retired—
Or was I here on sick leave.

(From "Songs of the Desert")

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Ne letošní rok připadá 50. výročí zrození Československé republiky. Opakujeme si slova bratra Jarky Košáře, psané k 28. říjnu 1940:

... Vzpomínáme-li 28. října, tu maně nám vyrůstají v mysli představy, co všechno předcházelo tomuto historickému dni, co utrpení, obětí hmotných i krve musel podstoupiti národ československý, aby na konec dosáhnul své svobody. Státnická prozíravost Tomáše Masaryka, jeho vůdčí duch celého odboje proti zpuchřelému Rakousku a pevné vědomí československých legií, zač bojují, byly mocnými činiteli v boji za československou samostatnost ve válce světové. Osud národa československého byl vložen do rukou T. G. Masaryka, jehož duch tvořil spravedlivou a demokratickou budoucnost Evropy. V prosinci 1914 navždy opustil Rakousko, aby se vrátil jen do svobodného československého státu a napínal všechny své síly, aby revoluční zápal národního odboje vzrostl v organizovanou moc národa, který ve světové válce se staví se svou revoluční, vojensky zdatnou armádou po bok Spojenců a aby československou otázku v celé její hloubce vrhl na světové forum.

Památná bitva u Zborova, kde československá brigáda, nedostatečně vyzbrojená, na hlavu porazila nepřítele několikrát silnějšího, majícího posice opevněné všemi technickými prostředky, vedle významu vojenského měla též hluboký význam politický, jak ve svém projevu československé brigádě

výrazně Masaryk nastínil: "Bratři! Svou husitskou chrabrostí zjednali jste si uznání Ruska a celého spojeneckého světa, dokázali jste přátelům i nepřítelům, že náš národ je navždy rozhodnut domoci se své národní a politické samostatnosti. Vaše činy na bojišti dávají pravý smysl požadavkům našich poslanců ve vídeňském parlamentě. Vy jste živý protest proti Rakousko-Uhersku a jeho věrolomné dynastií, spojivši se proti právu, úmluvám a slibům s Němci a Maďary, v první řadě proti Čechům a Slovákům. Vykořenili jsme všechny zhytky důvěry v dynastií a státníky, kteří se otrocky poddali panskému všeměctví."

Bitvou u Zborova postavil se národ proti Rakousku do otevřené války. Byl konec všem kompromisům, všemu smlouvání. Nebylo pochyb o tom, jak strašně by odpykal národ svou revoluci proti Rakousku, kdyby Německo a Rakousko zvítězilo, tak jak bylo jasno, že, dobude-li československý národ konečného vítězství, Rakouska víc nebude! Zborovská bitva ukázala, že idea národního odboje československého zvítězí, neboť duch malé brigády u Zborova rozdrtil silná opevnění a skvělou výzbroj rakouské přesily na padrt'. Proti duchu a mravní síle národa, jakou se projevila v bitvě u Zborova, není moci, jež by dovedla nad ním zvítězit . . .

Nejvíce se mi oškliví v povahách mnohých nášinců nízké sobectví, dobráctvím zakrývané, které často mění se ve slabost, ústupnost a otročení cizím. — J. Neruda.

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