



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

April 1968

JAMES L. CIHAK:

THERE MUST BE A WAY

America and Western Europe, in the last 200 years, have revolutionized everything upon which they have laid their hands. The pace has become so fast, a decade today sees more changes than scores of centuries in the past. Why? A number of easily proven reasons come readily to mind. First, freedom of the individual to tackle anything and everything catching the fancy of his mind. Work of every type is looked upon with respect. It is no longer regarded as being beneath the dignity of anyone. Ideas are no longer locked up but are freely exchanged. Failure even after a dozen attempts is no longer scorned. It is accepted as an inevitable part of every advance.

Fear has been relegated to a dark closet along with witches and hobgoblins. Superstition, petty prejudices, encrusted ideas of forced acceptance of any and all beliefs just because they have held sway for centuries are on their way out also. Everything has to and will have to stand up to the closest scrutiny and receive general acceptance on its own merits. The world has become small all of a sudden. What happens anywhere, as we well know, has its repercussions everywhere.

Who would have thought even 25 years ago that China would come up with an atomic bomb. But that is the way of dictatorships or in lands still burdened with caste systems. They expand all their efforts on the spectacular, wring themselves dry in the great leap forward while they still have not found a means of feeding, clothing and housing their teeming millions. The price for this they will have to pay just as every thought, idea, ideal and overall advance has had to throught history.

Our own concentration on the practical and beneficial has been made within a framework and under a system such as no period of history has had in the past. We can move mountains and still be sensitive to the prompting of humaneness within us. We can work hard and still have the time to create beauty around us. We are conscious of our strength and ability but feel the need to try our level best to train our youth for its even greater role in the future. We want to make them conscious of their responsibility for what they shall receive and instill in them a high regard for simple virtues.

We all know what they are: Industry, self-reliance, self-discipline, a love of knowledge, respect for others, a yearning to appreciate and create beauty, etc. We have the means of doing it. We have seen the affect of our Sokol gymnasiums and adherence to its ideals upon our own lives. We know its value, and we realize we have been slipping in the execution of our responsibilities, and regardless of the reasons, and they are many and valid, we cannot and must not give up.

This is just another challenge, far from insurmountable. I cannot think of a single factor so great that we could not solve it. As our great Lincoln so aptly put it, "Only

(Continued on page 46)

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Sokolice Libuse, Crete, Nebr.

Dear Sokol Members and Friends:

The Sbor Sokolice Libuse (Sokol Ladies Lodge) of Crete, Nebraska, has reached an important milestone—their 75th year.

Plans are under way to celebrate the 75th birthday anniversary on Sunday, April 28, 1968, at the Sokol Hall in Crete. We wish to extend this reunion invitation to all past and present members who at one time or another were affiliated with any Sokol organization or gym classes; families of these members are also invited to attend. There will be a cooperative covered dish dinner at 12 noon. Please bring a covered dish and your own table service.

A special program is planned for the afternoon. Prominent district and national representatives will be present to help observe this important occasion. Please plan to join us to help celebrate this 75th anniversary and to reminisce the good old times and renew acquaintances.

In case you cannot come for the dinner, you might like to come for the program at 2 P.M. For those of you who find it impossible to attend, we would enjoy hearing from you and would like to read your greetings to those present.

Na shledanou and Nazdar!
Alice Kalkwarf, President

Calendar of Events

- APR. 27th—SOKOL STICKNEY, ILLINOIS.
Gymnastic Exhibition.
- APR. 27th—SOKOL DETROIT, MICH.
Spring Dinner Dance.
- APRIL 28th—SOKOL NEW YORK, N. Y.
Annual Gymnastic Exhibition (veřejné cvičení).
- APRIL 28th—SBOR SOKOLEK LIBUSE, CRETE
NEBR. — 75th Anniversary.
- APR. 28th—SOKOL BALTIMORE, MARYLAND.
Bull roast.
- MAY 1st—SOKOL DETROIT LADIES AUXIL.
Card Party.
- MAY 4th—SOKOL ST. PAUL, MINN.
Gym Program at the CSPS. Hall.
- MAY 4th—SOKOL MLADOCECH, RACINE, WIS.
Gymnastic Exhibition—7:00 p.m.
- MAY 4-5—CONFERENCE OF DISTRICT PRES-
DENTS AND THE EXECUTIVE BOARD OF
THE AMERICAN SOKOL ORGANIZATION.
- MAY 5th—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Gymnastic Exhibition—3 p.m. Her-
rick Jr. High, Grant and Middaugh Aves.
- MAY 5th—SOKOL CEDAR RAPIDS, IOWA.
Akademie.
- MAY 5th—SOKOL BALTIMORE, MARYLAND.
Musical Program.
- MAY 8th—SOKOL BERWYN (ILL.) JUNIORS.
Rummage Sale—1:00 p.m.
- MAY 8th—SOKOL ST. PAUL, MINN.
Rummage and Bake Sale.
- MAY 9th—SOKOL AND SOKOLICE OMAHA.
Storz Beer Party—7:30 p.m.
- MAY 12th—SOKOL FUEGNER, L. I. C., N. Y.
Gymnastic Exhibition.
- MAY 15, 16, 17—SOKOL DETROIT, MICH.
Rummage Sale.
- MAY 16th—SOKOLICE OMAHA, NEBR.
Annual Mother-Daughter Social Evening.
- 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.
- MAY 19th—SOKOL CLEVELAND-CECH HAVLI-
CEK. — Mystery Trip.
- MAY 19th—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — Gymnastic Exhibition at 3:00 p.m.
POSTPONED FROM APRIL 6th.
- MAY 19th—SOKOL BALTIMORE, MARYLAND.
Dinner—dance.
- MAY 24, 25—SOKOL TABOR, BERWYN, ILL.
Bazaar.
- MAY 26th—SOKOL BALTIMORE, MARYLAND.
Annual Gymnastic Exhibition.
- MAY 26th—SOKOL LOS ANGELES, CALIF.
Annual Gymnastic Exhibition—L. A. City College.
- JUNE 7th—SOKOL OMAHA, NEBR.
Gym classes will hold Parents' Night—7:00 p.m.
- JUNE 8th—EASTERN DISTRICT. — District Slet
at Throggs Neck.
- JUNE 9th—CENTRAL DISTRICT—"Sokol Phys-
ical Fitness Day" — Riverside-Brookfield High
School Stadium. 2 P.M.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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AN APPEAL TO AMERICANS OF CZECHOSLOVAK ANCESTRY TO PARTICIPATE IN THE COMMEMORATION OF THE 50th ANNIVERSARY OF THE DECLARATION OF INDEPENDENCE OF THE REPUBLIC OF CZECHOSLOVAKIA

The Czechoslovak National Council of America has submitted to all national organizations composed of persons of Czechoslovak ancestry the following appeal, setting forth the purposes why the commemoration of this outstanding event in the history of our Czech and Slovak peoples must be impressively conducted.

THE APPEAL READS AS FOLLOWS:

The United States of America is today the most powerful nation ever known in the history of mankind. Of far greater importance, however, is the fact that throughout the years, the United States of America has always been the haven and sanctuary and the greatest source of hope of all peoples throughout the world, who believe firmly in the principles of freedom and justice for all mankind and for all nations of the world, without distinction. The United States of America has become this symbol of democracy, as Abraham Lincoln once stated, chiefly as a result of the contributions of untold numbers of immigrants who brought to this, their new home, a deep-rooted dedication and aspiration for the principles of equality, harmony and fraternity. It was these immigrants, for the most part, who helped foster and build to a higher plane the principles of freedom and justice which they found available to them in their new home.

Americans of Czech and Slovak descent had and

have to this day a great share of the success of these efforts.

Along with their unswerving allegiance to their new country, Americans of Czech and Slovak descent retained an undying love for their motherland, and deep concern for the welfare of their brothers and sisters, who remained in Czechoslovakia.

The Czechoslovak National Council of America is preparing a nation-wide commemoration of this important milestone in the long history of the Czech and Slovak peoples. As part of this commemoration it is planned to hold a national convention of all Czech and Slovak organizations in America. It is also expected that this commemoration will be attended by representatives of Czechoslovak peoples residing in all other free countries of the world.

This national commemoration will be held on October 17—20, 1968, in the capital city of the United States of America — Washington, D. C. — where the first proclamation of the free and independent Republic of Czechoslovakia was made in October, 1918.

The Czechoslovak National Council of America intends further to lend all possible assistance to the sponsorship of local commemorations of this anniversary in all localities in which such commemorations are to be held.

We are firmly convinced that every American of Czech and Slovak descent will contribute in the greatest possible manner to the success of this commemoration.

CZECHOSLOVAK NATIONAL COUNCIL OF AMERICA

VLASTA VRAZ, President

BRETISLAV VANEK, Secretary

This Appeal has been adopted and co-signed by the following organizations as an indication of their full participation in and support of the program for commemoration of the 50th anniversary of the Declaration of Independence of the Republic of Czechoslovakia, proclaimed first in Washington, D. C., on October 18, 1918, in Prague, Czechoslovakia, on October 28, 1918, and in Turčanském Sv. Martině, Czechoslovakia, on October 30, 1918:

AMERICAN SOKOL ORGANIZATION

CENTRAL COMMITTEE OF CZECHOSLOVAK LEGIONNAIRES IN CHICAGO, ILLINOIS

Representing all Czechoslovak Legionnaire units in America

CZECH CATHOLIC UNION

CZECHOSLOVAK SOCIETY OF AMERICA

CZECHOSLOVAK SOCIETY FOR ARTS AND SCIENCES

NATIONAL ALLIANCE OF CZECH CATHOLICS

SLAVONIC BENEVOLENT ORDER OF THE STATE OF TEXAS (SPJST)

SLOVAK GYMNASIAC UNION SOKOL OF THE USA. (SOKOL, USA)

**UNITY OF CZECH LADIES AND MEN
WESTERN BOHEMIAN FRATERNAL ASSOCIATION**

To signify the unity of thought and action of all Czechoslovak people throughout the free world, full support and participation of this commemoration has been indicated by the following organizations:

**POLITICAL COMMITTEE FOR A FREE CZECHOSLOVAKIA
COUNCIL FOR A FREE CZECHOSLOVAKIA
PERMANENT CONFERENCE OF DEMOCRATIC SLOVAKS IN EXILE
CZECHOSLOVAK NATIONAL ALLIANCE OF CANADA**

E. J. Pavoucek – President of Western District ASO.



I was born January 17, 1924, near 18th and "O" Streets, which is a part of the area known as Brown Park, and the Czech community of South Omaha. My father, Ludvik, was born in Kumžak u Jindřichového Hradce, and mother, Anna Tesnohlídek Pavoucek, in Habry u Čáslavi.

My early days which were spent in the 18th and "O" neighborhood were ideal for a boy—lots of steep hills and many good hide-out places. One of our neighbors were bro. and sis. Joseph Trunecek. I am certain that sister Trunecek did not believe that I would survive to the age of five, let alone reach maturity. Sister Trunecek watched me on these hills, and I am certain her hair stood on end many times. I recently had the pleasure of presenting sister Trunecek with a token of appreciation from Sokolice South Omaha, as being one of two living charter members of the unit on their 65th anniversary. One of my most occupied spots in the yard was probably near the clothesline, as in order to keep tabs on me, Mom would tie me to the clothesline and here I occasionally shared my dog's meal with him.

Like many other youngsters of my generation, when I enrolled in Brown Park Elementary School,

I spoke only the Czech language. Grade school was a very intriguing part of my life. It brought many exciting events such as knowing only one route to and from school, which was through the alleys where could be found priceless treasures that bulged my pockets and were Mom's "joys" when she discovered them on wash day. My classmates at Brown Park and still amongst my most cherished friends are bros. Milas Novotny and George Slezak. We were in Sokol gym classes together, in high school, and are all members of Sokol South Omaha. We excelled in tossing the volleyball as far from the school playground as possible just as the bell sounded that recess was over. This extended the recess period until the ball was retrieved. Another one of our favorites was to set the clock ahead in order that school might be dismissed earlier. With these little pranks on my record, I am now puzzled as to how I was granted the opportunity to be on the fire patrol, and the safety patrol to assist the youngsters at the school crossings.

The big day came and I was able to become a member of the South Omaha Sokol juvenile gym classes. I had accompanied the folks on many occasions to the Sokolovna, but this was the special day I had been looking forward to. I then anxiously waited to be promoted to the junior class, since this offered much more of a challenge.

I was most fortunate in having as my instructor one of our finest, bro. Frank Vanek. We respected bro. Vanek and knew that his commands had to be obeyed. We also knew that if it was necessary for him to take more drastic action—we could expect a "seat warming" when we got home. Over the years, I can vividly remember that bro. Vanek instilled in us the respect for the Sokol program and in himself for his rigid discipline.

Bro. Vanek selected only qualified gymnasts to attend Sokol competition meets, as funds were not available to send an entire class, as is now the case. I was very fortunate in having been able to attend many District and National meets and to come home with certificates, medals and ribbons for my achievements. My favorite apparatus was the parallel and horizontal bars. Yet, I probably received more points on the still rings, because I had to work harder on them.

Bro. Vanek used as a means of correction, or when the conversation became too overbearing to have us run around the hall twenty or thirty times and this soon burned up any extra energy.

I also attended the Czech School taught in our South Omaha Sokol Hall, which was then the Bo-

hemian National Hall. Bro. Josef Sterba taught us the basics of the Czech language. As youngsters, we did not realize that although American born how much our life would be molded around the Czechs, and how proud we would be years later to know the language and to be able to use it.

In 1937, Dad was very instrumental with other Sokol members in seeking a site for our Sokol Park. He worked diligently with other members and the young boys in clearing this virgin ground to make way for our pavilion and dormitory. All labor was donated and we were rewarded at noon with a delicious lunch of weiners from Zeleny's and rye bread from Pribramsky's. During this time, there were hardly funds enough for material, so it was only the devoted Sokol's labor that made our Sokol Park a reality for other generations to enjoy.

Zest Lodge No. 296, Western Bohemian Fraternal Association, has also been a part of my life. Zest was another one of Dad's foresights with a number of members of Western Bohemian Fraternal Association. They realized that before too long, our Czech language would be second, and an American speaking lodge had to be organized, if they were to retain the interest of the younger generation. I have served as treasurer for a number of years, and have been president from 1964 through 1968. Bea, my wife, has served as financial secretary from 1963 through 1968.

When I finished four years of high school and during that year my Dad passed away at the age of 44—college was out of the question, and I obtained a position with the Union Pacific Railroad shops and served an apprenticeship to become a boiler-maker. Along with this, I also took a welding course.

My part in serving our good country was the training in the anti-aircraft at Camp Callan, San Diego, California. Typical of military training, I trained in anti-aircraft until I was sent overseas, and the anti-aircraft was tossed aside and I became a part of the 84th Infantry Division. My military travels included the countries of Wales, England, Belgium, Holland and France. The stopping place was Dusseldorf, Germany, where combat injuries found their way to me. I returned to the hospital in England, and then on the Wisteria hospital ship to the states to the hospital in Danville, Kentucky. I received a purple heart as a souvenir. Seeing the need for blood donors overseas, I am a four-gallon plus blood donor to the American Red Cross and have donated direct at the hospitals.

Here, Bea and I resumed the courtship which began while we were still students and working part time in the five and ten store. We were married May 10, 1945. I was most fortunate in that my wife, although from another part of Omaha, was of Czech parents and has the same love for the Czech heritage as I, and adapted herself to the Sokol program, as though it has always been a part of her life. Bea has been employed with the Service Life Insurance Company of Omaha for the past nineteen years in the residential mortgage loan department.

I was unable to continue with the Union Pacific, and started at the bottom to learn another trade. This was to serve an apprenticeship to become a journeyman printer with the Omaha Printing Company. After ten years, I sustained a back injury

and was forced to give this up and joined the staff of The Wurgler Company in the Sales Division of Printing Machinery and Supplies which continued for thirteen years, nine of which were as Sales Manager. When the Wurgler Company discontinued the franchise for this equipment, I entered the employment of Western Paper Co. in the same field.

Bea's parents are Frank and Emma Broz. Her Dad was born in Novy Etink and her mother in Verdigre, which is known as the Bohemian Alps of Nebraska.

I have served as Chairman for the Vocational Advisory Council at Thomas Jefferson High School, Council Bluffs, Iowa. I am a Board Member of the Western Iowa Community College, which is a vocational college.

I am a past commander of the Martin Graves American Legion Post No. 339, of Bellevue.

An organization to which we have given time and effort and enjoyed is in connection with the printing industry, "Omaha Club of Printing House Craftsmen." I have held the offices of President, Vice-President, Program Chairman, Printing Week Chairman and Board Member. Bea has been president, vice-president and secretary of the Ladies Auxiliary.

We have received much pleasure working with the juniors of our South Omaha Sokol classes. We have had many successful fund raising projects which have enabled the juniors to participate in Sokol competition meets. We received a very lovely plaque from these gymnasts in 1965, which will always be cherished by us.

I have witnessed Sokol South Omaha go through the transition period of converting from Czech to American speaking meetings during my presidency. The unit has progressed at a faster pace than for a number of years. This is all because we have the solid support of our senior brothers and cooperation and willingness to work hard by our younger members to further Sokol South Omaha for the next generation. We cannot discount our senior brothers since they have given us wise knowledge that has been valuable to us. Sokol South Omaha presented a very lovely award to me in 1966, inscribed "For devoted Sokol service."

I feel that I have been most fortunate in receiving the cooperation of my unit and the Western District. I have enjoyed serving as president of South Omaha from 1961 through 1968, and the Western District from 1965 through 1968. I appreciate the faith entrusted in me. However, the president is only as good as the members behind him, and my thanks to our good devoted Sokols.

The South Omaha Sokol Newsletter is edited by myself and assisted by Bea. It was established in 1964.

During the Sokol Centennial Stamp Ceremonies in Washington, I took part in the Honor Guard that placed the wreath on the tomb of the "Unknown Soldier" in Arlington.

It would be difficult to replace our Sokol and Czech friends. A big thank you from the bottom of my heart for the privilege to serve the Sokols. Summarizing it all, it is wonderful to be an American citizen, with the Czech heritage and of having Sokol training. Grateful? YES INDEED!

Tribute Paid To Bro. Frank Machovsky

In our studies of Czech history, and the history of Czech immigration to America, in spite of the many resources, in this long, arduous, but interesting task, I realize that, too often we fail to record the great works of the Czech-Americans, who should receive due credit for the influence they and our ancestors have had in the founding and the development of our country.

Please permit me to record this brief tribute.

The Sokols and Sokol classes in Cedar Rapids, Ia., have always remained strong, because our history shows a succession of good teachers. The one who taught many of us, and who inspired us to become true Sokol brothers and sisters, was bro. Frank Machovsky.

The 26th day of February, marked the 25th anniversary of his passing from our midst. He was one of the best teachers who served us for the longest teaching term. In his memory, and to the sacrifices, he and his family made to keep our Sokol strong, it is fitting that we pause, so that we can once again recall and reflect upon the great



MARIE AND FRANK MACHOVSKY

influence that our versatile and talented bro. Machovsky had upon us all.

With the death of his wife, Marie, we feel that the final curtain has fallen upon a series of great teachers of a great era. We wish to thank sister Mana Zlatohlavek and sister Vera Hanson, daughters of bro. and sis. Frank and Marie Machovsky, for their contributions to the welfare of the Cedar Rapids Sokols and Sokolice Renata Tyrsova.

We will never forget the Machovsky family—a real Godsend to both Cedar Rapids Sokol units.

There Must Be a Way—

he has the right to criticize who has the heart to help." Although what has been written is far from criticism, I offer the following means of getting out of the forest into the sunshine where the plowing will be much easier.

Every undertaking, major or minor, requires a group sold on the idea if it is to succeed. Self-sold I should have said—there is a big difference between seeing the feasibility of a matter and going along with it. The first is dynamic, the second lukewarm at best. The particular project, whether it be reactivation of a unit, expansion of its facilities, securing additional members or something entirely new, should be thoroughly discussed, from every possible angle before any attempt is made to put it into action.

Our regular meetings, with all their detailed activities are the poorest places for these important, informal discussions. These should be carried on by various groups where the only records kept are of ideas that seem to have real value. They should be held very often and do not necessarily have to be the same individuals every time. The various mem-

(Continued from cover page)

bers should bring all the material, they can gather, both for and against the matter to be discussed. At no one time should anyone try to force thru a particular idea. No matter how good it may be it is headed for failure unless everyone is self-convinced of its actual value. Railroadng has been the cause of more disasters than any other thing I can think of. These conferences should be as open as possible, a free confrontation of ideas between people who know and respect each other and are actually all striving for the same goal.

That goal is the revitalization, expansion and betterment of their Sokol unit and its justified impact upon an also somnolent community. Constant gatherings, free and open discussions, becoming more and more acutely aware of what they have to offer, can in a very painless way open the gates to the realization of our dreams for the Sokol's Second Century.

Eric Hoffer wrote somewhere that "The masses are lumpy with talent." Let us prove what we already know, that we, as Sokols, are "lumpier than the rest."

SOKOL GYMNAST

April 1968

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

MILDRED PRCHAL:

DANCE THROUGH GYMNASTICS

(Continued)

VII. 1.-3. Hold in seat (right rearleg—slow upright—frontarm, knuckles up—eyes follow movement of arms.

VIII. 1.-3. Hold in seat (right rearleg) slowly frontbow, forehead above floor, arms from fingers up to elbow lie on floor.

IX. 1.-3. Slowly turn 90° to right to sit sidetouch right—slowly frontbow and sidebow to right; right arm (fingers touch floor) sketch 1/4 circle from left knee up to toes of right leg; left hand rests on floor near left knee.

X. 1. Finish movement.
2.-3. Hold.

XI. 1.-3. Hold in seat sidetouch right—slowly straighten—slowly frontarm, knuckles up.

XII. 1.-3. Hold seat sideleg right—slow sidebow to right—right sidearm low, fingers at toes of right leg, left hand rests on floor by left knee.

XIII. 1.-3. Hold seat sideleg right, deep sidebow to right, deep frontbow and deep sidebow to left, arms: left hold at left knee, right thru sidearm and frontarm passes to sidearm to left (during sidebow to right and frontbow to sidebow left, the right arm moves low above floor).

XIV. 1. Finish movement—bigger sidebow to left.
2.-3. Hold.

XV. 1.-3. Upright—uprise—slide right to jointleg kneel—thru closearm low frontarm, hands soft—look toward hands.

XVI. 1.-3. Slow seat on left thigh on floor to left—left closearm, hand rests on floor at left side of body—right rests on right thigh—look toward right hand.

EVEN NUMBERED GIRLS
(During above 16 meas.)

I.-II. = III.-IV. of ODD NUMBERED GIRLS.

III.-IV. = I.-II. of ODD NUMBERED GIRLS.

V. = V. of ODD NUMBERED GIRLS.

VI.-XVI. = VI.-VII. measures of ODD NUMBERED GIRLS but opposite; 3rd and 4th girls in measure XVI. rise; the 3rd girl takes right hand of 4th girl in her right; closeheel stand.

FINALE — 2/4 MEASURE

Only THIRD and FOURTH girls: (pic. 16)

I.-VIII. 1.-16. 32 running steps beginning right around girls 1., 2., 7. and 8., and finish in center of group.

IX.-XV. 1.-14. Join right hands and run 28 steps turning around in center.

FIFTH and SIXTH girls:

I.-III. 1.-6. Hold in seat on floor.

IV. 1.-2. Uprise, join right hands as No. 3. and 4.

V.-XII. 1.-16. 32 running steps beginning right around whole podium and around No. 1. and 2., and 7. and 8., form cross with girls No. 3. and 4. and join as follows: No. 5. clasps right wrist of No. 4. and No. 6. clasps right wrist of No. 3.

XIII.-XV. 1.-12. Girls Nos. 3. and 4., 5 and 6. turn in cross with right hip to center. (Pic. 17)

FIRST and SECOND girls:

I.-VII. 1.-14. Hold in seat on floor.

VIII. 1.-2. Uprise, join hands like No. 3. and 4. girls.

IX.-XV. 1.-14. 28 running steps beginning right, around No. 7. and No. 8. and around the turning cross with Nos. 4., 5., 6. and 7. (Pic. 18)

SEVENTH and EIGHTH girls:

I.-XI. 1.-22. Hold seat on floor.

XII. 1.-2. Uprise, join like No. 3. and 4. girls.

XIII.-XV. 1.-6. 12 running steps beginning right, around to back. (Pic. 19)

XVI. 1.-2. All girls release hands, form line as at beginning of routine and again take hands.

XVII.-XX. 1.-8. = I. and IV. measure of prologue.

XXI. 1. Hold in frontbow—No. 1 girl releases hand of No. 2.—upright—closeheel stand.

2. No. 2. girl releases hand of No. 3.—upright—closeheel stand.

XXII. 1. No. 3. girl releases hand of No. 4.—upright—closeheel stand.

2. No. 4. girl releases hand of No. 5.—upright—closeheel stand.

XXIII. 1. No. 5. girl releases hand of No. 6.—upright—closeheel stand.

2. No. 6. girl releases hands of No. 7.—upright—closeheel stand.

XXIV. 1. No. 7. releases hand of No. 8.—upright—closeheel stand.

2. No. 8. girl upright—closeheel stand.

GIRLS FINISH IN LINE.

PIANO—Music for Dance Thru Gymnastics may be purchased from the American Sokol office at a nominal cost.

The Federal International Gymnastics Women's Technical Committee, in their Congress held in Warsaw during July 1th to 14th, 1967, approved

that during future competitions, scores by judges should be secret, without flashing individual scores, just as was done successfully by the men. The program of the F.I.G. Women's Committee session and

the results of its deliberations showed new efforts in the administration of the Women's section of the F.I.G. and it is to be desired that this tendency continue.

CLASS HOUR — JUNIOR BOYS

Call in line! Greetings!

WARMUPS: Marching, running. Column of 3s; Number trios in depth Nos. 1 and 2.

1. Upon signal the left end man in each three turns to his left and runs back of line to right wing of his trio becoming No. 1 man. Next end man repeats and so on. Trios repeat a number of times.
2. Same as above but column moves forward on run.
3. March in 3s; upon signal No. 1 man quickly jumps to side stradleg and No. 2 and 3 quickly crawl between his legs. As soon as both men crawl between legs they immediately continue to march forward behind each other (single file). Upon further signal No. 3 man who is now first jumps to stradleg, etc.
(This must be continuous with no break in marching.)
4. Same but in run.
5. Upon signal, boys join hands and form circle twirling to left or right (fast step close step to side) in circle. Upon further signal, release hands, again form trio and march forward. Repeat a number of times.
6. Same in run.

CONDITIONING

In twos: Back to back, closeheel, closearm, hands joined.

- I. 1. Sideway uparm.
2. Sideway closearm.
- II. 1. Sideway uparm.
2. Sideway—bend sidearm.
3. Thrust uparm.
4. Sideway closearm.
- III. 1. Sidearm, sideleg left.
2. Closearm, closeleg.
3. Sidearm, sideleg right.
4. Closearm, closeleg.
Twos face each other in closeheel stand, join hands in frontarm.
- IV. 1. Frontbow—sidearm.
2. Dip in frontbow.
3. Upright—frontarm.
4. Rearbow—hold frontarm.
- V. 1.-2. Slow squat.
3.-4. Slow uprise.
Twos face each other. No. 1 sits closeleg—sidearm, No. 2 kneels, grasps No. 1's legs above ankles and holds them firmly to floor.
- VI. 1.-2. No. 1 slow rearbow—uparm outward.
3.-4. No. 1 slow upright.
After repeating a few times, change positions.
Twos face each other—frontarm—hands placed on each others shoulders.
- VII. 1.-2. Slow frontbow, rearleg left.
3.-4. Slow upright—closeleg.

VIII. Twos face each other in squat—frontarm, hands joined.

1.-4. Jump quickly changing squat frontleg left and right.

Twos face each other in squat—frontarm, palms front.

IX. Jumping jointleg try, by pushing palms against those of partner, to push off balance in squat.

Twos back to back—closearm, hands joined.

X. 1.-2. Slow sideway uparm—inhale.

3.-4. Slow sideway closearm—exhale.

LEAPS AND JUMPS IN THRFS

- I. 2 runs, l., r. (landing in halfssquat), thrust hard from right and high leap forward on left (left leg extends high front before leaping). Alternate and repeat a number of times.
- II. Same but done individually and striving to reach object hanging from rings when at height of leap (handkerchief or towel).
- III. Short run, thrust from one and jump forward on both.
Repeat a number of times.
- IV. Short and brisk run, and takeoff from designated place with both feet landing on both.

RESISTIVES — twos

- I. Bentleg seat, back to back—with assistance of feet and hands push backs against each other (try to dislodge partner).
- II. Support lying back of arms facing each other—press right shoulders against partner.
- III. Facing each other, closeheel stand—frontarm, hands joined (chalkline between) try pulling each other over mark.
- IV. Same but standing sideway and holding by one hand or above elbow in sidearm.
- V. Two boys work together. No. 1 of each couple sits stradleg on No. 2's back who is in support kneel. No. 1's facing each other holding hands in frontarm position try pulling over line.
- VI. Sit stradleg back to back, elbows hooked; pull.

GAME

Two or more teams in single file. Gymnasts stand in stradleg behind each other. The last in line has ball. Upon signal by the instructor, the last man starts to crawl forward between the legs of those before him and rills the ball ahead. As soon as he has crawled to front, he grasps ball, stands up before the first man in line and passes ball overhead to man behind him who passes ball overhead to man behind him, etc. until last man receives ball; he immediately crawls between legs as man did before him. This continues until men have original places. Team finishing first wins.

Methods of crawling:

In support kneel forward—back.

In support lying before hands, back of hands, forward, back.

In bent arm lying before hands, back of hands, forward, backward.

Method of passing ball:

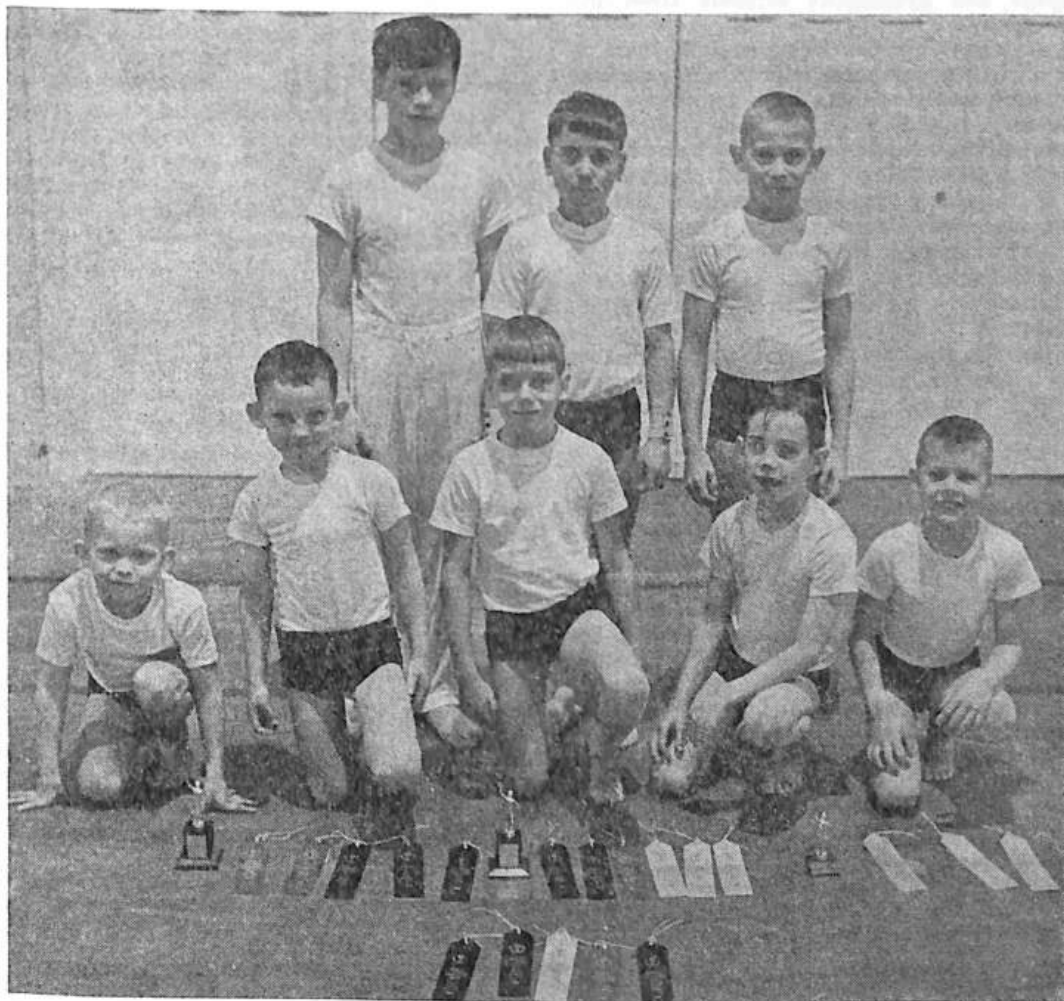
Overhead — between legs — alternately overhead

and between legs; rolling on floor between legs.

Passing ball on right side of body—on left side—alternately to right and left sides.

CLOSING PERIOD—March with singing—Announcements.

Congratulations To Five Omahans Who Captured 21 Gymnastics Awards



Members are Jim Hartung (front, from left), Philip Cahoy, Monty Harmon, Bobby Green and Robby Steffen and Steve Wickstrom (back, from left), Kelly Harmon & John Hartung.

Five boys representing Sokol Omaha came home with 21 trophies and ribbons from the Midwest International Gymnastics Meet in Urbandale, Iowa.

A total of eight boys represented Sokol Omaha in the younger boys' division.

Steve Wickstrom took first all-around in the 12-14 year division. He also won first in long horse, first in free exercise, first in horizontal bars, second in parallel bars and second in rings.

Kelly Harmon was first in all-around in the 11 and under division. He placed third in long horse, first in free exercise, second in side horse, first in parallel bars, third in horizontal bars and third on rings.

John Hartung used a first in high bars, a second in free exercise, a third in parallel bars and a fifth in side horse to take third in all-around in the 11 and under group.

Monty Harmon won third in side horse and fourth in parallel bars and Jim Hartung was fourth in free exercise. Both boys were in the 11 and under division.

Other boys participating were Philip Cahoy, Bobby Green and Robby Steffen. Phil Cahoy is the coach.

The meet was an open meet with teams from Kansas, Iowa, Missouri and Nebraska participating.

MODERN GYMNASTICS PROMOTED

Boulder, Colo.—Modern gymnastics, a recently developed recreational and competitive sport, which is gaining favor rapidly in European nations, was described here last week by an internationally respected authority.

Modern gymnastics—as differentiated from traditional gymnastics—will grow stronger, Madame Berthe Villancher of France told a group of teachers, students and gymnastics officials from the Rocky Mountain Area.

"There are many persons who can participate in this program who couldn't participate in the regular program, and it will give them a feeling of success," she predicted.

Employing portable apparatus such as balls, hoops, jump ropes, wands, Indian clubs and seven-meter ribbons (streamers or long scarves), the new form emphasizes the natural movements of the body as opposed to the more rigid positions imposed by standard gymnastics.

Essentially, modern gymnastics is "a purification of movement."

"The difficulty, the challenge lies in the fact that with each apparatus used, there are only certain body movements or expressions which are harmonious and fitting, and therefore permitted," said the Frenchwoman.

The test of the modern gymnast is how well he or she interprets and projects the various movements and integrates them with the accompanying music and the apparatus used.

"It has to be in perfect good taste," she said.

Speaking wholly through an interpreter, Madame Villancher stressed that the apparatus should not be construed as manipulative machinery but rather as an extension of the body.

The ball, for example, rests lightly on the palm of the hand. If it is gripped, the performer is faulted. By contrast, the hoop may be rolled or thrown.

Exercises with the rubber jump rope depend mainly on the rapidity with which the gymnast jumps, although there are other exercises with a

hemp rope which are more difficult and interesting than jumping.

Western countries, according to Madame Villancher, often have a false base for modern gymnastics because of their ingrained tradition and dance orientation. Modern gymnastics is an entirely different thing, she said.

It is not classical ballet and choreography, nor is it circus juggling. Neither should it be mixed with folk dancing nor acrobatics. There are no handstands, somersaults or cartwheels, which do have a limited place in artistic gymnastics.

Since there are contradictions between standard and modern gymnastics, it is not likely that the same persons will participate in both. Different judges also will be required as well as different sets of rules. A special committee still is working on the latter, Madame Villancher reported.

In fact, she added, modern gymnastics is still in the process of being defined.

The desire to encourage broader participation is what prompted the technical committee of the Federation International Gymnastics to initiate the development of free-form gymnastics. Madame Villancher is president of the committee.

Six years ago, the new sport was in its infancy. The first international championship, an experiment, took place at Budapest in 1963. Subsequent championships were at Prague in 1965 and Copenhagen in 1967.

A location for the 1969 championship meet will be determined when Madame Villancher returns to Paris. She is director of gymnastics for the French school system in Paris.

Madame Villancher's two-day University of Colorado visit, one of three in the nation, was sponsored by the U.S. Gymnastics Federation and promoted by the USGF regional office at Tucson, Ariz., in conjunction with area USGF officials.

Her lectures also covered performance and evaluation of regular gymnastics routines, with live and filmed demonstrations.

Selection of Students for Instructors' Schools

Instructors' Courses or Schools are very costly to the Unit, District and Organization, therefore each Unit should be discriminate in their selection of students for District and National courses. A distinction must be made between those interested in self-improvement and those who may not be as proficient in practical gymnastics but show definite potential for becoming an instructor.

We all know that the fine gymnast is not always a good instructor and much harm has been done throughout the years by expecting him or her to "take over a class" (perhaps with the attitude of reciprocation for training received). The good gymnast is handicapped in furthering his own progress and the class suffers because of his concentration upon his development. Then we overlook the class member who is always ready and willing to assist

others, attends all classes regularly, participates in every phase of Sokol work when requested and forgets himself in the interest of others. His experience is more theoretical than practical and in most cases he has the qualifications for developing into an outstanding leader.

Students for the schools should not be selected impulsively. The potential squad leaders or instructors should be considered only after a careful study of their attendance, participation in activities, discipline, conduct and consideration of others. They must be well liked, above all else, not for their gymnastic prowess but for their all-around good fellowship. They must also understand that attendance in one or two instructors' schools is not enough to produce even a qualified squad leader unless the student continues his studies.

ASO. EXECUTIVE BOARD

Sokol Crete's celebration of its 75th anniversary—bro. E. J. Pavoucek, President of the Western District, will be asked to attend in the name of the ASO. — Bro. C. Prchal received an invitation to attend background foreign policy briefing in Washington, D. C., but did not accept invitation.

Sokol Omaha extends invitation to all ASO. officers to attend Slet June 14-16, 1968. Bro. E. Linhart will represent the Executive Board since he will be instructing at the 2-week course immediately following.

Czechoslovak National Council requests 2 delegates to represent ASO. at conference commemorating 50th anniversary of the founding of the Czechoslovak Republic. Bros. J. Cihak and J. Rabas will represent us. Appeal will be published in American Sokol.

Letter regarding A. C. Sparta basketball team will be referred to Rudolph Vala.

Bro. C. Prchal visited Cedar Rapids, Ia., where he spoke on T. G. Masaryk, John Masaryk and the Sokol Organization. Presented Sokol emblem grave marker for our consideration.

Bro. J. Cihak prepared forms for district and unit historical audit and answered requests for Sokol material.

Recommendation from the ASO-BOI. about decal referred to the Publicity Committee.

Report for the Bureau of the Census, U.S. Department of Commerce, was filled out by bro. Vodrazka; also prepared income tax report.

Sis. B. Prener wrote letter to U.S. Attorney General, answered correspondence, and arrangements were made at the Oak Park Arms Hotel for meeting rooms and luncheon.

Bro. S. Barcal attended all exhibitions of the units in the Central District. Attendance is substantially greater.

Minutes of BOI. Conference with the District Directors accepted as presented with certain decisions to be acted on by the Presidents' Conference.

Discussion followed regarding our Slet in 1969.

EASTERN DISTRICT

Forms have been sent to units for the United Sokols competition.

All tickets for Sokol Day sold in advance will cost \$1.00. Admission at gate is \$1.50. School children 50c.

Bro. Chas. Divisek will play at the exhibition.

NORTHEASTERN DISTRICT

Sokol Rip, Pittsburgh, Pa., still has its camp property for sale.

Sokol Detroit, Mich. Sokol Cultural Center was dedicated in Jan. 1967. As of 12/31/66 membership of the unit was 207. But interest in the Center became aroused and membership as of 12/31/67 is 233 members. Sokol Detroit was able to pay off a \$17,000 loan during 1967 instead of the projected three years.

Sokol Detroit Ladies Auxiliary worked hand in hand with Sokol Detroit to build and finance Sokol Cultural Center. Auxiliary pays a rental of \$100.00 a month for use of the Center for its gymnastic activities. Combined membership of Sokol and Aux-

iliary makes it the largest Sokol unit in the country.

Krajanský Výbor and Cultural Gardens: Výbor is planning nation-wide activities to remind the world of the 20th anniversary of the day when Czechoslovakia was betrayed into Communist hands.

WESTERN DISTRICT

It was brought out that the advanced gymnasts would benefit if a special class would be held for them.

Gymnasts competing (one only) in the Men's High Division must earn 85 per cent or better of perfect score and a second gymnast must earn 85 per cent of the first gymnast's score in order to receive a trophy.

Tentative roll call indicates 19 students for District "Kurs." Western District will hold a workshop on May 19th at Sokol Omaha.

Units that would like assistance concerning Slet should send a request to the District and present alternate dates on which the District might send the instructors.

Enrolled in classes—42 tots (girls), 283 small girls, 136 junior girls, 37 women and 34 Keep-Fit (women). 31 tots (boys), 52 junior boys, 191 small boys and 24 men.

Educational Director, bro. Svoboda, has compiled Sokol Handbooks.

Bro. Rich Beran and bro. Heinz Rohde will participate in a question and answer period in regard to Sokol on radio station KBON.

President bro. Pavoucek to units: "Make your problems ours. We do not know of your difficulties, if you do not contact the District."

Sokolice Renata Tyrs, Cedar Rapids, raised approximately \$1,500.00 during the Lindale Plaza Days. Observed 50th Anniversary of the naming of the unit. Honored two sisters with almost 60 years of membership. Two sisters received Honorary Certificates, six received 50-year pins.

Sokol Cedar Rapids gained 20 members in the past six months. Unit is noting its 95th Anniversary.

Sokolice Libuse, Crete, Nehr., play bingo every two weeks. Entertain at Nursing Home. Will celebrate 75th Anniversary.

Sokolice Omaha now use the name "Sokol Ladies of Omaha" for publicity only. Attended a publicity forum given by a TV and radio station. Sponsoring trip to Hawaii.

Sokol Omaha. Memberships: 1—72 yrs., 6—60 to 69, 7—50 to 59, 19—40 to 49, 38—30 to 39, 10—25 to 30 yrs. Rehabilitation and up-dating of gym. 90th Anniversary celebration. Exhibitions at Westside High School and O.V. basketball halftime, also at Southroads Shopping Center Mall.

Sokolice So. Omaha—Special program honoring charter members. 65th Anniversary celebration.

So. Omaha Sokol Fuegner-Tyrs—Finished paneling the downstairs walls in knotty pine. Bro. Pavoucek MC'd a program for the Southroads Shopping Center's Youth Achievement Week. Bingo every Thursday night.

Classes: 12 junior boys, 40 small boys and 2 men. 29 Class I girls, 44 Class II girls, 31 junior girls and 30 Keep-Fit. Danced Beseda for O.U. All Na-

tions Day—also for the Girl Scouts with sis. Jirka giving a lecture on Czech culture.

Sokol St. Paul—85th Anniversary Dinner. Danced Beseda at the All Nations Festival and Kolache Day. Also for St. James P.T.A. Classes: 16 tots (boys and girls), 7 junior boys, 22 small boys, 13 Keep-Fit (men), 18 small girls, 18 junior girls, 7 women, 13 Keep-Fit (women).

Sokol Wilber—Bingo every Thursday night. Donation of \$500.00 was transferred from the Wilber Lake Fund to the Swimming Pool Fund. Classes: 13 junior boys and 20 small, 25 small girls and 10 jrs. Performed at the Wilber Czech Festival and Crete Centennial. Made Czech Days Float.

PACIFIC DISTRICT

Meetings to be held every 4 months.

Sokol San Francisco remodeled their club room, stopped issuing the Bulletin.

Sokol Los Angeles—60 participated in San Diego at their Czechoslovak Day. Participated at flag raising ceremonies at Los Angeles City Hall in October.

Future Sokol Leaders Fund

Donations received through Mar. 31, 1968:

Previously reported	\$17,849.35
Sokolský Dámský Sbor Osvěta,	
Hopkins, Minn.	\$ 25.00
In memory of Sis. Mae Basta:	
Ann Basta's Wed. coffee group	7.00
Neighbors in Brookfield	17.00
Western Bohemian Fraternal	
Association	1,250.00
Bennie and Adeline Lankas, in	
memory of mother, Ladislava	
Lankas	15.00
Mary Picha, in memory of her	
husband, James Picha	10.00
Lodge Miroslav Tyrs, Z.C.B.J.,	
Cleveland, Ohio	5.00
Total donations	1,329.00

\$19,178.35

(The above contributions are tax exempt.)

Financial Report ASO.

March 1968

INCOME:

Dues	\$ 1,272.10
Convention Fund	184.75
Special assessment	877.00
Dividends and interest	1,568.75
Advertising in "American Sokol"	492.00
Resale of jewelry	181.00
Sokol emblems, music tapes, postage	29.69
Total Income	\$ 4,605.29

DISBURSEMENTS:

Administrative Department	
Salaries	\$208.91
F.I.C.A. & F.W.T. for Feb.	5748
Rental, janitor service, phone	142.15
Office supplies	61.79
Miscellaneous	16.30
Petty cash	35.21
	\$ 521.84

Educational Department BOI.

Salaries	\$207.80
F.I.C.A. & F.W.T. for Feb.	53.20
Editor "Sokol Gymnast"	25.00
Printing additional copies of	
"Sokol Gymnast"	27.72
Travel expense	18.51
Phone and postage	8.50

\$ 340.73

Sokol Publication

Printing "American Sokol"—	
March 1968	\$630.13
Editor "American Sokol"	75.00
Postage—Dec. 1967 and Jan. 1968	61.48

\$ 766.61

Total Disbursements

\$ 1,629.18

BALANCE:

Totals brought forward:

Western National Bank of Cicero—check-	
ing account	\$12,824.86
Income—March 1968	4,605.29

\$17,430.15

Disbursements—March 1968

1,629.18

\$15,800.97

Vzpomínková oslava v Nebrasce.

V neděli 27. října 1968 oslaví česká Nebraska padesáté výročí založení svobodné, demokratické republiky československé. Vzpomínková oslava bude uspořádána v Lincoln, Nebr. v sále hotelu Cornhusker. Bude to v předvečer slavného Dne svobody 28. října 1918. Slavnostním řečníkem bude senátor Roman Hruška, který promluví česky a anglicky. Slavnostní odpoledne bude zahájeno banketem s projevy významných hostů, dále koncertem hudebního tria z Omahy a naší českou muzikou. Krajané z Nebrasky a okolních států pamatujte na tuto neděli a přijďte do Lincoln. Necht' tato oslava vyzní velkým manifestem za svobodnou a demokratickou republiku. O průběhu příprav budeme vás informovat v tomto listu. K.

Keen Interest Shown In Sokolice Omaha's Tour to Hawaii July 21

Even this early, bonafide reservations are coming in for Sokolice Omaha's DeLuxe Tour of Hawaii. The fine reputation of past Sokol Tours is the best guarantee for a most enjoyable and carefree trip to these enchanting islands. Every day brings its quota of inquiries from St. Paul, New York, Milwaukee, St. Louis, Denver, El Paso and California. Hawaii's call is irresistible. The fact that it is a Sokol Tour adds to the anticipated goodfellowship and savoring to the utmost the exotic beauty and charm of our 50th State.

You will visit the Islands of Oahu, Hawaii, Maui and Kauai, so close to each other and yet so vastly different. Malahini (Newcomers) Nite at the Princess Kiulani Hotel and Aloha (farewell) dinner at the famous Royal Hawaiian Hotel are just the beginning and end of a visit you will never forget.

Hotel accommodations and sightseeing are deluxe thruout.

The tour will leave Omaha and Chicago, Sunday, July 21, 1968, returning to Los Angeles, Omaha and Chicago on Sunday, August 4th. An optional return on the SS. Lurline to San Francisco on August 8th is suggested. The tour will be escorted by sis.

KAREL M. PRCHAL:

50 YEARS

On February 4, 1940, a Sokol Branch was ceremoniously installed as an integral part of the American Red Cross under the name of the American Red Cross Czechoslovak Sanitary Training Detachment "Sokol." This Sokol Branch was comprised of 40 sisters from Chicago and suburbs. The President was the Director of Women of the American Sokol Organization, sis. Kate Danko. The 13 week schooling was directed by Dr. Antonin Mueller.

February 28, 1941, at the age of 80 and one half years, one of the pioneers of our national group, the last of the founders of Pilsen Sokol in Chicago, bro. Frank C. Layer, died. Pilsen Sokol was organized July 13, 1879, and he was its first secretary. He held various important offices in the unit. For eight years, at various periods, he was its president. He was the builder of the Pilsen Sokol Hall, now Polish Falcon Hall, Dist. No. 2, 1812 So. Ashland Avenue. He was also trusted with the building of the Catholic Orphanage in Lisle, Illinois. For many years he was Chicago City Architect. Under his supervision architectural drawings were prepared for the Chicago Municipal Pier. Bro. Layer performed a valuable service to the Sokol and gained the wholehearted respect and faith of all that knew him.

March 3, 1941, bro. Jindrich Rabinak, an inspired and unselfish Sokol, passed away at the age of 60. He loved the Sokol. He was a fine gymnast, instructor and teacher; he was Assistant Director of the ASO. and a member of the ASO. Executive Board. His sacrifice and hard work remains as an example.

In April, when the tragic report about the Nazi seizure of Sokol property in Bohemia and the imprisonment of the foremost Sokol workers in concentration camps was received, a proclamation of the ASO. was distributed to newspapers and units. Units were summoned to conduct protest meetings. The meeting for Chicago units was conducted May 7th.

President bro. Prchal wrote to addresses known to him of our people throughout the world, that in answer to the Nazi rampage against the Sokol they should organize new Sokol units in their communities. A number of such units were, in fact, organized. Among them was the Sokol in Batanagar, India, and the Sokol in Nairobi, Africa.

During the II World War the Sokol enthusiastically performed a tremendous task in the Czech National Alliance as well as the Czechoslovak National Council of America. Work that probably never would be fully evaluated. It was heartwarming to know that the Sokol was leading.

Lectures throughout all of the United States and Canada were conducted by Vojta Benes, Prof. Jaroslav Zmrhal, Karel Prchal and Jos. Martinek of the

Blanche J. Cihak, who is well acquainted with the Islands arranged by the Heger Travel Bureau.

For further information and reservations write to Mrs. Blanche J. Masek, President, Sokolice Omaha, 4048 S. 13th Street, Omaha, Nebr. 68107, or Mrs. Blanche J. Cihak, 405 — 50th Place, Western Springs, Illinois 60558.

Workingmen's Sokol. Bazaars all over the United States were conducted for the support of the movement for the liberation of Czechoslovakia.

June 26th to 29th, 1941, the IV Slet of the Czechoslovak Sokol Federation in America was held in Chicago. This was a combined Slet of the ASO. and SGUS. Represented and in attendance were the Czechoslovak Consular Officers, Yugoslav Sokol, Federation of Workingmen's Units, Catholic Unit Sokol, Alliance of Czechoslovaks in Texas. Present also were the Minister Plenipotentiary of the free Czechoslovak Republic, Colonel V. Hurban from Washington, accompanied by the personal representative of President Dr. E. Benes, Dr. Jan Papanek, Consul Ant. Holy and Vice Consul V. Ozabal of Chicago, Polish Minister Plenipotentiary J. Ciechanowski from Washington, Polish Consul Mr. Ripa, Greek Consul Dimitrius Benetatos, Luxembourg Consul in Chicago, Mr. Fred A. Gilson, Luxembourg Commisar in the International Information Center in New York, Mr. George Schommer, Serbian Consul General Peter Cabric; Mayor of Chicago Edward J. Kelly; Major General Charles H. Bonesteel with his staff; Colonel O. Spaniel; Felix Janovsky, Czechoslovak Consul in Los Angeles; Dr. Gardovsky in Cleveland and others.

The Prime Minister of the Czechoslovak Government in London, Msgr. Sramek, sent the following message:

"The Czechoslovak Government in London sends greetings to the Czechs and Slovaks of the U.S.A. who are gathered together at the Sokol Festival in Chicago. As practical difficulties make it impossible for members of the Government to be present, we choose these means of conveying our thanks to the Czechoslovaks of America for all their help especially their moral help that they are giving to our suffering nation and to our fight for freedom. We rely on the assistance of your country, the U.S.A.; we believe in your great President, and we count on your help in the future. We shall be victorious!"

Against the fifth column, detrimental admirers and followers of the nazi and fascist ideology, undeserving of their great forefathers who wrote the Proclamation of American Independence and Constitution of the United States, with the consent of the United States Government, a Military Committee was formed by the Czechoslovak National Council led by bro. Prchal for recruiting volunteers into the Czechoslovak Air Force. All members of the Committee volunteered for service in this Army. Louis Divina, Jarka Jelinek, Charles Prchal and Jaroslav Zmrhal were members of this Committee. One of the men in this service returned with more recognition than any other in the Air Force.

(Continued)

Principy odboje a brannosti v sokolství.

(Podle přednášky na Columbia University v New Yorku.)



Kdo zná základní poslání a smysl sokolství, je si jistě dostatečně vědom neodlučitelnosti odbojových a branných prvků v sokolské výchově.

Samo založení sokolské organizace bylo zdůvodněno úmyslem upevnit a ubránit český národ před jeho fyzickým a kulturním zánikem v moři bezohledného germanisačního procesu. Období českého národního obrození a jeho úspěšný závěr, jsou bez Tyršova výchovného přínosu nepředstavitelné. Od počátku bylo úsilím sokolské myšlenky: vyzbrojit českého člověka větší odolností a mravní hodnotou. Národ složený z takových jedinců může daleko snadněji odolávat přesile početnějších národů a vydobýt si snáze právo rovnocennosti mezi ostatními.

Sokolství vyrůstalo ve velmi neklidném politickém období. Víme, že to bylo po revolučním roce 1848, po porážce Rakouska v Itálii roku 1859, za války rakousko-pruské v roce 1866 a za války prusko-francouzské v letech 1870. Vnitřní rakouské politické prostředí bylo charakterizováno tehdejšími politickým absolutismem, který byl namířen proti německým národům země.

Již rok 1848 má v naší úvaze značný význam pro vznik národních gard, které symbolisovaly viditelně touhu národa účastnit se řízení státu a převzít také občanskou zodpovědnost za jeho obranu. Tehdy vznikala představa národa ve zbrani. Gardy byly ovšem jen improvizací a zdaleka nespĺnily co bylo od nich očekáváno. Chyba byla především ve zdůrazňování vnější stránky před vojenskou připraveností a kázní. Také rok 1859 byl určitým poučením. Přinesl sice novou státní konstituci, ale zároveň také účinné poznání, že Říše sliby neplní a uvažuje o právech členských národů jedině když je v úzkých.

A v takovém ovzduší vzniká, roku 1862, Sokol. Není našim úkolem všimnout si tohoto faktu podrobněji, není však pochyb o tom, že sokolská tělocvičná organizace vznikala za zcela odlišných politických podmínek a pohnutek, než tomu třeba bylo u německého turnérstva nebo francouzských gymnasií. Tyto organizace vznikly totiž v podstatě z touhy po odvetě za utrpené porážky. Turneři za válečné neúspěchy u Jeny (1806) a francouzští gymnasté za Sedan (1870). Sokolská organizace měla cíl hlubší: probudit v utlačeném národě úsilí po dosažení spravedlivých historických, politických a lidských práv.

Sokolskou myšlenkou vyjádřil Dr. Tyrš i svoji vlastní filosofii. Podle ní viděl hlavní úkol svého národa ve směru estetickém. Ideál harmonického člověka.

Bližším studiem zjistíme, že v jeho sokolské ideologii jsou stopy zásad dvou významných vědců. Schopenhauera a Darwina. Ti oba Tyrše zřetelně zaujali.

Ze Schopenhauera ho zajímala jeho filosofie vůle. Při tom ovšem rozhodně odmítal Schopenhauerův

pesimismus. Věděl, že síla národa závisí právě na jeho vůli být a rozvíjet se. Z Darwina přijal Tyrš nauku o tvrdosti životního boje jedinců a o zákonech evoluce.

V sokolském credu českého národního programu "Náš úkol, směr a cíl" říká: "Veškeré dějiny, jak tvorstva tak lidstva zvláště, jsou věčný boj o bytí a trvání, v němž podlehne a vyhyne co k životu nadál je neschopno a celku závadno . . ."

Darwinovo pojetí životního boje nebral ovšem Tyrš jen přírodovědecky, nýbrž vystihl v něm velký politický význam a prohloubil jej proto současným, neodlučitelným požadavkem duševní a mravní výchovy a zdokonalování. Nestačila mu jednostranná tělesná odolnost. Jeho pojetí odboje a obrany — pokud souvisí s bojem národa o život — navazuje na řeckou výchovu ke statečnosti a bojovnosti. Řecká souměrnost tělesné a mravní krásy byla jeho základním ideálem. Poznal, že vnější fyzické obraně národa ubývá na významu a účinnosti, není-li zpevněna mravním jádrem bojujícího národa.

Tato aplikace Darwinovy theorie na dějinný vývoj národů je původní a samostatnou složkou Tyršova filosofického uvažování. Jeho původnost je dále v tom, že hledá prostředky a usiluje o jeho praktické uplatnění. Dr. Tyrš byl od počátku přesvědčen, že každé zdravé působení na tělo, má současně vliv na duši. Proto cenil tělocvik sice vysoko, ale jen jako prostředek výchovy a nikoliv její cíl.

Tento názor na tělocvik doplnil dále svoji filosofii vývoje. Studium řecké kultury dospěl k názoru, že mravní obrodu v národě lze provést jen společenským seskupením a soustředěním vůle. To je možné na základě společenské morálky, jevící se především v kázní a to v kázní dobrovolné, která je hodnotnější kázně vynucené. Tato vlastnost s prvky bratrství a lidství jsou základem demokracie a moderní společnosti. K tomuto stavu dospívalo sokolství výchovou a vývojem.

Celá sokolská výchova špela tedy k získávání vlastností potřebných pro případné branné a odbojové úkoly.

Tyrš nebyl určitě militaristou i když si byl dobře vědom toho, že hrubé moci nelze čelit pasivním pacifismem. Uvažoval velmi prakticky. Svě návrhy na brannou přípravu přizpůsoboval sice vhodně tehdejšímu poměru v Čechách, ale nezapomínal na případnou nutnost osvobodit český národ třeba i vojenskou mocí.

Zmínili jsme se stručně o prvotním, antickém vlivu na sokolství. Není však obecně známo, že ke svým pořadovým cvičením v jeho tělocvičné soustavě, čerpal právě ze řeckých původních pramenů a nikoliv z německých, jak se někdy nesprávně uvádí. (Pokračování)

Tělocvik jest právě tak gymnastikou nervů, jako svalů. — DuBois-Raymond.

Nenamáhej ducha bez těla, by obé v rovnováze bylo. — Platon.

Cvičiti jen ducha a zanedbávati tělo, je tolik, jako ploditi duchovní mrzáky, jako stavěti velkou hlavu nad slabé hnáty. — Dr. Kodým.

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July 21, 1968

Are you an active member
The kind that would be missed?
Or are you just contented
That your name is on the list?
Do you attend the meetings
And mingle with the flock,
Or do you stay at home
To criticize and knock?
Do you take an active part
To help the work along,
Or are you satisfied
To only just belong?
Do you ever go to visit
A member who is sick?
Or leave the work to just a few
And talk about the "clique."
Think this over, member,
You know right from wrong,
Are you an active member,
Or do you "Just Belong?"
(Sokol Omaha Newsletter)

The international situation is becoming so complicated that now our diplomats are being thrown out of countries that we never even heard of before.

Y'know, everyone knows how to express a complaint, but few can utter a graceful compliment—it's a matter of practice.

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Desecration of the Flag

J. Edgar Hoover, Director, Federal Bureau of Investigation

Can there be any act more sickening and revolting than a crowd of so-called citizens desecrating and burning their country's flag? Those who resort to such moronic behavior are surely lost in the depths of depravity. Obviously, their first loyalty is not to the United States.

True, our Nation is founded on concepts and principles which encourage dissent and opposition. These are traditions we must always defend and support. But touching a torch to the flag far exceeds reasonable protest. It is a shameful act which serves no purpose but to encourage those who want our country to erupt in violence and destruction.

On this 191st anniversary of the Declaration of Independence, we might ask what causes unpatriotic outbursts and irrational protests. Why do people turn against their native land and openly support totalitarian forces whose goal is to enslave the world—forces which do not even allow token opposition from their subjects? Why do some individuals refuse to serve and defend their country? Why do they burn their draft cards and their flag?

There may be many reasons for such action, but I am fully convinced that dying patriotism is one major cause. Love of country is being deemphasized and excluded from several phases of our life. Many

educators and other leaders seem to feel it is no longer necessary for boys and girls to be concerned with how our country came into being, what it stands for, and the courageous and noble deeds of our forefathers to preserve it.

Conditions are now such in some circles that an individual who professes love of this country, reverence for its flag, and belief in the principles which make our Nation great is considered a yokel. Open aversion to patriotism of any form is increasing. Even some news media take a "tongue-in-cheek" approach to persons and groups which promote and participate in patriotic endeavors. Love of one's country is treated as some kind of social disease to be tolerated, if not stamped out. Protests are made that too much patriotism leads to international conflict. I submit that the United States will never have anything to fear from its ardent and genuinely patriotic citizens.

American history proves that freedom and liberty comes at high prices and that their upkeep is costly and time-consuming. As Daniel Webster so aptly put it, "God grant liberty only to those who love it and are always ready to guard and defend it. Let our object be our country . . ."—not our country the object of desecration and abuse.

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