



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

July-August 1968

AMERICAN SOKOL ORGANIZATION PROTESTS SOVIET OCCUPATION OF CZECHOSLOVAKIA

TELEGRAM:

August 22, 1968

The President
The White House
Washington, D. C.

We, the American Sokol Educational and Physical Culture Organization, founded in these United States 103 years ago, representing thousands of Americans of Czech and Slovak origin throughout the United States, urge you to take firm steps in the removal of invasion troops out of Czechoslovakia and thus assist a brave people against aggression. We, as Americans, believing in democracy and freedom, appeal to you to support all efforts of the freedom-loving Czechoslovak people.

AMERICAN SOKOL EDUCATIONAL & PHYSICAL CULTURE
ORGANIZATION

Stanley Barcal, President

Betty M. Prener, Secretary

Telegrams were also sent to: Hon. Everett M. Dirksen, Senator from Illinois, Hon. Charles H. Percy, Senator from Illinois, Hon. Dean Rusk, Secretary of State, Hon. George Ball, U.S. Ambassador to the United Nations.

Districts were urgently requested to dispatch telegrams to their Senators and Congressmen and make every effort to publicize our opposition to this unwarranted action.

Rally was held in the Civic Center, Chicago, August 24th, 1968, protesting occupation of Czechoslovakia by Russian, Polish, East German, Hungarian and Bulgarian Communists

RESOLUTION

Presented at the Manifestation on August 24, 1968,
Chicago Civic Center

We are gathered here today in solemn assembly to condemn the brutal acts of aggression against Czechoslovakia.

We meet in this place today to reassert our belief in the dignity of man; to proclaim our hope

that mankind as a whole shall not allow the occupation of Czechoslovakia to last; to express our undying love for the people of Czechoslovakia—be they our brothers or sisters in blood or in spirit only.

Finally, we stand here today to voice our demands.

(Continued on page 80)

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EDITOR

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

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OFFICE OF THE EXECUTIVE BOARD ASO.

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

Calendar of Events

- SEPT. 13th—6:30 P.M. to 7:30 P.M. Chicken Dinner, South Omaha Sokols, 21st and U — \$1.25. Dancing to polka orchestra included. Reservations necessary — 733-6885.
- SEPT. 14 & 15, 1968—SOKOL KAREL HAVLICEK BOROVSKY, ENNIS, TEX., will celebrate its 60th anniversary.
- SEPT. 18th—SO. OMAHA SOKOL Members Storz Party.
- SEPT. 28th—SOKOL LOS ANGELES, CALIF. St. Venceslav Dance—Sokol Hall.
- SEPT. 28th and 29th—Semi-Annual WESTERN DISTRICT Meeting.
- SEPT. 28 and 29—EASTERN DISTRICT. Annual Meeting in Baltimore, Md.
- OCT. 5th—UNITED SOKOL OF THE EAST. Track and Field Meet for all Seniors and Juniors. Victory Field, Forest Hills, N. Y.
- OCT. 16th—SOKOL CEDAR RAPIDS, IOWA. Sokol Supper.
- OCT. 18th—SOKOL BROOKFIELD, ILL.—Bunco Party.
- OCT. 20th—SOKOL CLEVELAND-CECH HAVLICEK. — Pork and Sauerkraut Dinner.
- OCT. 27th—SOKOL LOS ANGELES — 50th anniversary of Czechoslovakia. Banquet — Sokol Hall.
- OCT. 27th—SOKOL LOS ANGELES, CALIF. 50th anniversary of Czechoslovakia banquet—Sokol Hall.
- NOV. 2nd—SOKOL STICKNEY, ILLINOIS. 40th Anniversary Banquet.
- NOV. 16th—SOKOL BROOKFIELD, ILL.—Chicken Dinner.
- NOV. 17th—SOKOL CLEVELAND-CECH HAVLICEK. — Fun Festival.

XII ASO. SOKOL SLET JUNE, 1969, IN CHICAGOLAND

Special occasions demand special consideration. This was the main reason for the meeting of the Executive Board of ASO. on July 23, 1968. A matter of such prime importance as the national Slet of ASO. needs plenty of time for the all-important preparatory work for the success it deserves.

The general meeting of all of the Slet members will be called for September. In the meantime considerable preliminary work will be done so that the various committees can begin their operations immediately. A smooth working, well planned approach to the many problems connected with a Slet can be expected when there is plenty of time available to fully examine every angle of each committee's assigned project. We ask everyone who has in the past, or desires to do so now, to participate in this Slet work. We need the benefit of your experience and your thinking that have proven to be so valuable to the Sokol in the past.

More and more this entire nation is becoming aware of the tremendous need for exactly the type of physical training, self-discipline and dedication that have been characteristic of the Sokol for over a century. The problems facing us, in every facet of our work, are just another challenge, enabling us to prove we have adequately learned from the past.

This is your Slet. Make it a great one.
James L. Cihak

The film of the 1967 Kaleidoscopic Physical Fitness Gymnastic Classic at Memorial Auditorium in Dallas, Texas, is now available for rental from the:
Sokol Film Library
6208 Lakeside Drive
Fort Worth, Texas 76135

This 16mm color film gives a complete resume of all the activities which took place during those wonderful days of the Mid-Slet. Competitors in action, highlights of the banquet, the colorful parade, the daring of the champions, excitement at the presentation of awards and the spectacular mass exhibition are only part of this excellently photographed and colorful remembrance.

Those of you that witnessed the Mid-Slet will thrill at reliving a great milestone in Sokol history and those of you that were not so fortunate will now have the opportunity to enjoy a glimpse of a most successful Sokol endeavor.

It is a must for you and your unit to see this pictorial story of a memorable event.
Jerry B. Milan

AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

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M. Provazníková:

BUDE V ČESKOSLOVENSKU SOKOL OBNOVEN?

Demokratizační proces, který probíhá v naší staré vlasti, pochopitelně zajímá celé krajanské společenství. Nás Sokoly pak především zajímá, jak se dotýká Sokola. Jde přece o nápravu křivd a Sokolu se stala křivda nemalá.

Hned po únorovém puči byla sokolská organizace rozvrácena jednak zásahy samozvaných akčních výborů, které libovolně sesazovaly řádně zvolené činovníky a na jejich místa dosazovaly komunisty, povětšinou nečleny, jednak vnuceným začleněním sportovních svazů, jednak zásahy "strany a vlády" do vnitřních záležitostí organizace. Tyto zásahy šly tak daleko, že denní tisk dostal závažné prohlášení předsednictva ČOS. bez jeho vědomí a bez jeho souhlasu. Po tomto zásahu, provázeném hromadným zatýkáním členů i činovníků, Sokolové v předsednictvu svých funkcí a členstvo, pokud nebylo uvězněno — a takových byly tisíce — hromadně opouštělo jednoty, které už nebyly Sokolem. Když se takto ochromená organizace ukázala neschopnou života, byla rozpuštěna, sjednocená tělesná výchova a sport byly několikrát přeorganizovány a na nové organizace byl postupně převeden všechen sokolský majetek.

Když letos nové vedení prohlásilo vůli demokratizovat veřejný život v Československu a mlčky suspendovalo tiskovou cenzuru, teprve se provalilo moře utrpení, kterým národ prošel v minulých dvaceti letech, a ukázalo se, jak hluboko v něm tkví smysl pro demokracii a touha po občanských svobodách. Tehdy se také ukázalo, jak národ těžce postrádá Sokol a jak si přeje jeho návrat. K záplavě článků a dopisů bývalých Sokolů se připojili i nesokolové, především kulturní pracovníci, kteří poukazovali na význam Sokola pro zdraví a pro mravní výchovu národa.

V souhlase s těmito spontánními projevy ustavili poslední řádně zvolení členové předsednictva ČSO. "Přípravný výbor pro obnovu Sokola", do kterého povolali další osvědčené sokolské pracovníky. Přípravný výbor vyzval bývalé členstvo k obnově jednot a žup. Některé jednoty tak učinily již před výzvou, hned v prvních dnech uvolnění.

Odpověď na výzvu byla jako jarní přívál. Na schůzi čičitelů a činovníků pražských žup 23. dubna místo očekávaných půl třetího sta osob přišlo půl třetího tisíce. Na 5. května byli seznáni zástupci obnovených žup — po pěti za župu — a sešlo se jich na tři tisíce. Bylo zastoupeno všech 50 žup na území republiky — nezastoupeny byly jen župy Rakouská a Zahraníční. Hodinu před začátkem se sami pořadatelé stěží prodírali davem na schodišti.

Shromáždění mělo důstojně slavnostní ráz, v souhlase s jeho historickým významem. Po zahájení fanfárami ze Sukova Sokolského pochodu přednesl br. Fr. Kožík Seifertovu báseň věnovanou Sokolstvu. Jednání zahájila předsedkyně Přípravného výboru s. Blažena Martínková vzpomínkou na zemřelé, při které zazněla do ticha recitace z posledních sletových prostných mužů "Vám, padlí, čest . . .". Za Přípravný výbor podali zprávy bratři Stránský, Hobza (o obnově jednot) a František Beneš (o hospodářství ČSO. v letech 1945-48). Z ostatních projevů měly nejsrdčnější ohlas řeči bratři Slováků (za župu Bratislavskou br. Gallay, za Nitranskou br. Blaha), kteří se bezvýhradně hlásí k Sokolu. Když se br. Gallay zmínil o úspěších Sokola v mezinárodních závodech, přinesli bratři na ramenu k předsednickému stolu bratra Svátů Svobodu, jednoho z posledních žijících členů slavného turinského družstva (1911). Písemný pozdrav paní Hany Benešové vyvolal dvouminutový potlesk. O Tyršovi promluvil zasloučeně a se záněním profesor Machovec. Nadšení, chuť do práce a obětavost připomínaly slety. Účastníci si sami platili cestovní výlohy a sebrali mezi sebou 17 tisíc korun na administrativní výlohy, které dosud hradili členové Přípravného výboru také z vlastních kapes.

Bylo v tom shromáždění hodně bílých hlav, ale byli i čtyřicátníci, kteří prošli aspoň sokolským žactvem a dorostem, a co je nejradostnější, — plná třetina prý byli mladí lidé.

Shromáždění zvolilo zatím předsednictvo a doplnilo přípravný výbor. Předsedkyní zvolena s. Blažena Martínková, náčelníkem M. Kavalír, náčelníci J. Prokšová, vzdělavatelem Bláha a členy Fr. Beneš, L. Hobza, Fr. Kožík, Kl. Somr, K. Stránský a J. Hlavním úkolem nového předsednictva bude připravit stanovy, prosadit úřední povolení a zahájit jednání o vrácení sokolského majetku. Nejsou to úkoly malé ani snadné. Sokolský majetek, jehož cena jde do miliard, byl r. 1948 ve velmi dobrém stavu. Vždyť za jediný rok od května 1945 do května 1946 vynaložilo Sokolstvo na jeho opravy a rekonstrukce přes sto milionů korun, nepočítaje v to dobrovolnou práci nejméně stejné hodnoty. Jen sama ČSO., která začínala r. 1945 bez halře, měla koncem r. 1947 majetek asi 80 milionů, k němuž přistoupil sletový zisk 100 milionů. Všechno tento majetek přešel na STVS a jeho jednoty a dnes je namnoze v kritickém stavu. Dnešní držitelé, kteří nesou zodpovědnost za hříšné zanedbání sokolského majetku, odmítají jej vrátit těm, kdo jej vybudovali a neprávem o něj byli připraveni.

STVS. jako držitel Tyršova domu, který Sokolové vybuďovali nákladem 25 milionů korun a po válce opravili za dalších 8 milionů, odmítl propůjčit Přípravnému výboru i jedinou místnost na schůzi. Stejně je tomu se sokolovny, kde se poukazuje na to, že jich dnes užívají jiné složky, které by bez nich neměly kde cvičit a schůzovat.

Otázka majetku bude tedy tvrdý oříšek. Ještě tvrdší je otázka organizačního uspořádání Sokola a jeho poměr k nynějším orgánům. Má-li být Sokol Sokolem, musí být samostatnou, dobrovolnou, nepolitickou organizací. To žádá členstvo, to žádá Přípravný výbor. Naproti tomu Svaz tělesné výchovy a sportu (STVS.), který je dnes vrcholnou organizací těchto složek, je ochoten dát JMÉNO Sokol některé své sekci (mluví se o sekci základní tělesné výchovy nebo gymnastické), do které zve všechny bývalé Sokoly k práci.

Tedy doslova to, před čím varoval prezident Beneš. Den po jeho návratu do Prahy po válce mě totiž volal kancléř Smutný a vyžádal si mou návštěvu, aby mi vyřídil prezidentův vzkaz, který zněl: "Dal jsem souhlas k sjednocení tělesné výchovy s podmínkou, že bude sjednocena v Sokole, to je, že přijme jeho ideologii. Tato podmínka byla přijata, ale dejte si pozor na provádění. Nepochybují, že komunisté, kteří sjednocení žádají, nabídnou Sokolu všechny funkce pracovní, hlavně náčelnictví, aby udrželi cvičitelské sbory a aby Sokolové vzali na sebe všechnu práci. Pro sebe budou žádat funkce klíčové, aby vládli. To nesmíte připustit."

Na podporu svého požadavku uvádí STVS. m. j., že je v něm sdruženo na tři tisíce "sokolských jednot".

To však jsou jednoty tak sokolské jako na př. hračkářský obchod v Astorii, který se jmenuje Sokol podle svého majitele. Se Sokolem mají společné jen neprávem podržené nebo přidělené jméno. To pak je dědictví úmyslného a plánovitého zatemňování a matení pojmů ve stalinském období. Tehdejší režim při rozpuštění Sokola záměrně ponechal jeho jméno malým vesnickým jednotám, aby udržel jeho členstvo a klamal veřejnost. Později přiděloval jméno Sokol nově vzniklým jednotám, z nichž některé ani necvičí, provozují jen kopanou a pod. Tyto jednoty nemají ani sokolské zřízení (t. j. demokratické) ani sokolskou ideologii; organizačně i ideologicky podléhají diktátu ústředního vedení STVS. Jaké to bylo vedení v uplynou-

lých letech, můžeme soudit z faktu, že předsedkyní gymnastické sekce byla L. Pešková, odstraněná hned v první vlně demokratizace samotnými svými komunistickými kolegy. Jestliže pánové Klinger, Šterc a j. prohlašují tyto jednoty za Sokol, pokračují ve stalinských metodách klamání veřejnosti.

Návrh na pojmenování některé sekce STVS. Sokolem není odpovědí na živelné volání po obnově Sokola. Nejde přece o prázdné jméno. Nejde také jen o cvičení. Kdo chce jen cvičit, dávno se zařadil v jednotách Svazu. Po čem národ volá, je Sokol ve své plné podstatě, jeho dobrovolnost, demokracie, bratrství, nezištná a obětavá služba národu, jeho výchova k pravdě, k lásce a snášenlivosti, spolupráce všech bez rozdílu politické příslušnosti na tvoření těchto hodnot. Kdo nechce rozdělit rozdílu mezi Sokolem a STVS., měl by se zamyslet nad lavinami přihlášek do jednot, obnovovaných zatím skoro ilegálně.

Přípravné výbory jednot, žup i ČOS. musí teprve zažádat o úřední registraci, která pravděpodobně bude podmíněna dohodou se STVS. o vzájemném poměru. K jednání o této dohodě zvolil Přípravný výbor Sokola komisi, ve které zasedá nová náčelnice Prokšová a bratři Hobza, Stránský, Kožík a Kloda, nynější předseda sekce gymnastiky STVS. (po Peškové). V komisi STVS. jsou m. j. bývalí Sokolové Klinger, Šterc a Serbus. Jak ukazují zprávy denního tisku, jsou právě tito bývalí příslušníci Sokola nejtvrďšími odpůrci jeho obnovy. Poslední zprávy pražského rozhlasu oznamují, že komise se nedohodly a zástupci STVS. odmítli dále jednat. Bude tedy pravděpodobně obnova Sokola jedním z prubiřských kamenů opravdovosti slibů demokratizace.

Na okraj tohoto pojednání budiž dovolena odpověď na často kladenou otázku co je to "Výbor pro zahraniční Sokol". Nevím, je-li to orgán STVS. nebo jiné instituce. Nejagilnějším členem tohoto výboru je dr. Miroslav Klinger. Výbor byl udánlivě utvořen na pomoc zahraničním sokolským jednotám a skutečně některým nabízel literaturu, nářadí, cvičitele i peníze. Neuspěl. Jednoty vystihly, co se skrývá za touto pomocí a co je vlastním účelem výboru: rozbít zahraniční Sokol. V poslední době pod vlivem hesla o rehabilitaci vyzývá výbor Sokoly exulanty, aby si podali žádost o rehabilitaci právě tomuto výboru, jinými slovy doktoru Klingerovi. Hlásí se někdo?

Rally was held in Chicago . . .

(Continued from cover page)

WE CONDEMN

The act of aggression against Czechoslovakia has been judged and condemned already. The world has spoken out. In denouncing the Soviet act of perfidy in the Security Council of the United Nations our American representative has risen well above the limits of his office. He did not speak in the name of our Government only; he did not voice the unanimous moral condemnation of all Americans alone. His, in fact was the voice of all decent freedom loving people the world over. He expressed the concurring opinion of all people of the free world, of millions of people living today under Com-

munist rule and—in this one instance—even of countless Communists who conserved in their hearts a shred of humanity.

This condemnation we endorse wholeheartedly.

On LEGAL grounds we condemn the invasion and occupation of Czechoslovakia as an act of aggression utterly incompatible with international law. The Soviet Union has signed the Charter of the United Nations, yet the Soviet Union has trampled the sovereignty, territorial integrity and political independence of another state with a degree of cynicism which finds its equal only in the acts of Hitler.

On MORAL grounds, we condemn the attempted enslavement of Czechoslovakia as evidence of the most vicious breach of good faith and all rules of decent behavior accepted among individuals and civilized nations.

For the perpetrated act there exists no moral, no legal excuse.

OUR BELIEFS AND OUR HOPES

We are gathered here in the full enjoyment of the blessed liberties of this country and we believe in the perennial values of human dignity.

We believe in the personal freedom of every individual. We believe in the self-determination of nations. We believe in the sovereign independence of all states. We believe that these values should be shared by all people the world over and that no nation has the right to take them away from any other people.

Never shall we desist from these our beliefs. Nor do we give up our firm hope that mankind shall redress the present injustice. We hope that this may be done through the United Nations. Yet should collective United Nations action be made impossible by the Soviet Union, then other ways will have to be found. In conscience, all people are bound to redress the evil act which has been perpetrated against a small defenseless neighbor and has destroyed at the same time the moral basis on which alone human relations can securely rest.

We believe this preeminently moral issue to be everybody's concern and we hope that mankind will act accordingly.

OUR DEMANDS

We further call upon our Government with the following demands:

We shall not be satisfied with words alone, even if they are couched in so vehement terms as were those used by our President and by our representative in the United Nations.

We demand appropriate action—not words alone but action—which shall lead to the immediate withdrawal of all foreign troops from Czechoslovakia and to the release of all persons who have been deprived of their freedom by the invaders.

We insist that recognition be refused to any puppet government which the Kremlin rulers might try to impose upon Czechoslovakia.

We demand effective steps, not words alone but effective guarantees which shall permit the people of Czechoslovakia to determine without outside interference or pressure, by truly free elections, their own domestic order, as well as their relations to other nations.

These then are our most urgent demands. We stress with utmost vigor the stated purposes of the actions we demand. The responsibility for the choice of the most appropriate and effective means rests squarely on the shoulders of our Government. Such means may include: numerous forms of diplomatic action; economic pressure—such as the repudiation of the most favored nation clause—and the cessation of other economic concessions granted in the past to the nations participating in Czechoslovakia's invasion; or, if need be, yet more drastic forms of persuasion.

Should we, in cooperation with the freedom loving people of the entire world ever fail, should the

goals of these our demands not be achieved in the near future, then we would deserve the same indictment as the Soviet Union today. The conscience of the entire world is at stake.

No more appeasement! We have learned the lesson. Hitler's appeasement by the Western democracies led to Munich. The policies of the last decades brought on today's bold, brazen act of perfidy.

Now we demand action. We want freedom for Czechoslovakia. And in this may help us God.

Excerpts from address of Congressman Roman C. Pucinski at the rally:

"We are assembled here this afternoon to add our voice of protest to a crescendo growing around the world against the Soviet Union's brutal occupation of Czechoslovakia.

"We are assembled here today to condemn in the strongest form possible the invasion of Czechoslovakia by Soviet troops and their Communist puppet leaders of Poland, East Germany, Hungary and Bulgaria.

"But more important, we are assembled here today to give voice to demands that the free world not let this infamous crime against the people of Czechoslovakia go unpunished . . .

" . . . For only a few days earlier, the top leaders of the Polit Bureau in the Kremlin assured the Czechoslovaks that they would be free to develop their program of liberalization.

"How long, Good Lord, how long is the free world going to tolerate this kind of Communist infamy? . . .

" . . . This barbaric attack upon the people of Czechoslovakia by Soviet troops is only the latest in a long series of Communist intrigue and conspiracies which has kept this world in turmoil since 1946 . . .

" . . . Soviet Naval forces in the Mediterranean are creating incident after incident against our Sixth Fleet in order to keep that part of the world in a state of constant turmoil.

"The brutal attack on the people of Czechoslovakia by Communist troops is yet another inhuman chapter of the Soviet Union's unyielding drive for ultimate world conquest . . .

" . . . This world sat by impassively in 1956 when the people of Poland tried to carve out for themselves a ray of freedom, and the Poznan uprising was crushed by the same Communist forces that have today moved into Czechoslovakia.

"Later in 1956 we saw another example of Soviet barbarism when the Hungarian uprising for freedom was crushed by the same Communist forces who today occupy Czechoslovakia.

"And today in 1968 we see the Communist juggernaut continue to destroy any efforts by any people within the Soviet orbit who would carve for themselves a spirit of human dignity.

"I submit to you that for the free world to remain impassive and unmoved by this latest assault is an invitation to World War III . . .

" . . . The unified voice of the whole free world must be heard in a firm and resolute demand that the troops of the Soviet Union and her puppet satellites be withdrawn from Czechoslovakia forthwith.

"That same unified voice must demand today that Secretary Alexander Dubcek be released forthwith, if indeed he has not already been destroyed by the Communist troops.

"This same unified voice must demand that the people of Czechoslovakia, and indeed the people of all the captive nations including Estonia, Latvia, Lithuania, Poland, Hungary, Rumania, Bulgaria, the Ukrain—and, yes, the Soviet Union itself—be given an opportunity to develop their own course toward human dignity without the interference of Soviet troops and Communist brutality.

"The great debate in the United Nations clearly demonstrates the futility of trying to deal with any kind of civilized behavior with the Communists.

"America's own dedication to peace and freedom has never been tested more clearly than it is being tested today.

"It is my sincere hope that the President of the United States will order forthwith a suspension of diplomatic relations with the Soviet Union and the other four invaders of Czechoslovakia, and cut off all economic relations with these countries until Communist troops are withdrawn from Czechoslovakia.

"It would be folly to suggest military intervention in this present crisis, if for no other reason than that tactically this would be almost impossible.

"But we have a strong weapon—a more effective weapon—a weapon that will be immediately felt within the very heart of the Communist world.

"That weapon is economic sanctions.

"Each of these five nations whose troops have

invaded Czechoslovakia is undergoing serious and very severe economic crises. None of these nations could last very long without the free trade of commerce with the rest of the world.

"There is no question in my mind that the Soviet Union itself and her satellite Communist puppets in Poland, East Germany, Bulgaria and Roumania, would find themselves in a crisis unprecedented in their time if this nation and the rest of the free world—and I stress—we need a concerted effort of the rest of the world—would impose severe and meaningful economic sanctions against these nations.

"The free world will either determine to quarantine Communist aggressors or suffer the consequences of their aggression in due time.

"No nation in the world today is safe from Communist intrigue and conspiracy. It is for this reason that I hope all of us assembled here today will raise our voice in fervent prayer that the free world once and for all will determine resolutely that the time is long overdue when the Communists must be stopped in their unyielding and unrelenting drive toward world conquest and conspiracy . . .

" . . . Peace can come to this world only when the Soviet Union once and for all understands that there is a point at which human patience can be exhausted.

"Our patience with the running record of Communist intrigue has reached its high water mark. This is the time for resolute action, and we have never had a better cause than the cause of freedom in Czechoslovakia and the rest of the captive nations of Europe."

Sokol Milwaukee, Wis.

(From Congressional Record)

HON. HENRY S. REUSS
of Wisconsin

In the House of Representatives

Monday, July 1, 1968

Mr. REUSS. Mr. Speaker, the Sokol Milwaukee Gymnastic Association, which is dedicated to physical fitness and good citizenship, this year is celebrating its 100th year of distinguished service to the Czech community of Milwaukee. I had the pleasure of attending Sokol Milwaukee's centennial banquet last weekend, and I include the message of the organization's president, Mr. August A. Shabart, and the banquet program:

President's Message

It is a distinct pleasure to welcome you, as president of the Sokol Gymnastic Assn., to this, our 100th Anniversary. I would like to emphasize, that this is the happiest moment of my Sokol life, having participated in the activities of the Sokol movement for approximately 59 years. Most of you undoubtedly understand that the philosophy of the Sokols is to teach physical fitness, especially for our youth so that they may develop healthy bodies, with a sound mind and a good moral standard,

thereby becoming better citizens. I would be amiss if I didn't acknowledge the important part our Sister Organization, The T. J. Sokolice, played in the success of our Sokol during these many years. Many courtesies and help have been extended. I do desire to express my sincere appreciation for all their kindness. One of our most important and progressive Units is the Physical Directors Board headed by Fred Stankovsky, Director of Men, and Emily Falarsh, Director of Women. Not only do they plan and supervise our Gymnastic program and Czech Dancers, but they assist in formulating our Sokol functions. Also the Physical Board is serving on the 100th Anniversary Committee. As President I want to say that I can find no adequate words which would be appropriate to convey to you my personal feeling for the energy and efforts given in fulfilling this tremendous task. At present we have nine honorary members as follows: Arthur Novak, 72 yrs. Allen Shabart, 63 yrs. August Shabart, 59 yrs. George Reisimer, 59 yrs. Stanley Pinter, 55 yrs. Henry Zelenka, 52 yrs. Edward Brikner, 52 yrs. and Frank Novotny, 51 yrs. We salute these pioneers for their faithfulness and may they be blessed with good health. I also wish to recognize our Past Presidents for their loyal service in guid-

ing the destinies of Sokol in past years. In closing I wish to thank all who have in some way contributed to the success of this Anniversary. With love in our hearts, and the desire to overcome today's obstacles, let us ever keep in mind the important teachings of the Sokol.

Nazdar!

Program for Centennial Banquet, Sokol Milwaukee, Saturday, June 29, 1968

1. Pledge of Allegiance.
2. National Anthems: Bro. Anthony Kopecky; accompanied by Audrey Shabart Braatz.
3. Welcome: Bro. Fred Stankovsky, Chairman, Centennial Committee.
4. Address: Bro. August Shabart, President, Sokol Milwaukee.
5. Greetings: Hon. Henry Maier, Mayor, City of Milwaukee.
6. Vocal Selections: Bro. Anthony Kopecky.

7. Greetings: Bro. Stanley Barcal, President, American Sokol Organization.

8. Greetings: Bro. Joseph Drnec, President, Central District ASO.

9. Address: Hon. Henry Reuss, Congressman, 5th District, Wisconsin.

10. Vocal Selections: Bro. Anthony Kopecky.

11. Greetings: Bro. Rudolph Mudroch.

12. Address: Hon. Roman Hruska, Senator from Nebraska.

13. Vocal Selections: Bro. Anthony Kopecky.

14. Closing Address and Presentation of Guests: Bro. Fred Stankovsky, Chairman, Centennial Committee.

Gymnastic Program Following Immediately

1. Old Guard: Sokol Mladococh, Racine.
2. Tribute: Men and Women, Sokol Slavsky.
3. Dance from Bartered Bride; Sokol Milwaukee. Dancing to the music of Carl Ratzer.

**In Memoriam
SUZANNE WIMMER**



A familiar and dear personage has passed from the Sokol scene. Life's vesper bells rang out for sister Suzanna Vitek Wimmer on June 1, 1968.

We sadly mourn the passing of our beloved sister and dear friend, and we pause to pay deserved tribute to her memory.

Sister Suzanna Wimmer became a member of Sokol

Detroit Ladies Auxiliary on April 12, 1923, and served our unit with devotion and loyalty for over 45 years. She has been an integral part of our Sokol organization for so long—its heart-beat so to speak—that it will be difficult to think of Sokol Detroit or the Ladies Auxiliary without our "Sue" Wimmer. Hers was a life of service. She served us honorably, sincerely, and with integrity, believing with all her heart in Sokol—its ideals and its work! Her constant service to our unit and her dedication as a member, merit recognition; her unselfish loving efforts have set a shining example for the rest of us.

Sister Wimmer, because of her activities throughout the years, has endeared herself to all of us, and she has been a friend to many, both here in our units as well as other Sokol units in various parts of the country. There are many who well remember Suzanne during the years she was active in Sokol gymnastic work. For 18 years she served as Women's Gymnastic Director; then as Ass't. Director for several terms, and in the capacity of instructor for several years. On Sept. 28, 1965, when she retired from active participation in the Gymnastic Department, the Board of Instructors conferred on her an honorary membership on their board, in recognition of her long years of service. Her unflinching dedication to her work, the preparations that went into the completing of various pro-

grams, the countless hours spent sewing costumes—all of these things she did these many years, because of her love for Sokol and what it represented. She was happiest when she was molding young bodies and minds in the development of good citizens. There are many today who have benefited from her guidance and help. This work which was so close to her heart, has been very important to Suzanne all through the years.

Since the Fund Raising Committee came into existence, sister Wimmer has been a most active and inspiring member of this very worthy group, working untiringly for its cause. Her work for Sokol never diminished—it only brought a gleam of happiness to her merry eyes. Suzanne was a warm-hearted, sincere person. Her big smile and her friendliness endeared her to all of us. Our lives have been enriched for having known her, and enjoying her friendship these many years. To know her was to love her! With her passing we have sustained a deep loss.

Our sister leaves in bereavement her husband Louis, a son Robert, a daughter Joan Spiroff, and a son-in-law Nicholas. This family, since infancy, has been nurtured on the ideals of Sokol, and today, daughter Joan is following in the footsteps of her mother.

Our Suzanne has left us a rich legacy, which will serve to remind us continually of her endeavors and her efforts, and her bright, shining spirit. Her memory is enshrined in our hearts forever.

For Sokol Detroit Ladies Auxiliary,
Vlasta R. Nozicka

In Memoriam

DR. F. G. TRAVNICEK

Dr. F. G. Travnicek, a member of Sokol Wilber since 1936, passed away suddenly May 16, 1968. This was the greatest loss this community has suffered for many years.

We were proud to call him a member of our organization even though he was too busy to take an active part in the various tasks within.

Doctor Travnicek helped thousands of people in Wilber and the surrounding territory and many of those proudly remark they owe their life to his skill and knowledge. He was never too busy to find time to see anyone who needed his skilled attention. His office was always full of people in need of medical attention and they waited patiently for their turn, they depended on him giving them relief. There were never enough office hours to care for all of the work and he was forced to work into the wee hours of the morning. He was devoted to his profession and his people. A devotion like that of Dr. Travnicek is impossible to match and no one should even try to fill his shoes.

He had a keen interest in his community and his generosity found him donating to many causes.

Doctor Travnicek will long be remembered by all of us who knew him and those who worked with him for the many good traits he put into practice that made him the outstanding man and doctor which he was.

ASO. Executive Board Meeting Held June 25, 1968

Bro. J. Rabas will prepare (in the absence of bro. C. Prchal) whatever material will be necessary for the next issue of American Sokol.

Sis. L. Zdenek reported activity for June and advised that Slet preparations are underway. A drill with hand apparatus for I and II class children (music included) was received from sis. M. Provaznikova.

Reports from units containing historical material requested, are beginning to come in, and the material is very interesting. Bro. J. Cihak reports that the units are finding they have a much richer past and are uncovering much valuable information.

A short article on excursion to Detroit and also about organization of Praha Slet participants (alumni) was prepared by sis E. Welcl-Ruzicka, for publication in American Sokol. The Czechoslovak National Council tour leaving July 25, will visit our Southern District and stop at Houston. Sis. Ruzicka visited well-attended meeting of Sokol Stickney. Senior citizens (14—15 men) meet regularly. Sokol Stickney will conduct a course in late September and early October in their gym. Sokol Tabor (women) ask cooperation on publicity for fund drive. Blueberry outing arranged for August 9 at New Buffalo. Sokol Berwyn and Sokol Plzensky meetings very interesting. Banquet commemorating 75th anniversary of Sokol Plzensky set for November 9th at Riverside Country Club. Sis. Ruzicka received 3 books from Mrs. Cilo of New Buffalo, Mich. — Stavba Sokoloven, Sokol Americký bound copy for the year 1911, and Sokolský Věstník and Sokolský Vzdělavatel from Praha.

Sis. E. Schnabl typed rough draft of a translation made by bro. J. Cihak of Epistles about Self-Control, author Joseph Cermak. By-laws changes for balloting mailed to all units.

Bro. F. Vodrazka attended the SPJST. convention in Dallas and reports our Sokol units performed an excellent job. Mr. George Prevratil ad-

Sokol Wilber extends sincere sympathy to the bereaved family. May he rest in peace.

Mrs. John Ripa, Secy., Sokol Wilber

In Memoriam

We regretfully report the death of our long time president of Sokol Corpus Christi bro. Rudolf Troubil. Attending the SPJST. convention as the manager of the rest home in Taylor, Tex., he suffered a heart attack on the 11th of June in Dallas, Tex., where he also was cremated. He was a member of Lodge No. 29 in Taylor, a long time member of ZCBJ., and 50 years a member of Sokol.

An unreplaceable member in all lodges, he will be forever remembered by all members and friends. On behalf of all members, we wish to express sincere sympathy to the bereaved family of our departed Rudy.

Resolution Committee:

Fr. C. Sacky, Pres. Anitta Regmund, Treas.
Jim Kucera, Secy. Adela Sijansky, Fin. Secy.

dressed the convention and represented our organization well. Bro. J. Milan is a member of their by-laws committee and is highly respected. The Southern District received a fine contribution from the SPJST. for the excellent work they are doing.

Units are sending in names and addresses of their delegates to the Slet Committee. Discussion ensued as to the setting up of working committees. Suggestions were made to stress publicity via newspapers and other media; also stress ticket sales early. Concentrate on Slet seals, souvenirs, banquet, program book, Praha Slet participant alumni group gathering.

Sis. Ruzicka suggested formation of a Public Relations Committee (separate from the Publicity Committee) and agreed to start it and organize it.

Financial Report ASO. June 1968

INCOME:

Dues	\$ 578.00
Convention Fund	38.75
Special assessment	158.00
Dividends and interest	283.87
Resale of jewelry	8.20
Sale of Sokol emblems	11.20
Miscellaneous	12.90
Redemption of Series K bonds	2,500.00
Total Income	\$3,590.92

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 337.23
F.I.C.A. & F.W.T. for May	61.22
Rental, janitor service, phone, electric	151.75
Postage	8.88
Miscellaneous	8.00
Petty cash fund	37.14

\$ 604.22

SOKOL GYMNAST

July-August 1968

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

EDWARD STETKA:

BASICS ARE VITAL

The lack of gymnasts in the Sokol competitions in the intermediate and high divisions can perhaps be traced to the fact that the recognized methods and procedures that are a part of the system of progressive training are not being practiced in our Sokol gymnasiums. In other words, the young gymnasts are not receiving the proper foundation and instead are being "pushed" into performing elements and routines which are beyond their capabilities.

The proper development of a gymnast requires a gradual progression from one training period to another and only by degrees can an individual advance to a perfected and controlled performance on the apparatus. It is senseless to overlook mastery in the fundamentals and instead rush into attempts to perform the difficult routines. In any performance on the apparatus, the gymnast must always have full control of his body which he can gain only through the correct execution of the basic

elements.

Every young gymnast should receive certain fundamental exercises which are vital to the balanced development of his body and mental faculties. After some of the basic elements are correctly performed, they should be combined into a routine in order that the gymnast can learn continuity; that is, to flow from one element to another without hesitation. As other elements are mastered, they can be either added to the routine or substituted for a part of the routine. It is definitely a bad policy to strictly commit an entire gym session to learning elements without making an effort to combine them with other elements.

It is important that the instructors in our Sokol gyms familiarize themselves with the Sokol system of progressive training and make the proper selection of the basic elements to teach the young gymnasts if we are to produce the fine gymnasts such as we had in competitions years ago.

SET OF SPECIAL NORMS FOR TOP ARTISTIC GYMNASTICS COMPETITORS

The following new sets of Czechoslovak exercises were arranged for advanced gymnasts with the aim of developing them to the highest level in Artistic Gymnastics. There are three groups, A, B, and C; each group has 10 exercises.

The first six exercises in each group should thoroughly guarantee a mastering of the Artistic Gymnastics technique, technique without which a successful development of the rest of the phases in Artistic Gymnastics is impossible. The next three exercises are for developing specific requirements such as expression, rhythm, interpretation and harmony with music, the last is physical fitness qualification.

That part of the new sets of norms that requires a high technical level of artistic gymnastics qualifications was recommended by the Czechoslovak Central Training Council for training I. Class Juniors and I. Class Women, so that in the next competitive season it should become a part of the competitive program. This event will be without musical accompaniment and will, of course, be evaluated. Before competitions, only one of the prepared groups for A, B, or C will be drawn; these will be for all groups simultaneously.

Mastering the whole set of required exercises demands much work, patience and persistence. It

remains now upon each instructor as to the kind of program he will prepare, how far he will enrich his repertoire of physical preparedness for each training period and if he will select correct methodical exercises with adherence to principles, progressiveness and suitability. Physical preparation must be conducted regularly and systematically and consistently require precision and cleanliness of execution, so that only correct movements become a habit. Time and effort, sincerely applied to basics and preparation cannot remain without results. For thoroughness we call attention to precision in execution of simple combinations and repeat correct execution of individual exercises of the new "set of norms."

For determining the technical preparedness of A.G. gymnasts and for increasing their technical degree of perfection, a special selection of Artistic Gymnastics norms (standards) has been prepared. A set of norms for gymnasts of the highest capabilities include a multitude of elements and combinations classified into three relatively similar groups of difficulty, A, B, and C; 10 in each of them.

- 1.) Amplitude and correctness of leg exercises at barre or support.
- 2.) Trunk and arm movements.

- 3.) Balance without trunk movement.
- 4.) Balance with trunk movement.
- 5.) Jumps and leaps.
- 6.) Turns.
- 7.) Rhythm.
- 8.) Alternate relaxation (looseness) and tension (stretch).
- 9.) Improvisations with implements (hand apparatus) with music.
- 10.) Endurance, quickness, strength.

The norms must not be interpreted as a burden for the trainer or a mental tax upon the gymnasts, but as one of the mediums toward improving the quality of special Artistic Gymnastics compositions. Striving constantly for improvement makes itself obvious in all of the gymnast's combinations.

GROUP "A"



- 1.) From L hip to barre, R foretouch—right sidearm, left hand moderately before body holds barre or support.
"and" Bend R sideleg, R toes touch left calf.
 - I. 1., &. Right frontleg (lacing thru), turn out knee as R leg stretches forward.
 - 2., &. Hold.
 - 3., &. Hold.
 4. Hold.
 - &. Bend R sideleg.
- II. 1. &. Stretch R sideleg.
 - 2., 3. Hold.
 4. Hold.
 - &. Bend R sideleg.
- III. 1. R rearleg.
 - &. Hold.
 - 2-3. Hold.
 4. Hold.
 - &. Bend R sideleg.
- IV. 1. Stretch R sideleg.
 - &. Hold.
 - 2-3. Hold.
 4. V. position R front and 180° turn left in toestand (R hand on support after turn).
 - &. Bend L sideleg.
- V. = I. but L leg.
 - VI. = II. L leg.
 - VII. = III. L leg.
 - VIII. 1. L sideleg.
 - &. Hold.
 - 2-3. Hold.
 4. &. V. position L front.

- 2.) From R sidetouch—frontarm, palms facing each other, arms curved (SIDE BODY WAVE).
- I. Thru impulse in hips toward right side, sidebow to left, dip step sidetouch L and upright.
- II. Thru impulse in hips toward left side, sidebow to right, dip stand sidetouch R and upright.
- III. = I.
- IV. = II.

Front figure "8" thru swing from impulse in hips is executed smoothly; must not be done "jerkily"; arms remain bend frontarm and only softly accompany movement of entire body.

- 3) From closeheel—closearm:
 - I. 1-2. Dip forestep L, R rearleg—sidearm.
 - 3-4. R sideleg (do not allow free leg to sag—leg turned out).
 - II. 1. Bend R sideleg.
 2. Toestand, extend R frontleg
 - 3-4. Hold.
 - III. = I. but opposite leg.
 - IV. = II. opposite leg.
 - Finis: Close in V. position L front.

- 4.) Closeheel toestand—soft uparm (thumbs back).
- I. 1-3. Sidebow to left, halfsquat.
- II. 1-3. Moderate frontbow, sidebow to right—bend R frontarm inward.
- III. 1-3. Toestand, rearbow—parallel swings outward R, inward L to uparm outward, palms up.
- IV. 1-3. Increase rearbow—hold.
- Executed to both sides.

- 5.) From closeheel toestand—sidearm.
 - I. 1-3. Three runs forward R, L, R.
 - II. 1-2. L forestep, hop high from L while swinging R leg front and back.
 3. R forestep.
 - III. = II.
 - IV. 1-2. L forestep and like II.
 3. R halfsquat forestep—uparm R (L remains sidearm). Should be done to both sides.
- 6.) From R sidetouch—R frontarm, L sidearm.
 - I. 1. R toestand sidestep turning 180° to right on R—R sidearm.
 2. L toestand sidestep turning 180° to right on L—frontarm.
 3. R toestand sidestep turning 180° to right on R—sidearm
 4. L toestand sidestep turning 180° to right on L—frontarm.
 - II., III., IV. = I.
 - Finis: R forestep with dip—thru closearm and flank swing R forward uparm, L sidearm; L forestep with dip.
 - Executed to both sides.

- 7.) Clap or tap out rhythm of music.
- 8.) Distinguish various degrees of muscular tension and relaxation while in closearm.
- 9.) Improvise with jump rope to music (30 sec.).
- 10.) Endurance: Closeheel jumps over rope turning to rear in tempo given by music or metronome, (jumps with maximum height).

GROUP "B"



- 1.) From L hip to barre or support: R reartouch—sidearm.
 - I. 1. Swing R frontleg.
 2. Swing R rearleg.
 3. Hold R rearleg.
 - II. 1-3. Slow R sideleg, frontleg; (leg must remain at same level, knee constantly turned out; trunk straight).
 - III. 1. Swing R rearleg.
 2. Swing R frontleg.
 3. Hold.
 - (Trunk remains erect thru-out exercise.)
 - IV. 1-3. Slow R sideleg and rearleg.

Finis: Close R front of L foot; (V. pos.) release support and turn 180° to left to repeat all of I-IV. with L leg.

2.) From closeheel—sidearm:

Rotate pelvis, starting by pushing hips to left, then forward. This movement is accompanied by trunk bends in opposite direction to pelvic movement and moderate halfsquat during movement forward and to side.

ARMS: Horizontal figure "8" overhead and before body; L begins overhead led by small finger (palm up) and R before body led by thumb.

3.) From R foretouch—sidearm:

I. 1. Bend R sideleg.
& L toestand—R frontleg.
2. & Hold.

II. 1. Bend R sideleg.
& L toestand, stretch R sideleg.
2. & Hold.

III. 1. Bend R sideleg.
& L toestand, R rearleg.
2. & Hold.

IV. 1. Stand, bend R sideleg.
& L toestand, R stretch sideleg.
2. & Hold.

V. 1. R rearstep, bend L sideleg.
& R toestand, extend L frontleg.
2. & Hold.

VI. = II. opposite.

VII. = III. opposite.

VIII. = V. opposite.

Finis: V. position L back of R heel—closearm.

4.) Closeheel—closearm:

I. R forestep to arabesque (arched scale), L rearleg—flank swings frontward uparm.

II. Body wave to rear, upright (dip, toestand R, bend L frontleg—thru closearm, sidearm).

III. L forestep, arabesque, R rearleg—thru closearm uparm.

IV. Body wave to rear, upright (dip, toestand L, bend R frontleg) thru closearm uparm, chest rearbow.)

5.) From L reartouch—L frontarm, R sidearm, facing back.

I. L rearstep turning 180° left while closing R foot back of L with jump—sidearm.

II. L forestep, spring from L, tour jete to left (swing R leg forward, turn 180° to left swinging L to rear, landing on R (uparm at highest point of tour jete).

III. = I.

IV. = II.

V. = I.

VI. L forestep, spring from L to another tour jete landing in kneel on L, bend R frontleg—thru uparm R frontarm, L sidearm. May be reversed.

6.) From closeheel—frontarm to left.

I. 1-3. R sidestep—dip toestand R turning 360° to right, bend L sideleg, left toes touch ankle of R—thru sidebow to left, rearbow and sidebow to right, straighten body (spiral)—swing R downward to sidearm.

4. Halfsquat—downward swing to bend frontarm inward.

II 1-4. = But reverse.

7.) Clap or tap out simple written musical composition.

8.) Distinguish various degrees of muscular tension and relaxation, supple in sidearm, stretched in uparm.

9.) Improvise with hoop to music (30 sec.).

10. Speed: 100 jumps, alternating feet over rope turning forward.

GROUP "C"

1.) From L hip to barre or support, 5th pos. R front—L holds barre, R sidearm.

I. a. R frontleg.

1. R foretouch.

& R frontleg.

2. R foretouch.

& R frontleg.

3. R foretouch.

& R frontleg.

4. Close to V. pos. R crossed front of L.



& R sideleg.

II. 1. R sidetouch.

& R sideleg.

2. R sidetouch.

& R sideleg.

3. R sidetouch.

& R sideleg.

4. V. pos. R crossed back of L.

& R rearleg.

III. 1. R reartouch.

& R rearleg.

2. R reartouch.

& R rearleg.

3. R reartouch.

& R rearleg.

4. V. pos. R back of L.

& R sideleg.

IV. 1-3. = II. 1-3.

4. V. pos. R front of L and turn 180° left in toestand. (Release L hand from barre on turn and grasp barre with R hand.)

& L frontleg.

V. = I.

VI. = II.

VII. = III.

VIII. 1-3. = IV. 1-3.

4. V. pos. L front.

& Hold.

2.) From kneel on L, bend R frontleg—uparm:

Rotating (circling) pelvis beginning to right and forward accompanied by bending of trunk in opposite direction to movement of pelvis—arms do not change position, only softly accompany trunk movement.

3.) From closeheel—closearm:

I. 1-3. Dip L forestep to toestand L, swing R front, turning 180° to left (battement turn) to halfsquat L, R rearleg—front swing R inward to sidearm, L sidearm.

II. 1-3. Swing R thru sideleg to frontleg; on 3rd count stretch L.

III. = I. opposite leg.

IV. = II. opposite leg.

Finis: V. pos. L front.

4.) From closeheel stand—sidearm:

I. R frontleg, rearbow in L toestand—sidearm.

- II. Upright—L halfsquat; R frontleg—frontarm.
- 5.) From R sidetouch—R frontarm, L sidearm.
- I. 1.-2. R sidestep—jump close L while turning 360° to right, land on L—closearm.
- II. = I.
- III. = I.
- IV. 1.-2. 180° turn to right, dip R forestep—L frontarm upslant, R sidearm, chest rearbow. Executed to both sides.
- 6.) From halfsquat L reartouch—R sidearm:
- I. In toestand on R turn 720° to left, bend L sideleg, toes of L touch right ankle—curved uparm R.

- II. Halfsquat R, L frontleg—R frontarm, L sidearm.
- III. L forestep turning 720° to right in L toestand—bend R sidearm, sideway L uparm.
- IV. Halfsquat R reartouch—L frontarm, R sidearm.
- 7.) Clap out rhythm of movement in execution.
- 8.) Distinguish various degrees of muscular stretch and relaxation—relax in deep frontbow; stretch upright and sidearm.
- 9.) Improvisation with ball and music (30 sec.).
- 10.) Strength: Pushups with hands on 2 low beams or benches—elbows close to body, feet on floor between beams.

HOW TO TEACH NEW SET OF NORMS

In exercise 1.): First of all correct posture and stretching of legs. It is suitable to finish each 4 measures at support in V. position (one foot crossed before the other in stand and well turned out legs) and turn 180° for repetition with other leg. The turn is completed without count. Stress proper posture during the exercise, strong stretch from waist upward, turnout and proper placement of working leg from hip, straight knee and turned out foot. All movements must be executed to maximum.

1. **A** Bending in sideleg is high, toes touch inside of opposite knee, toes stretched and directed to rear. Leg movements forward are led by well turned out heel; movements to rear begin with foreleg. Try for maximum stretch, but do not disrupt perfect body control or proper execution.
1. **B** The change of 3 ct. measure to 4 ct. measure; on the 4th ct., retard hold. Start movement with whole leg turned out strongly. Swing leg sharply to at least 90° height without allowing leg to drop. Leg must not drop below horizontal during passage from sideleg to rearleg or back again; the twist of leg in hip joint must be quick, at the right moment, and only to correct degree (do not raise hip; do not bend trunk; do not bend knees).
1. **C** Movement is executed with strength; from highest position, do not allow leg to fall without control. Be careful about correct positions in frontleg, rearleg, sideleg; toes of free leg must be stretched and controlled. Up drawn trunk even in fixed position must not be tense.
2. **A** From "R sidetouch"—left sidebow—arms to left; I. dip halfsquat to "L sidetouch"; with increase in left sidebow and upright to right sidebow—swing arms parallel to right before body; II. dip halfsquat; impulse in hips to sidetouch R; with increased right sidebow and thru upright to left sidebow—swing arms parallel to left before body III-IV. meas. = I-II. Transferring weight is done with smooth figure "8" movement of hips. Movement is progressive so that upper part of trunk is retarded in final phase (trunk arrives last). Movement is smooth and without interruption.
2. **B** Rotating of pelvis with arms executing horizontal "8s," requires amplified and maximum bending (do not omit even one sidebow or rearbow). This is also done to other side.
3. **A** While swinging to rearleg, press trunk toward rearleg—also press sidearm back. In the quarter swing from rearleg to sideleg in half-squat, it is necessary to control position in sideleg (turning out and placing leg) holding trunk (shoulders remain "still"). On 1st ct. of II. measure when executing bend sideleg, there is also a hold in halfsquat. On the 2nd ct. pass smoothly from halfsquat to toestand—here it is necessary to emphasize that we raise the heel from floor only after leg is straight and knee is completely locked.
3. **B** This exercise is done to fullest stretch, toestand, as well as positions of frontleg, sideleg, rearleg, with correct turning out in hip joint.
3. **C** Heels in halfsquat remain firmly on floor, knees always directed over toes. Arms positions: from sidearm, in I. measure—front circle L.
4. **A** Balance with trunk movement is done 4 times; 2 times to right, 2 times to left. The movement is smooth with marked rearbow in toestand and the obvious pelvic movement must not disrupt balance.
4. **B** The arabesque is executed slowly, raising rearleg to highest extension before "tipping" strongly arched body over supporting leg which is firmly turned out; the rearleg must not be turned inward or outward. Rear body wave from arabesque begins with pelvic movement forward and chest frontbow with simultaneous bending of both legs. The body wave is accompanied by flank circles of arms forward and finished with uparm and chest rearbow. In the III. meas. arms pass to uparm thru closearm and sidearm.
4. **C** In rearbow scale the leg extended front is at the highest possible point and does not sag. The change to halfsquat is executed simultaneously with straightening of trunk. This exercise is done to both sides. The spring from floor in leaps or jumps requires maximum strength; the thrust from floor must be very fast; do not relax upon landing before repeating jump; posture, control and upward pull are important.
5. **A** For greater control of these details, a specific change was made in holding arms during swing leap; frontarm, palms facing each other (soft). During 3 running steps and in the final halfsquat, arms remain sidearm. Trunk is upright without the slightest bending. The fast

swing of leg is executed to split, stretched legs do not swerve from original direction, either outward or inward; the front leg is well set in joint and pelvis must not turn toward rear leg.

5. **B** The tour jetes require good orientation. It is necessary to execute each phase of leap precisely: spring and raise frontleg (before rotation) turning 180° and simultaneously change legs very fast in rear with moderate frontkick of swinging leg before landing. During scissors to rear, legs pass each other very closely (hitchkick); they must not separate outward; this depends upon the speed and precision in rotation. Landing is soft, light, without relaxing. It is important to stress especially when finishing row of tour jetes to kneel with bent frontleg, where the gymnast must not bend forward. In fact, in the kneel we add a chest rearbow.
5. **C** The 360° jump turns demand firm control of body, fast movement of head in rotation, sufficient height and joined legs on flight. When stepping to side—low sidearm; when in air, closearm. After 3 leaps to right we execute one jump only with 180° turn and follow with 3 more jumps to left turning 360° each with finish: 90° turn to left stepping L forward and halfsquat forestep R.
6. **A** 180° turns in toestand are executed smoothly, and in straight direction. Most important is the head movement and firm control and stretch of body. The side steps on halftoe are very small

but of the same length to be able to maintain vertical axis of body in turns. The finish is in the IV. measure: 1. Toestand sidestep to right. 2.-4. 90° turn to right and halfsquat forestep L to reartouch R—closearm and flank swing forward upslant R, sidearm L—chest rearbow.

6. **B** To maintain stability it is necessary that during landing of trunk, the pelvis be pressed away from direction of bend, i.e. if doing rearbow, push pelvis forward. Bending trunk and final halfsquat are executed to maximum amplitude. This requires perfect control of leg in bent sideleg. I. measure, 4th ct.—halfsquat—downward swing of L arm to right.
6. **C** 720° turn without trunk bending; add I. measure—uparm; II. measure—halfsquat L frontleg; III. measure—halfsquat forestep L and toestand L; IV. measure—halfsquat R frontleg. The weight of body (even in preparation) is transferred to that leg upon which the turn is to be made. Weight is perfectly over the supporting point and trunk upright with upward stretch. Even with the straightening of leg to toestand (releve) that precedes turn the weight must not deviate to either side. The rise on halftoe (toestand) is maximal, leg firm and stretched. After completing turn the foot lowers itself softly to halfsquat upon full sole. The free leg during turn, is tight against supporting leg and when turn is completed, it passes to frontleg.

Excerpts from U.S. Olympic Women's Committee Meeting Held Apr. 13, 1968, at Long Beach, Calif.

FINAL TRIALS

The top 25 women gymnasts from the National AAU Gymnastics of 1968 will qualify for the final team trials plus any additional competitors who could not compete in the National AAU Gymnastics Championships and petition the committee for admission. In the event that any of the top 25 do not wish to compete they will not be replaced.

No petitions will be accepted for final trials after August 1st, 1968.

CONDUCT OF FINAL TRIALS

The meet will be held in the Los Angeles — Long Beach Area.

Bud Marquette will be Meet Director in charge of physical plant only, and the Technical Committee appointed to the U.S. Olympic Women's Gymnastics Committee will be totally responsible for the technical conduct of the competition.

The National AAU Technical Committee will be the Technical Committee for the final trials with such additional personnel as the U. S. Olympic Women's Gymnastics Committee decides.

The Technical Committee for the final trials will be responsible for qualifying and providing two complete sets of judges (8 judges plus 2 superior judges) plus two alternate judges.

Final trials consist of two complete sets of competition:

Compulsory on Tuesday; Optional Wednesday; Rest, Thursday; Compulsory Friday; Optional,

Saturday. Final squad will be selected on the basis of total score of the two competitions.

TRAINING CAMP

The U.S.O.C. schedule calls for the start of the Training Camp on the Wednesday after Labor Day. The site for the Camp is Lake Tahoe.

The top 8 from the final trials will go to the camp plus two selected by the committee, these will be places 9 and 10 unless there are unusual circumstances involving a top contender.

The Staff will consist of the coach, manager, pianist, the two Olympic judges selected by the AAU, and two additional coaches selected by Coach and Manager, making a total of 7.

The Coach and Manager will be responsible for selecting the Pianist.

The additional coaches at the Training Camp will be designated as Official U. S. O. C. Training Camp Coaches.

TRAINING MEET

Training program will be continued as previously set up for top 10 from the 1968 National AAU Championships. Meets are scheduled for Monessen, Pa. on May 11th and 12th and in the Pacific Association with tentative date of the 12th and 13th of July.

SELECTION OF OLYMPIC TEAM

The Olympic Coach will select the 8 competitive team members from the 10 at the training camp with the advice and help of anyone she wishes.

M. P.

The Editor of the Sokol Gymnast attended A Lecture and Judges Session given by Madame Berthe Villancher, President of The Federation of International Gymnastics (FIG) for Women held February 16th and 17th, 1968, at the Southern Illinois University in Carbondale, under the sponsorship of the United States Gymnastic Federation.

Madame Villancher is one of the most noteworthy and talented leaders in Women's Gymnastics. She lectured on the construction and organization of the FIG and also discussed and described the newest of gymnastics events for women — Gymnastique Moderne (Modern Gymnastics). The latter includes exercises with hand apparatus, balls, ropes, hoops, streamers, scarves, Indian Clubs, etc.

Madam Villancher spoke and evaluated the 1968 Olympic exercises. She gave a comprehensive talk on program development.

A competition between the women gymnasts of Centenary College of Louisiana and Southern Illinois University was conducted by Mr. Herb Vogel on Friday evening; top gymnasts were included. The video tape of this competition was used for evaluation during the judges session the following day.

Sis. Jane Jurew and Marge Whitman of Sokol Tabor participated in this very important judges clinic.

Upon request, copy of notes and new Rules were given to br. Paul Fina by myself, for use in judge's Clinic given by him in the Western District.

April 25th and 27th, I judged for the United States Gymnastic Federation Championships in White Station High School, Memphis, Tennessee. A judges' session and tests were an important part of the 3-day program.

WESTERN DISTRICT SLET 1968 — OMAHA, NEBR. (Competitions)

JUNIOR GIRLS — HIGH DIVISION

1. Phyllis Swoboda, Sokol So. Omaha104.0
2. Bunny Buckingham, Sokol Omaha 99.9
3. Frankie Weiner, Sokol Omaha 96.7
4. Kathy Kelley, Sokol Cedar Rapids 85.0
5. Jerry Kriz, Sokol Cedar Rapids 82.0

JUNIOR GIRLS — INTERMEDIATE DIVISION

1. Denise Minarik, Sokol So. Omaha 97.2
 2. Rhonda Gerber, Sokol Cedar Rapids 93.5
 3. Kathy Hartman, Sokol So. Omaha 93.1
 4. Donna Armstrong, Sokol So. Omaha 92.3
 5. Theresa Fochek, Sokol Omaha 91.4
 6. Joellen Kelly, Sokol Cedar Rapids 90.1
 7. Mary Kay Marchese, Sokol Omaha 89.9
 8. Penny Henry, Sokol Cedar Rapids 88.4
 9. Donna Minarik, Sokol So. Omaha 87.6
 10. Sandra Cramer, Sokol Omaha 86.5
- 15 competed

Intermediate Division Team Placement

1. SOUTH OMAHA282.6
2. OMAHA267.8
3. CEDAR RAPIDS266.6
4. CEDAR RAPIDS218.0

JUNIOR GIRLS — LOW DIVISION

1. Vicki Hurt, Sokol So. Omaha103.6
 2. Geri Dukich, Sokol So. Omaha103.0
 3. Karen Prazen, Sokol So. Omaha102.7
 4. Audrey Berry, Sokol So. Omaha102.1
 5. Vicky Reider, Sokol St. Paul101.8
 6. Judy Pauley, Sokol So. Omaha101.3
 7. Laura Hartung, Sokol Omaha101.2
 8. Karen Prosterman, Sokol Omaha101.0
 9. Chris Aksamit, Sokol Wilber100.6
 10. Joan Mozanec, Sokol St. Paul 96.8
- 43 competed

Low Division Team Placement

1. SOUTH OMAHA512.7
2. ST. PAUL464.8
3. WILBER464.4
4. OMAHA430.8
5. OMAHA360.6
6. OMAHA316.5

WOMEN — CHAMPIONSHIP DIVISION

1. Linda Beran, Sokol Omaha 31.1
- High Div.110.6
- 141.7
2. Karen Peterson, Sokol Omaha 30.3
- High Div.110.0
- 140.3

WOMEN — HIGH DIVISION

1. Linda Beran, Sokol Omaha110.6
2. Karen Peterson, Sokol Omaha110.0

WOMEN — INTERMEDIATE DIVISION

1. Laura Staszko, Sokol Omaha101.6
2. Sharon Spina, Sokol Cedar Rapids 96.9
3. Diana Woodhouse, Sokol Cedar Rapids 87.3
4. Lorraine Vanyo, Sokol St. Paul 75.2

WOMEN — LOW DIVISION

1. Jolene Swoboda, Sokol So. Omaha 98.6

BRO. EDWIN HALIK, our Honorary Director of Men, lost his mother on August 22, 1968. We all extend sincere sympathies.

Western District American Sokol Organization competition meet held June 14, 15, and 16, and hosted by Sokol Omaha in Omaha, Nebraska.

This picture is of the South Omaha Sokol gymnasts.

South Omaha received 11 first place trophies and

a total of 16 trophies of the 39 that were presented.

There were 14 team trophies—South Omaha received 4 first place.

Individual trophies presented totaled 27—South Omaha received 12—7 were 1st place, 3 were 2nd place, 2 were 3rd place.



FIRST ROW: Audrey Berry. — SECOND ROW: Jackie Vankat, Geri Dukich, Vicki Hurt, Jolene Swoboda, Phylliss Swoboda, Karen Prazan, Cathy Swoboda. — THIRD ROW: Jeff Stillmoch, David Bilek, Denise Minarik, Donna Minarik, Donna Armstrong, Kathy Hartman, Mark Marwald, Ron Sobczyk. — FOURTH ROW: Vojmir Benak, Director of Men, Richard Lyons, Tom Lunsford, Paul Jackman, John Kocourek, Phyllis Jirka, Director of Women. — NOT PRESENT: Joyce Britton, Judy Pauley, Georgia Prokupek, Wayne Johnson, Bill Grimes.

J. HRCEK — Translated by M. Prchal:

GYMNASTICS AT HOME Exercises With Towel

Exercise with a towel has an all around character. Beside beneficial stretching of muscles it is possible to strengthen, especially with static exercise (isometrics). Holds however, must not be long especially when the exercising is done in the morning (3—4 sec. — maximum 5 to 6 sec.) For desired results it is necessary to exert the greatest effort. The length of towel is held about the distance of uparm outward or 3 feet between hands folded so it can be easily held.

1. Stand—towel above head (uparm outward); R high frontleg—frontarm outward touching arch of foot—back to stand uparm outward and re-

peat with L.

2. Closeheel—towel before hips (frontarm downslant); slide hands to ends of towel and swing forward, overhead and to low rear, chest high; swing upward and forward to frontarm downslant again. Repeat.

3. Wide sidestride—towel horizontal above head (uparm outward); deep frontbow to right—towel horizontal before chest (touches toes of right foot)—return to original position and repeat to left.

4. Wide sidestride—towel horizontal before chest; turn trunk to right—swing arms frontarm to

- right side and repeat twist—return to original position and reverse.
5. Wide sidestride—towel held vertically, R hand up, L hand down in back of body; hands repeatedly push inward back of body while holding towel; change position of arms, L hand up, R hand down and repeat.
 6. Closeheel—place hands closer together on towel, towel diagonally across chest, one hand waist high, the other chest high; pull hands away from each other—hold. Repeat 3 or 4 times; change position of hands and repeat.
 7. Closeheel—bend frontarm, forearms vertical, hands hold ends of towel which is placed at nape of neck: pull arms forward and push head back vigorously—hold and after slight pause repeat.
 8. Closeheel—towel horizontal before chest—hands far apart: pull arms apart while holding towel—hold; after slight pause repeat. Do not bend backward or push abdomen forward.
 9. Closeheel—bend closearm, forearms outward, holding towel behind body horizontally (on shoulder blades): pull arms forward—hold and after slight pause repeat.
 10. Moderate sidestride—towel over head diagonally, right end high; R uparm, L sidearm; pull outward—hold and after short interval reverse.
 11. Closeheel—bend R rearleg, moderate frontbow—low reararm, hook towel on R foot; stretch leg—chest rearbow—hold and repeat. — Variation: same but bend uparm, forearms to rear—continue pulling arms upward to improve suppleness and stretch in lower limbs.
 12. Closeheel—toestand—towel horizontal above head—squat—swing towel forward and down to floor—repeat.
 13. SIT—towel horizontal above head—deep frontbow, towel touches feet—repeat.
 14. Closeheel—towel loosely on chest horizontally—jointleg jump over towel, first with towel loose and hanging in center, later stretch towel for more difficulty and maximum height—repeat.

Sokol St. Louis Gymnastic Exhibition

The 1968 Annual Sokol Exhibition was presented Saturday, May 18th. 37 small girls, 44 small boys, 30 junior girls, 15 junior boys, 19 2nd class ladies and 19 men — a total of 185 gymnasts. Br. William Shana, President of Sokol St. Louis, greeted the audience and participants.

The program consisted of an imposing assembly led by a color guard, calisthenic drills, games, rhythmic exercises, and exercises on apparatus. The Junior Boys and Junior Girls made a spectacular appearance in their royal blue and white uniforms.

The 2nd class women demonstrated what exercise can do to help keep the figure trim and healthy. Their ages ranged from 40 to 76 years young. Their effective number was composed and taught by "Teach" Prihoda.

The final number was by Junior Boys and Senior men champions on the horizontal bar.

EDWARD STETKA:

SIDE HORSE

When we mention swings on the apparatus, most persons immediately associate this term with the parallels, rings and horizontal. However, the swing is just as important on the sidehorse. Where the swings on the other equipment are done to the front and rear, the swings on the horse are performed to the sides. It must be emphasized that, as on the parallels, the swings are from the shoulders and not from the hips. The proper swing is an absolute necessity for the continuity and rhythm that is required in the performance of a routine.

In learning the swing, the gymnast should assume a support strideleg position between the pommels, right in front. Legs should be straight and toes pointed. Swing from side to side from the shoulders, gradually increasing the height of the swings. As the height of the swings increase, alternately release the hand from the pommel in the direction of the swing. The supporting arm must be perpendicular to the horse. Alternate with left in front.

After the swings have been sufficiently mastered, we can teach the overpass right (left) to rear. Assume the same strideleg position as above and after two or three practice high swings, continue into overpass, with both legs moving in unison and at top of swing, overpass leg.

The same procedure should then be used in practicing one leg overpasses to the front.

When these basic exercises are correctly executed, the one leg overpasses to the rear and front

should be combined (cycles). The instructor should stress continuity, rhythm and swing.

As the eventual goal of all young gymnasts is to perform double leg cycles (circles), it should be stressed that when facing the horse, the body passes through a modified lever with slight benthips (trunk almost parallel to floor) and when the back is to the horse, the body passes through a benthip lever position with the hips slightly forward; at all times the shoulders are directly over the pommels. Therefore, when practicing the previous mentioned basic exercises, the gymnast should try to pass through these positions when the legs are joined after single leg overpasses.

The acrosspass (scissor) is correctly done when the bottom leg and the body are in a straight line at the height of the swing.

Both the instructor and gymnast must have patience as progress will tend to be slow. Do not expect overnight miracles. More time must be devoted to the sidehorse in all of the units. The gymnast must be constantly corrected to avoid the development of bad habits. The gymnast must be told and reminded that at no time must the body make contact with the horse. Every element must be practiced to both sides.

As on any apparatus, the time spent on the correct execution of the simple basics will pay dividends in the future.

Educational Department BOI.

Salaries	\$ 207.80
F.I.C.A. & F.W.T. for May	53.20
Editor Sokol Gymnast	25.00
Printing additional copies of Sokol Gymnast	55.44
Printing scholarship applications	50.00
Phone	1.90
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	\$ 393.34

Sokol Publication

Editor American Sokol	\$ 75.00
Printing May & June issues	1,075.14
Postage — Feb., March, April, May & June 1968	202.48
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	\$1,352.62

Miscellaneous

Special appropriations: Southern District ASO.	\$ 100.00
Miscellaneous	12.00
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	\$ 112.00

Total Expense\$2,462.18

BALANCE:

Totals brought forward:	
Western National Bank of Cicero — check- ing account	\$4,130.28
Income — June 1968	3,590.92
	<hr/>
	\$7,721.20
Disbursements — June 1968	2,462.18
	<hr/>
	\$5,259.02

ASO. Executive Board

July 23, 1968

Letter from Masaryktown, Scarborough, Canada, expressing thanks for sending delegation of sisters B. Prener, A. Falta, E. Welcl-Ruzicka and bro. F. Ruzicka to XIX Czechoslovak Day and their Slet. The action taken by the Executive Board to have representation at Toronto was approved. Brief report given by sis. B. Prener and E. Welcl-Ruzicka concerning Toronto trip.

ASO.-BOI.: Bro. E. Linhart read report for the month of July. Bills were presented from: Central District course \$168.04; Western District course \$731.84; Southern District workshop held at Houston \$28.00; Northeastern District clinic held in Detroit \$22.15. Request for payment approved subject to approval by BOI. Mr. Silverman of S.M.S. is willing to come to Chicago in the matter of Sokol uniforms. Diplomas requested will be sent to sis. N. Zabka, Eastern District, and sis. E. Ruzicka will take supply to Southern District at time of trip there.

Sis. Ruzicka read letter from bro. G. Spanek, giving report in the matter of the sale of Sokol Building at San Francisco. Also gave report of the sale of building by Sokol Cechie.

Slet: Our request regarding use of Morton West facilities is contingent on reply from the School Board some time in September. Bro. Vodrazka will ascertain date of meeting. Sis. A. Basta suggested Riverside-Brookfield be contacted as alternate. Or-

ganization of Slet Committee, also sub-committees, was discussed. Discussion ensued on publicity, souvenir program book, Management Committee, also Slet seals and Slet posters, Housing Committee, Hospitality Committee. Film and slides to be used for Slet material.

Sis. B. Prener reported having edited the English translation made by bro. J. Cihak of bro. Joseph Cermak's "Epistles on Self-Control." Sis. Ruzicka will write to sis. E. Kalabza concerning publishing.

Financial Report ASO.

July 1968

INCOME:

Dues	\$2,049.50
T. J. Masaryk dues	14.00
Convention Fund	40.00
Special assessment	56.00
Dividends and interest	198.13
Advertising in American Sokol	180.00
Resale of jewelry and hats	7.50
Tape, postage, phone	6.50
	<hr/>
Total Income	\$2,551.63

Total Income\$2,551.63

DISBURSEMENTS:

Administrative Department	
Salaries	\$230.26
F.I.C.A. & F.W.T. for June	74.26
Rental, janitor service, phone, electric	143.90
Office supplies	27.91
Travel expense	157.40
Petty cash fund	22.70
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	\$ 656.43

Educational Department BOI.

Salaries	\$207.80
F.I.C.A. & F.W.T. for June	53.20
Phone	9.60
Editor Sokol Gymnast	25.00
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	\$ 295.60

Sokol Publication

Editor American Sokol	\$ 75.00
Postage—June issue	33.06
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	\$ 108.06

Miscellaneous

Special Appropriations:	
Western District ASO.	\$670.94
Central District ASO.	168.04
Northeastern District ASO.	22.15
Southern District ASOS.	28.00
	<hr/>
	\$ 889.13

Total Disbursements\$1,949.22

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—check- ing account	\$5,259.02
Income—July 1968	2,551.63
	<hr/>
	\$7,810.65
Disbursements—July 1968	1,949.22
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	\$5,861.43

Future Sokol Leaders Fund

June and July 1968 Donations:

Bro. Frank Zakrocky, Sr., in memory of his wife, Andela Zakrocky	\$ 30.00
Sis. Mary Holub, Cleveland, Ohio	5.00
Bro. Louis Pohajda, in memory of his wife, Rose Pohajda	25.00
Sis. Marie Prevratil, in memory of Bro. Ben Prevratil and Mr. Louis Udaykee	10.00
Sokolice Little Ferry, N. J.	25.00
Bro. Frank and Sis. Antoinette Pelich, San Jose, Calif.	2.00
Sis. Hermie C. Rabstějnek, in memory of husband, Peter Rabstějnek	10.00
Bro. and Sis. Palas, Los Angeles, in memory of Sis. Johanna Vencel	10.00

Total Donations\$117.00
 Belle City Savings & Loan—dividend 2.38

\$119.38

(The above contributions are tax exempt)

FROM OUR DISTRICTS

EASTERN DISTRICT

(May 20th)

The ASO. requests the past history of the Eastern District. Several members will be assigned to this task.

Director of Men, bro. Capek: Held a board of instructors meeting in Belcamp in April.

Several members from the Okrsek will participate at our Sokol Day Exhibition at Throggs Neck on June 8, 1968.

The children's competition held in Little Ferry was well attended. Sokol New York boys won the trophy.

Director of Women, sis. Zabka: Preparations are being made for the Sokol Course.

Sokolice Little Ferry: A decision was made to set up new by-laws. Are discussing the 60th anniversary celebration to be held next year.

Sokol New York—The camp at East Haddam will be open from June 28 to Sept. 2nd. A Sokol Day exhibition will be held at the camp on June 29 and 30th.

Sokol Fuegner—Honored two 50 year members.

Sokol Newark—Hall is up for sale.

Exhibition at Throggs Neck: It is important that as many students as possible participate. Each unit has been asked to bring their flags. Bro. Zraly reports that posters have been distributed. Radio advertisements will be made prior to the exhibition. If possible posters will be pasted on poles near the stadium. Three members from each unit will act as ushers. Bro. Divisek's orchestra of six musicians will play. The tots class from Sokol Little Ferry will be asked to do their special number.

(June 17th)

A donation of \$25.00 was received from Sokol Philadelphia toward the Eastern District exhibition which was held at Throggs Neck. Sokol Newark also contributed \$50.00 toward the exhibition.

Memorial Day parades were held at Little Ferry and New York with many Sokol members participating.

Report of Throggs Neck Exhibition—Although the attendance was not up to par, the performance of all drills was very good.

Due to the death of Senator Robert F. Kennedy, some people stayed home. Bro. Zraly had everyone rise and observe a moment of silence in memory of Senator Kennedy.

Sokol Little Ferry sponsored a softball team.

Sokol New York—Sokol Day to be held at East Haddam Camp on June 30. All units are being invited to participate. Games will be held for children and adults.

The future of Sokol Hall, New York, is uncertain.

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NORTHEASTERN DISTRICT

(April 24th)

Bro. Zahradnicek will be asked to complete the questionnaire regarding history of N.E. District.

On April 3rd Sokol Tyrs band presented a concert at the opening of Parmatown, and the gym classes performed numerous calisthenic and apparatus numbers.

Little girls' competitions will be held on June 10, 1968, and little boys' competitions on June 7th.

Obtained a tentative acceptance from sis. Provaznik to conduct a clinic in composing calisthenics. Sis. Hantl, sis. Jencik and junior girls from Sokol Cleveland-Cech-Havlicek and Tyrs will perform a special to be video-taped for the TV program "Panorama," on May 8, 1968.

(May 22nd)

Sokol Nova Vlast had a fine Mother's Day program, with bro. Kobylak from D.T.J. showing movies on the Sokol Slet of 1965 and the issuance of the Sokol Stamp in Washington, D. C.

Sokol Tyrs—After meeting on May 15th the unit had a speaker, sis. Hrabik, to give her views on "What is going on in Czechoslovakia."

Sokol Moravan had a celebration in commemoration of Masaryk's birth date. Making plans for a huge celebration in October, to commemorate the 50 years of the Republic of Czechoslovakia.

Sokol Detroit and the Ladies Auxiliary work together as a unit to insure the success of their activities. The gym classes are large, well-attended, except for the junior boys class. Since the new Sokol center has been constructed, the financial responsibilities have grown so large, it was necessary to appoint a secretary of dues and assessments. The unit is always able to obtain enough volunteers to maintain the grounds of the camp and the new building. The Auxiliary held a rummage sale at the Sokol Center which was very successful financially. The unit enjoyed a gross profit of \$1,332.00.

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WESTERN DISTRICT

(June 10th)

BOI. — Final plans for the Slet and Slet School were discussed. The Slet and Competitions will follow the previously reported schedule. So far, there are in the Men's Div. 47 jrs. and 3 srs., and in the Women's Div. 82 jrs. and 7 srs. registered for competition.

Bro. Al Swoboda has compiled the song sheets for the Slet School. Bro. Al received the Beseda that has been translated into English from Adolph Brydil.

Wilson, Kansas Czech Festival — Bro. Pavoucek received correspondence from bro. Milar, again requesting top performers of ALL ages. Workshop be conducted for the units concerned.

* * *

SOUTHERN DISTRICT

(June 20th)

ASO. — Informing the District Executive Committee that bro. Stanley Barcal, President of ASO., will attend the District Slet in Houston. Also confirming that the Czechoslovak National Council tour will attend the Slet.

Sis. Norma Zabka will be able to instruct for the course for one week, the other week will depend on her schedule. Bro. Milan will be the other instructor for two weeks. Survey shows 20—25 students for the course.

Yukon has been designated as Czech capital of Oklahoma by the Governor of that state.

Technical Staff studies means of creating interest in Yukon and Corpus Christi. Public Relations publicizes Sokol by means of Slet pictures in Czech papers.

* * *

PACIFIC DISTRICT

(June 8th)

Quarterly Meeting: Bro. George Spanek reported on the District presidents meeting in Chicago: No division of Pacific District as was suggested. — Improved procedures during the next convention. —

Improved organization for next Slet. — Money allocated to the traveling instructors may be used by other officers of District for traveling in units for administrative purposes. — New by-laws: The change for the acceptance of new units (Article 5 and Article 21).

Sokol Los Angeles held exhibition May 19th, with almost 100 participants. Will have an hour program in San Diego in October. Masaryk Birthday program. Czech play in May with good attendance.

Sokol Fresno has excellent turnout in children's classes. Have no qualified instructors. Have been conducting the Physical Fitness test by the Quaker Oats Co. Are teaching the children Beseda. Are interested in the Czechoslovak Beseda, as it is fast for dancing.

Sokol San Francisco had large crowd at the Masaryk Birthday program. Had 12 children attending the gym classes up to the time of the racial disturbances close to the hall, and now because of this, the attendance of all classes has dropped to almost nothing. Are in process of deciding on the sale of their hall. Have had a good offer.

Sokol Seattle: 8 adults, 16 children, volleyball in summer.

Sokol Scio: Have social events.

Sokol Portland holds meetings.

Hume Lake site will be available for Sokol camp. Sokol Los Angeles technical board will take care of it.

Bro. Duzi of Fresno voices his gratitude to bro. Pokorný and sis. Palas, on their instructions for the Dallas Slet.

Skvělý průběh sokolského sletu župy Severovýchodní.

Vysoká úroveň — velmi dobrá návštěva — a červený den jak ze zlata!

CLEVELAND. — Letošní výroční slet sokolské župy Severovýchodní v neděli 23. června, opět v příjemném prostředí Odd Fellows Fresh Air Camp, předstihl všechna očekávání. Návštěva byla rozhodně mnohem větší než v minulých letech, počasí jsme si nemohli přát příznivější — a cvičenci v počtu kolem 250 v nejlepší kondici!

Program byl zahájen přesně ve 2 hodiny odpovídne hudbou Sokola Tyrš, pod taktovkou br. Jerry Štofla. Po společném nástupu všech složek, hymny se hrály — americká, československá a kanadská — počtě vlajce, přivítal starosta župy Severovýchodní br. Emil Pekar všechny přítomné a srdečně pozdravil shromážděné cvičence. Vedoucí nástupu: br. G. Kotlan a br. Charles Hantl — ses. Betty Hostička a ses. Georgia Jenčíková.

Slova obdivu pro "nádhru, jakou ještě nikdy neviděl", pronesl jeden z hostů, p. Ralph Kreiger, kandidát na šerifa okresu Cuyahoga. Nástup poskytuje vždycky krásný pohled. Cvičenci v různých úborech — ale všechny dohromady v barvách naší čl. vlajky — i když modrá je tmavší, se krásně vyjímají v zeleném rámci travnatého cvičiště.

V krátkém proslovu br. Ralph J. Perk vzpomněl známého hesla "Ve zdravém těle — zdravý duch", jehož jsou clevelandští Sokolové podnes čestnými představiteli a nositeli jeho principu již po 100 let.

Princip svobody, který byl vždy tak drahý národům Čechů a Slováků, připomenem jménem našich bratří a sester v Československu všem Američanům v našem okolí velkou společnou manifestací za svobodu porobených národů dne 18. července na Public Square. Br. Perk pozval všechny přítomné k účasti.

Br. Pekar potom přečetl pozdravné telegramy U.S. poslance Williama Minshalla a U.S. poslankyně Frances Boltonové. Milý pozdrav přišel od bratra Petra Duška z Japonska, kde v Tokiu studuje na universitě pokročilé metody japonského tělocviku. Sokolové mu opětovali pozdrav s několika sty podpisy.

Br. župní starosta dále představil přítomného předsedu II. Okresu D.T.J. Joe Kobyláka a všechny přítomné bývalé župní starosty: br. Johna Tichého, br. Freda Jirsu a br. A. J. Šustera. Upřímná slova měl pro naše cvičící sestry a bratry z Detroitu a Toronta a ocenil jejich věrnost župním sletům v Clevelandu. Nechyběli ani br. a ses. Fred Bartošovi z Toleda, O. Br. Pekar poděkoval za spolupráci čl. rozhlasovým pořadům a deníku Nový Svět.

Rozhodného velení cvičební části sletu se v zápětí ujali župní náčelník br. Edwin Jiroušek a župní náčelnice ses. Agnes Hantlová.

Roztomilé vystoupení káňat pod vedením sestry

Mary Ann Malé bylo přijato obecnstvem jako vždy humorně. Drobotina cvičila na kladině a na žíněnkách. Žákyně a žáci nastoupili ke společným prostným za vedení br. Ed Linharta a ses. Lillian Pierce. Byl to pěkný pohled na nadějnou mládež. Žactvo všech jednot mezi sebou závodilo již začátkem měsíce a na sletišti už vítězové přijímali jen trofeje: Žákyně jednoty Sokol Tyrš zvítězily, druhé místo obsadila Nová Vlast a třetí Sokol Cleveland. V kategorii děvčat 6-7 letých obsadily první tři místa: 1. Donna Linhart, 2. Diane Salak, 3. Karen Procháska; všechny Sokol Tyrš — v kategorii 8-9 letých: 1. Karen Linhart, 2. Kathleen Urda, 3. Carol Salak; všechny Sokol Tyrš a v kategorii 10-11 a 12letých: 1. Debbie Kabat, 2. Wendy Fortier, 3. Janice Johnson, Sokol Tyrš.

Žáci Sokola Nová Vlast si vedli v chlapeckých závodech nejzdatněji. Ve skupině 6-9 letých obsadili první tři místa: 1. Mike Kasper, 2. Tom Naysman, 3. Rich Johnson. Ve skupině 10-12 letých závodníků zvítězili: 1. Jack Nesnadný, Sokol Tyrš, 2. Don Bazzo, Nová Vlast a 3. Bob Vohnout, Sokol Tyrš.

Ve volleyballovém turnaji žen všech tří clevelandských jednot zvítězilo družstvo Sokola Cleveland.

Žákyně vystoupily v cvičích na žíněnkách a ve skoku. Rušné byly závody děvčat všech jednot v běhu. Ve skupině 10-12 letých zvítězil Sokol Tyrš, druhé místo Sokol Cleveland a třetí Nová Vlast. Ve skupině 6-7 letých vyhrála Nová Vlast, potom Tyrš a Cleveland. Vedoucí, ses. Lillian Pierce.

Vystoupení žáků na nářadí (kůň, žíněnky, bradla) sledovalo obecnstvo pozorně. Velký "zbytek" cvičenců se snažil udržet ve vzduchu ohromný pestrobarevný balon. Dobrá myšlenka, jak zaměstnat

všechny cvičence. Vedoucí: br. Ed Linhart.

Společná prostná dorostu byla skutečně krásná. Dorostenci v bílém a dorostenky v modrém cvičili přesně a mnozí diváci považovali jejich vystoupení za nejlepší část sletu. Vedoucí: ses. Jarmila Kalivoda, ses. Gloria Sršeň a Don Kotlan.

Na nářadí dále vystoupili: muži pod vedením George Kunce na vysoké hrazdě a ženy pod vedením ses. Betty Hostičkové na bradlech. Dorostenci za vedení Don Kotlana na bradlech a v různostech; dorostenky za vedení ses. Jarmily Kalivodové na kladině, koni a bradlech.

Slet zakončilo vystoupení mužů a žen prostnými. — Kdo neztratil srdce při vystoupení dorostu — ztratil je rozhodně při prostných členstva. Shoda a přesnost, krásný, ucelený výkon! O úspěch sletu se právě tak zasloužili členové přípravného mužstva: cvičiště br. John Galík a br. Bill Štěpnička; nářadí br. J. J. Vencel a br. Karel Vávra. Liaison — br. George Kotlan.

Celá Odd Fellows farma byla v neděli ve znamení sokolského ruchu. Sestry a bratři v kuchyni a ve výčepu se náležitě a obětavě postarali o ve zdejší potřeby cvičenců i hostů. Z koupaliště se ozýval veselý jásot, radostná nálada a přátelská pohoda vanula ze všech koutů. Výborné hudbě Sokola Tyrš a jejímu kapelníku Jerry Štofflovi patří obzvláštní uznání a dík.

Velmi úspěšný byl sokolský slet v Clevelandu. Zdravé to ovoce celoroční nadšené a obětavé práce mnoha cvičitelů, vedoucích činitelů a všeho členstva. Po dvacet let ujařmené probouzející se Sokolstvo v Československu jistě najde v pravou chvíli otevřená srdce a pomocné ruce všech bratří a sester v Americe.

Zájezd župy Střední do Detroit.

Poznat práci a činnosti sokolské jednoty v rozličném prostředí naší americké rozlehlosti, jen ze stručných referátů v tisku, je velmi těžké. Teprve když vidím práci a život jednoty zblízka, jak se říká na vlastní oči, pak si uděláme správný úsudek i obraz a můžeme i načerpat zkušenosti pro další sokolskou práci. Toto měla na mysli ses. Růžičková, když dala podnět k akci zájezdů k jiným jednotám.



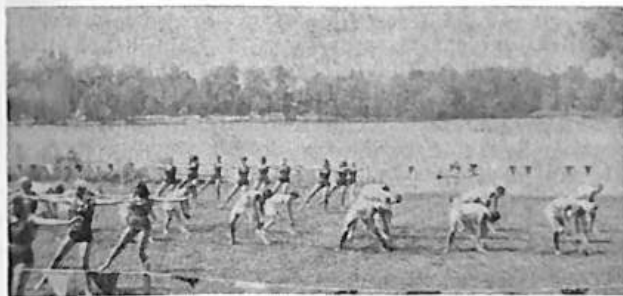
Župa Střední AOS. přijala tento námět a uspořádala opravdu zdařilý zájezd do Detroit, Mich. v neděli 14. července na veřejné cvičení tamní jednoty pořádané v malebném prostředí jejich letního tábora. Zájezd řídil starosta župy Střední br. Drnec. Mezi účastníky byl starosta AOS. br. Barcal s paní, členové výk. výboru AOS. br. G. Bašta,

S. Prenerová a Faltová a br. Rabas, a dále byla zastoupena řada jednot. Jelo také 6 cvičičích, kteří se zúčastnili jak prostných tak i cvičení na nářadí. Cesta rychle ubíhala za zpěvu sokolských a národních písní za řízení sestry Hladíkové.

Po příjezdu do tábora byli jsme srdečně uvítáni starostou jednoty br. De Conti a řadou dalších bratří a sester. Po chutném a vydatném obědě prohlédli jsme si jejich tábor, který je na 24 akrovém pozemku. Části pozemku jsou pronajímány zájemcům z řad členstva k postavení vlastních letních domovů. (Dnes je jich již 25.) Mají tam též pěknou kuchyni, jídelnu a prostornou místnost pro tance, schůze či jiné podniky. Na louce u jezera je pěkné místo pro veřejné cvičení se svahem, kde ve stínu stromů mohou pohodlně sedět diváci. Je to okouzlivé místo, které jsme tak trochu detroitským záviděli.

Odpoledne po druhé hodině začalo veřejné cvičení nástupem cvičičích, mezi nimiž byli i naši chicagští, početná skupina z Clevelandu a z Toronta. Po proslovu starosty br. DeContiho a starostky ses. Zbořilové, pozdravil přítomné také starosta AOS. br. Barcal, za župu Střední br. Drnec a za župu Severovýchodní br. Pekař. Cvičení samo bylo dobře připraveno a řízeno a v malebném prostředí přírody, na břehu jezera, přineslo všem účastníkům nezapomenutelný zážitek. Ani se nám nechtělo po

skončení cvičení nastoupit zpáteční cestu. Trvalo dobu než všichni zasedli na svá místa v buse a nastoupili jsme cestu k prohlídce nové sokolovny detroitské jednoty.



I tam nás čekalo příjemné překvapení. Krásná, účelně řešená nová budova sokolovny nás všechny uchvátila. Je to dílo, na které mohou být opravdu hrdi. Dílo, které je zaujalo a soustředilo, které je posiluje k dalšímu rozmachu a udržuje je po stránce společenské i tělocvičné na moderní úrovni dnešních dnů.

Byl to nejenom příjemný, ale i užitečný zájezd pro nás všechny. Zejména pro sokolské činovníky, kteří viděli jak v jiném prostředí a za jiných okolností se dá sokolsky pracovat a žít a uplatňovat naši sokolskou věc. Náš srdečný dík patří všem detroitským za vlídné přijetí a vzácné pohostinství.
jr.

Br. Karol Bednar.

Redaktor "Sokol Times," týdeníku Slovenského Sokolstva ve Spojených státech, br. Karol Bednar, dosáhl 1. července 1968 sedmdesáti let. Narodil se v Hodoníně, na Moravě a do Ameriky přijel v lednu 1924.

Brzy byl zaměstnán v Slovenském Sokole. Po všechna následující léta, bez poklesnutí, nese do bratrstva vznešenou myšlenku, zahřívaje ji tlukotem svého mužného srdce, a chráně ji svým rozumem. Po 44 roky stojí činně u velikého sokolského sdružení. Byl cvičencem, cvičitelem, starostou župy, náčelníkem Slovenské Těl. Jed. Sokol, vedoucím škol, písmákem, organizátorem, řečníkem, vedl k stavbě nových budov a opravě starých, k získání sokolských tá-

borů. Vykonal mnoho sokolské práce pro všechno Sokolstvo a sestavil překlad sokolské soustavy, do kterého upravil anglické názvosloví. Tato kniha "Gymnastic Manual" je také učebnicí na našich tělocvičných školách a druhé její vydání je právě v tisku. Dlouhou řadu let je redaktorem "Sokol Times". Pomohl rozvoji Slovenského Sokolstva. Lví jeho spár byl a zůstává u všeho snažení.

Ve chvíli, kdy tento vůdce, jedna ze žulových postav sokolských, ušlechtilý nositel, představitel i strážce našeho sokolství přestupuje svoji sedmdesátku, volám k němu: Bud' dlouho zdrav!

Karel M. Prchal.

Prokop V. Havlík.

Prvního července t. r. dožil se své sedmdesátky dlouholetý sokolský činovník a bývalý předseda Masarykova ústavu v Torontě, br. Prokop V. Havlík.

Veliká byla jeho činnost v Sokole Toronto a v Kanadské Obci Sokolské. Úzce pracoval s Americkou Obcí Sokolskou, s kterou se účastnil také zájezdu do Evropy. O XI. sletu AOS. předal nám nový kanadský prapor, s věnováním. Prapor zdobí jednu ze stěn úřadovny naší Obce. Byl také účasten vytvoření Mezinárodní Obce Sokolské ve Vídni 1956 a účastnil se schůzi tohoto sdružení, které, žel, našlo pochopení a podpory.

Je věrným bratrem, ochotným pracovníkem. Napsal mnohé věcné články, ze kterých mluví jeho povaha, pevná, určitá, otevřená, jemná. Svoji činnost vedl rozvážně, ale stále a nezadržitelně kupředu.

Léta letí bez přestání a neušetřila ani jeho hlavu. Ale jen v počítání věku: svěžest jeho ducha, jarost mysle a pevná síla srdce milující pravdu a krásu zůstaly těmi desítkami let nedotčeny.

Zdravíme Tě, Prokope, u tohoto časového mezníku života a tiskneme Ti v duchu sokolskou pravici. Nazdar!
Karel M. Prchal.

Labor Day

Labor Day—the first Monday in September—has much the same significance to Americans as May Day has to workers in other lands. In fact, both Labor Day and May Day originated in America within a few years of each other.

It was in New York City in 1882—86 years ago—that the first Labor Day was celebrated. Earlier that year, on May 8, Peter J. McGuire, a young union leader, in addressing a meeting of the Central Labor Union, had proposed that a day be set aside to honor labor. Monday, September 5, was selected. Few if any workers had the day off. Some employers warned their workers that they would be fired if they stayed away. But some ten thousand singing and cheering workers, after a mass meeting in Union Square, marched up Broadway with banners demanding the eight-hour day.

The Labor Day idea spread rapidly. Oregon made it a legal holiday in 1887. In 1894 Congress made it a holiday in the District of Columbia and in all U.S. territories. By 1923 all the states had recognized it. And for many years the first Monday in September has been a day to pay tribute to labor—a day of celebration, meetings, picnics and parades in thousands of cities and towns from the Atlantic to the Pacific.

Charles P. Šmidl.

V neděli 2. června zhroutil se náhle při hře na tenisovém dvorci 70letý Charles P. Šmidl. Po převozu do nemocnice v Oak Park, Ill., byl prohlášen mrtvým.

Br. Charles Šmidl pocházel ze staré sokolské rodiny a jako jeho bratři a sestra byli všichni odchovanci tělocvičny Sokola Chicago.

V roce 1916 při závodech N.J.S. závodil v družstvu nižšího oddělení, které získalo I. cenu.

Při závodech A.O.S. v roce 1921 závodil ve středním odd., kde získal I. cenu jako jednotlivec mimo několika dalších cen v atletických závodech.

V roce 1920 byl jedním ze závodníků A.O.S. vyslaných na slet v Praze, kde získal šest cen v různých závodech, I. cenu v plavání. Po ukončení studií následkem zaměstnání nebylo mu možno navštěvovati cvičení v Sokole, avšak zůstal stále členem a při oslavě 75tého výročí Sokola Chicago obdržel odznak 50tiletého členství, na který byl velice hrdý. Čest budiž jeho památce.

Frank Vorel

Ján Stančík.

Ve kruh slovenských pracovníků sokolských se vetřela Smrt. Z života zmizela výrazná osobnost bratra Jána Stančíka, vždy připraveného k činům a vyvýšení společných cílů a drah sokolských. Osud mu dopřál 73 léta života. V Sokole byl činný 57 roků a Slovenskému Sokolstvu dal nespočetné služby.

Pracoval s námi na sletech Americké Obce Sokolské, Svazu Amerického Sokolstva a podniků, kterými se projevovat život Sokolstva a naší větve. Ještě mnoho mohli jsme čekat od bratra výborného.

Připojujeme se svou bolestí k bolesti rodiny a Slovenského Sokolstva. Truchlíme také my.

Ty, bratře mileny, spi tiše věčný svůj sen; nikdy Tebe nezapomenou bratři a sestry, kterým bylo vzácnou přátelství Tvoje.

kmp.

CONTINUATION OF
50 YEARS
IN NEXT ISSUE OF SOKOL

Tisková služba výboru ČSNRA pro oslavy 50. výročí československé samostatnosti.

Zprávy o přípravách na oslavy 50. výročí
Československé republiky.

Přípravný výbor oslav 50. výročí vyhlášení československé samostatnosti při ČSNRA dostal další přihlášky k účasti a spolupráci na oslavách z daleké Australie. Československé Národní Sdružení v Sydney, Tělocvičná Jednota Sokol Sydney, Československé Národní Sdružení ve Victorii a Ústředí čs. demokratických organizací v Australii a na Novém Zélandě zaslalo přípravnému výboru oslav své uznání a svůj plný souhlas s programem a náplní oslav a sjezdu ve Washingtoně a současně žádost o připojení svého podpisu na listinu "Výzvy krajanům českého a slovenského původu", která byla rozesílána do všech koutů světa letos na jaře.

Tímto významným rozhodnutím připojují se další 4 organizace Čechů a Slováků k nyní již 18ti vedoucím krajanským, exilovým a zahraničním organizacím: k Československé národní radě americké, Americké obci sokolské, České katolické jednotě, Československému národnímu sdružení v Kanadě, Československému Sokolstvu v zahraničí, k Československému Orlu v exilu, Jednotě československé spolky v Americe, k Jednotě českých dam a pánů, k Národnímu svazu českých katolíků, Radě svobodného Československa, Slovanské podporující jednotě státu Texas, Slovenské tělocvičné jednotě Sokol, k Společnosti pro vědy a umění, Stálé konferenci demokratických Slováků-exulantů, ku Svazu čs. sportovců v zahraničí, Ústřednímu výboru československých legionářů, Výboru pro svobodné Československo a k Západní česko-bratrské jednotě.

K tomuto sjednocení nejen srdcí a myslí, ale i snah a spolupráce by mohly přispět mírou vrchovatou společně a sjednocené oslavy 50. výročí ČSR ve Washingtoně, při účasti co největšího počtu zástupců a návštěvníků jednotlivých organizací. Ne-

bylo dosud tak vhodné příležitosti k dohodě v tomto směru, než nám nabízí okolnost tohoto výročí.

* * *

Naše národy, Češi a Slováci, početně slabí, žijí v prostoru, který byl vždy osudovou křížovatkou mocenských zájmů a myšlenkových proudů. Proto českoslovenští krajané, žijící v zahraničí, tvoří jakousi "národní zálohu" a kdykoliv se octne stará vlast v cizím područí, stávají se prvními mluvčími a avantgardou osvobozovacího úsilí. Československé zahraničí — a jeho nejsilnější složka, krajané československého původu v USA — silně ovlivňovalo osudy staré vlasti a má veliký a nepopíratelný podíl na samotném vzniku Československé republiky. Sjedem se proto ve Washingtoně, D. C., nejen k oslavám 50 let trvání Československé republiky, ale také proto, abychom připomenuli veliký podíl, oběti a zásluhy Američanů českého a slovenského původu na zrození československé samostatnosti.

Události posledních měsíců dávají chystaným washingtonským slavnostem důležitost historickou. Národ doma vykročil na cestu za svobodou a demokracií. Ale pro trvalé hrozby a nátlak Sovětů nesmí dosud sáhnout po plodech svobody celé a demokracie Masarykovské. Celou touhu, pravé cítnění většiny národa doma dopovíme a vyslovíme proto my — Američané českého a slovenského původu, kteří jsme zůstali věrní odkazu svých předků i našim národním tradicím.

Apelujeme na krajaný, roztroušené v místech, odkud nebude možno uspořádat společný zájezd, aby se připojili k některé výpravě z jejich či sousedního státu. Reserpace ubytování i jednotlivým návštěvníkům vyřídí kancelář přípravného výboru oslav, 2138 So. 61st Court, Cicero, Illinois 60650.

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Věčný ruch a činorodé nadšení provází stále naše sokolské hnutí. Ještě doznívají akordy tak úspěšného dallaského sletu a již stojíme na prahu sletového roku, který vyvrcholí v neděli 29. června 1969 celonárodním XII. sletem Amerického Sokolstva. Poslední náš celonárodní slet v r. 1965 byl opravdu mohutnou manifestací našeho sokolského bratrství, neboť tehdy vzpomínali a oslavovali jsme 100leté jubileum práce a činnosti sokolstva v Americe. V nadšení oněch dnů nastupovali jsme do nového století sokolské historie s nezlomným úmyslem udržet, rozšířit a zvětšit sokolské hnutí a náležitě jej uplatnit v širokém prostředí amerického života. A tak v rychlém pochodu času ocítáme se již dnes před novým velkým úkolem, XII. sletem AOS., kterým musíme prokázat další rozmach sokolského hnutí v USA.

Počátkem září otevřou se opět dveře našich tělocvičen k pravidelnému cvičení a tím i k přípravám příštího sletu. Jistě s velkým nadšením přistoupí celá naše sokolská rodi-

na, jak v jednotách tak v župách i Obci, aby připravila XII. sokolský slet opět mohutný a úchvatný, aby opět přesvědčila naši krajanskou i americkou veřejnost co znamená sokolství pro tělesnou i duchovní výchovu mládeže i dospělých a pro dnes tak potřebný smysl pro povinnost k národu a celku. Musí to být opět manifestace, která bude demonstrovat morální chápání bratrství v dnešní rozdělované společnosti.

Mobilizujeme k XII. sletu AOS. Voláme všechny činovníky a veškeré členstvo do práce na přípravách XII. sletu. Nikdo nesmí chybět, nikdo nesmí mít výmluv, všichni musíme přiložit ruku k práci. Máme před sebou velký cíl, který jen společným nadšením, elánem a vytrvalostí splníme. Heslem našich příštích dnů musí být "ZDAR XII. SLETU AOS." Jar. Rabas.

Chceš-li ve světě získati, pak važ si všeho hmotného velice, ale všeho duševního maličko, chceš-li však šťastným býti, važ si vysoko ducha a nízko hmoty, neboť zlato podává se jen svému otroku, štěstí jen svému pánu. — Garin.

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