



# AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

October 1968

KAREL M. PRCHAL:

## 28. ŘÍJEN 1968.

Ve dny, kdy se měly pořádat okázalé slavnosti 50 let osvobození, nese se vlna bolesti a hrůzy československými kraji. Nešťastná země, která se probouzela k novému jaru svobodnějšího života, byla uvržena do děsivého smutku.

Po prvních měsících roku, hlavně pak v květnu, červnu a červenci, měsících radosti a štěstí, prudká vichřice, jaké není v dějinách národů, zalomcovala zemí. Černá mračna zahalila obzory a blesk stihal blesk, rána ránu. Srdce ochabovala, duše byly na pokraji zkázy.

Hradbou zat'atých pěstí mučedníků přivalily se do českých a slovenských krajů hordy pěti komunistických států. Ty ničí co čeští a slovenští lidé vlastněma rukama stavěli, budovali. Střílí do lidí, kteří mají rádi volnost, demokracii a svoji krásnou zemi, že člověk se ptá: Je ještě nějaké právo? Má právo malý národ?

Život nikdy nešetřil naše lidi. Ti znají více rány než úsměvy. Zocelil jejich ducha k potřebné pevnosti a přímému vyrovnání se se skutečností. Nová dějinná zkouška stulila lid k sobě, aby se zahřál, aby se posílil. Postavil se za své vůdce, jako by se pomenul na pruty Svatoplukovy, jež ve svazek spojené žádná síla nedovedla přelomit, ale rozvázané praskly jako hračka. Národ zaskvěl se tak vysokými hodnotami, jako dosud žádný ve světě. Je to přímo zázrak. Cítí zklamání, ale věří, pevně věří a vzájemně se ve víře posiluje. Věří v spravedlivou Nemesis; ještě více sobě a v sebe. Není malomyslný. Výjevy z okupace jsou nezměrným důkazem hrdinného vlastenectví.

Zájem celého světa se obrátil k Československu. Na nás těžce doléhá osud lidí, jejich strádání v jařmu totalitním, před děly pěti armád. Pro nás, Američany československého původu, je zájem o čsl. stát a jeho budoucnost vyznáním víry. Toto vyznání platí do poslední písmeny! Dvakrát jsme pomáhali k získání státní svobody. Hroby našich hochů a nezměrná finanční pomoc o tom vypravují. Budeme stále znova a znova "kavalírský" zásah Rusů, Němců, Poláků, Maďarů a Bulharů připomínat celému světu.

Nejsme menší v době dnešní. Budeme se starat o setření slz a zmírnění hrozných důsledků neštěstí, které stihlo národ. Zůstaneme věrni své minulosti. V myšlenkách a v srdcích jsme spojeni s lidem v Československu, který po tíživé a bolestné ráně nezakolísal. Jeho žal je žalem našim. Silnější žalu je však víra, že národ, jakým je národ československý, neklesne, ale naopak přežije tento úder křivdy a bude připravený ku dni, kdy pravda a historické právo zvítězí! Budeme mu k tomu pomáhat dle svých možností!

Nic není na věky, jen ta krásná, drahá země. Lid může být dočasně ujařmen, ale nemůže být ujařmeno jeho myšlení. Duch neklesne! Tyrš povídá: "Ni jeden národ, co jich na světě bylo, četný nebo nečetný, nezahynul ve své jarosti a hodnotě, každý sklesl

(Pokračování na str. 109)

# AMERICAN SOKOL



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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

- NOV. 10th—SOKOL OMAHA, NEBRASKA.  
Pork Dinner and Carnival.
- NOV. 14th-16th—SOKOL OMAHA, NEBRASKA.  
Gymnastic Exhibition — Southroads Shopping  
Center.
- NOV. 15, 16, 17th—SOKOL MILWAUKEE, WIS.  
Holiday Folk Fair.
- NOV. 16th—SOKOL BROOKFIELD, ILL.—Chicken  
Dinner.
- NOV. 17th—SOKOL CLEVELAND-CECH HAVLI-  
CEK. — Fun Festival.
- NOV. 17th—SOKOL BALTIMORE, MD.  
Duck Dinner.
- NOV. 24th—4 p.m.—CONCERT AND DANCE by  
THE OMAHA CZECH BRASS BAND. South  
Omaha Sokol Hall—21st and U Street, Omaha,  
Nebraska.
- NOV. 30th—SOKOL SLAVSKY, CICERO, ILL.  
Annual Dinner Dance, Peacock Room — C.S.A.  
Bldg., 6146 W. Cermak Road, Cicero, Illinois.
- DEC. 13th—SOKOL ST. PAUL, MINN.  
Adult Christmas Party.
- DEC. 20th—SOKOL MILWAUKEE, WIS.  
Christmas Party.
- DEC. 31st—SOKOL LITTLE FERRY, N. J.  
71st Annual New Year's Eve Party.
- DEC. 31st—SOKOL CEDAR RAPIDS, IOWA.  
New Year's Eve Party.
- DEC. 31st—SOKOL OMAHA, NEBRASKA.  
New Year's Eve Party.
- 1969
- JAN. 25, 1969—SOKOL BERWYN, ILLINOIS.  
Banquet.
- FEB 1st—SOKOL TOWN OF LAKE, CHICAGO,  
ILL. — Townites Social Club Annual Masquerade  
Dance, Peacock Room of the C.S.A. Bldg.

- FEB. 2nd—SOKOL OMAHA, NEBRASKA.  
Gymnastic Exhibition.
- FEB. 9th—SOKOL MILWAUKEE, WIS.  
Jaternice Dinner.
- MAR. 22, 1969—SOKOL BERWYN, ILLINOIS.  
Annual Gymnastic Exhibition.
- APR. 13th—SOKOL OMAHA, NEBRASKA.  
Pork Dinner and Carnival.
- MAY 16th—SOKOL MILWAUKEE, WIS.  
Interclass Meet.

## Participants In Prague Slets

Praha Slet participants will hold a get-together at the Chicago 1969 Slet.

All members who have performed in any of the Sokol Slets in Prague (1920—1926—1932—1938) please register with the Organization Department, American Sokol, 5611 Cermak Road, Cicero, Illinois 60650. During Slet days in Chicago in 1969, all registrants will conduct a get-together and an exhibit consisting of mementos, pictures, etc.

EW-R.

## Anton J. Hruška.

16. září 1968 zemřel bratr Anton J. Hruška, člen Sokola Tábor. Narodil se v Čechách a ve Spojených státech žil 56 let. Delší dobu churavěl, ale doufali jsme, že se vrátí k práci, která byla náplní jeho života: k práci národní a spolkové. Osud tomu nedovolil . . .

Hluboký smysl pro společenský život, záliba pro zpěv hnaly ho přímo, aby bral podíl na našem snažení. Hudba, zpěv a divadlo měly v něm přítele a pěstovatele za mládí a udržely si tuto lásku do posledních chvil života.

Byl věrným členem Sokola. Prvně v Sokole Havlíček-Tyrš, kde s velmi početnou skupinou bratří vstoupil do armády Spojených států hned při jejich vstupu do první války světové v roce 1917 — pro obranu Ameriky a pro získání svobody rodným krajům. Později přestoupil k Sokolu Slávskému a v posledních letech byl členem Sokola Tábor. Za členství děle, než 50 let v Sokole v Americe byl mu udělen odznak zhodnocující tato léta.

Br. Hruška byl členem početných organizací a byl jedním z předních národních pracovníků. V mnohých tělesech byl předsedou: Ústředního výboru Československých Legionářů v Chicagu, První Družiny Československých Legionářů v Chicagu, Mužského Pěveckého Sboru ČSA., Cicero Taxpayers Association. Také ve všech druhých, jejichž byl členem — a bylo jich mnoho — byl činným.

Rozloučili se s ním legionáři, řád Vyšehrad-Bílá Hora ČSA. a za všechny promluvil a s Tonym se rozloučil br. Karel Prchal.

Nežil marně a nadarmo!

Ať odpočívají v pokoji jeho ostatky v Masarykovu mausoleu na Českém národním hřbitově v Chicagu. My nezapomenem . . . kmp.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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ANN BASTA:

## SOKOL PUBLICATIONS

Many of our Sokol units find a monthly news bulletin mailed to the membership as a fine means of keeping all members informed of the activities of the unit, especially for the older members who for illness or age can no longer attend meetings.

In many cases the mailing lists also include members of other units. In this way an exchange of ideas is also possible for all concerned. In addition to this, many units have a weekly column in their local papers to report their activities as is the case of Sokol South Omaha. This unit has very good publicity of all their events thru the co-operation of the local press.

Sokol San Francisco is the only unit that publishes a quarterly bulletin and includes many photos of their events. It covers a variety of subject matters and includes cartoons in Czech and English.

The following list by District shows monthly publications:

### Eastern District:

- Sokol Baltimore Topix
- Sokol Little Ferry
- Sokol Washington, D. C. with other local clubs

### Northeastern District:

- Sokol Detroit
- Sokol Tyrs — Cleveland
- Sokol Cech-Havlicek — also of Cleveland

### Central District:

- Sokol Berwyn
- Sokol Havlicek-Tyrs
- Sokol Slavsky
- Sokol St. Louis
- Sokol Tabor
- Sokol Brookfield, published first issue in Sept.

### Western District:

- Sokol Cedar Rapids, Iowa
- Sokol St. Paul, Minnesota
- Sokol South Omaha, Nebraska

In the event any members are interested in receiving any of these publications, a request to the Secretary of the unit will bring an issue to you. Addresses of all units are published in the March issue of our American Sokol publication. In many instances, a small contribution to help cover mailing expense will be greatly appreciated.

EDWARD STETKA:

## PUBLIC RELATIONS

It is of the utmost importance that public relations begin "at home," that is, within the unit. The more that the members know of what is going on, the more interest they will show in the activities and therefore, more cooperation can be expected from them. The members who do not attend meetings regularly can hardly be expected to know anything about the activities of the unit unless they are periodically informed. It is therefore essential that every unit publish a NEWSLETTER at regular intervals. The NEWSLETTER should contain schedules of meetings and all activities, educational articles, birthdays, anniversaries, etc.

Every member can take a part in public relations by extolling the principles of the Sokol organization to his relatives and friends and invite them to attend the functions of the unit and eventually to become members.

We must also consider the parents of each child participating in our gym classes as prospective members. Most parents are totally ignorant of the aims of the Sokol organization and of the activities. The ideals, principles and aims as well as the scheduled activities can be published in a special NEWSLETTER which should be mailed to the parents.

However, even this NEWSLETTER will not be enough. It will be the duty of the officers and members to make frequent appearances at gym classes and speak with the parents. They should mingle with them at exhibitions and other events and acquaint them with the Sokol organization. In other words, it will be necessary to make a personal approach. At present, the members of the BOI probably perform this function to some degree, but they are preoccupied on the gym floor and actually do not have the time to do this properly.

It is not meant that pressure should be put on any individual to become a member. Conversely, the prospect should become so impressed that he will begin to make inquiries on how he can become a member.

When the parents show an interest in sending or bringing their children to our classes, the officers and members should show an interest in the parents; to indicate that they are welcome, to make them feel "at home" and to show that the officers and members are as interested in the welfare of the children as are the members of the BOI.

These are the first steps that must be taken in public relations. Publicity in newspapers, radio, TV, etc., will be of little value if we fail within our confines.

— HAVE YOU SIGNED UP A NEW MEMBER?? —

STATEMENT OF OWNERSHIP, MANAGEMENT  
AND CIRCULATION  
(Act of October 23, 1962; Section 4369, Title 39,  
United States Code)

1. Date of filing: September 24, 1968.
2. Title of publication: American Sokol.
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6. Names and addresses of publisher, editor, and managing editor: Publisher—American Sokol Educational & Physical Culture Organization; Editor—Charles M. Prchal, 2419 Scoville Avenue, Berwyn, Illinois 60402; Managing Editor—Executive Board American Sokol Organization, 5611 West Cermak Road, Cicero, Illinois 60650.
7. Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.) Stanley Barcal, President, 2437 S. Harvey Avenue, Berwyn, Ill. 60402. Blanche J. Cihak, I. Vice-Pres., 405 — 50th Pl., Western Springs, Ill. 60558. George C. Basta, II. Vice-Pres., 2629 S. Maple Ave., Brookfield, Ill. 60513. Betty Prener, Secretary, 444 Oxford Lane, Crystal Lake, Ill. 60014. Frank Vodrazka, Treasurer, 1639 S. Grove Ave., Berwyn, Ill. 60402. Ann Falta, Financial Secretary, 2540 S. St. Louis Ave., Chicago, Ill. 60623.
8. Known bondholders, mortgagees, and other security holders, owning or holding 1 percent or more of total amount of

bonds, mortgages or other securities. None.

9. For completion by nonprofit organizations authorized to mail at special rates (Section 132.122, Postal Manual). The purpose, function, and nonprofit status of this organization and the exempt status for Federal income tax purposes have not changed during preceding 12 months.

10. Extent and nature of circulation:

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

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

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

Senator George Murphy of California said, in a recent speech before the Senate on the thirtieth anniversary of the Munich conference, that the recent tragic events in Czechoslovakia show plainly that the dilemma of Munich—how democracies desiring peace should deal with dictatorships bent upon aggression—is still with us and that these same events clearly reveal the bankrupt state of American foreign policies.

U.S. SENATOR HUGH SCOTT:

As this is being written, I am gravely concerned about the impact of the Soviet occupation of Czechoslovakia. Whatever happens in this shifting situation, one fact must be clear to all people of the world:

The most dangerous threat to the free world continues to be the mailed fist of international Communist imperialism.

Senator Frank Moss and I were in Moscow on August 20 when the Warsaw Pact Nations invaded Czechoslovakia. We were representing the U.S. Senate at the World Energy Conference during a time when the Senate was out of session. Through the American Embassy, we expressed our sharp disapproval of the Soviet invasion and urged immediate withdrawal of foreign military forces from Czechoslovakia.

The presence of 600,000 Soviet troops in Czechoslovakia radically changed the military balance in Europe. This has increased world tensions and has renewed cold war attitudes throughout the free world. Russia is even now claiming it has the "right" to invade West Germany.

Russian imperialism is as real today as it was under the time of the Czars. It is an unhappy re-

minder of what happened to the captive nations a quarter century ago, and to Hungary in 1956.

If Soviet troops in Czechoslovakia are not reduced considerably, and the new Soviet belligerence continues, NATO forces in Europe may have to be increased. Certainly, the United States cannot at this time reduce its own forces in West Germany.

From Sokol Baltimore "Topix"

I would like each of you to read the letter sent by the parents of two of the participants at the Eastern District Instructors' Course, which was held in Belcamp, Md., during the last two weeks in August.

My Dear Mr. Stetka:

My husband and I thank you for instructing Linda and Craig in SOKOL at Belcamp. They benefited greatly from this experience. They are getting ready for the school bell to ring out, but they both are wishing out loud that they were returning to Belcamp instead.

You, Mr. Stetka, as well as the other instructors, were just great to give your time, energy and skill to this program. SOKOL certainly has some dedicated and unselfish people.

Our very best wishes and our sincere appreciation for all your help.

Larry and Joyce Holloway

Yes, Mr. and Mrs. Holloway, Sokol does have dedicated and unselfish people, but sad to say, there are not enough of them. There are many members of the Sokol throughout the country who could be instructing in the Sokol gyms, but they would rather concentrate on their own well-being and pleasure without regard for the youngsters in the classes. It is pathetic in this day and age, that adults cannot give up two nights a week to help give the children the type of training that they really need.

## 28. říjen 1968.

(Pokračování z přední stránky)

sešlý, netečný a povrhlý." A za návštěvy v Československu viděl jsem národ jarý, věrný svému osudovému poslání, věrný svým ideálům a zásadám své historie, otevřeně se hlásící k mravním zásadám otců, které vystihl Ernest Denis slovy: "Není vědy nad mravnost, není zákona nad pravdu, není síly nad snášenlivost, není bohatství nad právo, není života nad lásku".

Je samozřejmé, že projevujeme mimořádný zájem o Sokolstvo. Radovali jsme se z jeho úsilí a z odpovědi, které mu dal lid, když se zdálo, že jeho demokratisační dílo se blíží ke zdárnému konci a kdy sen o novém životě Sokolstva jsme viděli už tak blízko uskutečnění. V těchto přetěžkých dobách na ně myslíme, cítíme s ním, jsme si vědomi jeho potíží a nesnáží. Slibovali jsme mu věrnost — a naše sliby se uplatní ne ve slovech, ale v praksi.

Bez Kalvarie není vzkříšení. Není možno předvídat, jaký bude teď vývoj událostí, jaké události přijdou zítra, za týden, za měsíc. Ale přijde den, kdy dnešní bouřlivé mraky se roztrhnou a vysvitne z nich zase ve svěžím vzduchu nové slunce nové slávy Čechů a Slováků. Stát bude vyveden z chmurých dnešků ke světlejším zítřkům. Ať přinesou zdar a štěstí národu! Sokolské ruce, sokolské hlavy a sokolská srdce budou v prvních řadách. Také my budeme s nimi, připravovat národu nový, slavný dvacátý osmý říjen!

Vám, bratři a sestry, tak těžce osudem postiženým, tiskneme v duchu ruce. Vydržte, doufejte, naše srdce jsou s vámi!

Nazdar!

### Nazdar!

Nazdar, bratři a sestry! Toward success, brothers and sisters! I have greeted you with the traditional Sokol salutation. This greeting was adopted very quickly after the founding of the first Sokol unit in Prague, and became the byword with all Sokols throughout the world.

It is a simple phrase, yet one of great meaning. The founders of Sokol realized that a uniform greeting was needed to place every member in the organization on the same level. During this period class distinction divided the people into definite

groups. There were the working people, the large farmer, the property owner, craftsmen, professionals, and nobility. Each group considered itself apart from the other.

In the Sokol Organization every member was considered equal regardless of his status outside of the organization. Therefore all members would be addressed as brothers and saluted with "Nazdar!"

Nazdar! to every member must have a specific meaning. When we meet a person on the street and greet him with a "Hi" or a "Hello" or a "Good Day" this may be only a gesture of good manners, not necessarily of friendliness. But when greeted with "Nazdar!" and the response is also a "Nazdar!"; then immediately a closer tie of two people is effected. A feeling of comradeship, equality and mutual interest is implied. It puts them on a basis for better understanding of a mutual interest.

Let us have a better understanding of our brothers and sisters. For a good beginning, be the first to say "Nazdar!" when you meet. It will work a little magic for you.

May "Nazdar!" forever ring in these halls of our new home!

Nazdar!

L. B. Teichman

(From Sokol Detroit News)

### The Child With "Two Left Feet"

"In school, children who need gym class are the ones who most often dislike it," says Dorothy Rich in the Washington Post. She brings out the fact that in many gym classes the child with "two left feet" is humiliated; he's the first eliminated in a game and the last to be chosen for the team. What the physically less adept child needs is activity that provides success and the feeling of belonging.

Parents can do much to build physical education readiness by breaking down into simple steps in logical order, the skills needed to play a given game — rather than just telling the reluctant child to get into the game. Start with what he can do and build on his strengths to expand his confidence, rewarding him for each gain.

Encourage movement of all types to help the younger child feel free about using his body: "Leaping like frogs, twisting like doughnuts, bouncing like balls, shaking like Jell-o, stretching like rubber bands, falling like rain."

(From Sokol Bulletin, Cedar Rapids, Iowa)

### Executive Board

(September 24th, 1968)

Correspondence: Copy of letter of resignation sis. F. Palas sent to Sokol and Sokol'ce Los Angeles. Western District, bro. E. Pavoucek, sent copy of newspaper article publishing telegram sent to President Johnson pertaining to invasion of Czechoslovakia. Also other newspaper articles carrying news of the Kansas Czech, Inc. Festival at Wilson, Kansas. Pacific District advise their units will cooperate with Czech organizations planning relief for refugees. Sis. E. Ruzicka gave further information on development of refugee situation, as did bro. J. Rabas. Alliance of Czechoslovak Exiles sent copy of

letter sent to President Johnson. Report of Western District—trip to Sokol Karel Jonas, Wilson, Kansas. Much enthusiasm and hope to work toward reactivating this unit. Eastern District course—faculty and students sent greetings. Invitation to Sokol Stickney's 40th Anniversary banquet on November 2nd, 1968. Greetings received from bro. and sis. Cihak from Switzerland.

Letter from bro. Dr. Jaroslav Trnka, Paris, regarding unveiling of historic monument at Darney, France. Approved that American flag be sent commemorating 50th Anniversary of the founding of the Czechoslovak Republic.

Director of Men, bro. E. Linhart: Approved payment of \$50.00 annual AAU. dues. Western District

clinic and workshop expense of \$160.25 and \$134.45 approved. Southern District instructors' course—approved payment of \$851.80. Central District planning a course in the fall. Meeting conducted with Mr. Silverman regarding uniforms. Bro. P. Fina reported on Czechoslovak Olympic gymnastics teams. 1969 Slet preparations are underway. Joint meeting in Cleveland with bro. Walko and our people—to set technical rules—approved.

**Director of Women**, sis. L. Zdenek: Slet preparations are in full swing. Conducted session for Sokol songs at Sokol Berwyn's beginners instructors course. Arrangements were completed with Mr. Silverman regarding uniforms.

**Scholarship Committee**, bro. G. Basta: Reported on applications received. Explained their recommendation for Western District scholarship—which was approved.

**Editor**, bro. C. Prchal: September issue of American Sokol is in print. Spoke of his experiences while traveling in Czechoslovakia. Pinpointed certain events, concerned with Sokol movement. Received invitation to the Philatelic Exhibit. Gave an interesting report of his travels.

**Organization Committee**, sis. E. Welcl-Ruzicka: "On the Brink" program taped in July by Prof. Paul Smoker will be shown on Channel 11. Attended Sokol'ce Tabor meeting and wrote article on their activity to Denni Hlasatel. Arranged tour to Detroit for Central District in July. Bro. Anton Benesh of Detroit published report of this tour in semi-weekly issue of Denni Hlasatel. Bro. DeConti, President of Sokol Detroit, extended, on behalf of the Executive Board of ASO., sympathy to the family of deceased bro. Jirasek. Received thank you letter from Sokol Houston for visit paid them. Also, with bro. Barcal, held short meeting with bro. Prevratil and bro. Svec. Wrote article for American Sokol. Had excellent program—highlight of the evening were three special numbers, which are recommended to BOI. Children of Sokol Houston, taught by Mrs. Johnson, sang "Spějme Dál." Sokol Ennis, oldest unit in Texas, celebrated its 60th anniversary September 14th and 15th. Will visit Washington, D. C., and onto New York City and Eastern District, along with sis. A. Falta. Little Ferry will be visited with a stop at Cleveland on the way back. Approved. Attended meeting of the Central District and was asked to figure out interesting bus trips for the District. Obtained legal advice regarding the best legal authority on corporation matters for Committee on Inactive Units.

**Publicity**—bro. G. Basta reported for sis. A. Basta who was ill. Assisted in making phone calls for Czech manifestation at Civic Center. Article in Suburban Life. Contacted Riverside-Brookfield High School business office for gymnasium and locker facilities for June 26 thru 28, 1969. Must await approval of School Board and setting of schedule. Bro. J. Rabas prepared article on Slet Committee meeting. Space obtained by sis. Ruzicka for Sokols at Folk Fair at Navy Pier on November 2nd and 3rd. Sis. Ruzicka will help prepare this project with the aid of bros. P. Lebloch and J. Janecka. Printed Sokol literature could be used. Refer to Slet Committee. Sun-Times editor of Mid West section contacted by letter regarding our Slet.

**Membership Committee**, bro. G. Basta: Were awaiting results of new column that appeared in June issue. Feel a bolder heading should be used. Asked that it be repeated in October issue.

**Financial Secretary**, sis. A. Falta: Read receipts and disbursements for August. Sis. Ruzicka refunded \$66.50 to our treasury from check received for mileage of trip to Canada. Bro. Jelinek from the Czechoslovak Legionnaires asked to borrow bust of T. G. Masaryk for October 27th anniversary celebration. Permission granted and ask precautionary measures be taken against breakage.

**Secretary**, sis. M. Udaykee: Correspondence answered—reports typed and mailed—type delivered to Cicero-Berwyn Press for "Parliamentary Procedure Pamphlet" for printing—took care of framing of pictures—prepared resume of ballots regarding by-law changes. Salary increase approved—new rate of \$2.00 per hour. Sis. A. Sotka prepared financial reports for July and August. Listed donations for Future Sokol Leaders Fund. Made plates for new Slet Committee. Sent plaques to Sokol Ennis. Checked mailing list with sis. A. Falta and put in zip code order per Post Office request. Sis. E. Schnabl answered correspondence; made copies required. Sis. B. Prener—kept in touch with office. Met bro. S. Barcal and Mr. Levinson regarding office space. Met with bro. G. Basta and set up agenda for Slet meeting. Thanks to sis. A. Falta for taking care of refreshments and sis. A. Sotka for helping. Wrote article for Organization Dept. news letter.

Approved: ½ page ad in souvenir program book for Washington, D. C. festivities—amounting to \$55.00.

**President**, bro. S. Barcal: Attended meeting at Sokol Cechie with bro. F. Vodrazka and s's. E. Ruzicka. Attended Southern District Slet at Houston. Had several meetings with people there. Attended three meetings with Mr. Levinson regarding office space. Discussed possibilities of remodeling front of building. After discussion, it was approved that we move. Mr. Levinson will be notified to draw up lease.

Several members of Executive Board going to attend ceremonies in Washington, D. C., regarding the 50th anniversary commemorating founding of Czechoslovakia. Bros. C. Prchal, J. Cihak and S. Barcal and sisters B. Prener and A. Falta are going at their own expense.

Bro. Barcal reports that through bro. C. Zdenek, we were offered as a gift an addressograph. Letter of thanks will be sent to proper party.

**Slet Committee**: Bro. G. Basta reported on kick-off meeting. Blanket bond approved in amount of \$35,000.00. Bro. Linhart reported on possibility of Czechoslovak Olympic Team performance here. The election of officers and deliberations of the Slet Committee were approved.

## XII ASO. SLET

The XII ASO Slet Committee meeting was called to order at 7:45 P.M. on Friday, September 13th, 1968, in the Camelia Room of the C.S.A. Building.

Bro. S. Barcal, President of the ASO., welcomed those present. Recalled the Mid-Slet in Dallas and the fine morale resulting therefrom. With fine re-

# SOKOL GYMNAST

October 1968

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

EDWARD STETKA:

## MARCHING

In the June 1967 issue of the American Sokol, in his article on Annual Public Exhibitions, bro. Charles M. Prchal wrote, ". . . I would like to say that more time should be devoted to precision marching and correct posture; these are two outstanding phases of Sokol training that have been neglected for too long a time."

It is quite evident that very little time is being devoted to marching in most of the units, judging from what I and others have observed at the Slets, competitions and in the Instructors Courses during the past several years. Participants "march" to and from the apparatus in a sloppy gait and consequently their posture is very poor.

There are very few junior girls and women who march or even walk correctly in ballets or bare-foot. They walk or march along at an awkward step as they put their heels down first and then

the toes follow, which throws the entire figure out of line.

Correctly performed, the leg is swung from the hip joint, the ankle is arched and the foot is extended forward. This movement will place the foot in a position from which the toes and heels can be lowered to the ground with just the lightest touch. The weight goes from the toes to the heel, which is just the opposite when wearing shoes.

This method of marching will require practice and should be taught using a slower cadence than normal. Also, this correct method should be a "must" during all gym classes, marching to and from the apparatus, etc., because the habits that are formed in the gym will be displayed in competitions.

It can be added that not only will girls be more graceful, but they will automatically improve their posture and strengthen the foot muscles.

J. HRCKA (translated by M. P.)

## EXERCISE WITH LONG HANDLED FLOOR BRUSH

"Hand apparatus" that is certainly used in all households is the floor brush or even broom or round handle about 4 feet long. Exercise with any of these beneficially effects the movement in joints, stretching of certain muscular groups and correction of poor posture. During exercise hold handle or wand in both hands (overgrip) about 2½ to 3 feet apart. The description of exercises with brush is same as exercises with wands.

1. Moderate side stradleg—handle low frontarm: Swing horizontal over head—two dips in rearbow (lower back); return to stand. Repeat.
2. Like 1. but dip in lower back rearbow with twist of trunk 2 x to left, 2 x to right. Repeat.
3. Wider stradleg—handle low front: Swing horizontally over head—dip in rearbow; arched frontbow—handle in back of head (nape) (press elbows upward) and 2 dips in frontbow; back to original stand. Repeat.
4. Lie on back—handle above head: swing handle above chest with simultaneous seat and high frontleg touching arches with handle—lie back and repeat.
5. Sit—handle horizontally before chest: pass bent legs alternately over handle and return to floor again. Repeat.
6. Stradleg seat—handle horizontally before chest (hold handle shoulder width): bend high front stradleg (legs far apart); press soles of feet

against handle (close to ends of handle) and slowly stretch legs in knees—hold, return legs to floor. Repeat.

7. Stradleg seat—handle horizontally over head: Deep frontbow, moderate bend stradleg, hook handle under feet—pull trunk toward handle and straighten knees with dips in frontbow, (stradleg seat with deep frontbow).
8. Closeheel stand—frontarm inward, hold handle of brush or wand vertically in middle before chest: Frontbow—place handle end on floor; 3 dips in arched frontbow; upright to closeheel stand and repeat.
9. Like 8. but instead of frontbow do scale on R, L rearleg and dip while in scale. Reverse and repeat.
10. Closeheel stand—handle low frontarm, horizontal: Bentleg overpass front R and L to closeheel stand with handle horizontally behind body; then overpass alternately to rear. Continue and quicken tempo.
11. Closeheel stand—handle low front horizontal, hold handle lightly with finger tips shoulder width apart: 2 moderate jumps in place, 3rd jump over handle bringing handle to rear of body. Repeat. (This is difficult and requires caution.)

- 12. Moderate stradleg handle in back of body—deep loose frontbow:  
Press handle against legs under calves; dipping in arched frontbow.
- 13. Stradleg—handle back of waist held in crook

- of elbows: dip in deep arched frontbow.
- 14. Closeheel stand—frontarm, hold handle near top in both hands before chest vertically, end on floor: run around handle; slide, close steps around handle; jointleg jumps and hops traveling around handle.

## SIDE BODY WAVE

The illustrated body waves to side in this column are included in the Set of Norms in the July-August issue of the Sokol Gymnast.

I. The figure "8" before body and II. Parallel rotation of pelvis, finishing in toestand balance.

### 1. Description (figure "8" before body):

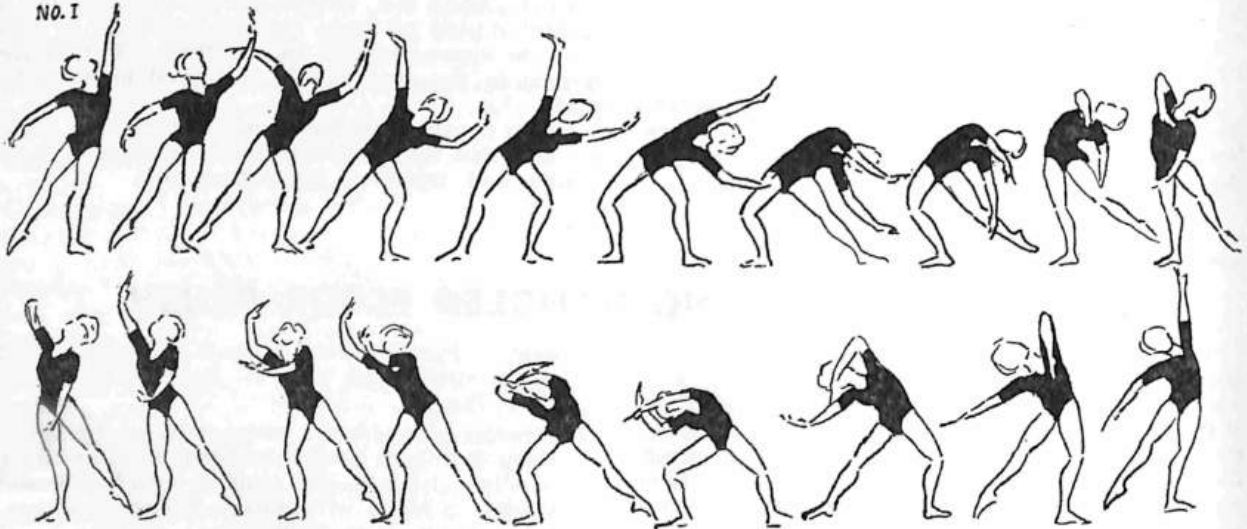
From stand sidetouch R, through progressive push of hips to right and increasing sidebow to left, the weight is transferred to R leg. During transfer of weight to both legs in half-squat side stradleg, the sidebow is almost horizontal. By continuing impulse movement from R hip, the weight passes complete-

ly to R leg and maximum sidebow to left in half-squat (r.) sidetouch L with moderate turn of trunk. By drawing upward a progressive stretching and straightening from the sidebow to left occurs, and with the stand sidetouch L, the first part of the figure "8" body movement is completed. From this stretched position a maximum swing to opposite side is executed in the same way and the remaining half of the figure "8" is completed.

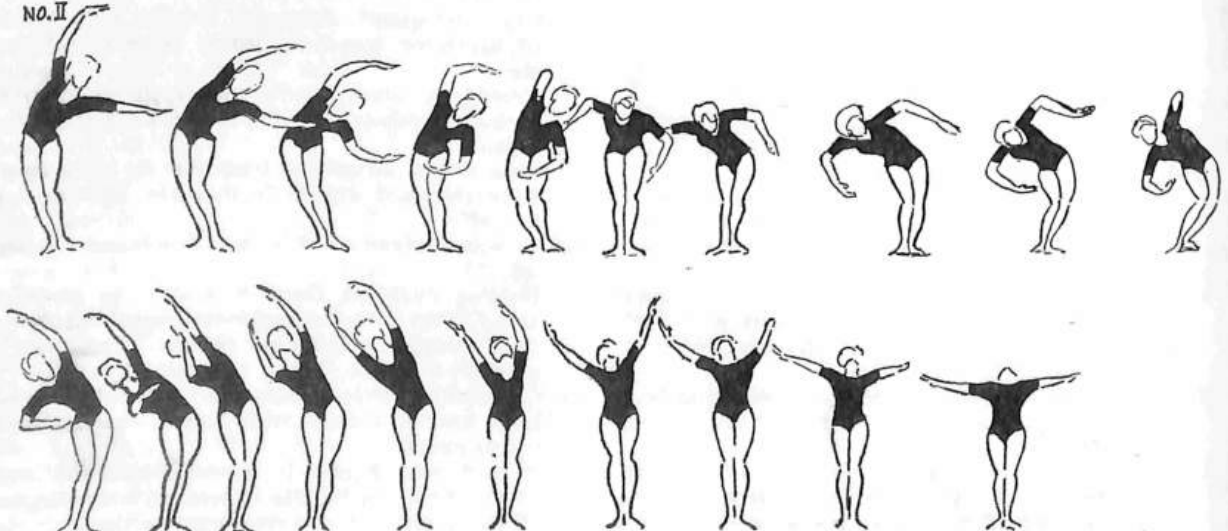
### Requirements for Correct Execution:

The movement must be smooth and without interruption. The upper part of the trunk is retarded in the final phase; the impulse from the hips

No. I



No. II



through the chest passes to arms and head progressively so that the retarding in the arms is more pronounced. The movement finishes with a moderate turn in the shoulder axis and turning of head. The leading hip always sketches the upper part of the figure "8".

The center of the figure "8" is not FIRM and is always carried onto the supporting leg.

Common faults:

1. The movement is executed simultaneously.
  2. While sketching the figure "8" with the arms the hips remain passive. The exercise thus loses its fundamental value.
  3. A long hold in straddle halfsquat and movement only in chest or arms.
  4. Movement in the hips must not be interrupted; stop in hip movement occurs only when hips have extended to maximum during change of direction.
- II. Combination of trunk movement with balance elements is very demanding and requires intel-

ligent use of individual muscle groups.

## 2. Description:

Closeheel toestand—uparm.

Horizontal rotating movement is executed by progressive movement of hips with bending of trunk to opposite side and moderate turn of chest and head during halfsquat to toestand. The passage to toestand comes during movement of hips sideward and forward. The movement of chest, arms and head is retarded. After stopping the hips, the movement of the upper trunk all the way through the rearbow continues and, in fact, the rearbow even increases when finishing. The arms sketch horizontal "8s" above head and before body, not, however, simultaneously.

Common faults:

1. Simultaneous movement instead of retarding of chest, head and arms.
2. Rotating of trunk from waist—without pelvic movement.
3. Beginning and leading movement with arms.

## MODERN GYMNASTICS EXERCISE

Floor "X" without hand apparatus—28 meas. 3/4.

Closeheel—closearm; gymnast stands in top left corner.

I. 1., 2., 3. Three steps forward beginning L—turn head to left—L sidearm (thru frontarm).

II. = I. opposite.

III. Turn head forward—cross L behind R, turn 270° left on halftoe—downward front swings to uparm.

IV. 1.-2 L forestep, R rearleg—uparm, head back; 3. hold.

V. Waltz step R front (3 steps) turn trunk to right—swing L frontarm, R low rear.

VI. = V. opposite.

VII. R forestep, close L turning 270° to stand on halftoe—R circle forward (flank).

VIII. 1-2. Closeheel—moderate dip in right sidebow—L downward flank circle; 3. hold.

IX. Forestep L, hop high on L landing on L, R rearleg.

X. R forestep, spring forward from R, close L while in flight, land halfsquat—flank swing downward to low rear

XI. and combine with high vertical jump—flank swings forward to uparm.

XII. 1. Land in halfsquat—sidearm; 2., 3. hold.

XIII. L forestep, close R (chasse) starting arc to right.

XIV. L forestep, spring from L, bend R leg high forward (thigh parallel).

XV.-XVI. = XIII.-XIV. opposite, movement along arc continues.

XVII. L waltz step forward along arc—swing arms front upslant and flank swings downward to low rear.

XVIII. 1.-2. with 2 steps R, L, finish arc (gymnast's left hip front); 3. close R to L, halftoe stand.  
Arms: 1.-3. Flank swings forward to uparm.

XIX. Halfsquat—closearm sideway—moderate bend of head forward.

XX. Slowly upright—sidearm.

XXII. Squat to kneel, closearm and frontarm.

XXII.-XXIII. Sit on heels—arched frontbow—closearm, uparm thru sidearm, hands on floor.

XXIV. Slow upright (with body wave forward) to kneel—sidearm thru closearm.

XXV. Sit bentleg to left, shins bent to right—arms to right, L downward thru front swing.

XXVI. Kneel—downward front swings to left.

XXVII. 1. R forestep—sidearm (R with front swing upward).

2. L high rearleg, frontbow (arabesque).

3. Hold.

XXVIII. 1. Upright—halfsquat L reartouch.

2. Turn head to left.

3. Hold.

**HOW TO TEACH:**

1. This exercise contains fundamental movements and positions of arms; for this reason you should concentrate upon their perfect execution. Movement of arms always begins with elbow (or upper arm); eliminate tense holding of wrists and fingers. In the I. and II. measures the movement of arms begins with palms down; when arms are forward, the palms turn upward and when extending to sides (sidearm), palms again face downward.
2. In the III. measure the cross turn begins with halfsquat and a moderate sidebow to right. During the turn the legs slowly stretch to halftoe stand and trunk straightens.
3. Be sure legs are well turned out in hips and movements are amplified.
4. In the IV. measure the rear extension of leg is done without bending forward, rather with a moderate rearbow of trunk.
5. XIV.-XVI. measures: when bending leg forward there should be a sharp angle between thigh and shin, knee is high and well turned out.
6. XXI. measure: when in squat, pressure is placed forward upon knees simultaneously with the projection and placing of pelvis forward, shoulders remain in place. Place knees upon floor softly and soundlessly.
7. XXII.-XXIII. measures: First of all do chest frontbow with moderate push of pelvis back and simultaneously sit on heels; then slowly progressive frontbow to floor beginning in lower part of spine.
8. XXIV. measure: Preparation for wave. Divide element into 2 parts: 1st, chest waves forward bringing pelvis forward. 2nd, continue with trunk wave to kneel.
9. XXV. measure: Bentleg seat to left begins with sidebow to right to execute seat softly.
10. XXVII. measure: Arabesque with high rearleg extension (grip lower back muscles for balance).
11. The jumping part from IX. to XVI. measures contain the simplest jumps and hops from both feet and one foot. Aim your teaching method toward mastering the spring from halfsquat with firm control of body in flight and landing with roll from toes to halfsquat. The spring from one leg is always done with maximum push from toes.

## PREPARATION WALTZ COMBINATION

20 measures—3/4—open rank.

**I. 1.-3. Dip L forestep—**

- Arms: 1. L frontarm, knuckles up.  
2.-3. Palm up sidearm, eyes follow movement of arm.

**II. = I. opposite.****III. 1.-2. Dip L forestep.**

3. Close R to L heel in toestand (5th pos.).  
Arms: Downward front swing to bend inward uparm (5th pos.), palms down.

**IV. 1.-3. Dip L forestep—shoulder rearbow, head back (high chest, low shoulders—strong stretch in legs).****V. 1.-3. Upright—dip R rearstep—sidearm, palms up (extend arms strongly).****VI. 1.-3. L halfsquat rearstep, R foretouch, frontbow—frontarm inward, R crosses over L. (Arms execute front loop of figure 8.)****VII. 1.-2. Upright, R rearstep.**

3. Close L before R in toestand (5th pos.).  
Arms: With soft wrist movement turn palms up and sidearm.

**VIII. 1.-3. Rearstep R (L foretouch)—arms hold.****IX. 1.-3. Dip L sidestep, close R (chasse)—downward front circle R.****X. 1.-3. Dip L sidestep, strong R sidetouch—R downward swing to frontarm inward upslant, palm up, L sidearm upslant (stretch trunk strongly from waist to left side, look toward hands).****XI. 1.-3. Dip change weight to R—R downward swing to sidearm, L sidearm, palms up—turn head to R, look toward R hand.****XII. 1.-3. Dip change weight to L—turn head to left, look toward L hand.****XIII.-XVI. = IX.-XII. opposite.****XVII. 1.-3. Dip L forestep—downward front circle, face front.****XVIII. 1.-3. R halfsquat forestep, front bow—downward circle (circle passes thru frontarm when in frontbow). (XVII.-XVIII. both circles are smoothly combined.)****XIX. 1. 180° turn left on R; forestep L.**

- 2.-3. Close R to L in toestand.  
Arms: 1-3. Thru closearm (on turn) continue L rear flank circle to low rear, R forward flank circle, palms forward.

**XX. 1. Dip L forestep (on marker) —continue R forward to uparm, palm front.  
2.-3. Hold.**

sponse and cooperation from our units, we will ensure the complete success of our Sokol Slet.

Suggestions as to Slet officers were submitted:

Chairman, bro. George Basta; Co-Chairmen, bros. William Vrba, James L. Cihak, Stanley Barcal; Recording Secretary, sis. Betty Prener; Treasurer, bro. Frank Vodrazka; Technical Directors, bro. Ed Linhart, Director of Men, sis. Lorraine Zdenek, Director of Women.

On motions made and duly seconded, they were unanimously elected.

The officers of the Slet Committee (with the exception of bro. J. Cihak, who was excused, being out of the country, and bro. Vrba, who arrived later) were installed into office by bro. Charles Prchal who asked all for their cooperation in making our Slet successful.

Bro. Barcal emphasized the importance and size of our undertaking by advising what the receipts of our last Slet amounted to.

Letters from Sokols Milwaukee, Rozvoj and bro. and sis. Marsalek were read.

Typewritten copies outlining the duties of the committees making up the Slet Committee were handed to all members present and the outline read. Discussions followed as to the organizing of various committees.

The following chairmen were elected:

Finance Committee — bro. F. Vodrazka; Publicity Committee — sis. E. Ruzicka; Housing Committee — bro. E. Halik; Management Committee — bro. J. Drnec; Sokol Exhibit Committee — bro. J. Janecka; Banquet Committee — sis. B. J. Cihak.

Chairman for the Souvenir Program Book is to be selected. Bro. J. Kriz of Sokol Slavsky advised, after being reached by phone, that he would help to work on this project.

At this time, introduction of bro. Al Walko, Sokol U.S.A., was made. He greeted all present.

It was approved that the Slet account be opened at the First National Bank of Cicero. Also approved that the sum of \$2,000.00 be loaned by the ASO. Executive Board to the Slet account. Authorized signatures: President, Secretary and Treasurer—two of the three to be used.

A blanket bond in the amount of \$35,000.00 insurance including burglary, hold-up (full coverage) to be secured from Basta-Musil was approved.

Bro. E. Linhart, Director of Men, gave a brief report. Slet dates have been set and are waiting to hear from the Board of Education regarding our request of the Morton West facilities. He advised that the Czechoslovak Olympic Team could be secured for a performance thru the AAU. for \$2,500.00. This will be checked out further.

Bro. J. Drnec, President of the Central District, advised that the Central District has agreed not to have a District Slet in June of 1969. Sis. E. Ruzicka suggested that members of the seven inactive units in the Central District be asked to attend gym classes in the active units and then participate in Slet activities.

Committee meetings are to be called 45 minutes before the regular assembly meeting to discuss problems and present recommendations.

Next meeting will be held on Wednesday, October 30th, 1968, in the Camel's Room, CSA. Building.

Bro. G. Basta expressed his appreciation to all for their participation in discussions.

Betty Prener, Recording Secretary

## Financial Report ASO. September 1968

### INCOME:

Dues .....	\$1,197.00
Special assessment .....	1.00
Resale of plaques .....	40.00
Phone .....	1.45

Total Income .....\$1,239.45

### DISBURSEMENTS:

<b>Administrative Department</b>	
Salaries .....	\$261.83
F.I.C.A. & F.W.T. for August ....	50.66
Rental, janitor service, phone, telegrams, electric .....	202.79
Printing pamphlets; office supplies	171.02
Insurance .....	179.00
Petty cash .....	29.12
	<hr/>
	\$ 894.42

### Educational Department BOI.

Salaries .....	\$207.80
F.I.C.A. & F.W.T. for August ....	53.20
Printing add'l. copies of "Sokol Gymnast" .....	31.68
Editor "Sokol Gymnast" .....	25.00
A.A.U. dues .....	50.00
	<hr/>
	\$ 367.68

### Sokol Publication

Printing "American Sokol" .....	\$963.33
Editor "American Sokol" .....	75.00
	<hr/>
	\$1,038.33

### Miscellaneous

<b>Future Sokol Leaders Fund—</b>	
Scholarship Awards .....	\$400.00
<b>Special appropriations:</b>	
Southern District .....	851.80
Western District .....	294.70
XII Slet expense .....	15.77
	<hr/>
	\$1,562.27

Total Disbursements .....\$3,862.70

### BALANCE:

<b>Totals brought forward:</b>	
Western National Bank of Cicero—check- ing account .....	\$5,558.68
Income—September 1968 .....	1,239.45
	<hr/>
	\$6,798.13
Disbursements—September 1968 .....	3,862.70
	<hr/>
	\$2,935.43

Hygiene is the only useful part of medicine, and hygiene is rather a virtue than a science. Temperance and industry are man's true remedies; work sharpens his appetite and temperance teaches him to control it. — J. J. Rousseau.

## Future Sokol Leaders Fund

Sis. Ann Falta, in memory of Emilie Adamec .....	\$15.00
Sokol Chicago, in memory of bro. Charles Smidl .....	12.00
	<hr/>
	\$27.00

(The above contributions are tax exempt.)

## FROM OUR DISTRICTS

### EASTERN DISTRICT

September 16, 1968

Letter sent to Anne Hamilton of Sokol Little Ferry in regards to scholarship. Application form had not been sent to the ASO. Application was sent to bro. Zraly for signature on Sept. 11th.

The ASO. sent notice to bro. Zraly that Parliamentary Procedure pamphlet was at printers.

Letter from Sokol Little Ferry pertaining to sale of D. A. Sokol Camp at Ironia, New Jersey.

Received telegram from ASO. while away on vacation in regards to situation occurring in Czechoslovakia. Request that similar telegrams be sent to Senators and Congressmen in Eastern District area.

It had been stated that all members should write to their Senators and Congressmen asking their assistance in removal of Russian troops from Czechoslovakia.

History of the Eastern District: Elder members of the Eastern District will be asked to give their assistance in looking up the history of the Eastern District.

\* \* \*

### SOUTHERN DISTRICT

July 11, 1968

Houston—month of June report—held Father's Day celebration with barbecue dinner and dance. Socials every Sunday. Attendance of gym classes continues to be 90%.

Ennis—Appropriation of \$300.00 towards course student's tuition.

Director of Women — sis. Laznovsky: Ordered course students certificates—had not received sufficient amount of song books for the course, will try to type up some for use.

Director of Men: Trophies, ribbons and medals had been received—tent for the boys of the course had been delivered to Sokol Houston.

The Mid-Slet is requested by Yukon, Oklahoma, for showing in August.

Brother Prevratil indicates that the Ennis unit charter members are the oldest Sokol membership in the District and suggests due recognition of these members by presenting them with plaques. Approved.

August 15, 1968

SPJST. Rest Home administrator, Bro. Gaida, acknowledgment and appreciation of donation (\$25.00) by the Southern District in memory of Bro. Troubil.

From ASO. (acct. dept.) check for \$28.00 to cover expenses of workshop in Houston, June 14

and 15th. Amount is charged against the Southern District Special Assessment Fund.

Fort Worth—Three students attended course.

Houston—Gained 4 members—gymnasts participated at Knights of Columbus celebration.

Ennis—Plans for 60th anniversary celebration September 14 and 15th, Saturday dance and Sunday gymnastic exhibition.

Director of Women—sis. Sylvia Laznovsky: Slet competitions on July 27th went off as scheduled with 92 participants, the majority consisting of children and juniors. Four volleyball teams competed, Sokol Fort Worth won in finals. Teams consisted from Houston, Ennis, Fort Worth and Dallas. Units Ennis, Fort Worth and Houston competed for the special number traveling trophy (trophy was first inaugurated in 1956 with ruling that it had to be won three times by a unit for permanent possession). Prior to this Slet each of the three units had won it twice, Sokol Fort Worth's special number this year secured the trophy for the third time. Approximately 125 gymnasts participated and exhibited a colorful event.

District Course—bro. Milan: 25 students completed the two week course, 1 student, one week: 7 from Dallas, 10 from Ennis, 3 Fort Worth and 6 from Houston 7 boys and 19 girls, age ranging from 13 to 17 years. Chief instructor was sister Norma Zabka from the Eastern District and second instructors, bro. Milan and sis. Milan from Fort Worth. Students were attentive, their conduct was good, indicates potential leadership of majority of students, advises encouragement and future courses. Sokol Houston members assisted in instructing, secretarial work, presented lectures and meal preparation. SPJST. Lodge 88 swimming pool facilities were available to the students.

District purchased ¼ page space in the Committee of Czechoslovak Legionnaires souvenir book.

September 12, 1968

From ASO. Secretary, sister Prener, reply to order of plaques and informing that they are being mailed.

Appreciation letters sent to Sokol Houston for holding District course and Slet, and to SPJST. Lodge 88 for swimming pool privileges during the District course.

Dallas—Gymnasts attended the District Slet in competition and program. On agenda, the Ennis unit exhibition and Czech Day at the Fair.

Fort Worth—Gym classes will be resumed September 30th.

Ennis—Final plans made for 60th anniversary celebration, Sept. 14 and 15—some improvements made on building—purchased new set of parallel bars.

Technical Staff—Ennis unit will hold an invitational volleyball tournament, September 14. Future agenda: Czech Day at the Fair, type of program will depend on time limit.

Brother Milan had mailed the Slet film to Yukon, Oklahoma, and it has been returned. Also has a request for the film from Sokol Baltimore.

Bro. President received from ASO. a copy of the telegram of the Sokol Organization protest of the Soviet occupation of Czechoslovakia that was sent

to President Johnson and Senators, and suggested to districts to do likewise. Brother Prevratil sent telegrams to two state senators and Dallas representative in behalf of the Southern District. Received acknowledgment from Mr. Cabell's office. Informs that the plaques for two charter members of Ennis unit had been placed with engravers and will be engraved in Czech.

\* \* \*

## PACIFIC DISTRICT

September 1, 1968

Bro. Spanek read a communication from ASO. President Barcal containing a copy of a telegram which he had sent to various members of our government concerning recent events in Czechoslovakia. San Francisco and Los Angeles units sent similar messages. Each unit reported on activities engaged in to protest the presence of Russian troops in Czechoslovakia.

A discussion regarding ways in which we can help refugees was held. The importance of immediate action was stressed. The following motion was made by bro. Pokorny: Each unit is to be informed that it should collaborate with other Czech organizations in the area in planning relief activities for refugees. Report of plans to go through District and ASO. Approved.

Sokol Los Angeles will be giving demonstrations in Palm Springs and San Diego. Will have a commemorative affair for Oct. 28th. Bro. Hintnaus reported that some of his students are doing very well in Olympic competition.

Sokol San Francisco sold their hall.

## Sokol St. Paul

Western District Slet was attended by two bus loads of Sokols from St. Paul. Half the fun of being a Sokol is in going on one of these trips. A new love of Sokol and what it stands for comes with each such trip. You will hear the story from those who went over and again telling of the fun and excitement on the trip.

There were three circles of Beseda dancers from St. Paul, and one from Cedar Rapids, Iowa.

There were 24 junior boys—Low Division for competitions. Paul Kiefner competed for St. Paul.

Sokol St. Paul had 1 team of girls—junior girls Low Div.—participating in the competitions, as well as 1 junior girl in the Intermediate Div., and one woman in the Low Div. Obviously, all weren't winners, but certainly all deserve a "big hand" for competing and for the endless hours of practice for the competitions.

The results were rewarding. The team placed 2nd out of 6 teams. Individually out of 43 girls, Vicky Reider placed 5th and Joanne Mazanec placed 10th.

We had a nice representation in the Slet calisthenic drill performed for the program on Sunday.

Vicky Reider and Pauline Vanyo were our candidates for the 2 week course which followed the Slet. We haven't put the girls to work yet, but we do hope they will be able to exercise their "learnings" in the months to come.

## Z New Yorku.

Ač jsem šedesát tři roky členem T. J. Sokol New York a byl mi při stoleté oslavě založení jednoty, 18. listopadu 1967, odevzdán diplom čestného členství za 62 léta příslušnosti, zřídka pošlu dopis k uveřejnění. Vím, že náš věstník nepěstuje politiku ve svých sloupcích a je tak dobře; ale události v naší staré vlasti nutí pero do ruky.

Vždy jsem byl hrdý na svůj český původ; předně co Sokol, za druhé co Chod. Dnes jsem ještě hrdějším, poněvadž Rusku nestačila jeho armáda k potlačení hnutí, které neslo volnější projev slova i tisku, demokratisování života. Za volnost a demokracii československý lid usiloval, bojoval a krvácel po tisíc let existence národa. Bylo třeba pěti armád s plnou moderní výzbrojí — a ještě, přes všechny hrozby lid zůstává pevným.

Sověty ukázaly v plném světle, že dle jejich zákonů, malý člověk a malý národ nemá práva na vlastní existenci. V Rusku panoval útlak za carské vlády a není jinak za vlády nynější. Na vzdělaný národ, na národ, žádající jen své historické právo, seslal fysickou ohromnou přesilu. A zase budou odvážet z Československa vše od hodinek až k těžkým strojům, za které tak velmi málo platí.

Za noci přišel s takovou mocí druhý Hitler, bratr Slovan a krutě hospodařil na majetku a lidech. Volnější projev má být znemožněn a země má být uvržena do ruské poroby. Slovan Čech dobré bratry má v Rusích a Polácích.

Frank Holub.

## John J. Kriza st.

Úporná choroba zlomila 23. září 1968 statnou postavu bratra Johna J. Krizy st., který do svých vysokých let dovedl si uchovat svěžest zpravidla mládí vlastní, chut' a lásku k životu a práci. Těmito svými vlastnostmi udivoval všechny, kdo se s ním stýkali, právě tak, jako vlídností povahy, získal si kde koho ve svém okolí. Člověku nechce se věřit, že nepřijde už mezi nás.

Narodil se ve Vlastějovicích, v Čechách. Do Spojených států přijel v roce 1906. Dožil se osmdesátí pěti let. Vyučen byl řeznictví, zařídil si obchod, v kterém vlastním a své rodiny přičiněním byl velmi úspěšným.

Členem Sokola Tábora, v Berwyn, byl dříve než 50 let a za své služby jednotě a Sokolstvu bylo mu v lednu 1966, při oslavě 100 let Sokola Tábora uděleno čestné členství Sokola. Jeho manželce Marii bylo při té příležitosti uděleno čestné členství v jednotě Sokolic, za činy projevovanou lásku k sokolství, kterého zůstává věrnou vyznavačkou. Také dcera a syn Jeník, světově známý baletní mistr, jsou členy Sokola. Úspěchy jednoty byly vždy všem radostí a chloubou.

John J. Kriza st. byl platným členem mnoha jiných organizací, které v něm ztrácejí činného jednotlivce.

Za Sokolstvo se zesnulým 26. září rozloučil starosta Sokola Tábora, br. Karel M. Prchal. Velký počet bratří a sester projevil svůj žal a stesk účasti při rozloučení.

Bratře Krizo, památka Tvoje zůstane věčně živá v našich srdcích!

kmp.

## Josef Janečka.

Projev br. Frank Kratochvíla.



Josef Janečka,  
narodil se 18. března  
1889  
v Pitíně, na Moravě,  
zemřel 23. července  
1968.

Obrázek z oslavy  
jeho 79. narozenin

Mluvim v zastoupení jeho nejbližších přátel, v zastoupení Sokola Havlíček-Tyrš, odbočky ČsNRA. Západní Předměstí, Oblastního výboru ČsNRA. v Chicagu, a konečně za předsednictvo ČsNRA.

Bratr Janečka se vyučil řemeslu klempířskému v Bojkovicích a pracoval v Uherském Brodě, kde se také r. 1912 oženil s Annou Růžičkovou. Z manželství toho vzešly tři děti: Dagmar, Josef a Libuše.

Roku 1913 si zařídil svou živnost ve Slavičíně. Roku 1927 přijal pozvání svého bratra na návštěvu do Winnipeg v Kanadě, kde se usadil a následující rok jej následovala jeho rodina. Roku 1946 se přestěhoval s manželkou do Chicaga. Pracoval společně s bratrem Frankem na automatickém plynovém a olejovém vytápění a chlazení, až do svého odchodu na odpočinek. V té době pomohl postavit a zařídit synovi Josefovi dílnu v Riverside, na stejný obor.

Manželka Anna zemřela roku 1959. V roce 1960 se po druhé oženil s Pavlou Biciánovou, původem z Brna.

Bratr Janečka byl již od svého mládí Sokolem, prvně v Uherském Brodě, později ve Slavičíně, kde v místní jednotě byl 3 roky náčelníkem, delegátem do župy, členem stavebního družstva sokolovny. Tamtéž byl členem obecního zastupitelstva, členem Mafie a zbrojmístrem hasičského sboru. Zúčastnil se aktivně sokolských sletů v Praze r. 1912 a 1926. V Kanadě ve Winnipegu pokračoval v sokolské činnosti a byl 12 let starostou jednoty a pokladníkem sokolského sletu r. 1932. V Chicagu se stal členem Sokola Havlíček-Tyrš a byl jeho zástupcem v župě Střední. Byl též členem Zábavního spolku Pitín a okolí.

Plných 12 let byl předsedou odbočky Mistr Jan Hus ČsNRA. a od r. 1952 do letošního sjezdu byl členem předsednictva ČsNRA. Byl členem Oblastního výboru, jako správce majetku současně s jeho manželkou Pavlou, která zastávala místo účetní. Oba byli též členy odbočky ČsNRA. Západní Předměstí. Krásným společným činem manželů Janečkových bylo zaslání 500 českých knih do knihovny Československé podporující jednoty ve Winnipeg v Kanadě, za což jim bylo jednotou uděleno čestné členství.

Bratr Janečka se v každé práci uplatnil svoji houževnatostí, svědomitostí a poctivostí. Byl to muž ryzího charakteru, který nikdy nikoho nezarmoutil a každému rád vypomohl. Jeho poměr k nejbližším přátelům byl vždy ten nejlepší a skálopevný. Ti

dnes nejvíce pro něho truchlí a zachovají jej v nejlepší vzpomínce.

Ztrácíme v bratru Janečkovi nejen upřímného přítele, ale i oddaného spolupracovníka, je nám těžko loučit se s tím, jehož jsme měli rádi, jehož horlivost a nadšení nám byly povzbuzením pro národní práci.

Loučíme se s Tebou, bratře Janečko, děkujeme Ti za práci, oběti i snahy plnění povinností k sobě, k rodině, k našim organizacím a za Tvoji lásku k milované vlasti. Vzdáváme Ti dnes poslední úctu a přejeme Ti klidného odpočinku, který si plně zasloužíš po těžkém životním boji.

KAREL M. PRCHAL:

## 50 YEARS

(Continued)

We, here in America, always fulfilled duties that were placed upon us. Today, it means that we shall not allow ourselves to be swayed regardless of how shrewdly the enemies may try to gain our good will or how cunning their propaganda is. Defeatist or conciliator is the same as the enemy with a bomb.

A free spirit cannot be captivated. We will continue to stress our demand that the government must be returned to the people to whom it belongs. The land belongs to the people for a thousand years and is their home for eternity. We will always remain undaunted in the defense of that which we believe to be right. Liberty for the nation, freedom of thought and speech and power to guide their own destiny.

November 14, 1942, a dignified program celebrating the 80 year jubilee of the first Sokol unit "Sokol Prazsky" organized February 16th, 1862, was held.

Three scenes arranged by bro. Vojta Benes were presented. The first scene depicts the first meeting of Sokol Prazsky. The second scene "on Bradlo" with Stefanik Barrow. The third "In a concentration camp." Gymnastic program followed.

June 27th, 1942, bro. Frank Muska, director and co-founder of the Bata industries in Zlín, died in Belcamp, Maryland, at the age of 50. Generous in his dealings as a Sokol and patriot, sincere, loyal, but unpretentious. A pillar of loyalty that only death could destroy. Bro. Muska was the initiator of the idea, that Sokol units should be organized wherever there were Bata employees. At the occasion of the first public exhibition of Sokol Belcamp, Belcamp, Maryland, on September 10th, 1942, the unit was accepted as a member into the American Sokol Organization by President bro. Prchal.

September 21st, 1942, bro. James A. Kviz, enthusiastic Sokol worker, was killed in a plane crash near Perham, Maine, while in the service of the nation. He was 26 years of age. James dedicated all of his strength and excellent qualities to his nation and the Sokol.

On Dec. 26, 1942, the funeral of bro. Ludvik Pavousek was held in Omaha, Nebr. He died at the age of 44. His death was a heavy loss for Sokol South Omaha and the Western District in which he was Secretary for 6 years. The funeral was attended by many Sokol members and the Czech public.

(Continued)

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And its toiling time is through;  
Is there anyone to utter now  
A friendly word for you?  
Can you say tonight in passing,  
With the day that slipped so fast,  
That you helped a single person,  
Of the many that you passed?  
Is a single heart rejoicing  
Over what you did or said?  
Does one whose hopes were fading  
Now with courage look ahead?  
Did you waste the day, or lose it?  
Was it well or poorly spent?  
Did you leave a trail of kindness,  
Or a scar of discontent?

—Anon.

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## NEW COLUMN IN OUR AMERICAN SOKOL

Upon the recommendation of the newly formed Membership Committee the Executive Board of the American Sokol Organization approved a column to be published on the opinions and suggestions of our Sokol members. This new column will be titled "Sokols Speak."

Write your articles about our Sokol Organization. Try to keep your ideas or criticism to the following:

1. How to improve our Sokol Organization.
2. How to retain present members.
3. What to do to attract new members, young and old.
4. Modernization of our present Sokol system.
5. Pros and cons on the Sokol Idea.

Articles will be reviewed by the membership committee. Keep articles brief, come to the point.

Address letter to:

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