

DWIGHT DAVID EISENHOWER

34th President of the United States, the allied commander in Europe in World War II, the most revered American of his time, died March 28th, 1969, at the age of 78. Born October 14th, 1890.

Few were so honored and respected as Eisenhower.

EXCERPTS FROM PRESIDENT NIXON'S EULOGY:

"We gather today in mourning, but also in gratitude. We mourn Dwight Eisenhower's death, but we are grateful for his life. We gather also conscious of the fact that in paying tribute to Dwight Eisenhower, we celebrate greatness. When we think of his place in history, we think inevitably of the other giants of those days of World War II. And we think of the qualities of greatness, and what his were that made his unique among all.

Once, perhaps without intending to do so, he himself put his finger on it. It was 1945, shortly after V-E day at a ceremony in London's historic Guildhall. The triumphant supreme commander of the allied forces in Europe was officially given the freedom of the city of London. In an eloquent address that day, Dwight Eisenhower said: 'I come from the heart of America.'

"Perhaps no one sentence could better sum up what Dwight Eisenhower meant to a whole generation of Americans. He did come from the heart of America. Not only from its geographical heart, but from its spiritual heart. He exemplified what millions of parents hoped that their sons would be, strong and courageous and honest and compassionate."

* * * * *

"I know Mrs. Eisenhower will permit me to share with you the last words he spoke to her on the day he died. He said: 'I've always loved my wife. I've always loved my children. I've always loved my grandchildren. And I have always loved my country.'"

* * * * *

"People loved Dwight Eisenhower. But the other side of this coin was that he loved people. He had the great leader's capacity to bring out the best in people. He had the

(Continued on page 49)

AMERICAN SOKOL



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by the

AMERICAN SOKOL ORGANIZATION

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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

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Tel.: 749-6671

Calendar of Events

- MAY 1st—SOKOLICE HAVLICEK-TYRS, Chicago.
Luncheon served at 12:30 p.m.
- MAY 3rd — SOKOL MLADOCECH, RACINE,
WIS. — Gymnastic Exhibition 7:00 P.M.
- MAY 3rd—SOKOL NEW YORK, N. Y.
Gymnastic Exhibition.
- MAY 4th—SOKOL BALTIMORE, MARYLAND.
Bull Roast.
- MAY 4th—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Annual Gymnastic Exhibition, Her-
rick Junior High School, Grant and Middaugh,
Downers Grove, Ill.
- MAY 9th—SOKOL SLAVSKY, CICERO, ILL.
Games Party, Community Chest — Cicero, Ill.,
7:30 P.M.
- MAY 9th—SOKOL DETROIT, MICHIGAN.
Annual Spring Dance.
- MAY 9th—SOKOL SO. OMAHA, NEBR.
Chicken-Shrimp Dinner.
- MAY 11th—SOKOL FUEGNER, L. I. C., N. Y.
Gymnastic Exhibition.
- MAY 16th—SOKOL MILWAUKEE, WIS.
Interclass Meet.
- MAY 17th—SOKOL MILWAUKEE, WIS.
Track Meet.
- MAY 18th — CEREMONIES IN ARLINGTON
NATIONAL CEMETERY.
- MAY 18th—SOKOL STICKNEY, ILLINOIS.
Pork and Sauerkraut Dinner.
- MAY 18th—WESTERN DISTRICT, OMAHA.
Work Shop.
- MAY 18th—SOKOL HAVLICEK-TYRS, Chicago.
Pork dinner.

- MAY 21st—SOKOL SO. OMAHA, NEBR.
Sokol Tour. Nebraska Penitentiary.
- MAY 21st and 22nd—SOKOL DETROIT, MICH.
Rummage Sale.
- MAY 25th—EASTERN DISTRICT. — Combined
Slet of United Sokols of the East at Boonton
Sokol Camp.
- MAY 25th—SOKOL MILWAUKEE, WIS.
Gymnastic Exhibition.
- JUNE 8th—SOKOL SLAVSKY, CICERO, ILL.
Picnic, White Eagle Grove Center, Lyons, Ill.
- JUNE 10th—SOKOL HAVLICEK-TYRS, Chicago.
Annual Smorgasbord.
- JUNE 21 and 22—SOUTHERN DISTRICT.
Competition and Slet—held in Corpus Christi.
- JUNE 22nd—SOKOL SO. OMAHA, NEBRASKA.
Sokol Day. Sokol Park, La Platte, Nebraska.
Gymnastic Exhibition. St. Aloysius Gymnasium,
1432 S. 92nd Street at 2:00 P.M.
- JUNE 22nd—NORTHEASTERN DISTRICT, Cleve-
land, Ohio. — Slet—I.O.O.F. Camp.

BLANCHE J. CIHAK:

THE XII SLET BANQUET

The social highlight of every Slet has been the Banquet, an evening of relaxation and fine entertainment. The Banquet will be held, this year, in the very beautiful and ornate Gold Room of the Pick Congress Hotel on Friday evening, June 27, 1969. Every effort will be made to make this event an outstanding one, worthy of its predecessors.

As the BOI is not planning an Akademie (Gymnasticale) this year, the special numbers seen that evening at a separate affair will become a part of the banquet program. This will be an opportunity for scores of Sokols and Sokolice usually engrossed in their technical work, to attend the banquet and have the chance to renew old friendships and meet new young Sokol enthusiasts in an atmosphere of fellowship.

There will be departures from time encrusted customs to make certain that the program will be one of lively interest from the beginning to the end. This applies to the gymnastic numbers, the selections of the main speaker from the physical fitness or athletic field and the cultural performers.

There will be very few speakers and the addresses will be brief.

Tables will be set for 10 diners and the banquet tickets are \$10.00 per person.

The Banquet Committee is asking all those who anticipate attending to make up their own party wherever this is possible. This will in a large measure eliminate any possibility of friction at the last minute. Tables will be reserved on a definite first come first served basis.

Send in your reservations to the Banquet Committee XII ASO. Sokol Slet, 6426 W. Cermak Rd., Berwyn, Illinois 60402, as soon as possible. You will be notified of your table number, and the tickets will be issued at the door. More details and information as we receive definite commitments.

We invite all of you to the Slet and know that every event will be deeply imbedded in your memory. Nazdar!

XII American Sokol Slet Banquet Committee

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XC.

April — 1969 — Duben

Číslo—No. 4

PROFESSOR DR. JOSEPH CADA:

JOSEPH CERMAK — A TRIBUTE

Many years have passed since I last saw him. Yet so forcefully had his personality impressed itself upon my mind that almost at will I am able to recall this "Sokol," whom we at Medill High School on Chicago's immigrant West Side called "Mr. Cermak our gym teacher."



Professor Dr.
Joseph Cada

Joseph Cermak was truly a cultured man. Had he lived in Ancient Rome, he would have been called "the total man" for his many-sided interests and abilities. Removed from that age by a span of more than fifteen hundred years, he, nonetheless, cultivated its ideal of "mens sano in corpore sano" — the healthy mind in a sound body.

For us students at Medill he represented the ideal gymnast and teacher. We admired his physique and his sense of responsibility, dedication, and propriety in dealing with students and teachers alike.

As students, we, of course, saw only one facet of this man, whose personality for fully a half century graced the Sokol movement in Chicago. In his long life, Joseph Cermak occupied himself with many things. His predilection for history led him to write the three part "Dějiny Ameriky" in which he included the contribution brought by Czech-Americans of the 1860's to the cause of the Union during the Civil War. This book of more than 400 pages enriched the literature written in the United States for those who read Czech only and recorded for posterity the first massive demonstration of Czech loyalty to an adopted country.

Apart from this ambitious undertaking, Cermak also served as a chronicler of the

Sokol Union in the States, as editor of the "Sokol Americký," now four score and ten years old. He likewise used this monthly as a medium of instruction and perhaps as a preliminary drafting board of a 1908 publication of the Sokol manual of 412 pages called "Tělocvik". The latter became a standard text for Czech-American teachers of gymnastics in the fields of juvenile and women physical training.

In his work Cermak preferred calisthenics to athletics. He explained this inclination by saying that the former uniformly developed the entire muscular system of the body but the latter only those muscles used in a particular game or sport. He always urged the "golden mean" in training and avoided the use of gymnastic stunts, for these strained the heart.

Another personal trait which Joseph Cermak possessed and which undoubtedly was a great aid in his adjustment to the American way of life was his sense of humor. In class work this characteristic was evident in his treatment and consideration of the physically awkward students with which Medill High School teemed. In his previous occupation, centered for the most part on the Chicago "Svornost," where he was typesetter, writer, and editor successively, his humor and good natured tolerance was best exemplified by the lengthy article written by him on the fiftieth anniversary of the Geringer publications (see "Zlatá kniha," pp. 73-81). The account is a chronicle of Czech Chicago life in the early 1880's, a litany of the trials of an editor, and a manifesto of the love and zest for life with which Cermak and his fellow-workers met the problems of the day. Its humor is matchless.

Cermak's position in life, as one of those who out of our number had arrived, was a source of inspiration to scores of Czech students at Medill High. These regarded him

with a sense of pride and gratitude, for he was a Czech who had made a place for himself in America's cultural and public life. He was a paragon to follow, a lode star to which they might point the prow of their ship of life in their personal development and placement in the sea of cosmopolitan life about them.

As a teacher of history at Medill High School in later years, the writer was privileged to attend the dinner marking Joseph Cermak's retirement from Chicago's public

school system. The event, held in the ballroom of a downtown hotel, was attended by hundreds of friends of the retiree. Its master of ceremonies was superintendent Jaroslav Zmrhal. The tributes made were glowing and appreciative. Then, the time came for the honored guest to make a response to a standing ovation. At that moment the writer witnessed a heretofore unrevealed trait of Joseph Cermak's character. "Our gym teacher at Medill High School" spoke with tears in his eyes.

JAMES L. CIHAK:

THE SOKOL SLETS – A HABIT OR A MEANINGFUL ACT?

Is the Slet every four years a habit or does it have a deep significance?

Was the first one led by Tyrš himself in 1882, merely a show of power or was it a psychological perception of the future. Are our present Slets a chance for a vacation or do they have a profound meaning?

When we are strong enough to face challenging questions (as were Lincoln, Masaryk etc.) and think them thru to their logical termination, or at least into the broad daylight, we will find the power that lies behind our attempts to awaken the minds of our fellow citizens. The Sokols and their Slets are a powerful refutation of every form of coercive attempt to lull the minds of mankind into a state of somnolence.

The Sokol Slets are a form of visual human inventory. The competitions show the advances made by individuals. The teamwork required for the fulfillment of every group's sense of unity brings an early realization to developing minds of the tremendous value of cooperation. This too is preparation for life. Local and district competitions and exhibitions are a dress rehearsal for the anticipated participation in the national Slet. And it is in personal contacts at the Slet that the universality of the Sokol's efforts is brought home forcefully.

From the human, the physical side this is all-important. What is even more telling for the years ahead is to see and hear those whose life had been lived in the Sokol ranks for decades. The young had seen some of them at home, knew them and respected

them. At the Slet they see their counterparts from every section of the country, greeting each other warmly as only those can do who have served the same ideal for a lifetime.

Seeing these intelligent, successful men and women whose contributions and value to their respective community is unquestioned, relishing every moment of every event leaves an unforgettable imprint on the minds of the initiates. That so many could work so long and so hard to perpetuate the value of Sokol is never forgotten. In moments of doubt this picture comes back to their mind. There must be something great in Sokol, it must have a tremendous value to capture so completely so many fine individuals. And so another prospective leader of the Sokol's future is on his way to learn the "Why," and in the process gains a treasure so many search for blindly.

The most meaningful and richest lives are those that have become immersed completely in serving in some worthwhile cause. We have gained our measure of place and productivity in Sokol.

And our Sokol Slets are still what they have always been, "Our Fountain of Inspiration."

Come to the XII Sokol Slet in Chicagoland June 26—29, 1969, and see for yourself. "OUR SLET FOUNTAIN OF INSPIRATION" is inexhaustible, the more it gives the more there is of it.

XII AMERICAN SOKOL SLET

XII AMERICAN SOKOL SLET – Chicagoland Area – June 26-29

Dwight David Eisenhower

(Continued from cover page)

great humanist's capacity to inspire people, to cheer them, to give them lift. I remember, for example, just a few months ago, when I asked all of the members of the cabinet to go out and call on him. Each of them returned with wonder and admiration and said: 'You know, I went there to cheer him up and instead I found he cheered me up.'

* * * * *

"This feeling toward people had another side. In the political world, strong passions are the norm, and all too often these turn toward personal vindictiveness. People often disagreed with Dwight Eisenhower, but almost nobody ever hated him.

"And this I think was because he himself was a man who did not know how to hate. Oh, he could be aroused by a cause, but he could not hate a person. He could disagree strongly—even passionately, but never personally."

* * * * *

"Dwight Eisenhower was that rarest of men—an authentic hero.

"Wars bring the names of many men into the headlines and of those, some few become national—and even international heroes. But as the years then pass, their fame goes down.

"But not so with Dwight Eisenhower. As the years passed, his stature grew. Commander of the mightiest expeditionary force ever assembled, receiver of the surrender of the German armies in World War II, president of Columbia University, supreme commander of NATO, 34th President of the United States—the honors, the offices were there in abundance. Every trust the American people had in their power to bestow, he was given. And yet, he always retained a saving humility."

* * * * *

"As commander of the mightiest allied force ever assembled, he was the right man at the right place at the right time. And as President, once again, he was the right man at the right place at the right time."

"Many leaders are known and respected outside their home countries. Very few are loved outside their own countries. Dwight Eisenhower was one of those few. He was probably loved by more people in more parts of the world than any President America has ever had."

* * * * *

"For eight years now, Dwight Eisenhower has neither commanded an army or led a nation. And yet, he remained to his final days the world's most admired and respected man. Truly, first citizen of the world."

* * * * *

"And so today we render our final salute. It is a fond salute to a man we love and cherish. It is a grateful salute to a man whose whole extraordinary life was consecrated to service. It is a profoundly respectful salute to a man larger than life, who by any standard was one of the giants of our time.

"Each of us here will have a special memory of Dwight Eisenhower. I can see him now, standing erect, straight, proud and tall, 16 years ago as he took the oath of office as the 34th President of the United States of America.

"We salute Dwight David Eisenhower, standing there in our memory. First in war, first in peace and, wherever freedom is cherished, first in the hearts of his fellow men."

* * * * *

President Eisenhower showed interest in and commended the American Sokol movement as evinced by the following letter:

June 17, 1953

Dear Mr. Prchal:

Please extend my greetings to all those participating in the Eighth Gymnastic Festival and Exhibition of the American Sokol Organization. I know of your organization's distinguished reputation not only for encouraging gymnastics and athletics, but also for its moral and spiritual teachings.

I wish you and your colleagues many years of continued service to the mental and physical health of our nation.

Sincerely,

(Signed by) Dwight D. Eisenhower

From the Southern District

Brothers and Sisters:

The Southern District Sokol Organization is sponsoring a gymnastic competition to be held at the Sokol Hall and Field, 5440 Kostoryz Road, Corpus Christi, Texas, Saturday, June 21st followed by a Slet exhibition on Sunday, June 22nd, 1969.

Sokol exhibitions of Units are conducted as a preparation for District Slets and District Slets are a preparation for our huge American Sokol Organization National Slets.

For our Slet we will publish a Historical Journal (Slet) Souvenir, size 6" x 9". We would like to have every Unit and District represented in its pages.

To enable us to have this Journal published we are asking our Sokol and Fraternal Organizations for congratulatory wishes and greetings in the form of an advertisement. The prices of space are as follows:

Whole page \$40.00; Half, \$20.00; One Quarter, \$10.00; One Eighth, \$5.00; Individual Well Wisher Greetings, \$1.00 for one line.

If you have cuts or mats, they can be used with text. The printer is giving us very little time (only to May 15th) to furnish all material. Therefore, we will be very grateful for your early reply in the event that you will help us in this Sokol undertaking.

We hope that you will consider our appeal favorably and thank you in advance for your cooperation.

Nazdar!

Souvenir Book Committee:
Frank C. Sacky, John Stasa
Annie Spencer

Write checks as follows: "SLET CORPUS CHRISTI" and send to John Stasa, 1346 Daytona, Corpus Christi, Texas 78415.

JAMES L. CIHAK:

XII SOKOL SLET OF THE ASO. Preparations, Appeals and Response

The first Slet meeting for the XII Slet of the ASO. was held in September, 1968. Since then general meetings have been held every month. Add to this the scores of committee meetings, conferences, correspondence, phone calls as well as the many, many volunteer hours of help in dispatching thousands of pieces of mail and you will have some idea of what the preparatory work for a successful Slet involves. All of this in addition to a very capable and industrious office staff.

The requests for cooperation in the various projects connected with the Slet are made as reasonable as possible. Your prompt reply to our appeals will show your understanding for what we are trying to achieve and enable us to meet our deadlines with assurance. This applies to every facet of the Slet whether it is technical or administrative, a request for articles in the Souvenir Program or contributions for the Slet seals, Patron Listings, In Memoriam Listings, Well Wishers or Unit and individual advertisements. It also concerns your orders for tickets to the Slet on Sunday, June 29th

and the banquet at the Pick Congress Hotel on Friday evening June 27th.

An early generous response on the part of every Sokol and Sokolice is the finest tonic the scores of Slet committee members could possibly receive. It will act as an added incentive to make your enjoyment of the Slet that much greater. As great as the problems facing the Sokols have been in the past, our moral responsibility in this Slet outweighs them all.

The tragic events of last August force us to prove again that the ideals transplanted here over a Century ago are as well understood today as they were then and that free men cannot forever remain free if there is slavery anywhere. For over a century the Sokols in America have shown their mettle in times of stress and danger as well as during periods of relative peace.

We have the utmost faith in you and in your ability to make the XII. Slet one of the finest.

Nazdar!

EXECUTIVE BOARD

March 25, 1969

Sis. June Pros was accepted as secretary pro-tem.

Reports of: Southern District (Jan 26, 1969), Southern District (Feb. 11, 1969), Eastern District (Feb. 24, 1969), Northeastern District (Feb. 26, 1969), Eastern District (Mar. 17, 1969).

Correspondence: Letter received from World Airways pertaining to saving on charter flights; reply will be made and travel kit requested. Letter from the Sokol Beach Motel (Sokol USA) in Tampa, Florida, requesting display space during the Slet, will be referred to the Slet Committee.

Letter and invitation received from the Chairman of the 115th Anniversary Committee of the C.S.A., requesting two representatives attend their dinner on March 30, 1969. Bros. Barcal and Basta will represent the ASO.

Letter from W.B.F.A. including their annual contribution (\$1,250.00) to the Future Sokol Leaders Fund; acknowledgment will be sent.

Information received from Morton College as to hiring their students for part time and summer jobs.

Letter from an aerialist in Canada offering to do stunts for the Slet will be turned over to the Slet Committee.

BOI.—Bro. Linhart: Submitted final report from Central District Clinic held in Milwaukee, Wis. Submitted final report from the Northeastern District Clinic held in Cleveland, Ohio. Submitted preliminary form from the Central District for Clinic to be held in St. Louis, Missouri, also one pertaining to the ASO. Course to be held after the Slet. All activities are now centered on the Slet. To date

I have attended all exhibitions in the Central Dist. and noticed the drop in attendance of the junior boys and men's classes while the junior girls and women's classes are quite large. Pacific District elected a new men's director bro. Lubomir Hintnaus. I have written to bro. Joe Pokorny thanking him for his past services and dedication to Sokol. Request bro. Prchal to print report in the American Sokol. Have been in touch with bro. Divisek (New York) regarding our 1965 Slet orchestrations, he stated it is not in his possession and was left in Chicago. Have been in touch with bro. Al Walko (Sokol USA) and invited them to enroll in the ASO. Course which will be held after the Slet, June 30th thru July 12th at Potters Lake, Wis.

Bro. Basta questioned bro. Linhart about orchestrations which are paid for by the ASO; bro. Linhart stated he did not know about the arrangements made in the past but felt if the ASO. paid for music it should and will from now on belong to the ASO.

Sis. Zdenek: Have prepared a listing of uniform sources which may be used as substitutes for various parts of the uniforms, this will be mailed to all unit directors. Met with sis. Prchal regarding the folk dancers for the Slet, I am now working on the music and will cut stencils of the dances to be used which will be sent out. All final surveys, entry blanks and medical releases have been mimeographed and will be mailed around April 15th. Have made arrangements for purchase of the Sokol belting from New York thru bro. Frank Capek; this will be sent to the ASO. office.

Slet—Bro. Basta read the minutes of the meeting held February 28th. Sis. Pros reported on work done up to this date, which included the mailing of over 5,500 requests (seals and ads) with the greatly appreciated help of many volunteers. Invitations have been sent to various organizations. Housing

information has been sent to the directors of Sokol USA.

Editor—Bro. Prchal stated the American Sokol is in the mail. Spoke at the CSA Lodge March 12th. Visited Cedar Rapids and Omaha to see bro. Simon Rokusek and bro. Kopecky who are ill. Brought corrected roster from Cedar Rapids.

Publicity—English: Sis. Basta unable to attend, report read by bro. Basta, articles have appeared in the Tribune, permission granted for billboard advertising on Magikist sign (electric) located on Cicero and Eisenhower, will appear for one week prior to Slet at no charge, which would normally cost \$550.00. To date have arranged for four billboards.

Czech: Bro. Rabas stated articles have been sent to many Czech publications in the U.S., Canada and Europe which they have published. Have arranged for space in the Hlasatel advertising the Slet which will appear from March 20th thru the Slet. A fine story has appeared in the Chicago Magazine which illustrates the life of the Czechs in this area.

Educational—Bro. Cihak reported material has been sent to five units as they requested. Wrote article for the American Sokol. Educational Committee is working on articles for the Slet Program Book and publicity. All efforts are centered on the Slet.

Membership—Bro. Basta reported on the Membership Kit he and his committee have been working on; suggested the contents to include membership card, Sokol pin, Sokol pamphlet and the booklet "Sokol and the Sokol Idea." Sample kit will be sent to each unit.

Organization—Sis. Ruzicka excused but called from Florida, sis. Fara took report; have met with the group from Miami, who are interested in forming a unit in Miami, have started circulating signatures for those who wish to be founders including members of other units who wish to help, have six people interested in teaching. Will attend Eastern Dist. meeting April 18th and will also visit Washington, D. C., and Baltimore, Maryland. Bro. Barcal requested sis. Ruzicka stop in Cleveland, which she will do. Sis. Falta reported she attended the meeting of the group in Miami and stated there is much enthusiasm shown. ASO. should continue their interest and moral support.

Financial—Sis. Falta read report for February. Presented bills for work done in the office by bro. Joe Janecka and bro. Frank Vorel. Bro. Janecka installed an air conditioning unit in the rear window for the nominal fee of \$40.00 for material and labor, bro. Joe Sotka gave a willing hand in hoisting the unit into the window. Bro. Vorel submitted bill for material amounting to \$23.53. Bro. Prchal suggested reimbursing bro. Vorel for all the time and effort he has put in tackling various carpentry jobs during and after our moving. \$50.00 will be sent to bro. Vorel by sis. Cihak's motion.

Office—Sis. Pros read reports: Sis. Agnes Sotka reported quarterly reports have been processed, set up books for income and expenses for the Slet, mailed all requests as received, paid \$15.00 fee to Cicero-Berwyn Press for the transfer of our mailing from Chicago to Berwyn Post Office. Filed for non-profit 3rd class permit.

Sis. Ellen Jean Schnabl stated correspondence is sent as needed.

Sis. Pros stated all Slet work is done as it arises.

President—Bro. Barcal reported all correspondence is being answered; have attended all Central District exhibitions to date and notice the large attendance, hope this continues for the Slet. Have attended all meetings as requested and needed. Wrote article for Sokol and Sokolice Los Angeles Anniversary which I will attend April 27th.

Financial Report ASO. March 1969

INCOME:

Dues	\$ 661.50
T. J. Masaryk dues	23.00
Convention Fund	46 50
Special assessment	269.00
Dividends and interest	1,681.25
Subscriptions and advertising —	
"American Sokol"	495.00
Resale of jewelry	76.00
Sokol emblems, educational pamphlets, postage	51.28
Miscellaneous income	4.50
Total Income	\$3,308.03

DISBURSEMENTS:

Administrative Department	
Salaries	\$224.83
F.I.C.A. & F.W.T. for February ..	107.88
Rental, janitor service, phone, electric	303.64
Office supplies and promotional pamphlets	485.81
Repairs to office machines	16.85
Office equipment	19.90
Miscellaneous expense	21.10
	<hr/>
	\$1,180.01
Educational Department BOI.	
Salaries	\$206.80
F.L.C.A. & F.W.T. for February ..	55.20
Printing additional copies "Sokol Gymnast"	27.72
Editor "Sokol Gymnast"	25.00
Postage and phone	10.64
	<hr/>
	\$ 325.36
Sokol Publication	
Printing "American Sokol" —	
March issue	\$739.61
Editor "American Sokol"	75.00
Postage	50.00
	<hr/>
	\$ 864.61
Miscellaneous	
General office — repairs	\$113.53
XII Slet expense	631.10
Special appropriations:	
Northeastern District ASO.	115.80
Central District ASO.	53.55
	<hr/>
	\$ 913.98
Total Disbursements	\$3,283.96

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—checking account	\$5,418.05
Income — March 1969	3,308.03
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	\$8,726.08
Disbursements — March 1969	3,283.96
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	\$5,442.12

Future Sokol Leaders Fund

Western Bohemian Fraternal Association..	\$1,250.00
Bro. and sis. Joseph Masek, Jr., in memory of bro. Simon Rokusek	5.00
	<hr/>
	\$1,255.00
Clyde Savings & Loan Assn. — Dividend ..	112.13
	<hr/>
	\$1,367.13

(The above contributions are tax exempt.)

XII ASO. SLET COMMITTEE

A standing silent tribute was paid former President and General of the U. S. Armed Forces — Dwight D. Eisenhower. Our country has lost a great hero.

Correspondence: Sokol Beach Motel, Tampa, Florida, (Sokol U S A.) request permission to display literature and brochures pertaining to Sokol Beach Motel. Permission granted for display at our Sokol Exhibit at Lincoln Federal. Will ask them to advertise in our Souvenir Program Book.— Letter from Milo Kominek, Toronto, offering a performance in aero-acrobatics during Slet days. Acknowledge receipt and table letter. Seek further information from local authorities as to permission to perform. — Sis. Pros reported on work done at the office — invitations have been sent to various fraternal organizations, other Sokol organizations and Folk Dancing groups. — Sis. Schnabl wrote the Czech letters. Seals mailed to all unit members — 5,500. There were many volunteers helping with mailing.

Our sincere thanks to all. Bro. Basta added his thanks to all volunteers for helping with the mailings. A large list of business organizations is to be contacted — 660. Typists are needed for addressing envelopes. Several volunteered.

Report of Committees:

BOI Bro. Ed Linhart read report of combined meeting. Sis. Zdenek and Prchal compiling exercises of the Beseda to be danced at Slet as a Folk dance, guest groups and Sokol units participating. Polish Falcons will participate with a Polish folk dance as part of the Beseda. Sis. Zdenek is in charge of the Beseda. Official slet photographer to be accompanied by knowledgeable Sokol member to be designated by the BOI. In charge of slet competitions and activities:

Bro. Ptacek — Men's competitions, Men on the Slet Field, and advanced apparatus work for the Slet.

Bro. Zitny — Junior Boys competitions, ASO vaulting number for the Slet.

Bro. Schnabl — Junior Boys Slet Calisthenics.

Sis. Vesely — Charge of Women.

Sis. Schnabl — Charge of Junior Girls.

Sis. Halik — 1st and 2nd Class Girls.

Bro. Lebloch — Opening Parade and Assembly on Field.

Bro. Satek, Sis. Kalat and Ptacek — Volley Ball Tournament.

Bro. Chuck Kalat was elected Chairman of Slet Trophy Committee. Bro. George Basta will contact alternate, who would plan and supervise non-gymnastic activity of Juniors.

Financial Committee: Bro. Frank Vodrazka reports contacting Mrs. Stancl of Dr. Ondrus' office (Morton School Board). Reported various charges for the facilities requested, and requests BOI representatives meet after Slet meeting to clarify certain points. Apparatus will be under supervision of Jerry Palecek. Audio Visual Dept. will be in charge of the public address system. If swimming pool is used must have qualified life guard. Commissary location must be kept clean. Thanked sis. June Pros for supervising sending out of the seals. Returns are coming in. Sis. B. Prener reported on souvenir recommendations:

Decals — 3½" in diameter Pressure Sensitive label.

Identification case — 250.

Money fold — 150

Capri Key Tag — 2-color printing — 1M.

Embroidered patch 3" diameter — 600.

Felt pennant 8 x 18 — assorted colors — 500.

Letter opener, vinyl case, gold or silver — 150.

Prices and information on sweat shirts and gym bags will be obtained for next meeting.

Tickets — Different colors will be used to designate class of tickets. A 15% commission is to be paid units and stations selling tickets for Slet. No commission will be paid on tickets sold at the ASO Office. Printing of tickets awarded to Novak Printing. Sis. Agnes Sotka, Anne Falta and Bro. Vodrazka will open mail containing returns on seals and advertising.

Publicity: Bro. Jerry Rabas, Czech Chairman. Sent 7 articles about the Slet to Czechoslovak papers in U. S., Canada, Europe, and Australia. Most of them were accepted and published. Sent out 2 more articles and prepared others for next month. Sent letter to CSA and Bohemian National Cemetery asking them to advertise slet on their Sunday radio hour. Also asked bro. Vodrazka to publicize Slet in the CSA Journal. Placed small ad starting March 20, running daily with "Denni Alasatel" — cost \$24.00 per month. Will arrange for larger ad before Slet containing text of program. Next month arranged for Slet advertising on radio hour of sis. Jaromira Zacek, also radio hour of bro. Vrzal. Presented original poster suggested by bro. Richter.

Sis. Anne Basta, English Chairman, who was excused, sent written report. Permission granted at no charge, for the large sign on Eisenhower and Cicero Avenue for announcing our Slet — flashing over 1,680 times, during week of June 20—29, courtesy of Magikist Co. Bro George Herink volunteered to work on publicity committee. Has contacts with Southwest Herald serving Oak Lawn and Southwest suburbs. Articles appeared

in all sections of the Tribune on March 20. Separate pictures in West section and another set in South and North sections. Inquiries were received at the ASO Office. Arranged for sis. Pros to send mimeographed information to sis. E. Ruzicka for distribution in Miami. Working on further Slet publicity.

Bro. Joe Drnec reported asking Mary Pospisil of Dillon Vale, Ohio, who broadcasts on the radio every Sunday, to publicize our Slet. The broadcasts reach Ohio and West Virginia. Bro. Herink will write an English article she can use. No charge for broadcasts.

Housing Committee: Bro. Bennie Lankas, Co-Chairman reported all hotels and motels in the area have been contacted. Arrangements made with the Pick Congress, all units have been given all housing information. Will assist the Hospitality Committee in their work.

Hospitality Committee: Br. Tony Smunt suggests publicizing housing information in American Sokol. Also advising location of Slet headquarters and information on events taking place.

Management Committee: Bro. Joe Drnec, Chairman reported has signed contract for Sokol Brookfield (Thursday), and Sokol Havlicek-Tyrs (Saturday). Contract has been signed with bro. Frank Zakrocky for 18 musicians Sunday morning rehearsal for 2 consecutive hours; and afternoon program for 3 consecutive hours. Any time beyond that will be at overtime rate. Also signed contract with bro. Frank Zakrocky for 5 musicians to play upstairs on Saturday, and with Rudy Rozum 3-man Combo to play downstairs on Saturday. Bro. Drnec will personally extend invitation to Morton School Board to be our guests Sunday, June 29, and letter and tickets will be sent subsequently.

Banquet Committee: Sis. Blanche Cihak read report. Recommendations: Bro. Frank Vodrazka, M. C., an address by bro. S. Barcal, Pres. ASO, greetings by bro. G. Basta, Chairman Slet Committee. CSA and Lyra Singing Society to be invited to open the program, present group of 4 songs during evening, and to close the program. A speaker will be invited from the sports or gymnastic field. Several were suggested, and the committee will endeavor to obtain one. Read suggested menu. Price of banquet tickets per person \$10.00. Sis. Cihak explained the stage specifications 16' x 12', and any enlargement of the stage would take away from the table seating capacity. BOI will present 3 or 4 numbers. Planning on obtaining a music number for the program. Printing of invitations to be given to C & F Printing.

Souvenir Program Book: Bro. James Cihak reported letters have been mailed to all ASO units for advertising, patrons listing, well wishers, and In Memoriam with the Sokol seals — made single mailing. Letters mailed to specific individuals to write articles for the program. Organizations, national and local, have been contacted inviting them to participate in all Slet events and asking their support. Returns are coming in for the seals. Donors to Slet Seals of \$5.00 and over will be listed in the Souvenir Program Book under special heading to be selected.

Sokol Exhibit: Bro. Joe Janecka. Arrangements have been made with Frank Kinst to use the main floor 3 weeks before Slet for the Sokol Exhibit. Will have 4 Sokol figures — 2 in the old European Sokol Uniforms, and 2 in the American Sokol uniforms. For the exhibit smaller frames will be used 18" x 24". Will borrow these from the First Czechoslovak Phil. Club free of charge. Also will use peg board for display purposes. Insurance of the exhibit items will be arranged for by bro. Jos Janecka. Souvenirs could be sold as well as Sokol stamps. Also our Slet tickets could be sold there. Will make these arrangements.

Mayors of local cities and towns will be contacted by letter (also Oak Lawn) asking them to proclaim Sunday June 29 as Sokol Day.

Slet Poster — Several suggestions were submitted. Ideas were good and depicted various individual styles. One poster was chosen for our XII Slet.

FROM OUR DISTRICTS

EASTERN DISTRICT

Feb. 24, 1969

Announcement of show sponsored by Sokol Washington, "Noc na Karlštejně."

Received rates for bus tour to Chicago. Sis. Zabka will inquire of plane fare to Chicago.

Report of the Director of Women, sis. Zabka—Sis. Audrey Benda mimeographed moves for the children's classes competition. Sis. Provaznik will give her assistance to any classes if requested. Sis. Provaznik expressed her thanks to bro. Hesoun of Sokol Belcamp who made copies of books based on pyramid and competitive exercises, in the Czech language. The books have been distributed.

Bro. Zraly has requested that sis. Zabka visit the gym classes of the Eastern District to give her support.

Educational Director, sis. Masek—Showed slides of various exhibitions and Slets at Sokol Fuegner. Sokol Fuegner women won the volleyball tournament of the United Sokols of the East.

Bro. Zraly expressed his sympathy to sis. Misek on the loss of her mother. Although not a member she had been very active and gave her support to Sokol Fuegner in many ways.

Several members of the Eastern District attended a dinner honoring Vera Caslavská, Olympic gold medal winner from Czechoslovakia. Due to short notice it was impossible to notify all members. However due to another commitment she could only stay for two hours.

Sis. Provaznik will conduct a refresher course on March 23rd at New York Sokol Hall from 10 A.M. to 5 P.M.

* * *

The directors have been advised by the ASO. to review arrangements more closely in the future to avoid such a great expense for instructors.

Sokol Belcamp gym classes have been active in all age groups. Plan to participate in Slets at Chicago and Boonton.

Received new rate from bus company for tour to Chicago Slet.

Phone call from sis. Emily W. Ruzicka from Miami, Organization Director, in reply to letter from District requesting her to visit units. It had been decided to conduct the meeting at Sokol Hall, New York, on Friday, April 18. All presidents and District delegates are requested to attend this meeting. All members are invited to attend.

The Slet banquet will be held at the Pick Congress Hotel in Chicago. It was suggested that all members from the Eastern District room at this hotel during their stay so that we may all be together.

Director of Women, sis. Zabka—Sis. Provaznik will conduct a refresher course at Sokol Hall, New York, on Sunday, March 23.

At the present time units are unable to state number of candidates who will participate in the Chicago Slet.

Bro. Capek stated that only those entering the April 12 competition plus other activities, from Sokol Little Ferry, will be eligible to be sent to Chicago.

Director of Men, bro. Capek—All units are preparing for competitions, exhibitions and slets

The children's 2nd class drill is being prepared for the Boonton exhibition on May 25th.

Sokolice Little Ferry—Exhibition on April 20th. Preparations are being completed for their 60th Anniversary on April 26.

Sokol Little Ferry—Plans for more renovations on their hall. Farewell party for bro. and sis. Kuss, who are moving to Florida.

Sokol Fuegner—Due to the boys going into the services and the girls getting married, Sokol Fuegner is in need of instructors for their advanced classes.

March 17, 1969

District will take a half page ad in the XII American Sokol Slet Souvenir Program.

A check of \$808.75 received from the ASO. for salaries of instructors at Sokol Course held at Belcamp, Md., August, 1968.

NORTHEASTERN DISTRICT

January 19, 1969

Sokol Detroit — Brother DeConti submitted a general report on the activities of the unit during the year 1968. Sokol Detroit has a library containing over 4000 books for the benefit of the members. The unit enjoyed a financially successful year and a year that saw a gain in membership. To facilitate their increasing membership, an addition was constructed to their building.

Sokol Detroit Ladies Auxiliary — Sister Zboril gave a complete report on the activities of the unit. Sokol Detroit Ladies Auxiliary works in close co-operation with Sokol Detroit to raise funds, to plan activities, social and gymnastic, for both units. This unit publishes the Sokol Newsletter on behalf of both units.

Sokol Cleveland-Cech-Havlicek — Brother Gruber gave the report for the unit. During 1968 4 members received 40-year pins and 3 members received 50-year pins.

Sokol Nova Vlast — Brother Kocian gave a summary of the units activities during 1968. The unit was active in many gymnastic activities. Unit also participated in the DTJ exhibition, on July 4,

1968 performing a special number with 12 men and 6 women. On August 4, 1968, 4 men performed on apparatus for the Cleveland Recreation Dept. putting on a special demonstration.

Sokol Rip — Brother Prostednik submitted a complete report in writing. The unit's camp has not yet been sold.

Sokol Tyrs — Bro. Voris gave the report. — Although the hall has not been sold, the unit enjoyed a successful financial year. Bro. Voris reminded the delegates that Sokol Tyrs will celebrate its 50th anniversary this year. The unit plans to commemorate this event with a month of activities during October, 1969.

Krajanský Výbor — Bro. Voris stated that the Výbor is bending its efforts to help refugees from Czechoslovakia who come to Cleveland. The Výbor has furnished several refugees with food, shelter and has obtained jobs for them.

1970 Convention — Bro. Suster stated that the 1970 ASO Convention will be held at the Sheraton Cleveland Hotel from June 23—26, 1970. It will be a seminar-type of convention, thus helping the delegates to participate most effectively in subjects of their interest. The following are on bro. Suster's committee: Bro. Suster, Chairman, Vice Chairman Robert Jirousek, Secretary Gladys Jirousek; Treasurer Ott Wagner; Hotel Arrangements, Emil Hoch; Activities Tour, Emily Vencl; Tuesday Luncheon, Betty Hosticka; Public Relations, A. Suster and Anne Basta; Organization, E. Welcl-Ruzicka; and Education, Jim Cihak.

Nomination Committee — Bro. Gruber, as chairman, asked the presidents of each of the units to serve on the committee.

Audit Committee — Bro. Serpan was asked to chair the auditing committee.

BOI — Sis. Hantl gave a detailed report on the activities of the women. She also stressed the importance of BOI, delegates attend BOI meeting regularly. Bro. Edwin Jirousek gave a comparison of the average attendance per gym class for the years 1964 and 1968. The terms of office for the directors of men and women will be on a fiscal year, from September to August of the following, with the directors to be elected in August of each year. A mass calisthenics clinic will be held February 15—16, 1969 in Cleveland, Ohio at Sokol Tyrs. Sis. Provaznik will conduct the clinic.

Bro. Gruber gave the report for the Nomination Committee, recommended the following for office: President, Emil Pekar; 1st Vice President, Charles Serpan; 2nd Vice President, Joseph Kovar; 3rd Vice President, Robert Jirousek; Secretary, Wilma A. Sevcik; Treasurer, John Galik; Organization director, Gladys Jirousek; Public Relations, Elsie Khol, 1970 Convention chairman, Anthony J. Suster. Motion by Bro. Voris that the slate of officers presented by the nomination committee be accepted and that the secretary be instructed to cast a unanimous ballot for the slate of officers. Motion seconded and approved.

Brother Suster installed the new officers for the year 1969. In his remarks Bro. Suster reminded the delegates that unification of Sokol is necessary if we are to maintain and progress as Sokols. Bro. Suster stated that now the American public is aware

SOKOL GYMNAST

April 1969

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

AMERICAN SOKOL ORGANIZATION TO AWARD SCHOLARSHIPS FOR 1967-68

Upon recommendation of the finance committee, the delegates at the X General American Sokol Organization convention held in Chicago in June, 1965, approved scholarship awards to be paid from the Sokol Future Leaders Fund.

The Scholarship Committee is accepting applications of students who are planning a course or program in an accredited four-year college. Although physical education will not be a criteria, more consideration will be given to those who are training in the physical education field.

The allocation is \$100.00 per year for one girl or boy from each District, not to exceed two years. In order to qualify for the second year, applicant must maintain a "C" average or better. Second year allocation is NOT automatic; applicant must file letter of intent to re-apply for a second year, in which case the original application plus transcript of grades will be reviewed. The final selection to be made by the Scholarship Committee and approved by the ASO. Board of Instructors.

The following points will be considered by the Scholarship Committee in selecting the candidates:

1. Should have attended Sokol regularly for at least 3 years. Juniors may be included, but must become adult members; girls at age 17 and boys at 18 years.
2. Must have attended and successfully completed one Sokol course.
3. Must have taught or assisted in Sokol gym classes.
4. Recommendation of high school Physical Education teacher.
5. Recommendation of Physical Director of Sokol unit.
6. Recommendation of District Physical Director.

COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER THAN AUGUST 1, 1969

AMERICAN SOKOL ORGANIZATION

Scholarship Committee
5611 West Cermak Road
Cicero, Illinois 60650

I desire to make application for the American Sokol Scholarship Award. Please mail application forms and all other instructions to:

Signature of Sokol member _____

Street address _____

City _____ State _____ Zip Code _____

My age is _____ years. I am a member of Sokol _____

of _____ District.

SCHOLARSHIP COMMITTEE

George Basta, Chairman

Ellen Jean Schnabl

Lorraine Zdenek

Paul Lebloch

Edward Linhart

XII SOKOL SLET CALISTHENICS – AMERICANA

2nd CLASS BOYS

Passage to Section II — 8 measures, 3/4 time

- I-IV. No. 1 gymnast, turn 135° left, starting with left foot—4 steps to No. 2 marker in second row, turn 90° right to closeheel stand.
 No. 2 gymnast, turn 150° left, starting with left foot, 3 steps forward, turn 75° right to closeheel stand.
 No. 3 gymnast, turn 45° left, standing in place.
 No. 4 gymnast, turn 350° right — 4 steps forward turn 135° left to closeheel stand.
 All are in diagonal line, No. 3 and No. 1 on markers, No. 4 and No. 2 between them.
 (Diagram furnished on request.)

VI-VII. Hold.

SECTION II

Part A — 16 measures, 3/4 time

- I. 1-3. Left frontarm, knuckles up.
 II. 1-3. Left closearm thru uparm and reararm.
 III. 1-3. Right frontarm, knuckles up.
 IV. 1-3. Left closearm thru uparm and reararm.
 V. 1-3. Frontarm, knuckles up.
 VI. 1-3. Reararm, knuckles front.
 VII. 1-3. Toestand, uparm thru frontarm, palms front.
 VIII. 1-3. Closeheel stand—closearm thru reararm.
 IX. 1-3. Turn trunk 45° left—sidearm, knuckles up.
 X. 1-3. Turn trunk 45° right—closearm.
 XI. 1-3. Turn trunk 45° right—sidearm, knuckles up.
 XII. 1-3. Turn trunk 45° left—closearm.
 XIII. 1-3. Frontarm, knuckles up.
 XIV. 1-3. Front bow (parallel)—sidearm thumbs up, palms to floor.
 XV. 1-3. Upright—swing down inward to uparm, thumbs back, right in front of left.
 XVI. 1-3. Closearm thru sidearm.

Part B — 32 measures, 3/4 time

- I. 1-3. Toestand—uparm thru frontarm, thumbs back.
 II. 1-3. Lunge right sideward—sidearm, knuckles up.
 III. 1-3 Upright, draw right to closeheel stand—hands on hips, knuckles front.
 IV. 1-3. Closearm.
 V.-VIII. Repeat I.-IV., but to opposite side.

Gymnasts have been counted off from 1 to 4—use same numbers (3 - 4 - 2 - 1 standing in diagonal line).

- IX. 1-3. Squat support, hands outside legs.
 X. 1-3. No. 2 and No. 3 gymnasts, lunge right sideward—sidearm, knuckles up.
 No. 1 and No. 4 gymnasts, lunge left sideward—sidearm, knuckles up.
 XI. 1-3. No. 2 and No. 3 draw right to closeheel

half squat—sidearm downslant, knuckles up.

No. 4 and No. 1 draw left to closeheel half squat—sidearm downslant, knuckles up.

- XII. 1-3. Upright, closearm.
 XIII.-XVI. Repeat IX.-XII., but to opposite side.
 XVII. 1-3. Stand left sidestride, turn trunk 90° right sidearm, knuckles up.
 XVIII. 1-3. Turn trunk 90° left, draw left to closeheel stand—bend sidearm (hands in front to shoulders), knuckles up.
 XIX. 1-3. Stand right sidestride, turn trunk 90° left—sidearm, knuckles up.
 XX. 1-3 Turn trunk 90° right, draw left to closeheel stand—bend sidearm (hands in front of shoulders), knuckles up.
 XXI. 1-3. Turn trunk 90° left—sidearm, knuckles up.
 XXII. 1-3. Turn trunk 180° right.
 XXIII. 1-3. Turn trunk 180° left.
 XXIV. 1-3. Turn trunk 90° right—closearm.
 XXV. 1-3. Squat support, hands outside knees.
 XXVI. 1-3. Uprise, frontbow—frontarm, thumbs up.
 XXVII. 1-3. Slowly rearbow—uparm, thumbs back.
 XXVIII. 1-3. Upright—closearm thru sidearm.
 XXIX. 1-3. Squat—uparm outward, thumbs back.
 XXX. 1-3. Upright—sidearm downslant, knuckles up.
 XXXI. 1-3. Toestand—uparm thru sidearm, thumbs back.
 XXXII. 1-3. Closeheel stand—closearm thru frontarm.

Part C — 16 measures, 3/4 time

Repeat Part A, Section II., I.-XV.

Passage to Section III — 8 measures, 2/4 time

- I.-IV. Boys march back to original positions on markers:
 No. 1 turns 90° right, starting left foot, 8 steps to No. 1 marker, face front.
 No. 2 turns 75° right, starting left foot, 8 steps to No. 2 marker, face front.
 No. 3 turns 45° right, 8 steps in place on No. 3 marker, face front.
 No. 4 turns 30° left, starting left foot, 8 steps to No. 4 marker, face front.

V.-VIII. Hold.

SECTION III

Part A — 16 measures, 2/4 time

- I. 1. Thru sidearm, bend sidearm, hands in fists above shoulders.
 2. —
 II. 1. Stretch sidearm, palms up.
 2. —
 III. 1. Bend sidearm.
 2. Stretch sidearm.
 IV. 1. Bend sidearm.
 2. Stretch sidearm.
 V. 1. Frontarm down-inward, right above left.
 2. —

- VI. 1. Sidearm, knuckles up.
2. —
- VII. 1. Swing frontarm down inward, right above left.
2. Sidearm.
- VIII. 1. Circle frontway downward to closearm, hands open.
2. —
- IX. 1. Jump to half squat right front astride—hands on hips, thumbs rear.
2. —
- X. 1. Jump to half squat left front astride.
2. —
- XI. 1. Support squatting, left reartouch.
2. —
- XII. 1. Support squatting, right reartouch.
2. —
- XIII. 1. Support squatting, left reartouch.
2. Support squatting, right reartouch.
- XIV. 1. Support squatting, left reartouch.
2. Support squatting, right reartouch.
- XV. 1. Extend left to front lying support.
2. —
- XVI. 1. Support squatting, knees together between hands.
2. Uprise to closeheel stand—closearm.

Part B — 24 measures, 2/4 time

- I. 1. Jump to stride stand—hands on hips, thumbs rear.
2. Sidebow left.
- II. 1. Sidebow right.
2. Upright.
- III. 1. Jump to closeheel stand—bend closearms, hands in fist.
2. Thrust sidearm, open hands, knuckles up.
- IV. 1. Closearm.
2. —
- V. 1. Jump to stride stand—hands on hips, thumbs rear.
2. Sidebow left.
- VI. 1. Sidebow right.
2. Upright.
- VII. 1. Jump to closeheel stand—bend closearm, hands in fists.
2. Thrust sidearm, open hands, knuckles up.
- VIII. 1. Closearm.
2. —
- IX. 1. Bend sidearm, hands in fists above shoulders.
a. Flex to half bend.
2. Bend sidearm.
a. Flex to half bend.
- X. 1. Swing thru sidearm to frontarm down inward right above left.
2. —
- XI. 1. Swing thru sidearm to uparm inward, right

- in front at wrist.
a. Uparm.
2. Uparm inward, right in front at wrist.
a. Uparm.
- XII. 1. Thru sidearm, closearm, hands open.
2. —
- XIII. 1. Thru sidearm, bend sidearm, hands in fists above shoulders.
a. Flex to half bend.
2. Bend sidearm.
a. Flex to half bend.
- XIV. 1. Swing thru sidearm to frontarm down inward, right above left.
2. —
- XV. 1. Sidearm.
2. Circle frontway downward to sidearm.
- XVI. 1. Circle frontway downward to sidearm.
2. Closearm, open hands.
- XVII. 1. $\frac{1}{4}$ squat—hands on hips, thumbs back.
2. $\frac{1}{2}$ squat.
- XVIII. 1. Full squat—sidearm.
2. —
- XIX. 1. Uprise and jump to stride stand—thru sidearm, uparm inward with hand clap.
2. Jump to closeheel stand—closearm.
- XX. 1. Jump to stridestand—thru sidearm, uparm inward with hand clap.
2. Jump to closeheel stand—closearm.
- XXI. 1. $\frac{1}{4}$ squat—hands on hips, thumbs back.
2. $\frac{1}{2}$ squat.
- XXII. 1. Full squat—sidearm.
2. —
- XXIII. 1. Uprise and jump to stridestand—thru sidearm uparm inward with hand clap.
2. Jump to closeheel stand—closearm.
- XXIV. 1. Jump to stridestand—thru sidearm uparm inward with hand clap.
2. Jump to closeheel stand—closearm.

PASSAGE TO FINALE:

- I.-II. 1-8. No. 1 turns 90° left, starting left, 5 steps forward to marker No. 2, turn 90° right to closeheel stand.
No. 2 turns 90° left, starting left, 2 steps forward, turn right 90° to closeheel stand.
No. 3 turns 90° right, starting right, 2 steps forward, turn 90° left to closeheel stand.
No. 4 turns 90° right, starting right, 5 steps forward, turn 90° left to closeheel stand.

All gymnasts are now in 4's in close interval, between markers No. 2 and No. 3, facing main tribune.

III-IV. 9-16. Hold.

FINALE—Same as other boys and girls classes.

CZECHOSLOVAK BESEDA

Since the migration of Czechoslovaks to all parts of the United States from their homeland began, the Czech, Slovak, Moravian, Silician and Ruthenian Salon and Folk Dances have been taught and cherished throughout the decades. They are a part of the people's heritage as are the songs and music of Czechoslovakia.

The American Sokol Slet in June will feature excerpts from these dances. The United Moravian Societies have participated and cooperated with us during many of our Sokol Slets. They will be with us again. The Moravian Cultural Group who also participated in our last Sokol Slet offered its cooperation. Another group that took part in our for-

mer Sokol Slets was the Baracnici with their beautiful Maypoles and traditional Czech costumes.

The cultural backgrounds of our ethnic groups are becoming an important element in our American life and certainly, no nation has a richer folklore than that of Czechoslovakia.

The Sokol, both American and U.S.A., have taught these dances in their gymnasiums and teachers' courses and, of course, will receive invitations and are expected to take part in this colorful Slet program demonstration.

The following excerpts from the Czechoslovak Beseda have been selected by Mildred Prchal and Director of Women, Lorraine Zdenek, for the American Sokol Slet Exhibition to be held on June 29, 1969, in Chicago:

CZECHOSLOVAK FOLK DANCE "BESEDA"

This dance is performed in circles of four pairs of boys and girls dressed in national costumes.

It consists of four parts, which for the XII American Sokol Slet has been shortened from the original text.

PART I — CZECH

Opening: 3/4 tempo. **Formation:** Two ranks, girls and boys facing each other, hands on hips.

Polonaise:

- I. 1. Stand right in-foretouch, knees slightly bent—partners hold hands in frontarm downslant, arms slightly bent.
2. Stand right out-foretouch, knees slightly bent—arms hold.
3. Bend right sidetouch, toes of right foot touching instep of left foot—arms hold.
- II. 1.-3. Three steps clockwise, right, left, right and exchange places—arms hold.
- III. As I., but with left leg.
- IV. 1.-3. Three steps counter-clockwise, left, right, left and return to starting positions.
- V.-VIII. as I.-IV. (partners hold hands throughout 8 meas.).
- IX. 1.-3. All: Hands on hips and:
 1. Stand right sidestep
 2. Draw left to closeheel stand
 3. Closeheel toestand.

Note: Both ranks move to the right, opposite direction from each other.

- X.-XII. as IX During these 4 measures the dancers will execute four close-steps to the right.
- XIII.-XVI. as IX.-XII. but opposite (4 close-steps to left).
- XVII. 1.-3. Stand right sidestep, draw left to closeheel stand with moderate twist of trunk to right.
- XVIII. 1.-3. Return trunk forward and repeat XVII, but to the left.
- XIX. 1. Return trunk forward—stand right in-foretouch.
2. Stand right out-foretouch (outward).
3. Bend right sidetouch, toes of right foot touching instep of left foot.
- XX. 1.-3. Stand right sidestep and draw left to closeheel stand with stamp on floor.
- XXI.-XIV. as XVII.-XX. but opposite.

Two measures interlude during which couples

quickly form a circle, boys stand at left of girls holding inside hands, outside hands on hips.

Žádnej neví jako já: Polka, 2/4 tempo. 16 measures, NO REPEAT.

I.-IV. Four polka steps by the girls from the first and third couples: two polka steps forward, toward each other in the center of the circle, grasp hands in bend sidearm, hands shoulder high, execute a half-circle clockwise around each other and two polka steps back to original position. Outside hands on hips and inside hands also on hips when not holding. All others stand in positions except to clap hands at the first count of the first measure.

V.-VIII. as I.-IV. except that the boys from the first and third couples will now execute the polka steps. Others, again clap hands at first count of the fifth measure.

IX. All: 1. Partners, with halfturn, will face each other, hold hands in frontarm downslant, sides to the center of the circle and hop on left to dip half-squat right foretouch.

2. Dip half-squat right foretouch.

X. 1. Hop to dip half-squat left foretouch.

2. Dip half-squat left foretouch.

XI. and XII. as IX. and X., but without turn as in IX.

XIII.-XVI. Partners hook right elbows and circle each other clockwise with four polka steps, left begins. Couples finish by standing side by side, facing center of circle.

Pekla vdolky: Polka, 2/4 tempo, 24 measures.

Boy holds girl around the waist with the right arm, girl places her left hand upon boy's right shoulder; both: free hands on hips.

- I. 1. Dip half-squat right out-foretouch on heel.
2. Hop to dip half-squat bend right foretouch across, toes of right touching floor on outside of left foot.
- II. 1.-2. Polka step with right foot leading.
- III.-IV. as I.-II. but opposite (with left foot). Couples will advance counterclockwise 1/4 of the circle.
- V.-VIII. as I.-IV. An advance of 1/4 of the circle.
- IX.-XII. Four polka steps, right begins: girl will circle boy counterclockwise; boy will execute his steps in place with double-turn to left (return to original position).
- XIII.-XVI. as I.-IV. Couples advance 1/4 of the circle.
- XVII.-XXIV. as IX.-XVI. The girl circles the boy and both advance the final quarter of the circle and return to their original positions where both will turn to face center of the circle, hands on hips.

PART II — MORAVIAN-SILESIA

Four measures of introduction in 3/4 time, then abrupt change to:

Tráva neroste: Polka, 2/4 tempo, 16 measures.

I.-1. 1st and 3rd couples quarter turn to right, 2nd and 4th couples quarter turn to left—partners hold in dancing position, girl's right arm and

boys' left are stretched in direction of the movement: 1st and 4th couples will dance toward each other, 3rd and 2nd couples toward each other: 1.-& Stand right forestep, draw left to closeheel stand.

2. Stand right forestep.

II. 1. Stand left forestep.

2. Hold—during these 2 meas. the above-mentioned couples have advanced toward each other in oblique directions.

III. 1.-& Stand right rearstep and draw left to closeheel stand.

2. Stand right rearstep.

IV. 1. Draw left to closeheel stand with $\frac{1}{4}$ turn opposite: 1st and 2nd couples will dance toward each other; 4th and 3rd couples toward each other; at the VIII. meas. all will return to original positions.

IX. 1. All clap hands on 1st count and halfturn: boy to right, girl to left, hook right elbows, sidebow to left, hands on hips, and

IX-XII. Eight short trotting steps, circle each other clockwise.

XIII-XVI. as IX-XII, but opposite: full turn to right, hook left elbows, sidebow to right, trotting steps counter-clockwise, couples end facing center of circle.

Tráva neroste.

Šláp jsem ti na nožičku: 2/4 tempo, 8 measures.

All: form circle facing inward, hold hands with neighbors.

I. 1. Stand right forestep across to half-squat, both legs bent.

2. Uprise, leap to left side with left, right side-leg, low.

II-III. as I. Movement of circle clockwise.

IV. 1. & 2. Three stamps of feet in place: right, left, right.

V-VIII. as I-IV., but opposite, returning to original positions.

Tráva neroste: Measures I.-XVI. are repeated. — Couples finish in twos facing the center of the circle.

Červený šátečku: 3/4 tempo, 32 measures.

I. 1-3. Waltz step forward toward center: girl starts with right foot, boy with left, holding inside hands, outside hands on hips (swing the holding hands forward toward center, to front-arm—twist trunks moderately away from each other).

II. 1-3. Waltz step forward toward center but with opposite legs—swing arms downward to reararm and twist trunks toward each other.

III. 1-3. Waltz step toward center with opposite legs—grasp hands with neighbors and swing forward to frontarm outward—twist trunk moderately away from partner.

IV. 1-3. Waltz step backward with opposite legs—swing downward to reararm.

V-VI. as III-IV. Retain hand hold with neighbor.

VII-VIII. Two waltz steps backward—release hands with neighbor but hold with partner—first waltz step begin with outside foot, second with inside

foot—twist trunk away from partner during first waltz step, toward partner during second. This returns couples to original positions.

IX.-XVI. as I-VIII.

XVII. 1-2. Girl: stand left sidestep and jump to opposite side of boy with double turn to left (facing center of circle).

3. Girl: land on right foot—Boy: assist girl in leap holding both hands, then place outside hand on hip, otherwise hold.

XVIII. 1-3. Both: Waltz step to left side.

XIX. 1-3. Both: Waltz step to right side.

XX. 1-3. Both: Waltz step to left side.

XXI-XXIV. as XVII-XXIV., but opposite: girl leaps to right side and returns to original position Meas. XXIV., both, closeheel stand.

XXV.-XXXII. as XVII-XXIV., but opposite: boys now leap to right and left of partners.

PART III — PODKARPATORUSKÁ

Introduction: 2/4 measure — hold 3 measures.

4th measure: Couples turn to face each other, take right hands, left hand on hip, ladies' right and men's left hips to center.

I. 1-3. Waltz step to side (step, draw to toestand) ladies to right, men to left, step close sideways—arms swing in direction of step and back.

II. 1-3. Repeat "I.", couples move toward center.

III. 1. Step to side, lady to right, man to left, both do sidebow away from center (lady left, man right), arms swing to height of forehead, (lady to right, man to left).

2-3. Hold.

IV. 1. Upright.

2-3. Hold.

V-VIII. Opposite of I-IV.—return to original places.

IX. 1-3. Couples raise right hands high overhead and ladies do waltz step right with 180° turn right, man steps left in place.

X. 1-3. Repeat IX. with opposite feet.

XI-XIV. Repeat IX-X. In the IX. to XIV. measures, lady does three 360° turns in circle around man; with steps in place, left, right, left, right, left, right; the man turns slowly with her and continues to hold right hand overhead.

XV-XVI. 1-6. Toestand, arms down and lower to closeheel stand (finish in original place, couples facing each other).

XVII-XXIV. Repeat measures IX-XVI. — Women now travel clockwise with turns to right (both dance opposite, but continue to hold right hands).

2/4 measure — Polka: ALL COUPLES: Grapevine around clockwise in complete circle:

I-VIII. Dancers weave starting by clasping right hands, then left while doing ordinary walking steps starting with right foot.

In measure VIII., finish again in two's facing each other and clasp both hands.

IX. Lady 1. Jump right to right side to half-squat sideleg left.

2. Hop right in place closing left to right.

Man 1-2. Does opposite (holding both hands facing each other).

X. 1.-2. Repeat X. (jumps progress to center of circle).

XI.-XII. 1.-4. Repeat IX.-X. — BUT jumps opposite (from center to original places)

XIII. 1.-2. WOMEN: cross right before left and 360° turn left in toestand (release hands and place on hips before turn). MEN: Opposite.

XIV. 1. Finish turn, closeheel stand.

2. Hold.

XV.-XX. REPEAT IX.-XIV. without change (in measure XIV., the couples turn to face center, join inside hands in closearm, outside hands on hips).

* * *

I. 1.-3. Women forestep right and close left to toestand, arms flank swing forward. Men: opposite.

II. 1.-3. Women: finish arm movement, otherwise hold, on 1. On 2., 90° turn left and sidestep left, close right in toestand—thru closearm frontarm outward (swing downward, movement of arms to side, clasp both hands). Men: opposite.

Couples now face each other, hands joined and arms moderately bent in sidearm (hips to center).

III. 1.-3. Women: forestep right, close left to toestand and turn 180° to right in toestand.

Men: opposite (arms do whole circle forward turning under hands).

IV. 1.-3. Repeat III.

V. 1. Finish turn and release hands.

V. 2, 3.-IX. 1. like I.-V. 1. but opposite, begin with left and again hold inside hands and continue forward.

IX. 2. Hold.

3. Women: WITH ONE BIG STEP TO CENTER, FORM LITTLE CIRCLE AND HOLD HANDS FACING IN.

* * *

2/4 measure — merrily.

I. 1. WOMEN: leap left to left, right sideleg.

2. Hop left to left closing right (closeleg half-squat).

II.-IV. Repeat I. (total of 4 times, traveling left).

V.-VIII. Repeat I.-IV., but to right, returning to own places.

MEN: CLAP HANDS ON EACH COUNT WHILE WOMEN ARE IN CIRCLE.

IX.-XVI. Repeat I.-VIII. MEN: jump to center in deep squat and do same step as girls but jump higher and bend in deeper squat.

WOMEN have jumped back to original places and clap hands on each count.

XVII.-XX. MEN: on last jump join women, place arms back of each other's waist, free hand on hip:

1. Leap left to left side, half-squat on left, swing frontleg outward right.

2. Hop left, swing and bend right rearleg inward. Do 3 more times while hopping on left.

XXI.-XXIV. Repeat XVII.-XX. But on 1st count jump to right foot and swing left front and back (4 times).

PART IV — SLOVAK

Opening: 4 measures, HOLD. Partners stand side by side, facing center of circle, holding inside

hands, outside hands on hips.

Anička mlynářová: 2/4 tempo, 14 measures, no repeat. First and third couples dance, others rest.

I. 1.-2. Polka step forward, starting left, holding inside arms at bend sidearm downslant, hands shoulder high. (1st and 3rd couples dance toward each other at left oblique.)

II. 1.-2. Polka step forward, right begins, arms hold. Couples now alongside each other in fours. Girls hold hands.

III.-IV. Two additional steps forward with ¼ circle to right. Couples are in rank, facing opposite directions.

V. 1. Release hands, place on hips—stand right out-rear step.

2. Stand left forestep across (in front of right).

VI as V. With these four steps the couples moved obliquely rearward to positions facing the opposite couples all with right sides to their original positions. Hold hands in frontarm down across with person opposite: girls face boys from opposite couple.

VII. 1. Hop to half-squat right out-foretouch.

2. Hop to half-squat left out-foretouch.

VIII. as VII.

IX. 1. Hop to half-squat right out-foretouch.

2. Hold.

X. 1. Hop to half-squat left out-foretouch.

2. Hold.

XI.-XII. Release hands, place on hips, two polka steps return to original positions, face each other, sides to center, and

XIII.-XIV. as IX.-X. Hop steps, right and left, with partner.

Vzkázala mne včera: Mazurka, 3/4 tempo, 12 measures.

Partners stand side by side, left sides to center of circle, boys, inside—girl places left hand on boy's right shoulder, boy holds girl around waist with right arm—outside hands on hips.

I. 1.-2. 1. Standleft forestep and close right to closeheel stand; 2. stand left forestep.

3. Stand right out-foretouch on heel.

II. as I., starting right foot.

III. 1.-3. Girls: waltz step forward with left and full turn to left—hands on hips.

Boys: stand left forestep (following girl)—clap hands on count 1.

IV. as III. Girl: waltz step backward with right and full turn to left. Boy: stand right forestep—clap hands on count 1.

V.-VI. as III.-IV., but with girl turning to right. At the final count the girl will step to the side of the boy as at start of dance. Note: during these 6 measures the couples have danced half-way around the circle, counter-clockwise.

VII.-XII. as I.-VI. Repetition and return to original positions in circle with couples facing center of circle.

Alebo ma zamykajte: 2/4 tempo, 18 measures.

All couples join hands to form a large circle.

I. Halfturn to left, right sides to center and on 1.-2. Two trotting steps clockwise around circle.

left begins.

II 1. Half turn to right (face center) and stand left sidestep.

2. Hop on left, right frontleg across, low.

III 1. Stand right sidestep.

2. Hop on right, left frontleg across, low.

IV-VI. as I-III.

VII-XII. as I-VI.

XIII-XVIII. as I-VI. The couples have completed a circle, and are in original positions facing center.

Tancuj, tancuj, vykrucaj: 2/4 tempo.

The dancers, with a halfturn: girls to left, boys to right, will face each other, hold right hands overhead, free hands at hips—sides to center.

I-II. Two closesteps counterclockwise around the circle: girl dancing backward, boys forward, right foot begins—closestep: step with right, close with left and step with right.

III 1-2. Step with right: girl backward, boy forward, and stamp with left foot to toestand—twist trunk to right: girl toward center, boy outward.

IV 1-2. Return trunk forward, step with left, stamp with right foot to toestand and twist trunk to left—holding hands overhead all throughout.

V-VIII. as I-IV. an advancement of a half circle.

IV-XII. as I-IV.

XIII 1-2. Two trotting steps: girl backward, boy forward.

XIV. as XIII.

XV 1-2. Closestep toward original position, right begins.

XVI 1-2. Closestep to original position, left begins.

Note: all couples have now returned to original positions. During the following 16 measures the 1st and 3rd couples will dance in the following manner: the girls will place their hands on the shoulders of the boys who will place their hands at the sides of the girls. These couples will polka into the center of the circle and then the first couple will dance around the second couple and the third couple will dance around the fourth couple and both couples return to their original positions. Second and fourth couples remain in place and clap hands.

Bodaj by vás, vy mládenci: 2/4 tempo.

All face center of the circle, partners side by side, join hands and form a large circle:

I 1-2 Two trotting steps clockwise around circle, left begins.

II. as I.

III-IV. With four trotting steps, clockwise, girls release with their neighbors and cross in front and to the left sides of their partners, executing a double turn (again facing center of circle, regrasping left hands with neighbors).

V-VIII. as I-IV., but opposite, counterclockwise, right begins. Return to original positions with girls also returning to right sides of partners and regrasping with neighbors.

IX 1. Hop to halfsqat right out-foretouch.

2. Hop on left, bend right frontleg across (in front of left).

X. as IX.

XI-XII. as IX-X., but opposite (bend left leg).

XIII-XVI. Seven trotting steps clockwise around the circle, left begins—last step to closeheel stand.

IX-XVI. are repeated but with trotting steps counterclockwise and return to original positions.

Tancuj, tancuj, vykrucaj is repeated, but during the last 16 measures, the second and fourth couples will dance into the center of the circle with the second couple circling the first couple, and the fourth couple dancing around the third couple. The first and third couples will dance in place. At the final XV. and XVI. measures, all will stamp their feet, right, left and right, left.

I. All: Frontbow to center of circle. Hands on hips.

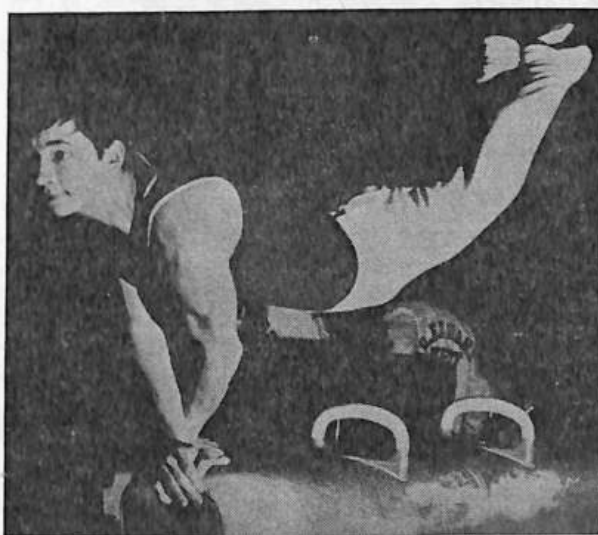
II. Upright.

III. Turn and frontbow to partner.

IV. Upright and turn to face the center of circle.

V. Hold.

Ed Slezak



The theme of our XII American Sokol Slet—"To Our Youth a Physical Fitness Salute"—could well apply to Ed Slezak, 16 year old junior boy from Sokol Brookfield, when he won first place on the side horse in the Illinois High School State Gymnastic competitions held March 15, 1969.

Ed began his Sokol activities as a tot at age four and one-half years in Sokol Brookfield and continued thru all classes. He competed in various district competitions and in 1968 placed first in Low Division junior boys Central District meet. His parents are also members of Sokol Brookfield and his sister Judy and younger brother Louie attend gym classes there.

As a freshman at Hinsdale Central High School, Ed became a member of the gymnastic team, competing in all-around events. However, after recover-

ing from a broken arm injury, he returned to gymnastics, concentrating mainly on the side horse. This year in West Suburban District competition he placed second and got a silver medal. In state preliminaries, Ed tied for second place again. The following day in the finals, he got first place, a gold medal, and became Hinsdale's first individual championship winner in state gymnastic meets with a score of 3.4. The team placed second in state competitions, their highest accomplishment ever in gymnastics. The team is coached by Tony Canino. Ed's instructors at Sokol Brookfield were Roy Zitny, Bob and Jerry Michalek.

Good luck to our Sokol gymnast in his State Championship! and we will look forward to his return to the State Meet in 1970 for a repeat performance.

Something To Think About!

Dr. O. A. T. Bell,

I.E.A. Americanism Committee Chairman

P PROUD

of the heritage that has been carved out of history and passed along for you to nourish and to protect.

A ALERT

to any hint of either aggression or subversion that threatens to wrest or wear away your rights and those of others.

T TRUSTING

in the faith that gave our founding fathers the strength and the wisdom to forge this land of ours.

R RESOLUTE

in your refusal to compromise your fundamental freedoms for some fleeting promise or some easy answer.

I INFORMED

on the meaningful issues of the day, that you might exercise your precious voting rights with discretion.

O OUTRAGED

at any injustice that dilutes the basic concept of the dignity and equality of man.

T TRUTHFUL

in your relationships with others, for truth is the cornerstone of democracy; without it, the structure will crumble.

I INVOLVED

in your government at all levels, making your voice heard on the vital issues that will shape America's destiny.

S SACRIFICING

when sacrifice is called for, sure in the knowledge that the good of the nation far transcends any individual wants.

M MORAL

in all your deeds and judgments, for without morality any triumph is a hollow, meaningless thing.

MODERN GYMNASTICS

(6 TO 9 YEARS)

Exercise without hand apparatus.

Individual elements should be taught first either in the same combinations as in exercise or in other combinations; in same rhythm or in other rhythm. Posture and correct execution of individual elements should be mastered before entire exercise is taught.

16 meas. 2/4 Czech song "Pod Dubem za Dubem" or similar song may be used. Moderate tempo.

Stand—closearm in center back of area.

- I. 1.-2. Dip halfsquat closeheel, moderate sidebow to right—arms to right, turn head to right.
 - II. 1.-2. Dip halfsquat L sidestep, moderate sidebow to left and upright—downward front swing L to left, downward front circle right—head follows movement of R arm.
 - III. 1. Forestep R, hop R, bend L frontleg—look forward.
2. Foretouch L, hop forward and
 - IV. 1. land in closeheel halfsquat—closearm—upper frontbow.
2. Upright, closeheel—sidearm.
 - V. 1.-2. Dip halfsquat R forestep—thru closearm L uparm, look upward.
 - VI. 1.-2. Kneel L, seat foretouch R, frontbow—R reararm.
 - VII. 1.-2. Uprise, upright on R, close L to toestand—look upward.
 - XIII. 1. Cross L before R, turn 270° to right in toestand—frontway closearm.
2. Closeheel—sidearm.
 - IX. 1. &. Chasse L forward (step forward L, close R behind L).
2. L forestep, hop L, bend R frontleg (in arc to left).
 - X. 1.-2. Like IX., but chasse R forward.
 - XI.-XII. 1.-3. Six runs, L, R, L, R, L, R, in an arc to left—thru frontarm outward reararm—upper frontbow.
4. Thru closeheel L, halfsquat (face front).
 - XIII. 1.-2. Upright—chasse R forward—thru closearm L frontarm and sidearm, palm up, close R—turn head to left.
 - XIV. 1.-2. Chasse L forward—thru frontarm R sidearm, palm up—turn head to right.
 - XV. 1. R forestep, hop R, L rearleg.
2.&. Forestep L and catstep R, L, (raise R bentleg front immediately followed by L bentleg front)—downward front circles.
 - XVI. 1. Forestep L, close R to toestand.
2. Closeheel—closearm.
- REMARKS: Arm movements are executed softly and smoothly. Arms pass through prescribed positions and finish movements precisely as specified. When finishing a movement, arms are not tense but moderately extended. When arms are extended to sides, they are always lower than shoulder joints; in frontarm they are to the height of the chest and in uparm they are shoulder width or beside the ears; do not draw shoulders up. Stress low shoulders and draw head high to give long neckline and proud bearing of head. It is most important that proper arm movements and posture be emphasized when teaching small girls and beginners.

of Czechs and Sokols because of the invasion of Czechoslovakia. Sokols are the voice of Czechoslovakia in the Free World.

Bro. Suster reported that the District sold over 5,000 cook books during the duration of the project. He recommended that the District again print new cook books, revising the old book.

February 26, 1969

Krajanský Výbor is working diligently to help settle the new residents from Czechoslovakia in Cleveland, helping to obtain housing, employment and other necessities for them.

Brother Suster is busy communicating with ASO. regarding agenda for the convention.

District BOI. held a clinic on Feb. 15-16, with sister Provaznik as instructor. Fifty-six persons participated in the clinic.

Brother Pekar appointed bro. Gruber as chairman of the District Slet Committee with bro. Ed. Khol as co-chairman.

Brother Galik was appointed as coordinator of transportation and hotel reservations for the Cleveland Sokols during the XII Slet in Chicago in June, 1969.

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WESTERN DISTRICT BOI. ANNUAL MEETING

March 1, 1969

Sister Drozda read letters pertaining to uniforms from sis. Zdenek and sis. Buzicky. Each unit must write to the National Directors for further information regarding same.

There will be a WORKSHOP sponsored by the District on Sunday, May 18, 1969.

There will be NO Mid-Winter Meet.

Sis. Linda Beran will conduct a Teacher's Clinic at Nebr. University in Lincoln. The clinic will consist of basics for future physical education teachers. Sister Beran belongs to Sokol Omaha. The clinic was NOT open to the public.

Permission must be granted by the District Directors in order that underaged gymnasts may compete in Chicago.

Recommendations to the Executive Board: Allow each unit to use 10 percent of their monies paid into the Traveling Instructor's Fund to offset the cost of sending a future teacher to the Course that is to be held at Potters Lake.

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WESTERN DISTRICT ANNUAL MEETING

March 2, 1969

Recommendations from the BOI. meeting approved.

District will take a half-page ad in the Slet Souvenir Program.

Director of Women—Aim for the season seems to be that of sending many gymnasts to the National Slet. The problem of uniforms is still with us.

Educational Director—Alfred Swoboda: Explained to the units the procedure followed to obtain an application to the \$100 Scholarship Award. The form to be submitted to the ASO. for an application appears in the American Sokol. No one unit receives any special notice. It is the responsibility of the units to investigate the possibility of applicants.

Clarification—The ASO. holds the allotment belonging to the Western District that is in the Traveling Instructor's Fund. It is NOT HELD BY THE DISTRICT. The ASO. has control and must approve the spending of this money.

Sokol Caldwell—Joe Netahla, President: Social Czech meetings and Sokol meetings every month. Civic participation—Worked in Czech Days at Caldwell, Kansas and Yukon, Okla.

Sokolice Cedar Rapids—Bette Trefny, President: Increase of 4 members. Revised by-laws and submitted to ASO. for approval. Kolacky bake sales. Prepared pork supper for brothers (served 400). Card Party; Sewing and Quilting Circles. Loaned Club Room to American Red Cross for their Holiday Tea. At the Christmas Party each member donated \$1.00 to the BOI. Fund instead of the usual gift exchange. Honorary membership to brother and sister Charles Prchal. 50 year pins to three members. — Director of Women—Betty Petrzalek: The advanced junior girls competed at Ames, Des Moines and Davenport, Iowa, during the month of Nov.

Sokol Cedar Rapids—Don Pulkrab: Film showing of a journey across the Pacific on a raft.

Sokolice Crete—Blanche Heeren: Annual Firemen's Dinner; bingo every two weeks. Assisted in the drive for "The Friends of Crete Library," donated to the Crete Library and the Czech Assistance Fund of Doane College. — Director of Women—Sharon Duba: Keep-fit class has formed a volleyball team in hopes to compete in the Slet. Juniors served for the Firemen's Dinner. Nov. 1968—Juniors went on a house to house campaign to solicit money for the Crete Public Library.

Sokol Crete—Steve E. Pomajzl: 4 new members. Donated hall to Fire Dept. for banquet. Had a Teen-Hop to raise money for Cedars Children's Home in Lincoln, Nebr.

Sokol Wilson—Alice Sula, Secretary: Gained 15 new members in 2 afternoons and are working to reactivate the unit. Helped the Chamber of Commerce to make the Czech Harvest Festival a success. Sis. Joy Zahradnik taught a group of boys and girls (4 to 8 years of age) to dance the Beseda. Have performed for the Senior Citizens and others.

DISTRICT COMMENT—This is possibly the highlight of our annual meeting to know that Sokol Karel Jonas has reactivated. The District will be happy to lend a helping hand, if needed. This is the first year that we have had an annual report from this unit since they became a part of our District in 1965.

Sokol Omaha—Ray Lastovica: Gained 2 members. Patronage in Czech School. By-laws revised and ASO. approved. Joint meetings with sisters. Falstaff Brewery party. — BOI. (combined report)—Ray Lastovica, Director of Men, and Beverly Kilborn, Director of Women: October: Performed at the half-times of the Omaha Mustangs and South High football games (boys and girls). November: Held exhibition at the Southroads Shopping Center and small boys competed in Ames, Iowa. January: Linda Beran performed at the South High Gymnastic Meet. Had February exhibition. Sis. Beran performed at the new German-American Home building; performed at the Livestock Exchange Building for Western Electric Co. March: Attended competi-

tions in Des Moines, Iowa. Performed at the Douglas County Hospital for the Aged.

Sokolice Omaha—Blanche Masek, President: Had additional cupboards installed in the kitchen; insisted that a phone be installed in the gym for emergency calls; purchased attache cases for unit officers; donated share of Slet profits towards new front doors; sent history to ASO.; have started planning on publication of a newsletter. Held 3-day bake sale at Southroads Shopping Center. Toy and Tupperware parties. Sis. Masek represented Sokolice in Lincoln, Nebr. at a dinner recognizing the First Republic of Czechoslovakia. A Falstaff party for adults. Bro. Pavoucek installed both the women and men officers.

Sokolice South Omaha—Barbara Swoboda, Financial Secretary: Increase of 6 members. Marcia Swoboda was the recipient of the ASO. scholarship renewal and Jolene Swoboda received a scholarship award also. Several members attended the dinner recognizing the First Czech Republic. Attended tours of Western Electric and Metropolitan Utilities District Treatment Plant which were sponsored by brothers.

Sokol South Omaha—Victor Jirka, Assistant Director of Men: Increase of 35 members. Purchased 16 mm sound projector, screen and training film; completed ASO. Factual Report; removed dead trees at Sokol Park; installed new gym lockers; membership drive; honored Robert Sterba, a 50-year member; Brass Band concert. Took initial steps with the City of Omaha for the possibility of obtaining a Civil Defense siren in the vicinity of our hall. Members attended the 50th Anniversary of the First Czechoslovak Republic Dinner held in Lincoln, Nebr. Sponsored tours of Western Electric and of Platte River Water Treatment Plant. — BOI. (combined report)—Donna Minarik, Women's Assistant Director: Raised gym fees and established special family rates and membership rates. Allowed a church group to observe class operation so that they could get some idea of how to begin their own physical fitness classes. Open House for parents.

Sokol St. Paul—Robert Vanyo, President: Exhibition. Movies of Omaha Slet. Sibrinky. Beseda dancing for various groups.

Wilber Sokol BOI. combined report—Alfred Chab, Director of Men, and Olga Chab, Director of Women: Halloween, Christmas and Valentine parties. Increase of 10 members. Contributed to the March of Dimes, Heart Fund and Cancer Fund. Donated to the National Women for Free Czechs. Helped set up hall for Red Cross Bloodmobile. 60th Anniversary celebration of Sokol couple.

NEW BUSINESS—Our two guests from Doane College were Czech refugees. An assistance fund has been started for helping such people. Anyone interested in donating may send the donation to Charles Heim, Doane College, Crete, Nebr. 68333. The District has been authorized to contribute \$25.00 to the CZECH ASSISTANCE FUND.

FACTUAL HISTORIES—Please see that they are sent to the ASO. and a copy of them is sent to the District Historian so that the District may have a permanent record of each unit history as far back as the unit is able to recover.

All District officers were elected unanimously.

WESTERN DISTRICT

March 10, 1969

Acknowledgment from the Council of Higher Education for the \$5.00 donation.

BOI.—Sis. Drozda wrote to Chicago regarding what routines are to be done for Championship Division and at what time. Sis. Chab questioned the frontleg vault for low division.

Received copy of historical data from bro. Stefl of Sokol Cedar Rapids which he has sent to the ASO.

Slet Outline—Bea Pavoucek: Outline is ready for stenciling. Sis. Pavoucek will make the original copy so that sis. Jirka can make additional copies.

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ANNUAL MEETING OF THE SOUTHERN DISTRICT

January 26, 1969

President, bro. George Prevratil, presided. 18 members present. All officers.

A moment of silence was held in memory of our deceased members.

Received from the Supreme Lodge of the Slovanic Benevolent Order of Texas a check for \$1,000.00—donation to the Southern District.

Delegates of each unit gave their annual report of its activities for 1968 and slate of officers for 1969.

Reports of District Executive Officers:

President—bro. George Prevratil: Attended RVOS celebration in Dallas and spoke in Sokol behalf. Attended: ASO. by-laws committee meeting in Chicago and ASO. Executive Board officers and District presidents conference in May, District Slet in Houston, Ennis Sokol 60th Anniversary, spoke and presented plaques to two charter members. Visited Sokol Houston in April, met with Houston Slet Committee in May, visited the teacher's course and delivered lecture to students, spoke during the gymnastic program for the SPJST Convention delegates at which time expressed appreciation for SPJST support and visited Sokol Corpus Christi in November during their annual picnic and held informal discussions with their officers in attendance

First Vice-President—bro. Joe Ehrenberger: Attended and participated in District Slet and 60th anniversary of Sokol Ennis, Czech Day at the Fair and promoted Sokol activity.

Second Vice-President—bro. Charlie Petrzelka: Represented District at the Course, attended 60th anniversary in Ennis and primary activity within unit.

Secretary, sis. Vlasta Laznovsky: Attended and participated in District Slet, 60th anniversary of Ennis and various activities of units. Minutes of monthly meetings sent regularly to units and ASO.

Treasurer—sis. Marie Kane: Prepared annual financial report which was distributed to delegates and gave a brief explanation of various items of report.

Educational Director and Public Relations—bro. Jerry Milan: Attended ASO -BOI. conference in Chicago, instructed two week course in District in Houston, two week course in the Eastern District, attended and participated in the District Slet, 60th

anniversary in Ennis, judged at AAU. meets and attended meetings, attended the Olympics in Mexico. Reported on the Mid-Slet film.

Director of Women—sis. Sylvia Laznovsky: Attended ASO.-BOI. conference in Chicago and reported on conference at District monthly meeting and Zizka Dallas meeting, attended AAU. gym committee meeting, participated in Dallas Gym Club trip to Monterrey, Mexico, and assisted in clinic held there, participated in Ennis polka festival and Sokol program, District Slet in Houston, clinic in Ennis, Czech Day at the Fair, Course graduation program, 60th anniversary of Ennis, directed clinic in Ennis, met with Houston members in regard to Slet plans, made a trip to Houston to assist in instructing calisthenics and apparatus routines, prepared tally sheets for competition, ordered medals, ribbons and trophies and prepared for Slet, and did all correspondence for the Technical Staff.

Director of Men—bro. Larry Laznovsky: Participated in Dallas Gym Club trip to Monterrey, Mexico and assisted in clinic there and in program, directed clinic in Ennis, participated in Ennis polka festival and Sokol program, 60th anniversary of Ennis, Czech Day at the Fair, attended several AAU. meetings, made a trip to Houston to assist in instructing apparatus routines and calisthenics, met with Houston members in regard to plans for the Slet, was unable to attend and participate in the Slet due to National Guard summer camp

All officers recommended by Nominating Committee were elected. See March issue of "American Sokol."

Resolution Committee: Recommended resolutions to the following: SPJST Supreme Lodge, SVPS, Vestnik, ZCBJ, Sokol Houston, Sokol Ennis, ASO. Executive Board, District officers and Ennis hostesses. Resolutions were approved.

Officers of the Technical Staff for 1969 were approved.

Technical Staff: Recommend to hold a District Slet in 1969. In discussion and considered the National Slet in Chicago, a District Slet would create interest for the gymnasts, particularly those that will be unable to go to the National Slet, would be a rehearsal for the Slet. Brother Stransky suggested perhaps a Slet in Corpus Christi would create interest there. Technical Staff will take this matter under consideration and make a further recommendation to the monthly meeting in February.

Recommend a special trophy be awarded at each time a special number competition is held instead of having the traveling trophy. Approved. The children's and volleyball traveling trophies being in cycle will continue under present rules.

Recommend that some unit hold competition latter part of the year (expense and profit of the unit hosting). Suggested competitions include events not normally held during a regular Slet, such as trampolene, rope climbing, tumbling, etc. Approved.

Music tapes for calisthenics are now available from ASO.-BOI. Recommend for the District to purchase a sufficient number of tapes for the gymnastically active units. Approved.

Recommend for the District to charter one or more buses to the National Slet in Chicago, June 26, 27, 28 and 29. Further details will be discussed

in the February meeting.

Recommend financial assistance by the District to gymnasts that will attend the Slet in Chicago. Gymnast must have a 75% attendance as of January 1st, must participate in mass calisthenics, senior gymnasts must be a member of at least three months of unit representing, in the case of juniors and children at least one parent must be a regular or associate member. Assistance not to exceed \$1,000. Approved.

ASO. Course at Potters Lake, Wisconsin, after the National Slet. All information has not been received regarding the course, therefore recommend for the District Executive Committee be designated to determine type of assistance when information is available. Approved.

Recommend a District Course be held and possibly be held in conjunction with the competitions in the latter part of the year. Alternate suggestion to hold weekend courses. Approved.

Recommend that the District appropriate \$200.00 for Sunday clinics with the same stipulation as in the past. Not to exceed \$50.00 per unit and fund be used primarily to cover rental of films, brochures and instructors. Approved.

Recommend that the District appropriate \$100.00 each for the physical directors or any gymnast approved by the Technical Staff to attend any gym clinic approved by the Technical Staff. Approved.

Recommend to renew subscription of Modern Gymnast and Mademoiselle Gymnast, one to each active unit. Approved.

Recommend that the District continue membership in Gymnastic Teachers Association of Texas, membership fee is \$3.00 annually. Approved. Further suggest that units and individuals join.

Recommend for District to continue membership in AAU. Approved.

Recommend assistance to units with declining or no gymnastic activity. The Technical Staff suggest that by engaging college students that have had several courses could instruct daily classes for several weeks in these units. This would help to initiate interest in activity. District directors would work out an effective schedule for the instructors. Recommendation approved with the understanding that this assistance be applied after investigation, contact and arrangements with units involved and if such a project would be affected in the unit. Technical Staff will contact units.

Subjects that were discussed in annual meeting: encourage gymnasts for the ASO. scholarship, units encouraged to up-date their apparatus, unit flags, unit exhibitions, gymnasts participation in outside events, insurance, coming events and special assessment fund.

Appreciation letters will be sent to Vestnik, ASO.-BOI., Sokol Ennis, SVPS and SPJST.

The Technical Staff concluded their report and recommendations and expressed appreciation for support and cooperation for the past year.

Discussions:

Special assessment fund—Sister Sylvia Laznovsky gave a report of discussion in the BOI. conference in February 1968 and read the set of rules. Total amount used from the fund for the past year was \$979.80.

Encouraged for continued membership drive in all units. Total membership 614 compared with 585 at the end of 1967.

Bro. Prevratil gave a report on the by-laws committee meeting in Chicago in May. Recommends for units to review by-laws and recommendations be forwarded to the Executive Committee.

Brother Stransky suggested that a condensed report of our activities be sent to the Supreme Lodge SPJST and the means their donation is used. Approved. Technical Staff indicates this has been done in the past.

* * *

SOUTHERN DISTRICT

February 11, 1969

Fort Worth—Meetings changed to the last Monday of the month. Held New Year's Eve dance.

Ennis—Gained 6 members. Hosted annual meeting, Jan. 25. 4 gymnasts attended judging clinic in Hurst, 10 participated in AAU. meet in Denton. Hosted Polka festival meeting.

Houston—Gained 4 members. New Year's Eve dance was successful, socials every Sunday. On agenda: masquerade and western dances.

Director of Women, sis. Laznovsky—Had prepared and mimeographed Technical Staff annual meeting minutes and mailed to units. Appreciation letters prepared and mailed. Ordered tapes for all classes.

Director of Men, bro. Laznovsky—Conversed with bro. Linhart in regard to Slet material, was informed that film apparatus exercises have been completed; plan to circulate film in districts. Requested tapes are in the mail and rest of calisthenics will be in paper form.

A clinic was held January 24 in Ennis prior to the Technical Staff annual meeting, participants from Dallas, Fort Worth, Houston and Ennis attended and reviewed apparatus routines and calisthenics for the National Slet in Chicago. Apparatus routines for children's classes for the District competition in process.

Educational Director and Public Relations, bro. Milan—Mid-Slet film presently in Little Ferry, New Jersey. Attended SWAAU. meet in Denton, reports participants from Dallas, Ennis and Fort Worth in meet.

Charter bus to the National Slet in Chicago. Bro. H. B. Smith of Sokol Zizka, Dallas, who was appointed temporarily at the annual meeting to be in charge of the project has accepted the appointment.

Fare will be \$45.00 per person for the round trip. This would include 4 meals (2 breakfasts and 2 noon meals) and local shuttle service in Chicago for the gymnasts.

Brother Milan gave us a tour of the new modern high school gymnasium following the meeting.

Ze Sokola South Omaha.

Se zájmem čtu vždy "American Sokol". Je pěkně veden. Pozorně jsem si přečetla dopis br. M. Neumanna ze Sokola Washington, D. C. Přeji mu mnoho zdaru v získávání nových členů. Kdyby všechny jednoty se mohly vykázat takovým přírůstkem, bylo by to opravdu potěšující. Nevím, ale domnívám se, že br. Nesumann získal většinu členů z té emi-

grace, do které patří on sám. Ti všichni a myslím i většina jejich děti umí číst česky, tedy jim může poslat český dopis. My ale získáváme ponejvíc lidi mladé, zde rozené, které česky číst neumí a podobný dopis by nám málo prospěl.

Nevím určitě, ale myslím, že z té emigrace v Sokole So. Omaha nemáme ani jednoho člena, ač zde též několik rodin bydlí. S nábořem nových členů ale dosti dobře pokračujeme, zvláště sokolové. Každý měsíc nějaké přijímají. Před dvěma měsíci přijímali ve schůzi 14 — a to je zajisté pěkný úspěch. Mají 176 členů a do schůze jich chodí 50 až 75. Mají několik dobrých mladých členů s br. starostou v čele, kteří se starají o podniky, zába-vy, poučné vyjížd'ky autobusem a to mají mladí lidé rádi. Nám, sokolicím, už to tak nepřibývá, ač také na členstvu získáváme. A máme též obětavé sestry, kterým žádná práce není těžká a ses. starostka, když žádný některou práci nechce, ač má mnoho jiného na starosti, vezme si ji sama. Máme 104 členky a před několika roky nás bylo 65.

Jedno, myslím, by potřebovaly všechny jednoty: dobrého vzdělavatele, který by zajímavě, v anglické řeči, vysvětlil mladým lidem, co znamená Sokol a pověděl jim alespoň něco z bohaté historie českého národa. Vím, že by to mnohé zajímalo. Jak mi řekla nevěsta, když se vrátila ze sokolského kursu — vzdělavatel naší jednoty jim vyprávěl z dějin národa, že jí to velice poutalo a chtěla by znát více. Opravdu mne potěšilo, když mi řekla, že chce své děti učit, aby byly hrdé na to, že jsou z české krve. V městské knihovně jim vyhledává knížky, které alespoň částečně hovoří o českých lidech. Věřím, že poslední okupace mnoha mladým lidem otevřela oči. Měli bychom toho využít a pracovat k rozkvětu sokolství zde, když český národ, sotvaže začal volněji dýchat, má zase ruce svázané.

Jedno přání mám a jistě se mnou mnoho starších bratří a sester: Aby jednou naše děti, nebo vnučata se mohla podívat do svobodného Československa — ne na "Spartakiádu", ale na Všesokolský slet! Dočkáme se toho?

Se sokolským Nazdar!

Anna Jirka.

Maruš Ptáková.

Odešla věrná sestra, odešla zanícená pracovnice, odešel kus krajanského Clevelandu. Mezera, vzniklá odchodem ses. Maruš Ptákové, v našem krajanském životě je hluboká. Tak hluboká — jako bylo její srdce, naplněné láskou a lidským porozuměním.

Sokol šel celým jejím životem. V sokolské myšlence byla vychována, prospěch a růst Sokola byl vždy nejbližší jejím věrnému srdci.

Z dopisu a článku bra. Karla Zahradníčka:

Setkal jsem se prvně se sestrou Maruš Ptákovou na Sokolské farmě v roce 1931 při výročním župním cvičení. Hned se stala členkou jednoty Sokol Tyrš. Nikdy nebyla jen matrikovou členkou. Cvičila a po celá léta byla hybnou silou jednoty. Nebylo jediného podniku jednoty, aby nepřiložila ruku k společnému dílu, věřila v sokolství živé a tvořivé.

Když před několika lety se utvořil American Sokol Inc., byla mezi prvními, kteří pochopili

záslužnost plánu zajistit sokolstvu nové důstojné středisko. Nedočkala se však jeho uskutečnění.

Sestra Marie Ptáková se narodila v Lounech. Její rodiče — manželé Hlaváčkoví — jí dali nejen výtečné vzdělání, ale hlavně lásku k českému národu a jeho kulturnímu bohatství. S manželem Victorem se seznámila při jeho návštěvě tehdy již světoznámých Hlaváčkových závodů na hudební nástroje.

V nové vlasti si sestra Maruš svoji lásku rozdělila: rodnou zemi milovala jako svoji matku a novou vlast jako svého otce.

To naše "zpěvem k srdci a srdcem k vlasti" bylo též jejím životním posláním. Jako členka "Musical Arts Society" vždy hledala cesty jak seznámit americkou veřejnost s českou hudbou.

V Ptákově domově jste našli rozsáhlou klebnici české krásy, vytvořené z českých šperků, českého skla, vyšívek a národních krojů. Bylo přáním zesnulé, aby její vzácná sbírka byla věnována clevelandskému museu, kde bude vytvořen český koutek, nesoucí její rodné Hlaváčkově jméno. Jaká to ušlechtilost v její práci a odkazu!

Sestra Maruš Ptáková zanechává truchlící: manžela Victora, syna Victora A., dceru Věru M. Koepke a osm vnoučat; a truchlí také její milovaná Praha, kde žije maminka paní Albína Hlaváčková a sestra paní Vlasta Vlachová.

Sestra Maruš nezemřela. Nemůže zemřít ten, kdo tolik dobra vykonal. Bude žít věčně ve vzpomínce všech těch, co ji znali.

Václav Vodák.



Václav Vodák with wife Margaret

Chicago, Illinois, March 24, 1969

On November 9, 1968, Sokol Fuegner of Chicago lost one of its founders following an attack of pneumonia.

Brother Vodak was born in Pilsen, Czechoslovakia on September 19, 1880, where his father was the village blacksmith. In 1899, at the age of 19, he came to the United States through the efforts of his brother-in-law and sister, Mr. and Mrs. Frank Hemzacek. Shortly after his arrival, they all moved to the area called the East Side, which is adjacent to the northwest corner of the State of Indiana, where he resided to the time of his death.

After a series of jobs, including unloading ore and lumber from ships by hand, he found employment in 1900 at The American Ship Building Co. Through his own efforts of self education, he rose

to be Chief Engineer in the yard, a position he held at retirement in 1950, after 49 years and 10 months of service.

On February 13, 1904 Brother Vodak married Margaret Rezac. At the time of passing he was survived by his widow, two daughters, a son, three grandchildren, ten great grandchildren and one brother Fred.

Sokol Fuegner of Chicago was founded by Brothers Vodak, Frank Novak and William Kukral on August 30, 1903. In 1910, he and the other Brothers constructed their hall where many gymnastic exhibitions were given over the years. During the depression years he contributed much of his personal funds in paying the interest on the mortgage on the hall.

The East Side was made up of many nationalities. Besides Czechs, there were Poles, Croations, Swedes and Italians.

Brother Vodak became a naturalized Citizen as soon as his period of residence permitted him to. He encouraged and coached many other immigrants to become citizens of the United States. He was a devoted "flag waver" and he took every opportunity to extol on the virtues of his adopted land. He was the sponsor for many immigrants seeking their naturalization papers. Because of his leadership and ready friendship, many sought his advice on personal and financial matters. He was instrumental in having the Y.M.C.A. establish an English Class at the Sokol Hall for foreign born and encourage attendance by those who needed the training.

Brother Vodak was also very active in Lodge Vitava No. 321 of the C.S.A. and had many friends in that organization.

In Memoriam Anna Stejskal (94)

Sokol Wilber regrets to announce the sad news of the loss of one of its oldsters, Sis. Anna Stejskal who passed away at the Crete Hospital March 8, 1969 at the age of 94 years.

She was born at Cole Camp, Missouri, February 8, 1875 to Joseph and Marketa Sukovaty. The family moved to Nebraska and farmed in Saline County when she was very young.

On January 23, 1894 she was united in marriage to Ferdinand Stejskal. They farmed northwest of Wilber and moved to retire in Wilber in 1917.

During her early life she had been an active member of Sokol Wilber. She was always willing to help out where ever she was needed as long as she was able. Later she attended meetings and enjoyed playing Bingo. She was blessed with a wonderful disposition.

Survivors include one daughter, Mrs. Eleanor Hoffman, Wilber, a daughter-in-law, Mrs. Eleanor Stejskal of Schuyler, three granddaughters and seven great grand children.

Preceding in death was her husband; one son, Dr. Adolph Stejskal; two brothers, Joseph and Stephen Sukovaty and a sister Mary Evet

Sokol Wilbur extends heartfelt sympathy to the entire family.

May she rest in peace!

Georgia Ripa

SIMON ROKUSEK



Born September 6, 1874, in Chelčice, Czechoslovakia.
 Departed this life March 27, 1969, in Omaha, Nebr.
 Age 94 years, 6 months, 21 days.

Thursday morning, March 27th, I received a call that bro. Simon Rokusek of Omaha had passed away.

The request that bro. Rokusek left was that bro. Senator Roman L. Hruska and Charles Prchal speak at his bier. His request was fulfilled.

Excerpts from eulogy by bro. Hruska:

Today all the world mourns, deeply mourns the loss of one of the most revered men in American history.

The names of most authors of great accomplishments lose their lustre with the passing of time but with Dwight David Eisenhower the opposite is true. Since leading the victorious allied armies in World War II, and his years as President, his stature has risen until now the words that are synonymous with the name of our great first President are also true of Dwight David Eisenhower. "He was first in war, first in peace, and first in the hearts of his countrymen." Few have earned the admiration, respect and love which have been bestowed on this great man. He leaves the world a great heritage, the memory of a noble spirit that will live forever.

* * *

Today we have suffered the loss of yet another man, great in his endeavors; for free America has produced many great men, not all of whom have occupied high places in Government. They come from all areas and their greatness stems from their knowing the right things to do and doing them as best they can without thought of personal gain or praise.

This is the creed of creeds, the final deposit and distillation of all man's important faiths: That he should be able to believe in life.

Such a man was Simon Rokusek. His interests lay not in gaining material things for himself, but rather with matters affecting the welfare of those about him, and he gave generously of his time and best efforts in his long and active life in support of good causes.

It would be impossible for me to recount in full the fine and important service he performed for his

beloved adopted country, for his community, outstanding work for the Sokol, for WBFA, and for the country of his birth.

Simon Rokusek was in the forefront in the cause of freedom for Czechoslovakia during the First and Second World War, and he was a strong motivating force in the fund raising campaigns.

Sokol Hall on 13th and Martha Streets, Omaha and Sokol Camp in the planning, fund raising and construction of which both he played such an important part, stand as a lasting memorial to his high regard and deep love for the Sokol.

Sokol, Western Bohemian Fraternal Association, Bohemian National Cemetery have lost a most faithful and loyal worker.

We are sad, we grieve at his loss, but yet we are grateful for having been associated with Simon Rokusek; for he has left us with the memory of a life well spent, and we are better for having known him.

* * *

Z projevu bra. K. Prchala:

Těžko bylo mi uvěřit, kdy 27. března, ráno mne volal syn bratra Šimona Rokúska — Miroslav A., a sděloval, že tatínek zemřel. Vždyť právě před týdnem jsme ho navštívili v nemocnici: byl čilý, vyptával se na sokolský život a dotazoval se jak pokračují práce sletové. Hovořil o své zahrádce a v ní o krásných růžích, ku kterým věřil, a my s ním, že se brzy vrátí . . .

Odešel nám dobrý bratr, bratr vzorný, vzor sokolských ctností, člověk srdce zlatého a ušlechtilé duše. Jeho práce byla uznána na sjezdu Obce v Clevelandu roku 1950, kdy byl jednomyslně poctěn nejvyšším sokolským oceněním: byl jmenován čestným členem Americké Obce Sokolské.

Do Spojených států, do Omahy přijel v roce 1893 a do Sokola vstoupil hned následujícího roku. Poznal pronásledování Čechů, především Sokolů, Němců, a přilnul k Sokolství láskou, která provázela všechny kroky jeho života.

Sokol byl mu radostí a vedle své rodiny naplnil svůj život službou sokolskému bratrstvu. Cvičil, hrál na ochotnické scéně, zastával mnohé úřady. Stal se náčelníkem i starostou. Cvičil žactvo i členstvo. Sta odchovanců vděčí mu za sokolský základ do života i za upevnění zdraví.

V roce 1898 založil sbor Sokolic.

V roce 1920 začalo se uvažovat o stavbě sokolovny, která by důstojně reprezentovala Čechy v Omaze. Br. Rokúsek byl starostou. Následujícího roku byl ustaven stavební výbor s br. Rokúskem — předsedou. Stavba Sokolského Auditoria, nejvýstavnější a nejpraktičtější sokolské budovy v Americe je pomníkem jeho obětavého usilování.

Po dlouhá léta byl starostou župy Západní. Kdo je sokolsky činný ví, kolik hodin nenáročných práce je nutno správnému zastávání úřadu dát.

Byl činně účasten každému sjezdu Americké Obce Sokolské od jejího založení v roce 1917. Jenom na posledním sjezdu, v roce 1965, nebyl již mezi námi.

Vykonal mnoho další sokolské a národní práce, která se nedá vypočítat. Organizoval, řečnil, pracoval a vždy pro zájmy dobré věci. Měl lví podíl na tom, že celá krásná, bohatá knihovna zesnulého velikého národního pracovníka z Omahy, br. Stanislava Šerpána, byla celá získána pro Sokol.

Jeho účast v prvním i druhém odboji za svobodu rodných krajů byla povzbuzením a vzorem na mnohých místech. Prvně jsem Šimona pozdravil na bazáru Svobody v roce 1918. Tehdy Omaha získala \$65,000.00.

Také Západní Česko-Bratrské Jednotě, jejíž byl členem od roku 1898, dával své nadšení a své platné služby. Také zde dáno mu zvláštní ocenění.

Účastnil se všech počinů, kterými se projevoval pokrokový život v Nebrasce.

Vyučen byl pekařem v Prachaticích. Také zde pracoval ve svém řemesle, zařídil si vlastní pekárnu. Po řadu let byl na odpočinku, ale to neznamenalo, že se neúčastnil každého hnutí, které bylo chloubou omažských. V jeho jméně a bytosti bylo kouzlo víry v práci a oběti, které nedají zahynouti Sokolstvu dnes, ani v budoucnu.

Děkuji jeho rodině za pochopení, kterým podporovala snažení člověka poctivého ve svém přesvědčení, přímého ve svém jednání.

Tobě, Šimone, děkuji za bratrství, které nesl jsi svým celým životem. Děkuji Ti za celé naše bratrstvo. Význam tvé působnosti ponese se na další generace. Také my zůstaneme věrni tomu, co tobě bylo drahé, do dechu posledního. Želíme, vzpomínáme, nezapomenem . . . Bud' klid tvým ostatkům.

JOHN STASA:

Za bratrem Jim F. Kučerou.

V pondělí ráno, 1. dubna 1969 se v Corpus Christi, Texas, roznesla smutná zpráva, že náš sokolský činovník, br. Jim F. Kučera podlehl zákeřné nemoci. Hlodala na něm asi dva roky; vzdor všem lékařským a nemocničním pomůckám a vymoženostem nebylo možné vyléčit jeho churavé srdce, plíce a žaludeční vředy.

Byl letos již podruhé v nemocnici. 27. března jsem ho navštívil v nemocnici. Byl při plném vědomí a jevil živý zájem o župní slet, který bude konán u naší jednoty 21—22 června. Litoval, že nemůže být přítomen v cvičebních hodinách, kde by rád vypomohl. Měl bohaté zkušenosti. Znal jsem Jima od roku 1922, když se v Texasu, Oklahomě a Kansasu zakládaly sokolské jednoty za pomoci kočujícího cvičitele prof. br. Jožky Havránka.

Bude to ponejprv, co br. Kučera nebude přítomen župnímu sletu a závodům, kde býval po odjezdu manželů Havránkových, od roku 1926 župním náčelníkem po mnoho roků. Bylo to v době, kdy moje manželka sloužila župě Jižní co náčelnice. Bylo to dosti obtížné, neb tehdy jsme farmařili při Buckholtsa a bylo nutno dojížděti 170 mil do Dallas, kde bylo sídlo župy, kde se soustřeďovaly přípravy na závody, slety a kursy. Mně zůstaly doma čtyři školní děti. Do župních schůzí, na závody a slety jsme jeli s celou rodinou a přibráli jsme mnohokrát cvičence, aby naše jednota — Buckholtz — byla co nejpočetněji zastoupena.

Když se rodina Kučerova odstěhovala do Corpus Christi v roce 1936 a my o čtyři léta později, společně jsme se podíleli na činnosti místní jednoty, založené roku 1930.

Jednota účastnila se mnohých závodů a sletů. Vysílala cvičence do kursů, ale žádný z nich nechtěl se plně věnovat vedení tělocvičny. Pokud byl živ

dlouholetý náčelník br. Albert Regmund, tak i s br. Kučerou vypomáhali. Když však 25. dubna 1963 br. Regmund podlehl srdečnímu záchvatu, nebylo náhrady na jeho místo. Nelze vylíčit s jakými potížemi byly cvičební hodiny vedeny. Přibýváním roků ubývalo br. Kučerovi energie. Mimo povinností náčelnických vzal na sebe ještě poslední tři roky úřad jednatele, když jsem se toho úřadu v prosinci 1965 vzdal. V mých 75 letech mne to trochu zmáhalo.

Ve výroční schůzi, koncem roku 1968, byl br. Jim znovu zvolen jednatelem, náčelníkem a zástupcem do župy. Lednové schůze se již neúčastnil.

9. března přijel do naší schůze župní starosta, br. Geo. Převrátíl, v záležitosti župního sletu a závodů, o které se žádá jednota nepřihlásila. Na jeho žádost jsme se uvolili závody i slet zde pořádat, dostane-li se nám od župy nebo Obce cvičitelské pomoci. Ta byla slíbena, ale nevíme, kdy přijde. Na všechno je málo času a naši cvičenci jsou většinou začátečníci.

Br. Jim Kučera bude nám scházet. Rozlučné projevy učinil br. Geo. Převrátíl, župní starosta a Rudy Šefčík, redaktor SPJST Věstníku z West, Texas. — Jeho ostatky byly dopraveny do San Antonio k zpopelnění.

Jeho odchodu želi manželka Venuše, syn James F. Kučera, vnuci, tři sestry, bratři Josef a Bohumil v Racine, Wis., jeho spolková pracovníci a všichni, kdo ho znali. Cest budiž jeho památce!

Joseph Bilek

Bro. Joseph Bilek, who was born on March 14, 1888, in Trokovec u Rokycan, passed away on March 4th. As a young man he served in the Austrian army. Following his discharge, he left for Holland and then later moved to England. At the start of World War I, he came to the United States and settled in New York City. He later moved to Baltimore.

Although he did not become a member of Sokol Baltimore until 1938, he attended most of the activities which the Sokols sponsored. About one year after he became a member, he was nominated and elected to the presidency, a position which he held for eight years. From the very beginning it was obvious that bro. Bilek had a vast knowledge of the Sokol ideals and principles and that the members had made an excellent choice in electing him to this office.

Bro. Bilek was a quiet and modest person, who was never satisfied with his best efforts. I had the pleasure of serving with him in three capacities, Financial Secretary in the first years of his administration, Secretary in the final years and later as Secretary of the Educational Committee when he assumed the position of Educational Director. It was during these years that I discovered his high attributes and abilities.

Although he had been out of office for about two decades, he was addressed as "Pres" or "President" by many members. This was a tribute to him for the high esteem in which he was held.

We express our sincere sympathy to his family and we wish to assure them that we who knew him and worked with him in the Sokol cause will always remember and respect him. Edward Stetka

XII. SLET PŘEDE DVEŘMI!

Paže tuž – vlasti služ!

Musíme se opravdu sestry a bratři tužit, máme-li být na náš XII slet všestranně připraveni! Tyršův—stálý ruch musí být nejen v tělocvičnách, ale v celém našem zřízení. Že tomu tak je, o tom jsem přesvědčen, neb by to nebylo ani naše americké Sokolstvo, které stálým ruchem je živeno a zůstává věrným nositelem idejí o zdraví těl a duchů. Navštívil jsem všechna veřejná cvičení jednot v chigaské oblasti a viděl jsem vše v plných přípravách na náš XII slet.

Americký Sokol žije z ideálů Zakladatele, který svoje poznatky čerpal z filozofie bratrské lásky a z řecké klasické estetiky! Dr. Miroslav Tyrš poznal dříve než kdo jiný, že sebekázeň, bratrská láska a národní nadšení je oporou, která přinese zdárné výsledky bratrskému usilování.

K. M. PRCHAL:

Pionýr sociální práce: Autodidakt, dělník, básník a novinář!

One 23. března se dožil 80ti let v Tucson v Arizoně jediný dosud žijící z těch, kteří podepsali v roce 1918 s T. G. Masarykem Pittsburskou dohodu. Kdo je dnešním naším nestorem česko-amerického novinářství? Nikdo jiný než nám všem drahá osobnost: JOSEF MARTÍNEK.

Josef Martínek se narodil v roce 1889 v královských Poděbradech, v městě, které dalo českému národu prvního na svojí dobu demokratického krále Jiříka z Poděbrad.

Nám daly Poděbrady velkého náčelníka, bratra Jarku Jelínka a písmáka, překladatele, řečníka, bratra R. A. Gormana. Br. Martínek, jako br. Jelínek, byl odchovancem slavného borce a přeborníka Čsl. obce sokolské, br. Karla Starého, též z Poděbrad.

Do USA přichází v roce 1909 a usadil se v Clevelandě, kde tři roky pracoval jako kovodělník. Ihned se zapojil do českého i amerického dělnického ho, politického hnutí odborového.

V roce 1910 začal přispívat do Dělnických listů a je to začátek také jeho literární činnosti. V roce 1912 se stal redaktorem týdeníku Právo a později redaktorem Amerických Dělnických Listů.

Začátek první světové války byl pro něho vyhlášením boje proti Rakousko-Uhersku. S pérem novináře, který nezná kompromisu se zapojuje do řad T. G. Masaryka a jeho spolupracovníků. V roce 1915 je českým tajemníkem konference, která je svolána do Clevelandu na které byla podepsána první dohoda mezi americkými Čechy a Slováky. V roce 1917 byl s T. G. Masarykem u legii v Rusku a rok 1918 zastihuje Josefa Martínka v historickém Pittsbursku, kde je na onom historickém dokumentu také jeho jméno podepsáno na věčné časy!

Josef Martínek — autodidakt (samouk) studoval po první světové válce sociologii na Western Reserve University v Clevelandu. Je průkopníkem družstevního hnutí ve Spojených státech.

V roce 1934 se vrátil do Československa jen na přechodnou dobu. V rodném Československu pracoval jako redaktor Dělnických Listů v Kladně. Za krátký čas byl povolán Hamplem k řízení

Slabým bude slet posílením. Sokolští cvičenci a cvičenky se připravují po celých Spojených státech a po celé Kanadě. Sejdou se v Chicagu, aby změřili své schopnosti a síly. Zaplní sletišť proudy našeho dorostu a členstva a promluví o oddanosti bratrstva, o vytrvání bratrstva, o lvi síle.

Sestry a bratři! Představujete před Amerikou a celým světem nejslavnější ideu naši staré vlasti, její věčnou a nesmrtelnou touhou po svobodě. Jste představiteli dědictví, které sem přinesli ti, kteří zakládali naše jednoty. Promluvíte za lid v jeho československé domovině, který trpí pod nadvládou, která je cizí tradicím národa. Slet bude voláním za právo československého lidu na Svobodu! Bude mít nezměrný vliv na život příštích našich generací!

Přijďte! — Za dva měsíce na shledanou na XII sletu — ve velkém Chicagu!

Sletu zdar!

kmp.

večerního Práva Lidu. Zde se mohl Josef Martínek literárně vyžít na poli sociologie a v řešení dělnických právních otázek. Mimo svojí činnost novinářskou měl Josef Martínek možnost přednášet a poučovat. Protože byl kouzelným řečníkem, který dlouhá léta ztrávil v zámoří dovedl svoje posluchače nadchnout a byl často nazýván "tribunem lidu!"

Byl stálým hostem na stránkách Činu a přispíval do Ottova Naučného slovníku.

Protože jeho politická koncepce se neshodovala s tou kterou do světa vytruboval Adolf Hitler, odešel v roce 1939 z Prahy zpět do USA a usadil se v Chicagu, kde se stal na přání všech, kteří jsme se účastnili historického sjezdu, konaného koncem dubna 1939 v Plzeňském parku a přání presidenta Beneše, výkonným tajemníkem Československé národní rady americké. Na sjezdu vytvořena byla jednotná odbojová organizace Čechů, Slováků a Karpatorusů. Br. Martínek zde vykonal ohromné dílo:

Psal, redigoval anglickou a českou tiskovou službu, řečnil, hledal cesty, kterými nosil před oči Ameriky a světa křivdy spáchané na čsl. národě. Zdůrazňoval právo malého národa na svobodný život.

Zde, v Národní radě, ve společném usilování, poznal jsem blízko jeho nezměrnou výkonnost, nenáročnou službu věci národa. Poznal jsem skromnost jeho v životě a mám hlubokou úctu k němu.

Josef Martínek vydal celou řadu knih poezie, jak anglicky, tak i česky. Přesto, že si ho dovoluji nazvat nestorem české žurnalistiky na tomto kontinentě je stále novinářsky činný. Na dálku řídí newyorské Americké Listy. Jeho ostré, ale při tom kritické pero pocítil již mnohý politik našeho veřejného života jak doma v Československu tak i zde v Americe.

Skláňáme se před geniem práce Josefa Martínka, jako novináře, básníka tribuna, jehož mementem bylo a je "Pravda vítězí". Bud' nám zdráv a národu na dlouhá léta zachován. Bud' silen vědomím poctivě vykonaného díla, vědomím, že všichni dobří lidé Tě mají rádi. — Nazdar!

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Vzácnost.

“Máme u nás v sokolovně vzácná, zachovalá stará bradla. Patřila kdysi Jiřímu Washingtonovi.”

“Tenkráté přece ještě neměli takové tělocvičné nářadí!”

“Ne, proto jsou tak vzácná.”

“Tatínku, hoši ve cvičení mi dali hádanku: Co je osušováním mokřejší a mokřejší?”

“Co by to mohlo být? Pověz mi.”
“Ručník.”

Strýček vzal malou Bertičku do zoologické zahrady zatím když tatínek s maminkou závodili na sleutu: “Nuže, která zvířata bys chtěla vidět?”

“Cvrčky!”

Adam byl náš první táta,
Pámbů nám ho udělal,
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EMILY RUZICKA:

SOUTHERN FLORIDA WILL HAVE A SOKOL UNIT

During the last few weeks the residents of Greater Miami and Ft. Lauderdale have been meeting and discussing the founding of a Sokol unit and their work has been crowned with success. The canvass of Czech and Slovak families brought a surprising number of men and women desirous of being FOUNDERS. Then, among the so-called seasonal guests many registered to be SPONSORS, as they already are members in other cities and will fraternize with their Sokol brothers enjoying their vacations or retirement in sunny Florida.

Jan a Anna Hertl, of Hialeah, were determined to have a Sokol gym for their children and their friend's children and they were joined by quite a few sons and daughters of Sokols from the northern part of the USA, who have attended classes and now want to perpetuate the Sokol ideals.

Jiri (George Zdenek) of Fort Lauderdale has been named temporary President. Assisting in the arrangements is sis. Emilie Welcl-Ruzicka with her



husband Frank. Meetings are held in their home and several members are searching for a place to conduct classes. There are several capable instructors available and as the climate is somewhat different than up North, much of the work can be conducted outdoors. The Hertl family will attend the Slet in Illinois. The new President is the son of the Zdeneks of Chicago and the National Physical Director of Women, sis. Lorraine Zdenek, is his sister-in-law. He practices law in southern Florida and will find his wife Marcella and two children very cooperative.

The FOUNDERS and SPONSORS list remains open to MAY 15th when it will be formally presented to the Executive Board of the American Sokol, 6426 Cermak Rd., Berwyn, Ill. 60402. Southern Florida area residents and visitors interested in placing their name on either of these lists should contact bro. Zdenek, 2171 S.W. 23rd Ave., Fort Lauderdale, tel. 1-587-7998, or the main office to the attention of sis. Ruzicka. Sis. and bro. Ruzicka are expected in Illinois at the end of April following a tour of our units in the Eastern and Northeastern Districts.

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