



AMERICAN SOKOL

PUBLICATION OF THE AMERICAN SOKOL

Educational and Physical Culture Organization

OCTOBER, 1969

You Are Invited!

NEW SOKOL UNIT IN MIAMI, FLA., WILL BE INSTALLED NOVEMBER 15, 1969

Arrangements are completed to install our new Sokol Unit in Miami, Florida, on Saturday evening, November 15th, 1969. The program at 7:30 P.M. will consist of installation ceremony by bro. Stanley Barcal, President of the American Sokol Organization, initiation of new members into the unit, presentation of sponsors of Sokol Miami and introduction of guests from the local CSA lodge, Ladies Club, American Czechoslovak Social Club, St. Petersburg-Tampa delegates, etc. The drill team of the CSA Miami Lodge will present colors and marching tactics.

Preceding the program there will be a social hour from 5 P.M. and dinner at 6 P.M. by reservation, please.

The American Sokol Organization with headquarters in Berwyn, Ill., is conducting a 10-day package tour by bus to Miami on November 9th and the passengers will be housed at Monte Carlo Hotel on the ocean, at 65th Street.

We sincerely hope that many members who reside in Florida and on the East Coast will attend this historic event.

For information re: reservations, etc., please contact: Org. Dept. Chairman, sis. Em. Welcl-Ruzicka, 910 N.E. 121st Street, Miami (Biscayne Park), Florida 33161. — Tel. PL 7-5477.

AMERICAN SOKOL



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OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

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Calendar of Events

- OCT. 25th—SOKOL BROOKFIELD, ILLINOIS.
Chicken Dinner.
- OCT. 29th—SOKOL HAVLICEK-TYRS, CHICAGO.
Excursion to Elgin and Dundee.
- OCT. 31st—SOKOL MILWAUKEE, WISCONSIN.
Halloween Party.
- OCT. 31st, NOV. 1st and 2nd—SOKOL TYRS,
CLEVELAND, O. — Sokol Tyrs Theatrical Guild
Production "Guys and Dolls."
- NOV. 1st—SOKOL BALTIMORE, MARYLAND.
Halloween Dance.
- NOV. 1st—SOKOL ST. LOUIS, MO. CAMP COM-
MITTEE. — Halloween Dance.
- NOV. 2nd—SOKOL HAVLICEK-TYRS, CHICAGO.
Theater Party.
- NOV. 8th and 9th—SOKOL DETROIT, MICH.
Bazaar.
- NOV. 9th-18th—AMERICAN SOKOL ORGANIZA-
TION. — Bus excursion Chicago to Miami.
- NOV. 15th—IN MIAMI, FLA. Installation of new
Sokol Unit, 13325 N. Arch Creek Rd., No. Miami,
Florida 33161.
- NOV. 15th and 16th—SOKOL BROOKFIELD, ILL.
Christmas Carnival.
- NOV. 21, 22, 23—SOKOL MILWAUKEE, WIS.
Holiday Folk Fair.
- NOV. 23rd—SOKOL HAVLICEK-TYRS, Chicago.
Fun Fair.

- NOV. 29th—SOKOL SLAVSKY, CICERO, ILL.
Annual Dinner Dance
- DEC. 7th—SOKOL BERWYN. — Spaghetti Dinner.
- DEC. 14th—SOKOL DETROIT, MICHIGAN.
Children's Christmas Party.
- DEC. 19th—SOKOL MILWAUKEE, WISCONSIN.
Christmas Party.

December 31st

- SOKOL BALTIMORE, MARYLAND — New Year's
Eve Dance.
- SOKOL BROOKFIELD, ILL. — New Year's Eve
Banquet.

— 1970 —

- FEB. 8th—SOKOL MILWAUKEE, WISCONSIN.
Jaternice Dinner.
- MAR. 1st—SOKOL BROOKFIELD, ILLINOIS.
Annual Gymnastic Exhibition.
- MAY 15th—SOKOL MILWAUKEE, WISCONSIN.
Interclass Meet
- MAY 16th—SOKOL MILWAUKEE, WISCONSIN.
Track Meet
- MAY 24th—SOKOL MILWAUKEE, WISCONSIN.
Gymnastic Exhibition

The XII AMERICAN SOKOL SLET is history. It can be called one of the best SLETS in the history of the American Sokol Organization. We regret that so FEW of our members showed an interest in attending. The competitions and all other events were well conducted. The day of the SLET, there was a heavy downpour during the morning hours, but this did not dampen the spirit of both the participants and spectators. There were few, if any, vacant seats in the stands. The entire SLET COMMITTEE deserves a vote of thanks from the entire membership for their untiring and highly successful efforts.

While on the subject of the Slet, we think that it was a very nice letter that President Richard Nixon sent to the American Sokol Organization. We quote

"My warmest greetings go out to the members of the American Sokol Organization on the occasion of your Twelfth Slet.

For more than a century the Sokol movement in America has been a driving force in our physical fitness and sports programs. I am delighted to see your energy undiminished and your resolves strengthened toward continuing national service.

As the necessity for physical toil becomes less important, the discipline of sport gains new and greater meaning in our lives. You have recognized this, and are to be congratulated on your steadfast adherence to the goal of "sound minds in sound bodies." I wish you every success in your inspiring, traditional event."

Sokol Baltimore "Topix"

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XC.

October — 1969 — Říjen

Číslo—No. 10

FRANTIŠEK SCHWARZENBERG:

MLADÁ GENERACE.

Československá mládež odporuje dnešnímu režimu. Ve svém odporu je mladá generace v Československu nedílnou složkou dnešní mladé generace na celém světě a rodnou sestrou mládeže americké. Rozdíl, který činí československou mládež zcela jedinečnou, spočívá v tom, PROTI čemu se československá mládež bouří a také v tom, CO CHCE namísto řádu, kterému odporuje. Další rozdíl spočívá v tom, že v Československu je v opozici mládež CELÁ.

Dnes, jak pravím, vidíme značnou část mladé generace na celém světě ve stavu odporu a pobouření. To je ovšem snadno vysvětlitelné, když si uvědomíme, že starý náš svět se svojí tisíciletou vzdělaností pomalu spěje ku svému konci a že nový svět se dosud nezrodil. Nejsou dosud ani rozeznatelné obrysy nového řádu, který se časem, bolestně, ale určitě zrodí z dnešního chaosu. Mnoho starých hodnot a dřívějších životních forem je překonáno a odsouzeno k zániku. Nová hierarchie hodnot, či spíše nové pořadí důležitosti uznávaných hodnot, nové uspořádání společnosti uvnitř národů i mezi národy, to vše dosud uniká našemu postřehu. Mladá generace, citlivější nás starých, trpí dojmem, že všechny dosavadní návody k ozdravení společnosti bídně selhaly a že je proto třeba hledat cesty nové.

Často však, ještě než začnou hledat cesty nové, chtějí mladí bourat vše staré. Známe to dobře z celého svobodného světa a vidíme to též zde, v Americe. Mládež se bouří proti autoritě rodičovské. Všechno, co jim říkají rodiče, považují za pomýlený přežitek. At' se to týká otázek náboženských, všeobecně mravních, občanských či jiných — prostá skutečnost, že to rodiče doporučují, že tomu rodiče věří, že rodiče dle těchto příkazů žijí, obyčejně již sama o sobě postačuje k tomu, aby to mladí šmahem zavrhovali. Stejně nedůvěřují mladí lidem jen

o něco málo starším, než jsou sami. Říkají, že lidé nad třicet nemohou porozumět mladým, i kdyby chtěli. Mladí rovněž šmahem, nekriticky zavrhnou všechno, co předcházející generace pracně vytvořily. Zavrhnou dosavadní systém svrchovaných států, zavrhnou politický a právní řád své domoviny, odmítají jakoukoli obět' na obhajobu práva, spravedlnosti, svobody či své vlastní otčiny.

Při tom jsou ti mladí bouřliváci v podstatě dobří a svým způsobem idealističtí. Mohli by vykonat divy, kdyby jim někdo, komu důvěřují, ukázal správný směr. Stejně tak, přes svoji podstatnou dobrotu by mohli nadělat spoustu zla, kdyby se jim do čela postavil vůdce rozvratný. Dosud však vůdce žádného nemají a jsou zmítáni sem a tam. Stále hledají cestu a nevědí, kudy kam. Zbývá často jen negace všeho dosavadního, snaha bořit bez jasného vědomí, co chtějí postavit.

Také zde v Americe se část — a podtrhuji, že jen část — mládeže bouří proti rodičům, kteří jim dali život; proti společenskému řádu, který při své nedokonalosti je založen na správných zásadách rovnosti všech lidí; proti americkému veřejnému řádu, který chce zajistit svobodu všem; proti řádně zvoleným představitelům vlastního národa, kteří pečují, jak nejlépe dovedou, jen a jen o veřejné blaho; proti právnímu řádu, založenému na spravedlnosti pro všechny bez rozdílu; proti organizovaným církvím, které hlásají především lásku; proti školám, které hledají a rozšiřují pravdu a připravují mládež na život; proti všem dřívějším projevům umělecké tvořivosti a konečně i proti všem věcem podružným, jakými jsou třeba ustálené zvyklosti ošacení a bydlení.

Vidíme, že se mládež ve svobodném světě a též v Americe bouří proti věcem ne sice dokonalým, ale ve své podstatě dobrým,

kteře by zajisté bylo možno zlepšit či napravit REFORMOU — nikoli REVOLUCÍ. Mladí však chtějí bořit. A zeptáte-li se jich, co chtějí postavit namísto zbouraných zřízení, jakýto chtějí zbudovat nový řád, zůstanou vám většinou dlužni odpověď, pokud vás neodbydou neinformovaným poukazem na Rudou Čínu či na Sovětský svaz.

Tak to tedy vypadá zde a můžeme mluvit o štěstí, že se to týče jen části naší zdejší mládeže.

Jediná obdoba s Československem spočívá v tom, že se tam také mládež bouří, arci mládež celá. Hlavní rozdíl je v tom, PROTI ČEMU se bouří: proti řádu nesvobody a ne-lásky. Odmítají komunismus jako nauku, založenou na nedostatečném docenění důstojnosti každého jednotlivého člověka. Odmítají komunistickou politickou soustavu, která je založena na diktatuře malé menšiny, zotročující velikou většinu. Odmítají komunistický mezinárodní řád, který nedbá smluv, ani nejslavnějších a nemá úcty ke svrchovanosti jiných států. Odmítají komunistický právní řád, který nesoudí dle zákona, nýbrž podle zvláště politické strany. Odmítají komunistické hospodářství, které vedlo k cizímu vykořisťování vlastní země a ožebračilo všechny. Odmítají komunistickou výchovu, která jim zakazuje čerpat vědomosti z jiných než komunistických pramenů. Odmítají soustavu, založenou na náboženské nesvobodě, na nesnášenlivosti a udavačství. Odmítají režim, který ztěžuje volný styk s cizinou.

Věru dlouhý by byl výpočet všeho toho, proti čemu se mladí v Československu bouří. Ale i toto postačí na důkaz toho, že se bouří proti věcem zcela objektivně špatným

a zlým.

Chtějí však pouze bourat? Nikoli. Další a podstatný rozdíl mezi mládeží v Československu a mládeží ve svobodném světě spočívá v tom, že československá mládež ví nejen, CO NECHCE, ale ví také, CO CHCE.

A nyní pozor! Mladí nechtějí snad návrat do poměrů, které stávaly za časů jejich otců a dědů. To není ani myslitelné. Časy se nevrací. Chtějí však zavést řád, založený na stejných stěžejních zásadách, které byly středem snažení jejich otců a dědů. Nestaví se proti rodičům, chtějí naopak navázat kontinuitu vývoje právě tam, kde byla přerována násilným zásahem, podporovaným zvenčí. Chtějí pokračovat ve společném úsilí západní vzdělanosti, poznamenané řeckou filosofií, židovským monotheismem, křesťanskou láskou, svobodným hledáním vědecké i náboženské pravdy, odporem proti vládnímu útlaku a všemu politickému i hospodářskému vykořisťování, rovnosti všech občanů, svobodou, úctou k člověku a humanismem. To vše shrnují úslovím, že chtějí veřejný řád, jak říkají, s lidskou tváří. A zaposloucháte-li se pozorně, uslyšíte v tom všem také ohlas výchovy sokolské. Ač nechtějí NÁVRAT do poměrů dřívějších, chtějí POKRAČOVAT ve vývoji, rostoucím ze zásad a hodnot otců a dědů. A hlavně vědí, co chtějí — a to, co chtějí zbudovat je zdravé, správné a krásné. Je to podloženo silou ducha a mravnosti a proto se nemůže hrubému násilí podatřit, navždy bránit této vůli mladých. Proto ani na chvíli nepochybujeme, že budoucnost Československa, kterou si vytvoří tato dnešní mladá generace, bude radostná, svobodná a požehnaná.

Highlights of the Executive Board Meeting

Held September 23, 1969

Bro. Stanley Barcal, President, called the meeting to order.

Reports of Districts were received from the Eastern, Southern, and Western Districts.

Bro. Ed Stetka of Baltimore reports attendance, at Sokol Curtis Bay informal discussions, of bros. Martin Lago, Jos. Fejfar of Sokol Belcamp, Matthew Neumann, Jerry Friedrich, sisters Rose Friedrich and Mildred Barcal of Washington, D. C. Although Sokol Curtis Bay sold their building, many members want to continue their Sokol activity. After 48 years of being active they are looking forward to making plans to celebrate their 50th anniversary. Bro. Stetka will keep in touch.

Gratifying to note was visit of bro. George Prevratil, President of the Southern District, to unit in Yukon, Oklahoma, July 6th. Reactivation of the unit was discussed.

With reactivation of units—one in the Eastern District and one in the Southern District, the Western District is not to be outdone. The units there are on the move and have chalked up a fine increase in membership. Excellent cooperation and dedication.

And the spark has reached our Pacific Coast, too, where in San Mateo, California, that Sokol unit is busily getting settled in their new home.

Sokol Milwaukee is all set for their 1969-70 season with a schedule of events set for practically every month—including the Holiday Folk Fair to be held November 21, 22, and 23, with 40 nationality groups participating, and this after a history of 101 years.

To top this off—a 10-day de luxe tour to Miami, Florida, is being conducted by the American Sokol Organization. The dates November 9th—18th are packed with interesting places to see and visit—comfortable accommodations have been arranged, and excellent eating places chosen. The highlight of the trip will be the installation of a new unit SOKOL MIAMI, into our Sokol Organization. What an event to witness and what a thrill to be a part of this upsurge of activity. You can take part in this event. Make it a point to be in Miami on Saturday, November 15, 1969, at the installation ceremony. Contact the ASO. Office and make your reservation for the tour leaving from Berwyn (ASO. Office) on Sunday, November 9th, and arriving in Miami November 13th, where we'll be staying at the Monte Carlo Hotel.

Installation ceremony of Sokol Miami—November 15th. Dinner and program at 6 p.m. at American Czechoslovak Social Club in North Miami. Don't miss this gala occasion!

Betty Prener

Financial Report ASO. September 1969

INCOME:

Dues	\$1,895.00
Convention Fund	1.50
Special assessment	1.00
Dividends and interest	372.53
ASO.-BOI. Instructors Course at Potters Lake	35.00
Resale of T shirts; educational pamphlets	1.15
Miami Tour	300.00
Total Income	\$2,606.18

DISBURSEMENTS:

Administrative Department	
Salaries	\$254.69
F.I.C.A. & F.W.T. for August	70.90
Rental, janitor service, phone, electric	309.28
Jewelry	424.00
Office supplies	76.48
Travel expense	16.00
Petty cash	47.26
Miscellaneous expense	47.57
	\$1,246.18
Educational Department BOI.	
Salaries	\$201.03
F.I.C.A. & F.W.T. for August	55.20
Postage	9.88
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	27.72
	\$ 318.83
Sokol Publication	
Editor "American Sokol"	\$ 75.00
Printing "American Sokol" — September issue	522.72
Postage	37.50
	\$ 625.22
Miscellaneous	
Special appropriations — Western	

District ASO.	\$156.80
Future Sokol Leaders Fund —	
Scholarship Awards	400.00
ASO.-BOI. Instructors Course at Potters Lake	17.53
Miami Tour	100.00
	\$ 674.33
Total Disbursements	\$2,874.56

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—check- ing account	\$3,289.72
Income — September 1969	2,606.18
	\$5,895.90
Disbursements — September 1969	2,874.56
	\$3,021.34

Future Sokol Leaders Fund

Ann Falta, in memory of Marie Prevratil ...	\$10.00
Members of the ASO. Women's BOI., in mem- ory of Marie Prevratil	15.00
	\$25.00

(Above contributions are tax exempt)

Report of the ASO. Director of Women

JUNE: Meetings attended and participated in since the last Executive Board meeting were: Slet Committee, May 29; Women's BOI., June 6; Joint BOI., June 13; Slet Officers, June 12 and 20; judging with Miss Betty Meyer, June 17; School meeting with Slovak Sokol Camp officers, June 18.

On June 17 and 18, several members of the Women's BOI. met at my home to complete preparations for competitions, prepare and mail judging assignments to the judges.

All preparations for the Slet and Competitions were finalized during the days preceding June 25th and we approached the judges' meeting that night with the knowledge that we were well prepared.

During a short meeting with district directors, preceding the judges' meeting, assignments were made for the following: line-ups for Slet calisthenics, Boards of Appeals for competition and all district directors present were involved.

The judges' meeting met in joint session at the start and was called to order by bro. Linhart at 8:00 P.M. All present were asked to rise individually and introduce themselves; they were all welcomed by bro. Linhart and myself. After a short session, during which it was decided that only people with red badges (BOI.) and blue badges (judges) would be allowed on the floor. Bro. Halik extended an invitation to everyone to attend a social evening at Sokol Havlicek-Tyrs, being presented by the Central District following their meeting. The group separated and during the women's meeting charts for the calisthenics were handed out to all district directors to fill in; decision as to all deviations of uniform and their reductions made; demonstration of exercises not to be had and each

group to be judged as they were taught. Contestants' numbers were distributed; corrections made on exercises, additional changes of judges were made and assigned; calisthenics to be used in competition were announced.

June 26th, 8:00 A.M.: Junior competitions started. This meet was under the direction of sis. Ellen-Jeanne Schnabl, who as always, performed her duties efficiently and thoroughly. Competing were a total of 306 contestants, representing ASO., Sokol U.S.A., Canadian Sokol and D.A. Sokol. In the high division, there were 23 individuals, including 7 teams; intermediate division, 70 individuals with 18 teams; low A division, 139 individuals with 17 teams; low B division, 74 individuals with 10 teams. There was one injury, a girl from Detroit, who sprained her ankle during a warm-up. That night the volleyball tournament was held, under the direction of sis. Marie Ptacek and sis. Janet Kalat. Nine teams were entered.

June 27th, 8:00 A.M.: Began with high division junior girls competition, and immediately upon completion, sis. Jeri Krizenecky directed the women's competition, also most efficiently and thoroughly. Competing were a total of 80 individuals, representing ASO., Sokol U.S.A. and D.A. Sokol. In high division there were 4 individuals; intermediate division, 18 individuals with 3 teams; and low division, 58 individuals with 5 teams. There was one injury, a woman from Cleveland.

June 28th, 8:00 A.M.: Began the championship competitions, with compulsory exercises under the direction of sis. Zdenek. There were 10 contestants in the junior class, 4 in the women's class. This competition also went smoothly and was judged by Sokol rules. In the afternoon, with sis. Prchal directing, the optional competition ensued. The contestants were the same; judging was according to F.I.G. Rules and Miss Betty Meyer was head scorer for the meet. It was during this portion of that meet that one question came to the Board of Appeals, which upheld the judges.

For all these competitions, prepared in advance were: judging assignments made and mailed; tabulating sheets prepared, master sheets prepared numbers assigned and for the low division of junior girls were given to instructors and directors for distribution to their contestants prior to arrival, Board of Appeals for all competitions selected according to ASO. Competition Rules.

Sis. Anne Halik directed the Tabulating Committee. She had, as her assistant, sis. Lori Theisen and a veritable army of women to man the pens, adding machines, calculators and typewriters. This vast job was completed quickly and accurately and results were ready by 8:00 P.M. on Thursday, 3:30 P.M. on Friday and 6:00 P.M. on Saturday. Unit and District tabulating sheets, along with complete results were available for all districts and organizations, and these were signed for as distributed. In this vein, bro. Kalat and his committee are to be commended for their superb work done with the trophies and the engraving of them, much of which was done each night after completion of competition, in order to have individuals' names engraved on them.

On Friday night I attended the banquet, which was a most enjoyable evening and on Saturday night, it was my pleasure to call the names of winners of my department. Following custom, trophies were presented by the first and second assistant directors.

June 29th, 8:00 A.M.: It rained and it poured. Due to the generosity of Mr. Frank Hokr, maintenance superintendent of Morton West High School, we were able to conduct rehearsal for several classes in the gymnasium. After the rain, we moved out of doors, where all remaining rehearsals were held. These went well, most numbers requiring only one run-through.

2:00 P.M.: Bro. Lebloch had put a lot of thought and effort into his plans for the General Assembly, and with the help of his able assistants that parade was something wonderful to see. Bro. Linhart and I commented at the time that we thought those gymnasts would never stop coming. As the program proceeded, all classes were lined up in a most efficient manner and one number followed another without pause. There was one instance, however, where there was a short wait. This was occasioned by the necessity of bro. Hruska presenting his speech earlier than was anticipated, due to his time of departure from Chicago. Because of the harsh rain that morning the ASO. vaulting number was eliminated. Participating in the Beseda, were the two Moravian groups, the Czech school, and several Sokol units. Participating in calisthenics of various classes other than ASO., were Sokol U.S.A., A.D. Sokol and the Canadian Sokol. In the tot's calisthenics there were 112 participants, first class girls and second class girls, 250; junior girls, 576; and Women, 368.

At this point, I should like to thank sis. Mildred Prchal, who composed the women's calisthenics, sis. EllenJeanne Schnabl, who composed the junior girls' calisthenics, and sis. Jeri Krizenecky, who composed all competition exercises; the entire ASO. Women's BOI. for their dedication. These are a wonderful group of Sokols; each one of them has a job and she does it. What I admire in each and every one of them is that I can assign a job and forget about it; it gets done. This makes my work so much easier, and I am grateful to them all.

Lorraine Zdenek

FROM OUR DISTRICTS

EASTERN DISTRICT

June 16, 1969

Correspondence — Received various information on the XII American Sokol Slet. Financial statement of the United Sokols of the East Exhibition. Letters had been sent to the units of the Southern Section in regards to students enlisting at the Course being held at Potters Lake, Wisconsin.

Report of Director of Men, bro. Capek—Was pleased that the Boonton Camp field had been prepared prior to the Exhibition. — Reported that during warm weather there is a large drop in attendance in Little Ferry due to the Little League baseball.

SOKOL GYMNAST

October 1969

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

SOKOL PHYSICAL EDUCATION PROGRAM

What are the basic requirements for an effective Sokol physical education program? Namely, volunteer time, effort and personal devotion, knowledge, money and facilities.

It is understood that any program in Sokol physical education must be based upon a sound knowledge of the subject, upon efficient organization, administration and leadership, and on the talents of those who are selected to conduct the activities and to instruct the participating individuals.

But these programs can be maintained, even if an adequate administrative and teaching staff are secured, only as far as practical support can be provided. There is no mechanic who can work without necessary tools. The Sokol physical education program cannot be conducted without proper facilities and equipment. To come into possession of and to maintain these facilities, money must inevitably be invested by the individuals, lodges, districts, and the Supreme Lodge.

What is the purpose of the Sokol physical education endeavor? The Sokol physical education endeavor has a three-fold purpose: (a) to bring the highest possible number of youths and adults into the physical education, sport, and recreational activities, (b) to build young people of physical, moral, and spiritual strength, and to provide them with an opportunity for recreation and social activities, (c) to enroll the largest possible number of youth and adults into the Sokol ranks to reinforce the organizational and economic potential through which the programs are realized and facilities maintained.

What do the Sokol physical education, sport and recreation programs offer to interested youth and adult members?

- 1) A program of basic physical training: regular weekly or semi-weekly classes for all age groups on the lodge level;
- 2) Gymnastic competitions, (where desired, track and field competition, also) on lodge, district, regional and national levels;
- 3) Games, volleyball, basketball, softball, etc., on any level;
- 4) Indoor and outdoor gymnastic physical fitness exhibitions on all levels;
- 5) Recreational activities such as bowling and golf tournaments on regional and national levels;
- 6) Short-term training gymnastic sessions in competitive gymnastics mostly on district and regional levels;
- 7) One, two,

- and three-week regular schools for gymnastic instructors on district, regional and national levels (elementary, intermediate, and advanced schools);
- 8) District and regional gymnastic and sport festivals;
- 9) Three to eight-week Sokol summer invitational gymnastic training schools-clinics (in competitive gymnastics);
- 10) Meetings, lectures, and seminars.

These programs are maintained and partly or fully subsidized by the lodges, districts, and the Supreme Lodge.

The tendency of the Sokol physical education endeavor is not one-sided—the ultimate goal is general fitness, i.e., physical, mental, social, and spiritual fitness, to name only a few aspects. As we have stated and often repeated before: invested time, effort, experience, and money in a carefully selected and properly conducted program of Sokol physical education, can be compared to a savings account in the bank, from which the individual, the family and the organization eventually draw interest in the form of a better and bigger membership, and better health, wholesome experiences, and physical, mental and spiritual fitness for the individual and his family.

The beauty of the Sokol general endeavor is the willingness to serve others one way or another and the ability to work together, the young and the older members, in harmony toward the designated goal. But, as in any other human society, there are problems. Not all the members are willing to contribute their share; not all members realize their organizational duty; not all families are interested in the Sokol physical education and other programs; not all young people realize their duty to themselves in taking proper care of their mental and physical faculties. And there are lodges whose membership will not move a finger to support any kind of youth program. Members in these lodges even refuse to help their organization in a situation arising from large investments in lodge, district, and organizational facilities and equipment which such members fail to support. Some of them would rather eliminate any one of our programs than to contribute to them and to safeguard them as essential requirements in the life of their organization.

KAROL BEDNAR in "Sokol Times"

II. CLASS GIRLS**Preparatory Exercises With One Indian Club**

1. Stand — club low front horizontal (left hand holds top of club, right hand holds heel of club).
 1. Stand foretouch L—club in front of chest horizontally.
 2. Closed stand—club low front (horizontal).
 3. Turn trunk to left—club above head (horizontal).
 4. Turn trunk front—club low front (horizontal).
2. Stand — club low front (horizontal).
 1. Reartouch L—swing upward, club above head horizontally.
 2. Extend frontleg L — frontarm, club in front of chest horizontal.
 3. Reartouch L—club above head horizontally.
 4. Close L — swing club forward horizontally to low front.

During following exercise club is held firmly in one hand. Index finger supports neck of club, thumb and index finger firmly press head of club. Care should be taken that club should always be held in stretched arm; arm should also be in precise position. Each exercise should be repeated at least eight times with right, then with left.
3. Stand — frontarm inward right with club.
 - 1.-2. Dip halfquat—turn trunk to right—swing right sidearm (head always follows movement of arms).
 - 3.-4. Dip halfquat—turn trunk front—frontarm inward R.
4. Stand — reararm, club in right.
 1. Dip halfquat—flank swings downward frontarm inward and change club to left hand.
 2. Dip halfquat—flank swings downward reararm outward. After several repetitions attempt to throw club from right hand to left and vice versa.
5. Stand — frontarm right, club in right hand.
 1. Dip halfquat—flank swing downward, reararm right.
 2. Dip halfquat—flank swing downward, frontarm right.
 - 3.-4. Flank circle right downward (hold frontarm right).
6. Stand — frontarm right with club.
 - 1.-3. Turn trunk to right—flank circle downward R.
 - 4.-6. Turn trunk front, then left—flank circle with R on left side of body.

After exercise a number of times add dips halfquat, also upper rearbow.
7. Stand — sidearm, club in right.
 1. Dip halfquat—frontal swing downward R, heel of club touches left palm.
 2. Dip halfquat—frontal swing right downward and stretch arms to maximum sidearm (head always follows movement of arms with club).
8. Stand — low sidearm, club in right.
 - 1.-3. Three frontal circles downward right.
 4. Swing downward and change club to left hand (short hold in low sidearm).

HOOPS – II. CLASS GIRLS COMBINATION

24 2/4 measures — moderate tempo.

Stand — low sidearm, hoop vertical in frontal plane. Gymnast in center upper area, facing lower area.

- I. 1.-2. Two steps forward R, L—frontway uparm outward, hoop vertical in frontal plane.
- II. 1. Dip halfquat, step R forward—finish arm movement—look upward.
2. Hold.
- III. 1. Dip halfquat, sidestep L—moderate sidebow to left—turn head to left.
2. Hold.
- IV. 1. Upright, dip halfquat and transfer weight to R, sidetouch L—moderate sidebow to right—turn head to right.
2. Hold.
- V.-VI 1.-3. Upright, 3 side steps in toestand turning 360° to left—L, R, L—lower upper part of hoop by bending closearm (hoop horizontal) at height of hips (gymnast in hoop).
4. Close R to halfquat.
- VII. 1.-2. Dip halfquat, sidestep R—turn trunk to right—turn head to right.
- VIII. 1.-2. Turn trunk front; transfer weight on L, cross R in front of L and turn 360° to left in toestand—bending closearm, raise arms uparm outward hoop horizontal overhead—loop up.
- IX. 1.-2. Two steps forward L, R—slowly frontarm R, hoop in right hand horizontally in front of chest. (undergrip) slowly sidearm L.
- X. 1. Step forward L and close R to halfquat—bend frontarm R, lower hoop vertically to hang vertically in front of chest—upper frontbow.
2. Hold.
- XI 1.-2. Upright—2 sidesteps R, L, (cross L in front of right)—swing hoop from hanging position to right and then swing to left.
- XII. 1.-2. Dip halfquat sidestep R—small frontal circle outward R, sidearm R, hoop vertical in right hand—moderate sidebow to right—look at hoop.
- XIII.-XIV. like XI.-XII. but to left side and with left hand (change hoop in frontarm).

XV. 1. Upright—step forward R, hop on R, bend frontleg L—frontarm outward, hoop in front of chest vertically.

2. Step forward L, spring forward from L.

XVI.-XVII. 1. Finish jump in closed half-squat—hoop vertically in front of chest—moderate front-bow (upper)—look thru hoop.

2. Upright and toestand—uparm outward—hoop vertical above head—look upward.

XVIII. 1. Step forward R and jump forward alternately thru turning hoop.

2. Step forward R and close to toestand—uparm outward—hoop vertically above head—look upward.

XIX. 1.-2. Half-squat—lower upper part of hoop backward and to horizontal position, then lower hoop around body to height of hips by bending arms—frontbow (upper).

XX. 1. Upright—toestand—bend closearm and raise hoop horizontally above head—look upward.

2. Hold.

REMARKS: Hoop positions are vertical and horizontal and are generally held with both hands on

opposite sides; in one instance hoop is held in one hand with undergrip. In fundamental positions in frontal plane (frontarm, sidearm, uparm) the hoop must not deviate from its position and during movements it must pass precisely thru prescribed positions. In horizontal plane (hoop at height of hips with gymnast in hoop; uparm, hoop above head horizontally) it is necessary to hold hoop precisely on two places, so that hoop does not deviate forward or back. During turning of hoop the arm is moderately bent in elbow; hoop is between thumb and index finger, hand with fingers together is in line with forearm. Impulse for small circle begins with forearm. After finish of small circle it is necessary to smoothly stretch arms to sidearm and firmly grasp hoop.

During exercise eyes constantly follow movement of hoop. We must never forget harmonious total movement with movements of hoop.

The rest of the elements (jump forward, toestand, turns by crossing, etc.) is taught in special sessions for each individually.

ANNELIS STRANGE HOYMAN:

TEACHING OF GYMNASTICS – MUSIC AND MOVEMENT

The concept "rhythm" forms the basis for the intimate relationship of music and movement.

From a movement point of view rhythm can be defined as "the organization of time and force factors within a movement phrase."

All movements are performed within a certain time, have their own rhythm. Time is thus one of the controlling factors of movement. Another important controlling factor of movement is force. The factors of time and force combined are responsible for the quality of any movement, and each movement quality requires a certain kind of musical accompaniment.

In Dalcroze's rhythmical-musical educational system the movement or exercises were constructed so as to visualize the meter, the rhythm, the tempo, the pitch, the dynamics (quality) of the music listened to.

The same is to some extent true of some of the movement systems originating in southern Europe, for instance "Deutsche Gymnastic." Music is the primary, but here it is the quality in the music that is the central and which is to be expressed in movement.

In the Scandinavian types of gymnastics music has mostly been used as an excellent help in teaching; it is not absolutely necessary to have music to the exercises. Movement is the primary, and the instructor must not forget the specific objectives of the exercises or neglect their form.

In using music to movement the ideal would be if the instructor herself could improvise suitable music (or have an accomplished pianist with knowledge of movement to do the same).

However, most teachers have to use music available either in form of records or from musical scores. If this is the case the following observations are to be made:

1. The movements and the structure of the music must correspond.
2. The dynamics (quality) of the exercise must also correspond to that of the music.

If the music and the movements are in harmony with one another, the music incites the gymnasts to a livelier and freer execution of the movements, and they feel more enjoyment in doing them.

First of all the parts of the exercise must begin and end with the phrase of the music.

Secondly the tempo has a certain relationship to the quality of the exercise.

The different parts of the exercises are in general repeated at shorter intervals and with greater uniformity than the parts of the music; the music usually goes on and is more varied in its course. Often one can use a part or a fragment of a composition, provided one does not disturb the harmonic form of the music. If no music is satisfactory, it is better to do the exercise without accompaniment. One should never change the music with regard to tempo or incorrect way of playing; for instance legato or portamento instead of staccato, which would change the character of the music and ruin its musical value.

The count we use in the gymnastic exercise must correspond to the meter of the music, which usually can be divided into 2-count (bipartite) or 3-count (tripartite) (even or uneven count).

Music in 2/4, 4/4, 6/8 or fast 3/4 meter requires counts of 2, 4, 8, 16 or 32 in the exercise, depending upon the length of the exercise. Because of the divisions into phrases of the music no other counts can be used—not 6, 12, 18 etc. A fast 3/4 meter can be used, because in this meter there is actually only one accent to each measure or bar (an exception is the mazurka, where there are 3 accents and 3 movements). Since there is a rule are 4 measures

to a phrase, the count of the exercise to a fast 3/4 meter will be as in 2/4, 4/4 and 6/8 meters, i.e. 2, 4, 8 etc.

For exercises with uneven counts (3-count) only the slow 3/4 meter can be used (or the more unusual 9/8 meter) and the total count of the exercise will be 3, 6, 12 or 24.

Meters such as 5/4 and 7/4 are seldom used.

As mentioned previously each movement quality requires a certain kind of music. When categorizing movements and music in their different groups as to quality the following three factors are determining:

1. The length of the movement path and the time between the accents in the music.

Each gymnastic exercise has an accentuated movement. This should coincide with the accent in the music. Thus it depends upon the length of the movement path, the speed of the exercise and the tempo of the music which rhythm is the most suitable.

(In 2/4 meter the accent falls on every other beat, in 4/4 meter the accent falls on 1 and 3, in 6/8 meter the accent falls on 1 and 4, and in 3/4 meter the accent falls always on 1. Strongest accent occurs generally on 1.)

Time between accents is shortest in 2/4 meter, longest in 6/8 meter.

2. The quality of the exercise and the quality of the music (the latter determined by way of playing, by the rhythm and the melody).

The quality of the movement can be light, bouncy, sustained, etc., etc. In choosing the music one must

observe the dynamics (quality of this markato, legato, portamento, staccato). The rhythm and the melody as well are also determining as to the character of the music.

3. The division of the exercise in regard to even and uneven counts (not rhythm) corresponding to the meter of the music.

Meter and counts must be in agreement as mentioned earlier. For 2- or 4-count exercises choose from the even meters; for 3-count exercises use only a slow 3/4 meter or a mazurka.

Taking the character, the quality and the tempo of the music in consideration we can divide the music into six groups corresponding to six different types of movements. These types are:

1. pressing movements (small path of movement),
2. springing movements,
3. bouncing movements,
4. giving movements,
5. swinging movements,
6. sustained movements.

To these can be added another type, combined movements, in which 2 or 3 of the before mentioned types of movement occur in the same exercise. (Combined as to quality as opposed to combined in regard to combination of planes in which the movement path falls.)

(Note: The above division represents a very fine distinction between the qualities. A courser and more general division is the following: a) swinging; b) sustained; c) percussive (resemble pressing in the grouping above) and d) sequential (very similar to sustained, although more "flowing").

(Continued)

MILDRED PRCHAL CHOSEN BY USA NATIONAL GYMNASTIC COMM. TO REPRESENT THE UNITED STATES IN THE WORLD GYMNASTIQUE MODERNE CHAMPIONSHIPS IN BULGARIA

September 8, 1969

Mrs. Mildred Prchal
United States Gymnastics
Federation Chairman
Gymnastique Moderne
2419 South Scoville
Berwyn, Illinois 60402

Dear Mildred:

We are pleased to inform you that you have been selected at the September 6th meeting of the USA National Gymnastic Commission as the Official Representative/Delegate from the United States of America to the World Gymnastique Moderne Championships in Varna, Bulgaria.

Your official responsibility will begin on September 24th as the Delegate to the Mod-

ern Gymnastics Technical Committee Meeting. On September 25 and 26 you will attend the Judges Course for Gymnastique Moderne and be the Official Delegate to the Trainers Course on October 1st, 2nd, and 3rd.

We wish you a pleasant journey and look forward to a full report upon your return.

Sincerely,

Frank L. Bare
Executive Director USGF
Acting Secretary, USA National
Gymnastic Commission

Note: A formal letter in French is being sent to the authorities in Varna to inform them of your arrival and participation as the USA Technical Delegate.

Report of Director of Women, sis. Zabka—Baltimore junior boys will compete in the volleyball tournament at Chicago. — Although our participation at the United Sokols of the East Exhibition was not up to par, we did average the most participants of all Districts. — Received scholarship application from sis. Ann Sebik.

Report of the Educational Director, sis. Misek—Attended United Sokols of the East Exhibition and D.A. Sokol Exhibition. — Took part in Memorial Day parade in New York. — Will hold educators meeting in New York Sokol Hall in September, the weekend of the Annual Meeting.

Little Ferry—Participated in Memorial Day parade. — There will be approximately 11 participants in the Chicago Slet. — The women's division had contributed \$2,000 toward the building of a new kitchen at their hall. — Suggested that candidates for officer's positions of the Eastern District should be delegates who attend meetings.

Sokol New York—Took part in the Memorial Day parade. — Will hold one informal gym night each week during the summer months. — Sis. Provaznik will experiment with the teaching of the Czech language to children at Sokol Camp, East Haddam, Conn., in August. — There will be about 15 participants in the Chicago Slet. — Bro. Zraly commended Sokol New York on their large representation at the Boonton Slet.

Sokol Fuegner—Eight gymnasts will participate in the Chicago Slet. — Sis. Anne Sebik has applied for a Sokol scholarship.

Boonton Slet—Dues to the high rental and other unexpected expenses the profit was not so great. It was suggested that no future Slets of the United Sokols of the East be held unless for a specific event.

For the good of the organization—A discussion on arousing inactive units and educating members. Attempts had been made to reactivate inactive units.

The Annual Meeting will be held on Saturday and Sunday, Sept. 27 and 28, 1969, at Sokol Hall, New York.

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WESTERN DISTRICT

**Board of Instructors Meeting
September 3, 1969**

Bro. Pastovica and bro. Pavoucek reported that the routines for the 1970 District Slet are near completion, according to reports which they have received from Cedar Rapids. Tentative plans for the Slet are dated June 13th and 14th, 1970.

District Trophy—The District won a trophy at the Chicago competitions in the junior boys High Division. Two Units were involved, Sokol Omaha and Sokol So Omaha. A suggestion was made to purchase another duplicate trophy at the District's expense, so that it could be presented to the other participating Unit. Sokol Omaha now has the lone trophy. This will be further discussed at the Semi-Annual District Meeting.

Executive Meeting September 3, 1969

President Pavoucek opened the meeting with the Pledge of Allegiance to the Flag at 8:36 P.M. Pres-

ent were brothers: Ray Lastovica, Vic Jirka, Vojmir Benak, Ed Pavoucek, Al Swoboda and Al Chab. Sisters: Phyl Jirka, Bea Pavoucek, Barbara Swoboda and Olga Chab.

Correspondence—Quarterly reports from Sokol So. Omaha—at last report 171, gained 50, lost 3, totaling 218 members. Sokolice So. Omaha—103, gained 7, lost 1, totaling 109. Sokolice Cedar Rapids—179, gained 4, totaling 183. Schuyler has 10 men and 9 women. Sokolice Crete—71, gained 1, lost 2, totaling 70. Sokol Wilson—10, gained 18, totaling 28.

Slet—Letter from sis. Bette Trefny regarding dates for the 1970 District Slet. Sis. Trefny questioned the possibility of conflicting dates with the proposed Invitational Slet and ASO. Convention in Cleveland. Sis. Trefny felt that an earlier District Slet date would conflict with the dismissing of schools, a later date would be close to the 4th of July, and a still later date would be too hot. Sister indicated that an immediate reply was necessary because they are trying to secure Coe College which has a great demand for use.

Phone call to several local officers indicated that we should try first to find out whether there would be an Invitational Slet in Cleveland. Telephoned brother Ed Jirousek in Cleveland and he indicated that they would not be having an Invitational Slet in conjunction with the ASO. Convention.

Unable to reach bro. Pazour by telephone, so message was phoned to sis. Trefny. Letters were also sent to bro. Pazour and sis. Trefny advising that since there would be no Invitational Slet in Cleveland, the only ones affected by a close date would be the delegates going to the Convention. Also advised Cedar Rapids that the Omaha schools are scheduled to dismiss on June 5th.

Letter from bro. Pazour suggested June 13th and 14th as the only possible dates for the Slet.

Replies from Units as to whether or not the date of the Slet would be agreeable:

YES from Sokol Crete, Sokolice Crete, Sokol Caldwell, Sokol Omaha, Sokolice Omaha, Sokol So. Omaha, Sokolice So. Omaha.

NO reply from Sokols Wilber, Wilson, Minneapolis, Hopkins, St. Paul and Schuyler.

* * *

SOUTHERN DISTRICT

July 10, 1969

Dallas—Gym classes will be discontinued due to installment of additional insulation. Gymnasts participated in District and National Slets, 30 in Corpus Christi and 17 in Chicago. Junior girls intermediate division placed 1st as a team and 1st, 2nd and 3rd individually.

Ennis—Held appreciation dinner for Polka Festival workers. Approximately 60 gymnasts and spectators attended District Slet, of which 35 were gymnasts. Unit flag has been delivered and first used at the National Slet.

Director of Women, sis. Laznovsky, gave a report on the District Slet: 115 entered competitions and were concluded pretty well on schedule—approximately 150 gymnasts participated in the exhibition, consisting of calisthenics of all classes, apparatus of all classes, 3 special numbers and the

Beseda by KJZT youth—special number trophy was secured by Sokol Fort Worth and also the traveling volleyball trophy. Ribbons were awarded for the 1st, 2nd and 3rd places on each apparatus and a gold ribbon to each competitor—first, second and third place medals in each division. Expresses appreciation for all help extended during the Slet and to sis. Kane for typing and making copies of competition results.

Director of Men, bro. Laznovsky, reports bus in the Chicago area was useful and a necessity. 38 gymnasts from the Southern District participated in the National Slet. A District team was formed and entered in the volleyball tournament. Conversated with bro. Chapman of Corpus Christi who reports enthusiasm at a high rate since the Slet and requesting information on the competition to be held in the latter part of the year in Fort Worth.

President, bro. Prevratil, reported on his visit to Yukon, Oklahoma, July 6th. Attended their Unit meeting, 17 members were present, discussed the possibility and means of reactivating the Unit. Attended the National Slet and meeting of Unit presidents and officers. Gave a report of the discussion.

Bro. Laznovsky reports that the tent used for courses has been received from Sokol Houston and now is in storage at Sokol Ennis.

District Slet termed successful, Sokol Corpus Christi is to be commended for much of the hard work during the three months of preparation for the Slet. The two day event was well covered by the local newspaper with pictures and writeups.

For the record: The junior girls intermediate division of Dallas placed 1st as a team—individually: 1st place Ann Marek, 2nd place Lisa Martin, 3rd place Michelle Caldwell. Low A division junior girls District team placed 5th, team composed of: Bobby Moucka, Ennis; Adell Honza, Ennis; Marilyn Milan, Fort Worth; Mickey Cale, Dallas; Mary Kohler, Dallas, and Karen Fiedmer, Dallas. Larry Laznovsky placed 4th in the men's intermediate division. Accomplishments were at Slet in Chicago.

August 14, 1969

Held a moment of silence in memory of deceased members in the past month—sisters: Marie Prevratil, Zizka Dallas, Frances Podhradsky, Zizka Dallas and Marie Pavelka of Sokol Ennis. This meeting dedicated in memory of sister Prevratil, past secretary and honorary secretary of the Southern District.

In the District Slet the children traveling trophy was won by Sokol Ennis for the second time and the traveling volleyball trophy was also won for the second time by Sokol Fort Worth.

Correspondence—From Sokol Corpus Christi—report on the financial results of the District Slet enclosing itemized statement on income and expenses and check for \$266.67, the percentage of the District. — From ASO. Slet program committee expressing appreciation for contribution and enclosing souvenir book. — Appreciation card from the Prevratil family for floral arrangement sent to sis. Prevratil. — Appreciation card from two Zizka Dallas gymnasts for financial assistance to the National Slet.

Dallas—Preparing for Czech Day program at the Fair and competitions in Fort Worth. Expressed appreciation to the District Technical Staff for help extended prior to the Slets.

Ennis—Socials on Friday nights, one dance. Plans are to purchase 3 acres adjoining present property.

Houston—Social activity: socials on Sundays, 3 dances in August. On agenda: Bavarian Dance and annual circus. Gym activity: Men and women performed on apparatus and presented a special number at the KC Hall. Held a beach party July 26 and 27.

Motion was approved to encourage to make full effort to represent Sokol at the Czech Spectacular in Elm Mott.

Questionnaire from the ASO. in regard to poll opinion of the over-all activities of the Slet was reviewed.

Brother Prevratil reminds us that Unit's by-laws committee to review present by-laws and their recommendations forwarded to the District. Recommendations should be made before the annual meeting in January, at which time these will be discussed.

Director of Women—Received announcement of a summer gymnastic clinic for girls at Birdsville Coliseum in Fort Worth. A complete informational pamphlet had been distributed by sponsors. Competitions in Fort Worth are scheduled for October 26, further information will be mailed out by the Unit's Technical Staff. Received request from the Czech Spectacular Committee for Sokols to participate in the program in Elm Mott. Program to be 45 minutes to hour in length and type of program will depend upon number of gymnasts participating. During a recent short visit at Sokol Houston, reports that the Unit made an addition to their building, adding a stage and meeting rooms.

Czech School for Adults in Omaha, Nebr.

The first session of the advanced Czech School for Adults, conducted in the Czech language primarily, will begin October 17, 1969, at the Czech Serpan Library in Omaha at 7:30 P.M. Dr. V. Kucera will instruct the classes. An hour or so of singing Czech songs is included in each evening's course. The classes will continue for eight times for the fall term.

The beginner's Czech classes will start on Wednesday, October 15, 7:30 P.M., at the Serpan Library. The intermediate classes will be conducted in the same room on the same night. These classes also will continue for an eight week term. Mrs. Stella Posekany Webb will instruct both classes.

She also teaches the children from age 5, including my granddaughter Laura Steinbach, who will be 5 on Nov. 19, 1969. These children's classes are taught on Saturdays from 9:30 to 11:30 A.M. Anyone may join the children's group from 5 to 15.

For further information write or phone: Mrs. Stella Posekany Webb, 3428 South 14th St., Omaha, Nebraska 68108. — Phone 733-1764.

Frank T. Tesar

Za matičkou chudých.

12. října 1873 zemřela v Praze Anna Náprstková, prostá žena česká, která v ústech lidu dobyla si přívlastku, podobnému tomu, jenž dějinně okrášlil památku krále českého, Ferdinanda V.-Dobrotivého. Anna Náprstková, paňmaminka od Halánků, matička chudých. Narodena 24. dubna roku 1788, osiřela již v 8. roce věku svého a krušně probíjela se životem, plným útrap a strádání. Když poprvé se vdávala za J. Nováka, přinášela mu věnem pouze 80 zlatých sice, ale pracovitě ruce, jasnou hlavu a nezlomnou energii, která ani pak neklesla, když finanční patent z roku 1811, jenž ožebračil národy rakouské, zničil též skromný blahobyt mladých manželů. Nezoufala ani pak, když ovdověla a do druhého manželství s Ant. Náprstkem přinesla nezměněné vlastnosti předem zmíněné, rozhojněné bohatými zkušenostmi životními. Hodily se jí výborně do velkého hospodářství pivovarského i lihovarního "u Halánků" v Praze, jež po smrti manžela svého po dlouhou řadu let sama řídila a spravovala, vychovávajíc vzorně syny své. Příslovečná dobrodělka chudých pražských, kteří zbožňovali svou paňmaminku, pamatovala na dobro národa i po smrti, odkázavši jmění své z návodu syna svého, vzácného lidumila Vojty Náprstka, průmyslovému museu, všeobecně "Náprstkovým" jmenovanému. Bylo to v letech, kdy o vlasteneckých odkazech zřídka bylo slyšet, ba možno říci, že počinem Anny Náprstkové zahájena řada velkých odkazů, jež tolik jsou ku cti původcům svým a ku prospěchu národu českému.

Jen králové mají pohřeb takový, jaký připravil Anně Náprstkové lid pražský, ale za žádným králem neneslo se tolik žehnání lásky opravdové, jako za paňmaminkou od Halánků . . . V.

* * *

VOJTA NÁPRSTEK sloužil své vlasti od mladosti. Ale cizina měla v něm svého obdivovatele. Za bouřlivých let osmačtyřicátých přeplavil se šťastně do Nového světa a s nadšením šířil zde zásady lidské volnosti. Svým krajanům byl jasným světlem, dobrým rádcem a vůdcem. Byl i veřej-

ným notářem, tlumočnickem řeči, ba také členem výpravy vyslané od vlády Spojených států k Indiánům, v jejichž řeči se jmenoval Napoštaňa.

Je v tom kus šťastné historie českého lidu v Milwaukee, kde Vojta Náprstek trávil nejvíce času za svého pobytu v Americe. Po zapadlých vlastencích toho kraje šířil českou knihu, těšil se s nimi z Jungmanova velkého slovníku, a pročítal s nimi historii národa českého z pozeňnaného pera velkého Františka Palackého. . . . Bohat zkušenostmi vrátil se do vlasti k největší potěše své matky, která jeho příchodem okřála. Bylot' jí 70 let, když Vojta pořád ještě prodléval za mořem. Příchodem Vojtovým rozproudil se v domácnosti u Halánků nový život, a Náprstek stál v čele duševního hnutí. Washington, Franklin, Stephenson byli Vojtovi vzorem práce. U Náprstků scházeli se učenci, literáti, učitelé, politikové, a poučení střídalo se se zábavou. České ženy našly ve Vojtovi ohnivého zastance emancipačních snah a původce "Amerického klubu dam". Náprstek povzbuzoval každého k duševní práci a těšil se jako dítě ze šťastných výsledků. Z bohaté své knihovny snašel každému, kde co mohl. Manželka jeho Josefa dělí se s ním o zásluhy. Na Náprstkově vyplnila se slova, že největším štěstím člověka jest jiné oblažovat. Tělo jeho bylo po smrti spáleno. Popel jeho jest uchován v museu uprostřed věcí z asijského východu, jehož kultury byl Náprstek největším nadšencem.

* * *

Vzpomínky na Vojtu Náprstka nevyprchaly z duší českého lidu v Milwaukee ani po letech, kdy už Vojta Náprstek spal v rodné zemi. Ale vznikly se hotovým požárem když v roce šedesátém osmém zaklepala sokolská idea na duše našich v Milwaukee.

Milwaukee bylo tehdy mezi prvními sokolskými strážemi v této zemi a šedesátý osmý rok mezníkem národního usilování v mladém, rozkvétajícím městě, do něhož v těch letech mířilo tolik našich přistěhovalců.

PRVNÍ PRAVIDELNÉ ČESKÉ NOVINY.

Za vlády císaře Karla VI., který byl velký náboženský horlivec, ale nevalný panovník, rozkvétala Praha nejkrásnějšími květy baroka. Umělci se předstihovali ve stavbě a výzdobě velkolepých chrámů i nákladných šlechtických paláců, hudba a divadlo zpříjemňovaly život panstva a povznášely vlnavé duchy, poddaný lid však trpěl nesnesitelným útlakem sociálním i duchovním. Církev rukama jezuitů vrhala do plamenů vše, co jen připomínalo minulost českého národa. V té době však, kdy Koniášové likvidovali staletou českou literaturu, a kdy by se toho nejméně kdo nadál, vzniklo nové duchovní pojítko Čechů — pravidelné české noviny v jazyce mateřském. Do té doby totiž vycházely česky jen noviny příležitostné a letákové.

První výtisky těchto novin se rozběhly po Praze a snad také po českém venkově dne 4. února roku 1719 z paláce Platýz, kde je dal po pečlivých přípravách na svých lisech vytlačit český tiskař a impresor Karel František Rosenmueller, měšťan

pražský. Byl to muž k takovému úkolu celkem povoláný, neboť v mladých letech projel cizí krajiny a sloužil "při velkém dvoře" hraběte Berky, císařského vyslance v Benátkách. Jistě na těchto cestách mnohé viděl a mnohemu se naučil.

Jeho činnost v Praze se začíná kolem roku 1705 a jeho působištěm jsou končiny kolem Uhelného trhu na Starém Městě. Nejprve měl tiskárnu v Platýzu, později se přestěhoval do protějšího domu "U zlatého kříže" na Uhelném trhu. Tento dům "při kocých ležících" dosud stojí a dnes je v něm nově zřízený obchod se starožitnostmi.

Rosenmueller chtěl vydávat české noviny vlastně už v roce 1707, ale na tehdejší žádost mu úřady ani neodpověděly. A tak dne 4. února onoho památného roku spatřily poprvé světlo světa — S Dowolením Wrchostí, gakož taky obzvláštním Privilegium, neb Nadáním od Geho Milosti Cýsařské odbarované", jak zněl jejich plný, hrdý titul. Tyto noviny, nazývané také "Český Postylian", vycháze-

ly pak s kratšími přestávkami až do roku 1772 — tedy přes půl století — a přežily svého zakladatele o 45 let.

Jako první důvod k vydávání českých novin uvádí jejich vydavatel lásku k českému jazyku. Tento důvod pak stojí v popředí po celou dobu jejich vydávání, až do jejich zániku v roce 1772, ale i později v době Krameriově, Havlíčkově a dlouho po nich.

Každé číslo těchto novin, které vycházely dvakrát týdně — v úterý a v sobotu — mělo tři dvoulisty formátu 16 x 19,5 cm s ozdobnou hlavičkou. Roční předplatné činilo osm zlatých. Tisk byl úhledný a dobře čitelný, v pozdějších číslech byla dvojnásobná velikost písma, větší pro důležité zprávy zahraniční, menší pro méně významné zpravodajství lokální. Český text byl sázen švabachem, slova cizí latinkou. Sazba byla na první stránce průběžná, na dalších stránkách ve dvou sloupcích. Tiskaři dbali na úpravu a zdobili stránky různými jednoduchými i ornamentálními drobnostmi a barokními vinětami. Všeobecně bývaly na počátku politické a dvorské zprávy z Vídně, po nich vojenské zprávy z různých konců světa, všelijaké senzace a nakonec bylo zpravodajství domácí včetně sdělení osobních, jako třeba "kdo zprostředkuje živých na věčnost nás předešel". List byl uzavřen jakousi tirází, kde se také uvádělo, že jednotlivá čísla se prodávají po šesti krejčářích.

I když není možno v krátkosti ocitovat některé

z desítek, ba stovek zajímavých zpráv dalších, zastavme se alespoň u několika veršů, které noviny přinesly na konci svého druhého ročníku a které krásně vypaďují odvěkou lidskou touhu po míru, která byla v tehdejší Evropě, unavené dlouhými válkami, obzvlášť veliká. Patrně sám Rosenmueller tehdy zaveršoval:

"Evropa jasnou tvář má / a směje se, / olivovou ratolest v pravé ruce nese. / . . . Pokoj a spravedlnost polibeny si daly, / v Evropě pokoj jest, plesejte velcí, malí. / Již pancíře, kyrysy, meče rozkotejme, / z nich rádla, srpy, kosy raděj nadělejte . . ."

V Rosenmuellerových novinách se obráží život doby v celé šíři i bohatství, v celé velikosti i bídě, jako se ostatně každá doba zrcadlí ve svých novinách. Dojdeme-li při četbě až k ročníku 1727, zastavíme se s účastí u čísla 56, které vyšlo v úterý 15. července. A tady se dočteme — z pera jistě nejpopovlanějšího i když neznámého — podrobnou zprávu o životě tohoto prvního vydavatele pravidelných českých novin.

Narodil se v roce 1678 v Praze, projel tehdejší svět, sloužil na vyslanectví, vrátil se domů, byl dvakrát ženat, měl asi tucet dětí, vydával první pravidelné české noviny, zemřel v Teplicích v kraji litoměřickém, kde se léčil, ve věku 49 let. Tam je také pochován.

Dr. Jaroslav Kohlík.

Frank Kopecky

Bro. Frank Kopecky was born September 27, 1890, in Policka, Bohemia, Czechoslovakia, and died on August 28, 1969, at the age of 78 years, 11 months and 1 day. Funeral services were held at the Brewer-Korisko Chapel on August 30, 1969, at 2:00 P.M. The Rev. Kenneth A. Johnson of Bethlehem Presbyterian Church officiated. His remains were cremated in the Forest Lawn Crematory.

The following is a brief life history of bro. Frank Kopecky:

Sokol has always been a hobby with him. He was a gymnastic instructor from 1914 to 1938 and again from 1940 to 1946. He was President of Sokol Omaha from 1956 to 1965.

Three times he led the Sokol delegation to Czechoslovakia, in 1926, 1932 and 1938, for parts in huge demonstrations. He visited Chicago for Slets so often during those

years that he couldn't remember them all. He also made countless trips around Nebraska and South Dakota with the Sokols.

For 10 years he served as President of the Western District that included Nebraska, both Dakotas, Iowa, Kansas and Oklahoma.

He came to this country from his native Czechoslovakia in 1907 when he was 16. After a short stint in a packinghouse he learned the baking trade.

He opened his own bakery in 1919 at 36th and T Streets, Omaha, Nebr., and later moved it to 24th and Q Sts. He closed his business in 1955.

He and his wife, Emma, celebrated their 50th (Golden) wedding anniversary, June 25, 1969. They have one son, Dr. Frank Kopecky, and three grandchildren, all living in California (Hillsboro).

Nazdar! Anton J. Krejci, Jr.
President, Sokol Omaha

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the American people than is their genius for athletics. Nothing is more synonymous of our national success than is our success in athletics. If I were required to indicate today that element of American life which is more indicative of our nationality, my finger would unerringly point to our athletic escutcheon." Gen. of the Army Douglas MacArthur

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"Heled', tatínku, pořád mi lezou vlásky do čela."

"Nech je, Jeničku; taky se dočkáš, že ti polezou s čela . . ."

Proto nám byly dány dvě uši, abychom pamatovali vždy na latinské: budiž slyšena i druhá strana.

Náštěvou v Čechách. — "Jak se ti daří, příteli?"

"E, špatně. Dřív jsem měl velkostatek, pak malostatek — a teď už nedostatek."

Host: "Člověče, do té polévky spadla moucha!"

Číšník: "Chudák!"

Mnohým lidem bych doporučoval, aby si často sedli před zrcadlo. Pak by žádný nemohl říci, že si nevidí do huby.

Mítí dobrý žaludek bývá lépe než mítí dobré srdce.

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Post-Slet Thoughts

Those of us who took part in the Slet preparations and in the final days, are left with a great relief that all ended well, or as well as could be expected. We most heartily recommend a permanent or standing SLET committee in the Central District which from this minute will begin to sort out and dissect, plan and correct, etc., etc., with the cooperation of all districts, units and members, for a bigger and better Slet in 1973. The Slet is a tremendous project requiring the combined effort of many competent members. When we take into consideration that the majority of the members of the Slet Committee are employed in their jobs and the few free evenings they have, then the working hours for the Slet are few per week and the weeks fly by too quickly. We remember attending the Slet Physical Directors Committee meeting following the 1938 Slet in Prague where they conducted all day and evening discussions regarding the competitions and Slet programs and a record was kept of all phases. This meeting was held for several days in a camp just outside of Prague. Inasmuch as we conduct an instructor's course immediately following the Slet our BOI. has to put its plans for the course into effect and the Slet fades into the background. The general committee needs to conduct a meeting of the chairmen and members soon after the event and get opinions, etc.

The idea of a meeting immediately after an affair is good in every unit and district and minutes should be kept regarding supplies, organization and improvement. We sincerely hope that in each district at the beginning of 1970 there will be a general get-together of officers of units and instructor's boards, to discuss the management of units, conduct of meetings, and set plans of events for the coming months, electing committees and drafting members into various jobs for which they are fitted. Regrettably, too many members are spreading themselves thin. Let us find members who could help do some of the work, so as to spread it out.

Em. Ruzicka, Org. Dept.

PLEASE NOTE: A conference will be held with George Snajd to promote a proposed program for teaching the Czechoslovak language for writing and conversation. Please express your interest by letting us know verbally or in writing.

"Sokol Slovo," Sokol St. Paul, Minn.

And then there was the fellow who wanted a day off, with pay, to make up for the time he missed for coffee breaks when he was on vacation.

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