

# AMERICAN SOKOL

VOL. XCI.—NO. 1

JANUARY, 1970

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## FROM THE PRESIDENT, STANLEY BARCAL

Another year slipped away and with its passing the Sokol Organization will have 104 years of history behind it. We are very fortunate and very grateful that our Sokol Organization has had so many devoted members and leaders in our Units and Districts for all of those years. These devoted members and leaders of days gone by have passed this rich heritage on to us, the members and officers of today, to preserve and perpetuate our Sokol Organization for the future generations of Americans that will follow.

The year 1969 has been a banner Sokol year. With fine cooperation from our Units and Districts, we were able to conduct a very successful National Slet, along with successful Slets conducted in most of our Districts.

There has been increased activity and enthusiasm in most of our Units, especially those that have relocated in recent years: the decision of the members of Sokol San Francisco to purchase a new Sokol Hall; the sale of the property of Sokol Tyrs in Cleveland with definite plans to build; purchase of 3 acres of adjoining property for future expansion by Sokol Ennis; and finally, the installation of a new Sokol Unit in Miami with 122 new members to our Sokol family. All of these steps taken are indicators that Sokol is on the move forward.

We are now moving toward our Convention that will be held June 22nd, 23rd and 24th, 1970, in Cleveland, Ohio. There the plans and policies for the next five years will be set. It is important that the delegates have a deep interest and a wide knowledge of Sokol, plus new ideas, so that jointly we can make plans to move further forward.

We must continue to be on the alert to find ways to satisfy the social, cultural and physical activity needs of our members and potential members in our communities. It is only through these efforts that our Sokol Organization will be able to fulfill its purpose.

Our membership is our most important asset; but the strength of an organization, a city, a state or a Nation is not measured by the number of people that it encompasses. Rather, it is measured by the things that these people do and the health, vigor and enthusiasm of these members.

I firmly believe that our Sokol Organization is strong and healthy and may 1970 be another year of great strides forward!

NAZDAR!

# AMERICAN SOKOL



Published Monthly

(Except bi-monthly July and August)

by the

AMERICAN SOKOL ORGANIZATION

6426 W. Cermak Rd., Berwyn, Illinois 60402

Subscription: \$3.00 per year

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Editor must receive copy for publication by the  
26th of the month, preceding publication date.

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## Calendar of Events

FEB. 7th—SOKOL CEDAR RAPIDS, IOWA.  
Šibřinky.

FEB. 7th—SOKOL NEW YORK. — "Sibrinky"  
Sokol Hall.

FEB. 7th and 8th—WESTERN DISTRICT.  
Annual Meeting.

FEB. 8th—SOKOL MILWAUKEE, WISCONSIN  
Jaternice Dinner.

FEB. 14th—B.O.I. OF SOKOL MLADOCECH  
RACINE, WIS. — Valentine's Dance. Music by  
Robotka's.

FEB. 14th and 15th—UNITED SOKOLS OF THE  
EAST. Volleyball Tournament, Sokol New York

FEB. 14th—SOKOL BALTIMORE, MARYLAND.  
Sibrinky.

FEB. 14th—SOKOL TABOR, BERWYN, ILL.  
Venison Dinner.

FEB. 21st—SOKOL TOWN OF LAKE, CHICAGO  
Townites Annual Masquerade Dance — Peacock  
Room, C.S.A. Bldg.

FEB. 21st—SOKOL AND SOKOLICE LOS ANGELES.  
— Masquerade Dance.

FEB. 25th—SOKOLICE SOUTH OMAHA, NEBRASKA  
Fashion Show, 7:30 P.M., So. Omaha Sokol Hall  
21st and U.

FEB. 28th—SOKOL & SOKOLICE SO. OMAHA,  
NEBR. — Costume Party and Dinner.

FEB. 28th—SOKOL ST. PAUL, MINN.  
Šibřinky.

MAR. 1st—SOKOL BROOKFIELD, ILLINOIS.  
Annual Gymnastic Exhibition.

MAR. 7th—SOKOL TABOR, BERWYN, ILL.  
Gymnastic Exhibition.

MARCH 8th—SOKOL AND SOKOLICE LOS ANGELES.  
— Commemorative program for President  
Masaryk's birthday.

MAR. 14th—SOKOL BALTIMORE, MARYLAND.  
Dozvuky.

MAR. 15th—SOKOL SLAVSKY, CICERO, ILL.  
Gymnastic Exhibition.

MAR. 15th—SOKOL STICKNEY, ILLINOIS.  
Corn Beef and Cabbage Dinner.

MAR. 21st—SOKOL BERWYN, ILLINOIS.  
Gymnastic Exhibition.

APR 12th—SOKOL HAVLICEK-TYRS, CHICAGO  
Gymnastic Exhibition.

APR. 15th—SOKOL BROOKFIELD, ILL.  
Luncheon is Served.

APR. 25th—SOKOL STICKNEY, ILLINOIS.  
Gymnastic Exhibition.

MAY 2nd—SOKOL MLADOCECH, RACINE, WIS.  
Annual Gymnastic Exhibition.

MAY 3rd—SOKOL WEST SUBURBAN, Downers  
Grove, Ill. — Annual Gymnastic Exhibition.

MAY 10th—SOKOL BALTIMORE, MARYLAND.  
Bull Roast.

MAY 15th—SOKOL MILWAUKEE, WISCONSIN  
Interclass Meet

MAY 15th—SOKOL BROOKFIELD, ILL.  
Fashion Show.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCI.

January — 1970 — Leden

Číslo—No. 1

## ROK PŘED NÁMI.

Sokolský novoroční úvodník je pro autory obvykle nesnadným úkolem. Nechtějí-li ovšem jen spokojit s opakovanými frázemi a chtějí-li uvést něco odlišného. Je třeba zamyslet a zhodnotit vše, co bylo vykonáno v uplynulém roce a uvědomit si, co by mělo být v tom příštím zlepšeno nebo doplněno.

Při hledání nových podnětů pro svůj článek, jsem přirozeně procházel i svoji skromnou sokolskou knihovnou. A měl jsem štěstí. Nalezl jsem v ní malou prostou brožurku s nápisem: "Náš úkol, směr a cíl". Jistě ji většinou znáte. Je to Tyršovo sokolské vyjádření. Je to vyjádření zásad jeho filosofie a základních článků sokolství. Je to jeho pověť a projev víry v další vývoj sokolské myšlenky. Ukazuje v ní také cesty k dosažení stanovených met.

Dr. Miroslav Tyrš ji napsal již v roce 1870, když byl ve Švýcarsku a použil této studie jako úvodníku k prvnímu číslu známého měsíčníku "Sokol".

Přečetl jsem si ho v životě nesčetněkrát, obvykle když jsem pátral po sokolské minulosti, studoval filosofii sokolství anebo se snažil porozumět době, ve které se sokolská myšlenka a organizace zrodila.

Tomu článku bude právě letos 100 let a věřte, že i když je v některých vydáních sán trochu zastaralou češtinou s neobvyklými výrazy, vyčtete z něho snadno vše, co jím zakladatel chtěl vyjádřit. Úvaha je i dnes platným měřítkem práce sokolských pracovníků uvědomělých příslušníků, neboť stále ukazuje a připomíná, co je smyslem sokolského sílí, co jsme měli jako jedinci nebo v jednotách a vyšších složkách splnit, jaké zásady máme ve svých rodinách a ve společnosti uplatňovat a co je naší občanskou nebo národní povinností.

Od sokolského příslušníka se přece očekává mnohem víc než od ostatních občanů. Jeho práce a povaha je měřena daleko přísněji. Sokolové nemají přece jen svůj soukromý život, ale uložili si konat daleko víc. Rozhodli se dobrovolně, ale stejně závazně pracovat pro mládež, pro své jednoty a pro celek. Pro národ a stát. Vyšší cíl vyžaduje větší oběti, ale přináší zároveň větší a hlubší uspokojení a náplň života.

V době, kdy je tolik veřejných starostí, tolik obav ze stoupající zločinnosti, z mravního úpadku, z nedostatku duševní rovnováhy a zodpovědnosti vůči celku, přibývá Sokolům, kteří mají být nejen fyzicky ale i mravně pevnější, mnoho závažných úkolů.

To vše vyplyne z pozorné četby a rozboru zmíněného článku. A začneme hned u sebe, u svých dětí a u svých bližních. Nebud' me sobečtí, pohodlní a lhostejní, nedomnívejme se, že se nás některé problémy netýkají, že jsou věci vlády, úřadu nebo jiných. Je to hrubý myl.

V demokracii, v tak svobodné jako je ve Spojených státech, musíme rozhodovat společně společně a pokud možno všichni. Jen převzetí obecné spoluzodpovědnosti za všechno, co se v zemi, ve výchově, v kultuře, ve vytváření spravedlivé a spokojené společnosti děje, může zabránit násilnosti nezodpovědných, zločinných a prodejných nebo v cizích službách stojících živlů a skupin. Nepodceňujme základnost špatně smýšlejících, nenechme se klamat jejich malou početností a konejme svoji občanskou povinnost odhodlaně a všude, kde můžeme svým svědomím, přesvědčením a zásahem přispět ku zlepšení zítřka.

Demokracie znamená především vědomí zodpovědnosti za celek, v demokracii má být proto každý jednotlivec mravně vyzrálým a jen tak může pak ovlivňovati svým rozhodnutím budoucnost rodiny, národa a lidstva. Sokolství je v první řadě myšlenkou výchovnou,

evoluční a tvůrčí. Bud' me si vždy vědomi toho, že sokolství jako hnutí má poslání. Každ z nás může a musí být proto jeho spolutvůrcem.

Nedomnívejte se, že toto naše uvažování a připomínání nemá nic společného s úvahou: "Náš úkol, směr a cíl". Pročtete si znovu její vzácné řádky, proniknete v duchu jejich smyslu a srovnáte pečlivě s vaší denní praxí života, se svojí spoluprací ve prospěch celku. Srovnáte jeho zásady s tím, co bylo k jejich uplatnění skutečně provedeno a přiznejte si, kolik jste zůstali ještě dlužni. Bude toho ještě mnoho nesplněno. Zbývá ještě množství vůbec nenačatých úkolů a možností. Poznáte také, že "Náš úkol, směr a cíl" obsahuje všechno, co patří do novoročního úvodníku, a že by měl být nejen čten, ale také častěji otiskován a snad i "přeložen" v některých bodech do ještě srozumitelnějších vět. Měl by být rozveden i komentován vysvětlivkami a jsem jist, že by v něm sokolský čtenář našel vždy něco nového a hodnotného. Připomínat si stálou nutnost takového zpytování a porovnávání je také úmyslem našeho novoročního článku.

E. K.

## THE AMERICAN'S CREED

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I believe in the United States of America as a government of the people, by the people, for the people; whose just powers are derived from the consent of the governed; a democracy in a republic; a sovereign nation of many sovereign states; a perfect Union, one and inseparable; established upon those principles of freedom, equality, justice, and humanity for which American patriots sacrificed their lives and fortunes.

I therefore believe it is my duty to my Country to love it; to support its Constitution; to obey its laws; to respect its flag; and to defend it against all enemies.

When the Liberty Bell pealed forth its glad tidings it sounded a new note in man's development. Henceforth in America neither autocrat nor King's appointees, but the great mass of individual citizens were to hold their destinies in their own hands.

One hundred and fifty-five years have passed to justify this faith of the founders in mankind.

Let us consider for a moment that on which our forefathers based the wonderful document to which they pledged the thirteen British colonies, and on which they declared they would fight to the death for the right to their own free existence as free states!

They did not set up the rights of the colonies as opposed to the rights of the British Crown. They did not set up the rights of the United States of America as against the rights of King George, for there was at that time no such unity of the states.

What these fifty-six wise men did set up as against the great Empire of Britain was the rights they claimed for each and every human being under the British flag in North America.

Fundamentally, therefore, this written product of their deliberations and agreement was a declaration, pure and simple, of what they recognized as the natural rights of Americans.

First, that all men are created equal.

None of us is by birth exempt from any law or any duty from which others are not exempted. None of us is entitled to any privilege which any other may not also freely enjoy.

Second, that all men are entitled to Life, Liberty, and the Pursuit of Happiness.

No man has any right to take the life of another man who is behaving himself; no man can imprison another without due process of law providing for imprisonment; and no man has any right to interfere with any other man in his work, in his home, in his worship, in his recreation, unless

that other man disregards the equal rights of his fellows.

See how simply these wise men stated the principles of American independence:

**Equality before the law—  
Liberty under the law.**

There we have in a nutshell the famous doctrine of individual independence.

Our national independence did not eventuate with the signing of the Declaration of Independence in the old hall in Independence Square, Philadelphia. Indeed, it did not follow for years. The first concern of the Colonial Fathers was not national independence but individual independence.

The signers of the Declaration of Independence could not and did not know on that July 4, 1776, just what form of government would arise to preserve the independence of Americans. They did not try at that time to formulate government plans. But just as clearly as they had summed up human rights, just so clearly had they also summed up the principle of independence in government.

They were familiar enough with human nature to know that men who did not value their independence as men never were able to obtain or maintain independence as a state or nation. They were familiar enough with history to know that men who did value their independence as men could not rely on to make themselves independent as a government, for the very simple reason that only individual independence as a government could they be assured of at all times and in all matters maintaining their independence as individuals.

To secure the rights of Americans they demanded a government deriving its just powers from the consent of the governed—just such a government as was in 1787 founded under the Constitution, and so aptly described by Lincoln in his immortal Gettysburg speech as: "Government of the people, For the people, By the people."

## CHRISTMAS AROUND THE WORLD

For the past 28 years, the Museum of Science and Industry, located at 57th Street on the Outer Drive, has been presenting the "Christmas Around the World" pageant during the month of December. Various ethnic groups present programs depicting Christmas customs and traditions of their respective nations.

Beginning with the day after Thanksgiving, 20 ft. Christmas trees are displayed in the rotunda of the Museum. These trees are decorated by the same ethnic groups that present the programs, in the manner typical of the nation they represent. The trees are on display through January 1st.

As in the past, the Czechoslovakian tree was decorated by the members of Klub Bedrich Smetana, Sokol Berwyn and Sokol Brookfield. "Our" Czechoslovak tree is one of the nicest trees displayed. It is laden with typical ornaments, "perniky," candies and apples and nuts. Under the tree is a beautiful display of about 90 dolls dressed in colorful Czech, Slovak and Moravian costumes. There is even a "kominik" or chimney sweep included in the display.

Each country represented is allotted a certain day on which to put on its program depicting various Christmas customs, songs and dances. Admission to all of the performances is free and I must say that the Czechoslovak Day was one of the best attended.

"Christmas In Czechoslovakia" was presented on the opening day of the pageant which was Saturday, November 29th. Performances were put on at 2 P.M., 3:30 P.M., 5 P.M., and 7:30 P.M. and each one lasted about one hour.

The audience was welcomed by the Museum Special Events Director, Mrs. Helen Jadryev, who in turn introduced the narrator of the program, brother Hank Vydra, president of Klub Bedrich Smetana and Sokol Berwyn. The entire program was under the direction of sister Marie Knez and brother Hank Vydra, co-directors.

As the scene opened there was a grandmother relating her childhood memories to her grandchildren, while their mother prepared dough for the baking of the traditional "Vanocka." As grandmother talked, St. Nicholas arrived on the scene accompanied by an Angel and a grumbling Devil. The deserving children were rewarded with goodies by the Angel, while the rascals were chased and whipped by the Devil.

The scene then changed to a village street scene with carolers singing at a village fair. After they finished caroling they all went to one of the stands where the boys bought "pernikova srdicka" or gingerbread hearts, for their loved ones. As the carolers left the scene the children arrived on their way to the local skating pond. They threw snowballs and frolicked about until they were sent on their merry way by the "ponocny" or nightwatch, as he made his rounds through the village.

And so time went on and it was Christmas Eve with the family sitting down to a traditional Christmas dinner. There was a lighted Christmas tree and a beautifully carved manger. The children were anxious to get the meal over with so that they might receive their gifts. After the dinner

was over grandmother collected scraps from the table to feed to the cattle and the poultry. The fish-bones she saved to bury beneath the fruit trees that they might bear more fruit. As grandmother entered the room she invited a group of the carolers and some of the children to come in.

Various traditions were shown such as cutting apples in half to see the formation in the center of the apple. If the cut showed a cross the person would marry and go on a journey and if it showed a star, the person would stay at home.

Then the young ladies stood with their backs toward the door and threw shoes over their right shoulders. If the toe pointed toward the door she would marry and leave the household of her parents, if the toe pointed the other way she would remain at home for another year.

Couples placed lighted tapers into nut shells and floated them in a basin of water and if two shells floated toward each other the couple to whom they belonged would marry. If the shells floated apart it indicated that the couple would break up.

Then the young ladies picked sticks of wood from a basket of firewood. A long stick meant a tall spouse, a short stick a short spouse and a thick stick a fat one. No one knows that any of the predictions ever came true, but everyone had a grand time taking part in the traditions.

Interspersed into the happenings of the evening were Czech, Slovak and Moravian carols sung under the able direction of sister Jackie Kourim of Sokol Brookfield. Folk dances were brilliantly done by the Alois Jirasek Czech School children under the direction of sister Marie Knez and a group of Moravian boys magnificently performed the traditional Moravian "Verbunk," under the direction of Donald Moravek.

And then the Christmas Eve scene faded and brought us into the village church where the entire group was seen singing typical church music of the Christmas season. The performance ended with the singing of "Ticha Noc" (Silent Night) in both Czech and English.

Klub Bedrich Smetana, Alois Jirasek Czech School, the Moravian Folklore Group, Sokol Berwyn and Brookfield deserve many thanks for their portrayal of "Christmas In Czechoslovakia" . . . in the name of all of the Czechs, Slovaks and Moravians here. They are to be commended on a job well done . . . their efforts were not in vain and they certainly brought honor to all Czechoslovaks everywhere. cmp.

The true Sokol critic is not interested in personalities as much as he is in issues. Not "who" is involved, but "what." The man derives genuine pleasure from every task well done and does not fail to compliment the doer. He is cheered by every evidence of improvement. The good of the whole is dearer to him than the glory of the individual and he brings to the Sokol the spirit of real altruism. Such a Sokol critic is a member whom we should highly honor, for he is invaluable. — Tyr.

What wisdom can you find that is greater than kindness. — J. J. Rousseau.

## NINETY-FIRST VOLUME

We are entering the ninety-first year of the publication of American Sokol and it is only fitting that at this point we voice our appreciation to the brothers and sisters whose devotion, enthusiasm and untiring efforts have contributed so greatly to the success of the American Sokol and the growth and perpetuation of the Sokol ideal in America.

However it is not sufficient to look back upon what has been accomplished, to revere our past and to try to evaluate the work of individuals or the validity of the underlying principles of the Sokol activities. We must learn from the past, to apply what we have learned towards the events of today and tomorrow. We must make the SOKOL a living, growing, flowering ideal, hence let us look to the tasks that face us in 1970.

First of all we must look for deeds, constructive deeds, not words and mottoes and platitudes. "Let us speak less, complain less but act more and exert ourselves more. This is the teaching that must be followed in 1970 by every Sokol dedicated in truth to the teachings of Miroslav Tyrš.

We are facing the times when our American Sokol Organization will have to choose its responsible leaders. We will be engulfed by an avalanche of work for those ready to work for the Sokol, to work for the ideal, not "for gain or glory." We are facing many unexpected moments of sorrow as well as gladness, and no one can predict which will be more prevalent, the mourning or the rejoicing. But one thing is certain. If we are to conquer all that lies ahead, we must meet one cardinal condition, our unswerving determination to stand firmly united behind those who will have assumed the burdensome tasks facing us in 1970 and in years that will follow.

After all we are all following the same goal, the growth and expansion of the Sokol ideal and the ultimate realization of all the principles and precepts it stands for. In the true spirit of Sokol brotherhood and sisterhood, let us join hands. In doing so we will encircle our Organization and enrich it with all the beauty and warmth of true Sokol dreams.

First of all, the American Sokol must preserve for those who will follow us, a true picture of the work we have accomplished during our time. It should instruct and inform and bring forth all results at the conclusion of any action. Unfortunately there are too few who contribute to the publication. The news from the various Units and Districts are sporadic and usually arrive for publication too late to be most effective. It is not uncommon to get a notice six months too late after the death of a member or officer.

At the coming Convention I will terminate my duties as Editor of the American Sokol. I am determined to see it through the first months of this year, and will endeavor to stir up enthusiasm and respect for the past, for everything worthy of our respect and appreciation. I will continue to help all those active in the Sokol, and will try to understand and interpret everything brought to my attention. Therefore I say . . . Please write . . . write . . . and continue to write . . . otherwise your editor is helpless not knowing what to say about you and your groups.

I have been in close contact with the American Sokol for half a century. Perhaps to some of you younger members this may seem like a long, long stretch of time, but to us oldsters the events of fifty years ago seem like a flash of just a few passing years. During this span of years I wrote articles, essays, resolutions, proclamations. From March 1959 to February 1964 I was in charge of the Editorial Staff. From March 1964 to August 1965 we were in charge of the editorial office with sister Blanche Cihak, and from October 1965 to this day I have carried the task alone.

I have on file many letters and comments from Sokol readers indicating that the American Sokol is read with interest and is fulfilling its informative and inspirational task. It is my sincere wish and hope that all brothers and sisters will continue to read the American Sokol and to contribute frequently to its columns. I fervently hope that our members will continue in their devotion to our country, and remain steadfast in their adherence to the ideal of truth, honesty and unpretentious work on behalf of the Sokol.

May the year 1970 symbolize for the American Sokol Organization a year of further expansion and the full realization of the Sokol spirit of true brotherhood.

# JAN KOLLAR

BORN JULY 29, 1793 — DIED JANUARY 24, 1852

Out of the 19th century Czech literary regeneration rose the personality and the works of Jan Kollar, a native of Slovakia. It has been aptly said of Kollar, "he was too much of a philologist to be a good poet, and too much of a poet to be a good philologist." Kollar, an inspired admirer of Byron, a dutiful worshipper of Herder and a philosophic disciple of Rousseau, is more than just another Czech poet of the 19th Century. Kollar is best known for his poetic, prophetic interpretation

of Pan Slavism, and his work in this field, dwarfs to insignificance his importance as theologian, poet or philologist. For more than a hundred years writers and thinkers of all Slav nations have turned to Kollar, either to denounce or advance his ideals, and Kollar's SLAVY DCERA (Slava's Daughter) has become the Pan Slavists catechism that withstood a century of political and social upheavals.

R. A. GORMAN

## A PROLOGUE TO SLAVA'S DAUGHTER

By JAN KOLLAR — Translated by R. A. GORMAN

Here lies this ancestral land before my saddened tear-dimmed eyes,  
My nation's cradle once, today its burial casket.  
Withhold your steps! For hallowed is the ground you tread upon.  
To the heavens raise your eyes, Tatra's bewildered son;  
Or better, cling with all might to yonder aged oak  
That weathered the ravage of time unto this very day.  
More cruel than time is a man who raises a punishing hand  
To strike you fair Slavia, within your own domain.  
Yea, worse than destructive wars, more destructive than tempest  
or flame  
Is one who blinded with hate, plots evil against own kin.  
Oh aged epochs of yore, spread all around like the night,  
Oh suffering, ancient lands, scenes of both glory and shame!  
From Labe's treacherous shores to where the Vistula flows,  
From the Danube's verdant banks to where the Baltic foams,  
Where echoed the mellow words of courageous peaceful Slavs  
Now lifeless and mute this voice, a victim of envy and hate.  
Who is to blame for these crimes that cry to heavens above?  
Who in assaulting one, insulted all nations and men?  
Blush envious Teuton whose lands bordered the homes of the  
Slavs,  
Your hands are stained with the guilt of these most callous  
crimes.  
For nowhere on earth was blood of freemen so wantonly spilled,  
As that which the Teutons had spilled, all Slavdom to destroy.  
One truthfully worthy of freedom, must honor the freedom of  
others,  
While one who holds slaves in chains, himself is naught but a  
slave.  
It matters not if the hands or the tongues of men are enslaved,  
It is equally wrong and unjust to violate freedom's rights.  
They who uprooted thrones and freely shed mankind's blood  
Bearing across the world the faggots of needless wars,  
They should be cast into chains, though they be a Scyth or a  
Goth,  
Not they whose peaceful life served as a guide to the nomads  
of old.  
Where are your dwellings today, Slav nations who peopled these  
lands?  
Who drank of the distant sea, or yon, where the Saale flows?  
Where are you peaceful Sorbs, descendants of Abodrite tribes?  
Where are the ancient Vilcs, grandchildren of the Uckers of old?  
I gaze to the right, far and wide, then leftward I cast my eyes,  
But in vain I search for Slavs in these hoary Slavic lands.  
Tell me oh tree, who has served as their natural sacred shrine,  
Beneath whose crown they burnt offerings to ancient Gods,  
Where are these nations today? Where are their rulers and  
towns?  
Where are they who engendered life in these barren lands of the  
North?  
From them ancient Europe learned to trim her sails and to row  
Primitive sailing craft, to the wealthy shores beyond seas.  
Others dug treasured ores out of the depths of the earth,  
More for the glory of God than for the profit thereof.  
Some taught the tillers of land the use of the shovel plow,  
To furrow the barren clod and harvest rich golden crops.  
They planted these basswood trees, worshipped by all the Slavs,  
To offer their fragrant shade along these peaceful roads.  
The men taught sons to build towns, to barter and trade therein  
And the women taught daughters to weave linen of flaxen  
threads.  
Masterful nation once, what are your thanks for all this?  
Naught but a tattered wreath, fashioned of hideous lies.  
Like droves of thieving bees, attracted by honey's scent,  
Are known to attack a hive and kill all the bees therein.  
Thus were invaded these lands; their rightful owner and heir  
Subdued by a neighbor who forged slavery's chain for his nape.  
About these verdant groves, where once sang the daughters of  
Slavs,  
Their chant no longer is heard; stilled are the lips that sang.  
Where once stood the marble fort of Perun, their thundering  
God.

Wild beasts have made their lair, beneath its crumbling walls.  
Where honored Arkonna raised her towering crown to the skies  
An intruder's insolent foot now tramples its fragments to dust.  
Yonder where time-worn walls, mark the ruins of Retra's shrine,  
A snake and a lizard have dug their nests in the shadowy gloom.  
Slavia's sons do not know their brethren who visit this realm,  
No brother welcomes them home with a heartening clasp of the  
hand.  
They are chilled by a foreign tongue that flows from Slavonic  
lips,  
Their eyes seem to behold a Slav, but their ears find the image  
untrue.  
So deeply has Slavia cast her features upon her sons,  
That none not even time, can destroy the mold of a Slav.  
Like two rivers known to arise from a common parental stream  
Show waters of different hues at some distance away from the  
source.  
Thus through the confusions that rose out of the wars of the past  
These nations were torn apart, each leading a separate life.  
Woe to ungrateful sons, who blaspheme own mother, and yet,  
They meekly, submissively cringe to lick a stepmother's whip.  
Living this life cleft apart, they are neither Germans nor Slavs,  
Presenting some features of each, like a monstrous bat of the  
night.  
Thus roosts the Ottoman race upon the fair Hellenic lands,  
Vulgarly turning its back on Olympus, the home of the Gods.  
Such greedy Europe dissevered, two ancient Indic worlds,  
Exchanging for knowledge and skill, their honor, color and  
tongue.  
The Nation and glory are gone; the Gods even left with the  
tongue.  
Nature alone has remained unchanged through all these years.  
The rivers, the forests, the towns have clung to their old Slav  
names.  
But only the shell remains, the soul of the Slavs is gone.  
Oh who will come to awake these graves from their living  
dreams?  
Who will reclaim these lands for the rightful owner and heir?  
Who can hope to allocate now, where fighting his nation's cause,  
Milduch gave his blood? Who will raise a monument yon  
Where storming against new trends, Krok preached simplicity's  
code  
To the warring Slavonic tribes he had united and ruled.  
Who can tell now where Bojislav led his men to victorious frays,  
Or where in times of peace he ruled with the wisdom of right.  
These heroes are gone past recall, and the links of their heroic  
deeds  
Re-echo beneath the blades of the plowman's furrowing share.  
Their shadows are angered because of the past and the present  
wrongs.  
They howl in resentment and grief, where the ruins are hid by  
the fog.  
They moan because of a Fate that brought them no lasting peace,  
And because their descendant's blood weakens and rots with time.  
How cold toward his nation must be a heart that refuses to weep,  
As bitterly as one would lament over a loved one's gaping grave.  
Henceforth be stilled oh grief! Toward the future direct your  
gaze!  
With hopeful, sunlit eyes dispel the clouds of your thought.  
There is no greater vice than to bemoan one's misfortune and  
loss.  
Much better fares he whose deeds quiet the angered Gods.  
Hope rises from active hands, not from a saddened eye.  
Apparent evil may oft be turned to some needed good.  
Though a man may be easily swayed, all men cannot be misled;  
The blunders and errors of a few, are oft for the good of the  
whole.  
Time changes all, even time; to victory it leads the Truth.  
What hundreds of ages have planned, one fleeting moment may  
change.

**Financial Report ASO.**

December 1969

**INCOME:**

Dues .....	\$1,490.50
Convention Fund .....	291.75
Special assessment .....	1,146.00
Dividends and interest .....	468.66
Resale of jewelry .....	35.00
Resale of books and educational pamphlets .....	10.25
Emblems and belting .....	27.40
Membership kits .....	207.50
Postage .....	12.28
Reimbursement for repairs to office machine .....	15.80
Contribution to "American Sokol" publication .....	50.00
Slet film rentals .....	265.00
ASO.-BOI. Instructors Course at Potter Lake, Wis. ....	29.00
<b>Total Income .....</b>	<b>\$4,049.14</b>

**DISBURSEMENTS:**

<b>Administrative Department</b>	
Salaries .....	\$ 254.96
F.I.C.A. & F.W.T. for Nov. ....	109.08
Rental, janitor service, phone ...	245.29
Office supplies .....	48.84
Safe deposit box rental .....	7.50
Travel expense .....	12.00
Miscellaneous expense .....	33.89
Petty cash .....	44.87
	<b>\$ 756.43</b>
<b>Educational Department BOI.</b>	
Salaries .....	\$ 202.64
F.I.C.A. & F.W.T. for Nov. ....	55.20
Editor "Sokol Gymnast" .....	25.00
Add'l. copies "Sokol Gymnast" — Nov. and Dec. ....	55.44
Printing educational pamphlets..	425.00
	<b>\$ 763.28</b>
<b>Sokol Publication</b>	
Editor "American Sokol" ....—\$	75.00
Printing "American Sokol" — Nov. and Dec. issues .....	1,199.70
Postage — Nov. and Dec. issues	72.92
	<b>\$1,347.62</b>
<b>Miscellaneous</b>	
Film rental refunds .....	\$ 70.00
	<b>\$ 70.00</b>
<b>Total Disbursements .....</b>	<b>\$2,937.33</b>

**BALANCE:**

<b>Totals brought forward:</b>	
Western National Bank of Cicero—checking account .....	\$5,568.71
Income — December 1969 .....	4,049.14
	<b>\$9,617.85</b>
Disbursements — December 1969 .....	2,937.33
	<b>\$6,680.52</b>

**Future Sokol Leaders Fund**

Sis. Victoria Machotka, in memory of husband, Charles .....	\$10.00
Anna D. O'Neill and Emily C. Newcomer, in memory of bro. Fred Sedlacek .....	10.00
	<b>\$20.00</b>
Belle City Savings & Loan Assn.—Dividend .....	2.33
	<b>\$22.33</b>

(The above contributions are tax exempt.)

**REPORT OF THE CENTRAL DISTRICT MEN'S DIRECTOR**

Volleyball tournaments reports were given. The winner of the junior tournament was Sokol Berwyn. The "A" division men's winner was Sokol Chicago and the "B" division was won by Sokol Slavsky.

The men's basketball tournament is under way. The junior's tournament will be held during the Christmas holidays.

A mixed volleyball tournament for junior boys and girls and men and women is being planned for next spring.

Second Class boys calisthenic exercises were distributed. All exercises have now been distributed. As yet there is no word on music for the calisthenic exercises.

The Central District instructors course has now been completed. A total of 84 students took part in the course.

Chuck Kalat

**REPORT OF THE CENTRAL DISTRICT WOMEN'S DIRECTOR**

Held a combined Women's and Men's BOI meeting on Wednesday, December 10, 1969.

Decided to hold a mixed junior and senior volleyball tournament in the spring. With 4 males and 4 females on each team, this is including substitutes. A team from each gym.

I have distributed the tot's drills and the tapes for it to the units. Sis. Ellen Jeanne Schnabl made the tapes for me. Sis. Michalek wrote a complete new drill.

We completed our two weekend course, which was very successful. We had 84 people enrolled. We would like to thank sis. Trajhan and all the ladies that helped her with the cooking.

On Monday, December 22nd, Dec. 29 and 30th we will be holding our Modern Gymnastic Clinic with sis. Prchal. It will be held all three days at Sokol Berwyn. The 22nd will be for 1st and 2nd class girls and the 29th and 30th will be for junior girls and women.

Marie Ptacek

**From a Letter by Bro. Rudolph H. Tesar, Omaha**

On March 27th we were saddened to hear of the passing away of bro. Simon Rokusek, 309 So 49th St., Omaha, Nebr. He lived to a ripe old age of 94 years, probably also due in large part to being an active member and his devotion to the Sokol activities. He was our oldest member and could not be praised enough for what he had done for the Sokol Organization in this city. He is sur

# SOKOL GYMNAST

January 1970

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

## EXCERPTS FROM TRAINERS' SESSIONS - VARNA, BULGARIA MODERN GYMNASTICS - SEPT. 30 AND OCT. 1

Mme. Villancher named FIG. Committee instructors who would conduct teaching sessions during the next four days: Mme. Batajen, Russia, Theory and Music; Mme. Gotta, Italy, Jump Rope; Mme. Foerster, West Germany, Ball; Mme. Chakarova, Bulgaria, Hoop; Mme. Cerna, Czechoslovakia, Group Exercise.

Mme. Batajen spoke of importance of teaching music to beginners—"Elementary music and movements should be used. Music influences the character and the morale of the individual. The trainer leads the gymnast in his emotional sense."

Film was shown; Mme. Villancher called on individuals for evaluation. First girl in film executing exercise WITHOUT IMPLEMENT. Comments: "... stayed in one place too long"; "... at beginning of exercise, after moving diagonally from corner for about 10 feet, she moved back to beginning point instead of continuing in forward direction"; "... repetitions, mostly arabesque and rear extensions"; "... no pattern, no change of pace—no dynamics"; "... too much ballet"; "... much too dramatic." (Later, decision was made by FIG. Committee members to scratch exercise without implement from future competitions.)

There are various interpretations of Modern Gymnastics among the Western States like Germany, Sweden, Italy, Belgium, Holland, Denmark and Eastern States like Russia, Bulgaria, Roumania, Hungary and Cuba. Czechoslovakia was complimented for its adherence to Modern Gymnastics requirements by Mme. Villancher. Japan and Korea who participated in the Championships for the first time placed among the top teams. Mme. Villancher pointed out very strongly that the ballet training of gymnasts in some countries conflicts with the rhythmic requirements in Modern Gymnastics and that it cannot be expected that gymnasts who have had or are being trained solely in ballet can possibly utilize total or central body movement that originate in the pelvis. AMPLITUDE IS THEN CONFINED TO THE LIMBS ONLY.

OCTOBER 1—Mme. Gotta, Italy, Chairman of the Technical Committee, directed this session. (Roll call was made at beginning of both morning and afternoon periods.) Mme. Gotta repeated that each hand apparatus event would be thoroughly discussed and theory would be taken first with special stress on total body movement. Music was again discussed.

### BALL RULES AND TECHNIQUE

Mme. Foerster, West Germany

Film was first shown on all phases of practice:

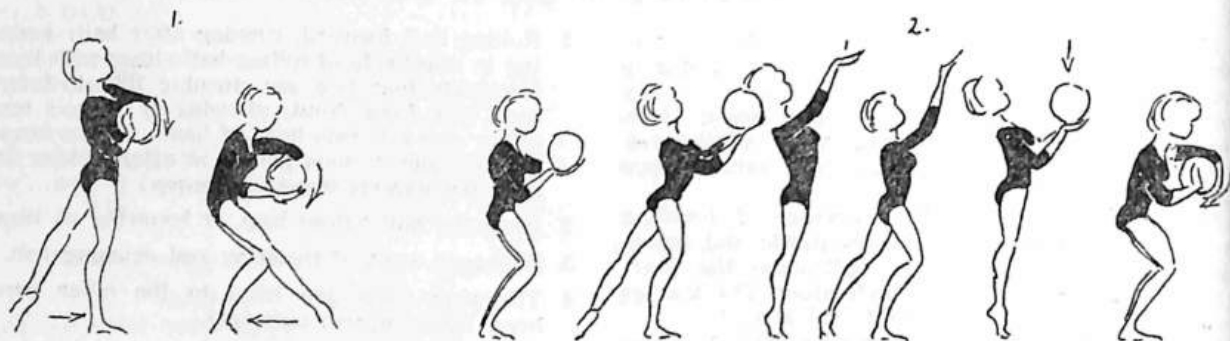
1. Rolling ball forward, running after ball; jumping to other side of rolling ball either with leap, hitchkick, tour jete, etc., turning 180° to intercept ball from front, allowing it to roll into palm; also roll onto back of hand. (Other forms—combining various jumps, or after picking up ball, try various turns and poses.)
2. Bouncing ball before leap, or bouncing on leap.
3. Different ways of throwing and catching ball.
4. Throwing from one hand to the other over head (arms uparm outward).
5. Stand, ball on right palm, arm stretched to side. Dip, turning right palm with ball down and up—look toward palm with slight forward movement of head, straighten after dip to toestand raising head high.
6. Throwing ball upward and catching it after turns and pirouettes.  
(Film was repeated from beginning—then continued:)
7. Roll ball forward on floor and lightly push with feet while running with ball.
8. Roll ball while in moderate front bow across back—also in sidearm, moderate rear bow, from one palm upward, across chest, to other palm.
9. On leap: Step close—bounce ball; step, leap—catch on leap (chasse).
10. Throw high and slightly forward—let bounce on floor; run and catch.
11. Various ways of throwing ball and catching on palm; on one hand; on backs of hands. Combine as much as possible with turns.
12. Figure 8s—also in arabesque pirouette; (spirals always with body movement).
13. Strand astride—right sidearm, ball in palm, left frontarm: dip, swing low front with right hand and throw ball to left of left arm upward, small lunge to left; catch ball in left palm.

REMARKS: End of film—class assembled in gymnasium for practical work. Percussion drum was used for some of the exercises.

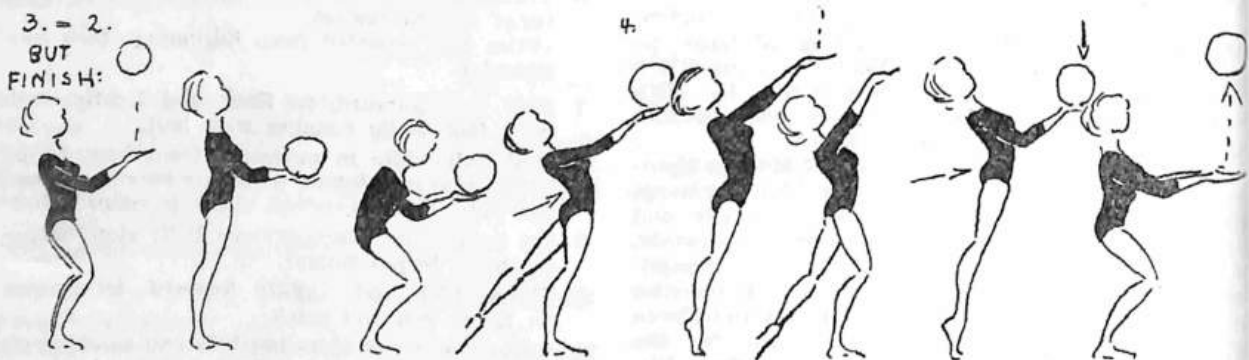
Although official measurements of ball for Modern Gymnastics competitions are 7" to 8", the most popular sizes are from 4" to 7" for exhibition purposes.

DIPPING, (flexing knees or plie) is essential throughout all ball work, rising high on halftoes each time unless otherwise specified. Accent is very important. All exercises must be practiced to both sides.

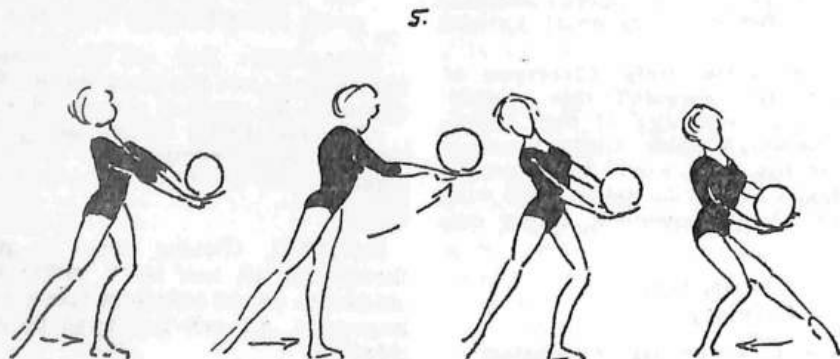
- In toestand holding ball with both hands (a palm on either side of ball) high front—drop ball and catch low front, bending knees to half squat or lower each time (do not bend body). Do same exercise but touch hands over ball before catching. Beat: 1.&a.2.
- Right hand throws ball; catch with right hand first touching ball from top before quickly changing hand to catch ball from underneath, being sure to rise and dip to half squat each time.
- Same as "2." with body wave.
- Rolling ball between hands, right hand start forward, palm down, back of left hand under ball to begin. (Pic. 1.) Change ball from hand to hand instead of keeping in contact with ball on the rolling release ball slightly so that it actually change from hand to hand.
- Dip, step, close, forward—throw ball upward; dip, step, close to rear—catch and roll once in "4." (Pic. 2.)



- Dip, step, close, forward—throw ball upward; dip, step, close to rear—catch; small throw of ball and catch. (Pic. 3.)
- Total movement, front wave, use entire body to repeat "6." (Pic. 4.)



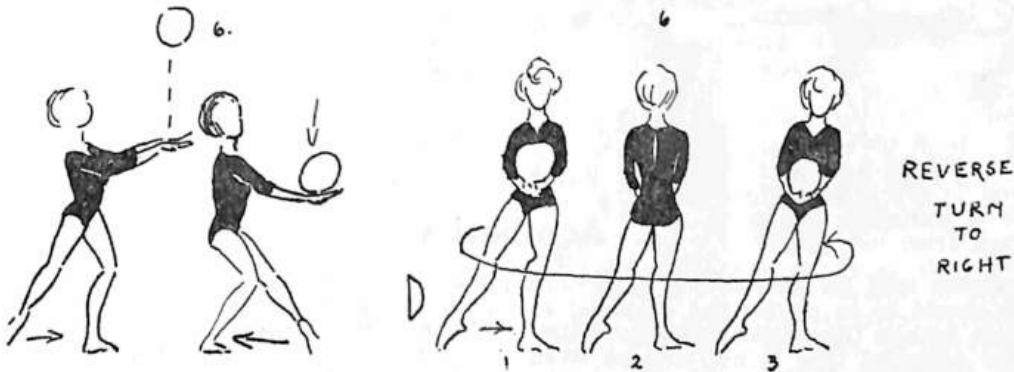
- Repeat "6." but use smaller second throw.
- Throw with both hands and catch on backs of hands. (Supinated—curve backs of hands to be able to hold ball; thumbs close together.)
- Dip step L forward, balance back on R. Balance on backs of hands. Using total body movement balance forward and back. (Pic. 5.)



11. Like 10. Beat: .. / ... .. / ... .. / ... .. / ...  
 12. Ball on backs of hands, balance forward on L—throw ball upward; balance to rear on R—

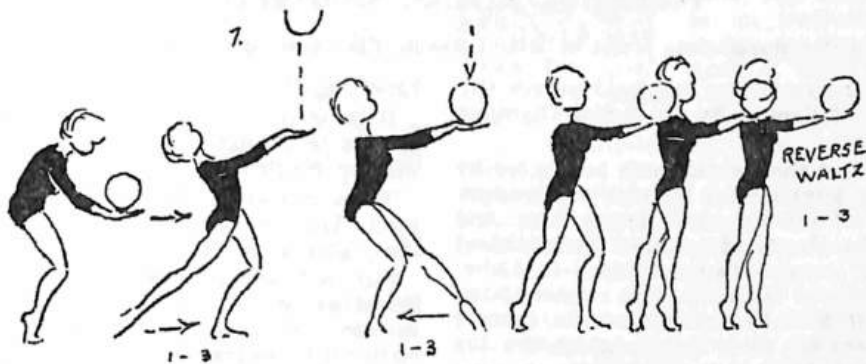
catch ball on backs of hands; 3-step turn left; 3-step turn right. (4 meas.  $\frac{3}{4}$ .) Reverse all.

(Pic. 6)



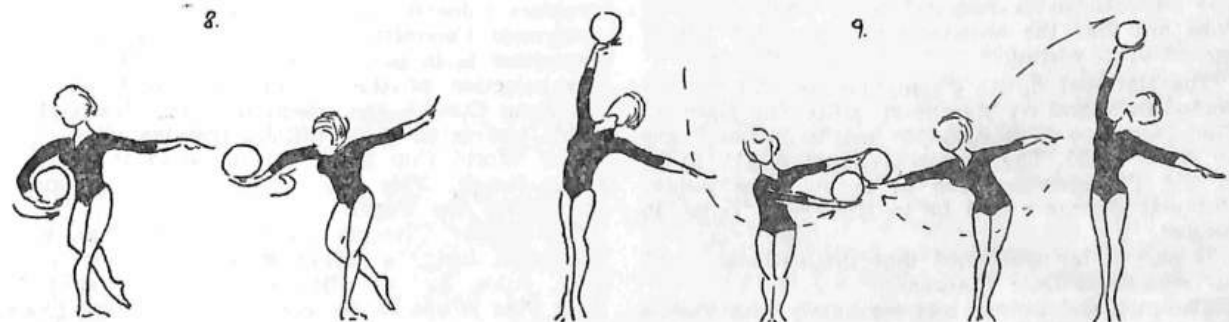
13. Dip step L forward with body wave—throw ball upward; balance to rear on R—catch ball

in palms; 2 running waltzes forward L, R, (6 runs). (Pic. 7.)



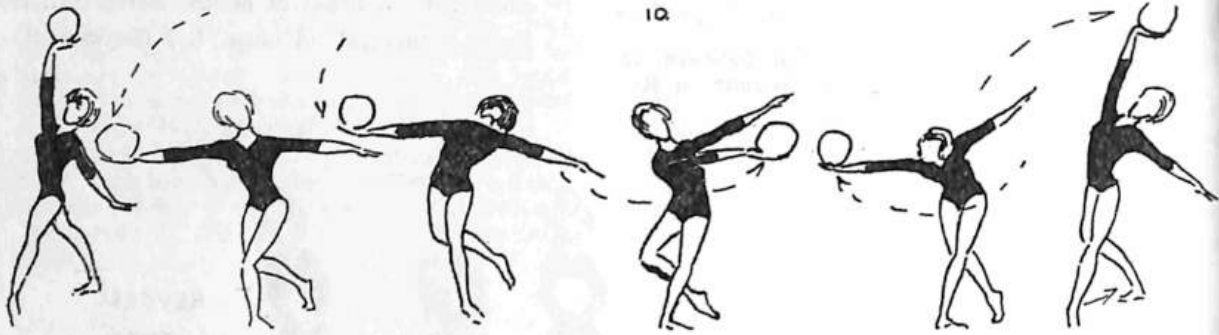
14. Arms stretched to sides, ball on right palm; dip step L forward—swing right arm forward, bend arm inward while passing ball under arm to rear (ball in hollow of palm); L knee remains flexed while R leg is bent in rear, toes on floor, (curtsy position). Total body movement. (Pic. 8.)

15. From high outward position of right arm, ball in palm, (heel of palm to side, hand supinated), moderate side bow left—amplified swing of right arm outward and across front of body to waist high, knees bent to half squat; swing arm to starting position again with big sweep of arm through sidearm. Dip to high toestand on both front and back balances. (Pic. 9.)



15. a. Same as '15.' but combine with dip, step body wave and strong twist of trunk to left, then stretch and twist strongly to right on

back movement—amplify—look forward. (Pic. 10.)



## Acrobatics

The acrobatics used for conditioning in Modern Gymnastics should be as precise and advanced as those used in Artistic Gymnastics; however, TUMBLING of the advanced type is not stressed when training. Up to now, no acrobatics are used in the Modern Gymnastics floor exercises during Cham-

pionship competitions; they are, however, included in local and regional competitions for Beginner (III. CLASS), Intermediate (II. CLASS) and Advanced (I. CLASS). SPLITS are used in M.G. exercises only for passing or connecting elements but are not held.

## National A.A.U. Convention

Held at the Marco Polo Hotel in Miami Beach, Fla., During the Week of Dec. 1, 1969

The meeting for gymnastics was held over a two day period with a follow up by the Junior Olympics meeting.

The first phase of the meeting was conducted by Jerry Hardy in a joint session for men and women. The withdrawal of the American teams (men and women) from the Pre-World Games Competitions (prelude to next year's championships) in Ljubljana, Yugoslavia, was reviewed. The reason stated was the fact that FIG had withdrawn its support of the meet. There are more details which are too complicated to include.

The operation of the U.S. Gymnastics Commission was discussed. As may be recalled, the formation of a joint commission between the A.A.U. and the U.S.G.F. was regarded as the solution to the controversy between the two factions. It is enough to say that the commission has been in operation for a few months and much progress has been made. The commission worked on a national coach and both organizations ratified the selection of Gene Wettstone of Penn State University. The commission is responsible to both organizations and has the authority to carry out jointly agreed upon wishes.

The National A.A.U. Championships will be conducted in Miami on May 29-31, 1970. The National Championships of the U.S.G.F. will be in Las Vegas on April 24-26. The Junior National A.A.U. to be in the Philadelphia area in spring. The Junior National Olympics will be in Knoxville, Tenn., in August.

It should be mentioned that the national coach for women is Dale Flansaas.

The men and women met separately with Vannie Edwards as chairman for the women and Don Wilderoter for the men. Both were elected for additional terms. Jerry Hardy is to be our International Representative. Paul Fina is to act in liaison in regard to gymnastic equipment for the

Licensing Corp. of America.

Both men and women selected area coach candidates to compliment the national coaches. These will be confirmed later.

There is now available a new Gymnastics Handbook. The cost is \$2.00 and can be ordered from the National A.A.U. office.

National Junior Grade exercises were distributed. These exercises will be used by the YMCA also. A copy will be given to the BOI. Tom Maloney, National Coordinator, has available a judging film. It can be procured by writing to his home (262 Cardinal Place, Sarasota, Florida).

The system to be used to qualify judges country wide was detailed. Several courses will be offered in different localities throughout the country. There will be for local, national, and international judging. By sending \$3.00 to Tom Maloney, a bulletin issued quarterly, will bring all interested parties information on these courses and all available knowledge on what is going on in gymnastics. It is recommended highly that each unit and all instructors subscribe for this bulletin.

Olympic Committee activity was reviewed. The committee is in process of acting in three areas: The selection of the Olympic Coach (and Pan American Coach), the selection of the Team Managers, and establishing official training sites.

The World Cup Meet will be held in May in Long Beach. This meet invites star gymnasts throughout the world.

The Junior Olympic Committee meetings were conducted during a period of two days. New exercises, rules, and coordinators were key subjects. Paul Fina is one of the coordinators (Great Lakes area). The rules and exercises are available through the National A.A.U. office. However, the BOI will personally service any district requesting information.

Paul E. Fina, ASO. delegate

vived by a son Miro A., a daughter Mrs. Joseph (Marie) Holasek, West Texas; three grandsons, Dr. Robert S. Wachal, Iowa City, Iowa, Dr. H. J. Rokusek, Ypsilanti, Mich., Donald Rokusek, Omaha, Nebr., and nine granddaughters. Officiating at the funeral were U.S. Senator Roman L. Hruska and Charles M. Prchal. For memorials the family suggested the Omaha Sokol Organization. Our records indicate that bro. Rokusek was a member of Sokol Omaha since 1895, a continuous membership of 64 years, really an outstanding record.

## William Zabransky, Jr.

Since we last wrote about William Zabransky, Jr., we have received newspaper notices from The Bergen Record, telling of the testimonial dinner given in his honor by the Little Ferry, N. J. unit of the American Sokol on November 29, 1969.

The Sokol ideal of "A healthy mind in a healthy body" is well exemplified by William Zabransky, Jr. At the age of 82, this remarkable man is still active in the Sokol, giving unstintingly of his time and effort. He has represented the Sokol for 20 years, attending Slets and conventions throughout the country and on 4 occasions in Europe. While he has given much, he feels he has received more than he gave, namely: good health, love of truth and faith in humanity and the brotherhood of man. He firmly believes that the world would be a better place if more people would adopt the Sokol philosophy and ideals.

Besides dedicating himself to the Sokol for the better part of his 82 fruitful years, William Zabransky, Jr. has found time to serve his community in many ways. He served as Chief of the Fire Department and President of the School Board. During W. W. 1 he worked in the Navy Yard in Brooklyn. In W. W. 2 he was a member of the Selective Service Board. He has been president of the Little Ferry Building and Loan, and associate director of the Peoples' Trust Company.

With his two sons he has established a plumbing business which has grown to be the largest in Northern New Jersey.

William Zabransky, Jr. has lead a full life of service to others, which we are sure has brought him the great satisfaction that comes from a job devoted to serving mankind. We wish him many more years of good health, happiness and usefulness.

It's true that all the world's a stage—and most people want to occupy the critic's seat.

## Sokol Detroit BOI.



Louis Teichman

On Saturday, November 29, the BOI. and former BOI. members in the past years and their spouses had a little social evening at the home of Jim and Jarmila Kalivoda. The occasion was the honoring of bro. Louis "Tyk" Teichman for his forty years of untiring service and membership in the Sokol Detroit BOI. Tyk's record is a fantastic labor of love for the Sokol movement in the United States and particularly in Detroit. In his 40 years, he has been Director of Men 10 times and Assistant Director of Men 14 times. In the early thirties, besides his duties as Director or Assistant Director of Men, he alternated between being the leader or instructor of the Class I and II Boys, Junior Boys, and Men's Class as well as an instructor of Women's classes on several occasions. In April of 1938, he and sis. Jar-

mila Zboril participated in competitions in Cleveland for placement as participants to the Slet in Praha, Czechoslovakia. Bro. Teichman and sister Zboril placed first in these competitions and subsequently went to Czechoslovakia for the Slet. Upon his return, he reported that the participants from the N. E. District gave an excellent account of themselves. This same year, 1938, his lovely wife to be, Lillian Svinka, became a member of the BOI. and they were married in September of 1939. They celebrated their 30th wedding anniversary the past September. They have two children, a daughter Joanna, born January 13, 1947, and a son Dennis, born April 15, 1949. From the time their children were old enough to participate in gym, it was the four Teichmans as a family in the gymnasium until the call to college left just Lil and Tyk, still at the present time members of the BOI. and in the gymnasium. In 1948 in the men's physical fitness tests, Tyk placed second to bro. Bill Mily. Tyk was also a producer of a Prologue and play in this year. In 1949, he was elected the BOI.'s staff photographer. Tyk, never one to waste the precious moments of time, in June 15, 1951, held a BOI. meeting on board a Greyhound bus enroute to a Cleveland Slet. Again back in 1938, he made a motion at a Sokol unit meeting to have annual physicals for all gymnasts. This was accepted and Dr. Bayles became our first physician at a cost of \$1.00 per gymnast. In 1957 bro. Teichman started the first Class I and II Boys and Girls Competitions, held on June 15 at the Sokol Camp. In 1967 he prepared a description of the functions and duties of the Board of Instructors which was published in the Souvenir Booklet of the dedication of our new Cultural Center. Besides the BOI., Tyk has been continually active as a member of the Fund Raising Committee, Building Committee, one of our first editors of the Sokol Detroit News,

and all other allied Sokol activities. He has also served as a delegate to the N.E. District and ASO. meetings on many, many occasions. "TYK, WE OF THE BOI. AND THE SOKOL DETROIT UNITS CONGRATULATE YOU ON YOUR LONG TENURE OF MERITORIOUS SERVICE TO THE SOKOL CAUSE AND WE ARE LOOKING FORWARD TO YOUR GOLDEN ANNIVERSARY. NAZDAR!"

Brother Teichman was presented a token of our appreciation, a small trophy, appropriate for the occasion and was more or less at a loss for words after the presentation, stating that he is more at home talking in the gymnasium.

At this time the Sokol Detroit Board of Instructors sincerely wishes every one a Very Merry Christmas and a Prosperous New Year. Nazdar!

C. Bares

## St. Paul Sokol News

Greetings for the New Year from the St. Paul Sokol Gymnastic Society. More than ever may the teaching of "Sound Mind and Healthy Body" penetrate every Sokol household to make a joyous and a Happy New Year.

St. Paul has been active as ever with its staunch active members who always pitch in to keep the organization moving forward.

First of all among the happy days comes sadness and we were very sad to lose a dear member Freddie Sedlacek. To his dear wife Lorene and daughter Joan our heartfelt sympathy. Fred always gave a hand where needed and did so much for the Sokol Camp during Children's Week. We certainly appreciated all of his work and it is a shame that glory must be given after he is passed beyond.

This Christmas Season I had the honor to bestow upon Georgianna Buzicky and Henry Jansen two well earned plaques of appreciation for all the time and effort given to Sokol for so many many years of dedicated work as Director of Men and Director of Women. They both retired from their jobs as directors but are active on the teaching staff

Our classes are large but as usual never enough teachers. This means hard work for those teaching.

The November and December meeting were combined with a very lovely party. Our wonderful cook Hattie Fisher with her helpers arranged the beautiful table of goodies. Laura Jansen made the lovely table cloth and decorations. Helen Lander's punch table was enjoyed by everyone. The punch seems to get a little stronger each year, no wonder the attendance is bigger. Keep it up, Helenko! There was a beautiful tree with many gifts.

It was my pleasure to initiate seven new members at this joyous time. Also on the agenda were elections of officers.

Our very important function for raising funds was a Rummage and Bake Sale that was so ably handled by Co-Chairmen Val Kuisle and Verna Verner. The girls put a lot of effort into their work and thank everyone for their cooperation. It seems so easy to spend the treasury money but one never realizes the hard work that goes into making the money. Thanks so much, Val and Verna.

The Sokol children's classes had a very nice Christmas program and all the children were re-

membered with some candy from the Sokol Society.

We hope that all our Sokol members who have been on the sick list will have a healthy new year. We want to see you at our meetings real soon.

Thanks to Babe Vanyo and Vi Todora for taking care of the refreshments for the past year at our monthly meetings. Come join us at our meetings, there's always a door prize. Nazdar!

Lucille N. Pavlicek

It has been proved that a system of rules and regulations, in other words, discipline, must be maintained in the gym classes if a program of training in physical education is expected to procure satisfactory results. We do not have in mind a militaristic discipline, but rather our own Sokol self-discipline which has helped the Sokol organization to carry on a clean-cut display of physical training for over 104 years. We expect all participants to attend classes regularly and to be prompt. Every absence means a retrogression.

The fundamentals of the Sokol physical education program endeavor to bring the health and strength of the individual to perfection; to attain harmonious cooperation of the nerve and muscle systems; the alertness of the mind; the development of the power of will, courage, perseverance, self-confidence; to develop sociability, morally and aesthetically; to transfer energy into action—thus preparing the individual for his or her labor and influencing the formation of a strong character.

Sokol Baltimore "Topix"

Frank J. Vodrážka:

## Pozdrav.

Vzpomínám sester a bratří, kteří v sletovém roce 1969 byli mi pomocí při plnění úkolů pokladníka při XII. našem sletu. Oddaně a skvěle plnili všechny jim svěřené úkoly a chci ještě jednou vzdát jim upřímný bratrský dík.

Vím že všichni jsou zapojeni do snažení, kam je oddanost sokolským ideálům zavolala. Na počátku roku je všecky ze srdce zdravím — a zdravím všecky, kteří jsou sdrúžení pod sokolskými prapory.

Máme více, než jiní — máme své Sokolstvo, které zůstává nervem krajanského života a společným pramenem jeho síly. A dokud naše sokolství udržuje odpovědnost pro výchovu těl a duchů, upevňuje a prohlubuje své poslání, dotud budeme št'astni. Věc sokolská je dobrá — zůstaňte, vytrvejte! Zůstaňte věrni ideálům, které přetrvaly více než 100 let.

Do roku 1970 jděme jedna mysl, jedno srdce, co jeden to všichni. Dočkáme se úspěchů, budeme-li opravdu chtít!

Nazdar!

## THE ORIGIN OF THE MODERN OLYMPIC GAMES IN 1896

Full credit for the revival of the Olympic Games in the modern era must go to Baron Pierre de Coubertin, who was born in Paris, January 1, 1863, and who died at Geneva, September 2, 1937. Very early in life he showed a taste for the study of literature, history, and the problems of education and sociology. At the age of 17 he began to scrutinize the weaknesses of his people who were trying to recover hope and self-respect following the Franco-Prussian War. He concluded that three monarchies, two empires, and three republics during a single century were not indicative of stability in the French character. The solution, he believed, rested in the development of the individual.

Coubertin had sufficient means to travel. He visited England and America where he studied organized athletics conducted by the students. He observed that competing for a place on an athletic team developed qualities of character whereas the attitude in French schools was that games destroyed study. He was convinced that he should devote his entire time and energy to securing a pedagogical reform in his own country. He decided to start at the bottom because, as he expressed it, "the foundation of real human morality lies in mutual respect—and to respect one another it is necessary to know one another."

Coubertin was not an athlete but he chose athletics as his field. The first major sport with which he associated himself was rowing, but when he attempted to bring the British oarsmen to France or send the French oarsmen to compete at Henley, he found the British and French conceptions of amateurism were not the same. This gave him the idea of bringing together educators, diplomats, and sports leaders for the purpose of developing a universal understanding of amateurism so that the athletes of all nations might meet on an equal basis.

Coubertin realized that to capture the attention of disinterested persons he would have to originate something spectacular. He began to dream of a revival of the Olympic Games. At a meeting of the Athletic Sports Union at Sorbonne in Paris. November 25, 1892, he first publicly announced the Olympic Games idea. Speaking at the conference, Coubertin said, "Let us export oarsmen, runners, fencers; there is the free trade of the future—and on the day when it shall take place among the customs of Europe the cause of peace will have received a new and powerful support."

However, his proposal to revive the Olympic Games went for naught as his auditors failed to grasp the significance of the idea.

His next opportunity came in the spring of 1894 at an international congress which he had assembled for the purpose of studying the questions of amateurism. At this meeting, official delegates from France, England, the United States, Greece, Russia, Sweden, Belgium, Italy, and Spain, were in attendance. Hungary, Germany, Bohemia, Holland and Australia sent proxies or letters.

Seven questions concerning the problem of amateurism were on the agenda and Coubertin took the liberty of adding an eighth, "Regarding the pos-

sibility of the revival of the Olympic Games." Coubertin imparted his enthusiasm so well that it was unanimously agreed on June 23, 1894, to revive the Games and an International Committee was formed to look after their development and well-being.

Two years later, in 1896, Greece celebrated in the rebuilt stadium of Athens, the first Olympic Games of the present cycle and from this beginning, the world's greatest athletic spectacle was established.

Only the ceaseless labor, the tenacity and the perseverance of Baron de Coubertin accomplished and perfected this great work. Its main organization benefited from this methodical and precise mind and from his wide understanding of the aspirations and needs of youth.

In fact, Coubertin was the sole director of the Games as regards their form and character; the Olympic Charter and Protocol and the athlete's oath were his creation, as well as the opening and closing ceremonies of the Games. In addition, until 1925, he personally presided over the IOC, assuming single-handed all the administrative and financial duties.

The work of Coubertin was, above all, a work of peace but there is one basic fact, almost universally misunderstood—Peace is not the major aim of the Olympic Games.

"Peace," Coubertin hoped and believed, "would be furthered by the Olympic Games . . . but peace could be the product only of a better world; a better world could be brought about only by better individuals; and better individuals could be developed only by the give and take, the buffeting and battering, the stress and strain of fierce competition."

## Z dopisu od bratra Jana Tesaře v Chicagu.

. . . Rád bych viděl řady mladých, uvědomělých. Rád bych viděl mladé sblížovat se se sokolstvem od dětství. Protože sokolství není jen tělocvik, ale znamená též snahu o mravní povznesení národa. Ve své podstatě jest souhrnem myšlének několika, navzájem se doplňujících. Vypustíme-li některou z nich, pozbývá své ideální dokonalosti a není již pravou sokolskou myšlénkou.

Sokolská myšlénka jest výchovou 1. tělesnou, 2. mravní, 3. národní, 4. demokratickou, 5. pokrokovou. Těchto pět bodů, slitých v jediný nerozlučný celek — je sokolskou myšlénkou. A tu si dělám starosti — plníme v tom smyslu odkaz zakladatelů, k jejichž dědictví se hlásíme?

Žiji ve svém osmdesátém šestém roce; to jest, za tři a půl roku budu devadesát — ale troufám si být užitečným do té devadesátky — a bude-li to možno, budu se snažit dál.

Bylo těch ran v životě velmi mnoho, ale síla vůle to snesla, ale nervy přece jen ochabují. Přemýšlím o plánech na posílení, na budování. Budu se snažit o klid v práci k tvoření, neb to jest to, co člověka žene vpřed! . . .

JUNE PROS:

## 10 DAY EXCURSION TO WELCOME SOKOL MIAMI

At long last the big day arrived, Sunday, November 9th. Everyone arrived at the Sokol office ready and eager for our bus trip to Florida. The bus was filled to capacity with 46 passengers, Tour Conductor June Pros and driver Ken Lindberg. Those wishing us a bon voyage were sis. Betty Prener and bro. and sis. Sotka.

Our only stop was for lunch and then on to the Cumberland Motel, Manchester, Tenn. A good night's rest and on our way again. Our lunch stop today was located in a shopping center in Georgia. One of our ladies went out the wrong door and this caused a delay as search parties were sent out, but she returned safe and sound and after a sound scolding, we're again on our way. Our next stop the Sokol Beach Motel, Tampa, Florida. The welcoming party consisted of bro. and sis. Ruzicka and bro. Paul Kralovanc, manager of the motel. After assigning rooms everyone had a nice dinner and relaxed. The next day, Tuesday, consisted of a tour of St. Petersburg and a trip to Busch Gardens in Tampa, arriving back at the motel in the early evening. Wednesday morning we left the motel and made a stop in Winter Park, Fla., for a visit with sis. Emily Polasek and a wonderful tour through the Polasek Foundation, including a delicious luncheon. It is very difficult for me to put into words the feeling of all of us during our visit at the Foundation. The beauty of his work is breathtaking and the gracious presentation done by sis. Polasek and her secretary, Lita Fowler, made us all feel very honored to have had such a great man amongst us. In each of his works you can feel the love and understanding he had for all of mankind. If any of you are planning a trip to Florida, this is one stop you should make, for you will not only view the workings of a great man but you will meet a most gracious lady, sis. Emily Polasek.

Our next stop was the Monte Carlo Hotel, Miami Beach. After getting settled in our rooms—the evening was spent at a concert "Under the Stars" at Bayfront Park.

Thursday—attended a CSA picnic at Halover Park—the weather was warm and sunny. A few of us met old friends but many made new ones. The ocean was warm and inviting and some took advantage of it. After taking our leave of the picnic about 30 of us went on a tour of Vizcaya, the Italian palace built by James Deering on Biscayne Bay in 1916.

Friday afternoon was for shopping along the Lincoln Road area, and the evening was spent on the Jungle Queen cruise. Sorry to say it rained, but our spirits were only dampened for a short time. The BBQ was delicious and the vaudeville show just great. The boat ride back was a little cool, but a lot of singing warmed us all up.

By now there is quite an addition of Sokol members at the hotel. Bro. Barcal, sis. Koval and bro. Babor (Sokol New York), sis. Polasek, sis. Hochner, sis. Svejda, bro. and sis. Ruzicka (Sokol Town of Lake) and bro. and sis. Cihak.

Saturday was a free day, that is until it was time to leave for the Installation Dinner which was held at the American Czechoslovak Social Club

of Miami. After a very tasty dinner, a very large attendance, the installation began. Officers and guests were introduced and the members of Sokol Miami were installed. All in all it was a very lovely evening and we all felt mighty proud to have been a part of the birth of a new unit. Welcome and good luck, Sokol Miami.

Sunday we took a cruise along Millionaires Row and viewed the beautiful homes, it was a little cool on the water. We returned to the hotel to sit in the sun around the pool. Time to enjoy the famous Florida sunshine.

Monday left early in the morning for journey home—overnight stop at the G.E. Motor Inn, Calhoun, Georgia. Leaving early Tuesday brought us back to the Sokol office around 8:00 p.m. along with the snow which we picked up on the Dan Ryan Expressway. Here to greet us with a warm smile and welcome home were sis. Betty Prener and bro. and sis. Sotka.

There are so many people to thank for their help, all of you who were on the trip for your wonderful cooperation, sisters Sotka, Falta and Prener for all the help in the office but most of all sis. Emilie Welcl-Ruzicka for her arrangements of hotels, suggestions and ideas and wonderful moral support. Last but not least the Executive Board of the American Sokol for having enough confidence in me to carry out this venture. I think we all enjoyed ourselves and I'm sure we all made some new friends.

## Sokol Miami Has "Open House" Every Monday

All members and friends of Sokol are invited to Sokol Miami's "Open House" every Monday in each week from 2 to 10 p.m. at Biscayne Gardens Civic Center. Visitors from other states are very welcome! The arrangements include exercises, dance lessons, sing-a-long, refreshments, social hours, supper from 5 p.m. During the evening there are games or educational activity such as movies, lectures, also cards and dancing. The regular monthly meeting of Sokol will be held Monday, January 26, 1970, at 7 p.m. All mail to Em. Ruzicka, 910 N.E. 121st St., Miami, Fla. 33161.

Committees are being organized in Sokol Miami to form semi-weekly beach and ocean activities, handicraft circle, reading room, shuffleboard teams, excursions, dance groups and of course, the physical directors are confronted with many tasks. They have been conducting classes for beginners every Thursday at Miami Springs Recreation Center which is open to all children in the vicinity from 7 to 9:30 p.m. We have the privilege of using apparatus and volleyball court in the large gym. One or two coaches on duty in the Center cooperate on trampoline or tumbling, otherwise our instructors attend to gym hour.

Registration for children's gym classes is going on now at Biscayne Gardens Center where there is no apparatus. Here dancing and calisthenics will be taught. There is a large tract of fenced land next door for outdoor apparatus, track and field

and games. The weather in Miami permits working outdoors up to end of school year before higher temperatures begin. We do need a low balance beam, some mats, balls, books for library and items for exhibits.

Following the recent A.A.U. convention in Miami, where bros. Hardy, Fina and sis. Palas attended, Sokol Miami received fine publicity from a local columnist. Mrs. Jeanne Wellenkamp in the North Dade Journal. Clippings are being forwarded to our districts, etc.

The attendance every Monday is good. Senior citizens exercise class early in the afternoon—45 to 50 members; supper, including employed members—80 to 85. We have as member-sponsors quite a few members from other units who are either retired and residing permanently in Miami, or season visitors. Several new members are being installed in the January 26th meeting.

**We thank:** All friends, Sokol units in the ASO. and Slovak Sokol USA for telegrams and letters of good wishes received at our Installation Dinner November 15th, where there were 229 guests present. To ASO. headquarters for cooperation and a fine group in the bus tour. To all contributors of cash donations, books and mementoes. To long-time Sokols who came forth to give assistance and support. Please keep it coming. To local clubs in Miami for contributions and cooperation, i.e., The American Czechoslovak Social Club, The American Czechoslovak Ladies Club, Lodge Miami No 464, C.S.A., and to all the good members in Miami, over 100 strong, who are working at various duties in the unit, in the Open House sessions, in the gym, and behind the scenes.

We have had busy months and more are coming and the enthusiasm and brotherhood existing among the Sokols will encourage all to keep on in this worthy work. Nazdar and na shledanou!

Em. Welcl-Ruzicka, Vice-Pres., Sokol Miami

## I Play To Win

By STAN MIKITA  
(Review)

Born in Sokolce, Czechoslovakia, in 1940, Stanislav Gvoth eventually became Stan Mikita, star of the Chicago Black Hawks hockey team.

Adopted at the age of 8 by his Uncle Mikita, who earlier migrated to Canada, Stan quickly learned Canada's national sport. Taunted by his classmates for being a DP and laughed at because of his broken, accented speech, he developed an inferiority complex. However, he felt instinctively that if he excelled in sports he would be accepted. This prompted him to try harder, and at a very early age he played hockey in the minor leagues in and around his home town of St. Catharines, Ontario, Canada.

He was fortunate in his foster parents who ruled with a gentle hand and let him make his own decisions concerning his future.

At the age of 18 Stan dropped out of high school, one year short of graduation, and entered the Hawk's training camp in St. Catharines. From there he came directly to Chicago to join the Black Hawks. There was much to learn, but apparently he learned his lessons well because he stayed on

after the probation period and is with the Hawks after 10 years.

Often a rough player, and sometimes, admittedly, a "dirty" player, he nevertheless kept it within bounds for he won the Lady Bing Trophy for sportsmanship two years in succession. Twice he won the Ross Trophy for high scoring and twice the Hart Trophy as the most valuable player. The latter he considers the highest award in hockey. He was named an all-star player seven times and helped the Hawks win the Stanley Cup in 1960-1961 and the Prince of Wales Trophy in 1966-1967.

Stan has made several trips to his birth place in Czechoslovakia, where his fame has preceded him.

In 1963 Stan married Jill Cerny. Jill's father is Czech and her mother Irish. She was born in Oak Park and lived in Berwyn and Cicero while growing up. The Mikitas now make their home in Elmhurst with their three young children.

After a brief, unhappy experience in the restaurant business, Stan became associated with Christian Brothers, manufacturers of hockey equipment. He has designed or modified several pieces of equipment that are in use today.

This, then, is the saga of the little immigrant boy who made it big in the competitive field of sports, because he "tried a little bit harder."

C. M. Prehal

## In Memoriam — Bro. Vic Nespory

Since there has not been anything in the Sokol magazine, and many old friends and Sokol members probably do not know about the passing of Vic Nespory, I am taking the privilege of writing this in memory of my wonderful husband.

Vic died as a result of a heart attack, suffered while at a social event in Wilber, Nebraska. His death occurred at the Crete Hospital.

Sokol was his life. He loved it as a young man who took part in all the Sokol events and later as a Sokol instructor. In the 20's Vic spent several years in Chicago, where he was active in Sokol and also helped instruct Sokol classes. He was chosen to go to Europe to the Slet but ended up in the hospital and was unable to go. He returned to Nebraska and continued to instruct Sokol in Crete and for a while also in Wilber, Nebraska.

He was an ardent horse lover and had trained a once outlaw horse into a wonderful show animal. For several summers he took part in rodeos in the surrounding areas, with Silver, his trick horse. In 1932 Vic, his horse and a Sokol friend, Elmer Pomajzel, worked up a Sokol act and put on several exhibitions at Sokol affairs.

Vic was very proud of the fact that he was a Sokol member for 49 years. I often heard him say, "In one more year I'll get my 50 year pin."

In 1951 Vic was in a very serious accident. He was pinned between two trucks. At that time the doctors said his physical condition helped save his life. After several months in the hospital, Vic had a back fusion and spent 16 months in a cast and brace, recuperating. He could no longer instruct in Sokol, but he helped the other instructors whenever he could.

He took great pride in helping our daughter Vicky with her Sokol work. His greatest reward was to see her at the top of her class. She won many gymnastic awards in Nebraska, St. Louis and Chicago. In 1959 she placed first in her division in Los Angeles at the Sokol Slet.

Vic Nespory was born in Wilber, Nebraska, in 1902. Later the Nespory family moved to Crete, where Vic attended school. Most of his life was spent in Saline County, although he did live in Chicago for several years. In 1939 he was married to Georgia Kunce.

In 1951 he went into shoe repair and sold leather goods. His shop was always a gathering spot for his old Sokol buddies and friends. They discussed the days when they went to Sokol affairs in a large truck, people they stayed with, and the fun they all shared in Sokol songs, etc.

Vic was a ZCBJ member. He also was a Saddle Club member for 18 years, having organized the Crete Saddle Club.

Vic Nespory died April 12, 1969, just 8 days after his 67th birthday. He is survived by his wife Georgia, two daughters — Mrs. Tony Skutchan (Charlene) of Crete, Nebraska, Mrs. Albert Breiner (Vicky Georgann) of Grand Island, Nebraska, 6 grandchildren, and one sister, Mrs. Evelyn Armstrong, and many friends.

Georgia Nespory

## Frances Wirostek.

Nelítostný Osud uložil mi úkol oznámiti nenadálou smrt sestry Frances Wirostek. Ve svém stáří 87 let těšila se dobrému zdraví, ale srdeční záchvat zakončil 20. října 1969 její plodný život.

15. září v rodinném kroužku oslaveno bylo 61. výročí manželství Wirostkových.

Frances byla narozena ve Valašském Meziříčí na Moravě a vždy zůstala věrnou vlastenkou a pracovnící pro její nový domov, Spojené státy, a také pro český lid.

Byla nejstarší zakládající členka Sokola Portland, byla členkyní Západní Česko Bratrské Jednoty, Česko-Amerického klubu a Gold Star Mothers. Vychovala tři syny, avšak ztráta dvou byla ranou, která nikdy nepřebola.

Zanechala manžela Karla, dlouholetého činovníka Sokola Portland, jednoho syna, jednoho vnuka, tři vnučky a osm pravnuček.

Ztráta její zarmoutila celou sokolskou rodinu, neb byla pracovnící skromnou, nenáročnou, jejíž nejvyšším vyznamenáním bylo vědomí vykonané práce a její dobrý výsledek. Veliká účast na pohřbu byla důkazem, jaké lásce se zesnulá těšila.

Čest její památce!

kmp.

## SALE! SALE! — SPECIAL ITEMS

The end of the year is a good time to take inventory. This is what we have done and look what we have on hand to offer! Those of you who were not able to attend our XII American Sokol Slet and would like a memento thereof—here is your chance! We know you'll find something interesting!

Items available are:	Price	Quantity Ordered
Souvenir program books—a wealth of information and historic memorabilia. Attractively bound. Price to units (must be ordered in multiples of 6) 6 program books . . . .	\$3.00	_____
Pennants . . . . .	0.25 ea.	_____
Shoulder Patches . . . . .	0.75 ea.	_____
Identification Card Holders . . . . .	0.50 ea.	_____
Money Folds . . . . .	0.50 ea.	_____
Sweat Shirts—in sizes Small, Medium, Large and Extra Large. Full size, color light blue, with Sokol monogram imprinted in white. Just the thing to keep you warm and comfortable . . . . .	3.65 ea.	_____
Philatelists: The following Sokol's Commemorative Stamp First Day Covers are still available:		
Envelopes with 1 stamp in beige, charcoal or blue . . . . .	0.25 ea.	_____
Envelopes with 2 stamps in beige, charcoal or blue . . . . .	0.30 ea.	_____
Envelopes with 4 stamps in beige, charcoal or blue . . . . .	0.40 ea.	_____
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Man, reading newspaper, to wife: "I'm all for lowering the voting age. Then the kids can't blame everything on us!"

One teen-ager to another: "I don't know what's getting into parents these days. My dad put on another demonstration when I got home last night!"

Art dealer Sam Salz said, on the inflated price of paintings: "It's not the paintings that aren't worth the money; it's the money that's not worth the money anymore."

Advice to people over 40: keep an open mind and a closed refrigerator.

Parents these days scarcely bring up children; they finance them.

We crucify ourselves between two thieves: regret for yesterday and fear of tomorrow.

Doctor examining business tycoon: "Contrary to what the union says, your heart IS in the right place."

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## Do roku 1970.

Vstupujeme do pátého roku druhého století Sokola v Americe s myslí obrácenou k bratrstvu v rodné zemi a k osudu sokolské ideje v její kolébce.

Sokolská myšlenka je neodmyslitelnou složkou československé kultury a s ní odsouzena nynější okupační mocí k zániku. Skláníme se s úctou před hrdinným odporem nepokořeného národa — ale to nestačí. Zápas je příliš nerovný a příliš mnoho v sázce. Naší povinností je podporovat a posilovat národ doma vědomím, že není opuštěn, že usilujeme o zachování toho, co okupanti doma ničí. Sokol byl jednou z prvních jejich obětí — my jej musíme zachovat. Živit sokolskou myšlenku, vytvářet pro ni živné prostředí, chránit ji před pokřivením a znečištěním a přivést ji k novému rozkvětu — to je náš úkol a tomu platí mé

Nazdar!

Marie Provazníková.

American youth must be asked, not just to follow, but to help us lead—we need their ideas, we need their enthusiasm, we need their energy.

We must make room in our ranks for the millions of dedicated, concerned young men and women who want to make their voices heard, but we don't need the hippies and yippies who desecrate our flag, assault our police, bring panic and confusion to our streets, our political systems and our universities.

I am confident that 97 per cent of the boys and girls today are as good Americans as they were in any generation, but the three per cent of hoodlums are worse. This three per cent are the ones who are communist inspired, communist led and communist sponsored.

A democracy cannot afford the luxury of citizens who reserve to themselves the right to determine whether or not certain laws should be obeyed or disobeyed.

What we must realize, all of us, after sifting through all the dissent and all the rhetoric, is that the lowest person under our flag enjoys more equal social justice, more protection of life, liberty and property, and a greater personal freedom than ever has been provided for the common man by any other system in recorded history.

We as a people must acknowledge that if our nation is to survive, the frustrations of our times must be channeled through our existing institutions, if society is to adjust itself to the needs of today, it must be done by means which leave us something to build on for tomorrow.

(Paul Powell, Illinois Secretary of State at Veterans Day ceremonies.)

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