

# AMERICAN SOKOL

VOL. XCI. — NO. 4

APRIL, 1970

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

CHAS. M. PRCHAL:

## TIME OF DECISION

As we near the approaching period of reviewing and making decisions regarding the future of ASO., it must indeed be pertinent and timely to recall the work and thoughts of the first editor of a Sokol publication dating back to the year 1871. In the introductory article under the heading "Our Task, Aim and Goal" the author pointed out the unchanging mission of the Sokol ideal.

We are repeatedly reminded of this Sokol Credo written one hundred years ago. Its author, Dr. Miroslav Tyrs, was inspired by his historical review of the fate and destiny of the Czech nation. The results of his meditation while in St. Gall Canton in Switzerland became the subject matter of the first issue of the magazine "Sokol," published in 1871, presenting in a sense the platform and goals of the Sokol movement.

This first manifesto represents the most inspiring piece of work to come from the pen of Tyrs, and is justly called the Sokol Credo, for it is so deeply impregnated with noble ideals and deep sentiments, not to be forgotten with the passage of time. Just to mention a few of these literary gems. "Another man's might and another man's exercise cannot help anyone." Or "The best efforts of a small segment of a group cannot alter the results of common efforts and struggles, and a fragment destined to remain forever a fragment can have no decisive value in matters pertaining to national existence." Here it is well to recall what Tyrs formulated and expressed so powerfully a century ago:

"What is unknown to all, none knows.

What mankind did not accomplish, none has accomplished.

What mankind did not create, none has created."

With these words to us so dear, Tyrs gave direction and aims to our life. Tyrs pointed out that all Sokol activity must be increased, in order that every single Sokol member should exert all strength and ability and courageous determination for the good of Sokol and mankind at large.

Fuegner and Tyrs, the two Sokol founders, stressed the need for constantly teaching and reminding the Sokol members to cultivate physical, spiritual and moral values, essential to the further growth of the Sokol.

(Continued on page 56)

# AMERICAN SOKOL

436

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

## EDITOR

Charles M. Prchal

2419 Scoville Ave. Berwyn, Ill. 60402

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

## OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

6426 W. Cermak Rd., Berwyn, Illinois 60402  
Tel.: 795-6671

## Calendar of Events

MAY 2nd—SOKOL NEW YORK, N. Y. — Annual  
Gymnastic Exhibition. 7 P.M. Sokol Hall.  
MAY 2nd—SOKOL MLADOCECH, RACINE, WIS.  
Annual Gymnastic Exhibition.  
MAY 3rd—SOKOL WEST SUBURBAN, Downers  
Grove, Ill. — Annual Gymnastic Exhibition.  
MAY 3rd—SOKOL FUEGNER, L. I. C., N. Y.  
Gymnastic Exhibition.  
MAY 6th—SOKOL SLAVSKY, CICERO, ILL. ...  
Mother and Father's Day program. Gold Room,  
C.S.A. Building.  
MAY 8th—SOKOL SO. OMAHA, NEBRASKA.  
Chicken Dinner. Advance tickets.  
MAY 8th—SOKOL SLAVSKY, CICERO, ILL.  
Bunco Party at Red Feather Building.  
MAY 10th—SOKOL BALTIMORE, MARYLAND.  
Bull Roast  
MAY 10th—SOKOL TYRS JR. HOBBY CLUB,  
CLEVELAND, O. — Pancake Breakfast. Serving  
from 8:00 a.m.  
MAY 15th—SOKOL MILWAUKEE, WISCONSIN.  
Interclass Meet  
MAY 15th—SOKOL BROOKFIELD, ILL.  
Fashion Show.  
MAY 16th—SOKOL MILWAUKEE, WISCONSIN.  
Track Meet  
MAY 17th—PACIFIC DISTRICT in Los Angeles,  
Calif. — Annual Exhibition (Slet).  
MAY 17th—SOKOL BALTIMORE, MARYLAND.  
Annual Gymnastic Exhibition.  
MAY 20th and 21st—SOKOL DETROIT LADIES  
AUXILIARY. — Rummage Sale.  
MAY 23rd—SOKOLICE OMAHA, NEBRASKA.  
80th Anniversary Champagne Dinner Dance.  
MAY 24th—SOKOL MILWAUKEE, WISCONSIN.  
Gymnastic Exhibition, 2:00 p.m., at St. Aloysius  
Gymnasium, 1435 So. 92nd Street.

MAY 24th—SOKOL STICKNEY, ILLINOIS.  
Pork, Dumpling and Sauerkraut Dinner.  
MAY 24th—EASTERN DISTRICT. — Arlington  
National Cemetery.  
JUNE 7th—SOUTH OMAHA SOKOL DAY.  
Baked Ham Dinner. Sokol Park. Advance sale  
tickets.  
JUNE 7th—SOKOL SLAVSKY, CICERO, ILL. ...  
Family Picnic. White Eagle Grove Center, Lyons,  
Illinois.  
JUNE 12th—SOKOL SO. OMAHA, NEBRASKA.  
Chicken/Shrimp Dinner — last of season. Ad-  
vance tickets.  
JUNE 13-14—WESTERN DISTRICT SLET, Cedar  
Rapids, Iowa. La Salle High School, 1st Ave. and  
Edgewood Rd. S.W.  
JUNE 14th—CENTRAL DISTRICT "Sokol Phys-  
ical Fitness Day" — Riverside-Brookfield High  
School Stadium, 2:00 p.m.  
JUNE 14th—CLEVELAND, O. — "ČESKÝ DEN."  
D.T.J. Farm.  
JUNE 21st—NORTHEASTERN DISTRICT, Cleve-  
land, Ohio. — District Slet at the I.O.O.F. Camp.  
JUNE 21-24—AMERICAN SOKOL ORGANIZA-  
TION XI CONVENTION, Manger Hotel, Cleve-  
land, Ohio.  
JUNE 25th - 28th—SLOVAK SOKOL SLET IN  
MONESSEN, PENNSYLVANIA.  
JULY 4th—SOKOL SO. OMAHA, NEBRASKA.  
Family Picnic — Sokol Park.  
JULY 11th - 12th—SOUTHERN DISTRICT SLET  
to be held at Sokol Karel Havlicek Borovský,  
Ennis, Texas.  
JULY 12th—SOKOL DETROIT, MICHIGAN.  
Summer Exhibition (Veřejný) at Sokol Camp.  
AUG. 22nd—SOKOL SO. OMAHA, NEBRASKA.  
Barbecue Beef Dinner — Dancing. Sokol Park.  
Advance tickets.  
AUG. 23rd—SOKOL DETROIT, MICHIGAN.  
Summer Festival at Sokol Camp.  
JULY 26th - AUG. 2nd—PACIFIC DISTRICT.  
Summer Camp at Dinky Creek, Fresno, Calif.  
SEPT. 10th—SOKOL SO. OMAHA WEEK-END  
IN LAS VEGAS.  
SEPT. 11th—SOKOL SLAVSKY, CICERO, ILL.  
Fall Family Picnic, White Eagle Grove Center,  
Lyons, Ill.  
SEPT. 13th—SOKOL BALTIMORE, MARYLAND.  
Crab Feast.  
SEPT. 26th and 27th—EASTERN DISTRICT.  
Annual Meeting.  
SEPT. 27th—SOKOL DETROIT LADIES AUXIL-  
IARY. — 50th Anniversary Celebration.  
OCT. 3rd—SOKOL STICKNEY, ILLINOIS.  
Farmer's Dance.  
OCT. 17th—SOKOLICE BALTIMORE, MD.  
80th Anniversary Celebration.  
OCT. 31st—SO. OMAHA SOKOL HALL BOARD  
OF DIRECTORS Masquerade Dance. 21st and  
"U" Streets.  
OCT. 31st—SOKOL BALTIMORE, MARYLAND.  
Halloween Dance.  
NOV. 28th—SOKOL SLAVSKY, CICERO, ILL.  
Annual Dinner-Dance, Peacock Room, C.S.A.  
Bldg., Cicero, Ill. 6:00 p.m.  
**DEC. 31st**  
SO. OMAHA SOKOL HALL, 21st and "U" Streets.  
New Year's Eve Dance.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCI.

April — 1970 — Duben

Číslo—No. 4

## CONVENTION PROGRAM

### Saturday, June 20

Competition of little boys and girls. — No charge.

### Sunday, June 21

Northeastern District Slet — Odd Fellow Fresh Air Camp, Glen Willow, Ohio. 2 p.m. — \$1.50.

A special bus will take the delegates to the Slet from the Manger Hotel. Tickets are available for bus and the Slet at the Information Booth of the Manger Hotel. — \$3.50.

### Sunday, June 21

Welcoming Reception for Delegates — 8 p.m. Hotel Manger, Third Floor Suite. — \$5.00.

### Monday, June 22

Bus Tour for non-delegates, spouses, guests. Leaving from Hotel Manger at 1:30 p.m. Includes Cleveland Cultural Gardens, returns to hotel at 4 p.m. — \$3.00.

### Tuesday, June 23

Sokol Convention Luncheon — Thomas L. Boardman, Editor of the Press, Speaker. Reception at 11:30 a.m. Luncheon at 12 Noon. — \$5.00.

### Tuesday, June 23

Variety Show Honoring the Convention Delegates. Hotel Manger, 8 p.m. — Sokol Tyrs Concert Band and Theatrical Guild and other groups. — Free.

The complete package for convention activities is \$18.00. You can buy tickets for individual events separately if you wish. Please make reservations.

XIX National ASO. Convention

Arrangements Committee

660 Leader Building

Cleveland, Ohio 44114

## Congress Considers Bill To Establish Centers for Ethnic Studies

A bill, presently before the Committee on Education and Labor in the House of Representatives, would authorize the U.S. Commissioner of Education to arrange for the establishment and operation of a number of centers for ethnic heritage studies. A chief purpose of these centers would be to develop curriculum materials which would enable children and young people in elementary and secondary schools to learn about their own cultural heritage and also about the cultures and contributions of other groups. Committee hearings on the bill are expected to start in late February.

The bill (H.R. 14910) was introduced in Congress by Rep. Roman C. Pucinski of Illinois and is co-sponsored by 16 other Congressmen from the states of California, Hawaii, Illinois, Indiana, Maine, Massachusetts, Michigan, Missouri, New York and Pennsylvania.

In introducing the bill, Congressman Pucinski said that America is a multi-ethnic society, that many of its ethnic groups, and particularly their young people, have developed a sense of cultural inferiority and that a greater understanding of the contributions of one's own heritage and those of one's fellow citizens would contribute to a more harmonious, patriotic and committed population.

If enacted, the bill would authorize the U.S. Commissioner of Education to make grants to "public and private non-profit educational agencies and organizations" for the establishment and operation of a number of Ethnic Heritage Studies Centers. Each center would carry on activities related

to a single culture or regional group of cultures.

The bill authorizes the expenditure of \$10 million the first year and \$20 million the second. Each center, utilizing appropriate research facilities and the special knowledge of ethnic groups, would develop curriculum materials dealing with the history and culture of the group with which it is concerned and its contributions to the American heritage. The centers would also serve as distribution points for such materials to schools throughout the country, and would provide training for teachers in the use of the materials.

In discussing the bill, Rep. Pucinski said that at present school history lessons teach young people about one or two countries and remain indifferent to the rest of the world. If the bill becomes law, he added, "our young people would be able to develop greater awareness and appreciation of the importance of all ethnic civilizations to our national heritage. Every one of the 51.5 million students in the primary grades and high school could study, in depth, about the ethnic culture of his own family and forefathers, and about their contributions to the American way of life. In addition, he could learn about many of the other readily identifiable ethnic groups in the country."

Whether the bill is enacted depends both on the attitude of the administration and on the amount of popular interest and support which it develops. The American Council for Nationalities Service is one of the organizations which has voted to support the bill.

## VÍTEZSLAV HALEK

(1835 - 1874)

Translated by R. A. GORMAN

Vítězslav Halek is justly called the "nightingale of Czech poetry" for in all his works he sings with joyous abandon of the beauties and splendor of nature. Halek was born April 5, 1835, and died at the height of his fame in Prague, October 8th, 1874. Although philosophy claimed Halek's early interest, he soon gave it up to plunge headlong into the fomenting literary currents of his time. Halek worked feverishly in all branches of the belles-lettres, but at all times his lyricism crops forth, even in his heavy tragedies and epic poems.

### TALES FROM OUR VILLAGE

My dear old Hamlet in the dreamy peaceful plain,  
When I, a weary wanderer, behold you in your place,

I know you gleam to welcome me home again  
Like a smile that wreathes a mother's wrinkled face.

I walk between your cottages and gaze;  
Where'er I look, part of my heart exclaims with glee.

From every corner dash forth my bygone youthful days,  
My soul once more feels the force of youth set free.

All is so known . . . The herdsman with his flock  
Tips low his cap and in memories goes back;  
My friend, your storie's unexhausted stock  
I see it in your eyes, still lives intact.

A grave digger goes by with song and spade  
To dig anew where an old grave stood alone.  
My friend, recall how often you I bade  
To tell who slept beneath each weathered stone.

A wagon passes through the waving field,  
I know each path, each meadow far and wide  
From whence the nightingale to heavens oft  
appealed  
And the quail cried out in unrestricted pride.

A fiddler passes . . . the man can barely see,  
I know each mood his ancient fiddle told.  
The brawls today aren't what they used to be,  
And as for songs, you cannot beat the old.

A mother with her babe comes by, and pays no heed,  
A maid with eyes that speak of secret strife,  
Each face seems like an open book, I read,  
Inscribed therein, my entire former life.

When the bells ring of an evening from the belfry top  
Their tones as warm as dearly treasured friends,  
When their echoes keep repeating without pause  
or stop  
I hear therein, the beats that my heart sends.

JAMES L. CIHAK:

## A HEALTHY SIGN

Requests for information and educational material from our units and individual sokols are normal and to be expected. It is the frequency of the requests, greater than it has been for over a decade, that is surprising. And yet a lot of the information sought is readily available in the Slet programs of 1965 and 1969. While we have both of these on hand they can be had for 50 cents a copy plus postage. Most of the material is in English as are the four brochures that have been reprinted. They are "Historical Preface To The Foundation of Physical Culture and Our Task, Aim and Goal" by Dr. M. Tyrs, "Dr. Joseph Scheiner" by Anthony Krejci, "Sokol and the Sokol Idea" by ASO. Educ. Com. and "Dr. Miroslav Tyrs" by Joseph Cermak. These can be purchased at 15 cents a copy.

A careful reading and study of the above material will give the individual a basic knowledge of the history, philosophy and statistics regarding the Sokols. They make up in quality what they lack in numbers. This is especially true of Dr. Tyrs' "Our Task, Aim and Goal" (written in 1871). This thesis shows the profoundness of Dr. Tyrs' thinking and has guided the Sokols for a century. And yet it is so simply and beautifully written that everyone can understand it.

Speed reading seems to be the order of the day. This does not say too much favorably for the type of material submitted to the public. It may be alright for the pulp mill productions but is hardly suitable for anything worthwhile. In this connection, Abraham Lincoln comes to mind. He read only a relatively few books in his entire life but these he knew to their core. Dr. Tyrs' work would have impressed him, for it contains and expounds the same principles for which he labored. Abraham Lincoln—master of the English language—Gettysburg address and the Second Inaugural, classics for all time.

The Sokols have regarded Dr. Tyrs' treatise in the same way. We again urge our units to purchase them and give them to their members.

### WE ARE NOT ALONE

Serious writers and scholars, including many university professors, are also asking for every conceivable type of information regarding the Sokols. The material is to be used in histories about the Czechoslovaks of America. The Sokol movement is regarded as a valued element in our ethnic life. Some writers are gathering material for books on the Sokols alone. Scholars and students working for higher degrees have chosen Sokol as their thesis. All of this interest in a philosophical approach to physical fitness, moral stamina and self-discipline may be the outcome of the breakdown of our way of life throughout the country.

After all a century of experience and recognized accomplishments in producing so many individuals of sterling quality certainly rates intensive study to see whether the methods used and the philosophy guiding them can be applied to the entire nation. There certainly is nothing in Sokol to prevent them from doing so. Then too there is the resurgence of activity within the Sokol ranks, the attempts to solve the problems of a fast changing

life, the building of new gymnasiums and community homes and the remodeling of others, all of these are receiving serious attention.

It seems to many that it is impossible to accomplish so much at so low a cost in dollars and cents. They feel as if there is some hidden formula responsible for it all, something foreign to American thinking. Still there is no secret and we can point out that we are merely following the thinking of great Americans from Teddy Roosevelt to John F. Kennedy.

Roosevelt said: "The things of the body have a rightful place and a great place. But things of the soul should have an even greater place. Materialism in the end eats like an acid into all the finer qualities of our souls."

Gen. Omar Bradley could too have been a Sokol for his: "Youths need to develop in themselves the finest characteristics of mankind: inward peace — faith — humility — integrity — charity — courage — thrift — cooperation — and an ability for good hard work — all ingredients of a sterling character, — for character is the one thing we make in this life and take with us into the next."

All America knows John F. Kennedy's, "Ask not what you can get from your country, but what you can do for it."

So you see the Sokols and their philosophy are purely American in every respect, just the termi-

nology is different. The thoughts, ambitions and a finer approach to life are identical.

It may not be too long before we can truly "give" the Sokol and all that it "means" to the entire country.

## Don't Throw Them Away

Please:—As you go thru your records, old books of minutes, don't regard them as subjects for the next waste paper drive. They are valuable, very, very valuable for the history living in their pages. The same applies to your program books, old and new, not the ones filled with ads alone and one or two pages of greetings. Many of the program books in the past contained some of the finest Sokol writings we have ever read. It would be a shame to see them thrown away. All of us can receive renewed inspiration from their contents created by Sokol minds.

Please send them to the ASO. office, 6426 West Cermak Road, Berwyn, Ill. 60402—att. James L. Cihak. Duplicate copies received will be given to the Chair of Czechoslovak Studies, University of Chicago, or to the University of Illinois or Southern Illinois University. All three of them besides the ASO. will welcome your contributions to their libraries.

## ASO. EXECUTIVE BOARD

March 24, 1970

**Reports:** Central District minutes of meeting Feb. 25, 1970; Western District BOI. annual meeting Feb. 7, 1970; Western District annual meeting Feb. 8, 1970; Western District Executive Board meeting March 9, 1970; Eastern District meeting Feb. 16, 1970.

**Correspondence:** Invitation to Suburban Cinema Club's premiere showing of "We the Czechs." — Invitation to the convention of the Czechoslovak National Council April 11 and 12, 1970. Unity of Czech Ladies and Men 100th anniversary banquet and Quadrennial Convention, are issuing anniversary book. Full page ad approved. — Western District Sokol Slet, Souvenir Book Committee and Slet Trophy Committee requests tabled. — Western District Cedar Rapids Slet poster received. — Sokol USA 1970 request for advertising in program book for Slet, full page ad approved.

**ASO.-BOI.**—bro. E. Linhart, Dir. of Men: Western District sends thanks for successful gymnastic clinic conducted by bro. E. Linhart. Northeastern District complimented ASO.-BOI. on a successful XII ASO. Slet. Pacific District reports plans for 2-day course—April 4-5, and a children's camp program. — Central District Modern Gymnastics course—reimbursement of \$150.00 approved. — Western District reimbursement of \$379.85 for Gymnastic Clinic approved. — Letter from B. Zwickel regarding distribution and sizes of uniforms. Sokol USA received our samples and accepted our recommendations for uniforms. Their Board has decided to accept our Sokol Supply as official supplier of uniforms.

**ASO.-BOI.**—sis. L. Zdenek, Dir. of Women. Answered all correspondence and fulfilled requests; sent out manuals, coordinated income and expense report on ASO. School with sis. A. Sotka, and submitted final report on ASO. School.

**Editor**—bro. C. Prchal: American Sokol is in the mails. Installed officers at the Moravian Clubs — Moravsky Dum, Moravske Spolky, and Moravian Cultural Society.

At this time the Chair welcomed bro. J. Drnec, President of the Central District. His request to have a set of envelopes run for all Central District members, (the District to furnish envelopes) approved.

**Auditing Committee**—bro. J. Cihak. The committee met, audited the books and found them to be in order. Will make the annual audit later. Bro. S. Barcal brought up the final audit of the books by a SPA—after discussion of the matter, motion duly made and seconded, was unanimously passed that our Auditing Committee prepare the audit for the Convention and are hereby empowered to seek outside assistance if necessary.

Bro. J. Drnec was excused, however extended his thanks for time spent and extended invitation to attend Central District meeting March 25, 1970; also a pre-convention meeting scheduled for April 29, 1970, at Sokol Tabor.

**Financial Secretary**—sis. A. Falta: Read report of income and expense for February. Some units have not paid convention fund and assessment. Supply of Sokol pins running low. The roster is ready. 3 units did not return rosters. Sis. A. Sotka worked on financial report of the Slet.

**Publicity**—sis. A. Basta: Getting estimates on banner. Asked for further opinions and suggestions from other members. Hopes to have information soon.

**Secretary—Office report:** sis. J. Pros sent samples of uniforms to bro. Walko, sent 2 sets of labels to bro. T. Suster. Completed other duties as requested. — Sis. A. Sotka: processed quarterly reports, prepared February financial report. Film refunds made to units that viewed film. Sokol USA Dir. of Women called concerning uniforms and was referred to bro. Linhart or sis. Zdenek. Holding 3 invoices from Zwickel for uniforms. (Approved payment of 2 invoices, holding invoice on sample blazer.) Advertisers in American Sokol have been billed. Received new zip code book from Berwyn Post Office. — Sis. E. J. Schnabl: Kept up with correspondence, sent out some BOI. material. Working with sis. Sotka on chart of delegates. Still awaiting names of delegates from some units. Reminder going out to these units. — Sis. B. Prener: Have been in contact with the Office; attended 2 gymnastic exhibitions, and kept in touch with bro. S. Barcal.

**Organization Committee**—sis. E. Welcl-Ruzicka's telephonic report: Sokol Miami is very active. With sis. Diana Butler have been teaching the different calisthenic exercises. A trip to Tampa to visit the Slovak Sokol and combine it with a week-end tour is planned for April 25-26. There is interest in Fort Lauderdale for Sokol activity. The Ceska Beseda is being taught in Miami and they will have 1 or 2 circles for Monessen.

**President**—bro. S. Barcal: Contacted bro. G. Boucek regarding our being a distributor of uniforms to our organization. As a non-profit organization, and this being a service to our members, our status as such would not be impaired. Visited several gymnastic exhibitions and found them very well attended indicating interest in Sokol work. Has been in contact with the Office and with bro. A. Suster.

## Financial Report ASO. March 1970

### INCOME:

Dues .....	\$ 725.85
Convention Fund .....	94.75
Special assessment .....	169.00
Dividends and interest .....	961.19
Advertising in "American Sokol" .....	400.00
Resale of jewelry .....	36.00
Sokol belting, emblems, pants .....	61.80
Membership kits, manuals, postage .....	52.79
Office supplies .....	2.60
Contribution to "American Sokol" publication .....	3.00
Slet film rentals .....	50.00
ASO.-BOI. Instructors Course at Potter Lake, Wis. ....	20.00
<b>Total Income .....</b>	<b>\$ 2,576.98</b>

### DISBURSEMENTS:

<b>Administrative Department</b>	
Salaries .....	\$323.17
F.I.C.A. & F.W.T. for Feb. ....	60.28
Rental, janitor service, electric, phone .....	304.77
Office supplies .....	35.85
Travel expense .....	10.00
Petty cash .....	44.63
<b>\$</b>	<b>778.70</b>

### Educational Department BOI.

Salaries .....	\$219.44
F.I.C.A. & F.W.T. for Feb. ....	38.40
Office supplies, postage, phone ..	35.57
Editor "Sokol Gymnast" .....	25.00
Add'l. copies "Sokol Gymnast" ..	28.00

\$ 346.41

### Sokol Publication

Editor "American Sokol" .....	\$ 75.00
Printing "American Sokol" .....	777.35
Postage "American Sokol" — Feb. and March issues .....	82.20

\$ 934.55

### Miscellaneous

Film rental refunds .....	\$ 35.00
<b>Special appropriations:</b>	
Southern District ASO. ....	53.20
Western District ASO. ....	299.00
Central District .....	150.00

\$ 537.20

\$ 2,596.86

### BALANCE:

<b>Totals brought forward:</b>	
Western National Bank of Cicero—checking account .....	\$13,512.62
Income — March 1970 .....	2,576.98
	\$16,089.60
Disbursements — March 1970 .....	2,596.86
	\$13,492.74

## Future Sokol Leaders Fund

In memory of sis. Marie Balek:

Mrs. Josephine Petranek .....	\$ 5.00
Mrs. Anna Bilek .....	5.00
Bohumil and Adela Lankas .....	10.00
Mrs. Marie Holada .....	5.00
Mrs. L. Bassi and Mrs. D. Carro .....	2.00

In memory of Dr. Lester Janes:

Bohumil and Adela Lankas .....	10.00
Robert and Vivian Smunt .....	10.00
Laddie and Martha Lizak .....	5.00
Helen Ziegler, in memory of Anton, Russell, Roberta and Wayne Ziegler .....	20.00

\$72.00

Belle City Savings & Loan—Dividend .....

1.25

\$73.25

(The above contributions are tax exempt.)

## FROM OUR DISTRICTS

### EASTERN DISTRICT

February 16, 1970

**Report of Director of Men**—bro. Capek: Attended United Sokols of the East meeting. Unlimited teams can enter Bowling Tournaments. Three trophies will be given for the highest individual series. Suggests that districts inquire of juniors, whether they would be interested in participating in Bowling Tournaments.

The senior men of Sokol New York won the Volleyball Tournament.

# SOKOL GYMNAST

April 1970

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

## RULES FOR OPTIONAL EXERCISE WITH HOOP

The foundation for all optional exercises is the same as in "without implement." The same principles apply for exercises with implement, but it is necessary to add certain specific requirements for the given implement. The main requirements for pattern and combination and variety of elements is the degree of harmonious preparedness of the gymnast; logical combination, pattern changes, etc., are specified in detail in the exercise table for exercise without implement. Special requirements must be taken into consideration by the trainer and gymnast.

Optional exercises with hoop should include elements of all groups, that are considered typical for the implement, i.e. 6 groups in rules. It is a technical error if the exercise is composed of elements of one or two groups, for instance, only upon the foundation of throwing and turning the hoop, without using enough elements from the rest of the groups. The problem of the gymnast is to use elements from all groups (swings, rocking, turning, throwing and catching, rolling rotating, jumping through hoop and other movements through hoop).

One of the special requirements during exercise with implement is constant movement. The implement must not, for even a short time, be in static position, or only be carried. This is often noticed during changing of place, turns, and in positions of static poses (bending, support, half-squat). It is possible to revolve, swing, rock, but always in movement. Fluid movements are included in list of elements of difficulty and can be very useful for the trainer during creating.

The work of both hands is a requisite. Hoop must continue without interruption from hand to hand, elements of difficulty should be executed by both hands. Usually the gymnast executes light elements with left hand; this signifies that the composition is not well prepared, balanced and harmonious.

Movement of chest, arms and legs must be subordinated to requirements of the implement; when a body wave is being executed with rotation of hoop and throw which follows, or arabesque with rotation and change of hoop in front or in back of body, or rotation of hoop under legs, the execution of the body elements change in appearance and value from the same body elements in exercise without implement. Another example: If hoop is thrown upward during a turn and caught after the turn, it is an element of difficulty, but when we

execute a turn with static implement, it is considered a fault in composition. The implement is not a decoration; it should be used as much as possible, rationally. During use of intricate hoop technique, we must not forget that we must have harmony of hoop and body must be actively engaged (constantly in motion—waves, swings, bending, swinging with impulse, etc.).

Often we see well controlled hoop work but not enough movement of body. This creates an impression of stiffness in the body. An exercise is good only if well controlled hoop work is combined with harmonious movements of all parts of the body. Hoop exercise should not only consist of throwing, catching, circling and rolling.

The optional exercise with hoop should include all 6 elements of difficulty, executed with left and right hand.

### MUSICAL ACCOMPANIMENT FOR EXERCISE WITH HOOP

The whole musical composition has marks or signs that are a condition for the character of harmony, related rhythm, dynamics, accent, etc. It is necessary to have a pianist, trainer and intelligent gymnast for good understanding and interpretation. They must have complete knowledge of the selected music, know the typical requirements of the implement, variety of rhythms, necessary training according to the Modern Gymnastics requirements and finally, and perhaps most important, whether the music suits the gymnast's temperament.

Exercise with hoop includes various movements characteristic to this implement. It would be necessary to select music in a variety of rhythms.

Music should be emotional, it must inspire a gay mood in the gymnast which should also project to the audience. It is necessary to avoid music that sounds sad, or pessimistic.

Variety of rhythm and cadence in a musical composition allow the gymnast to use a combination of all elements which are typical for implement and so demonstrate her harmonious preparedness, ability and skill in modern gymnastics.

Modern Gymnastics is only one of the gymnastic branches and their aim is to develop morally and physically efficient individuals.

## Gymnastics Commission Formed

The AAU and USGF have jointly formed the United States Gymnastics Commission. This is one of the biggest steps forward for American gymnastics in the past 10 years. With the two US gymnastics organizations pulling together we should see some significant improvements in our gymnastics programs at all levels.

The US Gymnastics Commission has appointed Mr. Gene Wettstone and Mrs. Dale McClements Flansaas as national gymnastics coaches. At a later date several assistant coaches will be appointed. Their duties as national coaches will be to guide the gymnastics programs of the US including our Olympic training program.

Following is a listing of the requirements for the 15 Elite Men gymnasts on each apparatus. These requirements must be shown in a routine, and not as separate skills. In addition to these optional routine requirements, a gymnast must maintain a 9.00+ compulsory average or a total of 54.00 with a combined total of 107.00. These requirements, along with other considerations such as style and technique of performance will be used to select the 15 Elite Men gymnasts in the United States. A listing of the next 25 gymnasts will also be recorded.

A list of requirements and selection of 15 Elite Women gymnasts will also be available in the near future.

If you would like further information concerning the US Gymnastics Commission or the listing of Elite gymnasts, contact either the USGF or the AAU.

### Requirements for 15 Elite Men Gymnasts Floor Exercise

1. 2 "C" moves.
2. High B strength part.
3. Dismount at least high B.
4. Twisting part or other than somersault — (Example: full twisting dive, 1½ twisting back dive.)
5. One non-stock part.

#### Side Horse

1. At least 5 B's and 1 C part plus C dismount.
2. One non-stock part.
3. Scissors with disengaged hips.

#### Rings

1. 3 second cross.
2. Second B plus strength move.
3. 2 swinging moves.
4. "C" dismount.
5. One non-stock part.
6. One part straight arm work.

#### Vaulting

1. Two vaults out of Croup, Neck or Twisting.
2. One vault must be double asterick.

#### Parallel Bars

1. 3 "C" moves (one swinging, one dismount).
2. Mount to be B or above.
3. One non-stock part.

#### Horizontal Bar

1. "C" Dismount
2. 2 other "C" parts.
3. One non-stock part.

## Special Technical Bulletin On Latest Changes in the FIG Code of Points

Effective January 1st, 1970, for all competitions

### Horse Vault

If the gymnast does a different vault than she called — 9.50 point. This rule applies to all of the vaults in the FIG TABLE OF VAULTS and therefore to all lower level vaults listed in the USGF-DGWS Table of Vaults. The 0.50 point is deducted from the value of the vault called.

### Uneven Bars

Page 27 Superior Mounts—#4 is superior in the middle of the exercise, not as a mount.

Page 30 Superior Difficulty—#5—Cross out ¾.

Page 31 Superior Difficulty—c) By reserve kips—#1—Cross out "flexed" and substitute "extended."

Page 32 Superior Difficulty 3 Turns—b) 4 from "free" front support. . .

Page 36 Superior Difficulty 5. Passing of the legs—#1 . . . circle swing backwards and "spring" to arrive in a suspension on LB.

### Balance Beam

Penalties: Page 41 Fall on the floor or beam—0.50 point. Support of hands on beam to maintain

balance—0.50 point. Touch on beam after take-off without mounting—0.50 point Touch of hands on beam for balance—0.30 point. Unnecessary movements of the trunk—0.30 point.

Page 43 Mounts—Superior #11—Roll across the shoulder to finish in a sitting position (stag sit) or with a turn to a sit.

Page 43 Mounts—Superior #6—cross out "free."

Page 45 Add #15 Medium—Leap with "beat sideward (cabriole).

Page 46—Flexibilities—Medium #4 should be arriving on one leg (cross out the s on legs).

Page 46 Wheels — Medium #2 — Cross out "rhythm" (no waltz rhythm, just a turn).

All penalties for spotting assists during the exercise and on the dismount landing will remain the same.



## SOKOL SLETS

Karel Capek, the great modern Czech writer, whose creations are internationally known, wrote a psychological analysis of the feelings of a spectator at a great Sokol Slet. It is moving in its simplicity, and depth of feeling.

He wrote, "I have been thinking about why the Sokol mass calisthenics are a typical climax of every Czech national celebration, while elsewhere it is the contest of individuals, teams or treads. At a Sokol Slet I see before me an immense rectangle of pure beach sand, framed by hundreds of thousands of heads. Into that blinding space flows a rhythmic wave of thousands, thousands and thousands of figures, with a natural movement like breathing or the flow of blood thru one's veins, but good Lord, what a breath, what a calm and immense flow. No unnerving drama is taking place, I feel no anguish or passionate heroism; I feel that I am breathing, but breathing with the breath of thousands; my heart is peacefully beating, but it is the beat of thousands; thru my body flows a wave of movement and it is the movement of thousands, stronger than the flash of a sword; a movement that carries me, flows into me and overflows in me, not as if I were one of those on the field, but as if I were all of them; thirty thousand arms are expanding in me—what a breath, what a gigantic flow of blood pours thru me.

I, a little figure among hundreds of thousands, live for some hours the life of a giant. That which I see is not heroism, it is greatness; and I don't know which of the two is simpler and more beautiful; but greatness, I know is more liberating. Elsewhere the national ideal is the superb performance of individuals. But with us, ten, twenty, thirty, thousand group together for one action; from those thousands, each individual earnestly and attentively enrolls himself to the total, until they are lost in the mass; here success is only that, that belongs equally to all. So it could be said: the ideal is co-ordination, accumulated and democratic strength. The desire is for voluntary discipline, for order, functioning collectively and smoothly. Not drama, but order. Not combat, but cooperation. Not adventure but organization. We cannot say as yet that such is the nation's character; but is an ideal, that the nation is seeking for itself and already understands."

## Corporation vs. Corpulency

(From Amateur Athlete—Feb. 1970)

The primary reason lies in the fact that Phillips believes the very nature of today's contemporary business world is making it more compelling than ever for man to find ways other than his work for achieving needed exercise. The transition of man's work from muscle-power to brain-power has transcended his normal positions into primarily those which are sedentary in nature. Unfortunately, the ability to sit on one's posterior all day without gaining weight is not a characteristic bred into the human species.

With corpulency or obesity a medically proven liability to one's health and the American Medical

Association's assertion that as much of the blame for corpulency should be placed on underactivity as on over-eating, it is apparent that today's sedentary society is in far greater need of off the job exercising than at any previous time in history. It seems significant also to point out that the AMA does not limit the underactivity problem to adults, but it also involves the youth of our nation.

Phillips can do little to control eating habits or will power when it comes to counting calories, but it is within the company's grasp—as it would be with any corporation which has a large employee concentration in one area—to provide them and their dependents an opportunity for activity.

Of course, much of the public is now aware of the fact that for keeping the heart healthy and preventing the onset of cardiovascular disease—the greatest killer in the country today as well as the major cause of disability among the middle-aged—regular, proper exercise is unexcelled. A healthful heart should be considered an excellent dividend to Americans whose average male—if the circulatory system is a correct indicator—becomes middle-aged at 25. Besides the circulatory system, however, exercise is a proven tonic for just about all of the body's systems.

If for no other reason than its concern for the health and vitality of its people and their immediate families, Phillips feels ample justification in providing a company fringe benefit in health and happiness.

## Report of Instructor's Course Held At Sokol Los Angeles

The Los Angeles Unit of the American Sokol hosted a Sokol Instructor's Course, April 4-5, 1970, for all Sokol units in the Pacific District. There were some 15 members in attendance which represented San Francisco, Fresno and Los Angeles.

Work began at 1 P.M. with Jos. Pokorny very thoroughly outlining Sokol terminology with an opportunity of those in attendance to read and interpret prostna. Progression in teaching tumbling was taught by Lubomir Hintnaus, Dagmar Hintnaus presented Free Ex and balance beam. Work ended at 6 P.M., followed by the Pacific District meeting where further plans commenced on the Summer Instruction Sokol Camp to be held at Dinky Creek, Fresno, July 26, 1970, to August 2, 1970.

Sunday morning Jos. Pokorny presented marching with correct English terminology and bro. Hintnaus concluded with work on the uneven bars.

Enthusiasm radiating from the course was high and it was hoped that perhaps the District would hold a District Slet next year.

Ruth Santo

A neighbor was complaining about her weight problem. "I've been dieting for two weeks now," she said sorrowfully, "and all I've lost is 14 days."

With dieting so commonplace, wouldn't it be wise to add "through thick and thin" to the marriage vows?

Flattery is soft soap, and soft soap is 90 percent lye.

## Patrick Henry's Famous Speech

On March 23, 1775 — 195 years ago — Patrick Henry, famous Virginia patriot, and the first governor of his state, made a speech in the Virginia assembly which is still widely quoted, particularly the final lines: "Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take; but for me, give me liberty, or give me death!" Another famous phrase attributed to him was: "If this be treason, make the most of it." Patrick Henry was one of the co-authors of the Virginia Bill of Rights, which anticipated the Declaration of Independence by nearly a month. Its provisions and its phrases are strikingly similar to those of our Declaration of Independence. During the Revolution and the post-war era he served four terms as Governor of Virginia.

One of the best and scientifically most perfect systems of gymnastics is the Sokol system. It differs from other systems in many respects. The most significant difference lies in the fact that the Sokol system was not destined for a few naturally gifted individuals, but its primary purpose is to enable large masses of people to participate in and profit by physical exercise.

This well conceived system satisfies certain basic criteria. It contains not only an orderly and logical arrangement of all elements of physical exercises necessary to develop man's strength and preserve his health, but it also is conducive to a growth of moral values whereby health and physical soundness is preserved. Its purpose is to develop a healthy body and a sound mind and on the national level to keep the nation healthy and sound physically, spiritually and morally.

Sokol Baltimore "Topix"

## Czechs Prepare for '72 Olympic Games

(Ed. Note—The following article appeared in a Czechoslovak publication (in English) and was written by Alois Sokol. It is reprinted in part to impart the Czechoslovak "philosophy" toward the Olympic Games.)

Naturally one of the basic criteria (of selection to the team) is, and will be, the viewpoint of fitness. Consequently, included into Olympic preparations in Czechoslovakia are all Olympic events with the exception of football, the participation of which will be decided only in 1971.

Until now Czechoslovakia has taken part in all Olympic Games with the exception of 1896 and 1904 and has competed in all events with the exception of field hockey and judo.

As regards sports success, Czechoslovakia has won 36 gold, 36 silver, and 28 bronze medals (in 1968 7 gold, 2 silver, 4 bronze) with 46 4th place positions, 36 5th, and 44 6th. Czechoslovakia can boast that it has enriched the Olympic movement with such remarkable personalities as Emil Zatopek or Vera Odlozilova-Caslavska.

Big attention is devoted to the preparation of athletes for the future Olympic Games. Though, in the first place, this task is to be fulfilled by the

respective sports governing bodies, the Czechoslovak Union for Physical Training and Sports, and the Czechoslovak Olympic Committee have announced rules valid for all sports events which ought to contribute to enhancing the scientific and systematic aspects of the preparations.

Special care will be devoted to qualified medical care concerning top athletes and to the post-graduate training of coaches. The important psychological section solves the principles of long term Olympic preparation in a similar way as it tends to create prerequisites for the anchoring of psychological preparation into the system of the training of top athletes.

A very important period will be the years 1969 and 1970 when all sports governing bodies will concentrate on the selection and identification of the outstanding athletes.

In the second-stage of the several-year Olympic preparation (1971-1972) care will be devoted to the selection of the athletes. According to the course and results of the first stage of preparations, the Committee will decide on which events and which sports to enter at Munich.

## THE FIRST SCHOOL IN MODERN GYMNASTICS

The First School for Modern Gymnastics will be held at Sokol Woodlands, Barryville, N. Y., during the latter part of August, under the auspices of the Sokol U.S.A. and sponsored by the USGF (United State Gymnastics Federation) and the AAU (Amateur Athletic Federation). It will be open to all women Sokol instructors, teachers of physical education in colleges, high schools, and public school systems.

The school is designed to give physical educators training and knowledge in the

field of Modern Gymnastics. Work with hand apparatus, (ropes, balls, Indian Clubs, hoops), also work without implement.

Preparedness and progressions will be stressed as well as teaching methods, selection of music suitable for rhythmic gymnastics and composition with and without implements.

Further information and details will be printed in the May issue of the Sokol Gymnast.

M. P.

All units have received drills and apparatus exercises.

**Report of Director of Women**—sis. Zabka: Judging Course was held at Hunter College. The junior girls and senior women of Sokol Fuegner won the Volleyball Tournament playoffs. They will represent our district in the United Sokols of the East Volleyball Tournament.

**Reports of Educator**—sis. Misek: Urges all units to instruct their students to wear proper uniforms when competing and during regular gym sessions. Had plate engraved for Track and Field Trophy. Unit educators should send in their reports of social activities.

#### UNIT REPORTS

**Sokol New York**—sis. Provaznik: Sibrinky was a great success. The hall will be rented for an off Broadway show, "Mad Woman of Chaillot," starring Blanche Jurka. May have to change some dates due to theatre group rental. Senior men won the Volleyball Tournament. Six new members were accepted.

**Sokol Little Ferry**—Henry Vesely: Accepted three new members. Selling candy to raise funds.

**Sokol Fuegner**—sis. Hochner: Jr. girls and senior women won the Volleyball Tournament playoffs.

**Sokol Baltimore**—Contributions and pledges are being made toward the future of Sokol Baltimore of whether to expand or erect a new hall.

All units should govern themselves by the ASO. by-laws and any unit by-laws should be sent to the ASO. for approval.

Units will be notified of the next instructors school which will be directed by sis. Provaznik.

\* \* \*

#### NORTHEASTERN DISTRICT

##### Annual Meeting—January 18th, 1970

Renewed membership in the Nationalities Service Center, in AAU. and in Krajanský Výbor.

Brother Pekar reported that he represented the District at numerous events and activities within the district territory as well as in other districts during 1969.

Each of the Vice Presidents, bro. Serpan, bro. Kovar and bro. Jirousek gave a statement of their activities as officials of the NE District during the past year.

#### UNIT REPORTS

**Sokol Rip**—Has 21 members; is still in the process of selling its camp.

**Sokol Detroit**—Has been progressing financially and gymnastically as well as socially. The unit still owes about \$98,000 on its facilities. The present membership is 208 men.

**Sokol Detroit Ladies Auxiliary**—Is represented on the entertainment committee, fund raising committee, building committee and Board of Instructors with Sokol Detroit. During 1969 the unit initiated 21 new members, while 14 resigned and one became deceased. Present membership is 221 women. The members of the unit participated in the Chicago Slet, in the NE District Slet and were represented in the Slet at Toronto, Canada. Will celebrate its 50th anniversary in 1970.

**Sokol Cleveland-Cech-Havlicek**—Membership is 204 members. The unit has 78 active gymnasts.

The unit and Sokol Tyrns entered into an amicable agreement by which Sokol Tyrns rented the unit's hall for gymnastic and social purposes until Sokol Tyrns can purchase its own hall.

**Sokol Nova Vlast**—The unit participated in the Chicago Slet, the NE District Slet and in the Detroit and Canadian Slets. The biggest social event of the year was the beer festival, from which the unit enjoyed a profit of \$1,900.00. During 1969 the unit published its newsletter for seven months. The membership is 81 men and 102 women.

**Sokol Tyrns**—Membership is approximately 305 members. Until a new hall is found, the unit will use the facilities of Sokol Cleveland-Cech-Havlicek. The main social event during 1969 will be the celebration of the 50th anniversary of the unit's founding. Twenty-three Czech organizations joined Sokol Tyrns in this celebration. Unit is financially sound as well as gymnastically and socially.

Bro. Pekar presented bro. Serpan and bro. Suchy as 50 year members in the NE District. 40-year members were also introduced.

**Krajanský Vybor**—Its main concern during the past was caring for the recent immigrants from Czechoslovakia who fled the Russian invasion of 1968. 500 persons who recently moved into this area were helped by the Vybor. The Vybor also issued a resolution and sent it to the various representatives of the American public, protesting the rape of Czechoslovakia by the U.S.S.R. in 1968.

**Cultural Gardens**—The organization has really completed its most important job, that of erecting statues and plaques in the Czech Gardens. Its main purpose is maintenance of the gardens.

Second edition of the NE District cook book is delegated to the members of the BOI.

**BOI**—BOI. plans to have a Slet for little boys and girls the Saturday before the District Slet. Competitions will be held at Sokol Nova Vlast. The little boys and girls will then participate in the Slet on Sunday. There will be no course because the Slovak Sokol will have a clinic. BOI. recommended that the District congratulate the ASO. directors of men and women for the excellent job performed during the 1969 Slet in Chicago. Bro. Jirousek submitted a report on the gymnastic activities of the district: 56 attend the Calisthenics Clinic; 73 attended the Slet workshop; 385 gymnasts participated in the annual district Slet on June 22, 1969; 199 participated in the ASO. Slet in Chicago in June, 1969.

Sis. Hantl submitted a report on the activities of district women stating that the women participated in all the activities reported by the Director of Men besides having a volleyball clinic.

Auditing committee found the books of the treasurer to be in order.

Officers for 1969 were re-elected for the year 1970.

Bro. Zahradnicek installed the officers.

**1970 Convention Committee**—Bro. Suster submitted a complete report of the work of the committee. Convention Bureau of Cleveland and Cleveland Growth Association will assist at the convention. NE District must provide facilities and office staff for the convention. A souvenir program book will be published. Bro. Suster was authorized by

the convention committee to purchase the following items to be used as souvenirs of the convention for sale at the convention: ashtrays with the Sokol emblem, money clips and charm bracelets for women.

Admission price to the Slet will be \$1.50.

\* \* \*

#### CENTRAL DISTRICT

February 25th, 1970

A float committee had been discussed. Brother Halik was named chairman and will select his co-chairman.

The musicians for the Slet have been taken care of. Brother Halik will contract for the music for the Victory Dance. Sister Basta will sign the contract for the R-B High School for the Slet to be held June 14th, 1970.

A Victory Dance is to be held at Sokol Brookfield Saturday, June 13th.

Sister Drozd was appointed Slet treasurer. Bro. Janecka is the chairman of the Ways and Means Committee.

A discussion then followed of how to stimulate the interest of the parents and also sell the children on Sokol activities and thereby have a better sale of tickets.

\* \* \*

#### WESTERN DISTRICT

March 9, 1970

**Correspondence**—Invitation from bro. V. Kucera of Lincoln, Nebr. Re: May 16th Czech Market Days in Lincoln. Also invitation to the Omaha Czech Club Program on May 3rd at Sokol Omaha Auditorium.

Invitation from Sokol Omaha for the Omaha Czech Brass Band Concert on Sunday, April 5th.

Letter from Bro. Frank Anton, Anthony, Kansas, sending Slet Program Book dated 1928. Book will be given to Historian for records.

Letter was sent to Mr. Ernest Kolman, Radio KLEY, Wellington, Kansas, for the efforts he has expended to continue to promote Sokol on the air.

Sis. Jirka will write sis. Benda regarding her intent to attend the Convention as a District Representative on the Convention By-Law Committee.

Received Newsletters from St. Paul, Cleveland and South Omaha Sokols.

**Director of Men**—Ray Lastovica stated that the team requirements for the Men's Division is as follows: 4 for Low; 3 for Intermediate and 2 for High.

It was suggested to add Spectator Insurance to the list of requirements when making new copies of the District Slet Outline.

Bro. Alfred Swoboda will be the Alternate for President Pavoucek and the Alternate for bro. Lastovica will be Tom Novak of Cedar Rapids.

**District Slet**—Bro. Ed. Kuba appointed Slet Chairman, sis. Libbie Melsha, Secretary, bro. Dennis Hrabak, Treasurer. Committees formulated. LaSalle High School acquired at \$100 per day. Publicity contacts made. Will obtain posters. Housing Committee contacted Hotel Roosevelt and Montrose.

**Technical Staff**—working tentative program. Will write all Units for special numbers.

Each Unit to send in advance the names of their gymnasts, delegates, guests and everyone that will be in Cedar Rapids for preregistration purposes by the Chamber of Commerce.

A combo has been booked for the gymnasts. For the Czech Party in the Clubroom—bros. Anthony, Pazour and Bulicek will provide the music.

## Time of Decision

(Continued from cover page)

We have two well written English translations of this memorable publication. The first one by Dr. J. Rudis Jicinsky, published in 1913, and a more recent one by bro. James J. Cihak in 1958. This inspiring article can be obtained from the Sokol office and should be read and absorbed by every Sokol.

Ninety-nine years have sped by since the article first appeared to wake up the Czech people, to inspire thousands of Sokol hearts. Ninety-nine years since this article has become the Sokol Credo, its summary of principles, its guide and platform (written in 1870).

This year when the Sokols meet during the XI convention of the ASO., the debates and discussions inevitable to such a gathering should point out the strength and health and determination of the Sokols in America. It should show the results of disciplined organization whose roots date back to 1865 and which is still true to its original mission, and ever faithful to Fuegner and Tyrs. It was their basic dream to give rise to generations of determined men and women, firm in their devotion to a noble ideal. A generation of inspired Sokols refusing to rest on the glory of their forefathers, but at all times ready to follow their inspiring examples.

In the spirit of the founders and all those who followed and carried high the Sokol banners and to those to follow in the Sokol destiny on the American soil I say ZDAR!

## Zveme vás do Omahy!

Už 12. program české hudby, písničky a tance bude letos v neděli 3. května v sokolském auditoriu, So. 13th a Martha. Pořadatelem je Český klub v Omaze. Na tomto tradičním programu vystoupí zpěváci, harmonikáři, české děti (tanečky) a královna Wilber, Dwight a Schuyler. Česká královna Nebrasky, M. Novotná z Omahy, bude korunovat novou královnu místního klubu. Po programu kofeína a káva. Slavnost začne o 2. hod. odpoledne. Zveme srdečně krajany, sokolské jednoty, řády ZČBJ. — K.

## Masarykova a sokolská oslava ve Washingtoně.

Československé demokratické organizace ve Washingtoně uspořádaly společnou oslavu 120. narozenin presidenta Osvoboditele T. G. Masaryka a 105. výročí založení první sokolské jednoty na americké půdě v neděli 8. března v sále jedné střední školy. Početná návštěva a zajímavý program se přičinily o zdárný průběh oslavy, která důstojným způsobem připomněla, jak se sokolství a Masarykova humanitní demokracie navzájem doplňují. Hlavní projev v češtině měla naše přední sokolská pracovníce Marie Provazníková z New Yorku. Promluvila na námět "Význam TGM pro dnešek". Zdůraznila, že Masaryk v mnohém směru mluví k dnešku a že je na nás, abychom mu rozuměli. Zmínila se také o Masarykovu sokolování a o tom, jaký význam Masaryk sokolství přikládal celý svůj dospělý život.

Slovenským řečníkem byl vzdělavatel Sokola Washington, D. C., Vavro Ryšavý. Mluvil na thema "Masaryk a Slovensko". Zmínil se především o tom, že Masaryk vždy zdůrazňoval svůj slovenský původ, a připomněl, že TGM budoval své státnické dílo na československé vzájemnosti, jež byla jeho programem i cílem.

Na programu slavnosti se podílela zejména washingtonská mládež. Úvodem dětský pěvecký sbor Sokola Washington, D. C. pod vedením Lídy Brodenové zazpíval obě hymny. Zdeněk Sádlik recitoval báseň Pavla Javora "Tak jako doma" a jeho maminka, Zdeňka Sádliková, recitovala "Českou modlitbu" od L. N. Zvěřiny. Pokud jde o zpěv, Gabriela Petriková, bývalá členka bratislavské "Lúčnice" zpívala směs slovenských písní za doprovodu L. Brodenové.

Slavnost vhodným způsobem zakončil starosta Sokola Washington, Matěj Neumann, který ke svému závěrečnému projevu připojil recitaci básně, kterou básník Pavel Javor věnoval před několika lety washingtonské sokolské jednotě.

V sobotu 7. března dopoledne došlo k tradičnímu položení kytice k Masarykově plaketě na budově někdejšího hotelu "2400", kde Masaryk roku 1918 bydlel a pravděpodobně koncipoval Washingtonskou deklaraci čs. nezávislosti. Kytici položila delegace všech washingtonských spolků v čele se starostou sokolské jednoty. B. Jaroš při tom přečetl několik vhodných citátů z T. G. Masaryka a J. A. Komenského. —vd—

## Výzva ke všem: Rozšiřte řady Sokola!

(M.R.T. v Denním Hlasateli 4. dubna 1970.)

Dnešní americký Sokol pokračuje v tradicích, které světu dal v ideologických zásadách Dr. Miroslav Tyrš.

Byli jsme dojeti, když jsme četli v denním tisku zprávy o snahách o znovuzaložení Sokola doma v Československu. Bohužel reformisté byli zatlačeni do pozadí zásahem sovětů a tak zůstalo jen při snaze. Sokolové, kteří jsou roztroušeni po celém světě, přijali tyto zprávy o znovuzaložení Sokola s velkou radostí a slyšeli jsme i ty, kteří stojí mimo naše sokolské řady: "Pojedeme domů na svobodný slet!" Radost ta netrvala dlouho a celý sen

se rozplynul jako domeček z karet. Jen skutečnost nám zůstala a staří osvědčení pracovníci se pustili do práce s houževnatostí, aby dokázali, že Sokolstvo žije a že nebude nikdy poraženo.

Do USA přijelo od loňského roku několik tisíc nových, kteří se nechtěli vrátit ze svých dovolených, které trávili mimo hranice Československa a také ti, kteří ve vzniklém zmatku pronikli "Železnou oponou". Dnešní moje řádky patří jim a i těm, kteří jsou již ve světě dvacet roků a dosud stáli mimo šiky sokolské. Bratři a sestry, promiňte, že vás oslovuji takto: mnozí jste takové oslovení neslyšeli a nevíte ani podstatný jeho význam, protože jste se narodili v době, kdy slovo Sokol jste nemohli ani najít v Ottově naučném slovníku. Vstupte do našich řad a poznejte co světu a národu dal zakladatel hnutí sokolského, Dr. Miroslav Tyrš.

Estét a filosof, dal našemu Sokolu to, co druzí nazvali předvojem národím! Sokol jako takový vznikl z potřeby doby a dnes, kdy doba je ještě horší co se týče národní nesvobody, je třeba Sokola a sokolů daleko více, než tomu bylo v dobách minulých!

Předjeme v duchu pohnuté dějiny našeho národa a musíme uznat, že ta naše země a lidé z ní vyrůstající je nasáklá něčím, co přes všechny pohromy dává růst znovu a znovu ušlechtilému lidství, bratrství a demokracii. Sokolstvo je toho největším a nejskvělejším důkazem.

Chci, aby tento článek zněl v uších všech těch, kteří se ještě nezapořili do práce v řadách Sokola jako hlas polnice, která volá "vojáky národa". K vytrvání i silný potřebuje posílení a takovým posílením jste vy, bratři a sestry, kteří jste před krátkým časem přijeli z Československa a i vy, kteří jste dosud stáli mimo řady. Sokolská a bratrská náruč je otevřena pro všechny bez rozdílu. Stejně jako v minulosti, tak i nyní Sokol chce a bude tvořit a nebourat. Jsme věrní odkazu našich otců a jsme na tento odkaz hrdí! Musíme pokračovat v této práci, protože je to v zájmu naší národní větve a ne protože je v zájmu jednotlivců! Jednotlivec málo znamená, celek je všechno a v jednotě je síla!

Vím, že každý z nás má mnoho osobních a rodinných problémů, my je máme všichni. Podívejte se na naše otce a dědy, kteří přijeli do této země za daleko nepříznivých poměrů a s jakou láskou opravdu bratrskou budovali Sokol. A dnes, kdy v jejich díle se pokračuje, vzdejte tichou vzpomínku těmto mužům, kteří nebyli universitními profesory, ale dělníky národa na brázdě roli dědičné!

Bratři a sestry, mluvit o Sokole, propagujte jeho ideály a vstupte do jeho řad, staňte se tak vojiny "předvoje národního". Každá etnická skupina dala tomuto kontinentu nějakou svéráznou "originalitu"; necht' po Čechách a Slovácích v Americe zůstane SOKOL se všemi jeho estetickými, mravními a demokratickými ideály!

## Majales.

Vyslovíme-li slovo MAJALES, vybaví se mnohým z nás ihned Jiráskova "Filosofská historie" a její líčení studentské vzpoury z poloviny minulého století proti akademickým úřadům v Litomyšli, které chtěly potlačit starodávná studentská privilegia a zakázaly MAJALES, jarní studentské slavnosti. (Pokr. na str. 58)

Anebo se nám objeví jiný obraz, ještě bližší: Jak my sami, před více nebo méně lety, jsme se chystali na MAJALES, totiž hlavně na jejich zakončení večerním plesem a jak potom vůně jara, studentská bezstarostnost a veselí učinily z jednoho večera zážitek, na nějž se nezapomíná.

Washingtonská odbočka Československé národní rady americké začala s pořádáním květnových plesů, nazvaných MAJALES, v r. 1966 a ty se od té doby staly již tradičními. Pro jejich pořádání bylo mnoho důvodů: Lidé se chtěli po dlouhé zimě zase sejít, povzpřívat si, vzpomínat na cesty a cestičky svého mládí a slyšet kolem hláhol rodného jazyka.

Československá kolonie ve Washingtonu není velká, ale proto, že je v hlavním městě Spojených států, v sídle amerického prezidenta, vlády, kongresu a desítek tisíc vládních zaměstnanců, má zvláštní význam a také zvláštní poslání. Nikoliv vyslanectví, ale československá kolonie reprezentuje u většiny Američanů zde náš lid a jeho starou kulturu. Washingtonský MAJALES je jednou z mnoha příležitostí reprezentovat a znova vhodně upozornit na československou problematiku, jejíž řešení je stále tak naléhavé.

V roce 1969 se MAJALES nekonal, přesto však jeho příznivci, mezi nimiž bylo mnoho Američanů, místo vstupného věnovali značné částky k podpoře uprchlíků. Letos se bude MAJALES opět konat, a to v sobotu večer 2. května v Empire Room předního washingtonského hotelu Shoreham. Čistý výtěžek bude opět věnován podpoře uprchlíků.

MAJALES byl od svého počátku velkou společenskou událostí československého Washingtonu a okolí a jeho význam rok od roku stoupá. V čestném předsednictvu letos najdete americké senátory: Romana Hrušku a Josefa Tydingse, jakož i jiné vlivné osobnosti amerického veřejného i obchodního života a samozřejmě, významné představitele demokratických Čechů a Slováků v zahraničí.

Předsedkyní plesového výboru je paní Anna Fal-tusová a o krátkou uměleckou část večera se postará paní Lída Brodenová.

Přijďte se s námi povešelit na washingtonský MAJALES — prospějete sobě i dobré věci.

## Česká slavnost v Lincolnu.

Velmi živý řád Západní české bratrské jednoty (ZČBJ) v Lincoln, Nebraska, uspořádá v sobotu 16. května Český den v tomto hlavním městě Nebraska, a to na náměstí Gateway Shopping Center, v severovýchodní části města. Bude to první česká slavnost v Lincolnu, pořádaná pro českou i americkou veřejnost. Program dne začne o 10. hod. ráno.

## Fine Kolace and Rye Pride of Czech Family

(From An Omaha Newspaper)

"We thank thee this day for our daily bread."

That message, sewed on a background of cloth, hangs on the wall in the Masek Bakery at 1627 South Thirteenth Street.

And to Joe and Blanche Masek it is more than a sentiment. Customers browse about and sniff the pungent smell of kolace, Bohemian rye bread,

poppy and caraway seed rolls and other Czech delicacies in which the bakery specializes.

For more than a half century, bread has truly been the staff of life for the Masek family.

It started in 1906 when Joe's father, a scared kid of 14, showed up in Baltimore, Md., with less than a dollar in his pocket. His sister had paid his passage to America from Bohemia.

From the outset Joseph Masek, Sr. wanted to be a baker—eventually one who could specialize in the kind of bread and pastries for which his own country was noted.

He stayed in Baltimore two years and then went to New York City and Cleveland.

He met a countryman in Cleveland who told him of bustling Omaha. "They have a big settlement of Czechs there."

Joe, 20, took off for Omaha and found what his friend had told him was true.

And in May of 1920 the big day came with Joseph Sr., running his own shop, catering to Czech tastes.

Since then there has always been a Masek in the bakery.

Joe can remember working for his father in the bakery when he was 7 years old. He cleaned pans and swept floors for two hours after school every day. He was also responsible for carrying in the wood and coal which fired the ovens.

On Saturdays Joe was in the bakery at 6 a.m. and worked until noon. He went to work for his father after graduating from Technical High School. His father died 10 years ago.

In the old days, Bohemian rye was always round and the customers cut their own bread—no sliced rye for them. The old Czechs claimed you let the flavor out if you didn't eat the bread right after it was sliced.

Over the years many celebrities have eaten Masek specials. The late actor, Robert Taylor, took rye bread on hunting trips.

Adolph Menjou, actor and gourmet, liked their bakery goods so well he posed for a picture with Blanche and Joe.

One Czech going back to Prague on a visit wanted to prove to the folks in the old country there was a place in Omaha that could match that city's bakers, on his way to the airport he picked up a couple oversized loaves of Bohemian rye to take with him.

During World War II Joe parlayed his knowledge of baking into captain's bars in the Army. He commanded mobile bakeries in London.

The bakers working for Joe made it possible for the men invading over the channel to have good white bread, fresh from the ovens, before they started out on the invasion.

Joe and his wife moved to the present location 20 years ago.

"My wife's father, Joseph Travnicek, built this bakery shop under contract to us. He and his wife are celebrating their fiftieth wedding anniversary this year and Blanche and I are celebrating our twenty-fifth," Joe said.

EDITOR'S NOTE—We add our congratulations for a happy Golden and Silver Anniversary. (The Maseks are a Sokol family. Blanche is president of Sokolice Omaha.)

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Bear in mind that children of all ages have one thing in common—they close their ears to advice and open their eyes to example.

40 years ago, Herbert Hoover made the news when he as President gave his salary back to the government. Heck, today, we all do it.

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## Odrané království.

(Ke dni 16. dubna 1621)

Dávno dozněl rachot pozdní bouře ze dne 8. listopadu 1620, ale černé mračno bělohorské neuhnulo od Prahy, ba roztáhlo se nad celou zemí českou jako příkrov pohřební. Dusno bylo pod ním k zalknutí, ale vlažičky nedalo, ač s časným jarem r. 1621 hrom nepřetržitě bil do národa, jenž neobstál v boji za svobodu. A na černém pozadí klíkaté blesky napsaly dvě slova zlé, cizích, která již jednou (za Ferdinanda I.) zazněla v Čechách, ale zapomenuta byla národem, jenž z historie ničemu se nenaučil a patrně nikdy se již nenaučí — exekuce a konfiskace. O prvé (poprava staroměstská 21. června 1621) nemíním dnes psát, dnes druhou si připomeneme v celé hořkosti její. Začalo se to 16. dubna 1621 rozsudkem nad uprchlími a zemřelými účastníky "ohavné rebelie", jímž zabaveno 115 panství a velkostatků, 93 domů a velkých peněz hotových, skončeno v srpnu roku následujícího, kdy na základě konfiskačního patentu ze dne 7. května 1622 sebráno ostatním, kteří ku "generálnímu pardonu" se přihlásili, vše, co vzíti se dalo. V celku odňato původním majitelům 481 panství a velkostatků (z 926 veškerých), t. j. téměř tři čtvrtiny veškeré plochy království, v ceně asi 1 miliardy (1000 milionů korun, tehdy více než \$200,000,000; dle stavu dnešního nezměrně více). Veliká většina kořisti této padla ovšem za odměnu té cizácké

chase, která se do Čech slétla jako supové na mrtvolu — ani kuře darmo nehrabe, kdož by toho čikal od supů. . . . To vše vykonala vedením Karla z Lichtenštejna komise z Vídně (českému soudu nedůvěřovali, ač tu byli osvědčení Martinicové, Slavatové, Michnové a jiní patrioté spolehliví), věru pilní byli ti páni při práci tak lidumilné! A ještě měli času dost, aby dne 26. dubna 1621 prokleli památku předčasně zesnulého Jana Albrechta Smiřického — na věky věkův. Ale my dnes vzpomínáme, že zmíněný pán byl jedním z nejskvělejších zjevů v tehdejší šlechtě české, muž krajně obětavý, vlastenec opravdový. Na svůj náklad vypravil a udržoval celý sbor jízdy, za to pán z Roupava, jeden z těch četných kavalírů, kteří vlastní sloužili — hubou, položil na "oltář vlasti" — pštroší péro s klobouka. Oceniti "obět" takovou dovede snad jen majitelka klobouku s loketními pery a proto ji klidně přenecháme šviháka z Roupova, ať se s tím fraucimorem pobaví. Až on, lev předbělohorský, rozřeší záhadu účtů modistky, ona — "koruna tvorstva" — rozluští snad hádanku, jak za takové obětavosti rouповské měl býti placen žold vojsku stavovskému.

Ale my nízkou pokloníme se světlému zjevu pana Smiřického a prokletou památku jeho uložíme do věčného srdce svého.

V.

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