

AMERICAN SOKOL

VOL. XCI.—NO. 5

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PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

SOKOL SITUATION

WE ARE LOSING THE REAL REASONS ON WHICH THE SOKOL IDEALS WERE BUILT!

How can you really explain to our youngsters in the United States what it means to be without freedom? They have never experienced any lack of freedom in their lives and have no way to apply the knowledge of things foreign to them.

The question is: Can we, at the present time, inspire and fire up our younger generation to the patriotism for our great, free and wonderful country—the United States of America, as Tyrs and Fuegner inspired the people of Czechoslovakia from all walks of life with the Sokol ideals?

The Sokol Hall was the place to meet, and gymnastics, which kept the body healthy and the mind sound, was the reason to get together and form a healthy and sound foundation for a movement in every city, town and small village, which freed Czechoslovakia from the yoke of the Austria-Hungarian Empire.

This is an historical fact, this is the patriotism that our fathers and mothers possessed and this is the tradition in which we grew up and still cherish today. These are the values that we were unable to pass on to our own children, because gymnastics alone is not enough to tie the great era of patriotism into the lives of our younger generation.

This is basically where our weakness in Sokol lies, and unless we will be able to sense and recognize when the right psychological moment arrives to inspire our younger generation to the everlasting young patriotism through our new Sokol ideals and methods—no mergers or anything else will help us and we are destined to fade away.

During these troublesome times, we need ways to build an appreciation for true values and the strength to defend the freedom we now enjoy. If we're not strong enough to protect our freedoms, they can be taken away from us. The time is now. There is a majority of youngsters that are against the committee movements of Hippies, Yippies, Students for Democratic Society, Black Panthers, and the likes. The decent students must be longing for a media to express their disapproval and show their patriotism in a positive way. Let us promote through the Sokol movement American patriotism, respect for law and order and protect the freedoms that we now have.

FRANK NOVAK, President, Sokol Belcamp

AMERICAN SOKOL



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OFFICE OF THE EXECUTIVE BOARD ASO.

Betty Prener, Secretary

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

Calendar of Events

- 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.

Condensed History of Sokolice Omaha, Now Known as Omaha Sokol Ladies - 1889-1969

Sokolice Omaha are celebrating, belatedly, their 80th anniversary on Saturday, May 23rd, 1970. Champagne Dinner-Dance. After dinner, a fine program is being prepared: Gymnastic numbers, a soloist and a speaker.

Pins will be awarded to 25, 40 and 50-year members.

Happy 80th Anniversary!

Eighty years ago, in 1889, 25 young women met at the home of Mrs. Marie Kriz for this purpose, to organize a sister Club, to the Tel. Jed. Sokol Omaha, which had been in existence about 12 years. Anna Chval was the first president, and in the treasury was \$2.40.

Over the years there were many officers, many money raising projects, and many men and women instructors for the gym classes. Up to the time when we had to import gym instructors, most of the instructors worked for a small salary, or none. One of the most devoted was Bohumil Bartos, who was the women's instructor for over 30 years. At that time the women did not use apparatus, but devoted their time to Indian club and dumbbell

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 Physical Fitness Day" — Riverside-Brookfield High School Stadium, 2:00 p.m.

JUNE 14th—CLEVELAND, O. — "CESKÝ DEN." D.T.J. Farm.

JUNE 21st—NORTHEASTERN DISTRICT, Cleveland, Ohio. — District Slet at the I.O.O.F. Camp.

JUNE 21-24—AMERICAN SOKOL ORGANIZATION XI CONVENTION, Manger Hotel, Cleveland, Ohio.

JUNE 25th - 28th—SLOVAK SOKOL SLET IN MONESSEN, PENNSYLVANIA.

JULY 4th—SOKOL SO. OMAHA, NEBRASKA. Family Picnic — Sokol Park.

JULY 4th—SOKOL HAVLICEK-TYRS, CHICAGO. Opening of the Camp — Crystal Lake, Illinois.

JULY 11th - 12th—SOUTHERN DISTRICT SLET to be held at Sokol Karel Havlicek Borovsky, 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.

drills, many of which brother Bartos composed. They also spent a lot of time learning to keep a straight line of march, keep step, and cut square corners, and what is more impressive than to see a nice line of march. There were many women instructors, who devoted a lot of time to the gym. In 1926, Marie Lastovica and Agnes Fiala were sent to Prague, Czechoslovakia, to participate in the VIII Slet. In 1938, Frances Hulac, represented the District in Prague at the X Slet.

In 1899, Sbor Sokolek Tyrs was organized, and in December 1948, the two units, meeting in the same hall, drilling together, decided to merge, with Marie Ptak as the first President. Up to the year 1959, the meetings were conducted in the Czech language, and the minutes were written in Czech. Now that we have many American members, and the younger generation of Czechs can neither speak, or understand the Czech language, the meetings are conducted in the English language. The President at this time is Blanche Masek, and we should mention that Mildred Krejci has been financial secretary continuously since 1948. Our unit has been helping the men's unit, both morally and financially.

We have many trophies on display, which have been won by our gymnasts over the years.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCI.

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Číslo—No. 5

THE XI CONVENTION OF THE AMERICAN SOKOL ORGANIZATION
will convene at 9:00 A.M., June 22, 23, 24, 1970, at the MANGER HOTEL
East 13th Street and Chester Ave., Cleveland, Ohio 44114

Standing By-Laws Committee will meet prior to the Convention at 9:00 A.M., Thursday, June 17th, 1970, at the Manger Hotel.

The officers of the American Sokol Organization, ASO.-BOI. Directors of Men and Women, District Presidents, District BOI. Directors of Men and Women and Unit delegates will meet at 9:00 A.M. on Monday, June 22nd, 1970, in the Mather Room of the Manger Hotel.

DELEGATES — XI AMERICAN SOKOL CONVENTION

AMERICAN SOKOL EXECUTIVE COMMITTEE:

PRESIDENT	Stanley Barcal
1st VICE-PRESIDENT	Blanche Cihak
2nd VICE-PRESIDENT	George Basta
SECRETARY	Betty Prener
FINANCIAL SECRETARY	Ann Falta
TREASURER	Frank Vodrazka
DIRECTOR OF MEN	Edward Linhart
DIRECTOR OF WOMEN	Lorraine Zdenek
EDITOR	Charles Prchal
EDUCATIONAL DIRECTOR	James L. Cihak
ORGANIZATION DIRECTOR	Emilie Ruzicka

MEMBERS OF ASO.-BOI. CONVENTION COMMITTEE:

1st ASSISTANT WOMEN'S DIRECTOR	EllenJeanne Schnabl
2nd ASSISTANT WOMEN'S DIRECTOR	Anne Halik
SECRETARY—WOMEN	Mili Udaykee
1st ASSISTANT MEN'S DIRECTOR	Richard Ptacek
2nd ASSISTANT MEN'S DIRECTOR	Roy Zitny
SECRETARY—MEN	Paul Lebloch

STANDING BY-LAWS COMMITTEE:

EASTERN DISTRICT	Charles Zraly, Chairman
CENTRAL DISTRICT	Edwin Halik
NORTHEASTERN DISTRICT	Charles Zahradnicek
WESTERN DISTRICT	Barbara Benda
PACIFIC DISTRICT	George Spanek
SOUTHERN DISTRICT	George Prevratil

EASTERN DISTRICT:

PRESIDENT	Charles Zraly
WOMEN'S DIRECTOR	Norma Zabka
MEN'S DIRECTOR	Frank Capek

Unit	Delegate	Alternate
BALTIMORE—MEN	Donald Otenasek	Edward Stetka
BALTIMORE—WOMEN	Rosemarie James	Marie Pokorny
CURTIS BAY	Edward Stetka	None
FUEGNER, LONG ISLAND CITY	Blanche Zraly	None
LITTLE FERRY—MEN	Henry Vesely	William Zabransky, Jr.

LITTLE FERRY—WOMEN
NEW YORK

Blanche Kubat
Marie Provaznik
Jan Babinec
Eastern District
Matthew Neumann

None
None
None

PHILADELPHIA
WASHINGTON, D. C.

Jerry Friedrich

NORTHEASTERN DISTRICT:

PRESIDENT
WOMEN'S DIRECTOR
MEN'S DIRECTOR

Emil Pekar
Agnes Hantl
Edwin Jirousek

Virginia Linhart
Edward Linhart

Unit

Delegate

Alternate

CLEVELAND-CECH-HAVLICEK

Ann Skoda
Ralph Gruber
Henry Siedlik
Frank Kalivoda

Fred Jirsa
None
Victor Hurych
Joe Kovar

DETROIT—MEN

Jarmila Zboril
Dorothy Mily
G. F. Capoun
John Galik
Jeanette Wagner
Charles Zahradnicek

Lillian Bruno
Victoria Hosnedle
Ann K. Botek
Frank Duril
Mildred Kolar

MORAVAN
NOVA VLAST

Lad Voris
Anthony Suster
Robert Jirousek
Gladys Jirousek

Emily Vencl
Charles Zahradnicek
None
None

RIP
TYRS

CENTRAL DISTRICT:

PRESIDENT
WOMEN'S DIRECTOR
MEN'S DIRECTOR

Joseph Drnec
Marie Ptacek
Charles Kalat

Unit

Delegate

Alternate

AMERICKY
BERWYN
BROOKFIELD
CECHIE
CHICAGO—MEN
CHICAGO—WOMEN
HAVLICEK-TYRS—MEN
HAVLICEK-TYRS—WOMEN
MILWAUKEE—MEN
MILWAUKEE—WOMEN
MLADOCECH—MEN
MLADOCECH—WOMEN
PLZENSKY

Bessie Vokoun
Mili Udaykee
Roy Zitny
Ann Glasser
Edward Hlinka
Ann Falta
Jerry Rabas
Ann Basta
Fred Stankovsky
Emily Stankovsky

Catherine Krimmel
Rudolph Svoboda
Elsie Bohnick
Stanley Barcal
Mary Toman
George Basta
Zdenka Kovar
Charles Richter
Jarca Richter

ROZVOJ
SLAVSKY

None
Arthur Fischer
Mrs. A. Fischer
Hattie Vrba
Edwin Halik
John Satek, Jr.
Mary Ann Satek
William Shana
Robert Pesek
Camilla Ulrich
William Vrba
Frank Balsanek
June Pros
Mary Balsanek
Bretislav Vanek
Irene Ruzicka
Caroline Dunovsky

None
None
None
Rudy Gurtler
Anne Halik
Josephine Drnec
None
Frank Ulrich
None
None
William Meyer
James Berousek
Julie Kaspar
None
Bohumil Lankas
Agnes Sotka
Georgianna Kral

ST. LOUIS

STICKNEY
TABOR—MEN
TABOR—WOMEN

TOWN OF LAKE—MEN
TOWN OF LAKE—WOMEN
WEST SUBURBAN

WESTERN DISTRICT:

PRESIDENT
WOMEN'S DIRECTOR
MEN'S DIRECTOR

Edward Pavoucek
Bozena Drozda
Raymond Lastovica

Alfred Swoboda
Beverly Kilborn
Alfred Swoboda

Unit	Delegate	Alternate
CEDAR RAPIDS—MEN	Theo. Hlubucek	Frank Stefl
RENATA TYRISOVA—WOMEN (CEDAR RAPIDS)	Karel Jares	None
CRETE—MEN	Bette Trefny	Libbie Melsha
LIBUSE, CRETE—WOMEN	Betty Petrzalek	Marjorie Nejd
FUEGNER-TYRS, SO. OMAHA—MEN	Western District	Elsie Connelly
	Helen Kupka	Joe Slezak
	Vojmir Benak	None
	Edward Pavoucek	None
	Victor Novotny	Vlasta Calta
SOUTH OMAHA—WOMEN	Bea Pavoucek	Raymond Lastovica
OMAHA—MEN	Anton Krejci, Jr.	Beverly Kilborn
OMAHA—WOMEN	Blanche Masek	Blanche Buresh
	Mildred Krejci	
SCHUYLER	Western District	
WILBER	Alfred Chab	Robert Stehlik
HOPKINS	Sokol Omaha	
MINNEAPOLIS	Western District	
ST. PAUL	Lorraine Vanyo	
CALDWELL	Sokol Omaha	
KAREL JONAS	Edward Pavoucek	

PRESIDENT
WOMEN'S DIRECTOR
MEN'S DIRECTOR

SOUTHERN DISTRICT
George Prevratil
Sylvia Laznovsky
Larry Laznovsky

Unit	Delegate	Alternate
CORPUS CHRISTI	Millie Elzner	Jerry Elzner
FORT WORTH		
HOUSTON	Jack Lang	None
	Alice Rily	None
KAREL HAVLICEK-BOROVSKY	Edwin Laznovsky	Charles Jurcik
ZIZKA	Jerry Stransky	Mrs. Bob Cates
	John Kebrle	Joe Ehrenberger

PRAHA
KAREL HAVLICEK

PACIFIC DISTRICT
Vaclav Salak
Martha Lizak
Lou Hintnaus

Unit	Delegate	Alternate
FRESNO	Lynn Pokorny	
LOS ANGELES—MEN	Vaclav Salak	Joseph Pokorny
LOS ANGELES—WOMEN	Louise Nekuda	Margaret Pokorny
SAN FRANCISCO—MEN	George Spanek	None
SAN FRANCISCO—WOMEN	Anna Spanek	None
PORTLAND		
SCIO		
SEATTLE		

NOT ASSIGNED TO A DISTRICT
George Zednek

Frank Ruzicka
Jan Hertl

JAMES L. CIHAK:

INSPIRATION!

It is 22 years this month since Joseph Cermak passed away. Throughout his life he was a steadfast adherent to the finest concept of the Sokol ideals and was unquestionably the greatest Sokol produced in America. As a boy he met Dr. M. Tyrs during an unexpected visit to the gymnasium in the town where Cermak was born. Dr. Tyrs spoke to the boys. His bearing and the fire in his personality left the boys entranced. Cermak in his

later years wrote that he could still see him in his mind and recalled every word he said in his brief address. This was inspiration of the highest type and brought to America, in the person of a 16 year old boy, a tremendous force for the Sokol cause.

Joseph Cermak was an outstanding athlete, original thinker, physical education instructor at Medill High School for 38 years, Sokol gym instructor, composer of hundreds of original drills for men and especially for women and children. He

wrote a history of the United States and the life of Abraham Lincoln in Czech, was a correspondent to "Mind and Body," "Sokol Americky" and other technical publications. He led the Sokol Slet at the World's Columbian Exposition in Chicago in 1893, was twice president of ASO., editor of Sokol Americky, Duch Casu and on the staff of the Daily Svornost.

He left us a treasury of original thought and guidelines for the future life of Sokol. He had a fine sense of humor and often dispelled the gathering clouds of controversy so frequent in clashes of strong personalities. He ruled by his mere presence and strength of character rather than by force. Among the fine things he wrote in English is his brochure on Dr. M. Tyrš, (available at the ASO. office). In it he wrote of the inspiration he got throughout his long life from the writing and preaching of Dr. M. Tyrš.

At the end of the chapter on "Principles As Outlined for Sokols by Tyrš," he wrote the following: "And if every American boy today will follow the teaching of Dr. Tyrš, if every man will have courage in his heart, strength in his arm and his country in his mind, our Republic can face the future without fear, for there never will be an enemy strong enough that would dare to challenge such a nation! These three things should be the attributes of every American citizen no matter where his cradle stood. In those words of Tyrš which inspired his Sokols to such heroic deeds, I see the best preparedness for every nation. A man with giant strength in his arm and with a lion's courage in his heart, may be a dangerous man to his country, if he is not patriotic! And, allow me to add that it is the writer's firm belief that our gymnastic institutions should not be places for physical training only, but that in these institutions the strict rules of morality should be planted in the plastic mind of our youths, that our gymnastic institutions should be the temples from which the laws of hygienic living are disseminated among the masses and, — last but not least, — they should be hotbeds of the most intensive patriotism."

The fifty years that have elapsed, since Joseph Cermak wrote his brochure on Dr. Tyrš, show us clearly what could have been had his words been heeded. No one denies youth the right to be heard. It is the undisciplined methods used that threaten every fiber of our life as a nation.

Inspiration can be had for a beneficial advance for the Sokols and our nation from a study of Joseph Cermak as he in turn received it from Dr. M. Tyrš. — Nazdar!

ASO. EXECUTIVE BOARD

Meeting held April 28, 1970

Reports: Central District minutes of meeting Mar. 25, 1970; Eastern District minutes of meeting Mar. 10, 1970; Southern District minutes of meeting Feb. 12, 1970; Southern District minutes of meeting Mar. 12, 1970.

Correspondence: Invitation from Sokol U.S.A. to participate in gymnastic competitions and the XVI Slet to be held June 26-29, 1970, in Monessen, Pa. Also XXIII Sokol U.S.A. Convention will be held in Pittsburgh, June 29-July 2. Greetings will be extended for the American Sokol Organization by

bro. S. Barcal. — Sis. N. Zabka advises regarding exemption of payment of tax on air travel. This matter was looked into without success, however, bro. J. Cihak will check further to see if we qualify at this time. — Invitation from Czechoslovak Exiles to hear Otto Otepka speak on subversive activities.

— Letter from Sokol Scio, Oregon. After thorough discussion decision reached to phone bro. Salak, President of the Pacific District, asking that representatives from the District pay a visit to Sokol Scio to help resolve their situation, this expense to be applied against the Organization Committee budget. — Letter from Western District advising that sis. B. Benda will be their delegate to the By-Law Committee in Cleveland. — Southern District advises bro. G. Prevratil will replace bro. J. Pokladnik on By-Laws Committee. — Correspondence from Sokol Belcamp to Sokol Baltimore on the possibility of merging the two units into a stronger unit. — Received from Registration Committee sample book of tickets for the XI Convention.

Reports—ASO.-BOI.: Bro. E. Linhart read minutes of informal meeting held by the men's BOI. Invitation received for the Sokol U.S.A. Slet, bro. Linhart received invitation to attend Western District Slet. Modern Gymnastic clinic will be conducted by sis. M. Prchal and N. Zabka at Sokol Woodlands. Sis. J. Pros gave report on prices, materials, and sources of supply for uniforms. — Gymnastic material sent to Sokol Miami. Also read report of the Director for the month of April. Visited unit gymnastic exhibitions in the Central District and attended work shop at Sokol Tabor. Latest material for Sokol U.S.A. Slet sent to District Directors. Attended showing of film entitled "We the Czechs," sponsored by Suburban Cinema Club, photographed by Mr. Holub. Film included a portion of the XII Slet.

Sis. June Pros presented a very complete report of the trip made to Philadelphia by herself and sis. E. J. Schnabl to contact sources of supply of our Sokol gym uniforms. Samples of various uniforms were shown, fabrics explained, prices quoted. A report was also given on the set-up of the operation and handling from our end. Several recommendations made. A meeting of the BOI. Uniform Committee and Executive Board representatives will be held May 6 to finalize matters and start the operation.

ASO.-BOI.: Sis. L. Zdenek read report for the month of April. Uniform samples were carefully screened and suggestions made. Corrections for calisthenics and competition exercises received; all correspondence answered. Write article for Convention program book; also greetings to the Western District for their Slet program book. Sent BOI. recommended changes to by-laws to bro. C. Zraly. Typed financial report for the Sokol School. Attended unit exhibition Sokol Havlicek-Tyrš and attended meeting of Competition Rules Committee.

Educational Director bro. J. Cihak. (Report for March was inadvertently omitted from minutes by B. Prener, Secy.) March report—wrote article for American Sokol April issue. Doing research for college professors, writing history of Czechs in America in which the Sokols will be included. Wrote articles on Sokols for Panorama. Helping young Sokols gather material for their theses for masters

SOKOL GYMNAST

May 1970

EDITOR—MILDRED PRCHAL

2419 Scoville Avenue, Berwyn, Illinois 60402

PREPARATORY EXERCISES WITH INDIAN CLUBS

Edited by Karol Bednar and Joseph Skapik in Sokol Times

Movements with Indian Clubs are essentially arm movements and their basic terminology is the same as for calisthenics. The purpose of the implement (club) is to add weight to the extreme end of the arms and thus increase the centrifugal power of the swinging arm. Consequently, swinging is the predominant activity with the club.

For beginners, practicing with clubs is a tiresome exercise and, therefore, a gradual adjustment is necessary. Begin practicing swings and circles with the club in one hand and then repeat the same movements with the club in the other hand. When in this way the basic technique is learned, practice these movements with a club in each hand.

I Exercise

(Where no other position of the club is stipulated, the club remains in extension with the forearm.)

Closeheel stand—closearm, club hanging from the right hand:

1. Right sidearm (hold club firmly with head in the palm, hand is closed, index finger and thumb support the club by the neck, thumb up).
2. Medium frontal swing downward, club in front of the left shoulder (pivotal point in the elbow).
3. Medium swing back to sidearm.
4. Closearm inward and repeat Exercise I three times. On the final count (12) transfer the club to the left hand and repeat Exercise I with club in the left hand.

II Exercise

Closeheel stand—closearm, club in the right hand:

1. Sidearm—club in extension of the forearm in firm grasp.
2. Large frontal circle downward (arm straight throughout the movement).
3. Repeat 2.
4. Closearm (repeat two or three times; on the final count, 8 or 12, transfer the club to the left hand and repeat Exercise II again two or three times to the opposite side).

III Exercise

Closeheel stand—closearm, club in the right hand:

1. Sidearm, club in extension of the forearm.
2. Small frontal swing downward in front of the forearm.

NOTE: This is a small swing whose radius equals the length of the club, with the pivotal point in the head of the club and partly in the wrist. Hold the head of the club loosely between the tips of the thumb, index finger, and middle finger. The head of the club moves in the small pit created by the three above mentioned fingers. Thumb is in front; arm is straight, and the club moves parallel in front of the arm.

3. Small frontal swing downward into extension of the forearm.
4. and 5. Repeat 2. and 3.
6. Small frontal circle downward in front of the forearm.
7. Repeat 6.
8. Closearm (repeat Exercise III three times, then try it to the opposite side with the club in the left hand).

IV Exercise

The same movements as in Exercise III but instead of small frontal swings and circles in front of the forearm, execute small frontal swings and circles behind the forearm. Then repeat the same movements with the club in the left hand.

V Exercise

Closeheel stand—right sidearm, club in the right hand:

1. Large frontal swing down-inward.
2. Large frontal swing to sidearm.
3. Medium frontal swing downward.
4. Medium frontal swing to sidearm.
5. Small frontal swing downward in front of the forearm.
6. Small frontal swing into extension of the forearm.
7. Small frontal circle downward behind the forearm.
8. Hold in sidearm.
Repeat the same movements twice, and then the whole exercise with the club in the left hand.

VI Exercise

Closeheel stand—right sidearm, club in the right hand:

1. Large frontal swing downward.
2. Large frontal swing to sidearm.
3. Large frontal circle downward.

4. Medium frontal circle downward.
5. Large frontal circle downward.
6. Same as 4.
7. Same as 5.
8. Closearm.
Repeat the same exercise twice, and then with the club in the left hand.

VII Exercise

Closeheel stand—sidearm, club in each hand, in extension of the forearms:

- 1.-2. Two small frontal circles downward in front of the forearm.
- 3.-4. Two small frontal circles downward behind the forearm.
Repeat four times.

VIII Exercise

Closeheel stand—uparm outward, clubs in extension with the forearms:

- 1.-2. Two large frontal circles outward.
3. Small frontal circles in front outward.
4. Large frontal circles to uparm outward.

NOTE: While executing large circles, hold the clubs in a firm grip. Practice these circles first with back to the wall or when facing the wall, to get the habit of executing these movements without deviation from the frontal plane.

IX Exercise

Closeheel stand—closearm, clubs hanging from the hands:

1. Large frontal swings inward, right in front to left.
2. Large frontal swing outward to sidearm downslant.
3. Small frontal circles (in sidearm downslant) upward to sidearm.
4. Small frontal circles in front downward (in sidearm). Repeat four times.

X Exercise

Closeheel stand—sidearm, clubs in extension of the forearms:

1. Uparm across, right in front—moderate rearbow, look toward clubs.
- 2.-3. Large frontal circles outward to uparm outward and small frontal circles in front outward—hold rearbow.
4. Again small frontal circles in front outward to sidearm.
Repeat four times facing the wall.

XI Exercise

Closeheel stand—left sidearm, right bend frontarm, hand in front of the left shoulder, clubs in extension of the forearms:

1. Large frontal swings downward, right sidearm, and left bend frontarm, hand in front of the right shoulder.
2. Small frontal circles downward, left in front, right in rear.
3. Arms hold.
The same movements to the opposite side and repeat four times.

XII Exercise

Closeheel stand—sidearm, clubs in extension of the forearms:

1. Medium frontal circles downward.
2. Large frontal swing downward to frontarm downslant across, right in front.
3. Large frontal circles outward to uparm outward.
4. Small frontal circles inward in front and sidearm. Repeat four times.

XIII Exercise

Closeheel stand—right flex closearm, club vertical (right arm movement).

- 1.-2. Medium frontal circle to right.
- 3.-4. Medium frontal circle to left.

NOTE: The pivot point is in the elbow, forearm with the club is continuously in line. Repeat the same movement with club in left hand and then with a club in each hand. Practice these movements close to the wall.

(To be continued)

PRICE LIST OF THE NEW UNIFORM DIVISION OF THE AMERICAN SOKOL ORGANIZATION

There are some Class Uniforms which are not as yet available. Please be patient, we are really working on this, one of our most important projects. We need your cooperation and understanding, but as you can see there has been progress made.

You will also notice NEW items which will be available thru the Uniform Division. We hope this will be a help to you and you will take advantage of these extras.

As to prices: you will notice a Group Price and Retail Price. The Group Price is just as the name means, five (5) or more of one item constitute a Group Price. Retail Price is for four (4) or less of one item.

As to delivery: orders will be processed as soon

as received and sent immediately on in stock items, 2 to 4 weeks on items not in stock. Seeing as we are just starting out we know you will give us your full cooperation and understanding until we get on our feet.

Handling charges: 75c per \$100.00 order. This is subject to change. Check or money order must accompany all orders. Prices subject to change.

If you have any questions please contact:

American Sokol Organization
Uniform Division — c/o June Pros
6426 West Cermak Road
Berwyn, Illinois 60402
Area Code 312 — Phone 795-6671

CATALOG

Style Code	Description and Sizes	Group Price	Retail Price
TBT	Tots, 1st and 2nd Class Boys ASO. "T" Shirt Sizes 4 — 6 — 8 — 10 — 12 — 14 — 16 Sizes—Men's — Small — Medium and Large	1.25 each 1.50 each	— —
JBS	Junior Boys White Shorts — Nylon Stretch (with NEW Sokol belt attached) Waist Sizes — 24" — 26" — 28" — 30" — 32" — 34"	7.20	7.80
NJ	Junior Boys and Men's Sokol Shirt (Jersey) Stretch Nylon — Step In (no buttons)	6.00	6.50
CJ	Durene Cotton — Pull Over Sizes for above items: Boy's Chest — 26" — 28" — 30" Men's Chest — 32" — 34-36" — 38-40" — 42-44" — 46"	4.50	5.00
MP	Men's Navy Blue Stretch Nylon Sokol Pants With Side Zipper Sizes 4 5 6 7 8 9 10 Waist Min. 24 26 28 30 32 34 36 Waist Max. 26 28 30 32 34 36 38 Length Min. 26 27 28 29 30 31 32 Length Max. 28 29 30 31 32 33 34	14.95 16.45	— —
Note: Larger sizes and special made to order 10% higher.			
Order by waist and inseam—the above sizes are for approximate sizing, large sizes and special made to order are for extreme sizing problems. ALL men's pants with NEW Sokol belt attached.			
OSB	Old Sokol Belting (not colorfast) This is the only belting we have on hand at the present time, which can be sold by the yard. The NEW Sokol belting is attached to the uniforms where stated.	50c per yard	
WGS	Gym Slippers — Canvas upper — pebble sole	2.25 per pair	—
BGS	White Black State regular shoe sizes (may send outline of foot)		
WHG	Lampwick Hand Guards — Small — Medium — Large —XLarge	2.25	—
LHG	Leather Hand Guards — Small — Medium — Large	2.85	—
C	Gymnastic Chalk (8 — 2 oz. blocks per pound)	1.15 per lb.	—
WUS	Warmup Suit — Nabholz "Boston" Navy Blue — Red and White Trim Special price to Junior and Senior Sokol members ONLY. Sizes 4 5 6 7 8 9 10 Chest 33-34 35 36-37 38-39 40-41 42-43 44-45 Waist 25-26 27-28 29-30 31-32 33-34 35-36 37-38 *Inseam 27 28 29 30 31 32 33 * Crotch to ankle bone.	22.65	24.40
JG-A	Junior Girls Royal Blue Sleeveless Leotard Stretch Nylon — Light Weight — 2 Panel Size — Sml. 8-10 — Med. 12-14 — Large 16-18 (all adult) Specify Bust, Waist, Hip and Girth For larger sizes add \$1.00 per leotard	4.25	4.55
JG-Z	Stretch Nylon — Heavier Weight — 6 Panels — Fitted Size — Sml. 8-10 — Med. 12-14 — Large 16-18 — XLarge 20 Specify Bust, Waist, Hip and Girth Sokol Emblem and Sokol Belt are to be purchased separately	7.80	8.40
WS	Women's Navy Blue Shorts — Stretch Nylon (with NEW Sokol Belt attached) Size Small Medium Large XLarge Waist 24" 26" 29½" 33½"	8.45	—

WB	Women's Blouse (65% Dacron, 35% Cotton) Sizes — 32 — 34 — 36 — 38 — 40 — 42	4.25	—
E	ASO. Emblem (round Red and White) Used by 1st, 2nd and Junior Girls Classes	40c each	—
OSB	Old Sokol Belting (not colorfast) This is the only belting we have on hand at the present time, which can be sold by the yard. The NEW Sokol Belting is attached to the uniforms where stated.	50c per yard	—
	Gym Slippers — Canvas Uppers — Pebble Sole	2.25 per pair	—
WGS	White		
BGS	Black		
	State regular shoe size (may send outline of foot)		
B	Briefs — Lightweight Stretch Nylon	2.00	2.50
	Royal Blue — Will match Junior Girls Uniform		
	Navy Blue — Will match Women's Uniform Shorts		
	Red — Will match 1st and 2nd Class Girls Uniform		
	Footless Tights (waist, hip and inseam)	5.00	5.25
BFLT	Black		
RFLT	Royal Blue		
WUS	Warmup Suit — Nabholz "Boston" Navy Blue — Red and White Trim Special price to Junior and Senior Sokol members ONLY.	22.65	24.40
	Sizes 4 5 6 7 8 9 10		
	Bust 33-34 35 36-37 38-39 40-41 42-43 44-45		
	Waist 25-26 27-28 29-30 31-32 33-34 35-36 37-38		
	*Inseam 27 28 29 30 31 32 33		
	* Crotch to ankle bone.		

HANDLING CHARGES—75c per \$100.00 order. Check or money order MUST accompany all orders. All prices subject to change without notice.

RETURNED MERCHANDISE will not be accepted if soiled or damaged unless with prior knowledge and consent to return same given by the American Sokol Organization.

ORDERS ARE PROCESSED as soon as received and delivery is immediate on instock items and 2 to 4 weeks on items not in stock.

The hippies, the SDS and members of the new left, young and old, spit the word out like dirt, but it is still a word that brings a spine-tingling sensation to those who love their country.

We must see to it that demagogues, whether from the left or the right, can never take hold in our society. Hate groups are lost for the want of a mob, and so we must teach our young the value of democracy; that wrong is never right despite what they might see around them; that love and respect for country must come after love and respect for God and home, and that the one cannot successfully flourish without the other.

We must all realize, after sifting through all the dissent and all the talk, 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 has ever been provided for the common man by any other system in recorded history.

America was founded on the principle that observance of the law is the real safeguard of liberty. We are free to disagree with it, but not to disobey it, because law and order are vital to the maintenance of a stable democracy, and we are constantly being tested by those whose deliberate aim is to destroy our institutions and our nation.

Patriotism is the sum of the three cardinal virtues: FAITH, HOPE and CHARITY. Faith in the principles of our government; Hope in the future of our country; Charity toward all and malice toward none.

"WORDS TO THINK ABOUT"

The six most important words: "I admit I made a mistake."

The five most important words: "You did a good job."

The four most important words: "What is your opinion."

The three most important words: "If you please."

The two most important words: "Thank you."

The one most important word: "We."

The least important word: "I."

Although "Reader's Digest" recently told us that anything goes "verbalizationwise," we do have to watch our speech. For example, the word "run" alone has eighty-three different definitions in the unabridged dictionary. Hence brevity and clarity are of the utmost importance. For example, at the suggestion box in one big corporation the boss was overheard to murmur, "I wish employees would be more specific. What kind of kite? What lake?"

degrees. — April report—Wrote article for American Sokol. The number of youngsters in college going for degrees has been increased and many are asking for Sokol material. We have only 4 brochures and the program from the last Slet. A lot of research work has to be done which involves much correspondence.

Editor bro. C. Prchal. American Sokol April issue was ready about 12 days ago. Attended the University of Chicago presentation of portrait of T. G. Masaryk. The painting was a gift to the University by Thomas Bata. Bro. S. Barcal also was in attendance. Attended the Convention of the Czechoslovak National Council, was introduced and spoke to the gathering. A copy of the minutes from the Convention will be sent to us. Attended several gymnastic exhibitions in the Central District. Bro. Prchal advises he will have his report ready for Convention but will not attend.

Financial Secretary sis. A. Falta read the report of receipts and disbursements for the month of March. Also reports that the insurance bond for Slet personnel will soon expire. Is filling in for sis. Sotka while on vacation. Motioned that bro. S. Barcal represent American Sokol Organization at Lyra Singing Society banquet.

Treasurer bro. F. Vodrazka reports that his report coincides with that of the Financial Secretary. Submitted a complete final financial report on the Slet, and also prepared the 990 IRS report for 1969. At this time wishes to state that he will not be a candidate for office.

Publicity Committee sis. A. Basta. Set up wording for 2 ads as requested. Now busy promoting Central District Slet.

Slet Committee bro. G. Basta. Chairman asks that with the submission of the final financial report the Slet Committee activity is duly closed and asks bro. Barcal to release Slet officers. Bro. Barcal expressed his thanks that all matters were brought to a successful conclusion and the Slet Committee is hereby disbanded.

Secretary: Office report. Sis. J. Pros completed mimeographing of by-laws in sufficient quantity for the Convention. Sent all information as requested to bro. A. Suster. Recommends Convention Committee send confirmation of hotel reservations. Majority of time spent on getting information on Sokol uniforms. Made trip to Philadelphia with sis. E. Schnabl to check sources of supply. Completed addressing envelopes for the Central District. — Sis. A. Sotka. Quarterly reports processed, federal tax deposited, first quarter federal tax form 941 filed, 1st quarter Illinois Income Tax form filed, March financial report prepared. Sent letters to units delinquent in the payment of special assessment and dues. Sokol Fuegner-Tyrs, South Chicago, was sent statement of their account. All units have been notified of any balances owing for pins, belting, emblems, pants, plaques. Ad placed by A. Suster for Sokol Beach Motel, which appeared in November 1969 issue remains unpaid. New letterhead received from the printer. Mimeograph service contract expires. Approved that it be renewed. Presently working on 5-year special assessment report. — Sis. E. Schnabl has answered all correspondence. Sokol Baltimore reports receiving Slet film in bad shape and are checking with postal

authorities regarding insurance and will keep us posted. Sokol Cleveland Cech-Havlicek is to receive it next. Sent letter to all units regarding the number of delegates each is entitled to, how many shall be paid by the Convention fund, and the number of votes each has. Sis. Pros and Schnabl (trip to Philadelphia) will be reimbursed each for two 8-hour days. — Sis. B. Prener attended meeting on uniforms, kept in touch with the office by phone, wrote article for Convention Souvenir Book.

President bro. S. Barcal. Attended presentation of portrait of T. G. Masaryk by Thomas Bata to the University of Chicago. Ceremony very impressive. Received report from the State of Illinois regarding bill in Congress concerning ethnic studies and the foreign language press. Movement to give minority groups better stature and better publicity. Attended gymnastic exhibitions at Stickney and Havlicek-Tyrs. Wrote report for the Convention and an article for the Convention Souvenir Program Book.

General Discussion: Bro. F. Vodrazka extended opportunity for all to view a life-size portrait of T. G. Masaryk painted in 1930. It took 3 years to paint. The painter—Frantisek Hornik. Bro. Prchal advised that Frantisek Hornik painted Sokol posters in 1907.

Bro. C. Prchal drew a map of the United States locating all the Sokol units thereon, and asks permission to print in the American Sokol across 2 pages. Approved.

Financial Report ASO.

April 1970

INCOME:

Dues	\$ 2,702.75
Convention Fund	38.00
Special assessment	208.00
Dividends and interest	137.53
Advertising and subscriptions —	
"American Sokol"	95.00
Jewelry, hats	121.00
Sokol belting, emblems, pants	89.37
Membership kits, manuals, postage	12.41
Luggage stickers, educational pamphlets..	2.80
Miscellaneous Slet income	15.00
ASO.-BOI. Instructors Course at Potter	
Lake	29.00
Slet film rentals	15.00
Total Income	\$ 3,465.86

DISBURSEMENTS:

Administrative Department	
Salaries	\$425.94
F.I.C.A. & F.W.T. for March	61.28
Rental, janitor service, phone	265.75
Illinois Income Tax	20.35
Printing and office supplies	93.93
Maintenance — business machines	52.50
Jewelry	212.00
Travel expense	14.00
Petty cash	20.93
Miscellaneous	15.56

\$ 1,182.24

Educational Department BOI.

Salaries	\$219.44
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F.I.C.A. & F.W.T. for March ..	38.40	
Illinois Income Tax	12.48	
Uniforms	64.95	
Postage, phone	36.66	
Travel expense	249.49	
Editor "Sokol Gymnast"	25.00	
Add'l. copies "Sokol Gymnast" ..	28.00	
		\$ 674.42
Sokol Publication		
Editor "American Sokol"	\$ 75.00	
Printing of "American Sokol" ...	528.00	
Postage for "American Sokol" ..	41.50	
		\$ 644.50
Miscellaneous		
Convention expense	\$ 1.91	\$ 1.91
Total Disbursements	\$ 2,503.07	
BALANCE:		
Totals brought forward:		
Western National Bank of Cicero—check-		
ing account	\$13,492.74	
Income — April 1970	3,465.86	
		\$16,958.60
Disbursements — April 1970	2,503.07	
		\$14,455.53

Future Sokol Leaders Fund

In memory of sis. Marie Balek:	
Hilda Jelinek	\$ 10.00
Clyde Savings & Loan—dividend	162.79
Hoyme Savings & Loan—dividend	143.75
	\$316.54
(The above contributions are tax exempt)	

FROM OUR DISTRICTS

EASTERN DISTRICT March 16, 1970

Correspondence: Minutes of the ASO. Executive Board of 1-27-70. Preparations are being made for the Convention to be held in Cleveland.

Sokol Baltimore is investigating the possibility of merging with Sokol Belcamp with the intention of building a new Sokol Hall.

ASO. revised edition of the rules governing the use of Travel Instructors Fund.

Newsletters from Sokols Little Ferry, New York and Baltimore.

Report of the Director of Women—sis. Zabka: Since there was no available place to hold the training period it had to be canceled. Units will be informed of next training period. Sis. Zabka will notify units of date of performance of Swedish women's gymnastic team at Hunter College.

U.S.O.E. competitions for women to be held at Astoria Slovak Hall.

Report of the Director of Men—bro. Capek: Absent, sent in report. It is being left up to the units whether they wish to participate in the Slovak Slet at Monessen, Pa. Sokol Little Ferry will participate in the Slovak Slet. If bus is not filled will invite Sokols Fuegner and New York to go along with them. U.S.O.E. competition for men at Bohemian Hall in Astoria.

Report of Educator—sis. Misek: Absent, sent in report. It was stressed that it is the duty of the educator to travel to units and give lectures on education to the children's classes. Also that the educator should prepare an educational program which should be distributed to the units.

UNIT REPORTS:

Sokol Little Ferry—Bro. Vesely reports that a profit of \$1,500 was realized on the candy sale. Sokol Little Ferry will participate in the Memorial Day Parade. Discussed the means of hiring an instructor for Sokol Little Ferry.

Sokolice Little Ferry—sis. Kubat: Hold various activities after meetings. Plan to start a bowling team. Have requested that an instructors course be held in Little Ferry. Need an advanced instructor. Gymnasts get to a certain point and then lose interest since they cannot advance.

Sokol Fuegner—sis. Hochner: Winter dance was a success. A group of women will attend showing of "Madame of Chaillot," starring Blanche Jurka, at Sokol Hall, New York.

Sokol New York—Women's classes progressing nicely. Majales Dance on May 2nd and Exhibition to be held on June 6th.

A discussion followed on the duties of delegates at the Convention. However a general discussion on the Convention will be brought up at the next mid-season meeting which will be held in Baltimore.

* * *

CENTRAL DISTRICT March 25, 1970

A discussion was held about placing advertisements in the various program books. If the District had a full page ad, with the units named, would the units be willing to pay their share? A suggestion was made that bro. Drnec take this up at the convention.

However motions were approved that we take full page ads in the program book of the XI National Convention of the ASO. in Cleveland and also for the 100th anniversary book of the Unity of Czech Ladies and Men.

Received an invitation from the Shriners to participate in an athletic show at Medinah Temple. We are presenting a gymnastic demonstration on trampoline, side horse and parallel bars. Bro. Paul Lebloch is in charge of the demonstration.

Sister Marie Ptacek read her report. Brother Kalat was not present. Tentative dates for coming competitions were: 2nd class girls—May 23rd. Women—June 1st. 2nd class boys—June 6th. Men—June 12th. Junior girls and boys—June 13th. Victory dance June 13th at Sokol Brookfield. Brother Kalat had asked for \$250.00 for two workshops. Approved.

Central District representatives, President and Men's and Women's Directors, will be paid transportation \$15.00 per diem to the Convention, and also bro. Halik will get the same—three days before the Convention.

A suggestion was made that the Central District have a hospitality suite at the Convention, where our President and the Men's and Women's Directors could meet and host other Districts. Money allowed for same not to exceed \$500.00. Approved.

The issue of spending money came up but with the Slet in June and everybody doing their part,

we should make enough to take care of any expenditures.

* * *

WESTERN DISTRICT April 13, 1970

Correspondence: Received Cleveland and South Omaha Sokol Newsletters.

Quarterly Reports—Sokol Karel Jonas total 28 members. Sokol So. Omaha gained 22 members—total 312. Sokolice Cedar Rapids gained 3 and lost 2—totaling 190. Sokolice So. Omaha gained 13 and lost 1—totaling 138.

Received an invitation from Lodge 424, WBFA, Lincoln, Nebr., to participate in the "Old Czech Market Days Festival" in Lincoln on May 16th. Since this is an active year for the District with the Slet and the National ASO. Convention, sis. Jirka will write a thank you and decline the invitation.

Reply from sis. Barbara Benda advising that she will be the Western District delegate to the National By-Laws Committee in 1970.

Letter sent to ASO. Convention Chairman requesting anticipated time of Convention adjournment to assist delegates in selecting flight schedule to enable them to be at their place of employment on Thursday. It was advised that the approximate time of adjournment would be 12:00 noon, Wednesday.

Trophy Committee—Estimates about \$200.00—\$250.00 for trophies and medals.

A letter from the Moravian Group of Chicago that they will contribute a Beseda number to the program, and a letter from sis. Beverly Kilborn of Sokol Omaha that they will have a Modern Gymnastic dance number.

Slet Committee and officers of units and BOI will have pictures taken for Program Book. It was also recommended that a picture from the Western District be requested.

Pre-Slet Meeting—To be held in Cedar Rapids on May 9, 1970. Bro. and sis. Pavoucek, bro. Vojmir Benak and sis. Beverly Kilborn will represent the District.

Wilson, Kansas, After Harvest Festival—Members of Sokol Karel Jonas are coming to Omaha and would like an informal get-together as to the participation of South Omaha and Omaha gymnasts during the Wilson Festival.

Sokol Karel Jonas has invited the gymnasts to participate—expense for bus transportation, housing and meals to be furnished by Sokol Karel Jonas. The arrangement of program to be made by the Western District Directors of Men and Women.

District Slet—Public relations progressing nicely. Housing information has been sent to all units. Nissens will provide apparatus. Victory Dance to begin at 9:00 P.M.

* * *

SOUTHERN DISTRICT February 12, 1970

Correspondence: From Sokol Houston—enclosing check for \$50.00 as their donation towards the furnishing of the room at the SPJST Rest Home by the District. Also informing that the benefit function for the Rest Home was a success.

Reports of Units: Reports were brief as very little has transpired since the annual meeting.

Educational Director and Public Relations: Bro. Bilan reported on a trip to Monterrey, Mexico, by Sokol Fort Worth on an invitation by the Monter-

rey Gym Club to present a gymnastic exhibition. The event received publicity by pictures and articles and on television both in Fort Worth and Monterrey. Traveled by bus, approximately 43 participated, also assisted at a clinic there prior to the program. Exhibition was well received by approximately 1,000 spectators. Requests that the 1967 Mid-Slet film be sent to Monterrey Gym Club.

Report of the President: Brother Prevratil reports that Sokol Yukon, Okla., feels that they are not in a position to hold a Slet at this time.

Brother Smith announces that the lecture of Dr. Shull on exercise is on tape and is available to units on request. May be used as educational material.

March 12, 1970

Committee reviewed the annual meeting traveling expense and will study means of eliminating some of the expense in the future.

Correspondence: From the Executive Board, American Sokol Organization: Requesting information on the arrival and condition of the XII Slet film which was mailed to the District in January.

Acknowledging a check for \$50.00 from Sokol Corpus Christi as the Unit's donation towards the furnishing of a room in the SPJST Rest Home by the District.

From Sokol Zizka (Dallas) by-laws committee: Submitting their report in reviewing the by-laws and their recommendations. Also submitting a design for the cover for the Constitution and By-Laws Book.

Minutes of the ASO. Executive Board, Eastern and Northeastern Districts.

REPORTS OF UNITS:

Corpus Christi—Monthly meeting attended by 35 members. On agenda: Clean-up day of grounds and building.

Dallas—Monthly meeting attended by 54 members. Junior girls entered AAU. meet in Denton, placing all-around in the various age groups, a first, second and third were secured. Will host volleyball tournament.

Ennis—Monthly meeting attended by 30 members. Will hold the District Slet. Appointed committee for the Polka Festival. Establish a Memorial Fund. Blueprints for proposed new building submitted by committee discussed. 5 gymnasts participated in AAU. meet in Denton.

Houston—Monthly meeting attended by 33 members—gained 2. Held a benefit dance for SPJST Rest Home.

Technical Staff—Combined Report: Requested tape music for all classes for floor exercises. Have not heard from Fort Worth in regard to holding the District course. On agenda: Exhibition for the Polka Festival in Ennis.

Discussions: District Slet—Sokol Ennis in accepting the Slet and in view that the Unit is planning for a new building requested that the percentage be on the basis of 80% for the Unit and 20% for the District. Approved.

Convention, June 22, 23 and 24th: Report by the by-laws committee of Sokol Zizka (Dallas) was read and adopted as submitted.

American Sokol publication: Convention to discuss material for publication in the American Sokol.

National Convention Souvenir Book—Half page in the Convention Souvenir Book will be purchased. It was suggested that all Units of the Southern District be listed in the spacing. Also pertaining to the Convention—units will be contacted to send the names of their deceased members since the last Convention of 1965.

One-half page in the Cedar Rapids District Slet Souvenir Book will be purchased.

Bro. Laznovsky informs that the Ennis Polka Festival committee is planning for a bigger and better event this year. Sokols will participate in the parade and an exhibition will be presented.

KAREL M. PRCHAL:

Jubilejní koncert k oslavě stoleté činnosti Českého pěveckého sboru Lyra.

Slované a zvláště Češi a Slováci jsme měli vždycky lásku k zpěvu. A u nás, v Americe, přiznáváme české a slovenské písní zvláštní význam a úkol. Lyra hrála v tom směru vážnou úlohu. Plnila své poslání znamenitě — v buzení národního vědomí, v pěstění národní hrdosti, v poznávání slavné národní minulosti . . .

Zpěv byl důležitou posilou v každé osudově rozhodné chvíli. Se zpěvem na rtech šla do boje a vítězila husitská vojska i legie. Zpěv byl útěchou českých a slovenských lidí v dobách krutého útisku pod cizím jařmem.

Činnost sokolstva sdružila se velmi záhy se zpěvem a není možno mysliti sokola bez schopnosti vnímati a milovati zpěv. Zpěv zušlechťuje duši a povzbuzuje srdce. Je v něm kouzlo povznášející moci, která dovede v těle rozproudit krev, rozehřát každou cévu, rozjasnit a zpevnit mysl. Zpíváme rádi, především, sokolské a národní písně, které jsou nám nejjíší přístupny. Jsou to líbezná a milá květa českého a slovenského umění lidového, jež vyrostly z hluboko zapuštěných kořenů národního bytí.

Cíle Lyry jsou doplňováním cílů sokolských. Proto také Sokolstvo při svých slavných dnech žádalo si účast Lyry, která mu byla vždy radostně poskytnuta. Sokolové ve svých srdcích chovali úctu a lásku k Lyře.

V památníku, vydaném ku století píše br. R. J. Houkal:

"Zhodnotit dostatečně práci a umění Lyry a vše, co pro naši zámořskou větev vykonala, není prostě možno. Nejdůležitější snad jest nesporný fakt, že přinesla pravé umění v nejsrozumitelnější formě a mistrněm podání nejširším massám našeho lidu. At' již jest to píseň lidová či umělá, nebo velebné a nádherné oratorium, naše Lyra nejen že umí noty zpívat, — ona je žije, a s ní i všechno posluchačstvo."

Br. Houkal uspořádal památník — vzorně.

Koncertem ukázala Lyra krásu sborového zpěvu a vyspělost pěvců. Svým výkonem prokázala znovu, že je tělesem vysoké umělecké úrovně.

V zahajovacím projevu předseda Lyry, br. James J. Dietz přivítal a pozdravil účastníky, kteří naplnili hlediště velkého auditoria J. S. Mortonovy vyšší školy, západní části, tak, jak dlouho, dlouho jsme neviděli. Prošel stručně děje, jimiž procházela Lyra v dlouhých letech svého usilování. Poklonil se památce svých předchůdců na předsednictví Lyry a všech, kteří v řadách její byli činnými. Lyra stála vždy se svým lidem a koncertem nalila novou sílu a odvalu dále ve stopách 100 let kráčet.

Celý koncert pevnou rukou řídil a na piano doprovázel solisty Mistr br. Frank Kubina, který jistě měl nemalou účast ve výběru přednesených čísel.

Zpěvů rozmanitého rytmu, provedených s obzvláštním pochopením a zdarem. Zájem obecenstva stále rostl a tak zněl auditoriem co chvíli bouřlivý potlesk—jako odměna za krásný přednes. Smetanovo "který pak Čech by neměl hudbu rád!" se projevil v plné vřelosti.

Také banket na uzavření slavného dne byl všestranně zdařilý. Připojuji věcný projev, učiněný u té příležitosti br. Kubinou.

"Oslavujeme sto let organisovaného československého zpěvu v Americe, sto let naší Lyry. Bylo to století usilovné, nadšené práce, vpravdě nezištné a ušlechtilé, práce, která zasahovala všechny vrstvy a všechny generace naší krajanské veřejnosti.

V témž duchu pěstovali jsme srdečně přátelské styky s pěveckým a hudebním světem v staré vlasti, přičinili jsme se o slavné zájezdy Pěveckého sdružení pražských učitelů a operních pěvců do Ameriky a s upřímnou láskou podnikli jsme sami dva zájezdy do Československa.

Mám skromný, ale čestný úkol při tomto hodnocení díla vykonaného za uplynulých sto let. Chci poděkovat všem dnes již zemřelým průkopníkům, kteří v tomto úseku bohatých dějin naší americké národní větve organisovali milovníky zpěvu, vedli je k cílům vyšším a vyšším a tak dosáhli toho, že Lyra se stala v americkém prostředí vážným uznávaným tělesem.

Děkuji také za obětavou práci všem členům pěveckých spolků, jež se spojily v Lyru. Bez jejich zájmu a krásné zanícenosti, bez jejich oddanosti nebyl by mohl nikdo přivést Lyru a československý zpěv v Americe na takovou úroveň a k takovým úspěchům. Vzdávám čest této společné práci, této jednotě v ušlechtilém snažení, tomuto kulturnímu pionýrství, které tak ozdobilo dobré jméno našeho národa v cizím a ne vždy příznivém prostředí.

Ale náš dík patří také krajanské veřejnosti za to, že tak chápala naši práci, uznávala a podporovala ji, a pak našemu krajanskému tisku, který nám byl vždycky vydatnou oporou.

Tato pomoc a práce minulosti nás ovšem také zavazují. Zůstaňme, drazí přátelé, dále na cestě, kterou jsme si vytkli, věrní zpěvu a uměleckým snahám a věrní národu, z jehož niterných pokladů stále čerpáme, s každou písní obnovujeme a potvrzujeme svůj nezrušitelný svazek s milovaným národem československým.

Bratři, vykonali jste velké dílo a jsem pevně přesvědčen, že v něm budete zdárně pokračovati.

Dokud zde ta naše píseň bude žít, budeme žít i my!"

Obřadníkem banketového programu byl br. Karel Prchal.

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Župa Západní ve znamení sletových příprav.

V tělocvičnách sokolských jednot v Nebrasce, Minnesotě, Kansasu a Iowě je v posledních několika měsících jako v úle, neboť vše se soustředí na slet župy Západní ve dnech 12., 13. a 14. června t. r. v městě Cedar Rapids, Iowa, kde již působí dobře sestavený sletový výbor, v jehož čele se nachází energický br. Edward R. Kuba, místopředs. ses. Květa Smith, tajemnicí ses. Libbie Melsha a pokladníkem br. Dennis Hrabák. Prvních několik schůzí bylo věnováno organizaci pracovních výborů tak aby přípravy k velkým dnům pokračovaly hladce. Na Public Relations výboru jsou br. Charles Kříž a sestry Maxine Kinch a Bette Trefný. Souvenir Book: Bratři Fred Anthony a T. B. Hlubuček a ses. Jarmila Hutchinson. Ubytovací výbor: Bratři Václav Čada a Jos. Pazour. Transportace: Br. Karel Jareš a ses. Dorothy Ditch. Technický výbor: Br. Errol Lindsey za muže, ses. Betty Petržálek za ženy, Tom Novák a Marge Nejd. Registrace: Edward Kuba a Georgia Schneider. Entertainment a Food: Libbie Št'astný, Bessie Naxera, Helen Kopeček a Mary Macháček. Trofeje: Dick Petržálek, Tom Novák, Máňa Zlatohlávek, Hermína Rigel, Don Pulkráb, Rick Bartůnek. Hospitality: Renata Hruška, Robert Hruška, Marie Vítek, Jos. Vítek s čestnými členy: Martha Králík, Jos. Králík a John Práštka.

Obsáhlost sletového výboru potvrzuje zájem a upřímnou snahu obou Cedar Rapidských jednot učí-

niti letošní slet župy Západní podnikem úspěšným v každém směru, nad kterým bude mít americké sokolstvo oprávněnou radost.

Také celé město, které si před lety vysloužilo titul "České Athény" se na uvedené červnové dny těší a pilně připravuje. Bude to na prvním místě dokumentováno ve vkusném sletovém Památníku, ve kterém se nachází množství blahopřejných projevů od obchodních firem, rozmanitých organizací i jednotlivců. Místní jednoty jsou si současně vědomy velké zodpovědnosti, kterou vzaly na sebe, neboť výsledky budou posuzovány také americkou veřejností hlavně v neděli 14. června v prostorném auditoriu La Salle vyšší školy, kde bude předveden skvělý program sokolské tělovýchovy co "Tribut americké mládeži". Bude zkrášlen vystoupením krojované skupiny moravských tanečníků z Chicaga.

Slet župy Západní bude nejdůležitějším podnikem v tomto roce a není pochyby, že i sokolstvo druhých žup a hlavně z Chicaga bude na těchto dnech čestně zastoupeno. Cedar Rapids je krásným městem s populací bezmála 110,000, tedy ne žádnou zapadlou vesnicí. Jsou tu přední obchody k nákupům, dobré hotely a sletový výbor činí vše možné, aby sokolstvo a hosté byli v každém směru spokojeni a cesty nelitovali. Hlavní stan bude ovšem v budově Sokola v srdci města.

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