

AMERICAN SOKOL

VOL. XCI. — NO. 10

OCTOBER 1970

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

REMEMBER ME?

Some people call me Old Glory, others call me the Star Spangled Banner, but whatever they call me, I am your Flag, the Flag of the United States of America . . . Something has been bothering me, so I thought I might talk it over with you . . . because it is about you and me.



I remember some time ago people lined up on both sides of the street to watch the parade and naturally I was leading every parade, proudly waving in the breeze, when your daddy saw me coming, he immediately removed his hat and placed it against his left shoulder so that the hand was directly over his heart . . . remember?

And you, I remember you. Standing there straight as a soldier. You didn't have a hat, but you were giving the right salute. Remember little sister? Not to be outdone, she was saluting the same as you with her right hand over her heart . . . remember?

What happened? I'm still the same old flag. Oh, I have a few more Stars since you were a boy. A lot more blood has been shed since those parades of long ago.

But now I don't feel as proud as I used to. When I come down your street you just stand there with your hands in your pockets and I may get a small glance and then you look away. Then I see the children running around and shouting . . . they don't seem to know who I am . . . I saw one man take his hat off, then look around, he didn't see anybody else with theirs off so he quickly put his back on.

Is it a sin to be patriotic anymore? Have you forgotten what I stand for and where I've been? . . . Anzio, Guadalcanal, Korea and now Vietnam. Take a look at the Memorial Honor Rolls sometimes, of those who never came back to keep this Republic free . . . One Nation Under God . . . when you salute me, you are actually saluting them.

Well, it won't be long until I'll be coming down your street again. So, when you see me, stand straight, place your right hand over your heart . . . and I'll salute you, by waving back . . . and I'll know that . . .

You Remembered!

AMERICAN SOKOL



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by the

AMERICAN SOKOL ORGANIZATION

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EDITOR

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2419 Scoville Ave. Berwyn, Ill. 60402

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OFFICE OF THE EXECUTIVE BOARD ASO.

June Pros, Secretary

6426 W. Cermak Rd., Berwyn, Illinois 60402

Tel.: 795-6671

Calendar of Events

- OCT. 29th—SOKOL BERWYN, ILLINOIS.
Children's Halloween Party—Girls.
- OCT. 29th—SOKOL BROOKFIELD, ILLINOIS.
Tots and Girls Halloween Parties.
- OCT. 30th—SOKOL BROOKFIELD, ILLINOIS.
Boys Halloween Parties.
- OCT. 30th—SOKOL BERWYN, ILLINOIS.
Children's Halloween Party—Boys.
- OCT. 31st—SO. OMAHA SOKOL HALL BOARD
OF DIRECTORS Masquerade Dance. 21st and
"U" Streets.
- OCT. 31st—SOKOL BALTIMORE, MARYLAND.
Halloween Dance.
- OCT. 31st—SOKOL DETROIT, MICHIGAN.
Masquerade Party.
- NOV. 4 to NOV. 18—AMERICAN SOKOL ORG.
Tour to Miami, Fla. — 1st Anniv. Sokol Miami.
- NOV. 6th—SOKOL SOUTH OHAMA, NEBR.
Chicken/Shrimp Dinner
- NOV. 7th—SOKOL BROOKFIELD, ILLINOIS.
Jrs. and Srs. Hayride.
- NOV. 8th—SOKOLICE SO. OMAHA, NEBR.
Card Party.
- NOV. 14-15—SOKOL MIAMI, FLA. — Celebration
of 1st Anniversary at the Czechoslovak Club.
- NOV. 18th—SOKOL BROOKFIELD, ILLINOIS.
Autumn in Prague (Luncheon).
- NOV. 20, 21, & 22—SOKOL MILWAUKEE, WIS.
Holiday Folk Fair.
- NOV. 21st—SOKOL TABOR, BERWYN, ILL.
Bowling and Pizza Party.
- NOV. 22—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — "Fun Fair."
- NOV. 28th—SOKOL SLAVSKY, CICERO, ILL.
Annual Dinner-Dance, Peacock Room, C. S. A.
Bldg., Cicero, Ill. 6:00 p.m.
- DEC. 5th—SOKOL STICKNEY, ILLINOIS.
Spaghetti Dinner — 5:00 to 8:00 P.M.

DEC. 5th & 6th—SOKOL BROOKFIELD, ILL.
Christmas Fair.

DEC. 19th—SOKOL TABOR, BERWYN, ILL.
Adult Christmas Party—Club Room.

DEC. 31st

SOKOL SOUTH OMAHA, NEBR. — New Year's
Eve Dance. — Music by Frankie Hazuka.

SOKOL BROOKFIELD, ILLINOIS. — New Year's
Eve Banquet.

SOKOL DETROIT, MICHIGAN. New Year's Eve
Party.

SOKOL STICKNEY, ILLINOIS. — New Year's
Eve Banquet. By reservation only.

SOKOL HAVLICEK-TYRS, CHICAGO, ILL.
Annual New Year Eve Dance.

1971

JAN. 16th—SOKOL BROOKFIELD, ILLINOIS.
Spaghetti Dinner.

JAN. 24th—SOKOL TABOR, BERWYN, ILL.
Ski Party—Alpine Valley.

American Sokol Organization
6426 West Cermak Road
Berwyn, Illinois 60402

Dear Brothers and Sisters:

It is my great privilege and pleasure to forward to you the enclosed check in the amount of \$500.00 as a donation granted by the recent XXIX Quadrennial Convention of the Czechoslovak Society of America (C.S.A.) for the support of the important work in which you are engaged.

At this time I likewise wish to express anew our deep appreciation to your President, bro. Stanley Barcal, for the fine greetings extended by him on behalf of the American Sokol Organization to our Convention, and to the members of your Board who attended our Convention Banquet on August 5th.

For more than 100 years our organizations have worked together in complete harmony and co-operation for the betterment of our Czechoslovak community in America, and we of the CSA look forward with pleasure to many more years of such mutual co-operation and assistance for the preservation of our great Czech heritage among the second, third and fourth generations of our Czech and Slovak people in this country.

With sincere best wishes for the greatest of success possible in your great work, in which please be assured of our full co-operation and continued support, I remain, with the kindest of fraternal greetings for the

CZECHOSLOVAK SOCIETY OF AMERICA,

James V. Krakora, Secretary

American Sokol Organization
6426 West Cermak Road
Berwyn, Illinois 60402

Dear Sisters and Brothers:

Enclosed please find check in the amount of \$25.00 which is a gift proposed during our 21st Quadrennial Convention.

Nazdar!

UNITY OF CZECH LADIES AND MEN,

Josephine Drnec, President
Harriet Vacherlon, Secretary

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCI.

October — 1970 — Říjen

Číslo—No. 10

MARIE PROVAZNÍKOVÁ

On October 24th, the 80th birthday of sis. Marie Provaznik will be celebrated by thousands of her students, friends and admirers. Marie Provaznik remains a loyal disciple of Dr. Miroslav Tyrs, founder of the renowned Sokol Organization in Czechoslovakia.

There are many who know of sis. Provaznik's work in her native land, her work as head of physical education in the schools in Czechoslovakia and the many years as director of women for the Sokol. She continued her work upon arriving in the United States and added thousands of followers while teaching as Professor at Panzer College, in Sokol camps and gymnasiums, high schools and universities. Through her office as Director of Women for the Sokols in Exile she has traveled to cities all over Europe, wherever the Czechoslovaks have made their homes after leaving Czechoslovakia because of invasions of enemy forces in their beloved country.

Since the early 1920s when the American Sokol women became actively engaged in teaching the girls' and women's classes in the United States, the works of our sisters in the Czechoslovak Sokol and especially sis. Provaznik were very important in our physical education programs. Her "Výcvik správného držení těla v pětiminutovkách" (5 minute exercises for correct posture), "Dvanáct cvičebních hodin v tělocvičně" (Twelve exercise hours in the

gymnasium), many, many articles on swimming, skiing, skating, etc., were all conscientiously studied. Her group and mass compositions with and without hand apparatus were exquisite and are being utilized in gymnasiums today.

It is to be regretted that not many of our present Sokol instructors are able to read the Czech technical books and I consider myself one of the fortunate women who attended Sokol classes that formerly were conducted in the Czech language. This gives me the opportunity to understand modern trends in gymnastics that are now being used in Europe and are gaining interest in our own United States.

It is rare to see an instructor of sis. Marie Provaznik's age show such profound interest and enthusiasm in gymnastics as I saw only a few weeks ago when she taught during a Modern Gymnastics Clinic in Camp Woodlands at Barryville, N. Y. She is a great pedagogue excelling in physical education as well as in the educational field of the Sokol movement.

It is my sincere wish, dear sister, that you will enjoy perfect health, complete contentment, and success in all of your future activities for many, many years to come—in other words, everything that we call "HAPPINESS"!

Mildred Prechal

50th ANNIVERSARY OF SOKOL DETROIT LADIES AUXILIARY

The 27th of September, 1970, was a memorable day for the members of the Sokol Detroit Ladies Auxiliary. Fifty years ago a group of women, including present members, namely, Anna Kavan, Steffie Moravansky, Anna Newberg, Agnes Pazdernik, Marie Schamanek and Bessie Skramsky, organized a women's unit. This group was to work side-by-side with the male unit of Sokol Detroit which is a part of the American Sokol Organization that believes in physically fit, mentally alert and morally sound individuals. From 1920 to the present the Auxiliary has had the following presidents: Anna Hrabak (1920-1921), Rosalie Mokry (1922-1924), Marie Drazan (1825-1940), Anna Kopecky (1941-1950), Bessie Eisner (1951-1957), Josephine Mily (1958-1959), Frances Kovarik (1960-1962), Vlasta Nozicka (1963-1967), and Jarmila Zboril who took office in 1968 and still continues in that capacity. The first director of women's

gymnastics for the Ladies Auxiliary was brother Frank Pliska (now in Cleveland, Ohio).

With much talent in both units of Sokol Detroit, an excellent program was presented to celebrate the Golden Jubilee. The program consisted of the following:

1. GREETINGS extended by President Jarmila Zboril to all present.

2. AN ADDRESS delivered by Emily Welcl-Ruzicka, Chairman, Organizational Committee, American Sokol Organization, of Miami, Florida.

3. Seven selections presented by the CZECH CHORAL GROUP under the direction of Lada Kopecky; accompanist, Lillian Jaroh. Members of the choral group were: George Ensenstein, Jarmila Kalivoda, Lillian Chiaz, Frank Kominek, Beatrice Kominek (Mrs.), Frances Smahay, Mary Smahay, Ferruccio DeConti, Lillian Teichman, Helen Horak, Geraldine Sedlar, Angela Bezruch, Eugene Kopecky,

Ella Valek, Theresa Smahay, David Stasa and Mary Anne Stasa.

4. A CZECH FOLK DANCE performed by a group of junior boys and junior girls; instructor, Jarmila Kalivoda; accompanist, Lillian Jaroh. The eight in this number were: Ricky Kalivoda, Kathy Siedlik, Jim Michalek, Terri Stepka, Janet Belavek, Ron Jaroh, Patti Hurtik and Paul Siedlik.

5. STYLE AND RHYTHM—a style show depicting three eras of gym uniforms worn by the women, junior girls and little girls classes with the participants performing portions of calisthenics taught many years ago. Director, Jarmila Kalivoda; accompanist, Lillian Jaroh; participants: the 1920's—Irene Belavek (woman's uniform), Annette Mily (junior's uniform), Diane DeConti (little girl's). The 1940's—Betty Tomes (woman's), Amy Klepek (junior's), Ann-Marie Seidel (little girl's). The Modern Look—Joan Spiroff (woman's), Nancy Kovar (junior's), Audrey Smahay (little girl's).

6. CHAMBER MUSIC—Trio String Ensemble, offered by Walter Klepek, George Novotny and Edward Klepac in a presentation of three numbers.

7. THE "GOLDEN" FINALE executed by three women performing calisthenics: Mary Anne Kerr, Beatrice Kominek and Beverly Smahay; instructor, Jarmila Kalivoda; narrator, Eugene Kopecky; accompanist, Lillian Jaroh.

8. The very capable toastmistress, Renata Zbo-

ril, introduced many representatives and dignitaries, among whom were: Mayor Canfield, Dearborn Heights; Councilman Plunkett and Mrs. Plunkett, Dearborn Heights; bro. Stanley Barcal, President, ASO., and sis. Barcal; bro. Pekar, President, ASO. Northeastern District; bro. Siedlik, President, Sokol Detroit; bro. Gruber, President, Sokol Cleveland-Cech-Havlicek; bro. Capoun, Sokol Moravan, Toledo, Ohio; bro. Galek, Sokol Nova Vlast, Cleveland, Ohio; bro. Voris, President, Sokol Tyrs, Cleveland, Ohio; sis. Kopecky, Past President; sis. Josephine Mily, Past President; The Soukups, and the 1970 Ladies Auxiliary officers: Jarmila Zboril, President; Jennie Pazdernik, 1st Vice-President; Dorothea Siedlik, 2nd Vice-President; Lillian Teichman, Recording Secretary; Lillian Brumo, Financial Secretary; Victoria Hosnedle, Treasurer; Irene Kopecek, Educational Director; Mary Anne Kerr, Director of Women.

Letters and telegrams of congratulations were received and read.

As the statue (which was built and donated by Harry Mackie of Dearborn Heights and which stands outside of the Sokol Cultural Center in Dearborn Heights) represents a beacon of inspiration and durability, so does the unity of the Ladies Auxiliary of Sokol Detroit serve as an inspiration and continued durability.

Helen Seidel,
Sokol Detroit Ladies Auxiliary

St. Paul Sokol News

Suddenly fall is here and our routines change. The trees are turning color, kids are on their way back to school and gym classes have started. Classes in St. Paul started the week of September 26th.

This summer was an eventful one for the St. Paul Sokols because in June we went to Cedar Rapids, Iowa, to the Western District Slet and came home with several trophies. We all enjoyed the Slet very much and seeing all the Sokols from the other states.

Another event that brought our Sokols together in August was our annual Sokol Booya picnic, held at Sokol Camp in Pine City, Minnesota. Chairman was Don Andrie and he certainly had good cooperation to make this picnic successful. Saturday evening before the picnic is always a lot of fun. After all the vegetables have been cleaned and everything is set up—there is always fun time till late at night—singing, dancing and refreshments. Our picnic always has a novelty which this year was a country store. Members are asked to bring new articles or make something useful and this went over quite well as a nice profit was made.

Our first Sokol meeting was on Friday, September 23rd, and we discussed a Rummage Sale and other events for the fall season. The boys and girls of the gym classes will be selling candy to raise funds for new gym equipment. So we hope everyone will cooperate and buy some candy.

We wish our Sokol members a speedy recovery: Harold Kodada who was in an automobile accident, Marie Svanhauser who was in the hospital and Georgianna Buzicky who was in the hospital for surgery. Bro. Albert Smolik also is in the hospital for an eye operation.

Our Sokol meetings should be interesting because sister Shirley Verner is in charge of entertainment and sisters Babe Vanyo and Vi Todora have charge of the refreshments.

Blanche and Clarence Fischbach were in Europe this summer and had a very enjoyable time. They bought a Volkswagen in Germany and were able to tour on their own and see all the beautiful scenery and little towns that are so interesting.

Vi Todora is in Ireland and should be home soon.

All of our Sokol members should try to attend the Sokol Camp meeting on Friday, November 6th, at the C.S.P.S. Hall at 8:00 P.M.

Try to make this a successful Sokol year by attending meetings and come to gym classes.

Lucille N. Pavlicek, President

Fund-raising organizations across the nation cheer wildly when they achieve their goal or set a new record. We have set a new record on America's highways . . . not the kind to cheer about—but the kind that should call for a great public reaction.

More than 56,500 persons were killed in highway accidents in 1969—the highest number in history. And, more than 4,700,000 men, women and children were injured last year. That's a lot of pain and suffering—but it doesn't seem to stop the slaughter. We react with apathy.

56,500 killed, 4,700,000 injured. These numbers may be over your head. If they don't hit where you live—and drive—you might try to recall whether an acquaintance, a friend or a relative was in a traffic accident in '69. He didn't get a scratch? He was lucky. Nearly 5 million men, women and children were not that lucky.

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

(Act of October 23, 1962; Section 4369, Title 39, United States Code)

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7. Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.) Stanley Barcal, President, 2437 S. Harvey Avenue, Berwyn, Ill. Betty Prener, 1st Vice-Pres., 444 Oxford Lane, Crystal Lake, Ill. Rudolph Svoboda, 2nd Vice-Pres., 2343 S. 14th Ave., No. Riverside, Ill. June Pros, Secretary, 1606 East Ave., Berwyn, Ill. Agnes Sotka, Financial Secy., 1516 Cuyler Ave., Berwyn, Ill. George Basta, Treasurer, 2629 S. Maple Ave., Brookfield, Ill.
8. Known bondholders, mortgagees, and other security holders, owning or holding 1 percent or more of total amount of bonds, mortgages or other securities. None.
9. For completion by nonprofit organizations authorized to mail at special rates (Section 132.122, Postal Manual). The purpose, function, and nonprofit status of this organization and the exempt status for Federal income tax purposes have not changed during preceding 12 months.
10. Extent and nature of circulation:

| | Average No. Copies Each Issue During Preceding 12 Months | Actual No. of copies of Single Issue Nearest To Filing Date |
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| A. Total No. copies printed (Net press run) | 5700 | 5700 |
| B. Paid circulation: | | |
| 1. Sales through dealers and carriers, street vendors and counter sales. | none | none |
| 2. Mail subscriptions. | none | none |
| C. Total paid circulation | 5600 | 5600 |
| D. Free distribution (including samples) by mail, carrier or other means. | none | none |
| E. Total distribution (Sum of C and D) | 5600 | 5600 |
| F. Office use, left-over, unaccounted, spoiled after printing | 100 | 100 |
| G. Total (Sum of E and F—should equal net press run shown in A) | 5700 | 5700 |

I certify that the statements made by me above are correct and complete.

CHARLES M. PRCHAL, Editor

(Signature of editor, publisher, business manager, or owner)

JAN NERUDA

(1834-1891)

Translated by R. A. GORMAN

Jan Neruda, one of the most versatile of the Czech writers, was born in Praha, July 9, 1934, and died after a wasting illness on August 22, 1891. His work and importance may well be divided into two general divisions. The first part of Neruda's literary activity was concerned with lyrical poetry, travel sketches and essays, while the latter part of his literary life was devoted to short stories, ballads and deeply rooted impressions of local color. Neruda had prepared originally for a pedagogic mission, but shortly left the school room for a permanent journalistic and literary career. His simplicity of

form and depth of meaning, his sincere self-critical reflections have won for him a permanent place in the heart of generations of Czech readers. His outstanding poetic works include "Graveyard Blossoms" (1858), "Cosmic Songs" (1878), "Simple Motives" (1883), "Friday Songs" (Posthumous Publication) and many other collections.

ARISE! ON GUARD!

We know not how to sacrifice or die,
Die for our country, nation, freedom's cause!
Against the benefits and blessings to our land,
We cautiously weigh each selfish loss.

We know not how to sacrifice or die,
We know not how to live and act as men!
But should our wondrous country die some day
Could we but try to live such lives again?

Through centuries we felt Fate's heavy hand,
But this shall not pursue us unto death.
Though all the temples we had built by day
Were shattered in the night, by treason's breath.

Yea, every blow bestowed on us by fate
Must help us anew in every risen plight.
Hence let us learn to build our shrines anew,
To work by day and guard them through the night.

LOOK UP ABOVE!

(Cosmic Songs)

My People, raise your heads on high
Toward the heavens direct your glance
Behold that there are little stars
Around which, the large ones dance.

Here's the reason why: The little ones
Are made of solid knotty stuff,
While those great, big, obedient stars
Are made of flimsy gaseous fluff.

I trust that as you grasp this thought
Your heart will leap and yearn.
Yes . . . let us be the little star
Around which, the big ones turn.

It can be done, if each of us,
Sees to his own sound stock.
If each of us be hard as flint,
Our nation will be hard as a rock.

LET US SING!

(Excerpts from Address Given by Bro. C. M. Prchal at the Concert of the C.S.A. Glee Clubs October 11, 1970)

The Glee Clubs of the Czechoslovak Society of America have again prepared their big event, their joint singing concert.

It is impossible to think of the people of Czechoslovakia without their songs. From their native fields and meadows these songs of the people have reached far into foreign lands and sank deep roots wherever Czech and Slovak souls live together. Our clubs continue to preserve and perpetuate these songs with a love and warmth that defies the ravages of time. It unearths profound depths of life without loss of any of its freshness.

At times when the world around us is rebellious and quivers in its foundation, is full of confusion, suspicion and danger; when the swift threatening surf presses on our land, we have prepared to show the beauty of choral singing, show the moral value and moral strength of our efforts.

The principle of Czech singing is firmly imbedded in our hearts but we are not deaf or unresponsive to songs grown upon the American soil and thus we also follow and cultivate current creations. Taste and ethical viewpoint decides the selection of songs to be included in our class sessions.

Come among us and help awaken the quest for beauty and inspiration in our surroundings; nurture them in your heart and awaken them in others. Let us arouse and gather all who like to sing! There will be more of us and singing choruses will thus grow step by step.

In years to come let song be the guide for all who would endeavor to develop a better man. Let life and strength surge from him; let song broaden and grow and at the end fulfill its glorious mission—create a people that sings. To carry out its duty and contribute to the strength and health of our American nation.

This thought expresses eloquently the keynote for our concert. This singing heritage is not something identified by a membership card, concealed in our pockets, but a challenging fountain of strength and inspiration deep in each singer's beating heart.

METHENY AND TAKEI WIN GYMNASTIC CROWNS

(Continued from last month)

While most of the other girls who were competing in the meet were visiting the beach, Linda was busy studying. She had a 15-minute oral examination waiting for her when she returned to the University of Illinois and two term papers to do. She is working toward a Master's degree in Fine and Applied Arts, with a major in modern dance.

Linda turned to gymnastics when she was 15 years old and couldn't talk her parents into letting her take ballet lessons. She finally convinced her grandmother to finance dancing and tumbling lessons.

"When I was little," Linda said, "I wanted to be a ballerina." When she qualified for the 1964 Olympic Games team at the tender age of 16, ballet took a back seat to gymnastics.

After her surgery in March, Linda was forbidden to begin training for two months. She couldn't wait. A month after the operation, she was in the gym, working out.

Everything was going fine, except for one thing. In a chest operation, a tracheal tube must be used to help the patient breathe because there is no pressure for the lungs.

Two weeks before the championships Linda's throat began to hurt. Like flames. She was having an adverse reaction to that tracheal tube and the skin was flaking off inside her throat.

"It kind of bothered my workouts," she said, matter-of-factly. "When I started breathing hard I had to stop."

She still has not completely recovered from the operation. She lacks the endurance to perform her

new, very difficult uneven parallel bars routine. So she used her old one—and qualified with the highest preliminary score.

Meet officials looked around at the packed grandstand for the finals of the championships and just shook their heads and smiled.

"I had no idea," general chairman Dave Statton said, "we'd get this kind of a crowd for this event. It's just tremendous." The final night drew 4,500 paid and over 5,000 fans were in the stands.

MEETING OF THE EXECUTIVE BOARD OF THE ASO.

Held September 29, 1970

Bro. Barcal extended our deepest sympathy in the passing of bro. Suster, all present rose for a moment of silence in honor of bro. Suster.

Reports: Eastern District minutes of meeting June 18, 1970; Eastern District minutes of meeting September 14, 1970; Northeastern District minutes of meeting July 22, 1970; Western District minutes of meeting September 1, 1970.

Correspondence: Letter received from Rubloff & Co., managers of the building, indicating window insurance, which has been complied with. Met with Mr. Marcott, building manager, on September 25th, at which time he informed us our rent would be increased to \$225.00 per month. Bro. Barcal will meet with Mr. Marcott and discuss our lease. Letter and donation of \$500.00 received from the Czechoslovak Society of America, thank you letter sent. Letter and donation of \$25.00 received from the Unity of Czech Ladies and Men, letter of thanks sent. Donation in the amount of \$1,000.00 received from bros. Paul Jerabek, Sr. and Jr., Sokol Cedar Rapids. Letter of appreciation will be sent. Bro. Basta motions to place donation in general fund, carried. Letter from sis. Ruzicka regarding Miami Tour and Sokol Miami 1st Anniversary. Letter from the New American Library stating the book "Greek Way to Western Civilization" is out of print. Sokolice Detroit requested a history of sis. Ruzicka, as she will be their main speaker at their anniversary, answered. Letter from bro. Pavoucek stated the Western District was trying to get a tour for the Sokol Miami Anniversary, also requested the return of glossy prints sent in. Sokol Belcamp informed us of their officers for the 1970-71 season. Sokol Philadelphia inquired why the article and photo was not printed in the July-August issue of the American Sokol, reply and explanation sent. Sokol Milwaukee sent calendar of events, these were given to bro. Prchal. Letter from Mr. Dragomir Simic of Yugoslavia, interested in corresponding with someone pertaining to teaching Physical Education as he teaches in a grammar school; this was turned over to the Board of Instructors. Request for an article from bro. Barcal for Czechoslovak Sokol in Exile, bro. Barcal answered with the help of bro. Rabas. Letter from sis. Suster in appreciation of the tribute to bro. Suster. Sokol Baltimore requested information pertaining to Sokol pins, answered. Sokol Little Ferry requested printing of events, this was given to bro. Prchal. Pacific District sent their Summer Camp events which was given to the Board of Instructors. Sis. Drozda sent exemption certificate for travel;

SOKOL GYMNAST

September-October 1970

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

AMERICAN SOKOL ORGANIZATION - UNIFORM DIVISION

REVISED CATALOG AND PRICE LIST

| TOT'S CLASS | PRICE | CODE |
|---|---------|------|
| Red Cotton Knit Shorts (boxer style) Sizes: 4, 5, 6, 6X | \$ 1.25 | TSN |
| Red Cotton Shorts (girl's bloomer style) Sizes: 8, 10, 12, 14 | 1.79 | TSG |
| Red Cotton Gym Shorts (boy's boxer style) Waist sizes: 22", 24", 26", 28", 30" | 1.35 | TSB |
| American Sokol "T" Shirt Sizes: 4, 6, 8, 10, 12, 14, 16, 18, 20 | 1.35 | TBT |
| NOTE: Red gym shoes and white anklets | | |
| 1ST AND 2ND CLASS GIRLS | | |
| Red Sleeveless Leotard (two panel), child's sizes Size: X Sml. (3-4 years), bust 23, waist 21, hip 25, girth 41 Sml. (5-6 years), bust 25, waist 22, hip 27, girth 44 Med. (7-10 years), bust 29, waist 23, hip 31, girth 49 Lg. (10-12 years), bust 30, waist 24, hip 32, girth 50 | 3.00 | SGR |
| Red Brief (to be worn under leotard) All sizes (state same as above sizes) | 2.00 | BR |
| White Gym Slippers (canvas, rubber pebble sole) All sizes—send shoe size, outline of foot or length of foot (inches) | 2.25 | WGS |
| NOTE: NO SOCKS | | |
| Red Sleeveless Leotard (two panel), adult sizes Size: Sml. (8-10), bust 34, waist 24, hip 35, girth 56 Med. (12-14), bust 36, waist 26, hip 37, girth 59 Lg. (16-18), bust 40, waist 29, hip 41, girth 63 | 4.25 | SGRA |
| White Gym Slippers (canvas, rubber pebble sole) All sizes: send shoe size, outline of foot or length of foot (inches) | 2.25 | WGS |
| Sokol Emblem (American Sokol) 1 inch below neckline—center | .40 | E |
| NOTE: NO SOCKS | | |
| Red Brief (to be worn under leotard) All sizes (state same sizes as above) | 2.00 | BR |
| WOMEN'S CLASS | | |
| Navy Blue Stretch Nylon Shorts (pull on, no zipper) with New Sokol Belt Sizes: Sml. Med. Lg. XLg. Waist: 24" 26" 29½" 33½" | 8.45 | WS |
| NOTE: Larger sizes state waist | 9.45 | WS |
| Blouse (65% dacron, 35% cotton) Sizes: 32, 34, 36, 38, 40, 42 | 4.25 | WB |
| NOTE: Larger sizes | 4.75 | WB |
| Black Gym Slippers (canvas, rubber pebble sole) | 2.25 | BGS |

All sizes: send shoe size, outline of foot or length of foot (inches)

| | | |
|---|-------|------|
| Navy Blue Brief (may be worn under shorts) | 2.00 | NBB |
| JUNIOR GIRLS CLASS | | |
| Royal Blue Sleeveless Leotard (2 panel) Stretch Nylon (lightweight) | 4.25 | JGA |
| Sizes: Sml.—8-10 Med.—12-14 Lg.—16-18 | | |
| Specify bust, waist, hip and girth | | |
| NOTE: Laregr sizes | 5.25 | JGA |
| Royal Blue Sleeveless Leotard (6 panel) Stretch Nylon fitted | 7.80 | JGZ |
| Sizes: Sml.—8-10 Med.—12-14 Lg.—16-18 XLg.—20 | | |
| Specify bust, waist, hip and girth | | |
| NOTE: Larger sizes | 9.00 | JGZ |
| White Gym Slippers (canvas, rubber pebble sole) | 2.25 | WGS |
| All sizes: send shoe size, outline of foot or length of foot (inches) | | |
| Sokol Emblem (American Sokol) | .40 | E |
| Sokol Belt (this must be bought separately) | .50 | OSB |
| Belting may be purchased by the yard | .50 | OSB |
| Royal Blue Brief (to be worn under leotard) | 2.00 | RRB |
| State sizes as for leotard | | |
| 1ST AND 2ND CLASS BOYS | | |
| Navy Blue Cotton Gym Shorts (boxer style) | 1.35 | SBS |
| Waist sizes: 22" — 38" | | |
| Navy Blue Nylon Stretch Shorts (made to order) | 6.00 | SBNS |
| Waist sizes | | |
| American Sokol "T" Shirt | | |
| Sizes: 4, 6, 8, 10, 12, 14, 16, 18, 20 | 1.35 | TBT |
| Men's sizes: Sml., Med., Lg. | 1.50 | TBT |
| White Gym Slippers (canvas, rubber pebble sole) | 2.25 | WGS |
| All sizes—send shoe size, outline of foot or length (inches of foot) | | |
| JUNIOR BOYS CLASS | | |
| White Nylon Stretch Shorts with New Sokol Belt | | |
| Waist sizes: 24", 26", 28", 30", 32", 34" | 7.20 | JBS |
| Larger sizes | 8.20 | JBS |
| Stretch Nylon Jersey (step in—no buttons) | | |
| Chest sizes—Boys: 26", 28", 30" | 6.00 | NJ |
| Men: 32", 34-36", 38-40", 42-44", 46" | 6.00 | NJ |
| Cotton Durene Jersey (pull over) | 4.50 | CJ |
| Sizes same as for Nylon Jersey | | |
| White Gym Slippers (canvas, rubber pebble sole) | 2.25 | WGS |
| All sizes—send shoe size, outline of foot or length (inches of foot) | | |
| MEN'S CLASS | | |
| Navy Blue Stretch Nylon Gym Pants (pull on—NO ZIPPER) With New Sokol Belt | 14.95 | MP |
| 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 | | |

AMERICAN SOKOL

35

| | | |
|---|-------|-----|
| NOTE: Larger sizes and special made to order | 16.45 | MP |
| Navy Blue Stretch Nylon (With Side Zipper) | 16.45 | MPZ |
| Sizes same as Pull On (above) | | |
| NOTE: Larger sizes and special made to order | 18.10 | MPZ |
| White Stretch Nylon Jersey (step in—no buttons) | 6.00 | NJ |
| Chest sizes: 32", 34-36", 38-40", 42-44", 46" | | |
| Cotton Durene Jersey (pull on) | 4.50 | CJ |
| Sizes same as for Nylon Jersey | | |
| Black Gym Slippers (canvas, rubber pebble sole) | 2.25 | BGS |
| All sizes—send shoe size, outline of foot or length of foot (inches) | | |
| White Gym Slippers (canvas, rubber pebble sole) | 2.25 | WGS |
| All 1st, 2nd, Junior Classes—both Male and Female | | |
| Black Gym Slippers (canvas, rubber pebble sole) | 2.25 | BGS |
| For SENIOR Class only—Men and Women | | |
| Sokol Belting—(not color fast, old Sokol belting)—by the yard—per yard | .50 | OSB |
| Emblems (American Sokol—round red and white) | .40 | E |
| Gymnastic Chalk (8 — 2 oz. blocks per lb.) | 1.15 | C |
| Leather Hand Guards—Sizes: Sml., Med., Lg. | 2.85 | LHG |
| Lampwick Hand Guards—Sizes: Sml., Med., Lg., XLg. | 2.25 | WHG |
| WarmUp Suit (Nabolz (Boston) with collar) | 22.65 | WUS |
| 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 | | |
| * Inseam measure—crotch to ankle bone | | |
| WarmUp Jacket (only) sizes as above | 14.25 | WUJ |
| WarmUp Pants (only) sizes as above | 8.75 | WUP |
| Specify with or without leg zipper | | |

HANDLING AND SHIPPING INFORMATION

Handling Charges — per order75

Shipping charges will be specified on Invoice received by purchaser.

All orders must be paid within 30 days or additional 10% will be added to bill.

On all pre-paid orders shipping charges will be indicated and must be paid within 30 days

Orders are to be sent to:

AMERICAN SOKOL ORGANIZATION

UNIFORM DIVISION — c/o JUNE PROS

6426 WEST CERMAK ROAD BERWYN, ILLINOIS 60402 312 — 795-6671

The latest National High School Federation report, shows that the United States now has 34,700 high school gymnasts taking part in interscholastic competitive programs. Not counting girls . . . this is a great showing for the national high school program. The N.C.A.A. in 1966-67, through

a most careful statistical survey, showed that 310 universities sponsored some type of gymnastic program (intramural — intercollegiate — recreational, etc.) involving more than 95,000 college age men and women. It has most certainly increased significantly since that time.

By Audrey Benda, Director of Women

Sokol Little Ferry, N. J. Instructors' Course for Team Leaders Held June 22-26, 1970

The following students participated: Betty Schroeder, Sue Becker, Sue Barlotta, Connie Krug, Libby Meadows, Debbie Rapp and Marianne Reverri. Final grades were based on a final examination, Sokol Knowledge Quiz, notebooks and practice teaching.

Purpose: To train team leaders for gym classes who will be capable of performing as team leaders with a minimum of supervision.

Subject Matter: Basic Sokol history, terminology and unit procedures with stress on application of knowledge and performance in practice teaching.

Achievement: Seven qualified Junior Girls to serve as team leaders with ability to lead—
entire class in warm-up exercises,
entire class in games,
small girls or sub-junior teams on every apparatus,
team in proper instructions for commands,
team in Sokol history
and to give proper first aid to minor injuries.

Extra Advantage: All sub-junior girls within walking distance of Sokol Hall were present, in uniform, for 1½ hours on the last 3 days to form

a class and teams for practice teaching.

General Comments from Sis. Benda:

All students developed the same close friendship that did not exist before the course, that develops at a course away from home. Phone numbers and addresses were exchanged.

One student, possibly 2 others, after teaching for a year, will be ready for an intermediate instructors' course.

All lunches were prepared at the Sokol Hall by the Ladies Division with food supplied by the men of Sokol Little Ferry. Morning session had a 15-minute break for fruit drink and cookies. Lunch for one hour seemed divided by the students in 20 minutes each for lunch, working off excess energy and resting on the mats.

Students developed their own game of softball (?) by playing with either a medicine ball or a crumbled chewing gum wrapper.

The course instructor is very pleased with the results of this week and would strongly urge every unit to plan a similar course at its own convenience in its own hall before sending students to extensive and expensive instructors' courses.

Jan Bednar:

Camp Report — Pacific District

The Pacific District Sokol children were treated to a one week Sokol camp in the High Sierras at Dinkey Creek. This camp was made available to us through the City of Fresno with our Fresno Sokols making all the arrangements and leg work.

We had a total of 35 Sokol children attending from Los Angeles, Seattle, San Francisco and Fresno. Everybody arrived on Sunday, July 6th, and was welcomed and assigned sleeping space. Supper consisted of fried chicken and the works, prepared by our sister volunteers from Sokol Los Angeles, sisters Nekuda, Hlavacek and Turdek, who treated us royally during our stay and stuffed us from bacon and eggs in the morning to pork, sauerkraut and dumplings on our last day. These sisters deserve not only credit for all the volunteer work, but not even one child complained about not liking their food.

Monday morning was started with exercises before breakfast, gym classes until noon, Czech lesson before lunch and swimming in the creek in the afternoon. Songs around the fire concluded every night's activities. The rest of the week was divided into many different activities such as hobby building, crafts and arts, gyming, hiking a five mile stretch to approximately 6,500 feet, swimming, treasure hunting, marching, dancing, sports, stories, and games.

The last day, Saturday, we had competitions, followed by a gymnastic clinic held by brother Hittanus, Pacific District Men's Director. This included spotting, continuance of exercises and development of a Sokol.

All the instructors, Blanche Duffy (San Francisco), Iva Prochazka, Arlene Wortner, Jana Bednar, Libby Pelc, George Zboril, Jan Bednar (all of Los Angeles), and Laddy Lizak (Fresno), were well prepared and helped tremendously to make this camp a success, as it was.

There were only two complaints from our young Sokols—they hated to get up at 7:00 a.m. and felt they were fed too much.

Through this letter I would like to personally thank all the instructors for all the help they gave me, the kitchen crew for their meals, Sokol Fresno for getting all the apparatus for us and all the arrangements, brother Salak, President, Pacific District, and sister Marty Lizak, Director of Women, Pacific District, for pushing for a summer camp and getting it done.

"A good and true woman is said to resemble a Cremona fiddle—age but increases its worth and sweetens its tone."—Oliver Wendel Holmes (1809-1894.)

SOKOL GYMNASTIC COLUMN

Care of Gymnastic Hands

The following is the opening paragraph from an article by Edward Scrobe, twice Olympian, on care of the hands entitled "Palmistry for the Gymnast." This article appeared in an issue of the "Scholastic Coach," and was reprinted in the February, 1964 issue of the "Modern Gymnast" magazine (vol. II, No. 2).

"One of the more vital concerns of every gymnast is the care and conditioning of his or her "tools"—the hands. With training becoming increasingly longer and harder, the burden on the hands is constantly intensifying. The ravages of friction in the form of blisters and tears are constant dangers. And the perfect method for safeguarding against them has yet to be devised."

There are, however, certain precautions and care that can be taken in order to minimize the problem of blisters and tears.

1. **Learn To Recognize Danger Signals**—Hands become tender and red, accompanied by a burning sensation. This is especially true with hands that have not developed any, or in the process of developing callous. The sensible thing to do is STOP—don't take that one more giant swing or one more slide kip! That one more time may cause enough friction to develop a blister or tear. You may not be able to work the bar or uneven bars for several days, rather than just shortening your present workout. Does that make sense?

2. Lubricate the Hands

A. The use of chalk is a must, since it dries up the moisture on the palms, thus assuring you a better grip. However, this constant use of chalk dries the skin. In order to replenish some of the natural oils and condition the palms, some type of hand cream or vaseline should be used.

B. **When To Use**—Hand cream should be used immediately before and after a workout, and overnight. Vaseline always on a fresh tear and overnight in order to prevent severe drying and then cracking, the crack many times, is more difficult to heal than the original tear.

3. Once a good layer of callous has been developed on the palms of the hands, lubrication is doubly important. Compare your calloused hands to good leather. If the leather is not occasionally saddle soaped or polished, it will dry up and begin to crack. And so will well calloused hands, unless lubricated. This conditioning also helps relieve some of the soreness which develops after a long, hard workout.

4. **Use of Handgrips**—Handgrips are a sure way of helping to minimize blisters and tears. Give yourself a chance. It may take up to two weeks or more to become accustomed to handgrips. This especially is true with girls.

5. **What To Do for a Blister** (blood or clear fluid). Definition: A portion of skin on the palm which is raised by the collection of water or blood beneath it, without breaking open.

A. Do not break open for several days if possible. This allows for the next layer of skin to begin healing from beneath.

B. Puncture with sterilized needle, trim away old skin with scissors and/or razor blade, trimming all excess off so that no ragged edges are left.

C. Lubricate frequently.

6. **What To Do for a Tear** (or rip). Definition: A portion of skin on the palm which is raised by the collection of water or blood beneath, immediately breaking open.

A. The tear is accompanied by much more soreness than the blister, since the layer of skin is exposed immediately and is very tender.

B. Cleanse with warm water and mild soap thoroughly. Be prepared for a burning sensation. "AVOID INFECTION."

C. Trim away completely all portions of skin which has loosened from the formation of the water or blood clot (as with blister).

D. Apply vaseline and cover with bandaid. Go easy for a few days. Work events like vaulting, tumbling, floor exercise, balance beam, which avoid excessive friction.

7. Trimming Healthy Callous

A. Once a good layer of callous has been developed on the palm of the hands, there is need of "shaving" the excess off. How often, of course, depends on the individual gymnast. Someone who works hard 4 to 5 times per week may need to "shave" one or twice every two weeks.

B. **Why?** If a callous is allowed to build up excessively, forming a high ridge, the skin directly behind or in front is forced to bunch up more from constant friction. The result may be a blister or a tear.

C. **How?** The best way is to use a safety razor. Soak hands in warm water for a few minutes. Dry hands, extend fingers and palm of hand. Use razor carefully, as you would to shave your face or legs, and trim off excess ridges of callous. Wash hands thoroughly, lubricate overnight, and after workouts.

"When you educate a man you educate an individual; when you educate a woman you educate a whole family." — Charles McIver (1860-1906).

LADY ON THE GO

(From "COMMUTER NEWS")

Mildred Prchal, of Berwyn, admits to being in her 70s, a time when most people are enjoying retirement. But she told *Commuter News*: "I don't have time to retire!"



Why? The peppery Mrs. Prchal is: a national AAU delegate, a member and judge of the Women's Olympic Committee, Chairman of the Women's Committee on Modern Gymnastics for the U.S. Gymnastics Federation and editor of a monthly publication distributed to about one hundred Sokol organizations that specialize in physical education

An author in her own right, she has written and illustrated four books and a sizable number of magazine articles describing women's modern gymnastics, a combination of ballet and floor exercises using a hoop, rubber ball and jump rope in various routines. Her texts are widely studied in every English speaking country, and she gives lecture demonstrations from coast to coast. In her spare time, Mrs. Prchal translates foreign language articles on the subject for her following.

As this country's leading authority on the art, she was chosen the only U.S. delegate to the world

championships in Varna, Bulgaria, last year. "Because modern gymnastics is rapidly gaining popularity in schools, I predict it soon will be an Olympic event," she said.

Mrs. Prchal was born in Chicago, began gym work at five years of age. "My parents came from Bohemia. Both were interested in the sport, so they encouraged me to train at our Sokol that specialized in it," she noted.

In 1920, as a member of the American Sokol Women's team sent to Prague, Czechoslovakia, to participate in the gigantic Czechoslovak Sokol Slet (Festival), she had the opportunity to study Dalcroze Eurhythmics. For many years along with her gymnastics, Mrs. Prchal had studied classical ballet in the United States and in 1925 she studied with Mme. d'Alessandri in Paris, France. From 1926 to 1938 Mrs. Prchal conducted her own ballet studio while maintaining her activities in the Sokol.

Late in August, Mrs. Prchal will be at Barryville, N. Y., heading a modern gymnastics seminar for physical education teachers in colleges, high schools, public systems and private organizations.

"Modern gymnastics," she explained, "is ideal for professional women and housewives. It doesn't require heavy apparatus associated with gymnasiums. The element of fear is absent.

"Most of all, it gives a woman of any age an opportunity to excel at beauty and grace without years of strenuous training. It's great for the figure and posture, and once fundamentals are learned, can be practiced at home or with groups. Since there's always music accompaniment, it's fun too."

Mrs. Prchal said the new rhythmic gymnastics concept likely will be offered in schools and recreational centers this fall.

Sylvia Laznovsky:

Southern District Report

During the month of June, I visited the Sokols in Houston and Corpus Christi in preparation for the Slet. Clinics were conducted in calisthenics and apparatus.

Our District Slet was held on July 11 and 12 in Ennis. Apparatus competitions began on Saturday morning at 8:30 a.m. with the children. Participants:

- Class I Girls—26 individuals, 5 teams
Boys—14 individuals, 2 teams
- Class II Girls—32 individuals, 6 teams
Boys—28 individuals, 5 teams
- Jr. Girls Low—23 individuals, 6 teams
Boys—16 individuals, 4 teams
- Jr. Girls Int.—11 individuals, 3 teams
Boys—4 individuals
- Jr. Girls High—6 individuals, 2 teams
Boys—none
- Women Low—2 individuals
Men—6 individuals

Women Int.—2 individuals
Men—4 individuals

There were a total of 174 competitors in apparatus.

Volleyball competition in the Junior and Senior divisions followed. We had five teams in each tournament. Due to a dance planned for the evening, the championship games in each division were held on Sunday morning at 8:30 a.m.

Sunday morning rehearsal was held in a drizzling rain on the grounds which will be the site of the new Ennis Sokol. Tents had been erected for the spectators' comfort from the sun and rain; however, by program time the rain ceased, making it a comfortable partly cloudy day. Approximately 225 performed on the program. The program included calisthenics, apparatus and special number competition. There were three numbers competing in the Jr.-Sr. division and three numbers in the children division. Awards for the previous day's competition, volleyball, and special numbers were presented during the program. The Slet was the largest the district can recall.

All units continued gym classes throughout the summer months. Sokol Ft. Worth summer classes were closed with a gymnastic program.

Sokol Corpus Christi classes were interrupted by the hurricane. Their gym has been condemned. The

roof was blown off and set back on—the floor is warped. Pictures we have seen show it a mess. Authorities have finally let the members in to check on the equipment. There has been some water damage. The extent, we do not know as yet. In talking to their Director of Men last week, he indicated that the insurance company was going to let them tear into the wall of the apparatus room and remove the apparatus. They hope to store it temporarily. We understand that they held a unit meeting last Thursday. Our district president is planning to meet with their representatives soon to get a first hand report of the situation there, what their plans for the future are, and how we can help them. The extent of the personal damage

that the members suffered there, the limited access to phones, water, and food was so great that they were unable to make plans any earlier.

The construction of the new Sokol in Ennis has begun. Appropriate ground breaking ceremonies were held on the 8th of August.

Plans for the immediate future include participation in the Czech Day at the State Fair in Dallas and the Czech Day in Yukon, Oklahoma, in October.

A clinic, for Thanksgiving weekend, is being planned in Dallas. Instructors would be Kathy Rigsby, Wendy Cluff and their coach. Final plans are in the making. We feel fortunate in being able to secure such talent for our Sokol organization.

WESTERN DISTRICT SLET 1970 – Cedar Rapids, Ia.

JUNIOR GIRLS — LOW DIVISION

(55 participated)

| | |
|---|-------|
| 1. Leann Kinch, Sokol Cedar Rapids | 136.1 |
| 2. Colleen Casey, Sokol Cedar Rapids | 134.9 |
| 3. Linda Stranglen, Sokol So. Omaha | 130.3 |
| 4. Christa Barker, Sokol Cedar Rapids | 129.4 |
| 5. Kathy Casey, Sokol Cedar Rapids | 128.0 |
| 6. Liz Barker, Sokol Cedar Rapids | 121.8 |
| 7. Debbie Slezak, Sokol So. Omaha | 121.6 |
| 8. Peggy Beckman, Sokol St. Paul | 121.5 |
| 9. Evalee Gress, Sokol Omaha | 121.5 |
| 10. Janet Faur, Sokol So. Omaha | 118.3 |

JUNIOR GIRLS LOW DIVISION TEAM PLACEMENT

| | |
|-------------------------------------|-------|
| 1. Sokol Cedar Rapids—Team I | 633.6 |
| 2. Sokol So. Omaha—Team I | 588.6 |
| 3. Sokol Omaha—Team I | 562.2 |
| 4. Sokol Cedar Rapids—Team II | 554.2 |
| 5. Sokoly St. Paul—Team I | 553.8 |
| 6. Sokol So. Omaha—Team II | 531.4 |
| 7. Sokol Crete..Team I | 512.1 |
| 8. Sokol St. Paul—Team II | 402.8 |

WOMEN — LOW DIVISION

| | |
|---|-------|
| 1. Mary Jo Fisher, Sokol St. Paul | 131.6 |
| 2. Pauline Vanyo, Sokol St. Paul | 130.5 |

MEN — LOW DIVISION — INDIVIDUAL

| | |
|---|-------|
| 1. George Patera, Sokol So. Omaha | 151.7 |
| 2. Stan Pochop, Sokol So. Omaha | 147.3 |

BOYS — LOW DIVISION — INDIVIDUAL

| | |
|--|-------|
| 1. John Hartung, Sokol Omaha | 156.6 |
| 2. Michael Blankeau, Sokol Omaha | 155.2 |
| 3. Jim Riha, Sokol So. Omaha | 149.6 |
| 4. Chuck Cerny, Sokol Cedar Rapids | 147.3 |
| 5. Mark Merwald, Sokol So. Omaha | 147.2 |
| 6. Nick Chmaruk, Sokol Cedar Rapids | 146.9 |
| 7. Steve Kocourek, Sokol So. Omaha | 146.8 |
| 8. Rick Behrens, Sokol Crete | 145.1 |
| 9. Bill Kahler, Sokol Cedar Rapids | 142.4 |
| 10. Charles Faulk, Sokol So. Omaha | 141.6 |
| 11. Barry Carlsen, Sokol Omaha | 141.1 |
| 12. Brad Driscoll, Sokol Cedar Rapids | 138.1 |
| 13. Mark Johnson, Sokol Cedar Rapids | 137.0 |
| 14. Kyle Sissel, Sokol Cedar Rapids | 127.5 |
| 15. Vance Richmond, Sokol Cedar Rapids | 126.9 |

| | |
|--|-------|
| 16. Walt Kinch, Sokol Cedar Rapids | 122.6 |
| 17. Herbie Jergen, Sokol Crete | 106.8 |

JUNIOR BOYS — LOW DIVISION — TEAM PLACEMENT

| | |
|-------------------------------------|-------|
| 1. Sokol So. Omaha | 585.2 |
| 2. Sokol Cedar Rapids—Team I | 574.7 |
| 3. Sokol Cedar Rapids—Team II | 514.0 |

JUNIOR BOYS — INTERMEDIATE DIVISION

| | |
|---------------------------------------|-------|
| 1. David Contreras, Sokol Omaha | 144.2 |
| 2. Gary Duff, Sokol Omaha | 133.5 |
| 3. Dan Jurena, Sokol Crete | 127.1 |
| 4. Jim Weiss, Sokol So. Omaha | 122.9 |
| 5. James Bhuman, Sokol Omaha | 118.8 |
| 6. Jim Swoboda, Sokol So. Omaha | 115.6 |
| 7. Gerald Duff, Sokol Omaha | 114.5 |

JUNIOR BOYS — HIGH DIVISION

| | |
|--|-------|
| 1. Terry Johnson, Sokol Cedar Rapids | 144.2 |
| 2. Dave Bilek, Sokol So. Omaha | 139.4 |
| 3. Joe Rayer, Sokol Omaha | 134.9 |

MEN — HIGH DIVISION

| | |
|---|-------|
| 1. John Kocourek, Sokol So. Omaha | 150.0 |
| 2. Bud Benak, Sokol So. Omaha | 135.9 |
| 3. Paul Jackman, Sokol So. Omaha | 117.1 |

JUNIOR BOYS — CHAMPIONSHIP DIVISION

| | |
|--|-------|
| 1. Terry Johnson, Sokol Cedar Rapids | 33.85 |
| High Div. | 48.02 |
| <hr/> | |
| | 81.87 |
| 2. Dave Bilek, Sokol South Omaha | 29.90 |
| High Div. | 46.45 |
| <hr/> | |
| | 76.35 |

FROM THE SOUTH OMAHA SOKOL NEWS-LETTER DATED JULY-AUGUST, 1970: "Jolene and Phyllis Swoboda were thrilled when they received news that both were awarded full tuition scholarships to Southern Illinois University. Sis. Jolene is majoring in Physical Education and sis. Phyllis will major in math and minor in Physical Education." Both of these girls are former winners of the American Sokol Scholarship Awards.

MILDRED PRCHAL:

DEVELOPMENT OF MODERN GYMNASTICS

Modern gymnastics is a combination of elements and forms of aesthetic, expressive, functional, and rhythmic body movements; of folk, modern, interpretive, and gymnastic dances and ballet; and even of elements of tap dancing.

Starting in 1834 in Paris with Delsarte's aesthetic gymnastics, pioneered and perfected by dedicated teachers of this art through the years, modern gymnastics for women were developed to the form they appear in today.

Criticism of earlier women's gymnastics, which were actually a modified version of men's gymnastic exercises, hastened the efforts toward a new system for women's physical training activities. This development was greatly influenced by Francois Delsarte (1811-1870), singer and actor. In 1834, Delsarte established his "Pantomime School" in Paris where the actors learned the technique of facial and body expression based upon positions and gestures of plastique and dances.

Attending this school were two Americans, Steele Mackye and Genevieve Stebins, who upon their return to the United States taught Delsarte's method throughout the country. It was also taught in girls' schools. Then H. Kallmayer and B. Mensendieck carried this form of gymnastics to Europe where they continued to develop the method, each in her own way. Kallmayer developed her method on the foundation of Stebbin's "artistic gymnastics." Adding gymnastic and dance elements she produced the so-called "spiritual movement," emphasizing the progressive stretching and loosening (relaxing) that is necessary for leading movements and for aesthetic movements as well. Mensendieck, as a physician, was more concerned with the anatomical-physiological aspects of movements. In her "functional gymnastics" she stressed pelvic movement as the center from which emanate body movements, and which also control correct posture. Aesthetic movements in her method are the result of the combination of energy and relaxation of muscular work, examples of which she saw in antique statuary and reliefs.

Isadora Duncan (1876-1927), American dancer, strongly influenced the development of women's gymnastics. She was an exponent of free dance and was against all "bonds of puritanism" and "moral codes." Fear, grief, pain, love, etc., were all expressed in her "unfettered" and improvised dances.

Isadora Duncan acquainted herself with Delsarte's method in Stebbin's school in the United States. Other than that, she had no training of any sort. Her real success was ascribed to her free thinking mode of life. Most of her teaching was in Russia. Although her hopes were profound and against all suppression of individual freedoms, she was not completely successful in achieving her idealistic and philosophical dream. In some European countries, Duncan is today given major credit for today's new modern trend in women's gymnastics. It is true that she inspired schools of the dance and that women's gymnastics were given a new impulse far greater by her than perhaps by any other individual dedicated to either the art of dance or gymnastics.

Georges Demeny (1850-1917), French physiolo-

gist, began to interest himself with the problem of physical training during the last years of the 19th century. After many years of research, he completed his method during the First World War. After thoroughly studying current physical training methods, particularly the Swedish, he came to the conclusion that they were not built upon sufficiently scientific foundations, and that they included unnatural and static exercises. Developing correct posture, flexibility, skill, and the art of moving softly and gracefully, were his goals for women's gymnastics.

Emil Jacques Dalcroze (1865-1950), teacher of music at the Geneva Conservatory, followed with his "rhythmic gymnastics." According to him rhythmic gymnastics were absolutely necessary for the preparation of composer as well as for dancers and other artists. His school in Hellereu near Dresden was supported by a German philanthropist. His followers later re-established his school at Laxenburg near Vienna.

Rudolph Bode, originally a teacher of gymnasts in Munich, Germany, developed expressive gymnastics based on movements which originate in the central part of the body (following Mensendieck's approach). He considered Dalcroze's "eurhythmics" as empty and "mechanical." Bode produced some valuable exercises of a swinging character (body waves) and with expressive movements in gymnastics.

Rudolph Laban (1879-1958) with his method of expressive dance belongs in the area of art rather than gymnastics. He based his method on special laws of movement of the human body and a mutual connection between movement and environment.

In Czechoslovakia, during the existence of the Sokol physical education movement, rhythmic gymnastics became very popular in the early 1900's. August Ocenasek, a member of the Men's Committee in the National Gymnastic Board, and composer Karel Pospisil, introduced rhythmic gymnastics in the Sokol, as did physical education teacher, Eliska Blahova in Brno, Moravia.

Ocenasek and Pospisil first became acquainted with the new trend in women's gymnastics in 1913 at the International Congress of Physical Education in Paris, where individual schools exhibited their gymnastic methods. After Ocenasek returned to Prague he propagated this new trend of rhythmic gymnastics. He started teaching rhythmic gymnastics in his Sokol unit in Prague, where he directed the physical education program, and later in summer rhythmic gymnastic schools in cooperation with the composer, Dr. Karel Pospisil. These two men combined Dalcroze's "eurhythmics" with the soft and rational movements of Demeny's method and soon this new trend became an inseparable part of the Sokol gymnastic system for girls and women. In 1920, when the American group of Sokol gymnasts attended the All-Sokol Gymnastic Festival in Prague, Czechoslovakia, Ocenasek offered and conducted a clinic on rhythmic calisthenics for the American women gymnasts in reciprocity for Joseph Cermak's introduction of gymnastic dances at the clinic in Prague in 1912 to the Czech women gymnastic instructors.

sis. Prener stated as of July 1st this exemption will not be honored. Letter from sis. Zraly pertaining to the tour to Sokol Miami, this is being worked on by bro. Petlicka. Letter from the 3M Co. informing us of the possibility of purchasing an automatic copier, tabled. Letter and information about the Cermak Road Houby Festival, this information was turned over to the Central District.

REPORTS:

Board of Instructors: Bro. Linhart reported on his meeting of September 16, 1970. Members are bro. Ptacek, Zitny, Lebloch, Barcal, Schnabl, Kalas, Kalat and Fina. These members were approved. The regular meeting date will be the 3rd Wednesday of the month, quarterly meetings of the Combined Board of Instructors will be held in October, January, April and June. Minutes received from the Board of Instructors of the Eastern and Northeastern Districts. Reports received from the Western District regarding the organizational work being done in Wilson, Kansas. Recommend bro. Jerry Milan, of the Southern District, as representative to the U.S. Olympic Committee; approved. Bro. Walko, Sokol USA, sent a letter of appreciation for the American Sokol Organization participation and assistance in their Slet. Information received regarding the National Gym Clinic, Sarasota, Fla. Bill for dues received from the USGF in the amount of \$100.00, approved. Convention Board of Instructor meetings were discussed. Bro. Lebloch and bro. Schnabl are working on a crest for the dress uniform blazer. Recommend bro. Fina as our AAU representative. accepted. Sis. Prchal was asked to accept the Editorship of the Sokol Gymnast with the full cooperation of the Board of Instructors. If sis. Prchal feels she cannot do this, bro. Stetka will be editor if no one else in the Chicago area is available. There is a file for both the Men's and Women's Board of Instructors in the office. A tentative five year program was discussed and we will begin work on the 1973 Slet. Conveyed my appreciation to the Northeastern District for their diploma of recognition. Met with sis. Schnabl for future plans and with bro. Lebloch, Director of the Central District, about their plans for this season.

Sis. Schnabl requested periodic reports from the District Directors and requested all Newsletters be sent to her. The Women's Board of Instructors recommend as members sis. Halik as 1st Assistant, sis. Ptacek as 2nd Assistant, sis. Zdenek as Secretary, also sis. Michalek, Kourim, Pistorius, and Prchal, approved. Our regular meetings will be held on the 1st Friday of the month, except when a combined meeting is held. Bro. Linhart consented to continue sending the Sokol Gymnast to both the Men's and Women's departments. The new title "Merit Award" should be included in the American Sokol. Additional items will be given to bro. Prchal. Full and precise details of the Special Assessment will be sent to all officers, along with revised Tentative and Final Report Forms. Revised Annual Attendance Forms are recommended, the Board of Instructors will come up with this form and present it to the Executive Board for approval. Recommend AAU Gymnastic Handbooks be ordered, also subscribing to the Quarterly Bulletin for both departments. The revised Tournament Rules as approved at the convention be printed, bro. Barcal stated the joint Boards meet and come up with

their recommendations. Tentative plans which have been approved are: Western District Workshop July 25-31, Western District August 19, Central District Volleyball Clinic Sept. 14-17, Central District Judging Course 3 sessions in November. Approved Final Reports: Central District Volleyball Clinic \$60.00, approved for payment. Western District Organizational Clinic \$312.93, this form is not complete as all designated officers did not sign, this will be returned for proper signatures. Question regarding our membership in the AAU, USGF, and U.S. Olympic Committee, these items pertaining to representation will be clarified; letters will be sent requesting each organization to send their by-laws and rules. Sis. Krimmel modeled the dress uniform she made which is very attractive. This new dress uniform was accepted as the new official women's dress uniform. Mr. Zwickel will be contacted to see if he can make these for us. The hat is another problem which we are still working on, it has not been changed. Postage bill of \$7.02 approved for payment.

Editor: No report. The September issue has been distributed.

Organization: Sis. Ruzicka stated she is in the process of organizing people from the various districts to continue the Organizational work in the respective areas. An Organizational Bulletin will be printed quarterly and distributed in the near future. Brought back many articles from Europe pertaining to gymnastics. Would appreciate more information about the Clinic held in Sarasota, Fla. Sokolice Detroit Anniversary was very impressive and well done. Expressed appreciation for the honor extended as speaker at their anniversary. Sokol Miami has over 130 members and are doing very well. Any information pertaining to gym work will be deeply appreciated.

Education: Bro. Halik stated to date he has five members on his committee. The first meeting will be held in October. Bro. Barcal suggested composing a more modern installation ceremony and a revised eulogy. Bro. Halik will work on this.

Public Relations: Sis. Basta reported on the revised decal which was modified by bro. Michalek. Prices for water type \$30.00 per 1,000 in 15,000 lots — \$65.00 per 1,000 in 15,000 lots for the pressure type (glue on face of decal for inside car window). 15,000 of the pressure type will be ordered. These in turn will be sold by lot to units who in turn may sell or give them away as they see fit. Photographer set up for next month, for picture of the officers of the Executive Board. Booth arranged for at the Folk Fair held at Navy Pier. The Flower Show invitation was not accepted.

Bro. Rabas sent articles to various newspapers, 12 in all, pertaining to the Convention. Assisted sis. Pros in the Czech composition of the Resolutions.

Financial Secretary: Sis. Sotka stated the financial reports for July and August were prepared and Federal Taxes deposited. Audit of books for the 2nd quarter of 1970, all papers filed. All signatures have been changed except Home Federal Savings and Loan. With the assistance of bro. Basta filled out government form 4653. Converted certificate for 5¼% to a 2 year 6% certificate. Donations have been deposited. Advanced \$2,500.00 to the Uniform Div. Sokol Praha has not paid dues

since 1967, Southern District will be contacted. Sent letters to all District and Unit Presidents, Secretaries and Financial Secretaries regarding changes in dues and convention fund, which were approved at the convention. Revised quarterly reports and sent to all Financial Secretaries. Request from Mr. Stavinoha of New Zealand for 1st day covers, sent what we could and referred the rest to bro. Janecka. Received money order in payment and request permission to pay balance to bro. Janecka, agreed. Request permission to transfer from checking account to savings, granted. Bro. Basta and I will go over all financial holdings.

Treasurer: Bro. Basta stated all books in agreement. Request sending letter of thanks to bro. Ray Krapec for the printing of the revised quarterly reports, agreed. Will work with sis. Sotka to revise bookkeeping system. Worked with sis. Pros and set up ledgers for the Uniform Div. Recommend permission to advance an additional \$2,500.00 at a future date to the Uniform Div., if the need arises. Recommend the Secretary and Financial Secretary receive \$2.50 per hour as of October 1st, 1970. Bro. Linhart made motion to accept this recommendation, seconded, carried.

Secretary: Sis. Pros stated all correspondence has been answered. Asked all members of the Executive Board to write their biography and Sokol history for publication. There is no record available of our leaders and I'm sure our members would be interested in the leaders of the Organization. This would then be extended to the Districts and Units. Deadline for the Executive Board is January 1, 1971. The Suburban Cinema Club will again show the film "We the Czechs" Monday, October 12th, 8:00 p.m. at Clyde Community House. The Christmas cards have been received, thanks to sister Schnabl; will order additional cards for further mailings. Received Statement of Ownership Forms from the Postal Dept., pertaining to the American Sokol publication, this will be filled out and mailed. Compiled information on typewriters for the office, this will be further looked into, but we are in need of two typewriters very soon.

By-Laws: Bids have been received from four printing firms. The bid from Automatic Printing Co., Omaha, Nebr., was accepted. Sis. Ruzicka motioned to have 10,000 copies printed, carried. Bro. Zraly will be sent all information and bid prices, also copy of proof, when received. Once the proofs are received they will be gone over by a committee of the Board.

Uniform Div.: Arrangements made with United Parcel Service for shipping. They do not ship to all states and these will have to go through the mail or express. Uarco will print an additional invoice copy with a Davac Label.

Miami Tour coming along nicely.

President: Bro. Barcal reported he attended the Convention of the C.S.A. and the Unity of Czech Ladies and Men and extended greetings. The C.S.A. banquet was attended by bro. and sis. Basta as representatives of the Executive Board and the Unity of Czech Ladies and Men by sisters Prener and Sotka. Congratulations to bro. Vodrazka on his re-election as President and bro. Krakora on his re-election as Secretary of C.S.A., and to sis.

Drnec on her re-election as President of the Unity. Attended the first meeting of the Men's Board of Instructors, again an interesting and active committee. Contacted bro. Zraly re: By-Laws, and bro. Pekar re: Convention and representation at the funeral of bro. Suster, also had bro. Pekar order a floral tribute. Called a meeting regarding the Editor of the American Sokol, and spoke to bro. Herink about taking the job. Sis. Prener gave a short history of bro. Herink's qualifications which were very good. Sis. Ruzicka asked if he could also do the Czech articles, no, he could not, but bro. Rabas would help with this. Bro. Herink will be invited to our next Board meeting. Attended the Anniversary of Sokolice Detroit, which was very enjoyable. Bro. Barcal asked bro. Svoboda to be Membership Chairman, this will be decided at our next meeting. The remuneration of the Directors will remain the same for the present. Sokol Detroit asked about a Mid-Slet in 1975, they will be notified.

Financial Report ASO.

September 1970

INCOME:

| | |
|---|--------------------|
| Dues | \$ 1,138.75 |
| Dividends and interest | 448.43 |
| Subscriptions to "American Sokol" | 21.00 |
| Sokol Manual | 5.00 |
| Donation | 1,000.00 |
| Refund — Convention delegate | 60.16 |
| Total Income | \$ 2,673.34 |

DISBURSEMENTS:

| | |
|--|------------------|
| Administrative Department | |
| Salaries | \$ 262.98 |
| F.I.C.A. & F.W.T. for August .. | 85.22 |
| Rental, janitor service and supplies, phone, electric | 296.59 |
| Office supplies, postage | 207.98 |
| Insurance | 115.00 |
| Miscellaneous | 10.41 |
| | \$ 978.18 |

Edncational Department BOI.

| | |
|---------------------------------|------------------|
| Salaries | \$ 219.44 |
| F.I.C.A. & F.W.T. for August .. | 38.40 |
| Postage | 8.10 |
| | \$ 265.94 |

Sokol Publication

| | |
|---------------------------------|------------------|
| Printing "American Sokol" | \$ 416.45 |
| Editor "American Sokol" | 75.00 |
| Postage "American Sokol" | 86.68 |
| | \$ 578.13 |

Miscellaneous

| | |
|--|--------------------|
| Uniform Division—Salary | \$ 53.78 |
| Advance to Uniform Division .. | 2,500.00 |
| Tour—Postage | 1.17 |
| Special appropriations—Central District | 60.00 |
| | \$ 2,614.95 |

Total Disbursements **\$ 4,437.20**

BALANCE:

| | |
|--------------------------------------|-------------|
| Total brought forward: | |
| Western National Bank of Cicero — | |
| checking account | \$ 8,268.05 |
| Income — September 1970 | 2,673.34 |
| | <hr/> |
| Disbursements — September 1970 | \$10,941.39 |
| | 4,437.20 |
| | <hr/> |
| | \$ 6,504.19 |

Future Sokol Leaders Fund

| | |
|--|---------|
| In memory of Charles Zdenek, Sr.: Agnes | |
| Kyndl and Charles & Gloria Schultz | \$15.00 |
| In memory of Joseph Vorel of Czechoslovakia: | |
| Frank and Bess Vorel | 10.00 |
| Libuse Kalivoda | 10.00 |
| Mrs. Marie Prener, Helen & Betty Prener.. | 10.00 |
| Belle City Savings & Loan—Dividend | 1.25 |
| | <hr/> |
| | \$46.25 |

Contributions are tax exempt.

FROM OUR DISTRICTS

EASTERN DISTRICT

September 14, 1970

Bro. George Novak of Sokol Philadelphia informs us that bro. William Pribramsky and bro. Vincent Urbanek received 50 year pins at a combined affair with the Slovak Sokols.

Invitation from Sokol Miami to attend their first anniversary on Nov. 14. Sokol Miami had been installed as a member of the Eastern District at the ASO. Convention in Cleveland.

Bro. Petlicka will be contacted before any plans will be made to conduct a bus tour to Miami.

Bro. Ed Stetka is once again editing the Baltimore Topix while convalescing at home after being hospitalized. Bro. Frank Kilian will become a 70 year member of Sokol Baltimore on Nov. 16th.

Our deepest sympathy to sis. Sophie Kolomaznik and family on the passing away on July 12th of bro. William Kolomaznik, former President of Sokol Baltimore. A card of sympathy had been sent to sis. Kolomaznik.

Our best wishes to sis. Ludmila Elkins for a speedy recovery.

* * *

CENTRAL DISTRICT WOMEN'S BOI.
First Meeting Sept. 8, 1970

Directors were reminded of the volleyball clinic which was held Monday, Sept. 14, at Sokol Tabor and Thursday, Sept. 17, at Sokol Slavsky. No date has been set for the volleyball tournament. The volleyball clinic chairman was sis. Blanche Wost-ratzky. Teachers deserved all the credit, they were bro. Frank Michalek and Rick Wostratzky. Total attendance was 201.

To get our Track and Field Meet under way a high school in Downers Grove will be used.

Sis. Michalek handed out attendance forms, instructors attendance forms for all classes, and registration forms for the judging clinic which will be held November 8, 15, and 22. Conducted by sis. EllenJeanne Schnabl.

A discussion took place pertaining to the calis-

thenics for this season. Sis. Michalek will write the tots drill. Sis. Halik agreed to work with the 1st and 2nd class girls. All agreed to use the women's hoop drill and the junior girls drill from the Dallas Mid-Slet.

Competition exercises will be handled by Second Assistant Director of Central District Pia Molleoy—2nd class girls. First Assistant sis. Lil Jindra—junior girls, and sis. Rocush recommended asking some of the gymnasts from the units to compose exercises for women. All agreed this would bring some new ideas into the District. Sis. Michalek informed all present to have their members compose exercises and bring them to the next meeting. The Directors of Mladocech, Milwaukee and St. Louis will be so informed. The exercises are to be marked which division they are best suited for.

* * *

WESTERN DISTRICT

September 1, 1970

Quarterly reports: Sokol So. Omaha, 33 new members — 350; Sokol Crete, 2 new members — 25; Sokolice Crete, 1 new member — 60; Sokolice So. Omaha, 1 new member — 139; Sokol Wilber, 2 members less — 105.

Received Sokol Omaha and So. Omaha news-letters.

Sokol Caldwell, Kansas, forwarded bumper stickers and program book for coming Festival. Also book for Historian.

Received request from I.R.S. for completion of Form 463. Bro. Pavoucek completed the form and sent to I.R.S. Copy retained in Treasurer's file.

Cedar Rapids Slet—Bro. Pavoucek received and sent reply to 8 letters regarding the Slet.

American Sokol Convention Correspondence—Bro. Pavoucek received and/or sent replies to 31 letters regarding the ASO. Convention. Also letters sent to 16 convention delegates from the Western District enclosing Convention Questionnaire.

Wilson, Kansas, Correspondence—Bro. Pavoucek received and/or sent letters (50) regarding the Wilson Czech Festival.

Director of Women—Bozena Drozda: Received a letter from National American Sokol Director of Women, Ellen Jeanne Schnabl, that all data regarding the Women's Division of the American Sokol Organization be mailed directly to her.

\$100.00 was donated by the Wilson Chamber of Commerce in appreciation of the wonderful performances of the Western District gymnasts at the Czech Festival.

* * *

SOUTHERN DISTRICT

September 10, 1970

Correspondence: From American Sokol Organization—announcing a tour to Miami to celebrate Sokol Miami Unit first anniversary and a tour schedule.

Corpus Christi—6 gymnasts and the physical directors of men and women attended the District Slet in Ennis, participated in the volleyball tournament in Houston. August meeting was not held due to damage of hurricane Celia. Report of Unit states that Sokol building suffered extensive damage and building has been condemned, contacting members has been difficult, plan to hold a meeting as soon as contacts can be made and facilities found.

Dallas—Held a second spotting and instruction clinic, Aug. 15, participated in volleyball tournament in Houston, preparing for program for the Czech Day at the Fair.

Ennis—Gained 3 members. Made a donation of food staples to Sokol Corpus Christi. Held groundbreaking ceremonies, August 8 and at this date foundation is almost ready to be poured.

Fort Worth—Held a Unit gymnastic program which was successful, 60 participated. Apparatus fund project progressing.

Houston—Gained 3 members and lost one thru death. July activity: socials, anniversary celebration, July 5th with dinner, dance and gymnastic program. Published two newsletters for the month. August activity: socials on Sundays, hosted volleyball tournament, barbecue picnic, weiner roast for young gymnasts, outing at Lake Somerville for members.

Report of District Directors—combined report: Brother Laznovsky reports volleyball tournament on August 1st was successful and well attended. Results: Mixed teams: 1st place Houston, 2nd place Dallas and third Ennis. Junior team: first place Houston. Women's team: first place Houston. Men's team: first place Ennis. On agenda: Planning a meet in Houston, date has not been set. Meet will be for seniors and juniors in optional routines and children in physical fitness. Relates that Robert Peshlakai, member of the junior boys class of Zizka Dallas, recently participating in the Explorer Olympics at Colorado State University, won seven gold medals in the meet and recognition as an outstanding athlete. Recommends this accomplishment be sent to the American Sokol. Read a letter from Zizka Dallas in regard to securing instructors to teach modern gymnastics.

Discussions: Gymnastic clinic—Technical Staff of Zizka Dallas and Bill Willis, day instructor of the Unit, proposed that the District consider securing the services of two outstanding gymnasts, Kathy Rigby and Wendy Cluff and their coach, Bud Marquette, to conduct a clinic in this area. By advance inquiry the trio would be available Thanksgiving weekend, Nov. 28 and 29. After discussion approved.

District Slet—Brother Laznovsky in the absence of the Ennis delegate gave an itemized financial report of the District Slet held in Ennis, July 11 and 12. Ennis Unit has our appreciation for their efforts and for hosting the successful Slet.

Sjezd učitelů češtiny v USA.

Velmi agilní sokolská jednota v St. Louis, kde organizují několik kursů češtiny, navrhuje svolání sjezdu učitelů české řeči v USA. Dobrá a užitečná myšlenka, aby se sešli ti, kteří se věnují této významné práci národní. Nutno však předem zjistit místa, kde češtinu vyučují a jména učitelů nebo profesorů. Mnohé české kluby, spolky a četné americké university češtinu vyučují. Prosim, sdělte mi vaše jména a místa a váš názor na možnost takový sjezd svolat, kde by bylo možno sdělit zkušenosti, způsob výuky atd. — Dr. V. Kučera, 2511 No. 46th Street, Lincoln, Nebr. 68504.

Český zpěvníček.

První vydání mého zpěvníčku je vyprodáno. Obsahuje 94 populárních našich písniček a vánoční koledy. O knížečku je zájem po celé Americe, ba i v Kanadě. Druhé vydání je připraveno, můžete knížku objednat na adrese: Dr. V. Kučera, 2511 No. 46th St., Lincoln, Nebr. 68504. Přiložte dolar, money order neb šek. Stejně vám nabízím knížku o Janu Amosi Komenském, vydanou k 300letému výročí úmrtí tohoto velikána českých dějin. Je psána anglicky a česky.

Dr. Ladislav Radimský.

Ve středu, dne 9. září 1970, zemřel v New Yorku český spisovatel, redaktor Proměn, literárního čtvrtletníku Společnosti pro vědy a umění a bývalý československý diplomat, Dr. Ladislav Radimský, "svědomí exilu".

Napsal řadu knih a věcných a kritických článků v Československu i v exilu.

Odchod Dra. Radimského znamená nenahraditelnou ztrátu pro Společnost pro vědy a umění a pro celou československou veřejnost.

Sokol Říp, Pittsburgh, Pa.

Dne 16. července odešla na věčnost v pozhnaném věku 80 let dlouholetá sokolská a národní pracovnice v Pittsburghu, sestra Magda Janouchová, rozená Prostředníková, Nové Město nad Metují. Vyrůstala v sokolské rodině — jako žačka a dorostenka, později členka své mateřské jednoty Sokol Nové Město n/Metují. Do USA přijela roku 1911 do Pittsburghu, kde od svého příchodu byla činnou v Sokole v zábavním odboru a sehrála v mnoha divadelních představeních různé role. Za doby první světové války byla u kolébky založení Českého národního sdružení, kde neúnavně pracovala pro osvobození Čechů a Slováků v jednotném státu Československém. Rovněž byla účastna na slavnostním založení Jednoty Sokol Tyrš v Clevelandě. Neúnavně pracovala na zařízení Československé síně na zdejší Pitt universitě. Tak jak byla činna v prvním odboji 1914-1918, nebylo ji zatěžko zapojit se do druhého odboje se stejným odhodláním a vírou ve vítězství Spojenců. Sokolští a národní pracovníci nacházeli u Janouchů za návštěvy v Pittsburghu vždy druhý domov, příjemné přijetí, dobré pohoštění a hlavně příjemnou společnost a spaníčko. Nad odchodem sestry Magdy želi nejen její vždy starostlivý manžel br. Miloš Janouch, provdaná dcera Miles, Mr. & Mrs. Bartlet Price se dvěma vnoučaty, Westport, Conn., v Československu bratr Karel a celá řada synovců a neteří. V Pittsburghu bratr Standa, mnoho a mnoho známých v celé oblasti východních USA. S. P.

Na rov sestry Janouchové klademe vděčné vzpomínky a díky za vše, čím prospěla Sokolstvu a věci národa, z něhož vyšla. Na poslední cestě do neznáma provázíme ji jediným vroucím přáním: — aby došla po životě plném poctivé, obětavé práce klidu zaslouženého a odpočinku.

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(Z projevu bratra K. Prchala na akademii v Chicagu.)

Komunističtí zrádce, komunistická strana, stojí proti národu. Surovost následuje větší surovost; intriky se stupňují. Ale kolaboranti nevěří jeden druhému a zrazují. Komunisté nevěří své straně, straně nevěří lid, strana nevěří lidu. Mládež je v nelibosti strany, chce žít ve svobodném státě a projevuje to obětmi, které křičí to světa!

Duch dějin, duch otce a matky a duch všech, kdož zhybnuli u Zborova, Perronu i na Piavě, v žalářích a na šibenících rakouských, vyhlazovacích táborech nacistických i v okovech komunistických zrádců, přes hroby, přes znovu otevřené rány a trpké vzpomínky nese přesvědčení, že národu přijde věk nový, který, věříme, přinese šťastnější život do Československa. Neboť nakonec zvítězí pravda proti lži, spravedlnost a právo proti násilí, světlo proti tmě, láska proti nenávisti, láska k vlasti proti okupaci. . . .

Naše Amerika není mrtva, její staré srdce žije. Neutonula v malichernostech, v zbytečných sporech. Bude jasně, srozumitelně jadrně nosit před oči Spojených států a celého světa netečnost, s kterou bere násilí páchané na spravedlivém lidu českém a slovenském. Budeme zdvihat ducha československé Ameriky. Zůstáváme věrni odkazu Tomáše Masaryka, zůstáváme věrni své minulosti, pravdě a spravedlnosti, volnosti a cílům, které ti-

síce bratří posvětilo oběti svých čistých životů. Přátelé, bratři a sestry: že zůstaneme věrni slibují národu za mořem, národu, jehož blaho a štěstí jest našim drahým cílem, za vás všechny a za sokolské bratrstvo!

V duchu zdravíme zem Husovu, zem Božích bojovníků, krásný domov Čechů a Slováků — zem naši! — Nazdar!

Pozvání na 1. výročí Sokola Miami.

V sobotu 14. listopadu v Čsl. Klubu v No. Miami, Fla. (13325 Arch Creek Road), slavnostní večere v 6 hod. V neděli výlet, veřejné cvičení v zahradě klubu. V Miami budou návštěvníci ubytováni v hotelu Monte Carlo u moře. Pro informaci a vstupenky pište na tajemnici: Emilie Welcl-Růžička, 910 N.E. 121st Street, Miami, Fla. 33161. Telefon 757-5477.

Netřeba se mrzeti, nemáme-li velikých talentů, jako se netřeba mrzeti, nemáme-li vysokých hodností. Srdcem lze se povznést nad obojí. — Vauvenargues.

Cesty mohou být rozličné, jenom vůli mějme všichni rovnou! — J. Kollár.

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