

AMERICAN SOKOL

VOL. XCI. — NO. 11

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PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

CHAS. M. PRCHAL:

NOVEMBER

For many years now, almost each year I visit the Bohemian National Cemetery during the early days of November. The 93 year old cemetery is always well taken care of, lovingly cared for and is really something we can be proud of. Invariably my first slow, hesitant steps take me to my mother's grave, where I pause a bit, steeped in thought . . . and even today, at my age, I feel my eyes moistened with tears. . . .

From thence I wander to visit the graves of the former presidents of our American Sokol Organization. . . . They all are there, Siman, Placek, Cermak and our famous Nacelnik Jarka Jelinek. There they sleep their final slumber beneath the scented soil where 90,000 of our Czech people have found their final rest. All around me soft, undisturbed silence, as if so decreed by the slumbering thousands. From time to time a gold-tinted autumn leaf flutters to the ground, a rabbit speeds by swiftly, a playful squirrel pauses to look at me or a bird flies up into the autumn skies. My thoughts move on to include all those unknown brothers and sisters who served the Sokol cause each in his own generous unselfish way. Each gave of his best in order to perpetuate and keep alive the Sokol ideal, whose glorious future they never doubted.

* * *

My thoughts fly back to the old Olsany Cemetery in Prague, where on the 9th of November, 1884, a grieving nation laid to rest in a somber bronze casket the mortal remains of Dr. Miroslav Tyrs, the founder and untiring first leader of the Sokol movement. In the flickering light of ceremonila torches the casket was lowered into the grave draped with roses and laurel.

Move on oh grieving heart for in the adjacent grave rest the remains of never to be forgotten Jindrich Fuegner, "Father of Sokol" and its first president . . . Relentless Fate tore him out of the midst of his Czech people and his Sokols on the 15th of November, 1865, and on the 19th he was buried by the sorrowing multitude reflected in the glare of the sputtering torches.

* * *

The month of November . . . indeed a critical milestone in the history of the Czech people. It was on November 1st, 1420, that King Zikmund stormed the city of Prague with his 16 to 20 thousand well armored mercenaries, only to be disgraced and defeated by the strong-willed citizens of Prague, whose clubs and flails pounded mercilessly

(Continued on page 155)

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EDITOR

Charles M. Prchal

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

DEC. 5th—SOKOL STICKNEY, ILLINOIS.
Spaghetti Dinner — 5:00 to 8:00 P.M.

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

DEC. 11th—SOKOL SOUTH OMAHA, NEBR.
Chicken-Shrimp Dinner.

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.

JAN. 30th—SOKOL BERWYN, ILLINOIS.
Annual Dinner Dance.

JAN. 31st—SOKOL DETROIT, MICHIGAN.
Gymnasticale.

FEB. 6th—SOKOL ST. PAUL, MINN. — Sibrinky
at the C.S.P.S. Hall. Music by "Bill Bartusek
Band."

FEB. 10th—SOKOL BROOKFIELD, ILLINOIS.
Valentine Smorgasbord Luncheon.

FEB. 14th—SOKOL DETROIT, MICHIGAN.
Valentine Day Dance.

FEB. 14th—SOKOL MILWAUKEE, WISCONSIN.
Annual Jaternice and Pork Dinner.

MAR. 6th—SOKOL BROOKFIELD, ILLINOIS.
Annual Gymnastic Exhibition.

Albert P. Kalabza

1875-1970



Brother Albert P. Kalabza, a member of Sokol Fuegner, Long Island, N. Y., passed away on October 26, 1970, after a lengthy illness. He was a resident of St. Petersburg, Florida, and was cremated there on October 29, 1970. He is survived by a son, Joseph Kalabza, a daughter-in-law, Edna Kalabza, a granddaughter, Alyce Chatham, two great-grandchildren, Robert and Allison Chatham.

In New York Harbor stands the magnificent Statue of Liberty and engraved on a bronze plaque there are these words:

"Give me your tired, your poor, your huddled masses

Yearning to breathe free.

The wretched refuse of your teeming shore,
Send these, the homeless, tempest-tossed to me.
I lift my lamp beside the Golden Door."

Brother Kalabza came to these shores 81 years ago, penniless, friendless, unable to speak the language. Safe at last, free at last, to think, to work, to choose according to his heart and mind. Those first years in his brave new world were difficult indeed. But, even as he labored by day he took part in Sokol activities and other social functions by night. His arduous schedule tested the endurance of the most stalwart. His belief in his adopted country prevailed, it is testimony to his undimmed vision, it symbolizes the patriotism, self-reliance and resolution of millions of strangers to our shores who helped to mold the national spirit and character.

We will remember brother Kalabza for excellence in his chosen profession, as a community leader, as a cheerful and considerate brother member. We will remember brother Kalabza for the untold time and effort given to our Sokol organization for more than seventy-five years. He served us very well in many capacities. He was a prime mover in lifting Sokol Fuegner, L. I., from the doldrums of inactivity. He was our physical director, singing instructor and chaperon on many occasions, and chief benefactor to the Sokol Camp. We will remember brother Kalabza for an incomparable career in the public interest. He will remain a legendary figure, a source of strength, a wonderful friend and fellow member. He was a self-made man of human action. In his life and career are found the very essence of the American Dream. Brother Kalabza passed through the "Golden Door"—and those whose lives he touched are far richer for it. All of us in the Sokol Organization share and feel sincere sorrow with the family of our departed brother.

Charles Zraly

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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JULIUS ZEYER

(1841-1901)

Translated by R. A. GORMAN

Julius Zeyer represents a truly cosmopolitan literary type whose works show the influence of the French-German-Jewish blood coursing through his veins. Unlike so many other poets Zeyer was born of wealthy parents, and had the opportunity of education and travel denied to others. Zeyer was born in Prague, April 26th, 1841, where he died on January 29th, 1901. It seems that the elegiac beauty of old Prague had a marked influence upon Zeyer, and that under this guidance the deeply

impressionistic poet turned consciously away from German and Viennese influences to a deep penetration into the realm of Czech history and philosophy. To offset the prevalent German influence Zeyer reached out into the heroic literature of old France and the Christian nobility found in the pre-Raphaelite literature in Italy. Zeyer is a true aristocrat of art, who turns away from the grey commonplace of the present to the inspiring glory of historical yesterdays.

THE GREEN VICTOR (An Excerpt)

'Twas then it seems, that I began to weave
A daring, never-ending dream of life.
I felt so sweetly happy, yet so sad,
It seemed that through a fog I visioned all,
As in the fleeting moments, long ago
While listening to father's beating heart,
And half in dream, I watched with keen intent
The rising of the moon above the woods.
My wondering eyes kept gazing high above
Resting upon the blossoms on the tree,
And higher, higher to the vaulting skies,
My father once had likened to an oak.
For from the birth of time it spreads above the earth
Its endless, all-embracing leafy top
Within whose branches nestles the golden bird
Known as the "Sun" by those who in the shade
Of this eternal oak enjoy the fruits of life.
Behold! Bright stars massed yonder in the sky,
Words of surprise escaped my open lips

When I behold that rare, bewildering scene.
Above my head a green star brightly shone;
'Twas fairer than it e'er seemed before,
Glittered and then as quickly disappeared.
I felt the star, an omen meant for me,
Bowed low my head, and quietly returned.
From that night onward I have sought to find
With longing eyes, that strangely shining star;
But all in vain . . . When father led me far
Along a silvery river's winding bank
Where in the midst of woods he built a home
That I forget the castle we had left behind,
On orders of our old ancestral Gods,
'Twas there again I saw my shining star
When in the moment of my mother's death
I fell to depths of utter sheer despair,
And when I called upon the Gods of Death
To bring me solace and to comfort me,
The Star's green lustre seemed a sign to me,
A note of greeting that my mother sent,
And my weary, troubled heart found peace again.

November

(Continued from cover page)

against the iron-clad attackers and drove them away . . . King Zikmund, who was responsible for the martyred death of Jan Hus, paid dearly for his perfidy . . . 500 of his best men, the nobility and cream of his empire fell dead on the plains before Prague, victims of the citizenry's bitterly aroused anger.

* * *

Time marches on . . . the wheels of history spin on and two hundred years later, the ill-fated Battle of White Mountain is enacted and again in the month of Novem-

ber. . . The defeat of the Czech people was complete and the forces of Germanism took over. . . . Dispersing the Hussite warriors, they replaced these inspired nationalistically imbued soldiers by paid mercenaries whose only aim was personal gain, and whose plundering left the countryside barren and desolate. Much could have been saved even after the defeat but the cowardly ruler King Bedřich Falcký left hurriedly with his leaders and advisers and the defeated nation was left to the mercy of the murderous hordes.

* * *

It took better than 150 years for the first rays of hope to appear on the horizon . . .

for it was again on the 1st of November, 1781, that the good, understanding Emperor Joseph II broke the chains of serfdom and declared his famous dictum that "A Serf is also a Human Being." Of course the climb upwards from dreary, depressing serfdom to a better tomorrow was slow and tortuous, but at least the first bright rays of hope pierced the gloom and encouraged the people. It was indirectly and undoubtedly unwittingly that Emperor Joseph II stimulated the nationalistic rebirth of the Czech people. By his decree German was declared the official language and no one could enter schools of higher learning without full knowledge and competence in the German language. Subsequently even the lower level schools became completely Germanized and the Czech language, a language of the glorious past and splendor was relegated to a secondary role. It is one of the ironies of historical evolution that this cultural repression, this forcing of a foreign language upon a proud people, first stirred in the hearts and minds of far seeing Czech men of letters and of political acumen the, as

yet, feeble but growing spark of revolt against the Teutonic influence. . .

* * *

Fifty-two years ago this incipient sense of awakening broke out in full and on October 28th, 1918, free, independent, world-admired Czechoslovakia was born under the leadership of its first President Thomas Garrigue Masaryk. . . . The hands of time move on . . . for twenty years the newborn nation lived gloriously as a shining example of democracy in the heart of Europe . . . then came the Nazi invasion of 1939 . . . and before its wounds were partly healed came the brutal destruction of human rights and human dignity as dictated by the masters of Moscow. . . . Today again the Czech people all over the world look with saddened tear dimmed eyes toward that distant bit of land, where brutality reigns, but where in the heart of the people hope lives undaunted and unfettered. . . . Let us all hope that perhaps another glorious November will bring peace and happiness and freedom to the suffering, trampled down Czechoslovakia.

OSLAVA OSMDESÁTI LET.

V sobotu, 31. října 1970, bylo v New Yorku oslaveno osmdesát let sestry **MARIE PROVAZNIKOVÉ**. V sokolovně byl uspořádán banket, jehož pořadatelé byli: Ústředí Československého Sokolstva v zahraničí, Americká Obec Sokolská, Sokol New York, Společnost pro vědy a umění a Východní oblast Československé Národní Rady Americké.

V budově nově vybarvené a vyzdobené sjeli se bratři a sestry, zástupci organizací a přátelé oslavenky, aby vzdali hold věrnosti sokolskému poslání a práci, kterou není možno docenit. Od roku 1931 byla náčelnicí Československé Obce Sokolské. Napsala mnoho odborných článků a příruček, též několik cenných článků do našeho Amerického Sokola. Přednášela v cvičitelských kurzech v táborech, sokolovnách, vyšších školách, universitách v Československu i zde. Učila jako profesorka na Panzer koleji. Není možno vypočítat, kam činnost její zasahovala a řící, čím Sokolstvu je. O této práci byly napsány stati, které osvětlily její život, její úsilí a jeho výsledky. Mním se jen zmínit o tom, co koná pro AOS.

Hned po svém příjezdu do Spojených států podala pomocnou ruku vedoucím našim na východě. Dávala a dosud dává svůj čas té každodenní, všední a namáhavé práci zájmům Sokolstva a ukazovala cestu, která bezpečně vede k zajištění budoucnosti sokolského poslání. Nejen, že šla do tělocvičny, aby učila, ale vedla školy pro vedoucí v jednotlivých, aby se stali rozseváči sokolského sítě a aby po stránce mravní, duševní a tělesné dovedli věsti své svěřence. Vychovala svým příkladem Americké Obci Sokolské řadu schopných vyznavačů my-

šlenky sokolské. Vedla je k metám vytčeným sokolskou ideou, ukazovala cesty k dosažení mravních cílů sokolského učení.

Na banketu bylo proneseno mnoho nadšených projevů o tom, co pro dílo Tyršovo a Fuegnerovo vykonala. Nemám jména všech (byla jich větší řada a nemohu všechny vyjmenovat). Slavnostním řečníkem byl Dr. Antonín Hřebík, starosta Sokola v zahraničí, za naši Sokolskou Obec promluvil starosta br. Barcal a br. Prchal. Za župu Východní starosta, br. Zralý. Řečníky vyvolávala a na jejich projevy vhodně navazovala sestra Uhlířová. Přítomen byl též Dr. Jan Papánek s chotí Betty.

Ne posledním řečníkem byl br. Matthew Neuman, starosta Sokola Washington. Nechal jsem si jeho jméno ku konci, abych připojil jeho projev, který pěkně osvětluje činnost sestry Provažníkové.

"Myslím, že je zde, i po celém světě dvojí druh lidí, kteří dnes vzdávají poctu naší vzácné a mladistvé osmdesátnici. Jednu skupinu tvoří ti, co znají sestru náčelnici ještě z rodné vlasti, s ní spolupracovali a viděli ji na sletovém velitelském můstku a druzí jsou ti, co sice slyšeli její jméno, ale poznali ji osobně až za hranicemi snad zde ve Spojených státech. Poznali ji jako hrdou exulantku, neunavného sokolského dřiče, uvědomělého propagátora a strážce sokolství.

Přiznám se, že patřím k té skupině druhé, že jsem ještě sokolským mladíkem, i když to mé junáctví trvá již přes dvacet let. Doma jsem ve skutečnosti sokolsky nepracoval, což dnes opravdu lituji, neboť sokolství je něco, bez čeho se nedá člověku československého původu ani dobře žít. A tak jsem tu dnes, abych přinesl vzpomínku a srdečnou zdravici právě za ty, co poznali Marii až zde.

A poznat Marii, znamená poznat sokolství, objevit poslání a smysl této myšlenky a poznávat bratrství a sesterství. Řekl jsem úmyslně Marii, poněvadž zde v Americe si lidé jsou bližší, bez titulu a sestru náčelnici tu pod tím jménem znají všichni velmi dobře.

Sestra Provazníková byla a je určitě nejpoulnější a nejmávanější sokolský pracovník doma i zde. Setkal jsem se tu se stovkami uprchlíků Sokolů i nesokolů a téměř každý z nich znal, nebo se ptal, na sestru náčelnici Provazníkovou. Každý druhý žádal o její adresu nebo sháněl příležitost vyřadit ji z domova, od sester a bratří, srdečné pozdravy a ujištění, že zůstávají sokolské věci věrní.

Sestra Marie, zdá se, je skutečný symbol sokolství našich doma, ale zde je i vzorem stále něco konajícího pracovníka. Já sám bych ji dnes při této příležitosti rád veřejně poděkoval, především za sebe. Kdykoliv jsem se octl na rozpacích, jak rozřešit ten či onen sokolský organizační problém, vždy jsem dostal tu nejlepší radu a pomoc. Sestra Marie je skutečný sokolský "kompjutor", každou otázku vám zodpoví, každou radu vám poskytne. Ale ona je také pracovní nezmar, vášnivý provokatér činnosti, stále hledající řešení, třeba i nejsložitějších otázek. Je skutečným sokolským robotem. V jednom se však od Čapkovy postavy z divadelní hry RUR liší. Zatím co si v té hře dvojice umělých robotů uvědomuje teprve v závěru potřebu lidského citu, je naše náčelnice naplněna jeho přemírou . . .

V její energické a rozhodné povaze, zdůrazňované, někdy přísným nebo vážným výrazem obličej, je nashromážděno tolik lidského citu, lásky k bližnímu a starosti o druhého, že je to k neuvěření

těm, kteří se o tom nepřesvědčili sami. V tom jí sotva někdo překoná.

Vím to nejen z vlastní zkušenosti, ale slyšel jsem také o její rozsáhlých pomocných akcích v době sudetské krize naší vlasti, kdy organizovala s ostatními obětavci širokou péči o uprchlíky z pohraničí, kdy připravila rozsáhlý sběr nábytku, šatstva, potravin a starala se o jejich zaměstnání, jen proto, aby neztráceli víru v sokolství a lidskost. Sestra Provazníková byla také v pozadí nebezpečné podzemní organizace starající se o pozůstalé po vězněných nebo popravených sokolských činovnících za německé okupace. A konečně ani zde sestra náčelnice nešetří své síly; jde-li o letní tábory českých dětí a o zachování jejich mateřského jazyka. V tom všem je jedinečnou. A snad za tuto část její práce, za tu práci srdce, bych ji dnes rád poděkoval za všechny československé sokoly. Za jednotlivce, za jednoty a župu, kde všude v tom smyslu pracuje. Přál bych NÁM i JÍ, abychom si mohli za dalších 10 let stisknout ve zdraví vzájemně ruce a povědět si 'co se bude dělat dál'."

Oslavence bylo předáno ocenění jejich snah Sokolstvem v zahraničí, v oleji malovaný její portrét, květinové dary, knihy a jiné krásné upomínky od sester v Československu. Mluví všechny o tom, že je vděčně vzpomínána a že láska, které se těšila, stále žije.

Sestra Provazníková, pohnuta, děkovala za počtu jí prokázanou. Její upřímná slova pobádala k práci vytrvalé. Svorně a pevně za vítězství Fugnerovy demokracie a Tyršova ideálu poctivého vlastenectví.

(Dokončení na stránce 164)

MEETING OF THE EXECUTIVE BOARD OF THE ASO.

Held October 27, 1970

Guest: bro. George Herink.

Bro. Barcal introduced bro. William Vrba who in turn presented to the American Sokol Organization a bound copy of the thesis he had written about the development and progress of the American Sokol Organization from World War II to the present time. Bro. Vrba obtained his Master's Degree with a superior rating, and stated he hoped the younger members would read this and better understand and appreciate the American Sokol Organization and what it is trying to accomplish. Bro. Vrba also stated a great deal of information was given to him by bros. Prchal and Cihak. Bro. Barcal thanked bro. Vrba for this autographed copy and placed it in the Sokol Library where it will be available and recommends reading this very interesting book.

Bro. Barcal introduced bro. George Herink and stated bro. Herink would consider the office of Editor of the American Sokol when bro. Prchal will leave this office on December 31, 1970.

Reports: Eastern District annual meeting Sept. 27, 1970; Northeastern District minutes Sept. 23, 1970; Central District minutes Sept. 23, 1970; Western District minutes Sept. 26, 1970, and October 12, 1970; Southern District minutes Sept. 10, 1970, and October 15, 1970; Western District semi-annual unit reports.

Bro. Barcal brought to the attention of the Board the damage done to Sokol Corpus Christi, Texas, by hurricane Cecile, and the building has been condemned. The Unit has plans to rebuild, with the help of all interested.

Correspondence: The Western District sent copies of the questionnaire which was sent to various Convention Committee members asking for their statements and suggestions. Letter received from the AAU including three complimentary copies of the Rules and By-Laws and the twelve copies of the AAU Handbook which we ordered, at \$2.00 each. Bro. Linhart and sis. Schnabl received a copy of the Rules and By-Laws and the third copy will remain in the library.

Letter received from the United States Olympic Committee with ten copies of their Constitution and twenty copies of the General Information Pamphlet, a copy of each was given to bro. Linhart and sis. Schnabl. The balance to remain in the library. Request from Svobodna Obec of Chicago for representation at their banquet, November 22nd, bro. Prchal motioned to purchase two tickets, carried. Sis. Prener will represent the American Sokol Organization.

Card received from bro. and sis. Cihak during their travels in Greece.

Greetings from the Eastern District Annual Meeting with signatures of all present.

Received a photo proof of the decal approved at the September meeting, slight change will be made and returned for printing.

Invitation and letter regarding the Testimonial Dinner in honor of sis. Provaznikova. Bros. Barcal and Prchal will represent the American Sokol Organization.

Letter and lease received from Arthur Rubloff & Co., bros. Barcal and Basta, sisters Sotka and Pros met with Mr. Marcott regarding the renewal of our lease and came to the agreement of a five year lease, three years at \$225.00 and two years at \$240.00 per month, letter stated the building owners intention to remodel the front within the first three years. Lease accepted.

Letter received from the Western District informing us of their District Slet which will be June 11, 12, 13, 1971, hosted by Sokol South Omaha.

Committee Reports: Sis. Zdenek read the minutes of the October 21st combined meeting of the Board of Instructors. The committees formed are: Tournament Rules, bros. Ptacek, Lebloch and sis. Zdenek; Travel Instructor, bros. Barcal, Zitny and sis. Zdenek; Merit Award, bros. Kalas, Schnabl and sis. Zdenek — bro. Kalas Chairman. The October issue of the Sokol Gymnast will contain eight pages, as there was no issue in September. The American Sokol Slet will be held in 1973.

Bro. Linhart reported his activities during the past month, which included assisting the Central District in the Track and Field Meet held for 2nd class girls, junior girls and women Saturday, October 24th, at Downers Grove South High School. Bills for projector light bulb and mailing of Sokol Gymnast, approved.

Sis. Schnabl reported the forms requesting payment from the Special Assessment will be sent out with a letter of explanation. Suggest a picture and survey be sent to all units regarding the New Dress Parade Uniform. Sis. Krimmel and Sladek would make the uniforms, price would be between \$30.00 and \$35.00. All agreed the picture and survey should be sent out before further action is taken. The Women's Board has revised the Annual Attendance Forms and as soon as the Men's Board studies this, we recommend they be reprinted and distributed. Representatives: AAU bro. Fina and sis. Prchal, USGF sis. Prchal, USOC sis. Prchal.

Bro. Schnabl reported on the recommendations made by a committee of the Combined Board of Instructors regarding directors remuneration. This subject was referred to the officers of the Executive Board for further discussion.

Editor: Bro. Prchal stated the American Sokol is ready for mailing, the reason for being late is the additional Sokol Gymnast. Spoke at Czech Independence Day. Bro. Barcal asked bro. Herink if there were any questions pertaining to the office of Editor. Bro. Herink gave his background and qualifications and stated it would be very difficult to follow bro. Prchal after his many years of dedication to the Sokol Ideal, and his extensive work to maintain this goal. Bro. Herink was asked to accept the office of Editor of the American Sokol. Bro. Drnec motioned to accept bro. Herink as Editor as of January 1, 1971, accepted. Bro. Herink asked to be excused.

Education: Bro. Halik has formed a committee consisting of bro. and sis. Janecka, sis. Zdenek and sis. Konecny. Bro. Drnec made a motion to accept this committee, carried.

Public Relations: Sis. Basta arranged for the picture which was taken this evening. The Folk Fair at Navy Pier, is slated for this week-end, Saturday, October 31, and Sunday, November 1, 10 a.m. to 8 p.m. Help is needed, the Central District will be contacted.

Financial Secretary: Sis. Sotka stated the quarterly Social Security and Federal Income Tax forms have been filed, also the Illinois Income Tax. Recorded all income and expenses for the Miami Tour, set up Excursion Account. Recorded all income and expenses for the American Sokol Organization. Transferred funds to Citizen Savings and converted to \$8,000.00 two year 6% certificate. Received response regarding our Foundation Status of the American Sokol Organization from the government, remains the same. Sokol Fuegner-Tyrs, South Omaha, still gaining members, total now 365 men. The Convention approved a 5 year Sokol pin, Board recommends it be made of the same material as the 10 year pin and should be ordered at sis. Sotka's discretion. The October issue of the Sokol Gymnast contains material for two months.

Treasurer: Bro. Basta excused, submitted written report. Am in agreement with report of Financial Secretary, bank statements for September reconciled. Received insurance coverage, sis. Sotka and I have reviewed and will have recommended changes for our next meeting. Removed the certificates and deposit books from the safety deposit box and will study all investments to see where we can increase the earnings. Uniform Division records posted through September and bank statement reconciled. At present time Uniform Division is showing a loss due to the large inventory and lack of sales. This should change in the near future.

Uniform Division: Sis. Pros reported we applied for Illinois State Sales Tax Exemption, which was not granted. The companies in Illinois we purchase from will be paid sales tax directly—we will not charge our members any tax. The only items not in stock are Small Boys Blue Shorts, Chalk and Lampwick Handguards. These have been on order.

Tour: Sis. Pros stated all accommodations have been made and attractions contacted. To date we have 28 passengers. We will leave early morning November 4th and return November 18th. Article sent to the Berwyn-Cicero Life.

By-Laws: Sis. Prener reported a meeting was held attended by bros. Barcal, Halik and sisters Falta, Pros and Prener. Received proofs from printer and only proof read a portion of the sheets. Bro. Zraly returned his proofs, corrected and a committee of four will meet to go over the proofs using bro. Zraly's copy.

Secretary: Sis. Pros stated two new Smith Corona electric typewriters have been purchased, one at \$225.00 and one at \$250.00 from Office Equipment Sales. Payment approved. Had a new fan motor installed in the 3M Copier, NC as we have maintenance agreement.

Membership: Bro. Svoboda agreed to be Committee Chairman, will select members to try to find ways to increase our general membership.

President: Bro. Barcal attended the various committee meetings, and completed all work necessary. Letter or telegram to be sent to units celebrating anniversaries of 50 years or more.

SOKOL GYMNAST

November 1970

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

EllenJeanne Schnabl:

FREE FLOOR EXERCISE

For use by II Class Girls - (Pre-Juniors)

32 measures, $\frac{3}{4}$ tempo—music furnished.

Introduction: 2 measures I—hold.

II—assume starting position: arms in low 1st; right cross, rear touch—head down.

1. Dip $\frac{1}{2}$ squat right sidestep—frontal swing down to right sidearm, left frontarm in-across, palms down; head follows right hand.
2. Dip $\frac{1}{2}$ squat left sidestep—frontal swing down to left sidearm, right frontarm in-across, palms down; head follows left hand.
- 3-4. Dip $\frac{1}{2}$ squat right sidestep, close left and with 90° turn right on toe, left rearleg—frontal circle downward and continue, after turn, thru frontarm outward, palms forward—look up.
5. Full-foot stand on right, high left rearleg, frontbow (arabesque) thru frontarm outward, reararm outward.
6. Hold.
- 7-8. Upright, kneel left—thru closearm frontarm, palms up—sidearm, palms up.
- 9-10. Thru closeleg right, high rearleg (arched back, look up), hands along side left knee in support.
- 11-12. Lower to $\frac{1}{2}$ split (seat on left heel)—up-arm inward in 5th position—look up.
13. Left frontarm upslant palm down, right thru frontarm and closearm, reararm palm down, look over right shoulder—very slight frontbow.
14. Upright “forestep” right thru closeleg to left kneeling and uparm, palms front.
- 15-16. Right cartwheel to stand on right—sidearm, palms down (body has made a 90° turn left).

PICK-UP OF MUSIC: ONE MEASURE

17. 45° turn left, waltz run forward (dip forestep left, close right on toe, forestep left on toe)—left frontal circle down to sidearm, palm down.
18. Waltz run forward (R, L, R)—right frontal circle down to sidearm, palms down.
19. Three running steps (L, R, L) forward—thru closearm, front arm, palms down.
20. Dip forestep right, uphop and “rear” cabriole, landing on right—thru closearm, reararm, palms front.
21. Waltz run forward (L, R, L)—sidearm left thru closearm and frontarm, right hold.
22. Waltz run forward (R, L, R)—sidearm right thru closearm and frontarm, left hold.
23. Waltz turn 180° to left: 1) forestep left and pivot, 2) right on toe in place, 3) left on toe in place. Arms: 1) closearm inward or 1st low position, 2) sidearm, palms down, 3) hold.
24. Waltz run backward—R, L, R—uparm, palms forward; frontarm, palms down.
- 25-26. Closeknee squat—closearm thru frontarm—head frontbow.
- 27-28. Foldroll rearward to squat support.
- 29-30. Upright and uprise with body to toestand—left arm thru frontarm to uparm and right thru reararm to uparm (both arms end up in 5th pos.), look up.
31. Dip left forestep, close right in 3rd position; toestand, flankswing thru frontarm and closearm to reararm, palms front—look front.
32. Closefeet stand (in 3rd)—arms thru closearm to low first.

To All Sokol Members:

The Sokol Gymnast is always encouraging members to contribute news articles, reports, methods of teaching, new approaches for apparatus work, special calisthenic or apparatus numbers, games, etc. If you have any of this material, please send it to the SOKOL GYMNAST.

EDWARD C. LINHART — DIRECTORS — ELLENJEANNE SCHNABL

CENTRAL DISTRICT TRACK AND FIELD COMPETITIONS

Held at Downers Grove South High School, Saturday, Oct. 24, 1970

2nd CLASS GIRLS

Team Standings

1. TABOR III	153.0
2. BERWYN I	143.0
3. TABOR IV	140.5
4. STICKNEY IV	137.0
5. WEST SUBURBAN III	134.5
6. TABOR I	133.5

Individual Standings

Place	Name	Unit	Points
1.	Nancy James	Tabor III	39.5
2.	Susan Ledvort	Tabor IV	39.0
3.	Peggy Rus	Stickney IV	38.5
4.	Patty Krystinak	Tabor III	38.0
5.	Jody Johnson	Berwyn I	37.0
6.	Laura Polich	Stickney IV	36.5
Tie 7.	Karen Compalatarra	Tabor I	35.5
	Carol Maciejewski	Tabor III	35.5
	Pat Palkovic	Stickney	35.5
	Shari Zitek	Tabor IV	35.5
	Laura Schmidt	West Sub. III	35.5
Tie 8.	Mary Schroeder	Tabor I	34.5
	Jann Walinski	Tabor III	34.5
	Beth Jakubek	Berwyn I	34.5
	Vivian Skubis	West Sub. III	34.5
Tie 9.	Martha Radek	Havlicek I	34.0
	Jean Marie Homer	West Sub. I	34.0
Tie 10.	Danna Mangini	Berwyn I	33.5
	Terry Nowatzki	Brookfield II	33.5
Tie 11.	Marsha Filippello	Tabor IV	32.5
	Cathlyn Palter	Berwyn I	32.5
	Lisa Guide	Brookfield II	32.5
Tie 12.	Carol Behnke	West Sub. IV	32.0
	Sharon Jansto	Berwyn II	32.0
Tie 13.	Andrea Wiesmeyer	Tabor V	30.0
	Terri Skubis	West Sub. III	30.0
Tie 14.	Jean Gorman	Tabor V	29.5
	Karol Kogart	Stickney V	29.5
	Kim Sigman	Tabor I	29.5
	Christiana Caterello	West Sub. I	29.5
Tie 15.	Janet Baluk	West Sub. I	29.0
	Kathann Jindra	West Sub. III	29.0
Tie 16.	Janine Toman	Tabor I	28.5
	Mariellen Dvorak	Tabor II	28.5
	Darlene Keseg	Tabor II	28.5
	Sandy Baker	Stickney IV	28.5
Tie 17.	Diane Pitrak	Stickney IV	28.0
	Cindy Zaba	Tabor IV	28.0
	Sandy Gamelleto	West Sub. I	28.0
Tie 18.	Monica Skubis	West Sub. IV	27.5
	Debbra Jaros	Stickney I	27.5
	Cheryl Tabery	Tabor II	27.5
	Susan Wiesmeyer	Tabor II	27.5
19.	Valerie Vanek	Brookfield I	26.5
Tie 20.	Beth Rylands	Stickney V	26.0
	Mildred Grbic	Havlicek I	26.0
	Janet Pistorius	West Sub. IV	26.0
Tie 21.	Michele Lemieux	Brookfield I	25.5
	Suzanne Makovec	Stickney V	25.5
Tie 22.	Pat Bihun	Stickney V	25.0
	Julie Fallon	Stickney II	25.0
Tie 23.	Michele Woyt	Brookfield I	24.0
	Colette Pilarski	Havlicek I	24.0
	Mary Lou Petrancosta	West Sub. IV	24.0

24. Candace Curran	Tabor V	23.5
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17 TEAMS — 73 INDIVIDUALS.

JUNIOR GIRLS

Team Standings

1. STICKNEY I	148.5	
Tie 2. TABOR I	145.0	
	WEST SUBURBAN I	145.0
3. BERWYN I	136.0	
4. BROOKFIELD II	135.0	

Individual Standings

Place	Name	Unit	Points
1.	Audrey Vondra	Stickney I	38.0
2.	Debbie Huneke	Tabor I	37.5
Tie 3.	Julie Barcal	Slavsky I	36.5
	Susan Hynek	Berwyn I	36.5
Tie 4.	Gail Krimmel	Berwyn I	36.0
	Karen Vocelka	West Sub. I	36.0
5.	JoAnn Hantak	Brookfield II	35.5
Tie 6.	Mary Kucers	Havlicek I	35.0
	Nancy Baluk	West Sub. II	35.0
Tie 7.	Kimberly Rus	Stickney I	34.5
	Mary Lu Gerleve	West Suburban	34.5
Tie 8.	Beverly Vondra	Stickney I	34.0
	Ann Higgins	Tabor I	34.0
Tie 9.	Kris Tybor	Havlicek I	33.5
	Debbie Siebert	West Sub. I	33.5
Tie 10.	Colleen Gannon	Tabor I	32.5
	Carol Shafar	Tabor IV	32.5
Tie 11.	Cindy Kourim	Brookfield I	32.0
	Sheley Polich	Stickney I	32.0
	Karen Piane	Slavsky I	32.0
Tie 12.	Barbara Basta	Brookfield II	31.5
	Gail Mara	Brookfield II	31.5
Tie 13.	Lori Bauman	Tabor IV	31.0
	Donna Brown	Tabor I	31.0
	Denise Reid	Tabor II	31.0
	Barbara Thrum	West Sub. I	31.0
	Diane Kohut	West Sub. II	31.0
14.	Debbie Edwards	Tabor II	30.5
Tie 15.	Sylvia Leicht	Havlicek II	30.0
	Audrea Woyt	Brookfield I	30.0
	Donna Ondracek	Brookfield I	30.0
16.	Pamela Ross	Berwyn I	29.5
Tie 17.	Wendy Owczarzak	Tabor IV	28.5
	Cathy Moore	West Sub. II	28.5
	Mary Ceas	Tabor II	28.5
Tie 18.	Ellen Pullman	Slavsky I	28.0
	Susan Wesolowski	Havlicek I	28.0
19.	Karen Smuda	Stickney	27.5
20.	Diane Quagliata	Tabor II	27.0

13 TEAMS — 59 INDIVIDUALS.

WOMEN

Team

1. TABOR	153.0
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Individual Standings

Place	Name	Unit	Points
1.	Millie Foltyn	Tabor	38.5
Tie 2.	Lynn Gallagher	Tabor	36.0
	Carolee Michalek	Havlicek	36.0
	Patty Gilbert	Berwyn	36.0
3.	Roselie Grygienc	Havlicek	35.5

1 TEAM — 9 INDIVIDUALS.

SOKOL GYMNASTIC COLUMN

Heat as a Remedy

by T. R. VAN DELLEN, M.D.

Reprinted, courtesy of the Chicago Tribune

Heat is helpful in treating injuries and arthritis. The most popular methods are the heating pad, hot water bag, hot water, infrared lamp, long and short wave diathermy and ultrasound. Unfortunately, too few resort to heat as a remedy.

Heat is heat, no matter how it is produced, but one type may penetrate more deeply than another. A heat lamp, hot pack, or heating pad penetrates about one-quarter inch into the tissues. The circulation in the warm skin increases and when circulation in the deeper tissues is stimulated, relief ensues.

* * *

Long wave diathermy reaches a depth of one-half inch; short wave, an inch. Ultrasound penetrates up to three inches. In this technic, heat is produced by the vibrations of the tissues that oscillate back and forth in response to sound waves.

Cold is recommended to counteract swelling that develops immediately after an injury, such as a sprained ankle or elbow. It diminishes the amount of blood or fluid that pours into the damaged tissues.

As soon as this process is brought under control—usually 12 to 24 hours after the mishap—heat is substituted. At this stage, warmth improves the circulation and helps absorption of blood or tissue fluid around the injured part. This encourages quicker healing and discourages scarring.

Massage also is employed in the followup treatment of muscle tears, strains, sprains and rheumatic conditions. Manipulation aids in limbering up the parts and in restoring muscle tone. Active exercises done by the individual help him regain strength. The physical therapist does passive exercises, which also are a limbering process. Electrical stimulation is used only when nerve injury has occurred.

Gymnastic Literature

THE ART AND SCIENCE OF JUDGING MEN'S GYMNASTICS—edited by Richard Aronson (Coach, Lowell Technological Institute, NCAA, EIGL, Olympic Trials Judge). A book designed for the new and experienced judge, will greatly aid programming in physical training. The first published book on judging men's gymnastics. Cost \$3.50. Order from Richard Aronson, 52 Evelyn Road, Nesham Heights, Mass. 02194. Tel.: (617) 444-3893. Check must accompany order.

"GYMNASTIQUE MODERNE," by sis. Mildred Prchal, Honorary Director of the American Sokol, Chairman, United States Gymnastic Federation Women's Committee, 2419 South Scoville, Berwyn, Ill. 60402. Competition exercises with and without implements for III Class—beginners, and II Class—intermediate. Compositions of free exercises, exercises with hoop, jump rope and ball. Order from the author, address above.

Plans Made for New United States Trampoline Association

In an effort to fill the vacuum left by the recent NCAA decision to abandon the trampoline event from gymnastic competition, an interested group of top trampoline performers, coaches, teachers and enthusiasts concerned about continuing trampolining as a sport and dedicated to the preservation of the U.S. dominance of world competition, met in Cedar Rapids, Iowa, on Sunday, October 11th, to discuss the establishment of a U.S. Trampoline Association.

Years ago gymnastics and trampolining were combined to provide enough participants and ensure crowd appeal. Today with the increased interest in the Olympic games, persons guiding gymnastics have found that there is sufficient interest in their sport without trampoline and tumbling. Actually, with the increased facilities for trampoline and tumbling throughout the United States, and a large number of participants, it is an opportune time to establish them as separate sports.

The following temporary officers were appointed to serve until the first formal organizational association meeting to be held at Cedar Rapids at 7:00 P.M., Sunday, December 27, 1970.

President: Jeff Austin, Gymnastics Coach, Triton College, River Grove, Illinois. Secretary: Milt Davis, U.S. Chairman AAU Trampoline Committee, Memphis, Tennessee. Executive Director: Ron Munn, Ohio District Sales Manager, Nissen Corporation.

DISCIPLINE

No gym can run smoothly unless a reasonable degree of discipline is maintained. This responsibility presents a challenge to good leadership in striking a suitable balance between lax and severe discipline. In either extreme, the morale of the children will suffer. A teacher should not have great difficulty in maintaining discipline as he (or she) must make it quite clear that he (or she) is the "boss" in the gym and he (or she) will not tolerate any wrong doing, horsing around, back talk, or just plain loafing around.

Have a set of rules which leave no doubt as to what is expected. Standardize your requirements as far as possible so that all will be treated alike. The teacher who follows the all too common practice of calling attention only to errors and shortcomings is neglecting an excellent means of morale building.

In maintaining discipline there are many pitfalls to be avoided, such as any display of partiality, or again in the other direction, ridiculing the child in front of others, securing information from a child about the conduct of another which could put this child in a very unfortunate position in relation to the other children and the gym morale will surely suffer.

Immediate action by the teacher on breaches of conduct or failure to follow the Sokol rules should be enforced. Dismissal from class for repeated offences after ample warning is given, are to be enforced. A child who is allowed to stay on in class in open defiance of discipline will undermine the morale of the entire gym class.

A. H.

THE OLYMPIC GAMES

XI OLYMPIC WINTER GAMES SAPPORO, JAPAN February 3-13, 1972

The Olympic Games are held every four years in which amateur athletes of all nations are assembled for fair and equal competition in 18-21 different sports. The Olympic Games celebrate an Olympiad—a period of four successive years and the Games are conducted in the first year of each Olympiad dating from the establishment of the Modern Olympic Games in Athens, Greece, in 1896. Olympiads and Games are numbered consecutively from the date of the first games in Greece, even though it has been impossible to hold the Games.

No discrimination is allowed against any country or person on grounds of race, religion or political affiliation.

The Olympic Creed. The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well. — Baron Pierre de Coubertin, founder of the Modern Olympic Games.

Mildred Prchal:

Special Numbers for Sokol Exhibitions

The highlight of the Sokol season in each gymnasium is the annual gymnastic review or program. Much time and thought is given this project but for many reasons actual teaching for it is too often postponed until a few weeks before the exhibition date.

The wise instructor will plan his season's schedule so that each lesson will include some fundamental steps and exercises to be used in the program. All too often special numbers consist of steps, movements and formations that are strange or unfamiliar to the class and it is necessary to spend whole class hours for the teaching of the "special." If this particular number is for a selected group, the other class members are relegated to an assistant for other activities in the gymnasium and they are apt to feel neglected and resent being "left out." It is much better to have an able assistant teach the special number so the instructor can continue his work with the rest of the class. Better yet, a special day can be set for the program work or the instructor should use only material the class has become familiar with throughout the season, and allow the entire class to participate.

When one instructor is in charge of 6 or 8 classes, the work of composing and teaching a special number to each class is practically impossible, if he is employed elsewhere daily, which is the case in most Sokol gymnasiums. One special number in which members of all children's classes can participate, is a wise selection for such an instructor. Another simple number for junior girls and boys, together with men and women, can be very effective and make up in number and formations for the very advanced work by only a few.

Where a unit is fortunate in having 3 or 4 instructors as in some instances, this does not create

XX OLYMPIC SUMMER GAMES MUNICH, GERMANY August 26, 1972

The Meaning of the Rings. The rings or circles which form the Olympic symbol originally represented the five major continents, namely Europe, Asia, Africa, Australia, and America (both North and South). However, the true concept is that the rings are linked together to denote the sporting friendship of the peoples of the earth, whatever their creed or color. The colors are chosen because at least one of them (blue, yellow, black, green, and red) appears in the flag of every nation of the world.

The Olympic Flag. The Olympic flag, which appeared at Olympic competition for the first time at Antwerp in 1920, has a white background with no border. In the center, it has five interlaced rings or circles (three above, two below) whose colors are blue, yellow, black, green, and red. The blue ring is high on the left. (Note: The Olympic flag first was flown in public at Alexandria, Greece, in 1914.)

such a problem.

Novelty numbers are good only if they are short (2 mins. at most) and fast. They must also fit well into gymnastic work. Among the easiest and most effective is the Clown routine in which all forms of work can be incorporated; marching, acrobatics, balancing, etc. Folk dances are always excellent but must be gay and lively.

A new teacher sometimes finds himself at a loss when called upon for "something" to use as the high point of a program and in many cases spends time and effort looking for a finished routine which is too advanced for his group and must be modified, thereby losing its original character and proves unsuccessful. This teacher would do well to devote the time and effort to select a favorite musical number (or record tape if possible) and initiate himself in composing his own work. A brisk marching number combined with simple calisthenics in different formations, finishing with a group picture is always effective. This can also be done with wands or other hand apparatus.

There are many instances in which new instructors are given very little time in which to arrange a program and these of necessity must try to get such material elsewhere. The American Sokol Board of Instructors receives many requests for special material. However, the source of material is depleted and we would greatly appreciate written instructions with the name of accompanying music of some of the excellent compositions we have seen each year in the various Sokol gymnasiums. The many hours of thought and effort spent in the preparation of such presentations should be utilized more than once and surely the satisfaction in the knowledge that the composer's "brain child" is being taught and enjoyed by others should be gratifying.

Letter to be sent to the Pacific District regarding Sokol Scio, nothing heard from the District or units.

Financial Report ASO. October 1970

INCOME:

Dues	\$3,237.00
Convention Fund	10.00
Special assessment	10.00
Dividends and interest	143.75
Resale of jewelry	22.20
1st Day Covers, educational pamphlets, emblems, postage	8.58
Miscellaneous	6.60
Total Income	\$3,438.13

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 437.30
F.I.C.A. & F.W.T. for Sept.	80.26
Ill. Withholding Tax—3rd qtr. 1970	30.47
Rental, janitor service, phone ...	276.59
Office furniture	235.00
Office supplies	6.30
Miscellaneous	45.90
	\$1,111.82

Educational Department BOI.

Salaries	\$ 219.44
F.I.C.A. & F.W.T. for Sept.	38.40
Ill. Withholding Tax—3rd qtr. 1970	12.48
Dues	100.00
Add'l. copies "Sokol Gymnast" ..	28.00
Editor "Sokol Gymnast"	50.00
Miscellaneous	23.78
	\$ 472.10

Sokol Publication

Printing "American Sokol"	\$ 643.25
Editor "American Sokol"	75.00
Postage "American Sokol"	42.16
	\$ 760.41

Miscellaneous

Uniform Division—Salary	\$ 95.00
Special appropriations—Western District	312.93
Transfer of funds to certificate account	3,000.00
Rebate	3.60
	\$3,411.53

Total Disbursements

BALANCE:

Totals brought forward:	
Western National Bank of Cicero—check- ing account	\$6,504.19
Income — October 1970	3,438.13
	\$9,942.32
Disbursements — October 1970	5,755.86
	\$4,186.46

Future Sokol Leaders Fund

In memory of Joseph Vorel of Czechoslo- vakia, Marie Kriza	\$ 10.00
In memory of husband, James, Anna Kuchler	5.00
Hoyne Savings & Loan Assn.—Dividend	143.75
	\$158.75

Contributions are tax exempt.

FROM OUR DISTRICTS

EASTERN DISTRICT ANNUAL MEETINGG

September 27, 1970

On behalf of the Eastern District bro. Zraly expressed sympathy to sis. Kolomaznik on the loss of bro. William Kolomaznik, former President of Sokol Baltimore, and to sis. Suster on the loss of bro. Anthony Suster, former President of the Northeastern District.

At this time bro. Zraly asked the delegation to rise and observe a moment of silence in memory of our departed brothers and sisters.

Correspondence—Invitation to first anniversary of Sokol Miami on Nov. 14, 1970. Also request for ads and boosters. Full page ad will be placed in the souvenir book.

Sokolice Baltimore are celebrating their 80th Anniversary. A banquet will be held on Oct. 17, 1970.

Sokol Washington presents an opera on the three hundredth anniversary of the death of Jan Amos Komensky (Comenius) on Oct. 4.

Report of Secretary, Blanche Zraly: Gave a report on activities of the Eastern District for the past year. Stressed the need to increase the number of delegates to attend the District meetings. Only those who are willing to attend should accept.

Report of Financial Secretary, sis. Pribil: The membership of the Eastern District as of August 31, 1970, is 611 men and 583 women.

Report of Director of Men, bro. Capek: Attendance is poor in the junior and senior men's classes. The District had participated in: Track and field, bowling, volleyball and gym meets. Units had competitions and physical fitness tests. No District Slet was held this year but a few had participated in the Slovak Slet at Monessen. Suggests that directors and class instructors attend meetings. Bro. Capek gave his thanks to sis. Provaznik for the many clinics she conducted and to sis. Zabka who sent out the newsletters to unit directors. Also sis. Belsen and bro. Babor, our athletic directors, for handling of the Sports Program.

Report of Director of Women, sis. Zabka: Our District participated in many events this year. For the third consecutive year our District won the team prize at the track and field meet. Also were victorious in the United Sokols Bowling and Volleyball Tournaments. Regrets the lack of instructors taking advantage of training periods and judging clinics. Sis. Audrey Benda conducted a one week course for team leaders in Little Ferry which was very excellent. Sis. Zabka pleads for cooperation regarding monthly attendance reports. Wants units to upgrade their performances at annual exhibi-

tions. Should concentrate on improving our quality of instructors since this weakness has been showing in the performances of our District gymnastically for the past several years. A junior bowling tournament will be held on Nov. 8th at 1 P.M.

Report of Educator, sis. Misek: Suggest listing of Sokol Halls in phone book. Asks unit directors to cooperate with their educators. Also requests calendar of events from members.

Report of Southern Section—Report given for bro. Stetka, who was absent, by bro. Pokorny: Possibility of merger between Sokols Baltimore and Belcamp. A new Sokol Hall would be built at a location between Belcamp and Baltimore. Brother Neumann also reports that the Southern Section officiates at the wreath laying ceremonies at the Tomb of the Unknowns, Arlington National Cemetery. All members are invited to attend this event.

Report of Public Relations Directors, bro. Ed Stetka and bro. Jan Petlicka: Although bro. Stetka was absent he had been editing the Baltimore Topix and doing his utmost to publicize the American Sokol Organization. We are glad that he is once again on the road to recovery after being seriously ill.

Sis. Provaznik reports that during her travels in Europe she met many students who were enthused about joining the Sokol Organization and having a Slet. The site selected would probably be in Vienna or Bern, Switzerland in 1972. Sis. Provaznik stated that we should start a fund in hopes that we may be able to send some participants to the Slet. Since there will not be any National Slets held for a couple of years, it was suggested that we send our gymnasts to participate in the Toronto Slet if we are invited.

The officers of the technical board have been re-elected for the ensuing year.

UNIT REPORTS

Sokol Baltimore, bro. Albert Pokorny: During the past year several fund raising affairs were held. Possibility of merger with Sokol Belcamp. There was a serious impact on the unit due to the illness of bro. Stetka and the passing away of bro. William Kolomaznik.

Sokolice Baltimore, sis. Marie Pokorny: Same as men's report.

Bro. Zraly asked that they consider including Curtis Bay in their Belcamp-Baltimore merger.

Sokol Belcamp, bro. Frank Novak: Hopes for merger with Baltimore. With the leadership of bro. Lago hopes to increase membership in gym classes. Bro. Novak was commended by bro. Zraly for his article "Sokol Situation" which appeared in many publications.

Sokol Fuegner, sis. Bertha Hochner: Are active socially as well as in gymnastics.

Sokol Little Ferry, bro. Henry Vesely: Modernized Sokol Hall. Active both socially as well as in gymnastics.

Sokolice Little Ferry, sis. Blanche Kubat: Ladies division very active socially as well as in the gym classes. Much credit goes to sis. Audrey Benda who very successfully conducted a one week course for instructors at Sokol Little Ferry.

Sokol Miami, report phoned in by sis. Ruzicka from Chicago: Gym classes have been started. The women do setting up exercises on the beach and

dance and play cards after meeting. There are 130 members with a few more being processed. Average attendance 70. Will celebrate first anniversary.

Sokol Newark, sis. Barbara Kotlan: Due to sale of hall, hold meetings at homes of members. Several members are active in the Bowling Tournament of the Eastern District. Sister Ludmila Elkins is much improved after a long illness and a serious operation. Best wishes for a speedy recovery from all.

Sokol New York, sis. Marie Provaznik: Have been very active. Gym classes were improved under the leadership of sis. Pat Koval and bro. Stanley Mergl. Hall is being renovated. Vinobrani Dance October 3rd.

Sokol Philadelphia, bro. George Novak: Held combined social with Slovak Sokol.

Sokol Schenectady, written report sent in by sis. Antonia Guthan: Catered many affairs. Held bowling nights.

Sokol Washington, bro. Jerry Friedrich: Very active socially. Held many fund raising affairs. Gym classes under direction of bro. Frank Stovicek. Participated in Monessen Slet.

For the good of the organization—Bro. Neumann said that Monessen was not an ideal place to hold a Slet. Accommodations were too far from the Slet grounds.

Unfinished business—Tour to Miami was discussed. Bro. Petlicka has been asked to conduct the bus tour. A 10 day bus tour and a 7 day plane trip be planned. Bro. Petlicka will advertise the tours on the radio program. Bro. Zraly will represent the District at the first anniversary of Sokol Miami since they are now members of the District. If bro. Zraly is unable to attend, the Vice-President will represent the District.

Bro. William Zabransky, Jr. expressed his thanks to bro. Zraly who taught gym classes at Little Ferry years ago and to bros. Capek and George Janakis and sis. Audrey Benda who are still carrying on today to keep Little Ferry gym classes active today.

Bro. Frank Novak of Sokol Philadelphia, chairman of the nominating committee, stated that the entire slate of officers has been nominated to be re-elected for the ensuing year.

Bro. Frank Novak of Sokol Belcamp installed the new officers who received a standing ovation from the entire delegation.

Eastern District will pay their share of \$25.00 toward the wreath which is placed at the Tomb of the Unknowns at Arlington National Cemetery.

Bro. Zraly would like to express his thanks to bro. and sis. Stransky who had attended the meeting on Saturday but regretted they could not stay for Sunday's meeting. Many thanks to bro. Stransky for trying to compile the history of the Eastern District. Reports were incomplete and missing.

* * *

NORTHEASTERN DISTRICT

September 23, 1970

Bro. Pekar asked the delegates to stand in silent tribute to our deceased brother Anthony Suster.

Sokol Detroit Ladies Auxiliary invited brother Pekar as the District official representative to the unit's 50th anniversary banquet.

UNIT REPORTS:

Sokol Detroit Ladies Auxiliary—July gymnastic exhibition yielded a profit of \$2,036.78; the paid attendance to the exhibition was 1,010 persons. Unit held a summer Festival, realizing a profit of about \$5,400.00.

Sokol Detroit—Monday Night Games have yielded an average of \$564.00 a night. Unit's fund raising yielded a profit of over \$14,000.00 for the last six months.

Sokol Cleveland-Cech-Havlicek—Unit is gearing for the coming season.

Sokol Tyrs—Unit realized a profit of about \$1,316.00 from the annual picnic.

Sokol Nova Vlast—October 25th at Bohemian National Hall a program commemorating the anniversary of the creation of the Czechoslovak Republic will be held.

BOI.—Brother E. Jirousek reported that no director of men or director of women for the District has been elected. Brother Jirousek reported that the District clinic held in August 1970 was very successful.

* * *

CENTRAL DISTRICT

September 23, 1970

Sokol Milwaukee would appreciate our attendance at their Recognition Dinner, October 17, 1970, Jaternice Dinner February 14, 1971, and Exhibition May 23, 1971.

Brother Kalat expressed his thanks to all who helped make the 1970 Slet a success. Sister Carolee Michalek and brother Paul Lebloch, our new directors, were then introduced and installed by bro. Halik.

Bro. Schnabl referred to perpetuating the Sokol ideals and acquiring property as had been discussed in our May meeting. Bro. Schnabl appealed to all to further discuss this at their meetings.

* * *

WESTERN DISTRICT EXECUTIVE MEETING

October 12, 1970

President Pavoucek opened the meeting with the Pledge of Allegiance to the Flag followed by a moment of silence honoring the passing of bro. Anton Suster, Past President of the Northeastern District and Honorary Chairman of the 1970 ASO. Convention.

Quarterly Reports—Sokolice Cedar Rapids 191; Sokol So. Omaha gained 15 members = 365.

Correspondence—Letter sent to Alice Sula, Sokol Karel Jonas, Wilson, Kansas, for the use of negative of picture of gymnasts in the parade. No reply received.

Sokolice Cedar Rapids will celebrate their 70th Anniversary in November.

1971 Western District Slet to be hosted by So. Omaha Sokol and Sokolice. It was suggested to have a Victory Banquet and Social Hour.

* * *

WESTERN DISTRICT SEMI-ANNUAL BOARD OF INSTRUCTORS MEETING

September 26, 1970

Sis. NejdI gave a report on the Slet and presented a letter with a few recommendations for future Championship Competitions. It was suggested that

outside judges be obtained for more impartial judging.

Men's and junior boys apparatus and calisthenics were approved and ready for the Western District 1971 Slet.

Sis. Drozda suggested to have a Clinic on Sokol and F.I.G. Judging. The date of the Clinic will be Feb. 6 and 7, 1971.

Instructors School—The Western District will have an Instructors School for beginners, if at all possible. Bro. Lastovica will check with the Sokol Omaha Camp Board at Valley to see if the camp will be available the week following the Slet.

* * *

WESTERN DISTRICT SEMI-ANNUAL EXECUTIVE MEETING

September 27, 1970

President Pavoucek opened the meeting with the recitation of the Pledge of Allegiance to the Flag and a moment of silence was observed honoring our departed brothers and sisters.

Director of Women—Bozena Drozda: Sister submitted a report copy of her accounting of the District activities from Feb. 1969 to Sept. 1970.

Director of Education—Alfred J. Swoboda: Bro. Al stressed the importance of EACH unit sending in applications for the SOKOL MERIT AWARD.

Bro. Swoboda also gave an "educational session" to the South Omaha Gym Club.

Historian—Blanche Heeren: Sister has received a few articles at the meeting for the History Book.

Organizational Director—Barbara Swoboda: Sis. Barbara read some of the requirements of duties to be performed by the Organizational Director.

1971 Western District Slet—Brother Pavoucek noted that his unit would be willing to host the 1971 Western District Slet. The decision for accepting the So. Omaha Unit as the next Slet host was unanimous. The date for the 1971 Western District Slet will be June 11, 12, and 13, 1971.

Sis. Drozda motioned to accept the recommendation of the BOI. to hold an Instructors School for beginners. Carried.

* * *

WESTERN DISTRICT SEMI-ANNUAL UNIT REPORTS

Sokol Cedar Rapids—Sibrinky. Card Party. Pork Supper. Western District Slet—co-hosted by our two units. All-around results were very good. Sold Sokol Camp to the Wildlife Outdoor Club. Started a Building Fund.

Sokol Cedar Rapids BOI.—Open house and program in gym. Western District Slet with Sokolice. Danced Beseda for Czech Night at ball park and put on gymnastic program there also. Danced Beseda for Knights of Pythias convention.

Sokolice Cedar Rapids—Maintain Memorial Fund. Co-hosted the Western District Slet. Several T.V. and radio programs were devoted to the Sokols and Slet. Fund raisings: Kolach bake sales, prepared Pork Supper for brothers and served several banquets. Semi-Annual Rummage Sale. Sewing & Quilting Circle. Promoted Czech Festival at Lindale Plaza. Card Party. Pot Luck Supper and Mother-Daughter Banquet.

Sokolice Cedar Rapids BOI.—Several of our BOI. members are now judging girls gymnastic

meets held in the Cedar Rapids area. Six juniors went to Denver in August to see the pre-Olympic try-outs. In April three judges went to Las Vegas to see U.S.G.F. try-outs for pre-Olympics. Juniors and women sell candy and stationery items. Juniors and women participated in parade on Memorial Day to the Czech National Cemetery.

Sokol Crete—Teen dances on Saturday and games on Tuesday.

Sokolice Crete—Games every two weeks. Have started label and coupon project. Sent a letter to our Representative in Washington re: occupation of the Soviet Union in Czechoslovakia. Have representation in the Crete Improvement Council and the Blue Valley Community Action, Inc. Have song fests and travelogues.

Sokolice Crete BOI—Had program for Sokol men, women and parents. Competition for little girls. Drilled in Wilber for Czech Days.

Sokol Omaha—Two weeks children's camping. Combined effort of men's and women's unit to clean and paint the interior of our hall. Rummage Sales.

Sokolice Omaha—80th Anniversary Celebration which included the District President E. Pavoucek. Sponsored chicken and beef dinners and rummage sales and had a Czech bazaar. Falstaff Party at Falstaff Brewery. May Annual Mother and Daughter evening with style show and dessert.

Sokol and Sokolice Omaha BOI—Exhibition. Classes competed at meet in Des Moines, Iowa. Performed at 80th Anniversary Celebration of Sokolice. Parent's Night small classes competition. Participated in the Slet in Cedar Rapids and had special number. 15 participated in Czech Festival at Clarkson, Nebr. Junior girls participated in a clinic in Cedar Rapids, Ia. Busload of Omaha and So. Omaha gymnasts performed at Wilson, Kansas. Performed at Omaha Czech Harvest Festival. Performed at various times for Omaha School System at the University of Nebr. at Lincoln. Performing at the various Omaha schools. Spring Pork Dinner and Carnival.

Sokol So. Omaha—Increase of 79 members in the past 6 months. Chicken dinners. Membership drive. So. Omaha Sokol Day. Bar-B-Que. Tours to dog races and Las Vegas. Honor our 50-year members. Bowling Party. Sokol Stag. Vecirek. Sokol Day. Games. Aided in getting new mercury lamps on the block of the Sokol Hall and in getting a stop sign put up on a dangerous corner near the hall.

Sokolice So. Omaha—Membership drive. ½-price Ham Dinner tickets were sold to the gymnasts who performed at the So. Omaha Sokol Day at the park. Sell refreshments at game nights. Fashion show. Label saving project which to date has netted \$290.00. Participated in a consumer panel. Ham Dinner at Sokol Park. We honored our 50 year and over members. Film showing.

So. Omaha Sokol and Sokolice BOI—All classes perform at the Park for So. Omaha Sokol Day. Participated in District Workshop. Competition for little girls and boys—also Championship Competition for small boys and girls. Gymnasticale and junior boys competed in Iowa. Participated in the Western District Slet. Had junior competitions. Held self-improvement clinic in our own gym with instructors from University of Nebr. at Lincoln.

March Card Party. Booth at Pork on So. Omaha Sokol Day. Participated in Loyalty Day parade in So. Omaha. Performed at the Wilson, Kansas, Czech Festival with Sokol Omaha. Performed at the Wilber Czech Festival.

Sokol Wilber—Czech Days in Lincoln and bake kolace for special orders. Alumni banquet. Games. Hall rent-free for Blood Mobile. Celebrated 50th Anniversary of members. Parties for members at Christmas and after Czech Days. Parties for boys and girls.

Sokol Wilber BOI—Participated in District Workshop in Omaha. Junior competition—pre-junior. Juniors competed and participated in the Western District Slet. Exhibition for Wilber Czech Days.

* * *

SOUTHERN DISTRICT

October 15, 1970

Corpus Christi—Informing that the unit is planning to set up a building fund and are soliciting donations towards this project. Plan to hold annual picnic at the home of American Legion. No gym classes held since the hurricane.

Dallas—Held regular dances and rentals, purchased deep-freeze for the kitchen. Several gymnasts and instructors attended clinic in Oklahoma. Special number will be presented at the Czech Day at the Fair program. Attended a volleyball clinic at YMCA.

Ennis—Held one dance. Construction of new building progressing. On agenda—annual membership social.

Fort Worth—Parking lot asphalted. Membership dinner Nov. 14. Gymnasts performed at the local SPJST Lodge 92 anniversary program. 4 gymnasts and instructors attended clinic in Oklahoma. Participated and assisted in a clinic in Arlington and plan to participate in the Czech Day program at the Fair.

Educational Director—Brother Milan: Attended meeting of area coaches at the Trinity High School. Attended AAU annual meeting in Dallas. Gave a report on many area meets and informs that a complete listing will be sent to the Unit Technical Staff when printed.

Report of District Directors—Combination report by bro. Laznovsky: Scheduled is a program for the Czech Day at the Fair; approximately 120 gymnasts will participate. Program will consist of 2 special numbers, vaulting, tumbling and light apparatus and a short program will be presented on the Mobil stage during the day. Instructors from Dallas and Ft. Worth attended the clinic in Oklahoma. Recommendation of bro. Jerry Milan as the representative to the U. S. Olympic Committee was approved. Read a letter from sister Prchal in regard to request in conducting modern gymnastics clinic in the District. Clinic will be held at Zizka Dallas and instructed by Kathy Rigby, Wendy Cluff and Bud Marquette, their coach. Fourth instructor is available. Exhibition will be given Sunday afternoon by the group.

Report of the President: Sokol Houston requested more information in regard to the name tags for the shoulder patches, as to color, size etc. Suggests that the District in the future appoint a member to the Czech Day at the Fair Committee.

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As the nomination and election of the officers and committees of our Sokol Unit for the year of 1971 approaches, this event should not be taken lightly by any of our members, if they hold sacred their membership. When summoned, do not avoid your participation in the meeting and if you are picked to serve, serve well and serve faithfully. When casting your vote try to select the best, without any fraternizing or politics. Remember, we are all brothers and sisters and as such we must show love in all our dealings, to give those words their true meaning. These are the ideals we stand for and they will make us better men and women and better in the eyes of our associates. Among the many offices and committees we have to select this year, we should organize a new one and a very important one, for the future being of our organization and that should be a new "MEMBERSHIP COMMITTEE." Our old members are fast dying year by year and most of our present active members are growing older and if this void will not be filled in the next few years, the future will

bring us only extinction. I am sure many would join our ranks, if they be asked and if only half of them would become active, it would be worth while. Do not pass this idea up, but act on it immediately, by electing such a committee in this year's elections. — John Reiner in the Sokol St. Louis Newsletter.

OSLAVA OSMDESÁTI LET—

(Dokončení ze str. 157)

V sokolovně, na místě, které je posvěceno sokolské práci, bylo prokázáno, že za poctivou, s láskou konanou činností sokolskou je nejkrásnější odměnou vděčnost sester a bratří. Bylo by významné, kdyby si její oddanost vzali s sebou všichni účastníci banketu a zůstali při ní, aby i druhým ukázali, jak si ceníme věrnost.

Sestra Provazníková zůstává nám vzorem. V její práci budou pokračovat ti, kterým dala poznání hodnoty myšlenek. Při tom skromnou skvělou pracovnicí i jako vůdce. Může klidně a s pýchou pohledět na svůj život a na svoje sokolské dílo. Bylo a je více než dobré. A co může být většího a krásnějšího než vědomí, že se tolik zasloužila o Sokolstvo!

Ano, naše budoucnost jest založena a utkána z práce a ze života takových Sokolů a Sokolic, jakou je sestra Marie Provazníková! Čest a sláva jim!

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