

AMERICAN SOKOL

VOL. XCVII - NO. 4

APRIL 1976

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

"Progress" Theme of Sokol Slavsky Exhibition



Providing some of the "before and after" flavor were (from left) Mae Simonek, May Konecny, Carol Rocush and Instructor Anne Halik. Sue Shubert is in the foreground.

One of the special numbers presented at Sokol Slavsky's 86th annual exhibition "You've Come a Long Way, Baby!" It presented costumes and exercises from four periods of gymnastics for Sokol women.

In describing the costume of the mid 1800s, we quote a few excerpts from a manual of calisthenics copyrighted in 1864. "A costume for calisthenics and gymnastic exercises should be comfortable and convenient, decent and suitable. Should permit easy performance of any movement proper to the wearer's age and condition of life. Should be beautiful in form and color, simple and harmonious with nature itself, its lines to conform to those parts of the person which it conceals. It clothes the entire figure of the wearer. There is not a line about it which indicates compression or one of heedless laxity. Limbs and trunks are amply draped and yet how plainly you can see that the wearer is well developed and untortured."

There were changes by the early 1900s. Women showed their arms and their legs, but the guidelines were basically the same.

And now we have the modern Sokol uniforms worn by Sokol women today, to which we have added the Navy Blue pantyhose.

Now we come to the leotard - the uniform of the Olympians - as worn for Modern Rhythmic Gymnastics.

You can see that in gymnastic dress, as well as our way of life, we have come a long way and that Time changes everything!

AMERICAN SOKOL



Published Monthly
(Except Bi-Monthly July and August)

by the
AMERICAN SOKOL ORGANIZATION
6426 West Cermak Road, Berwyn, Illinois 60402
Subscription: \$3.00 per year

EDITORIAL STAFF

6426 West Cermak Rd. Berwyn, Illinois 60402
Copy for publication must be received by the
3rd of the month.

OFFICE OF THE EXECUTIVE BOARD ASO.

EllenJeanne Schnabl, Secretary
6426 W. Cermak Rd. Berwyn, Ill. 60402
Tel.: 795-6671

EXECUTIVE BOARD:

President - ROY ZITNY
I Vice President - BETTY PRENER
II Vice President - RUDOLPH SVOBODA
Secretary - ELLEN JEANNE SCHNABL
Financial Secretary - AGNES SOTKA
Treasurer - GEORGE BASTA
Director of Men - PAUL LEBLOCH
Director of Women - MARIE PTACEK
Educational Director - STANLEY BARCAL
Editorial Staff - ROY ZITNY,
STANLEY BARCAL, BETTY PRENER
Public Relations -
Czech - JERRY RABAS
American - SYLVIA PISTORIUS
Organizational Director - ANN BASTA
Executive Board - EDWARD SCHNABL,
JAMES JINDRA, LORRAINE ZDENEK
Alternates - GEORGE SIMONEK,
WILLIAM MEYER, RICHARD VACHATA

ATTENTION

Please notify the A.S.O. Office immediately
upon change of address.

Calendar of Events

- APRIL 25th - SOKOL FUEGNER, L.I., N.Y.
Annual Exhibition
- APRIL 26th - SOKOLICE OMAHA
Annual Mother and Daughter "Gettogether"
- MAY 1st - SOKOL BELCAMP, MD.
35th Anniversary Banquet
- MAY 8th - SOKOL WEST SUBURBAN,
DOWNERS GROVE, ILL.
Annual Gymnastic Exhibition - Hinsdale So. High
School

MAY 9th - SOKOL TYRS, CLEVELAND, OHIO
Jr. Hobby Club's Mother's Day Pancake Breakfast

MAY 10th - SOKOL MIAMI
Mother's Day Program - 2-6 p.m.

MAY 14th - SOKOL SLAVSKY
Card and Bunco Party
Cicero Community Chest Bldg.

MAY 15th - SOKOL NEW YORK
Gymnastic Exhibition

MAY 15th - SOKOL SOUTH OMAHA
Czech Festival, Gateway Shopping Center,
Lincoln

MAY 16th - SOKOL BALTIMORE, MD.
Gymnastic Exhibition

MAY 22nd - SOKOL FORT WORTH
Co-sponsor Trinity Hi School Modern Rhythmic
Gymnastic Championship

JUNE 4, 5, 6 - SOUTHERN DISTRICT SLET
Fort Worth

JUNE 6th - SOKOL SLAVSKY
Picnic - National Grove No. 2

JUNE 6th - NORTHEASTERN DISTRICT SLET
Commemorating Bicentennial and the Olympics

JUNE 11, 12, 13 - WESTERN DISTRICT SLET
University of Nebraska
Omaha

JUNE 13th - CENTRAL DISTRICT SLET
Riverside-Brookfield High School Stadium

JUNE 13th - SOKOL SOUTH OMAHA
Zurich Sokol Slet. Departure from Epply Field,
Omaha, to Prague; returning from Zurich July 6th.

JUNE 19th - SOKOL SOUTH OMAHA
Večirek - Sokol Park

JUNE 20th - SOKOL DETROIT
Summer Gymnastics at Sokol Detroit Camp

JUNE 30th - SOKOL MIAMI
Departure for Zurich Sokol Slet. Itinerary includes
Vienna, Budapest, and Praha.

SEPT. 11th - AMERICAN SOKOL INC. (A.S.I.)
Annual Beer Festival

SEPT. 12th - SOKOL SOUTH OMAHA
Czech Festival

Auditing Committee

To: Executive Board March 2, 1976
American Sokol Organization

The Books and Records of the American Sokol
Organization - Administrative Division and the Uni-
form Division, were audited for the fourth quarter,
1975, and found to be in order.

Respectfully submitted,

Auditing Committee ASO

Excused members:
Sis. Anne Fara
Bro. Jim Berousek

Jarmila Domansky
Irene Ruzicka
Helen Prener

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCVII

April - 1976 - Duben

Číslo - No. 4

The Old Customs

In olden times, one of the commonest Easter customs in remote districts was the chasing of Judas, who was supposed to be frightened by the clatter and rattle of various wooden noisemakers. Boys assembled at the roadside statue of a saint or in the village cemetery to begin their procession and happily made all the noise possible with homemade instruments, some of which were as large as wheelbarrows, while others resembled the noisemakers often seen in the United States at New Year's parties. The racket they made served as a substitute for churchbell ringing during Holy Week - a time when all church bells were believed to have "flown to Rome" to bring back good tidings. On Easter Saturday the boys went caroling from house to house, receiving gifts at every stop as a reward for having made such a din.

Other old Easter customs include the consecrating of folk pastry, the giving of Easter eggs, and the ceremonial eating of certain foods.

One of the most interesting Easter folk customs, and one which is still jokingly carried on by young people, is the whipping of girls on Easter Monday. Plaited willow sprigs "šlehačky" are used by the boys on "Whipping Monday," as it is called, to "whip" the girls and knock the laziness out of them! The girls make a great show of escaping and there is much squealing and chasing. Sometimes the boys not only switch legs but also sprinkle girls with water; today eau de cologne is often used. Girls have their chance to get back at the boys on Tuesday.

In ancient times it was believed that the sprig used as a switch would give strength to the body being whipped and that any diseases the person had would leave the body and jump into the switch. Used switches, as a result, were tossed on the roof to rot, or tossed into a stream to be carried away; in either case, superstitious peasants believed that the diseases would not be able to return. When "Whipping Monday" rough-housing is over, girls give boys the beautifully colored Easter eggs they have been preparing for weeks.

Country women in costume still come to town during the weeks before Easter with Easter eggs and peddle them in the streets. Some are hen eggs; others goose eggs. Fear and reverence for the dead once played a big part in the painting of Easter eggs. Millions of them have been decorated in hundreds of different traditional designs. Kraslice are mentioned as early as the fourteenth century in Bohemian and Moravian literature, but it is known that they were being prepared long before that time. Each district uses a different technique for decorating eggs and the locality from which an egg has come can readily be identified by the technique used.

It takes great skill to prepare Easter eggs. Two tiny holes must first be made in the eggshell and the egg blown out. Then the two pin points have to be covered with paraffin so they cannot be seen. Some eggs are dyed red in the old-fashioned way, by boiling them with onion skins or tree bark. Others are blackened by being smoked over a flame; a few are made green, brown or lavender, although the red or black background is most common. Designs are then either engraved, etched, or applied by the batik method. In some districts, straw is inlaid. Hollow, decorated eggs are common to many Slavic peoples, not just to Czechoslovaks.

Easter weekend is still observed by devout Czechoslovaks although the religious aspects of the holiday are being minimized. Good Friday is a day of fasting. Saturday evening, Easter Sunday, and Monday are days of gorging. Traditionally, Easter dinner should include chicken. There are also several traditional Easter pastries, not unlike American ones - Mazanec, a big, rounded cake like a family-size "hot cross bun," and for children little "Easter Lamb" cakes that have a ribbon and bell fastened around the neck. Easter Monday is the day for visiting, and "duty calls" are made on friends and relatives, at which time visitors receive a glass of slivovice, a strong Czechoslovak plum brandy.

Reprinted from -

The Land and People of Czechoslovakia

Northeast District Library

Sincere thanks and good wishes go to sis. Blanche Pekar whose Czech costume collection will be on permanent loan to the Library. The collection is a wonderful memento of their many years of involvement with Sokol in Cleveland.

Thanks also to bro. Bob Jirousek who patiently painted the Library radiators by hand, and to Red

Zizka who saved us from being the only Library in town without an electrical outlet. Red installed the panel lights and several outlets. This was no small task since the entire schoolroom wing had to be rewired to bring it into the 20th century.

M.J.K. - Sokol Tyrs Newsletter

Minutes of the Executive Board of the A.S.O.

March 23, 1976

Pres. Roy Zitny, presided. Present: bros. Basta, Rabas, Vachata; sis. Prener, E.J. Schnabl, Sotka, Ptacek, Basta, Pistorius and Zdenek. Excused: bros. Svoboda, Lebloch, Barcal, E. Schnabl, Jindra and Meyer.

District minutes reviewed: Eastern District Feb. 16, Mar. 15; Central District Feb. 25; Northeastern District Feb. 25; Western District Feb. 9, March 8; and Southern District Feb. 26.

Correspondence: Greetings from bro. M. Neuman, Washington, D.C., vacationing in Florida. - Roster of Officers received from newly-merged Sokol Town of Lake. - Bro. R. E. Jirousek, Treas., Sokol Tyrs, sent newspaper article on remodeling of Bohemian National Hall; also request for membership pins. - Northeastern District inviting bro. and sis. Zitny to attend District Slet on June 6, 1976. Bro. Zitny having accepted invitation to attend Southern District Slet (June 6th), bro. P. Lebloch, Dir. of Men, will be asked to attend instead. - Letter from sis. Emilie Welcl-Ruzicka reporting on tour to Zurich; programs given by the Junior Folk Dancers. - Sis. Pauline Vanyo, Sokol St. Paul, sent change of address. - Meeting scheduled for Tuesday, March 30th, with Mr. R. Dvorak regarding a new Slet march. - Notice of Western District semi-annual meeting April 3-4. - Letter from Czechoslovak Society of Arts and Sciences in America, Inc., regarding their 8th Congress to be held in Washington, D.C., August 12-15. - Cermak Road Business Association letter regarding Seventh Annual International Houby Parade Sunday, October 10. Referred to Central District and sis. S. Pistorius to check possibility of publicizing our XIV Slet next June. - Received information from American Revolution Bicentennial Administration about their National Bicentennial Sports Alliance. - Sokol Zizka sent changes and additions to their Unit By-Laws. Bro. Jindra to review them and report next month.

Reports: Director of Women, sis. M. Ptacek. Final report form from Western District for 5 students attending Instructors' School, Binghamton, N.Y., June 1975 - \$525.00. Sis. Zdenek moved it be paid; seconded, passed. - Received English translations for all Zurich calisthenics. - Central District requesting permission for their Juniors to drill the Senior cal. - Recommendations made that all A.S.O. Flags, including the Bicentennial be taken to Zurich. - Directors' Conference tentatively scheduled for October 23, 1976. - Postage bill for \$10.06 presented; Sis. Schnabl moved same be paid, approved.

Merit Award Committee, sis. L. Zdenek. Received proper application forms for renewal from sis. Jane Hosticka, Sokol Nova Vlast. Sis. Basta moved \$200.00 be awarded, approved.

Membership Committee, bro. R. Svoboda. No meeting held due to area Unit Exhibitions.

Educational Committee, bro. S. Barcal. Sis. Zdenek reported no meeting was held. Asked approval for paragraph to be included in World Book Encyclopedia under the heading of "Sokol." The final text approved, signed by bro. Zitny, will be mailed.

Editorial Staff and I. Vice Pres., sis. B. Prener. Decision reached that there would be no birthday greetings published. Received article from sis. B. Kos who has contact with Miss Lee Phillips. Information given to bro. Barcal and sis. Pistorius regarding current and Slet publicity. - Attended meeting of Czechoslovak Organizations of Greater Chicagoland. Will not hold exhibit this Fall, but will present a Czech play. - Quotation received on 2-color set up of our publication. Will seek additional information. To conserve time, sis. A. Basta moved the Officers be contacted regarding reaching a decision, approved. - The staff will try to release the July-August issue early in August, thereby "catching up" and releasing all subsequent copies at the beginning of each month.

English Publicity, sis. S. Pistorius. Will soon release the revised "Public relations" pamphlet. Prepared material for the Life Newspaper's 50th Anniversary edition which was discussed, and with a few revisions approved for release.

Czech Publicity, bro. J. Rabas. Wrote articles for the Hlasatel on recent Unit Exhibitions.

Financial Secretary, sis. A. Sotka. Prepared financial report for February, deposited federal payroll taxes. Transferred monies from checking account to savings account; monies in Future Sokol Leaders' Fund partially changed to a Certificate Account. - Audit made of the American Sokol Organization books for the 4th quarter 1975, and were found to be in order.

Uniform Division, sis. B. Prener. Have been keeping up with orders; one shipped to Switzerland. Deliveries from suppliers are better. Receiving orders for Unit I. D. ribbons. - Books and records of the Uniform Division 4th quarter 1975 were audited and found to be in order.

Office Manager, sis. B. Prener. New typewriter, on trial, was purchased. Now one typewriter is available for B.O.I. work. Royfax copier traded in for newer model. This will enable handling of work more efficiently, especially the anticipated Slet volume.

Secretary, sis. E.J. Schnabl. Prepared February minutes and answered correspondence; wrote A and H Bindery for information on procedure of binding copies of the American Sokol publication; sent 10 song books to Sokol Detroit; sent Bicentennial minutes to Editorial Staff; completed Unit rosters and proof-reading, returned same to printer. Arranged for printing of Future Sokol Leaders' Fund acknowledgement cards, which are now on hand, along with "Memory Envelopes" which can be distributed to Funeral Directors. - Mailed 23 acknowledgements for Future Sokol Leaders' Fund.

President, bro. R. Zitny. Met with bro. S. Barcal and bro. G. Vytlačil regarding Slet housing. Will report fully at next meeting. Attended local gymnastic

exhibitions and participated in own Unit, Sokol Brookfield.

Old Business: Sis. Schnabl reported the 1975 A.S.O. By-Laws should be delivered to the Office within a week. Approved - distribution of one to a family with covering letter. Motion made, seconded and passed that bro. Zitny attend the Western District Slet in June, 1976.

New Business: Sis. A. Basta, Secretary, Central District, requested permission to use some plates in the mailing of invitations to bro. Joseph Drnec's dinner. Approval given.

Sis. Prener mentioned conversation with bro. F. Vodrazka regarding what various Czech organizations are doing to honor the Bicentennial. It was suggested that the Central District pay tribute at their Slet in June.

An article noticed in "Sokol Polski," official publication of the Polish Falcons of America, that they are to have a Convention in July. Greetings from the American Sokol Organization will be sent.

Financial Report

AMERICAN SOKOL ORGANIZATION

March 1976

RECEIPTS:

Dues	\$1,169.75
Convention Fund	578.00
Special Assessment	476.50
Dividends and Interest	1,943.31
Advertising in "American Sokol"	492.00
Subscriptions to "American Sokol"	3.00
Resale of Jewelry	132.50
Sale of Songbooks	82.50
Office Supplies, Postage	16.82
Miscellaneous Income	4.00
	<u>\$4,898.38</u>

A.S.O. Uniform Division - Payment toward Advances	517.65
TOTAL RECEIPTS	\$5,416.03

DISBURSEMENTS:

Administrative

Salaries	\$541.41
F.I.C.A., F.W.T. for February	70.00
Rental, Janitor Service, Phone, Electric	365.26
Office Supplies, Postage	93.30
Printing	53.50
Advertising	35.00
Miscellaneous	21.60
	<u>\$1,180.07</u>

Educational Department

Salary	\$ 8.35
F.I.C.A. for February	2.04
Postage	1.13
	<u>11.52</u>

B.O.I.

Salaries	\$339.44	
F.I.C.A. for February	45.00	
Editor "Sokol Gymnast"	30.00	
Additional copies "Sokol Gymnast"	28.00	
Office Supplies, Postage	96.04	
Office Furniture	269.95	
Phone	9.62	
		<u>818.05</u>

Sokol Publication

Printing "American Sokol"	\$1,115.50	
Editor "American Sokol"	100.00	
Postage "American Sokol"	70.38	
		<u>1,285.88</u>

Miscellaneous

A.S.O. Uniform Division - Salaries, F.I.C.A., Phone	\$ 543.53	
Special Appropriations - Western District A.S.O.	525.00	
Merit Award	200.00	
Transfer of funds to Savings Account	8,000.00	
		<u>9,268.53</u>
TOTAL DISBURSEMENTS		\$12,564.05

Balance:

Western National Bank of Cicero - Checking Account	\$11,430.20
Receipts - March 1976	5,416.03
	<u>16,846.23</u>
Disbursements - March 1976	12,564.05
	<u>\$ 4,282.18</u>

FUTURE SOKOL LEADERS FUND

March 1976

In memory of bro. Bretislav Vanek:

Charles J. Wittman, daughter Rose and son Jerry	\$25.00
Stribrny Family	25.00
Charles and Irene Ruzicka	25.00
Mrs. Fred Vodak and Mr. and Mrs. Francis G. Wolf	25.00
J. A. and Blanche Kratochvil	10.00
Grace M. Bejeck	15.00
Miroslav and Nancy Lukas	25.00
Norman J. and Mary Swanson	10.00
Agnes V. Hajek	5.00
Dvoracek Family	10.00
Bozena K. Vanek (wife)	25.00
Blanche J. Cihak	10.00
Brookfield-LaGrange Park Lions Club	25.00
	<u>\$235.00</u>

In memory of Frank Oplatek, Sr.:

Sokol Town of Lake	15.00
--------------------	-------

In memory of Mrs. A. Lorence, bro. B. Vanek and bro. James Cihak:

Mrs. Mildred Husa	30.00
-------------------	-------

	<u>\$280.00</u>
Dividends Earned	379.80
Donations are tax exempt	\$659.80

Eastern District

February 16, 1976

Meeting was held at Sokol Little Ferry with Pres. bro. Charles Zraly presiding with 11 members present.

Correspondence: Roster of newly elected Officers received from Sokol Newark. Bro. Frank Bartell re-elected president. - Czechoslovak Sokol Abroad, brochure of Slet events at Zurich, July 2-5, 1976. Chartered flights are being planned. - Questions and answers of Sokol History from ASO for Educators. - Sokol Omaha hosting 1976 Western District Slet at Omaha June 11-13. Bro. Zraly extended invitation to attend. - Sis. Lorraine Zdenek, secretary Educational Committee advised that the Shell Oil Co. has compiled historical minutes in a book now available. - Sokol Curtis Bay sent Educational report form. - Sokol Belcamp roster of Officers. Bro. James Hesoun elected President. Phone call from bro. Hesoun informing us Sokol Belcamp will celebrate 35th Anniversary on May 1st, 1976. Invitation extended bro. and sis. Zraly to attend Sokol Belcamp's Anniversary; the Eastern District to pay their expenses, approved. - Bro. Babinec said all units should be represented at Anniversary of Sokol Belcamp at their unit's expense. - Bro. Capek received letter from ASO regarding possibility of Sokol Miami receiving financial aid for development of their Junior Girls and Boys in dance training.

Reports: Director of Women: Sis. Benda reports received of activities from units. - District Exhibition and competition was successful. Should plan to continue annually, alternating site between Northern and Southern circuits. - Award for best performance went to Sokol Baltimore. All units should participate. Registration for competitions received on Feb. 14. Will mail them as soon as reprinted. All units should strengthen their BOI. Ellen Garlicki will compete in National Rhythmic Gymnastics on May 25 at Dallas, Texas. Bro. Babinec (Sokol New York) explained that reason for lack of heat in hall was trouble with boiler, which was repaired the morning of the Exhibition. Bro. Zraly thanked Sokol Baltimore for their splendid performance and large participation at the Exhibition. Bro. Zraly thanked all who helped make this Exhibition a success.

Director of Men: Bro. Capek. Attended United Sokols of East judges' meeting at Guttenberg. - Volleyball and Bowling tournaments were held by United Sokols of the East. - Reported on unit activities.

Unit reports: Sokol Little Ferry. Preparations being made for St. Patrick's Day Dinner. - Will celebrate 80th Anniversary in conjunction with Bicentennial. October 30 is tentative date. - Sokolice Little Ferry unit is very active. Sister Bidnik working on unit by-laws. Exhibition on April 4th. - Sokol Fuegner. Due to an injury, sis. Belsen resigned as Director of Women. Three seniors alternating as Directors. Exhibition on April 25th. - Sokol New York. Election of Officers postponed to next meeting. Exhibition to be held in May. Bro. Zraly thanked Sokol New York for granting permission to hold the Exhibition at their hall.

March 15, 1976

Pres. bro. Charles Zraly presided - meeting held at Bohemian Hall, Astoria.

Correspondence. Shell Oil Co. informs us supply of Bicentennial Minutes Booklet has been exhausted. - Sokol Women, Cleveland area selling Bicentennial Jumbo address labels (including Sokol Emblem, name and address), as a fund raising project for trip to Zurich. - Sokol South Omaha for donations toward reconstruction of their hall destroyed by fire. - Bro. George Novak reports meeting will be held at Sokol Belcamp, May 2nd, regarding change of officers and district headquarters. - Brochures from Sokol U.S.A. Gymnastics School held at Sokol Woodlands, Barryville, N.Y.

Report of B.O.I. Director of Men bro. F. Capek reported on unit activities. - Director of Women sis. A. Benda, absent due to instructing classes at Sokol Little Ferry. Requests reports of activities from units.

Unit reports. New York - Bro. Babinec re-elected president. Sibrinky were successful. Preparing for Exhibition May 15th. - Sokol Little Ferry - exhibition will be held April 4th. - Having aluminum drive to raise funds. - Sokol Fuegner on April 25th. Small Boys classes improving with assistance of bro. Ed Babor. Tommy Henegman, Instructor. - Sokol Belcamp 35th Anniversary May 1st, starting at 6 P.M. - Sokol Baltimore, starting calisthenic classes for those over 40 years.

Best wishes for speedy recovery to bros. George Zabka, Robert Moravec, and sis. Rose Pranci, Zdenka Soukup, Sylvia Peifer, Jean Stetka, and Bessie Riha.

Financial report given by sis. Lillian Pribil for vacationing bro. Anton Chaloupka.

Northeastern District

February 25, 1976

Bro. E. Jirousek, Pres., presided with 20 delegates present, 3 excused. Delegates pledged Allegiance to the Flag.

President's report. Bro. E. Jirousek reported attending the Night in Prague sponsored by Sokol Tyrns. Representing bro. Jirousek, bro. Peter Dusek attended the Cotillion Ball. Bro. Jirousek attended 60th Wedding Anniversary celebration for bro. and sis. Bartos of Sokol Moravan, Toledo, and recognized their many years of devotion and work for Sokol. - Also received invitation to attend the Western District Slet June 11-13, 1976 hosted by Sokol Omaha. Moved that bro. Jirousek and his wife represent the Northeastern District at the Slet of the Western District; further bro. Jirousek was authorized to name an officer of the Northeastern Dist. to attend in his stead if he cannot do so. - Letter from Sokol Omaha asking units to purchase ads in Bicentennial Salute Program of the Western District Slet. Approved purchase of \$40.00 ad, cost to be pro-rated and paid by seven units of the Northeastern District. - Names of officers and delegates of the Executive Committee sent to the Executive Board ASO.

SOKOL GYMNAST

APRIL 1976

Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402

Exercise, Strength and Endurance

The **strength** and **endurance** of the body can be increased through regular **exercise**. Such improvements are primarily localized in the muscles and organs which are exercised - one cannot strengthen the arms and shoulders by exercising the legs. To improve the condition of all muscles one must undertake a program which will provide them all with work.

The **strength of a muscle** is measured by the amount of force that muscle can exert and is dependent upon the size and number of muscle fibers that can be brought into action at any one time and the frequency of the nerve impulses to them.

Endurance is concerned with the ability to repeat an action over and over again, or to sustain a muscular contraction.

Since the fuel for muscular contraction is carried in the blood, endurance is chiefly dependent upon the functioning of the cardio-respiratory system, (heart, blood vessels, and lungs) - that is, the ability of the body to transport food and oxygen to the muscles, and waste products away from them, efficiently.

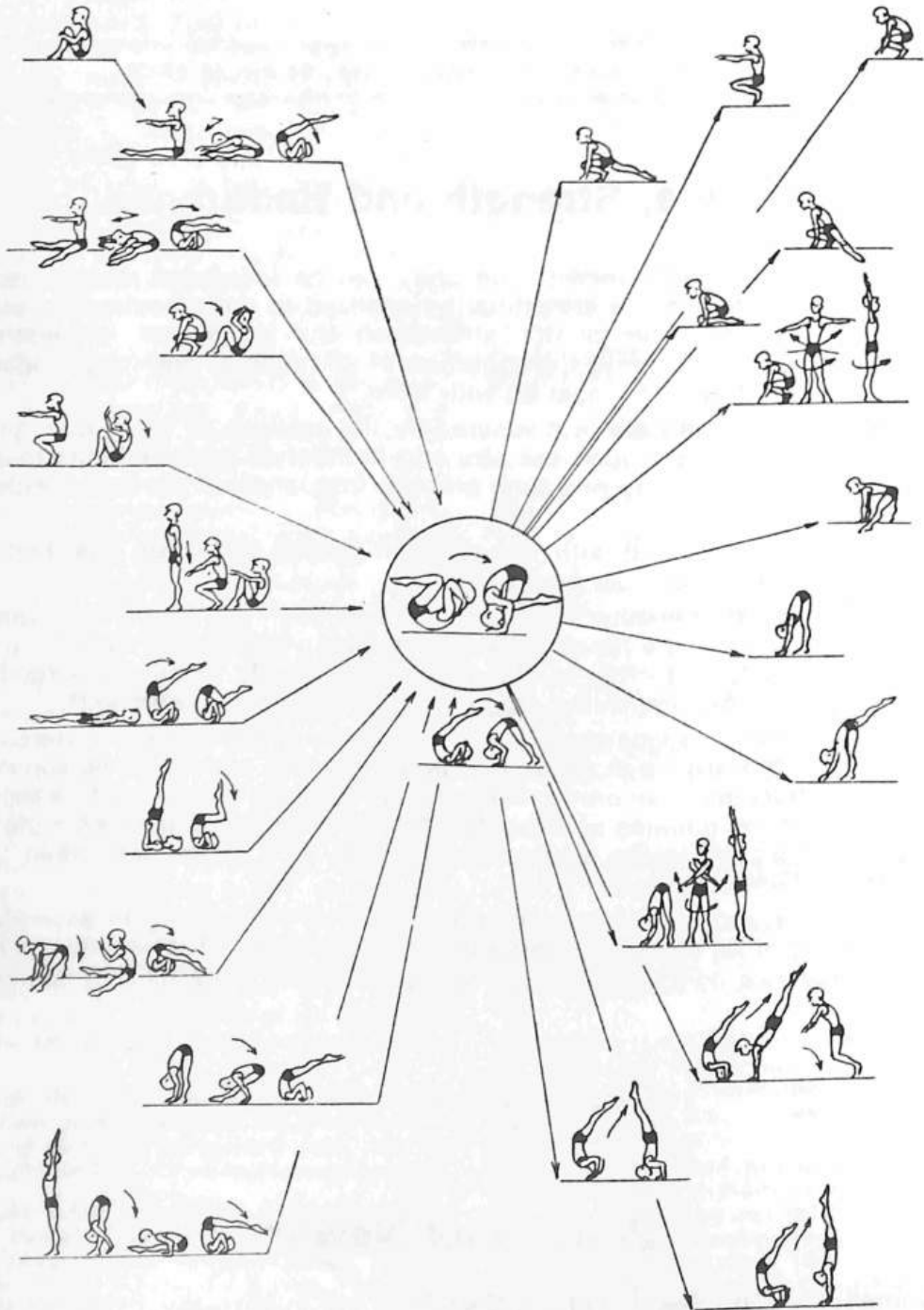
The human body requires proper use to function efficiently and endure. The body is very different from a machine that wears out with use. Most persons have noted how the muscles of an arm or leg in a cast become smaller and weaker the longer the arm or leg remains so encased. While this is a dramatic example it is in effect what happens to the muscles of the body in a milder way when these muscles are not used enough.

Exercise over and above the normal demands of daily living is essential to the development of an efficient, strong and durable body. The resultant - more pleasing appearance and sense of well-being are added benefits that cannot be overlooked.

Zurich Slet News

Women from the Sokol Units in Cleveland are busily practicing an Indian Club number which they will perform this summer at the Zurich Slet. These Cleveland women will combine with the women of Sokol Detroit to form a representative group from the Northeast District and the ASO. This group of women will then combine with the Viennese women to perform the special Indian club number as part of the Sokols Abroad Slet in Zurich. The last time this number was performed was at the 1948 Slet in Prague.

Backward Fold Roll



BASIC EXERCISE - FROM A STAND, SEAT, SQUAT, or BACK LYING POSITION - FOLD ROLL BACKWARD (bentleg or legs extended) into squat supports, stand, handstand and headstands. A variety of these exercises may be accomplished as illustrated from insert in circle.

RHYTHMIC HOOPS

By MILDRED PRCHAL

Music: Record No. 3012 MMO Dmitri Shostakovich - Ballet Suite No. 2. - Side 3012-B - First Band (WALTZ) - Distributor: Danny Hoctor.

Routine for 8 girls - Entrance: 2 single file lines, 10 feet apart, 4 girls in each line, 6 feet distance between girls (Lines numbered Nos. 1 and 2).

Hoop: 30-in. or 32-in. diameter, either firm plastic or of wood.

Entrance is executed without music: 8 3/4 measures - (one of the girls in about center of group may count 1, 2, 3, until such time as only a beginning signal can be given) - Column of twos down center - right arm bent to side, hoop hanging from right palm, right thumb pressing hoop slightly down and back for preparation, left arm extended to side.

I Starting forward with L execute 1 running waltz (L,R,L) - circle hoop once downward (lower rim moving forward)

II = I but start with R (R,L,R)

III = I

IV = II

V = I

VI = II

(6 saggital circles of hoop)

VII 1.-2. Start waltz run, L,R with 1 circle of hoop

3. Close L to R on toes - finish circle of hoop to high overhead frontally, overgrip on lower rim - look to upper rim

VIII 1.-3. Lower to stand, toes and heels together, flex knees, front bow (chest contraction, rounded back) - turn hoop to left releasing left hand and crossing in wrists allowing hoop to drop in front of body, head between arms.

INTRODUCTION: 2 measures of music during which girls hold "VIII" position.

I 1.-3. Upright, uprise, step forward on R - raise lower rim of hoop to vertical position over head, overgrip on lower rim, arms shoulder width.

II 1.-3. Step forward L and close R to L in toestand - lower hoop frontally to horizontal, arms in front of chest.

III-IV 1.-6. Step L forward and execute catstep forward R,L, thru hoop, arms moving downward and raise to high over head - look toward hoop, moderate upper backbend, toestand

V 1.-3. Dip to half squat - revolve hoop in front of body (moving hands to opposite sides of hoop) upper rim forward.

VI 1.-3. Dip again (feet closed) revolve hoop in front of body, upper rim forward

REMARK: V and VI are continuous . . . finishing with hoop in low front position.

NO. 2 ROW: (No. 1 Row does opposite)

VII 1.-3. Step forward with R into hoop into arched arabesque, L leg extended high in rear - arms low rear holding hoop in horizontal position

VIII 1.-3. hold

IX 1.-3. Step to rear on L in half squat (plie) bend R front, R toes touching inside of L knee - lower front rim of hoop downward to vertical position and sharply rise (releve) on L turning 360° to left

X 1.-3. Close R to L in toestand - revolve hoop (turn upper rim toward body, hoop held in both hands on sides) raising hoop to horizontal

XI 1.-3. Revolve hoop again raising hoop in front of chest

XII 1.-3. Revolve hoop again raising hoop above head

REMARK: Revolve hoop 3 times - X, XI, XII, are smooth and continuous

XIII 1.-3. Dip to half squat - release left hand from hoop and execute first half of figure "8" on left side of body with right hand

XIV 1.-3. Dip to half squat and execute second half of figure "8" on right side of body (be certain to bend right upper arm close to side of body and doing loop precisely in saggital position with forearm

XV 1.-3. Turning right hand so that palm faces back, hoop in frontal plane, swing hoop behind body to left side and circle hoop two times in left hand as it grasps hoop behind body (in direction of swing)

XVI 1.-3. Lunge to left - place hoop frontally, vertically, on floor holding hoop with left hand in middle of upper rim - right hand swings to left chest high with wave

TWO ROWS NOW WORK TOWARD AND AWAY FROM EACH OTHER

Help Our Sokol Grow

- XVII-XVIII 1.-6. (Written for ROW 2) Chasse to right starting with R - lunge to right side - rolling hoop in front of body to right with left hand, right hand swings to side and grasps hoop on "6". (chasse step: step to side on R, close L and step R)
- XIX-XX = XVII-XVIII Opposite (Chasse to left starting with L - lunge to left side with L, rolling hoop in front of body to left with right hand, left hand swings to left and grasps hoop on "6")
- XXI-XXII = XVII-XVIII
- XXIII 1.-3. Chasse to left; (close R to L) - roll hoop to left with right hand
- XXIV 1.-3. 90° turn to left, step L forward to stand on L, R extended to rear - toes on floor - left hand grasps on upper rim and raises arm to high, hoop in saggital plane, right arm low rear
- XXV 1.-3. Step to rear on R, L leg extended forward, flexing knee - saggital swing forward to low rear, right hand grasps hoop in back of body (change hoop from left hand to right)
- XXVI 1.-3. Halfsqat step forward L, close R L in toestand - swing hoop forward to high with right hand, hoop vertical in saggital plane
- XXVII 1. Halfsqat - drop upper rim of hoop horizontally over head to shoulder height (left hand grasps opposite side of hoop)
2. Uprise (straighten knees) - toss horizontal hoop above head
3. Halfsqat - catch hoop at shoulder height
- XXVIII 1.-3. Uprise, extend L leg in front of body hip high - raise hoop vertically above head (frontally)
- XXIX 1.-3. Lower L leg to closed halfsqat - lower upper rim of hoop to horizontal (slide hands to sides)
- XXX 1.-3. Uprise, extend R leg in front of body hip high - turn hoop vertically above head
- XXXI 1.-3. Bend R leg in front of body, toes touching inside of L knee, flex L knee - lower upper rim of hoop to horizontal - change *right* hand grip inverted grip (right hand inside of hoop, palm up)
- XXXII 1.-3. Hold

- I-II 1.-6. No. 2 girls bend and extend R leg high to side while turning on L in toestand to degree necessary to form star of four girls and lunge on R toward center of star. (turn to right)
- No. 1 girls bend and extend R leg high to side while turning on L in toestand to degree necessary to form star of four girls and lunge on R toward center. (also turn to right)
- ARMS: All release left hand from hoop raising hoop vertically when turning to form star, then place hoop on floor (all hoops meeting in center. On the II measure, left arm does wave to side, head follows arm while right hand holds hoop.

ALL:

- III-IV 1.-6. Close feet forward to toestand, flex knees, bend trunk forward, chest contraction - with high swing place free hand lightly over hand holding hoop.
- V-VI 1.-6. Uprise, upright - upper rearbow - raise hoop vertically in saggital plane overhead, right arm front, left back,
- VII-VIII 1.-6. Facing center: Step R forward with plie, L extended in rear, toes on floor, release left arm, extend left to side, hoop held in right hand overhead, straighten R knee - arm wave from side to front of body (all hands meet in center)
- IX 1.-3. Flank (saggital) swing forward downward with right (preparation for toss)
- X 1.-3. Finish kneel on L - swing right arm forward and toss hoop upward
- XI-XII 1.-6. Sit back on L heel - catch hoop and continue with flank
- XIII-XIV 1.-6. swing of hoop on left side of body to low rear - bend body forward, look toward hoop (left hand grasps hoop)
- REMARK: XI to XIV continuous and smooth
- XV-XVI 1.-6. Upright to kneel on L, head and shoulders rearbow - release left and swing hoop forward overhead with right.

(To be continued next month
with illustrations)

VARIATION - slow and expressive -
girls now work in two groups of
four.



B.O.I. report. On behalf of bro. Peter Dusek and sis. Georgia Jencik, bro. E. Jirousek submitted reports on B.O.I. activities. The A.A.U. was petitioned to have District Slet designated as an Official Bicentennial event. - Slet in June will commemorate the Bicentennial and the Olympics. Sponsors of the Slet asked to donate \$10.00 and names to be listed in Slet Program.

Unit reports. Bro. Schamanek, Sokol Detroit. Unit initiated 4 new members in February. Summer gymnastics will be held June 20 at Sokol Detroit Camp. Unit enjoying return of college graduates to gym classes and Sokol activities. - Sokolice Detroit. Sis. Schamanek presented complete report on activities. Three new members initiated in February.

Sokol Cleveland Cech-Havlicek. Bro. Kavan. Held a spaghetti dinner before March general meeting.

A.S.I. Bro. Robert Jirousek. Annual meeting held and officers elected. A.S.I. submitted proposal for funds to Cleveland Foundation. Plans to renovate main ballroom. The 250 Club will hold dinner and dance at the Al Koran Mosque. Will sponsor annual Beer Festival on Sept. 11.

Bro. Galik, Treas. Asked delegates to remind units the per capita District dues are 20c per quarter year.

New business. Bro. E. Jirousek will chair the Slet Committee. Recommended that bro. Roy Zitny be invited to attend Northeast District Slet, June 6, 1976. Invitation will be extended to bro. and sis. Zitny through Executive Committee ASO.

Western District

March 8, 1976

President bro. Ed Pavoucek opened the meeting by pledging allegiance to our Flag. 11 delegates present.

Drills presented by sis. Janice Gathye will be used for Women's compulsory. - Sis. B. Drozda received the gymnastic skills program, and sent copy to all units. - Men's and Women's routines will be sent to St. Paul by sis. Arlene Swoboda; also will send one copy to bro. Ray Lastovica.

Motion to purchase \$50.00 ad for Slet program book approved.

Sis. B. Pavoucek reported on price of parade flags. American Flag \$77.95, Nebraska Flag \$81.30, Czech Flag \$80.55. All flags include eagles and fringe. - Purchase of American Flag approved.

Slet. Bro. Anton Krejci, Chairman Slet Committee, reported we can use the Bicentennial theme star on our souvenir program book. - Governor Exon will be a speaker at our Slet June 13. - Proclamation from the State of Nebraska received. - All competitions and Slet will be held at the University of Nebraska at Omaha. Weather permitting, the Slet will be held outside. If it rains, it will be held in the Field House. First aid will be available.

Received check for \$735.19 from Special Assessment Fund for Modern Rhythmic Clinic held in December.

Sis. Blanche Masek volunteered to type the minutes and mail to the units.

Central District

February 25, 1976

Meeting called to order by bro. Ed Halik, Pres., at Sokol Brookfield, with 24 delegates present. Excused 6.

Bro. Halik asked all to join him in Pledge to the Flag. A moment of silence was observed respecting memory of bro. Bretislav Vanek, who held office of District President for 6 years.

Read minutes of Feb. 10th special meeting.

Correspondence: Invitation from Czech National Council, Feb. 21, 1976 Dance, tabled. Newsletters from Sokols West Suburban and Ennis. - ASO Executive board minutes Jan. 27, 1976. - ASO Special Assessment fund reimbursement of \$197.70 and \$298.86 for USGF Clinic, Dec. 13, 1975. - Sokol Town of Lake regarding merger of Men and Women, also ASO Executive Board approval thereof, merger approved by Central District. - Sokol Omaha request for ad, tabled. - Invitation to bro. Halik, Pres. to attend Western District Slet June 13. Letter of regret will be sent as our Slet is scheduled same day. - Invitation to Chicagoland Sokol Feb. 29th Installation of Officers meeting. - Sokol Tabor bill for damaged hangers during games held \$20.00, approved for payment.

Recognition Dinner Report: Sis. J. Pros reported on dinner honoring bro. Joe Drnec, - date: May 1, 1976 at Sokol Berwyn. Cocktails 7 p.m., dinner 7:30 p.m., short program 8:30-9:30 p.m. followed by dancing. Price \$8.50 per person, cash bar. Letter invitations with tear-off bottom for response will be sent to all Districts and Central District units and selected mailing list.

Men's Director: Bro. D. Gilbert excused. No report. Bro. Halik asked for payment of old bill to bro. G. Simonek for mimeograph work. Approved.

Women's Director: Sis. L. Jindra - each unit billed for tapes and hankies. Units remit to her. - Monthly bills totaling \$257.93, approved. - Report of Annual Meeting of Directors Feb. 8, 1976 submitted. - St. Louis Volleyball tournament Nov. 26-28, 1976. Outside local organizations to play. Suggest Sokol members referee games. Women Volleyball tournament to be played gym nights and weekends; Juniors playing one day tournament only. - USGF Clinic Dec. 13th very successful. Films (super 8) of beginners routines available; intermediate to follow. USGF Judging Clinic scheduled April 3rd; Beginners judging clinic April 24th. - Meets May 1st, I. Class Girls Sokol Berwyn; May 15th, II. Class Girls Sokol Slavsky; Boys same day at Sokol Berwyn, followed by Awards Night. - June 3rd, Low Division Women Sokol West Suburban. Other Junior and Senior meets Saturday before Slet. - Special Number Competition May 22nd, Morton West. - **Zurich Slet.** All participants urged to wear parade or gym uniforms; march under ASO Flag with District Flags.

Dancers. Bro. F. Kala asks units encourage support of activity. - National Course to be held 1977 for advanced students only. - Insurance coverage on unit level only. - Bro. Halik reminded Directors to prepare budgets. - Urge increased local unit participation in October Houby Day activities. - The \$314.00 fee for refereeing to be clarified.

Educational. Bro. F. Kala read procedures for Cultural department: promotion of Czech and Sokol heritage, exhibits, newsletter (quarterly), listing of other ethnic clubs' lectures and speeches available for use. - Duties of Library-Historic department outlined. Recommendations accepted in principle; will try to implement same to best of ability. - Bro. E. Pirka announced he lectured at 3 Chicago public libraries on Czechs and Sokols in Chicago area; and Toman Library on Czech settlers in Lawndale-Crawford area. Local papers carried good reviews. Will lecture in August on Ethnic Theatre theme, covering Czech plays, dramatics, etc. Allowance of \$25.00 for cab fares approved.

Seals. Sis. Hajek collected additional \$62.00 - total \$1,776.50.

Auditing. Sis. Prener with sis. Toman audited books of bro. Svoboda for 1975 and found same to be in order.

Publicity. Sis. J. Jurew arranged for article and photo of Officers in Berwyn Life following Annual meeting. Bro. J. Rabas stated Czech article published in Denni Hlasatel along with photos on Chicagoland Sokol. Sis. Schnabl recommends Life paper be sent to sis. Jurew.

Zurich Tour. Bro. Rabas reports all seats sold; 22 persons on waiting list. Negotiations for 40 seats on another 14-day charter flight with June 21 departure, July 6 return, \$830.00 with similar land tour. Sis. Basta moved he be authorized to book same. Carried.

Slet dates. Sis. Basta asked next year's date be definitely determined by BOI before asked to book.

New Business. Sis. Schnabl suggested all units publicize our Slet in Unit Exhibition program books. - Bro. Kala requested purchase of 15 inch stakes for flags at \$5.50, approved. - Slet Committee meeting set for Sunday, Feb. 29, 9:30 a.m. at Brookfield. - Sis. Jindra asked brochure be printed and distributed at various events. Also need person to run tapes at Slet rehearsal and Bicentennial flag to be borrowed from ASO. - Sis. Jurew spoke on well organized classes at West Suburban, with true Sokol program, spirit and discipline. All classes in gym uniforms; respect shown to teachers; discipline excellent. Urges others visit gym. Instructors Jindra, (Lil and Jim), and sis. Pistorius to be congratulated; also Juniors who assist. - Bro. Kala urged participation in Bicentennial programs.

Southern District

February 26, 1976

Meeting held at Sokol Athletic Center, Dallas, and presided by bro. George Prevratil, president. 13 members present, and bro. Jack McClure, Southern District representative to Czech Culture Society. Recognized bro. Williams from Sokol Fort Worth, and bro. Jim Mason representing bro. Milan.

A standing moment of silence honoring memory of bros. Sammy Colley of Sokol Ennis, Leo Majek of Sokol Corpus Christi, and sis. Sophie Hruby of Sokol Houston.

Reports of Units: Corpus Christi. Planning family social March 16, dinner and men's style show, purchased new horizontal bar, committee appointed to discuss

projects for Bicentennial festivities promoting Sokol. - Building committee considering type of building, contacting builders for plans. - Special classes, ballet, one-half hour weekly, and volleyball practices. - Dallas. Held spotting clinic Women's Division, participated in dual meet with Metroplex, Jan. 4 - qualifying meet at S.W. Gymnastics, Jan. 12 - participated in open meet AAU at Bedford, Sokol team placed first - 17 girls entered State meet in Austin. - Ennis. Annual exhibition Feb. 15 successful, - hosted dual meet with Fort Worth - hosted Volleyball tournament, Feb. 21 - Polka Festival plans in progress, float will be entered - improvement of property, - committee appointed to study membership dues structure. - Fort Worth. Participated in dual meet in Ennis. 16 girls attended Modern Rhythmic Gymnastic Clinic - 16 participated in SWAAU meet, 3 medals, 8 ribbons won - will participate in Monterey, Mexico gym meet - Bicentennial celebration in July - Sokol Fort Worth to co-sponsor with Trinity High school Modern Rhythmic Gymnastic Championship, May 22nd. - Houston. 6 girls participated in USGF State Meet in Austin, Jan. 31. Working on Slet routines - Bicentennial celebration, May 29-30. - Yukon. Trying to resume gym classes.

Report of Board of Instructors. Dir. of Women, sis. S. Laznovsky. Modern Rhythmic Gymnastic Clinic held in Fort Worth, Feb. 14 - 22 Junior girls and Women participated. Bro. Milan taped music for floor exercise. Bro. Kuropata advised bro. Pech finished music arrangement for Childrens calisthenics. Will mail same. - Corpus Christi Unit Directors request assistance on Slet routines. - Dir. of Men, bro. L. Laznovsky. Volleyball in Ennis successful - Dallas, Fort Worth and Ennis teams participated. District Men's Volleyball team entered USVBA tournament, won second place. - All Slet routines mailed to Unit Men Directors.

Report of Educational Director. Bro. Parma. Presented lectures at Sokol Zizka: January film and talk on fire prevention; February, read articles to group on King Charles Bridge of Prague, "What can I gain by joining Sokol," - Sokol History. Mothers requested to assist children on Bicentennial question and answer session on "Sokol" during family day; film of 1975 Spartakiade shown. - Sokol Corpus Christi: Sponsored gym program at Crippled Children Hospital; gave oral quiz on terminology to Class I and II girls; working on Bicentennial projects in promoting Sokol.

Report of President, bro. G. Prevratil. Received annual donation of \$500 from Supreme Lodge SPJST to Southern District forwarded by bro. Sid Pokladnik, with greetings from Supreme Lodge SPJST. Attended and spoke at Sokol Ennis exhibition. - Scheduled meeting of District President and District Educational Director with Unit Presidents and Educational Directors Saturday, March 27 at Sokol Gymnastic Center, Ennis.

Bro. McClure reported attending Czech Culture Society meeting. Applications to participate in State Fair opening day parade must be submitted soon. Decided - Southern District will participate in parade.

**AMERICAN SOKOL SINGS!
GET YOUR COPY NOW**

Sokol Educator

May 1775

"Bicentennial Minutes" reprinted through the courtesy of the Shell Oil Company.

MAY 5th, 1775

Two hundred years ago today, Benjamin Franklin came home to America. The night before he sailed he'd cried in despair.

Franklin spent more than ten years in Britain. In the last months all his efforts at negotiating a settlement ended in frustration.

When Franklin's ship docked at Philadelphia after a six-week voyage his worst fears were confirmed. While he was at sea, redcoats and rebels fought at Lexington.

Franklin had been negotiator and mediator. The day after he landed he was appointed a Pennsylvania delegate to the Second Continental Congress. Now he was a rebel.

War would be personally painful to Franklin. His son, William, was the Tory Governor of New Jersey.

That's the way it was.

Presented by Amanda Blake

MAY 11th, 1775

Two hundred years ago today, the Second Continental Congress got to work in Philadelphia.

Forty-eight delegates were in their seats at the Pennsylvania State House for the first session. Seventeen others were on the way. They represented twelve colonies, but not Georgia where Tory sentiment was still strong.

Most had been at the first congress in 1774 but there were newcomers. Benjamin Franklin was a Pennsylvania delegate and young Thomas Jefferson arrived later as a Virginia alternate.

One delegate said: "The scenes before us are so vast I can give no judgment as to the term we shall be detained here."

The First Congress sent a plea to the Royal authority. Delegates to the Second defied it.

That's the way it was.

Presented by John Rhodes

MAY 23rd, 1775

Two hundred years ago today, delegates from four new towns west of the Alleghenies met to make laws.

Richard Henderson, a land speculator who'd bought 2 million acres from the Cherokee, called the meeting. He'd named the colony Transylvania and he wanted it to have an independent government.

Henderson claimed that Transylvania was not bound by the law of any existing colony or by British laws.

He told delegates meeting at Boonesboro that Transylvanians "have the right to make laws without giving offence to Great Britain or any of the American Colonies."

Henderson's delegates passed nine laws setting up courts, a legislature and guaranteeing free elections and religious practice.

But the delegates never met again. Transylvania became Kentucky and Tennessee.

That's the way it was.

Presented by Marshall Efron

IN MEMORIAM

Bretislav Vanek

It is with a sad heart that we report the passing of a brother, Bretislav Vanek. He was born in Trebic, Czechoslovakia on April 10, 1899 and passed away February 23, 1976. Brother Vanek was a lifelong member of Sokol. In his boyhood years in Trebic, he attended Sokol, and as a young man in 1921, as part of a delegation which included Dr. Scheiner, he came to this country to participate in our National Slet, and to make his home in the United States.

While on tour with a theatrical group, he met Bozena Klouda, and in July 1926 they were married.

Surviving are his widow, two sons, Miroslav (Camille), and Vladimir (Lorraine), and grandchildren Gary, Paul, Valerie, Victoria and Leane. All are active members in Sokol.

Bro. Vanek joined Sokol Town of Lake in 1936 and was an active member, holding many offices in Sokol Town of Lake, Central District and American Sokol Organization. He was President of our unit for 10 years, and gave generously of his time and effort on our Camp Committee and as Director of the Camp. We retain many fond memories of our association with bro. Vanek.

For 10 years he served as President of the Central District. At the VI. American Sokol Convention he was elected to the office of 1st Vice President and served to June 1950. He was, for many years, a member of the American Sokol Organization Executive Board, and served on several ASO Slet Committees. In 1961 he was Chairman of the Finance Committee of the X. Slet, and in 1965 was Secretary of the XI. Slet.

In addition to Sokol activities, bro. Vanek was active in the Czech community, a member of Lyra Singing Society, the Czech National Council, Czechoslovak Society of America, and other civic activities.

Bro. Vanek was one of our dearest members, a warm personal friend and a loyal worker, wholeheartedly devoted to the principles of Sokol. We shall greatly miss his keen wit and wisdom in our future work and in our circle of Sokol friends.

George Vytlačil, president
Sokol Town of Lake

John Tesar

It is with saddened hearts we gathered to pay our respects to bro. John Tesar, a member of Sokol Chicago. Bro. Tesar was born in what is now known as Czechoslovakia on September 13, 1893.

As a youngster he joined the Sokol movement and later became an instructor and leader.

He emigrated to America in 1906 and made his home in New York where he became active in Sokol. When he moved to Chicago, he transferred his membership and activity to Sokol Chicago where he remained until 1931.

The time came when he moved his young family to Koryčany, Czechoslovakia, then a democracy, where he continued making his home until after the II. World War, when the form of government changed. Upon returning to Chicago he resumed his membership at Sokol Chicago and remained active throughout his life.

Bro. Tesar was on of those rare men who devoted his spare time and support to the Czechoslovak organizations that are patriotic and devoted to the betterment of their fellowmen. Through sincerity, effort, and devotion he earned the respect of all of us.

He was one of those fortunate few who enjoyed good health for all of his 92 plus years, along with the good health of his entire family.

He leaves behind a loving wife, two daughters with their families, including three grandchildren.

We Sokols extend our heartfelt sympathy to the bereaved family. Only time will help heal the wound left by his loss. We, at Sokol Chicago, shall miss him at our meetings and shall remember him for his time and devotion to the Sokol organization.

Bro. Tesar, we are grateful that we had the opportunity to walk the same path in life with you. Rest in peace.

Stanley Barcal, Pres.
Sokol Chicago

Marie Šebková

Odešla tiše, tak jak v posledních letech žila, tam odkud není návratu, naše zasloužilá sestra Marie Šebková. Sestra Šebková narodila se v Kobyli, v roce 1890 a do Spojených států přijela v roce 1906. Málo kdo ví a zná obět, kterou sestra Šebková dávala svému muži Jánovi, který byl otcem naší jednoty.

Zesnulá sestra Šebková byla jednou ze zakladatelek Siciho kroužku a dnes, když se dívám na fotografií těch dvaceti sester z roku 1927, tak snad byla poslední z nich. Její syn Ján je stále činný v jednotě, a dcera Vlasta Janáková, dlouholetá náčelnice jak jednoty tak Sokolské Zupy Severovýchodní, je náčelnicí kanadského Sokola.

Sestra Marie Šebková se dožila 85 let a víme, že její život byl vyplněný prací a láskou. Nežila nadarmo, a my starší co jsme jí znali uchováme jí vděčnou vzpomínku. Jejím dítkám a jejich rodinám vyslovujeme hluboce procítěnou soustrast celé naší jednoty. Ať odpočívá v pokoji.

K. Z. - Sokol Tyrš Newsletter

Mary Alice Skalak

Sis. Mary Alice Skalak, who was born in Bohemia, March 25, 1882 passed away February 29, 1976 just 26 days before her 94th birthday. Her family came directly to Omaha in 1886 when sis. Skalak was only 4 years old.

On July 8, 1908 she married Joseph Skalak, who preceded her in death in 1941.

After World War II she moved to California to be near her daughter and lived there for 15 years. Her roots were still in Omaha so she moved back. Sis. Skalak was our longest living member, having joined the Omaha Sokolky in January 1895 when she was not quite 15 years old, making her a 79-year member. Sis. Skalak was always a very active and faithful member, and very proud to be a Sokolka.

She leaves to mourn her departure a son, Arnold J. Skalak of Ironton, Mo., and her daughter, Mrs. (Jerry) Irma Rican, Sr. of Whittier, Calif., five grandchildren and ten great-grandchildren. Funeral services were held Tuesday, March 2, with Rev. Harold P. Johnson officiating. Interment at Bohemian Cemetery.

To the family Omaha Sokolice extend heartfelt sympathy, and to sis. Skalak, eternal rest.

Helen Karpisek, president
Sokolice Omaha

Smutek Českého Clevelandu

Je smutno a to mezi staršími krajaný, že přestal vycházet jediný český týdeník co jsme ještě měli, Nový Svět. Doba pracuje oproti nám, kteří jsme po takovou dobu měli český tisk. Byli doby, kdy český Cleveland měl troje české noviny. Byl to Americký Svět a Dělnické Listy. Když zaniknul Svět před 26 roky a byla utvořená nová společnost, která opět začala vydávat denník Nový Svět, tak jsme se radovali a doufali že opět si krajané uchovají české noviny.

Nebylo však tomu tak. Náklady s vydáváním stále stoupali. Byli to většinou naši bratři a sestry, kteří do posledku v tom podniku pracovali. Byla to sestra Hyvnárová, Kociánová, Žišková, a bratr Karel Vávra, kteří nehleděli na výnosný honorář a kteří pro dobrou věc obětovali svoje pohodlí. Zaslouží jim bratrské uznání za vykonanou práci. Ten náš kdysi tak velký krajanský život umíral a zánikem českého tisku umře. Český tisk byl tím jediným spojem naší krajanské veřejnosti. Každý týden spojoval naše bratry a sestry v té Sokolské Hlídce a obeznamoval českou veřejnost s podniky které se pořádali. Ty naše české rozhlasý nám ho nenahradí.

Naše mládež neumí již česky a zapomínají na to pravdivé rčení, že tolikrát jsi člověkem, kolik řečí ovládáš. Víme, že jen velmi nepatrná menšina mladších krajanů synů a dcer našich pionýrů dosud čte česky. Většinu je to lhotejné zdali má Cleveland české noviny. Neměli by však zapomínat a to právě v těch 200 letech Spojených států, že to byli jejich otcové a dědové, kteří dali této zemi ten největší kulturní přínos. Je a bude nám starším smutno.

K. Z. - Sokol Tyrš Newsletter



WHEN YOU PURCHASE LIFE, RETIREMENT OR MORTGAGE INSURANCE FROM **CSA**, YOU RECEIVE VALUABLE INSURANCE PROTECTION. YOU ALSO ENJOY MEMBERSHIP IN A FRATERNAL BENEFIT SOCIETY. **CSA** FRATERNAL PROGRAMS BENEFIT THE MEMBERS AND THEIR FAMILIES.

For Further Information Contact

CZECHOSLOVAK SOCIETY of AMERICA

"Pioneer of Fraternal Life Insurance"

CSA PLAZA

2701 S. HARLEM AVENUE

BERWYN, IL 60402

Phones: (312) 795-5800 - (312) 242-2224

At' Jedete
kamkoliv

vlakem, lodí nebo
letadlem,

po celém světě nebo jen
po Americe,
vždy pojedete nejlépe od

HEGER
TRAVEL BUREAU

6118 W. Cermak Road
Cicero, Illinois 60650

Townhall 3-4774

LOVE: Is the master key that
opens the gates of happiness.

It is a strange fact that men will
fight for their right to say what they
think, then speak without thinking.

The safest curve is a smile. It can
set a lot of things straight.

Conceal that which is entrusted to
you, no matter how hard pressed to
reveal it.

The faults of others are like
headlights of an approaching car.
They only appear to be more glaring
than our own.

If all possible objections must first
be overcome, nothing worthwhile will
ever be attempted.

Failure to hit the mark is never the
fault of the target. To improve your
aim, improve yourself.

If you say what you think, don't
expect to hear only what you like.

THE
**BOHEMIAN
NATIONAL
CEMETERY**

OF CHICAGO

FEATURES THE BEAUTIFUL
**MASARYK MEMORIAL
MAUSOLEUM**

WITH NEWLY ADDED WINGS

It offers a complete cemetery
service consisting of
**Cremation - Columbarium
Ground Interments**

**BRONZE GRAVE MARKERS
and GRANITE MEMORIALS** are
on display at the Cemetery
Office.

5255 North Pulaski Road
Chicago, Illinois 60630

Telephones: 539-8442 - 3
Suburban 788-8442

Listen to our radio hour every
Sunday at 9:00 A.M. on WTAQ

K zimnímu veřejnému cvičení clevelandských jednot

Bylo pěkné nedělní odpoledne, když jsme jeli do Cleveland State university na toto cvičení a byli jsme překvapeni, když bylo ukončeno a venku zuřila ta největší sněhová bouře této zimy. Cvičení začalo přesně ve 3 hod. odpo. Každý byl potěšen tím mohutným nástupem cvičících. Co bylo nové, bylo volná prostná jednotlivců.

Jako vždy, nejlepší byl dorost a dorostenky ve společných prostných. Také ku každému číslu byla dobrá hudba v které bylo vzpomenu dvoustého výročí Spojených států. Překvapila snad každého ta nová Slováká beseda, něco co zde ještě nebylo. Tanec byl velmi dobře nacvičen a tanečníků bylo hodně. Byla veselost a doprovod hudební byl velmi dobrý. Bylo to

pestré a veselé, ale museli jsme zapomenout na tu krojovanou tradici. To všechno však musíme prominout, kroje původní již zde nejsou a také bychom je dnes marně hledali ve staré vlasti. Společné cvičení mužů a žen bylo dobré.

Po uvítání bratrem Edwinem Jirouškem, pronesl zdravici auditor br. George Voinovich. Jeho slova by si dnes americká mládež měla vzít k srdci neb kdyby ovládnul duch zakladatelů Sokola dnešní Ameriku, nebylo by tolik těch problémů dneška. Bratr Frank Plíska promluvil od sokolského srdce, neb víme, že Sokol šel celým jeho životem.

Těšíme se na letní cvičení naší župy, opět na tábořišti AMLA a k tomu přejeme naše sokolské - Na zdár!

K. Z. - Sokol Tyrš Newsletter

Enroll That New Sokol Member NOW!

Váš cestovní program Vám spolehlivě a přesně vyřídí

WEBER TRAVEL AGENCY, Inc.

- Foreign and Domestic Tours -

PI 9-1333

6805 W. Cermak Rd., Berwyn, Ill. 60402

BI 2-1512

JERRY A. RABAS, Pres.

(New Location)

TUZEX Service

79th
SUCCESSFUL
YEAR

of

Fraternal
Life Insurance
PROTECTION

**Western Fraternal
Life Association**

Západní Česko-Bratrská Jednota

LARGEST
CZECH-AMERICAN
ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 insured members in 8 states. - Now licensed in 18 states, over 60,000 certificates, has over \$125,000,000 of insurance in force. - Total assets over \$36,000,000. - Offers Legal Reserve Fraternal Life Insurance for Juveniles and Adults to age 65.

Home office

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402