

# AMERICAN SOKOL

VOL. CIII - NO. 12

DECEMBER 1982

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization



## MERRY CHRISTMAS 1982

*THE EXECUTIVE BOARD AND I WISH YOU AND YOUR FAMILIES A VERY MERRY  
CHRISTMAS AND FOR THE NEW YEAR TO BE FILLED WITH HAPPINESS AND THE  
BEST OF HEALTH.*

NAZDAR!

Bro. ROY ZITNY, President

The family and friends gathered together -  
the enjoyment of each other's company -  
the lighted Christmas tree  
the Christmas dinner  
the exchanging of gifts  
the warmth and cheer of the holiday season  
the freedoms we enjoy and take for granted.

Let us all give thanks, each in his or her  
own way, for all we have  
let us all - Sokols - rededicate ourselves  
as one family joined together by our  
Czech and Slovak ancestry and our Sokol  
heritage - to hold together.



# AMERICAN SOKOL

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388 Shenstone Road Riverside, Ill. 60546  
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OFFICE OF THE  
EXECUTIVE BOARD ASO.  
Jackie Kourim, Secretary  
6424 W. Cermak Road Berwyn, Ill. 60402  
Tel.: 795-6671  
Meetings: 4th Tuesday - except July and August,  
at ASO Office

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## Calendar of Events

- DEC. 4 - SOKOL LOS ANGELES  
Mikulášská Zábava
- DEC. 4 - SOKOL SLAVSKY  
St. Nicholas Dance at Sokol Berwyn
- DEC. 4 - SOKOL STICKNEY  
Spaghetti Dinner
- DEC. 4 - SOKOL GREATER CLEVELAND  
St. Nick Dance
- DEC. 5 - SOKOL DETROIT  
Czech Dinner Party
- DEC. 5 - SOKOL WASHINGTON, D.C.  
Christmas Party

- DEC. 5 - SOKOL MILWAUKEE  
Christmas meeting - Election of Officers
- DEC. 16 - SOKOL WASHINGTON, D.C.  
Annual meeting
- DEC. 27 - SOKOL AND SOKOLICE ST. LOUIS  
Annual meeting - 8 p.m.
- DEC. 31 - SOKOL LOS ANGELES  
Silvester Dance
- DEC. 31 - SOKOL BROOKFIELD  
New Year's Eve Party
- DEC. 31 - SOKOL DETROIT  
New Year's Eve Party
- DEC. 31 - SOKOL BERWYN  
New Year's Eve Party
- DEC. 31 - SOKOL STICKNEY  
New Year's Eve Party
- DEC. 31 - SOKOL GREATER CLEVELAND  
New Year's Eve Dinner-Dance
- JAN. 8, 1983 - SOKOL GREATER CLEVELAND  
Rummage Sale
- JAN. 23, 1983 - NORTHEASTERN DISTRICT  
Meeting
- FEB. 13, 1983 - SOKOL MILWAUKEE  
Jaternice Dinner
- FEB. 13, 1983 - SOKOL DETROIT  
Joint Annual Meeting
- FEB. 26, 1983 - SOKOL BERWYN  
Las Vegas Night
- FEB. 27, 1983 - SOKOL DETROIT  
Winter Gymnasticale
- MARCH 19, 1983 - SOKOL STICKNEY  
Exhibition - Morton West
- MAY 6, 1983 - SOKOL SLAVSKY  
Card and Bunco Party
- MAY 20, 1983 - SOKOL MILWAUKEE  
Gym Graduation Program
- JUNE 18, 1983 - SOKOL MILWAUKEE  
115th Anniversary Celebration
- JUNE 18, 1983 - NORTHEASTERN DISTRICT SLET  
Sokol Camp - Sandy Bottom Lake
- JUNE 29-JULY 2, 1983 - SOKOL U.S.A. SLET  
Pittsburgh, PA
- JULY 9, 10, 11, 1983 - SOKOL DETROIT  
Czechoslovak-American Festival
- JULY 10, 1983 - SOKOL DETROIT  
Ethnic Heritage Run

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### DIRECTORY CHANGES:

- WESTERN DISTRICT  
**New District President**  
Bro. Gary Masek  
10348 "V" Street, Omaha, NE 68127.
- New District Men's Director**  
Bro. Joe Masek  
4048 South 13th Street, Omaha, NE 68107.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CIII

December - 1982 - Prosinec

Číslo - No. 12

## Sokol Educator

### Jindřich Fügner (1822-1865)

#### LVÍ SILOU, VZLETEM SOKOLÍM

Lví silou vzletem sokolím kupředu krácejme  
a drahé vlasti v oběti své síly snášejme.  
A byt' i cesta daleká, ta Sokolika neleká,  
jen mužně, statně kupředu, vždyť' drahá vlast čeká!

Vlast máti až nás zavolá, co věrné dítky své,  
tu mocná paže Sokola zlé škůdce v souboj zve!  
Tož blahá bude naše slast', za obět' svůj i život klást,  
to svaté heslo Sokola: za národ, drahou vlast.

Jen bratři, silou hrdinnou svou hajme vlast i řeč,  
to chloubou bud' nám jedinou a pro ni spějme v seč.  
A potom teprv v spásný den nám vzejde krásný, zlatý sen,  
pak sluncem jasným bude plát nám povždy volnost jen.



Se slavnostně mrazivým pocitem v zádech, za zvuků této písně of Fr. J. Pelze, jsme nastupovali k okrskovým přípravám na X. Všesokolský Slet v Praze roku 1938, a za zvuků této písně víc jak 60.000 nás, dorostenců a dorostenek, pochodovalo ve vlastním průvodu Prahou ku hromadným vystoupením na Strahově. Snad měli a mají někteří z čtenářů podobný srdce uchvacující pocit při poslechu zpěvu a hudby pochodu Lví silou, tak často užívaným při nástupech sokolských družstev k veřejným cvičením a župním, anebo celostátním sletům. Necht' tato sokolská pochodová píseň, věnovaná Frant. J. Pelzem památce Jindřicha Fugnera, přikrášlí jak věnec z vavřínu význam této vzpomínky na Jindřicha Fugnera, spoluzakladatele Sokola a prvního starostu této organizace.

K 160-letému výročí narozenin Jindřicha Fugnera, spoluzakladatele Sokola ve staré vlasti, zalet' me v mysl do začátku druhé poloviny minulého století ke kolébce sokolské organizace. - Účelem každé organizace je snaha sdružovat lidi stejného smýšlení a podobných zájmů; jeden z nejrozšířenějších lidských zájmů představuje tělovýchova, jelikož všude na celém světě chtějí být lidé fyzicky co nejzdatnější, tělocvikem a sportem chtějí si upevňovat zdraví i všestranně rozvíjet sílu, odolnost i krásu svého těla. Pomocí tělocviku a dle přísloví "Ve zdravém těle zdravý duch" chtějí posilovat osobní ukázněnost, pohotovost, odvahu a bystrost. Počátek tělovýchovy spadá do Sparty a jiných městských států antického Řecka, rytířské turnaje ve středověké Evropě byly pak v jistém smyslu skromným jejím pokračováním. Vzkříšení a rostoucí oblibě se dočkal hromadný tělocvik v prvním desetiletí minulého století, kdy v sousedním, tehdy nesjednoceném Německu, založil filosof Friedrich Ludwig Jahn tělocvičnou organizaci Turnverein, především k vzrůstu německého sebevědomí jež po porážce Pruska Napoleonem bylo ve velmi ubohém stavu. Zatímco Jahnova tělocvičná organizace jak v Německu tak i v podobných nově vznikajících spolcích v černožlutém habsburském mocnářství byla zaměřena takřka výhradně na fyzikulturu, nová česká tělocvičná organizace, složená především z cvičenců dříve již existujících soukromých tělovýchovných ústavů, měla hned u svého zrodu národní náplň. Nebylo tomu ani jinak možné jelikož Němci chtěli ve své rozpínavosti mít v Praze veřejný tělocvičný spolek pouze německý! Stanovy tohoto nového českého spolku nazvaného Tělocvičná jednota pražská byly úředně schváleny 27. ledna 1862, šestnáctého února stejného roku se konala první valná

hromada s volbami vedení, v kterých byl Jindřich Fugner zvolen starostou této organizace. Jméno Sokol oficiálně vystřídalo název Tělocvičná jednota pražská při změně stanov na valné hromadě v listopadu roku 1864. Shora uvedeným krátkým úvodem od historického pozadí tělovýchovy až k zrodu Sokola, vraťme se k Jindřichu Fugnerovi, jehož památce jsem věnoval dnešní můj článek. -

Jindřich Fugner se narodil 10. září 1822 v Praze v zámožné obchodnické rodině. Kvůli zaměstnání i k získání zkušeností procestoval v mladém věku velkou část Evropy, kde osvojil si liberálně demokratické přesvědčení. V pražském povstání v roce 1848 proti černožluté habsburské orlici byl ve svých dvacetišesti letech velitelem setniny měšťanské gardy. Brzy poté vstoupil do služeb pojišťovny Nuova z Terstu a později se stal ředitelem pražské pobočky této společnosti. Od mládí byl náruživý všestranný sportovec milující především jízdu na koni, šerm, veslování a bruslení. S Miroslavem Tyršem, pozdějším spolupracovníkem a spoluzakladatelem Sokola, se Fugner seznámil až v roce 1860 v Novém Jáchymově na berounsku jižně od Prahy, kde Tyrš působil v tu dobu jako vychovatel a domácí učitel dětí továrníka Bartelmuse. Fugner a Tyrš se pro společné zájmy a národní přesvědčení rychle spřátelili. Navazující na vzájemné zkušenosti z bojů na barikádách v revolučním jaru roku 1848 a na stále rostoucí veřejné mínění volající po nutnosti české tělesné výchovy se energickou a nezištnou prací stali zakladateli sokolské organizace. V této organizaci, od samého jejího vzniku, tělocvik byl nerozlučně spjat s vlastenecky národními i ideově politickými cíly jelikož zásluhou Jindř. Fugnera byla vtělena do prvních stanov Tělocvičné jednoty pražské tato resoluce: Účel spolku je pěstování tělocviku v duchu národním a k prospěchu národa českého. Již při zrodu této organizace vznikly totiž v ní dva směry; jeden kladoucí hlavní důraz na tělocvik, druhý, vidíc v Sokole "národní vojsko" se soustředil především na politicko-národní poslání. Fugner sjednotil tyto názory a jeho osobnost byla stmelující katalyst zdůrazňující tělocvikářské straně národní poslání a usměřňující politickou stranu od přímého vypovězení boje habsburské orlici. Ze záslužné práce Jindř. Fugnera nad jiné vynikají tyto jeho následující návrhy a rozhodnutí: Z jeho podnětu byl akadem. malířem Jos. Mánesem sestaven návrh na sokolský kroj tak, aby z něho vyzařovaly revolučně demokratické a slovansky vlastenecké ideály této organizace. Rovněž tak jeho návrhem nosili Sokoli od jara 1862 jako svůj odznak kovové S na červené hedvábné kokardě. V tomto S (v začátečním písmeně jména Sokol) se tehdy za Rakouska skrývalo revoluční heslo "Svorností síla, silou svoboda, svobodou sláva!" Na toto téma přednesla též báseň zakončenou veršem Svornost - síla, svoboda - sláva osmiletá jeho dcera Renata (později Tyršova manželka) 11. května 1862 při sokolském výletu na Závist. Starosta Fugner byl zase tím, který prosadil hromadné výlety členstva tohoto nového spolku na hrady a jiná místa slavné české minulosti k obnovení a posílení národní hrdosti. V

březnu 1862 byl též výborem schválen Fugnerův návrh k vzájemnému tykání a k oslovování "bratře" bez rozdílu společenského postavení anebo povolání. Tato neslýchaná na tehdejší dobu novota byla v listopadu 1863 zámkou policejním orgánům k persekuci prostřednictvím pražského c.k. místodržitelství. Obsáhla policejní relace hlásila, že vedoucí Sokola šíří mezi členstvem "republikánské manýry i zásady" a vypočítávala řadu t.zv. konkrétních dokladů dosvědčujících vysloveně politickou činnost Sokola během necelých 2 let jeho existence. Jindřich Fugner jako starosta Jednoty měl tedy za těchto okolností mnoho nepříjemností s rakouskými policejními orgány v jeho snaze zabránit ostřejší persekuci tohoto spolku. Fugner s Tyršem věnovali hodně péče tělocvičnám i jejich zařízením. V začátečních pár měsících, kdy tento nový spolek měl mimo výbor 75 členů, se cvičilo ve 4 družstvech v tělovýchovném ústavě Malypetra v Praze v Pánské ulici. Rychle rostoucí jednota neměla tu však dost místa a tak Fugner pronajal v květnu 1862 na vlastní náklady prostranný sál U Apolla v Ječné ulici a nechal jej upravit pro tělocvik. Tu v říjnu stejného roku cvičilo již 59 družstev a tak bylo nutným se podívat po výhodnějším prostředí. Starosta Fugner dal na vlastní náklad postavit v nynější Sokolské třídě v Praze dle Tyršova plánu budovu s velkým tělocvičným sálem, nejlépe vybaveným pro tělocvik v celé tehdejší střední Evropě. Základy této první sokolovny si na Fugnerovu výzvu vykopali Sokolové sami a první cvičení se konala v tomto centru již 9. prosince 1863. Mecenáš Fugner dal Sokolu celé své jmění, ba víc než měl, dle svého hesla "Ni zisk, ni sláva", poněvadž pak zapasil až do své předčasné brzké smrti s dluhy.

Spoluzakladatel Sokola a první starosta této organizace Jindřich Fugner podlehl zákeřné nemoci v mladém věku pouhých 43 let 15. listopadu 1865. Jaké vážnosti a oblibě se těšil Jindřich Fugner v sokolských řadách i v celém národě dokazuje řeč jeho spolupracovníka dr. Miroslava Tyrše při odhalení pomníku Jindřichu Fugnerovi 18. července 1869 na Olšanských hřbitovech. Prvního sokolského starostu oslavil zde Tyrš jako vzor demokratického bojovníka, jemuž revoluční heslo o volnosti, rovnosti a bratrství nebylo prázdňným slovem. Dle přání a výzvy Fugnera Sokolstvo stojí již jako "neprůlomná hradba od Šumavy až k Tatrám modravým a od Krkonoš až k Alpám". Fugnerova idea budoucího státu zahrnovala již tehdy i Slovensko, kde Mad'aři po zavedení dualismu v rakouské monarchii začali ostře postupovat proti jiným národnostem v uherské části tohoto habsburského panství. Při slavnostním předávání praporu vytvořeným známým umělcem Jos. Mánesem Sokolstvu pronesla významná spisovatelka Karolina Světlá, jako matka praporu, ozvěnou Fugnerova smýšlení tato památná slova: "Žádáme si od vás, abyste se vždy zastali slabého a před mocným se nechvěli, jen ušlechtilosti se kořili a lži a zradě vždy odhodlaně na hlavu šlápli, žádáme, abyste otčinu vždy nade vše milovali a lidskost nejen v srdcích nosili, ale také ve skutcích projevíli. Paže tužte - vlasti služte!"

Jelikož Jindřich Fugner zesnul záhy po založení Sokola, tak často se zapomíná na jeho veliké zásluhy o tuto organizaci. Z tohoto důvodu existuje též poměrně málo jeho soch, bust anebo obrazů. Jedna z nejznámějších podobizen Fugnera od významného akademického malíře a profesora Maxe Švabinského z moravské Kroměříže však zdařile zachycuje tohoto prvního starostu a spoluzakladatele Sokola tak jakým skutečně byl - vlastencem, pracujícím k prospěchu české tělovýchovné organizace a k blahu národa. Jindřich Fugner je Švabinským zobrazen v jeho oblíbené čamare s vysokým límcem a černou vlající vázankou; obojí bylo v módě staročeských vlastenců před 150-200 lety. (Čamara byl kabát se šňůrami, tmavého sukna, vesměs černé barvy.) - Spoluzakladatel Sokola Jindřich Fugner byl tak energicky hybnou silou kolébky tohoto spolku, že ztěžší by bez něj k vzniku Sokola došlo. Ve své funkci pak prvního starosty Fugner plnil svůj úřad do posledního písmene. Úkolem Sokola dle Jindř. Fugnera je vychovat své členstvo v tělesném i duševním zdraví dle ideí sokolského bratrství a národního uvědomění. Tento úkol Sokola je nadále živý a tu v Americe obzvláště důležitý. Bratři, sestry, paže tedy tužme a českému dědictví zde v Americe věrně služme!

Nazdar!

John J. Karas, člen Sokola Houston



And so I extend to you greetings from the members of the Executive Board of the American Sokol Organization, with the fervent hope that at the close of your convention you will return to your homes with a sense of accomplishment for the betterment of your members, your organization and your country . . . and that the cooperation between our two organizations will continue.

To the SLOVAK GYMNASTIC SOKOL U.S.A. from a distinguished past . . . we wish a promising future!

## Sokol U.S.A. Convention

Sis. Betty Prener of the American Sokol Organization representing their President Bro. Roy Zitny, greeted the Convention with the remarks below:

Mr. Chairman, Officers, and Delegates to the XXVI Convention of Sokol U.S.A.

Brothers and Sisters:

Your organization, Sokol U.S.A. is meeting here in Pittsburgh to outline its course for the future in spite of unsettled times in the world. In as much as this assembly is made up of delegates representing your lodges from all over the United States, you have here a very excellent cross-section of opinions. This should enable your organization to continue in the work you have so aptly carried on.

Many plans will be made, decisions reached, but the most important aspect will be the opportunity to discuss your many challenges and to better acquaint yourselves with the obstacles that face your organization.

Set your goals and strive for achievement. And, being Americans, you will tackle whatever problems arise and resolve them to the best of your abilities. Yes, you have high hopes, great desire and determination for the success of your convention, and working together in unison Sokol will go forward to new horizons.

Speaking of new horizons . . . the American Sokol Organization is looking forward with anticipation to participate in your forthcoming Slet next year. Much interest is shown in our Districts, plans are being setup, and units are working on travel funds which will be needed.

## IN MEMORIAM

### Joseph Zanda 1893-1982

On September 14, 1982, a distinguished Czech emigré, Joseph Zanda, former director of the Škoda Works in Prague and Teheran and a member of Sokol at an early age, died in the small town of Thousand Oaks in California, where he lived his autumn years at the home of his daughter and her family. He belonged to a generation which, after WWI had brought freedom and independence to the Czechoslovak nation, helped to expand the industrial base of the new republic, especially in the engineering field, and gained it worldwide recognition.

Josef Zanda was born in Třebíč, Moravia, on February 6, 1893. He completed his primary and secondary education in his native town and also joined the Sokol there. He continued his studies in Vienna and in Russia. After an interruption caused by WW I, he completed his studies at the Charles University in Prague. He found employment with the Škoda Engineering Works. After several successful years at the company's main plant in Plzeň and at the headquarters in Prague, he was sent to Teheran, Persia, as director of the new Škoda Works, where he

spent the next 12 years. In 1939, when Czechoslovakia was occupied by Hitler, the Škoda Works, including their subsidiary abroad, were annexed by the German concern "GOERINGWERKE". Zanda refused any collaboration with the Nazis. He was dismissed, but became instrumental in the formation of the Committee for Free Czechoslovakia in Teheran under the tutelage of the French and British embassies. He was elected head of the Committee. In 1941, the Allies placed Iran under joint military occupation, and the Czechoslovak Government in exile in London, after re-establishing its military and diplomatic missions in Teheran, called director Zanda back into the management of the Škoda Works. The Škoda Works then played an important part in the Allied industrial war effort.

After WW II, Zanda and his family returned to Prague. But their hopes for a happy life in the liberated republic were abruptly thwarted when a communist coup d'etat, staged in February, 1948 with the support of the USSR, imposed a totalitarian Marxist regime upon the Czechoslovak people. Zanda, who, in the meantime, was sent back to Teheran at the request of the Iranian government, could only witness how the communist were grabbing complete control of his Škoda Works. When he learned that his daughters escaped from Prague to West Germany, he resigned from Škoda and asked for political asylum in Iran. He rejoined his family in La Paz, Bolivia, in 1951. The following years carried him and his family through South America - they lived temporarily in Brazil and Peru - to the U.S.A., where they came in 1958.

Here, this passionate adherent of Masaryk's philosophical concept of humanitarian democracy went once again to work for the cause of freedom. He wrote articles, supported exile organizations and joined the Czechoslovak Society of Arts and Sciences, which, according to his belief, has a special responsibility in this struggle of the ideas of freedom and truth against oppression and lies. His analytical mind and warm heart simultaneously won him the respect and friendship of many. Although his age and the absence of a Sokol unit in his place of residence made it difficult for him to actively participate in Sokol activities, he remained Sokol's eloquent herald and supporter.

Last year, the news about the Sokol Slet in Vienna, scheduled for 1982, captured his mind and subsequently became an irresistible notion for him. Not only would he see the 5th Jubilee Slet, but he could also, on this occasion, meet his brother and sister from Czechoslovakia and get at least a remote breath of his homeland which he loved so much. He started to make plans for the trip. His daughter, was to accompany him to Vienna. "God willing," he used to say, and it was God's will that he was able to accomplish this reunion. It was, at the same time, his farewell journey and pilgrimage. Nevertheless, he fulfilled the last task he gave to himself.

In Josef Zanda we lost an honorable man, a dedicated Sokol and an ardent patriot. Let this great Land of Freedom be a gracious resting place for him.

Bro. Jaroslav Kaspar-Paty  
President, Sokol Washington, D.C.

## ASO Financial Report

OCTOBER 1982

### RECEIPTS:

Dues	\$ 6,343.41
Convention Fund	94.00
Special Assessment - Northeastern District	47.00
Dividends and Interest	245.34
Advertising in "American Sokol"	150.00
Subscription to "American Sokol"	4.00
"Highlights of Czech History"	4.50
Educational Pamphlets	5.00
Song Books	10.50
Skills Patches	3.00
Membership Kits	20.00
Merit Awards	2,400.00
Sokol Manual Revision	3,516.50
Miscellaneous	4.45
	<hr/>
	\$12,847.70
ASO Uniform Division - Rent, salaries, etc.	820.69
	<hr/>
<b>TOTAL RECEIPTS</b>	<b>\$13,668.39</b>

### DISBURSEMENTS:

#### ADMINISTRATIVE

Salaries - Office Employees	\$ 756.81
FICA & FWT for September 1982	258.88
IWT - 3rd Qtr. 1982	75.51
Rent, Janitor Services & Supplies, Phone, Electric	785.77
Office Supplies	118.34
Postage	73.98
Advertising	25.00
Printing - Applications for Membership	132.00
Membership Drive Award	26.00
Miscellaneous	32.35
	<hr/>
	\$ 2,284.64

#### BOARD OF INSTRUCTORS

Salaries	\$ 390.68
FICA & FWT for September 1982	80.44
IWT - 3rd Qtr. 1982	23.65
Office Supplies	35.62
Phone	1.45
Editor "Sokol Gymnast"	30.00
Travel Expense	400.00
District Directors Conference	4,045.00
	<hr/>
	\$ 5,006.84

#### EDUCATIONAL DEPARTMENT

FICA - September 1982	\$ 2.44
IWT - 3rd Quarter 1982	.43
	<hr/>
	\$ 2.87

#### SOKOL PUBLICATION

Editor "American Sokol"	\$ 100.00
Mailing List Changes	93.32
	<hr/>
	\$ 193.32

AMERICAN SOKOL

# SOKOL GYMNAST

DECEMBER 1982

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

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*Season's Greetings  
and Best Wishes for the New Year*



Never a Christmas morning  
Never an old year ends  
But someone thinks of someone  
Old days, old times, old friends!

**AMERICAN SOKOL B.O.I.**

## CHILDREN'S WARMUPS

by MILLIE PRCHAL

Following is a group of exercises that can be given to children during class hour. These also can be done by more advanced gymnasts for warming up period. 8 to 10 gymnasts face side of long mat, walk to middle of mat and lie on back with enough space between each other to be able to turn on side or stomach quickly. Arms above head on mat.

I Kick straight up sharply 8 times with right and 8 times with left. (Both legs straight.) Turn quickly to right side, right arm up (head resting on arm), left arm bent on mat before chest. Kick l. leg sideway 8 times. Turn quickly to left side kick r. leg sideway 8 times. Turn quickly on stomach, arms on mat above head and kick r. leg back 8 times, then l. leg. (Both legs straight.)

II Lie on back, arms overhead. 1. Raise r. leg bent to chest, 2. Straighten r. leg, 3. 4. Lower r. leg slowly to mat. Alternate and repeat 4 times with each leg.

III 1.-4. Raise both legs straight up, 5.-8. Lower both legs slowly to mat. (Count slower on "7", "8". (Control.)

IV Turn toward r. to lie face down, palms on mat chest high. 1.-4. Raise chest from floor by straightening arms to support and bend back from waist. (Keep shoulders down, head up.) 5.-8. Lower body to mat, bending arms. Do 4 times.

V Turn toward left to lie on back again, arms up. 1.-2. Sit up, grasp ankles and pull chest to knees. 3.-4. Lie back, arms overhead on mat. Do 4 times.

VI 1.-4. Lying on back, bring hands palms down under shoulders, elbows pointing up - bring feet as close to respective hips as possible, knees open and push into "bridge" raising stomach and chest high - head must push hard under body - straighten arms and knees. 5.-8. Lower body to mat and sit up, grasping ankles and pulling chest to knees. Do 4 times. (Future work depends upon the above exercise being properly executed. Note the head and do not allow rising on toes in the backbend - do not allow straining the neck.)

VII Push up into "bridge".

1.-2. Rock weight forward onto feet.

3.-4. Rock weight back onto arms. Do 4 times. (If back is not flexible enough give support back of waist.)

VIII Sit - legs straight forward - arms upward.

1.-2. Bring knees to chest, toes only touching mat, heels high - arms embrace knees - front bend, head to knees.

3.-4. Sit - legs together forward - arms upward.

IX Normal stand - arms upward.

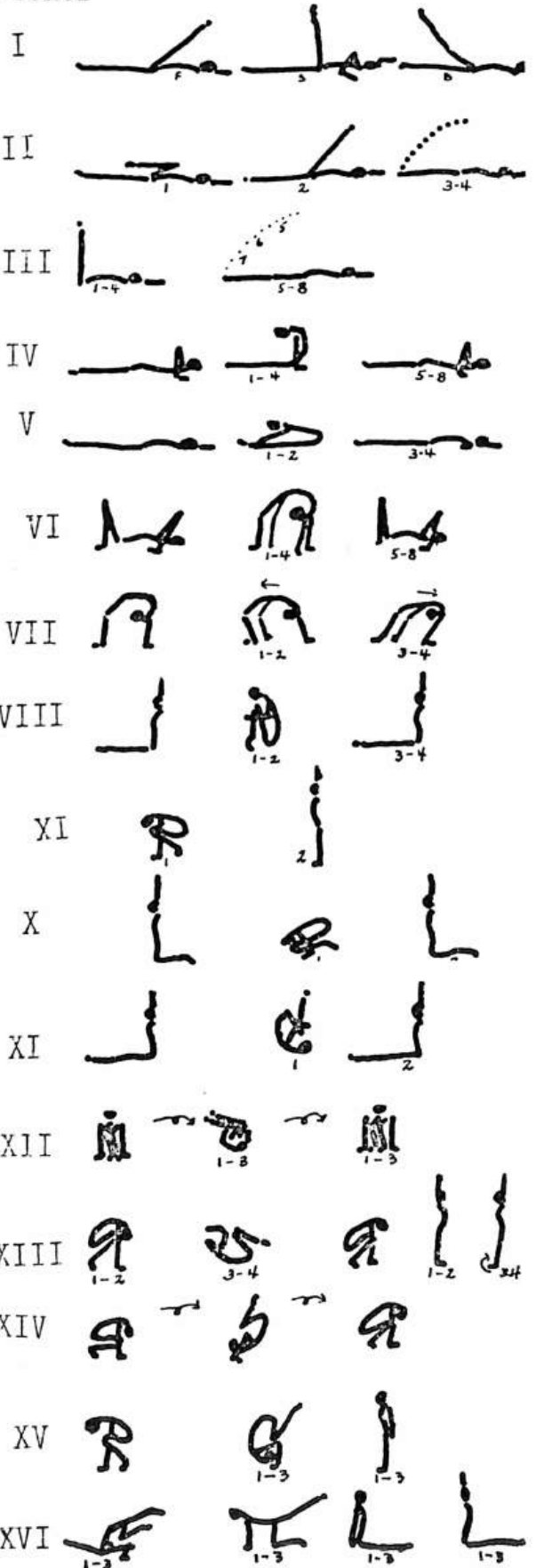
1. Squat support - front bend - head to knees - palms on floor.

2. Normal stand - arms upward.

X Knee stand - arms sideward.

1. Knee support, sit on heels, palms on mat by knees, front bend, head to knees.

2. Sit - legs together forward - arms sideward.



XI Sit - legs together forward - arms sideward.

1. Roll on back, head touching knees, arms embrace knees.

2. Sit - legs together forward - arms sideward.

XII Squat support.

1.-3. Roll sideward on back, head touches knees, arms embrace knees.

1.-3. Finish roll into squat support.

XIII Normal stand 4/4.

a. 1.-2. squat support, head to knees.

3.-4. roll forward into squat support (head does not touch mat - push with hands).

b. 1.-2. Normal stand, arms upward.

3. Whole turn - arms remain upward.

4. Close arms to normal.

XIV Squad forms single file facing head of mat.

Continuous front rolls to end of mat, keeping body in roll position, pushing with hands.

XV Squat support, palms on floor - back to head of mat.

1.-3. Back roll, bring palms to side of head for support.

1.-3. Normal stand.

XVI Sit - legs together straight forward - arms upward.

1.-3. Back roll over right shoulder - arms: right straight sideward, left bent, legs: right bent, left straight.

1.-3. Finish roll in knee support on r. l. raise back - arched back.

1.-3. Whole turn left to sit with legs straight forward - arms closed.

1.-3. Arms upward.

Repeat.

## A NEW PUBLICATION!

### Highlights of Czech History

by Bro. Charles M. Prchal, a 24-page booklet, beautifully written, of interest and information. - \$2.25 per single copy, postpaid; for 20 or more copies, \$2.00 each, postpaid. - Available from the American Sokol Office.

## North Eastern District Beginners Instructor School

The North Eastern District Instructors School was held in the Bohemian National Hall, Cleveland, Ohio, the home of Sokol Greater Cleveland. The course was held in the afternoon mainly for Juniors, and in the evening a majority of seniors were able to attend. A group of 53 attended the sessions which were from Sokol Detroit, Sokol Cleveland, and Sokol Greater Cleveland. The instructors for the school were Br. Frank Michalek, Sister Jolene Dalton, Sister Marie Provaznikova, assisted by Sisters Bertha Cerney and Georgia Jencik.



## "PREBOR" 1925



The First Czechoslovak Sokol Festival in America was held in Chicago June 24-28, 1925. Included in the festivities was an elaborate field of 9 entrees in the Men's Championship Division (PREBOR). The requirements for this championship meet included required and optional exercises on all apparatus - Calisthenics, Horizontal Bars, Parallel Bars, Long Horse Vault, Side Horse, Rings - Rope Climbing - Track and Field events included the Discus, Shot Put, Javelin, Running Broad Jump, High Jump and 100 yd. dash. The Sokols placed in the following order:

1. Jindrich Smidl, Sokol Chicago . . . . . 201.50 pts.
2. Frantisek Piska, Sokol Cleveland . . . . . 190.50
3. Oldrich Kudrnovsky, Sokol New York . . 172.25
4. Frantisek Prihoda, Sokol Cleveland . . . . 169.0
5. Vaclav Stransky, Sokol Pilsen, Chicago . 164.75
6. Joseph Pokorny, Sokol Baltimore, Md. . 157.75
7. Florian Holek, Sokol Chicago . . . . . 141.75
9. Karel Bednar, New Kensington, Pa. . . . 124.0
9. Bohumil Josifek, Sokol New York . . . . 113.0

Pictured here are the entrees and officials of the Slet. Standing in rear, left to right: Bohumil Josifek, Joseph Pokorny, Oldrich Kudrnovsky, Karel Bednar, Jindrich Smidl, Frantisek Prihoda, Vaclav Stransky - seated in front: Frantisek Pliska, Florian Holek. Seated in center, right: Jarka Jelinek, Director of the Svaz Sokolstvo, and left Jan Jakub, Asst. Director.

## DOC'S CORNER

by Bro. FRANK MICHALEK

### Quote of the month

Difficulty of a gymnastic routine should not be escalated at the expense of aesthetic and technically correct execution.

GANDER

### Stunt of the month

The TUCK SUPPORT is a good basic strength balance for beginning gymnast to learn. It develops and strengthens all the hip flexors while also developing arm and upper shoulder girdle strength. It is a prerequisite to learning the pike support or what is sometimes called the "L" SUPPORT. It will definitely be useful in ring, parallel bars, Floorexercise, balance

beam, and horizontal bar work. It is good to be used as a self testing exercise.

### Gymnastic concept

A basic concept about gymnastics, is that a gymnast must develop both strength and flexibility. Strength and flexibility are two of the most important ingredients that develop and prepare one to be successful in gymnastics. There are other supporting elements that are also important such as: agility, balance, coordination, and kinesthetic sense, etc., but one will find that their first gymnastic goals are intimately bound with the development of appropriate strength and flexibility. One must have enough strength to pull themselves up on things, support their weight in balance or in swing, and develop a grip to hold on to apparatus. Strength is a function of muscle contraction (shortening), and flexibility is a function muscle stretching (lengthening) and joint action. A relaxed muscle may be stretched or lengthened by the action of other muscles. One can extend their range of movement by stretching their muscles. Muscles which are not stretched properly prevent extension of the arms and legs by constricting the action of the joints.

### Teaching tip for flexibility

To develop flexibility you must apply pressure which will result in desirable stretching qualities. When pressure is applied, it should be applied with care, it should be applied sparingly as well as steadily, slowly and evenly. The English coach and author, George Kunzle emphasizes steady pressure in the development of flexibility, as opposed to bouncy or uneven pressure. Some recommended exercises for gymnastic stretching are:

TOE POINTING  
BACK BENDING  
SPLITS  
SHOULDER STRETCHING  
HAMSTRING STRETCHING  
ALL JOINT FLEXING AND EXTENDING

### HEALTH TIP

It used to be common practice for coaches to withhold water from athletes during practice, stating that is would cause cramps. Why are people now saying drink water during work outs?

First of all, water is essential for the control of body temperature and fluid balance. Since 70 percent of the body is water, this balance must be maintained if the person is to perform at his best when doing physical work. Liberal fluid intake before, during, and following lengthy, vigorous work outs is necessary to counteract the potentially dangerous effects of dehydration, minimize cramps, maintain normal body temperature, and prevent heat exhaustion, heat stroke, and in extreme cases, death.

In that physical activity increases body temperature, the bodys natural cooling system rids itself of this excess heat through perspiration and evaporation. To keep this natural cooling system functioning as it should, the individual needs to replace the water lost during exercise; otherwise the evaporation process slows down and the body temperature rises.

**MISCELLANEOUS**

ASO Uniform Division - Salaries, FICA, IWT & phone	\$ 526.28
Sokol Manual Expenses (FSLF)	752.02
Vienna Slet Tour - District Commissions	4,032.00
Future Sokol Leaders' Fund - Postage	2.00
Library and Archives Fund - Postage	5.40
	<u>\$ 5,317.70</u>
<b>TOTAL DISBURSEMENTS</b>	<b>\$12,805.37</b>

Balance brought forward: Western National Bank of Cicero, Checking Account	\$ 2,339.02
Receipts - October 1982	13,668.39
	<u>\$16,007.41</u>
Disbursements - October 1982	<u>\$12,805.37</u>
	<u>\$ 3,202.04</u>

**FUTURE SOKOL LEADERS' FUND**

October 1982

In memory of Sis. Lorraine Zdenek - Stella Tichy	\$ 10.00
Bill and Vi Vrba	5.00
Anna and Joseph F. Falta	25.00
In memory of Br. Frank Vorel - Bill and Vi Vrba	5.00
In memory of Br. Al and Sis. Bess Smolik - Frances Vencel	25.00
In memory of Br. Louis J. Adamec - Don & Gerry Coates and Marie Kutman	10.00
	<u>\$ 80.00</u>

**LIBRARY AND ARCHIVES FUND**

October 1982

In memory of Sis. Lorraine Zdenek - Debbie, Jim, Jacque and Kyle Merhut	\$ 5.00
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Miss E. Zdenek	25.00
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Richard and Joyce Pekarek	50.00
Charles and Gloria Schultz	20.00
Angela and Mary Shaults	10.00
The Sokoloski Family	10.00
Mr. and Mrs. H. Gorjance	10.00
John and Sue Walenga	25.00
Mrs. Katherine Simanovsky and Son	5.00
Arnold and Helen Vrba	10.00
Dallas Circle of Czech Women	15.00
S.P.J.S.T. Lodge No. 130	10.00
Sokol Detroit Ladies Auxiliary	25.00

Eva N. Balas	25.00
Charles Pekarek	10.00
Bud and Nancy Bosco	10.00
	<u>\$ 395.00</u>

In memory of Br. Edward Hlinka - Lorraine and Charles Zdenek	20.00
In memory of Br. Frank Vorel - Lorraine and Charles Zdenek	20.00
In memory of Br. Louis J. Adamec - Don and Gerry Coates and Mrs. Marie Kutman	20.00
	<u>\$ 455.00</u>

*Donations are tax exempt*

## XIX. Sokol U.S.A. Slet T-Shirt Fund Raiser



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Adult Sizes: S (34 36); M (38 40); L (42 44); XL (46 48).

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419 Indiana Ave.  
Monessen, Pa. 15062

Money must accompany orders. Specify sizes. To save on postage, try to order in quantities of 6 or more. Make your check payable to "Sokol U.S.A. XIX Slet."

## FALCONS FLY HIGH

Mildred Prochaska was born in Chicago on August 24, 1895. Her parents were Czech immigrants and were strongly interested in maintaining their ties with their home country and its traditions. As a result, Mildred was introduced early, at age three, to an organization with its roots in the home country, Sokol.



Sokol is a gymnastic organization with local societies in Poland and Czechoslovakia. The Sokol movement from its very beginning stressed not only the physical development of people, but also promoted patriotism and character development. (The word Sokol means falcon, a bird which soars high like the eagle.) Sokol originated in Prague in 1862. The Czechs brought it to the U.S. in 1865. The first teachers in the U.S. were from Prague, so naturally they taught in Czech. The tradition caught on, and lessons were taught in Czech even here in the U.S. until about twenty-five years ago.

Mrs. Prchal began her training in gymnastics in 1900. She took special courses in all types of dancing as well, including classical ballet, modern dance, acrobatics and tap. In the course of her career she studied in the U.S., Paris, and Prague, where she took rhythmic dance, fencing and physical education.

In 1914, before she was even twenty, Mildred had begun teaching with just a handful of devoted Czech women. She started her first class at Sokol Havlicek-Tyrs in Chicago in 1918. Berwyn, is now the location of the national American headquarters of Sokol. She has been an instructor of physical education and gymnastics in units of the American Sokol Organization since 1919.

Not content to be just a teacher, she was a member of the 1920 American Sokol Women's team which went to Prague. In 1920 she also received the Sokol Merit Award from Czechoslovakia. It was the first of the many medals she would receive in the years to come.

When she returned from Prague that year, she began to establish herself as a serious teacher of dance and gymnastics.

In 1913 when Mildred Prochaska was eighteen and going to the gymnasium on Twenty-sixth Street and Lawndale, Charles Prchal was a member of the men's instructors. At that time women weren't teaching women. Only men were allowed to teach. One day

Charles came into observe how the women's classes were being taught. He met the young gymnast, and, before long, they were married at the age of twenty-one.

The two remained active in Sokol, although in different areas. He was very active in the administrative end of the organization. She however, was interested in the technical end - in the gymnasiums and the different work that was being taught in them. They worked well together in promoting their favorite hobby, and he did much to encourage her to expand her interest into a career, an unusual step for any woman of her generation.

While he was busy with his career as a talented architect and engineer, designing the Western Electric Tower, the mausoleum at Bohemian National Cemetery, and numerous other structures, she plunged eagerly into a career in gymnastics.

In 1926, Mrs. Prchal opened a ballet school in Berwyn, on Scoville and twenty-second Street, where she taught for eight years. In 1934, she moved to Oak Park and twenty second. One of her best students from this period was John Kriza, who became her student at the age of seven. He went on to become a famous dancer, performing in Broadway musical like Panama Hattie, and becoming the leading male dancer in the Corps de Ballet Theatre in the 1950's.

As the years passed, Mrs. Prchal continued her active life as a teacher and coach in both dance and gymnastics, never giving thought to the possibility that age could slow her down. She was director of the National Board of Instructors for the women of the American Sokol Organization for twelve years (1953-1965), and editor of their paper, the Sokol Gymnast, and she is still, at 86, a member of this A.S.O. board. She has been all over the U.S. running seminars and clinics in camps and gyms and in high schools and colleges.

Her book, Artistic Gymnastics, Floor Exercises for Women, was first published in 1964, and has been reprinted numerous times. She also compiled and illustrated the modern rhythmic compulsory exercises for the U.S. delegation to the Modern Rhythmic Gymnastics organization and led the delegation to Holland for the Sixth World Championships in this field in 1973.

The U.S. Gymnastics Federation sent her to Varna, Bulgaria, in 1969 to get the modern rhythmic system, bring in back to the U.S. and to start organizing it here. In that same year, she was chosen to represent the U.S. in the World Gymnastic Modern Championships in Bulgaria.

An especially great event for Mrs. Prchal was receiving the first U.S. Gymnastics Federation Master of Sports Award in November of 1974. At a banquet in Chicago Mrs. Prchal received a standing ovation as "the man or woman with the most years of dedicated teaching in the United States in the changing field of gymnastics." Of Mrs. Prchal, the editors of the Sokol Gymnast said: "Her work has always been far advanced of the time with her entire life devoted to the teaching and guiding of any and all of those interested."

Mildred has not only been a great help to Sokol, but her never-ending efforts have been extended throughout the country through the U.S.G.F. In 1974, she received the ultimate honor by being admitted to the Gymnastics Hall of Fame.

For 68 years Mildred Prchal has been teaching rhythmic gymnastics ballet and other forms; she's still at it, although now most of her concern is with modern rhythmic. "Modern rhythmic gymnastics consists of all floor exercises, either with a ball, hoop, jumping rope, or without any apparatus," she explains. "Modern rhythmic gymnastics is mostly dance and expression, and that's a different form of gymnastics. It's going to be seen much more now because it's going to be in the Olympics for the first time this year (1982)."

She's done practically everything there is to do in every kind of gymnastics. Although she no longer will call herself a teacher, but only a coach (a teacher shows her students what to do, she explains, and she's no longer able to do that), she is still active in her field.

Because she learned her techniques from European workshops and books, she has had the finest gymnastic training she could possibly get. "The best gymnasts, of course, are in Europe. To Europeans, gymnastics is just plain hard work. It's a job. It's only the last ten years the U.S. became more proficient in technique because they've been more careful. They're using ballet, which they should have used years ago," says Mrs. Prchal.

Even today, when many men and women half her age have given up, Mrs. Prchal continues, true to her Sokol background, to soar high, and to expect her students to seek the heights of perfection too.

Note: This article appeared "Portage 1982" published by J. Sterling Morton High School. Article written by Theresa Marchand.

## Memories - V Vienna Slet

Our tour left June 30th to New York and then Vienna. Everyone was anxious to rest after the long flight. We stayed at the Park Hotel Schoenbrunn. My travels to the Slet in Vienna were very rewarding. The volleyball tournament began early Friday morning at Stadhalle Stadium. Our American Sokol team members were awarded medals with certificates and a huge first place trophy. The team consisted of, Henrietta Milan and Sylvia Laznovsky from Texas; Annette Schabowski and Gale Gerhardt, Sokol Tabor, Illinois; Hana Bursik and Zuzana Bursek, Sokol Los Angeles, California, and the sub was Krista Lhota, of Sweden. Joe Votava, Ed Linhart, and Jerry Milan played with the men's team. That evening we attended the get acquainted dance and buffet in the beautiful Rathaus or City Hall. This elegant building was a masterpiece of sculptures, staircases, arches and massive ceilings. The buffet was equally interesting and served Viennese style. On Saturday the gymnasts gathered at the Universitats-Sportzentrum Schmelz where our Tabor women competed later in the day. Candice Curran



**U.S.A. Volleyball Team - 1st Place - Vienna Slet.**

placed 1st in the Women's low division. The women's Masters consisted of myself, 1st place; Joan Curran, 3rd; Vlasta Chloupek, 4th and Lil Weismeyer, 9th. Mae and Ed Linhart were presented with medals for their judging services. That evening we attended the concert at Voltztheather which was in tribute to the Sokol movement. The Slet day, July 4th was cold with a downpour of rain as we rehearsed. The afternoon was somewhat better as we performed the calisthenics in the true spirit of Sokol. After the performances there was time to locate Bruno whom I earlier negotiated with to purchase a Sokol Paris T-shirt. (My roommate Phylis Gronek wondered why anyone would buy a wet and used T-shirt.) The farewell evening was hosted in the Palais Auersperg where everyone met to bid their good byes. In the bus on the way back to our hotel it was only fitting to sing "God Bless America". Then it was silent as our thoughts drifted home to loved ones. A few of us gathered to light some sparklers that were given to me as a going away present.

July 5th, began the bus tour to Innsbruck and Salzburg which was beautiful breath taking country with colorful flowers and chalets built on the mountainsides. We visited the Golden Roof in Old Town Innsbruck; Mad King Ludwig II, Hunting Palace; Mozart's birthplace and the bunker at Berchtesgaden. In Munich we visited the Hofbrauhaus Brewery, Deutches Museum, 1972 Olympic Park and Dachau Concentration Camp. Our weather was perfect. As we approached Czechoslovakia our guide gave us instructions, to stay quiet, have passports ready and not to use our cameras. Our money had to be cashed into Koruny in a lump sum which was handled by Candice and Lil. We watched soldiers around a huge lumber truck inspecting and probing with spiked poles in and around the logs. Only two suitcases were checked, one being a Texas junior girl who was asked to explain her Sokol medal. Finally we

were allowed to leave. The scenery was different, with level countryside. Our first stop was Pilsner Brewery for lunch. After a time visiting with a gentleman, he departed only to return with souvenir bottle openers and postcards for our table. Our thanks you were accepted with a continental kiss on the hand. We arrived in Praha at the Hotel Park with much confusion because the elevator was out of order. Everyone kept busy looking at garnet items and crystal on display while others gathered around a native older Czech woman selling beautiful peasant blouses, scarves and table cloths out of old suitcases. Just a block up the hill from the hotel was a Sokol building. The busts of Tyrš and Fuegner decorated the front and mural of men and women in uniforms, above the windows were sculptured decorations of hand apparatus items. The next day we were scheduled for a shopping spree in the Old Town, instead Barbie and Joe Koziel, Sonja and Charisse Vodehnal (all from Texas) and myself with map in hand crossed the Charles Bridge into Malá Strana, (viewing the 30 statues as we went), Ujerd 450 to see Tyršův dům which now housed the Museum of Physical Training and Sports. A large Tyrš statue greeted us in the front courtyard. After some time in the museum looking over the Sokol display a caretaker took us into the back courtyard where long ago was a drill field. The gymnasium was decorated with sculptured falcons and two murals depicting Sokol activities. By this time we had to rush back to Old Town to catch our bus for the tour part. We visited St. Vitus Cathedral with its beautiful Alphonse Mucha stained glass, the famous Golden Lane, Gothic Vladislav Hall, Strahov Stadium and the astronomical clock "Orloj" built in 1490 and keeping perfect time. We also toured the picturesque Karlštejn Castle and lily pad gardens of Chateau Konopiště. From here I left with Henrietta and Jerry Milan, Melanie Waite and Verka a cousin and drove into Prague to see the 9 meter Žižka monument (by Kafka, 1941) overlooking the whole city. On the street below was another Sokol with the Tyrš and Fuegner reliefs and mural. We met our group that evening at the International Hotel Prague. At the party there was folk dancing, games and food for all. Val Smrz proved her Sokol training helped her win 1st place. She did a vigorous routine of arm movements while leading the band.

It was July 12th, the tour took us through Špilberk prison camp and on to Brno the capitol of Moravian region. In town we shopped for antiques and Sokol treasurers. A grand time was had by all that evening at the Wine Cellar, we sang and danced to a roving band. In this area we saw the birthplace of J. G. Masaryk. On the 13th it was time for me to leave the tour and travel with the Milans by rented car. We drove to Ivančice the birthplace of Alphonse Mucha and then to Moravský Krumlov. The Slovanská Epopej Museum displays 20 huge murals by artist Mucha in which he painted the history of his beloved country of Czechoslovakia. They are too beautiful for words. On the way to Kunovice we stopped to see art work by Úprka, František Mánes, Mandel, Rodin, Lolek, Kalivoda and Obrovský plus the Gallery Home of artist Josef Beran and Mrs. Millerová, sister-in-law of the late Albín Polásek, sculptor.

We stayed at Jerry's aunt's home in Kunovice, where three generations lived together in a modest home. They were proud of their garden which grew much of their food. In this town we visited an elderly man which the Milans had met on a previous trip. He sold Jerry a beautiful hand sewn 1938 Junior boys flag and wooden pole with falcon decoration. There was much talk about crossing the border and the possibility of confiscation. We visited with relatives in Hodonín who work in the glass factory. They were eager to please us with food and drinks and gave us several tall glass vases and bowls. On the morning of July 15th we left Aunt Francis after breakfast with the whole family. We were given gifts of crystal glasses, home grown poppy seeds and dried hot pepper, and hand made straw decorations. We drove to the border of Mikulov where the soldiers had guns. We waited a long while then were inspected. Our Czech money had to be spent there in the border shop. From there our travels took us to Oetz, where Tyrš met his death. One of the old Sokol books Jerry bought had pictures of the Hotel Kassl where Tyrš lodged. We asked around to find out where the Memorial plaque might be found. After walking a long way next to rushing waters (inlet to the Inns River) we crossed over on a wooden bridge. It was a beautiful sight. We picked wild flowers and linden leaves to place near the plaque.

We had the day to drive all the way to Liechtenstein and Zurich, Switzerland to see the end of the Gymnaestrada. We saw Belgium special program and the U.S.A. represented by the University of Arizona gymnastic team "the Sun Devils". The numbers were colorful and more of a dance and rhythmic nature. At this point Melanie left on the train for Paris and then



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## Human Relations

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1. Speak to people. There is nothing as nice as a cheerful word or greeting.
2. Smile at people. It takes 72 muscles to frown, only 14 to smile.
3. Call people by name. The sweetest music to anyone's ear is the sound of his or her name.
4. Be friendly and helpful. If you would have friends, be friendly.
5. Be cordial. Speak and act as if everything you do is genuine pleasure.
6. Be genuinely interested in people. You can like almost anyone if you try.
7. Be generous with praise. Be cautious with criticism.
8. Be considerate of the feelings of others. It will be appreciated.
9. Be thoughtful of the opinions of others. There are usually three sides to a controversy: yours, the other person's, and the right one.
10. Be alert to give service. What counts most in life is what we do for others.

Add to this a good sense of humor and a dash of humility.

Brought to our attention by  
Bro. Paul Lebloch

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London. We drove then through Splugen, Venice and Udine, Italy. On the 19th we were in Yugoslavia driving along the Adriatic coast to Novigrad. The next few days were with family while we swam, rested and then woke up at 4:30 a.m. to see the fishing boats, drove to Zadar and Slanovi Krke and back to Novigrad where we went through the Milankovich house and dug for treasure in the fortress perched above us on the hill. There was a long tall building on the shore line that was a Sokol gymnasium at one time, now it is a boat house. Aunt Stanca gave Jerry 2 old medals. We enjoyed delicious meals with a nice family and now it was sad to leave.

Our next stops were to Golling, Austria, the salt mines near Salzburg and then Munich for another look at Marien-Platz. Packing for the long trip home proved to be very interesting. We departed Munich airport early the 25th and arrived at J.F.K. airport, then home with many wonderful memories. My photos bring back all the happy times with Sokol friends far and near.

Sis. Annette Schabowski  
Sokol Tabor, Chicago

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