

AMERICAN SOKOL

VOL. XCI. — NO. 2

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PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

SOME SOKOL SLOGANS

F. A. TOUFAR

It is dangerous to underrate oneself; but it is equally dangerous to flatter and deceive oneself. Nor is it permissible to betray one's trust and to be content with a small effort where merely a supreme endeavor and a noble purpose can bring salvation.

The Sokol cause aims at the physical and spiritual education and perfection of the people, with a view to enhancing their strength, their courage, their nobility of mind and their will to defend.

Do not slacken but persevere; the happy moment, the happy day of victory will come!

A man who is convinced that he is within his right should not accept favors.

He to whom the whole means everything and the individual nothing, is to be considered as the foremost brother-Sokol.

A nation which wants to live must surpass others by its all-round effort.

The smaller the nation, the greater its activity ought to be.

Perpetual movement! Only through movement do we live! Stagnation is death!

He who wants to lead must overtake others.

The world will move in the direction in which strength is applied.

Forward, forward—not a step back!

Let us learn to serve our nations.

To us a fort—to the enemy a barrier.

Let's be strong—let's persevere!

Neither profit—nor cheap glory!

AMERICAN SOKOL



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Karel V. Kuttan:

Pravý Sokol.

Bud' Sokolem, ne pouze podle jména,
však stále ve všem, každým činem svým,
měj význam Tobě bratrství též cena
a rovnost bud' Ti pravým bohatstvím.

Bud' Sokolem svým nepoddajným duchem,
Tyršova síla bud' Tvůj zářný vzor,
necht' památka Tě Jeho plní vzruchem
a proti chabosti živ v mysli vzdor.

Bud' Sokolem a vlasti dobrou stráží,
vždyť mnoho nástrah číhá v okolí,
at' v Tobě nadšení nic neporáží,
měj na vše strany zraky sokolí.

Bud' Sokolem a vlasti věrnou chranou,
necht' se jí v ničem nikdy nezcizíš,
vše ostatní at' odpočívá stranou,
vše pro vlast dáti, v tom necht' zákon zříš!

Calendar of Events

- MAR. 1st—SOKOL BROOKFIELD, ILLINOIS.
Annual Gymnastic Exhibition.
- MAR. 7th—SOKOL TABOR, BERWYN, ILL.
Gymnastic Exhibition.
- MARCH 8th—SOKOL AND SOKOLICE LOS AN-
GELES. — Commemorative program for Pres.
Masaryk's birthday.
- MAR. 8th—SOUTH OMAHA SOKOL GYM CLUB.
Travel Fund. Card Party—2 P.M. South Omaha
Sokol Hall, 21st and "U" Streets.
- MAR. 14th—SOKOL BALTIMORE, MARYLAND.
Dozvuky.
- MAR. 15th—SOKOL SLAVSKY, CICERO, ILL.
Gymnastic Exhibition.
- MAR. 15th—SOKOL STICKNEY, ILLINOIS.
Corn Beef and Cabbage Dinner.
- MAR. 21st—SOKOL BERWYN, ILLINOIS.
Gymnastic Exhibition.
- MAR. 21st—SOKOL LITTLE FERRY, N. J.
Annual Spring Dance.
- APR. 4th—UNITED SOKOLS OF THE EAST.
Gymnastic Competitions 10 A.M. Men—Bohemian
Hall, Astoria. Women—Slovak Hall, Astoria.
- APR. 5th—SOKOL TABOR, BERWYN, ILL.
Bohemian American Concertina Association. 2:00
to 10:00 P.M.
- APR. 12th—SOKOL HAVLICEK-TYRS, CHICAGO.
Gymnastic Exhibition.
- APR. 15th—SOKOL BROOKFIELD, ILL.
Luncheon is Served.
- APR. 25th—SOKOL STICKNEY, ILLINOIS.
Gymnastic Exhibition.
- APR. 26th—SOKOL LITTLE FERRY, N. J.
Annual Gymnastic Exhibition.
- MAY 2nd—SOKOL NEW YORK, N. Y. — Annual
Gymnastic Exhibition. 7 P.M. Sokol Hall.
- MAY 2nd—SOKOL MLADOCECH, RACINE, WIS.
Annual Gymnastic Exhibition.
- MAY 3rd—SOKOL WEST SUBURBAN, Downers
Grove, Ill. — Annual Gymnastic Exhibition.
- MAY 10th—SOKOL BALTIMORE, MARYLAND.
Bull Roast.
- MAY 15th—SOKOL MILWAUKEE, WISCONSIN.
Interclass Meet
- MAY 15th—SOKOL BROOKFIELD, ILL.
Fashion Show.
- MAY 16th—SOKOL MILWAUKEE, WISCONSIN.
Track Meet
- MAY 17th—SOKOL BALTIMORE, MARYLAND.
Annual Gymnastic Exhibition.
- MAY 24th—SOKOL MILWAUKEE, WISCONSIN.
Gymnastic Exhibition
- MAY 24th—SOKOL STICKNEY, ILLINOIS.
Pork, Dumpling and Sauerkraut Dinner.
- SEPT. 13th—SOKOL BALTIMORE, MARYLAND.
Crab Feast.
- SEPT. 26th and 27th—EASTERN DISTRICT.
Annual Meeting.
- OCT. 3rd—SOKOL STICKNEY, ILLINOIS.
Farmer's Dance.
- OCT. 31st—SOKOL BALTIMORE, MARYLAND.
Halloween Dance.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCI.

February — 1970 — Únor

Číslo—No. 2

MY SHADOW

By SVATOPLUK ČECH — Translated by R. A. GORMAN

Svatopluk Čech was born February 21, 1846, and died February 23, 1908. Čech may well be linked to Russia's Puskin, to Poland's Mickiewicz or the Frenchman Lamartine, for his work embodies the prophetic undertones of these inspirational writers.

Why must you at my heels forever cling,
And follow like a spy, with stealthy gain,
You empty image, without form or wing,
You, who are less than the breath upon a window pane.

Why do you borrow my own form and shape,
And even dress in garments that I wear?
Why do you parody my looks, why do you ape
And why repeat my every move and stare?

Thus in my thoughts I ask, and look aside
To where my mocking shadow quakes on the wall
again,

It seems that even an unkempt lock I spied
As his head bends low over the hand that holds
the pen.

Yet, in that outlined head in yonder nook,
My rough sketched image seems to be revealed,
My lips' ironic play, my eyes' disdainful look,
It seems I hear a chuckle, ill-concealed.

I even hear the words of subdued strains,
The sound of my own voice I seem to heed,
But fainter than the whisper of far off grains,
Or the buzzing song, heard from a distant mead.
It is more like the language of the soul,
That speaks to us with the fathomed dreams of
yore,

Dreams that into a poet's bosom stole.
When he dipped low into his fancy's store.

Do not despise me . . . pleads the whispering shade.
Because I lack own substance, form or base,
That only by your limbs each move I make is made,
And that I weave my features on the outline of
your face.

Go out, where living din and struggling lords
Or inwardly direct your searching frown,
There you will find the living shadow's hordes
With shame your pride will bow its gilded crown.

See yonder gallant with the lovely miss
A coupled silhouette of charms' excess,
Who had borrowed love's contour of age-known
bliss

All lovers' garb and a shadow's tenderness
The fan's coy play, the smile, the tear-filled eyes,
All this was borrowed from another twain,
Who from another pair had snatched the lies,
With which love shams its joys and griefs in vain.

See yonder man, how dignified his pace,
Upon his noble forehead serene peace is engraved,
Look with what gentle gesture he condescends to
grace

The bowing, bending throngs of men enslaved.
That pose is borrowed from some other Great,
That majesty comes from some higher seat,
If you could pierce that hollow shell and plate
You would find only empty, vain conceit.

This one prefers a scholar's weighty mien
That one a nobleman, a social peer,
Another one would mimic Byron's sheen,
While one in Rembrandt's barret would appear.
Thus in a motley semblage all perform
According to a pattern from their birth,
'Tis all you need, the outline of good form
Who asks about your deeper inner worth?

What wealth of living shadows in their clothes
Play in the streets, and in their homes carouse.
Friend welcomes friends, each others hand unfolds
Each would outdo the others courtly bows.
Upon their features, honor and virtue beam
Of which their bosom harbors not a spark.
Believe me, our society's whole scheme
Is just an endless shadowplay and lark.

Look at some nations! The height of their
achievement

To be an image of some other tribe,
To mock its gestures and without concealment
Follow its lead, its customs to imbibe.
Their sparkling trinkets are an imitation,
They blindly copy every single deed,
Without initiative, such hapless nation
Is but a shadow of some foreign breed.

And now, old bard, try your own worth to measure
Look in your bosom, the workshop of your soul!
Perhaps the Gods loaned you a golden treasure,
Where did you leave it, what did you extol?
You forced yourself to fit a patterned image,
A mold that pleased the masses for the while,
Your golden lyre sang a foreign language
You grasped the shadows of some borrowed style.

In trembling fears, distrustful of your moment,
You oft refused to undertake own tasks
And often borrowed for a mere adornment
The sparkle of some borrowed, jeweled masks.
When out the rags you have gathered far and near
You sew your garment like a laughing clown,
Until your inner self must disappear,
Are you not worse than I, the shadow of your
frown?

ASO. EXECUTIVE BOARD

Meeting Held Jan. 27, 1970

Reports of Districts: Eastern District minutes of Nov. 17, 1969 and Dec. 15, 1969. — Northeastern District minutes of Oct. 22, 1969 and Dec. 10, 1969 (Nov.-Dec.). — Western District minutes of Nov. 10, 1969.

Correspondence: Numerous Christmas greetings were received from brothers and sisters. — Ltr. from Otto Vanek regarding splicing of film. — Invitation from Sokol Slavsky to spaghetti dinner. — Moravian Cultural Society sends "thank you" for our cooperation, and a copy of their Souvenir Program Book received. — Central District invitation to annual meeting. — Sokol and Sokolice Milwaukee calendar of events. — Sokol Little Ferry, N. J. calendar of events. — Sokol Miami report of activities, also extend greetings. — Testimonial dinner program and newspaper clipping honoring bro. Wm. Zabransky, Jr., Little Ferry, N. J. — Bro. C. Prchal advised receipt of \$50.00 contribution by bro. Wm. Zabransky to American Sokol, our official publication. — Ltr. from V. Ziska received. — AV-ED film proposal referred to sis. A. Basta, Public Relations. — Sokol Slavsky ad request for Souvenir Program Book. — Sokol Washington, D. C. request for Slet film. Original date requested film was unavailable, therefore will advise another date. — Pacific District invitation to Formal Ball.

REPORTS:

ASO.-BOI.—Sis. L. Zdenek read report of the Director of Women for the months of December 1969 and January 1970. Financial report of income and disbursements for the ASO. Instructors School was submitted. Some units have not remitted for bus transportation; letters have been written to them. Transfer of funds from Special Assessment allocation was made for Pacific District \$436.00; Western District total \$246.90; Northeastern District total of \$110.00. Taught music theory at the Central District Course and assisted sis. M. Prchal at the Central District Modern Gymnastic Clinic. Attended meeting regarding uniforms. Installed officers at Sokol and Sokolice Havlicek-Tyrs.

Bro. E. Linhart, Dir. of Men, read report for January 1970. Taught at Central District week-end course for first and second class instructors. Preparing schedule for Western District—Omaha clinic. Attended Executive Board meeting for preparation of convention; also uniform meeting held with Mr. W. Zwickel. Minutes of combined BOI meeting were read by bro. E. Linhart. Olympic Committee annual dues of \$10.00; bro. P. Fina per diem expense of \$37.50 (2½ days). Purchase of 12 AAU gymnastic handbooks at \$2.00 each approved. Yearly subscription to Quarterly Bulletin on Gymnastic Events and News \$3.00 approved. Discussion followed regarding uniform supply recommendation that ASO. become distributor of Sokol uniforms. Motion made, seconded and passed that we become our own distributor of Sokol uniforms. Upon receipt of samples and approval thereof ordering of supplies will be set up, and arrangements made for equipment and personnel. — Concerning ASO.-BOI. officers, i.e.—1st and 2nd Assistant and Secretary,

to the Men's BOI. and the Women's BOI.—request the body to recognize them as working personnel of Convention BOI., permitting them to vote and take part in the proceedings of the ASO.-BOI. meeting of the Convention, — their travel expense to be paid to the Convention by the ASO. Motion was duly made, seconded and passed. Recommended changes to the by-laws, as suggested by the ASO.-BOI., will be referred to the by-laws committee.

Editor—Bro. C. Prchal advised January issue is out and called attention to the new attractive cover. Attended meeting of the Svobodna Obec and received \$100.00 contribution for Future Sokol Leaders Fund. Was asked by Mr. Fogel, New York publisher, about article (Ze společného kořene). Information for calendar of events is at times gleaned from the newspapers. This information should be sent direct to the Editor for publication.

Financial Secretary—Sis. A. Falta read December financial report of income and disbursements. **Bro. F. Vodrazka, Treasurer**, reports his records are identical. Also went to the vault to obtain pass books to collect past due interest. Amounts will be transferred from pass books to certificates of deposits to consolidate investments and invest at higher rate of interest. Sis. Falta advised surety bond for officers expires February 1st and this has been renewed.

Publicity—Sis. A. Basta working on banner. Attended Central District meeting regarding possibility of float for Central District use.

Bro. J. Rabas reports preparing text for the New Year greeting in Denni Hlasatel.

Slet Committee—Bro. G. Basta. Is awaiting final report. Some accounts (advertising) are outstanding.

Secretary—Office report. Sis. A. Sotka prepared financial reports for November and December—Federal taxes deposited. In process of filing 4th quarter FICA and FWT taxes, also Illinois State Income Tax report. Have had many changes in membership. Mailing list kept up-to-date by sis. Falta. Sent Sokol Miami roster of members, also quarterly report blanks and instructions for filling out. With sis. Falta took care of requests received for various items. Ordered new membership dues cards. Sent check to Central District for balance of commission on XII Slet profit. Bro. Svoboda of Sokol Tabor took care of splicing XII Slet film. Sis. E. Schnabl reports filled out form for Illinois Secretary of State. Made up list of units and districts who have viewed Slet film, also future bookings indicated. Christmas greetings received listed; reported on unit rosters received and also indicated many are still outstanding. Convention delegates responses are coming in. However, there are still some to be received. — Sis. E. Prener—all correspondence has been taken care of and work done. Attended Central District Annual meeting, as well as two meetings on convention matters.

Report of the Convention Committee—Minutes of Convention Committee meeting held Jan. 9, 1970 read. Convention will be held at the Manger Hotel, Cleveland. Cards for making hotel reservations will be mailed from ASO. Office and replies to be directed to Cleveland. A secretarial pool, consisting of volunteers from Cleveland, will be located on mezzanine floor. These volunteer services at no

cost to the ASO. Equipment, such as typewriters and necessary office machines will be obtained from local Cleveland companies at no cost. Two secretaries for the Convention will be available, using stenotype equipment to record proceedings of the Convention. These are English secretaries. Tape recording equipment will also be used.

Convention Program Book. Cleveland would solicit units for ads and well wishers, also local business groups. This has ASO. approval. Reimbursement of Convention expense incurred by the Northeastern District will be processed through the ASO. Office. Entertainment and restaurant schedule for convenience of delegates and visitors will be provided.

Tentative schedule of events. Sunday—Northeastern District Sokol Slet at Odd Fellows Fresh Air Camp—2 p.m. Bus will be available at Manger Hotel. 8 p.m. Get Acquainted Party at Manger Hotel—cocktails and hors d'oeuvres. Convention days Monday, Tuesday and Wednesday. A display at the Convention consisting of photos, project reports, fund raising campaigns, photos of new Sokol buildings and building projects around the country will be made. Only current material is requested. This is not a historical display. Samples of souvenirs on hand at the ASO. Office were given bro. Suster to be displayed and sold at the Convention. Souvenirs submitted by bro. Suster—men's money clip and women's charm bracelet were approved.

President—Bro. S. Barcal. Attended several meetings on Convention, attended Central District course, attended meeting with BOI-Zwickel regarding new uniform supply, installed officers at Brookfield, Berwyn, Stickney, Tabor. Attended (partly) annual meeting of Central District.

Financial Report ASO. January 1970

INCOME:

Dues	\$ 3,355.00
Convention Fund	1,097.00
Special assessment	4,378.50
Dividends and interest	475.73
Alvertising in "American Sokol"	180.00
Resale of jewelry	2.00
Sokol emblems, belting and pants	51.40
Membership kits	148.90
Ledger sheets, postage	7.38
Slet film rentals	50.00
Total Income	\$ 9,745.91

DISBURSEMENTS:

Administrative Department	
Salaries	\$242.82
F.I.C.A. & F.W.T. for Dec.	68.32
Illinois Withholding Tax	29.57
Rental, janitor service, phone, electric	262.83
Office supplies	35.00
Repairs to office machines	15.80
Advertising and fees	45.75
Travel expense	47.50

\$ 747.59

Educational Department BOI.

Salaries	\$219.44
F.I.C.A. & F.W.T. for Dec.	55.20
Illinois Withholding Tax	12.48
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	27.72
Phone, postage, recording tapes ..	17.23
U.S.O.C. dues	10.00

\$ 367.07

Sokol publication

Editor "American Sokol"	\$ 75.00
Printing "American Sokol"	697.70
Postage "American Sokol"	40.74

\$ 813.44

Miscellaneous

Convention expense	\$ 73.50
Film rental refunds	105.00

\$ 178.50

Total Disbursements **\$ 2,106.60**

BALANCE:

Totals brought forward:

Western National Bank of Cicero—check- ing account	\$ 6,680.52
Income — January 1970	9,745.91

\$16,426.43

Disbursements — January 1970

2,106.60

\$14,319.83

Future Sokol Leaders Fund

Fred J. Stepanek, in memory of wife, Bessie	\$ 20.00
Marie Picha, in memory of husband, James Svobodná Obec	100.00
Charles and Irene Ruzicka, in memory of Dr. Lester Janes	10.00
In memory of sis. Marie Balek:	
Ann Falta	10.00
Jerry Madera	10.00
Jeanette Berquist	10.00
Charles and Irene Ruzicka	10.00
William R. Cicovsky	20.00
Mrs. Helen Konovsky	10.00
Mrs. Lester Janes	20.00
Mrs. Emily Riha	15.00
Mr. & Mrs. Joseph Fisher, Mr. & Mrs. Wm. Fisher, Mrs. Antonie Lorence	20.00
Clyde Savings & Loan—Dividend	136.84
Hoyné Savings & Loan—Dividend	273.12

\$674.96

(The above contributions are tax exempt.)

Let us defend our nation every day, because it would be too late and useless to save it with the sword on the outside, in case internal indifference and corruption had engulfed its strong, courageous core. — Tyrus.

FROM OUR DISTRICTS

EASTERN DISTRICT

Nov. 17, 1969

President bro. Charles Zraly presided. Present were: Bros. A. Chaloupka, J. Petlicka, H. Vesely, C. Zraly. Sisters: B. Hochner, B. Kubat, M. Provaznik, N. Zabka, B. Zraly.

The 35th Czechoslovak Radio Hour Celebration will be held on November 23rd at the Statler-Hilton Hotel.

Bro. Frank Klovrza, Sr. of Sokol Fuegner sends his thanks to the delegates of the Eastern District for greetings sent him from the Annual Meeting. Bro. Klovrza celebrated his 87th birthday. He does calisthenics each morning and evening for ten minutes.

Director of Women, sis. Zabka: Calendar of events sent to all units. District bowling night on November 22. — Dec. 6 Bowling Tournament of United Sokols of the East. — Refresher course—conducted by sis. Provaznik on Dec. 7.

Report of Educator, sis. Misek: Suggests class leaders give lectures once a month and teach children Czech songs. — Sis. Zabka will forward some literature to sis. Misek which can be distributed among the children's classes.

Little Ferry Sokolice prepared a very active program.

Sokol Little Ferry: Addition to hall has been completed.

New York Sokol: Classes well organized. Attendance has improved. Unit was represented in program on Czechoslovak Independence Day.

Sokol Fuegner: Rings have been installed in hall. Two fifty year members will be presented with watches at next meeting.

Bro. Zraly: Testimonial Dinner given by D.A. Sokol for bro. Pekar was well attended.

Bro. Joseph Kalabza of St. Petersburg, Florida, has made a request for donations of Czech and Slovak books to the new library which is being formed at the Tampa University.

Dec. 15, 1969

Received Newsletters from Baltimore, New York and Little Ferry.

Bro. William Zabransky, Jr. expresses his thanks to the members of the Eastern District for attending Testimonial Dinner given by Sokol Little Ferry in his honor. Also thanks to the many Sokols from other units who came from Florida, Philadelphia and Newark.

Director of Men, bro. Capek: Little Ferry conducted a physical fitness test for all boys. — Bro. Ed Stetka of Sokol Baltimore conducted a school for judging. — All drills have been sent to the men's division in November and December.

Director of Women, sis. Zabka: The Dec. 7th refresher course was cancelled due to the illness of sis. Provaznik. — Our District was victorious at the United Sokols of the East Bowling Tournament. The men's division won 1st prize and the women's teams placed 2nd and 3rd.

Director of Education, sis. Misek: Sis. Kolnik of Sokol Fuegner distributed Sokol books and lecture

sheets to the juniors and class leaders. — Sokol New York sold hand made items at their Christmas party to raise funds for their unit. — Sister Misek will ask for rental of XII Slet film for the week of Jan. 18, 1970.

UNIT REPORTS

Little Ferry Sokol: Testimonial dinner honoring bro. Zabransky very successful. — Difficulty in obtaining leaders for gym classes.

Sokolice Little Ferry—sis. Kubat: Women's division donated drapes to the Sokol Hall. — Profit of Testimonial Dinner will go toward the traveling fund. — Edith Nepil will donate about 100 Czech books to the Tampa University.

New York Sokol—bro. Babor: Christmas party was a success. — Chance books are being sold to raise funds for Sokol New York.

Sokol Fuegner—sis. Hochner: Junior boys attended a clinic at West Point with bro. Lardy Hudecek.

Sokol Newark: Several members participated in the Bowling Tournament. Bro. Frank Kotlan was the highest scorer in the men's division.

Delegates shall notify the secretary when they cannot attend the district meetings.

Chance books will be printed to raise funds for the Eastern District.

* * *

NORTHEASTERN DISTRICT

October 22, 1969

Brother Pekar congratulated the presidents of each of the units in the Northeast District on the successful Sokol year of 1969.

Each of the Cleveland units and the Executive Committee of the District donate \$10.00 each to Krajanský Výbor as sponsors of the 51st commemoration of the founding of the Czechoslovak Republic.

Sokol Detroit: Various activities of the unit during July, August and September, 1969, netted the unit \$2,643.00. Unit is re-considering its policy regarding the admission of persons of non-Slav background into the unit. Such members will be placed on a one year probationary period.

Sokol Tyrs: Unit realized a profit of \$1,400.00 on the August picnic. — 50th anniversary banquet was a success.

Sokol Nova Vlast: There will be a benefit dance and raffle for Pete Sykora on Feb. 12, 1970.

Bro. Suster will call a convention meeting shortly.

Bro. Suster will lecture on the Czechoslovak tragedy of 1968 at John Carroll University on Oct. 23, 1969.

Brother Suster spoke briefly on the agonies of Czechoslovakia today.

November-December, 1969 Meetings
December 10, 1969

UNIT REPORTS

Sokol Detroit: Brother Kovar stated that at its regular meeting, the unit voted to assess each member \$25.00 for the year 1970. — The bazaar netted the unit \$3,886.23. — 1969 was one of the best financial years for the unit, as well as gymnastically.

SOKOL GYMNAST

February 1970

EDITOR—MILDRED PRCHAL

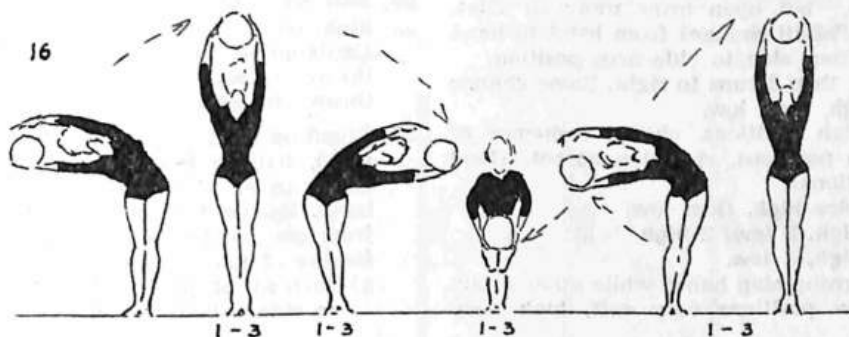
2419 Scoville Avenue, Berwyn, Illinois 60402

EXCERPTS FROM TRAINERS' SESSIONS – VARNA, BULGARIA MODERN GYMNASTICS – SEPT. 30 AND OCT. 1

(Continued)

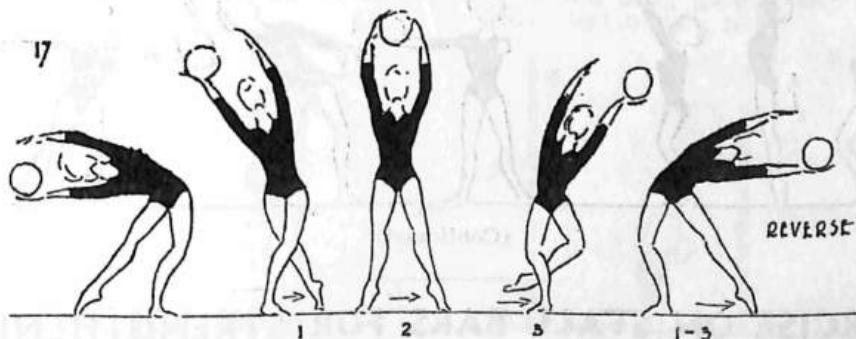
16. Frontal circle of arms upward. Arms extended to right, ball in right palm: 1) Raise arms over head and change ball to left hand overhead. 2) Sidebow left; arms extend to left, eyes follow ball (very amplified). 3) Demi plie carrying ball to low front (body straight). 4)

Carry arms to right as in beginning. Repeat a number of times, bending low on each side toward ball, bend knees more and more each time on the "low front" movement. Try all in toestand. (Pic. 16.)



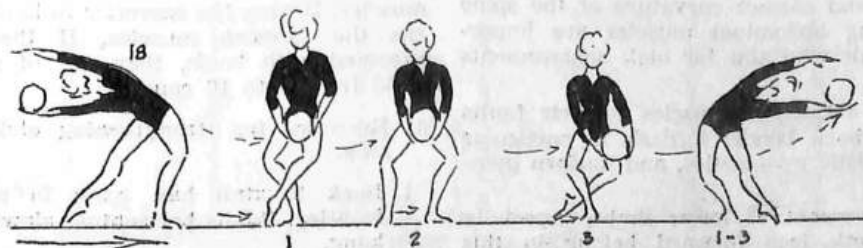
17. Same with pas de bourrée change, (cross R back of L, step L to side, cross R front of L)

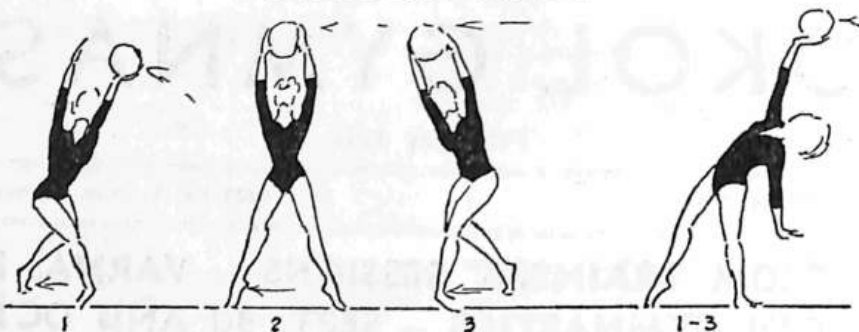
but raise ball after steps to high position in toestand. Same soft movement. (Pic. 17.)



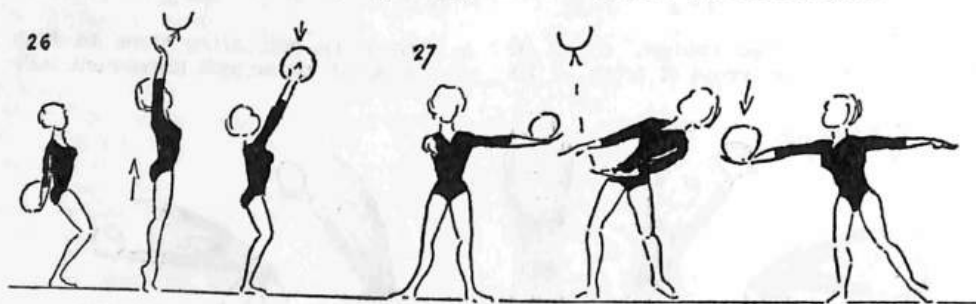
18. Traveling: Dip step forward R, step forward L, step forward R (3 steps) diagonally to left same as 17. Arms down on 3 steps. Repeat steps beginning with L and raise arms on steps.

3 steps to one side traveling on a diagonal on each 3 steps, then to other side. Always very smooth and big. Look in direction of ball movement.





19. Same as 16. Throw ball about 1 foot to other hand when arms are overhead. Amplify steps and body movement (continuous work).
Remark: No. 3 in pic. "16" will be designated as finishing "high" and pic. "17."
20. Same as "16" but throw ball from hand to hand in low position as well as in high position.
Be sure to reverse all combinations.
21. Same as "16," but open arms more to sides. Accent on "1." Ball changes from hand to hand with throw from side to side arm position.
22. 6 runs to left, then 3 runs to right. Same change of ball to high, then low.
23. Accent all high positions, change sequence of low and high positions, changing accent, (loud on high positions).
Low, then twice high, then low.
a. 2 low, 2 high, 2 low, 2 high.
b. 1 low, 2 high, 1 low.
2. Have one group clap hands while other group works. Low positions very soft, high very accented.
24. 2 low, 2 high, then all running (6 runs instead of 3 runs).
25. Same as 24. Ball in right palm—run 6 steps diagonally to each side.
Remark: Nos. 20 to 25 are various ways of doing "16" (no illustrations).
26. Ball back of body in both hands; throw ball high overhead and catch ball in front of body. Explanation: Dip and throw ball rising high on throw. (Keep body straight.) Arms bend to throw straighten when catching. (Pic. 26.)
27. Stand on L, R sidetouch—stretch right arm forward, ball in left hand; throw ball with left hand under right arm and catch with right hand (curve ball inward on throw). Balance from one leg to the other with soft and smooth flexing of knees (plié).
a) Instead of plain transfer to other leg run to side (about 3 steps).



(Continued)

EXERCISE ON STALL BARS FOR STRENGTHENING ABDOMINAL MUSCLES

Strong abdominal muscles are absolutely necessary for correct posture; they prevent the internal organs from stretching out the abdominal walls and help avoid and correct curvature of the spine (lordosis). Strong abdominal muscles are important to individuals who aim for high achievements in most sports.

Strengthening abdominal muscles corrects faults caused by deep back bends; lordosis in particular often seen in artistic gymnastics, and modern gymnastics.

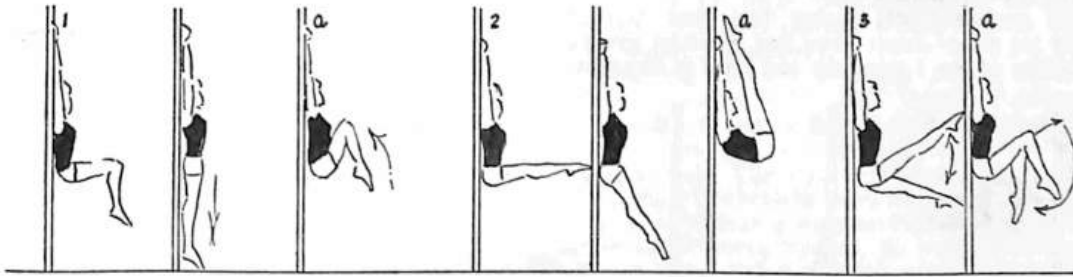
Improving movement of lower limbs, especially extensions of both legs forward belong in this

category. When adding rear bow to right or left to front extensions, we also strengthen the horizontal muscles of the abdomen and all of the thigh muscles. During the exercises in hang, one strengthens the forearm muscles. If the exercises are executed with holds, they are of greater benefit. Hold from 6 to 16 counts.

- a) Exercises for strengthening abdominal muscles only.
1. Back to stall bar, hang in undergrip, bend frontleg, thighs horizontal—slowly lower legs to hang.

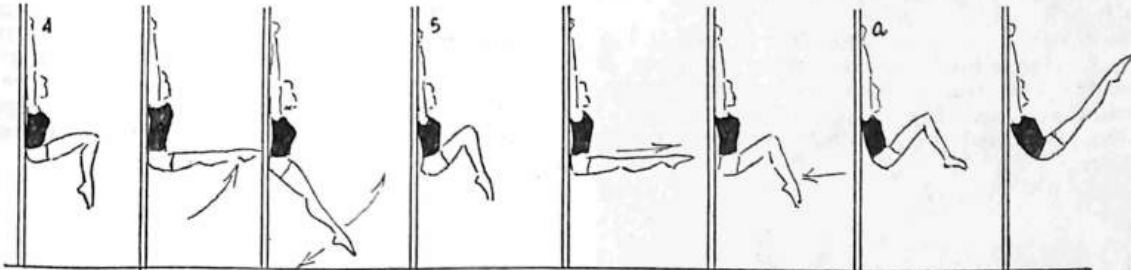
- a) Same but bend high frontleg.
- 2. Back to bar: frontleg—slow lowering to hang.
 - a) Same but raise legs to high benthip hang.
- 3. Back to bar—frontleg: alternate raising and lowering (scissor movement) of legs.
 - a) Same with bicycle movement of legs.

- 4. Back to bar: bend frontleg, thighs horizontal—stretch to frontleg—slowly lower legs to hang.
- 5. Back to bar: bend high frontleg, hips pressed against bar—stretch to frontleg—head frontleg, etc., according to gymnast's ability.
 - a) Same, but raise stretched legs high.



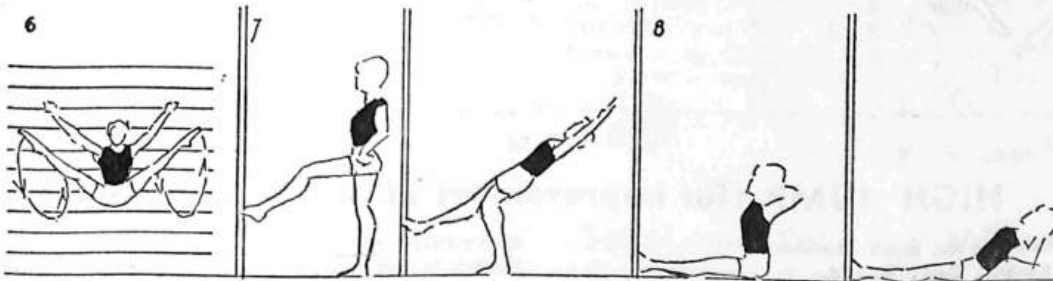
- 6. Back to bars: grasp more than shoulder distance apart. Raise high front stradleg—small circles of legs upward.
- 7. Stand facing bars—bend right frontleg and catch toes under 3rd or 4th rung—hands on hips; slowly stretch R, half squat L, moderate

- rear bow—uparm (R leg, trunk and arms in line)—back to original position. Repeat a number of times, then reverse all.
 - a) Same, but hold in rear bow with arm movements.



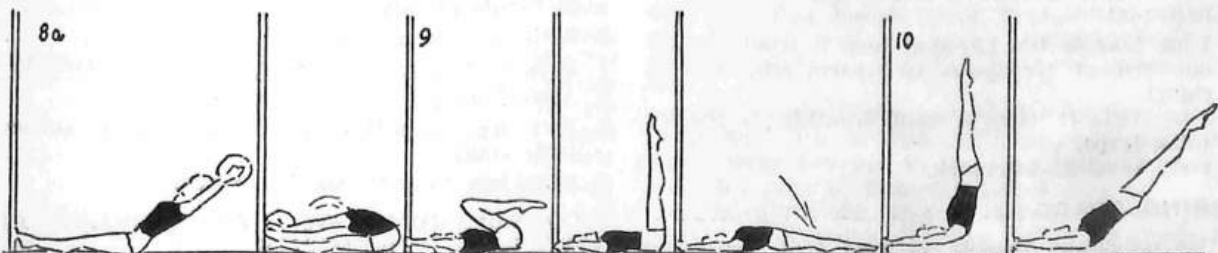
- 8. Sit facing bar, toes caught under 1st or 2nd rung—bend sidearm, hands at nape of neck: 45° rear bow, and repeat.

- a) Same, but with basket or volley ball in uparm and after upright, add deep loose front bow—ball touches feet.

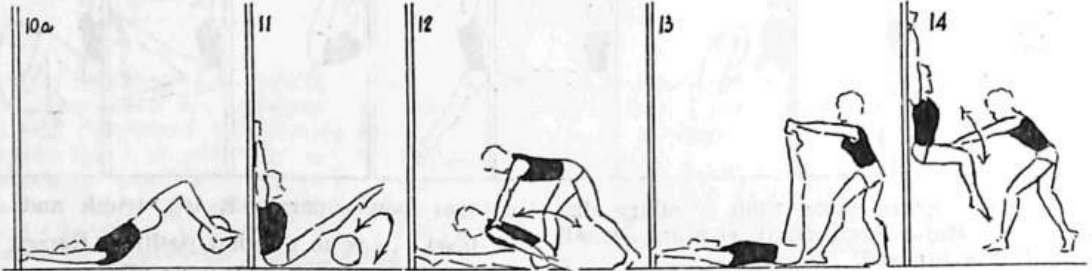


- 9. Lie on back, head to bar—uparm outward and grasp 1st or 2nd rung with hands, bend frontleg, hips pressed to floor—frontleg (legs vertical)—slowly lower legs to floor.
- 10. Lie on back, head to bar—uparm outward and

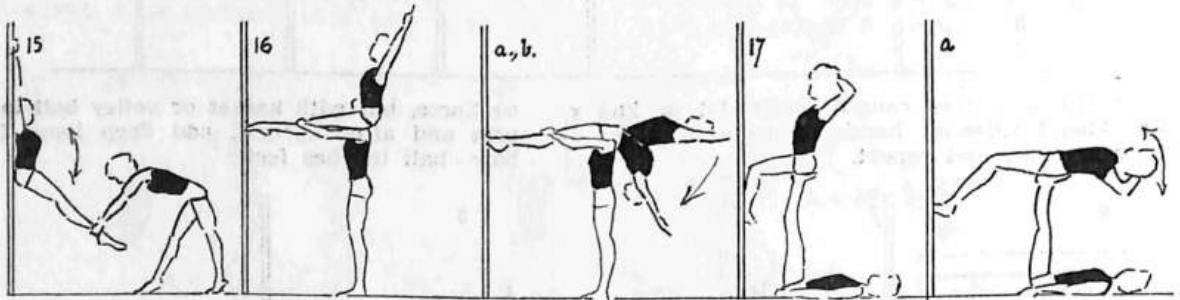
- grasp under 1st or 2nd rung: raise legs to shoulder stand—slowly lower straight body to lying on floor.
 - a) Same, but with ball between ankles.



11. Sit with back to bar—uparm outward and grasp rung over head: carry legs alternately to right and to left over ball placed on floor under legs.
 - a) Same, but from stradleg over ball: close legs over ball, open and again lower to floor (no illustrations).
12. No. 1 gymnast sits facing bar, feet hooked under 1st rung—front bow; 2nd gymnast grasps shoulders of No. 1 gymnast and tries to straight-



15. No. 1 hangs back to bar—low frontleg: slowly raise legs high against the resistance by No. 2 (No. 2 grasps ankles and tries pressing them to floor).
16. No. 1 sits stradleg on shoulders of No. 2 facing bar, toes hooked under rung at height of shoulders of No. 2—uparm; rearbow to horizontal position (No. 2 holds knees of No. 1 from above and presses downward to assist in balance).
 - a) Same, but deep rearbow.
 - b) Same, but hold in rearbow.
17. Gymnast No. 2 faces bar sitting on feet of No. 1 gymnast; No. 1 gymnast lies on back—frontleg, (legs vertical) feet bent forward, pelvis about half step from bar; No. 2 facing bar, legs bent and toes hooked under 2nd or 3rd rung—bend uparm outward, hands at nape of neck—slowly rearbow to horizontal position.
 - a) Same, but deep rearbow.



HIGH JUMP (for improvement of height in leaps)

Standards—pole or stick starting at 2 ft. height. Beat Board.

1. 1-leg takeoff, front bentleg jump—uparm.
2. 1-leg takeoff—catstep—flank swing forward uparm.
3. 1-leg takeoff (on L), swing R frontleg, bring both legs together in flight, land on both in halfsquats.
4. 1-leg takeoff (on L), split leap R front—uparm outward, or (frontarm—or uparm left, sidearm right).
5. 1-leg takeoff (L), R bent frontleg, L rearleg (stag leap).
6. 1-leg takeoff—hitchkick.

SPRING BOARD

Use maximum takeoff as from beat board and

also utilize spring from board. Takeoff from spring board is for height, not for distance; keep good posture. Start with small run, later bigger run and stronger takeoff.

1. 1-leg takeoff, front bentleg jump—uparm.
2. 1-leg takeoff extending other leg to low side; bring takeoff leg to raised leg and beat while in flight—sidearm.
3. Both legs takeoff, frontal strideleg jump.
4. 1-leg takeoff astride leg jump, R front (split).
5. Arched jump (both legs).
6. Both legs takeoff to L bent sideleg, R sideleg (side stag).
7. Both legs takeoff, high bent rearleg.

COMBINE JUMPS WITH ARM MOVEMENTS. ALSO BODY MOVEMENTS.

Sokol Cleveland-Cech-Havlicek voted unanimously to invite Sokol Tyrs to use the hall facilities of Sokol Cleveland-Cech-Havlicek.

Sokol Tyrs: The members at the membership meeting approved the terms for the use of the hall of Sokol Cleveland-Cech-Havlicek. The last events in the Tyrs Hall will be the Night in Prague on January 31, 1970, and the winter exhibition.

B.O.I.—Brother Jirousek: All units had annual winter exhibitions in 1969. — District BOI. held a clinic and a workshop.

Brother Pekar will appoint a new committee to edit and publish a second edition of the Northeast District Sokol Cook Book.

* * *

WESTERN DISTRICT

January 12, 1970

Correspondence—Received a copy of sis. Trefny's letter to the ASO. and their reply regarding the Factual Information Sheets. — Letters from Sen. Roman Hruska and Congressman Glen Cunningham regarding the Platte River Basin Dam.

Sokol Wilson, Kans. gained 2 new members. So. Omaha Sokols 150 in the past year.

Director of Women—Bozena Drozda: All Slet drills have been mailed. Sent letters to St. Paul, Crete and Cedar Rapids reminding them of the Workshop.

FROM CENTRAL DISTRICT MEN'S DIRECTOR

The junior boys basketball tournament was held during the Christmas holidays. The winner was Sokol Berwyn. The men's tournament has not yet been completed.

The music for the 1970 calisthenics exercises is ready for distribution today.

FROM CENTRAL DISTRICT WOMEN'S DIRECTOR

Volleyball trophies have been ordered and will be presented at our February meeting.

The Modern Gymnastic Clinic was held in December at Sokol Berwyn. On Monday, Dec. 22nd, we had sixty-six 1st and 2nd Class girls attending. Dec. 29th there were 34 junior girls and women and on Dec. 30th we had 20 junior girls and women. Sis. Prchal introduced the new trend in gymnastics here in the United States, but not entirely new to the Sokols. There were various exercises and routines taught with the body, a ball, hoop and jump rope. There was a 7 hour class each day, with an hour for lunch and everyone brought their own lunch. It was a very good course, but more instructors should have attended so that they could take this back to their classes. Sis. Zdenek played the piano for part of the course.

Distributed the 2nd Class girls competition exercises, a beginners tumbling booklet and the group pictures taken at our Instructor's Course in the beginning of December. These pictures were taken by Joe Kral free of charge. He made up a picture for everyone in the picture, which numbered about 70 plus a few extras. I sent him a thank you note on behalf of the District and myself, for the kind gesture.

As of yet there is not a source for uniforms. Hoping we will have one in the very near future.

Sokol Berwyn

Sokol Berwyn (Illinois) held installation of officers on Sunday, January 11th, 1970. Bro. Stanley Barcal was the installing officers, who did a commendable job.

Sokol Berwyn took this occasion to bestow an Honorary Lifetime Membership to the President of the ASO. and presented him with a silver tie-clip, suitably engraved.

Outgoing officers of many years' service were likewise honored: Bro. H. Vydra, President, and bro. Lada Stulik, Czech Secretary, with gold tie-clips (engraved), and sis. Mildred Svoboda, Treasurer, and sis. Ella Vydra, Financial Secretary, with gold charm bracelets, also engraved.

Two outstanding members present at the dinner were sis. Frances Sykora, 89 years young and one of our three living charter members, and sis. Josephine Sykora, one of the first presidents of Sokolice Berwyn.



In the picture shown congratulating bro. Barcal are, left to right: Bro. Hank Vydra, outgoing Sokol Berwyn President; bro. Stan Barcal, ASO. President and new Honorary Member of Sokol Berwyn; sis. Catherine Krimmel, President of Sokol Berwyn, and bro. Ed Schnabl, Vice-President, Sokol Berwyn.

Nazdar!

EllenJeanne Schnabl

Sokol and Sokolice Milwaukee

Our 102nd season was initiated with a banquet held on September 20th celebrating the 70th Anniversary of Sokolice. Over 200 members and friends met and enjoyed the opportunity to partake of good food and visit with each other.

On Saturday, October 18th, we held our annual Recognition Dinner with 190 members and guests attending. Bro. Joseph Drnec, President of the Central District, was our guest speaker. His lovely wife Josephine accompanied him and spoke a few words.

A Halloween Party was held for the gymnasts on Friday, October 31st. All came in costume and prizes were awarded to the four best. The judges were the parents. Games followed.

A heartbreaking tragedy hit our Czech community on Tuesday, October 28th. The Bohemian Hall, our home for over 73 years, was destroyed

by fire. Fortunately, we closed the sale of the building just a month before. Nevertheless, many pleasant memories could not be forgotten. So with only our memories left we began preparing for the Holiday Folk Fair which was held on November 21, 22 and 23rd. Again the Bohemian Hall was brought to our attention, for here, on the Arena floor, being used as back drops for a village scene, was all of the stage scenery we had removed from the hall prior to the sale. The Folk Fair was a huge success for us. For the third year in a row our Exhibit Booth won a prize, this time for \$500. This affair is our greatest money maker and requires the hard work of all its members and friends. With this great event as history we are formulating plans and preparing for the next Folk Fair and future activities.

Our annual election meeting held on Thursday, December 4th, had a wonderful attendance. Our faithful officers were re-elected and must be thanked for their services.

Our annual Jaternice and Pork Dinner was held on Sunday, February 8th, with many out-of-town guests present.

Sokol Milwaukee Gymnastic Exhibition will be held on Sunday, May 24th. We wish to thank all in attendance at the Central District meeting held on January 25th who so generously contributed to our Well Wishers for our Program Book. May we see many of our friends at this affair.

So with our irons in the forge of Sokol ideals we are ready for another successful year.

Fred Stankovsky Sokol Milwaukee Secretary

Census roku 1970.

V roce 1970 bude provedeno všeobecné sčítání lidu ve Spoj. státech. Vláda vám doručí obsáhlý dotazník, abyste jej správně vyplnili. Pro nás, občany českého původu, je toto sčítání lidu (census) velmi důležité proto, aby americká veřejnost, úřady a školy měly správný a objektivní obraz o tom, kolik občanů českého původu zde žije, odkud přišli rodiče a také zda ještě mluvíte česky. Prosím, vyplňte správně zvláště otázky na straně 6 onoho formuláře:

Otázka číslo 13) Where was this person born? (Mnozí z vás se narodili v Československu.)

Otázka číslo 14) What country was his father born in?

Otázka číslo 15) What country was his mother born in?

Otázka číslo 17) What language, other than English, was spoken in this person's home when he was a child? Osoby z české rodiny vyplní rubriku "Other" a napíší: Czech language.

Krajané, věc je pro nás velmi důležitou. Věnujte pozornost zvláště otázkám vaše původu a otázce číslo 17.

Dr. Kučera, Lincoln, Nebr.

Sokol Detroit

By Charles Novacek

Historical 1969, will mark a new epoch in the chronicles of mankind. Tender human beings loosened the ties from earth and stepped onto the moon; staring into endless space; endless distances. Conquest of the unknown continues.

Man's dynamic industrial revolution, overshadowed by his painful social revolution, circles endlessly around him as men and nations move further apart.

The real distance to be conquered is not among the stars, but right here on earth—the distance between man and man.

Truth and wisdom is an urgent solution to these problems. Physical fitness programs are outstanding in developing discipline that is so badly needed in our society.

The Sokol Unit in Detroit provides this program for members as well as the immediate public.

Sunday, January 25, Sokols shared an annual Gymnastic with hundreds of Detroiters and suburbanites. Detroit Sokol Cultural Center was crowded; the audience was eager to see the achievements of our gymnasts. Thanks to our instructors, the program was excellent. — Nazdar!

Sokolská Akademie Sokola Detroit

Oh, jaká to byla neděle 25. ledna r. 1970 když o druhé hodině odpolední v tělocvičně Sokola Detroit defilovali před velkou návštěvou obecnstva sokolští cvičící, od káňat až po ženy a muže. V precizním rozstupu s prapory americkým a československým, vstání byvše povstáním všech přítomných. Vyslechli hymny, československou a americkou, jež zpíval zpěvák Wesley Dalton. Přísaha vlajce, Bob Eisenstein a pak minutová pietní čest zemřelým bratrům a sestrám Sokola. Ceremoniář, bratr Frank Kalivoda, vítá anglicky i česky přítomné a vzpomíná českých zakladatelů Sokola Detroit. Starostka ses. Jarmila Zbořilová připomíná, že Sokol a Sokolice Detroit stále jdou v duchu zakladatelů Sokolstva, Tyrše a Fuegnera. Starosta Henry Seidlik, představuje hosty z Clevelandu a Toleda, ze slovenského Sokola, radní z Dearborn Heights a města Dearborn, Mich.

Celkem třináct čísel obohatalo tělocvičný program. Všechna čísla od těch nejmenších hravých káňat budila velkou pozornost a odměňována byla velkým potleskem. Živé obrazy zákyň a žáků, dorostu, mužů i žen, budily bouřlivý ohlas. Ladná prostná, cvičení na kladině, bradlech, cvičení žáků s disky, dorostenců se žebříky, přemety přes koně a zvláštní čísla sestavená Jarmilou Vančura-Kalivoda, taktéž Mary Ann Kerr, i další Jarmilou Zbo-

řilovou, byly významným vystoupením sokolské akademie. Vedoucí byly sestry: Norene Divens, Apris Dobs, Carolyn Sabados, Joan Spiroff, Mary Ann Kerr, Jarmila Kalivoda, Jarmila Zbořil. Bratři: Louis Teichman, Henry Seidel, Marty Raebel, George Eisenstein, Jim Kalivoda, John Belavek a Ed. Martin.

Hudebního pianového doprovodu bezvadně se zhostila sestra Lillian Bezruč-Jaroch. Ceremoniář, Frank Kalivoda, jí vzdal zasloužený dík, což obecnost taktéž kvitovalo velkým potleskem. Nehodnotíme každé jedno vystoupení, protože všechna měla svoji krásnou náplň; všechna dala důkaz pozitivní, nadšené tělocvičné práce, jak cvičících, tak i vedoucích. Zaplněné hlediště obecností, odměňovalo všechny hřímavým potleskem.

Ale přece jen musíme podrobněji vzpomenouti hravého vystoupení našich káňat. Připochodovalo jich na dvacet děvčátek a hošíků. Takoví tříletí, čtyřletí, pětiletí caparti. V bílém tričku, v bílých trenýrkách, které jim pod napapanými bříšky, žertovně visely, kurážně rozhazovali ručkama, sedali, vstávali, no, jako sokolici. Ale byla tam mezi nimi taková malická žabka — když všichni stáli, ona seděla, když všichni se posadili, ona si zůstala stát. To její trucování bylo takové žertovné, ta její samostatnost, taková směšná.

Cvičení bylo ukončeno kolem páté hodiny odpolední. Nastala volná zábava v jídelně, stoly obsazeny, sestry sokolice v kuchyni v jednom kole, a to už v sobotu od ranních hodin sestry pekly a vařily. (Všechna pomoc, úplně zdarma.) Však bylo lidu — všem chutnalo. A nebylo by sokolské veselice, kdyby nebyl tanec. Hudba bratra Waltra Klepáče vyhrávala samé české polky, valčíky, sem tam nějakého toho amerického třásáka, ale většinou to bylo po našem.

A tak jsem si myslela, zda ty naše babičky, prababičky, při pohledu na to cvičící mládí vzpomněly sebe, jak i ony kdysi cvičily v tom Českém národním domě na Tillman ul. v Detroit. Vzpomněly?? Jistě, že ano!

Den akademie zapadl do minula. Ale tělocvična Sokola Detroit, ozývá se ruchem cvičičího členstva, v přípravách na další velký den v létě — Veřejné.

A sestry Sokolice plánují již nyní, jak slavnostně vzpomenouti padesátileté založení sboru Sokolic Detroit. Bude to 27. září 1970. A proto hřímavě zdar, zdar a zdar vám všem. Marta Poppová.

Kalendář historický.

Vítězství pravdy a práva.

(Ku dni 18. února 1126.)

Daleko do kraje svítí íaple sv. Jiří na Řipu; jakoby korunou byla tomu vrchu podivuhodnému, z fádni roviny polařské náhle zvyřelému! Tisíce zraků denně utkví na veselém zjevu jejím, ale v kolika že asi hlavách zrodí se současně vzpomínka, kdy a na čí památku založen ušlechtilý ten chrámec románský? Jest tomu 844 roků, co postaven tento pomník události nejvýše pamětihodné — vítězství Soběslava I. nad Lotharem. Zachránění samostatnosti státu českého zasloužilo si pomníku takového; umístění jeho na vrchu praotce Čecha jest přímo symbolické, rozhled Soběslavův vzácně osvětlující. — Po smrti knížete Vladislava I. zvolen r. 1125 knížetem českým Soběslav I., muž sta-

tečný a věhlasný. To však, jak již zvykem bylo u Přemyslovců, neobešlo se bez rozbřujů. Proti Soběslavovi strožil pikle Otta Olomoucký, a když Soběslav proti němu zbrojně vytrhnul, uchýlil se Otta (opět po starém zvyku Přemyslovců) do Němce k císaři Lotharovi, aby zde prosbami, sliby a hojnými dary vymohl si dopomoci ke trůnu českému. Lothar ochotně chopil se vhodně příležitosti, aby Čechy přivedl v tuhou závislost na říši, tím spíše, ježto Otta mu líčil výpravu do Čech jako pouhou vojenskou procházku, na níž k Němcům šmahem se budou přidávati četní odpůrci Soběslavovi. Pohnal tudíž císař Soběslava před soud říšský s pohrůzkou, nepřijde-li, že dožene jej k poslušnosti moci. Ale proti majestátu moci postavil Soběslav svůj majestát, knížecí jen sice, ale od pravěku nad všecku zlobu povznesený, majestát myslí statečně, srdce neohroženého. Nemaje viny, nešel k soudu; starý dějepisec Kosmas zachoval nám slova jeho: Doufám v milosrdenství boží a v pomoc sv. Václava a Vojtěcha, že země naše nebude dána v moc cizincům . . .

Počátkem r. 1126 na obou stranách zbrojeno k vojně a po Hromnicích Lothar již blížil se ku hranicím, za nimiž těsně pod Horami Krušnými položil se táborem Soběslav u hradu Chlumce, hájícího průsmyk nakléřovský. Hojné záseky v tehdejších pralesích stěžovaly pochod nepřátel, kteří takto jediným jen proudem mohli do údolí, pod nůž Čechů. Jako beran ovcím, tak Otta Němcům byl vůdce na jatky, předvoj potřen do muže posledního, sám Otta padnul. A dále hrnuly se zástupy Němců do pasti, dále byli zbíjeni dle libosti; množství hrabat a jiné šlechty německé padlo v boji, řada jiných zajata. Konečně císař zvěděv, že ztratil by tak vše do posledního muže, uchýlil se na návrší, ale tam obklíčili jej Čechové tak, že z tábora nemohla uniknout ani myš, neřku-li muž. Minul den prvý, minul den vterý, v ležení Němců byl hlad a horší hladu žízeň. Prorazití řetězem českým, na to nebylo lze pomyslet, každý pokus měl v zápětí jen krvavé hlavy — nutno jíti do prosa. Císař Lothar požádal Soběslava, aby k němu do tábora přišel a kníže stejně rozmyslný, jako statečný šel. Výsledek porady, v níž Soběslav mužně odmítl vměšování se říše do volby panovníka českého, byl ten, že Lothar potvrdil bezpodmínečně Soběslava na trůnu českém a poznáv v něm muže charakterního, stal se mu přítelem z nepřítele. I dědičnou hodnost volitele při volbě císaře německého přičknul později vládčům z rodu Přemyslova a jiných výhod více. Drtivá ramena českých kleští uvolněna, zbytek vojska Lotharova vrátil se tou cestou, kudy přišel, bohatší o poučení, jehož se tu Němcům dostalo. (Stejného poučení dostalo se v těchže místech právě před 157 lety Francouzům; generál Vandamme, jež Napoleon poslal do Čech, byl zde 30. srpna s 10,000 muži obklíčen a zajat.)

Tak skončen výjev v dějinách českých nad jiné významný. Přešly věky, bývalý prales ustoupil krotkému lesu, obmezenému na sám svah hor, ze Chlumce stal se německý Kulm, krajina celá až k Litoměřicům poněmčena, ale na Řipu kaple, Soběslavem na památku vítězství postavená, trvá dál. Svítí daleko do kraje českého i německého: sem jako maják pro všechny ty četné duše, zápasící pod Krušnými horami o česť své, tam jako znamení, že nečestno jest ustupovati v boji za právo i pravdu. Svítí a volá: Pravda vítězí!

Dvumilionový odkaz největší v krajanské historii.

Syn zakladatele prvního českého denníku v Americe odkázal České Útulně a Boys' Clubs v Chicagu výnos z dvou milionového majetku.

Před sto lety roku 1869 přijel do Ameriky z Břežnice v jižních Čechách August Geringer se svojí manželkou Antonií. Pan Geringer býval učitelem a brzy přišel k poznání, že čl. větve v Americe potřebuje ke svému životu a rozvoji svůj vlastní denní časopis a za velmi těžkých podmínek a osobních obětí páru mladých emigrantů zrodila se v Chicagu r. 1875 Denní Svornost, která později začala tisknout pobočné týdeníky a polotýdeníky jako Amerikán, Domácnost a humoristický časopis Duch Času, a kalendář Amerikán.

Vladimír August Geringer, mladší syn Geringerův, se narodil v Chicagu 25. října 1877. Starší jeho bratr se jmenoval Miloslav. Vladimír maturoval z university státu Michigan v Ann Arbor. 10 let provozoval právníkou praxi, načež přešel do Svornosti, která za jeho vedení dosáhla velkého rozmachu. V tu dobu bylo ještě málo lidí s univerzitním vzděláním, kteří by měli zájem a ochotu se věnovati krajanskému životu a v tom směru si zesnulý Vladimír A. Geringer zaslouhoval velkého uznání. Byl to hlavně jeho otec, který věděl o trampotách českých přistěhovalců, vesměs chudých a bez zastání, a vždy si přál, aby jeho syn se stal právníkem a hájil zájmy našeho lidu.

Za první světové války Vladimír Geringer se zasadil o to, aby Geringerovy časopisy stály v popředí hnutí za osvobození Československa. Činnost Svornosti za I. světové války za vedení zesnulého a jeho švagra, rovněž zesnulého R. J. Pšenky, byla známa a získala uznání první čl. vlády s prezidentem T. G. Masarykem v čele.

Po válce byl zesnulý jmenován prezidentem Woodrow Wilsonem prvním obchodním komisařem Spoj. států pro Československo. Byl neobyčejně schopný a bohatými zkušenostmi vybavený stal se pravou rukou prvního amerického velvyslance v Praze, Richarda Crane. Seznamoval Američany s novou, jim až dosud neznámou zemí, s jejími hospodářskými problémy, sprostředkoval styky s americkými průmyslníky, exportéry, atd. Jeho práce byla oceněna a uznána jak Prahou tak i Washingtonem, což vedlo k tomu, že byl znovu jmenován komisařem obchodu i když nastoupil republikánský prezident.

Když zakladatel Svornosti August Geringer 1. dubna 1930 zemřel, Vladimír se stal předsedou Geringerovy korporace.

Za druhé světové války přibyla do podniku neteršl. Vlasta Vrázová, které svěřoval mnohé důležité funkce.

Svornost opět vedla v osvobozeneckém hnutí. Po válce se rozhodl závod prodat svým zaměstnancům pp. Vlčekovi, Kyselovi a Weberovi. Po 71 letech svého vycházení přešla Svornost do jiných rukou.

Po úmrtí své ženy Vladimír A. Geringer se odstěhoval nejdříve do San Bernardina, Calif., a r. 1962 do Retirement Home Desert Crest v Phoenix, Ariz., kde zemřel v září 1968 ve vysokém věku 96 let. Svůj majetek kolem dvou milionů dolarů, až na několik menších výjimek, odkázal České Útulně a Chicago Boys' Club. Obě organizace budou mít pravidelný důchod ze svěřenských (Trust) fondů, jež byly pro ně zavedeny.

Co měl Vladimír Geringer na mysli se svými obrovskými dary.

Předně chtěl být spravedlivý. Jako rozený Američan chtěl pomoci Chicagu, v jehož budoucnost vždy věřil. Po léta sledoval krásnou činnost klubů pro dorůstající chlapce, měl obdiv pro jejich výchovný program a to jej vedlo k založení trvalého fondu. U svých rodičů a prostřednictvím Svornosti měl příležitost přiblížit se k duši českého člověka. Jeho touze po soběstačnosti a v České Útulně viděl splnění těchto tužeb. Nesmírně mu záleželo na tom, aby starý krajan se cítil v České Útulně jako doma také proto, že zakladatel Svornosti byl také spoluzakladatelem tohoto krásného Domova, který byl od svého počátku a jest podnes ku kreditu celé čl. větve v Americe. Základy Útulny jsou tímto historickým darem ještě více podepřeny a upevněny, ale neznamená to ještě, že by Útulna nepotřebovala více těch pravidelných malých i větších darů, neboť roční vydání jest obrovské a ustavičně stoupá. Odkaz člena Geringerovy rodiny se přidružuje k velkému daru zesnulého Johna T. Chrástky, který umožnil stavbu nemocniční ošetrovny České Útulny, daru rodiny Štorkanovy a mnoha jiných dobrých lidí, kteří v poslání tohoto jedinečného ústavu věřili.

Tisková služba.

"Můj socialism, to je jednoduše láska k bližnímu, humanita. Přeji si, aby nebylo bídy, aby všichni lidé slušně žili prací a v práci, aby každý měl pro sebe dost místa, elbowroom, jak říkají Američané. Humanita, to není bývalá filantropie; filantropie jenom pomáhá tu a tam, ale humanita hledí opravit poměry zákonem a řádem. Je-li toto socialism, tož dobrá.

V rovnost — rovnost naprostou — nevěřím, ve hvězdách ani v lidech není rovnosti. Vždycky byli a budou jednotlivci, kteří svým nadáním a nekontrolovatelným shlukem okolností víc dovedou a víc dosáhnou; vždycky bude hierarchie mezi lidmi. Ale hierarchie znamená pořádek, organizaci, kázeň, vedení a poslouchání, nikoli vykořisťování člověka člověkem. Nepřijímám tedy komunismus; Lenin, sotva byl u moci, volal také po vůdčích osobnostech. Čím déle žiji, tím více poznávám tu zvláštní roli jedinců ve vývoji lidstva; ale opakuji: vyšší nadání a tak zvané štěstí neopravňují k vykořisťování méně nadaných a méně šťastných."

Tomáš G. Masaryk.

Cos evikem nabyt, tot' mrav a strídmost Tobě zachovej! Kdo nikdy na cvičišti neschází, naučí se též o to dbát, by obratnost a sílu, kterouž tam osvědčiti má, co možná neztencenou si povždy zachoval. A sebe zachováváje přispívá k tomu, abys i národ, jehož členem jsi, před zkázou uchránil. V tom "boji o život" jenž dějinami lidstva se nazývá, naklesnul nikdo než vlastní vinou svou.

—Tyrš.

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We need not worry so much about what man descends from—it's what he descends to that shames the human race.

By the streets of "by and by" one arrives at the house of "never."

Politeness is the art of selecting among one's real thoughts.

A neatly printed card posted over a cigarette machine in a Florida restaurant: "Cancer cures smoking."

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First exhibition of girls class at charter banquet of Sokol Miami

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He whips the enemy, then gives them the shirt off his back.

He yells for speed laws that will stop fast driving and then won't buy a car if it won't go 100 miles an hour.

He knows the line-up of every baseball team in the American and National Leagues, then can't remember half the words of "The Star Spangled Banner."

He'll spend half a day looking for vitamin pills to make him live longer, then drive 80 miles an hour on slick pavement to make up for lost time.

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