

AMERICAN SOKOL

VOL. XCI. — NO. 12

DECEMBER 1970

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

It is always a pleasure at this time of year to
turn aside from every day affairs and extend

SEASON'S GREETINGS

to friends old and new. — Best Wishes for a
Happy and Prosperous New Year.

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AMERICAN SOKOL



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OFFICE OF THE EXECUTIVE BOARD ASO.

June Pros, Secretary

6426 W. Cermak Rd., Berwyn, Illinois 60402

Tel.: 795-6671

Calendar of Events

- JAN. 16th—SOKOL BROOKFIELD, ILLINOIS.
Spaghetti Dinner.
- JAN. 24th—SOUTHERN DISTRICT.
Annual meeting at Sokol Fort Worth.
- JAN. 24th—CENTRAL DISTRICT.
Annual meeting.
- JAN. 24th—SOKOL TABOR, BERWYN, ILL.
Ski Party—Alpine Valley.
- JAN. 30th—SOKOL BERWYN, ILLINOIS.
Annual Dinner Dance.
- JAN. 31st—SOKOL DETROIT, MICHIGAN.
Gymnasticale.
- FEB. 6th—SOKOL WASHINGTON, D. C.
Šibřinky.
- FEB. 6th—SOKOL ST. LOUIS, MO.
Barn Dance.
- FEB. 6th—SOKOL ST. PAUL, MINN. — Sibrinky
at the C.S.P.S. Hall. Music by "Bill Bartusek
Band."
- FEB. 10th—SOKOL BROOKFIELD, ILLINOIS.
Valentine Smorgasbord Luncheon.
- FEB. 13th—SOKOL BALTIMORE, MARYLAND.
Šibřinky.
- FEB. 14th—SOKOL DETROIT, MICHIGAN.
Valentine Day Dance.
- FEB. 14th—SOKOL MILWAUKEE, WISCONSIN.
Annual Jaternice and Pork Dinner.
- FEB. 27th—SOKOL & SOKOLICE SO. OMAHA.
Annual Večirek. — Members only.
- MAR. 6th—SOKOL BROOKFIELD, ILLINOIS.
Annual Gymnastic Exhibition.
- MAR. 13th—SOKOL TABOR, BERWYN, ILL.
Annual Gymnastic Exhibition.
- MAR. 20th—SOKOL BALTIMORE, MARYLAND.
Dozvuky.
- MARCH 27th—SOKOL BERWYN, ILLINOIS.
Annual Gymnastic Exhibition.
- APR. 17th—SOKOL BROOKFIELD, ILLINOIS.
Chicken Dinner.

- MAY 14th—SOKOL MILWAUKEE, WISCONSIN.
Interclass Gym Meet.
- MAY 15th—SOKOL MILWAUKEE, WISCONSIN.
Interclass Track Meet — Lake Front.
- MAY 21st—SOKOL BROOKFIELD, ILLINOIS.
Card and Bunco Party.

JAMES L. CIHAK:

In Tyr's' Footsteps Thru Greece

A cherished dream came true last September when sis. Blanche Cihak and I visited Greece. This will not be a travelogue of that journey. Rather it is an attempt to see why Greece made such an impression on Dr. M. Tyr. Tyr devoted five pages in his "Historical Preface To The Foundation of Physical Culture," to Greece and its development. No doubt much of this was gleaned from his study of Greece from numerous facets. His desire to see what was left of the incomparable "Golden Age" drove him to walk thru the country. (He persuaded Dr. Jos. Scheiner to do the same in his youth.) Exact facts are not immediately available but will be given in following articles.

Greece is a rather dry, stony, hilly country. The few fertile valleys are and have been utilized to the utmost. Terraces climb the steep slopes, many of them over 3,000 years old. It took hard work and plenty of it to eke out a bare existence. The development of olive groves and vineyards gave them cash crops and started them on their mercantile and expansionist activities until they covered almost the entire Mediterranean area. They learned fast adapting everything to their needs in every form of human endeavor, producing insights into arts, construction, science, philosophy and government that are marveled at even to this day. Many have never been excelled or equaled. All of this culminated in the "Golden Age of Pericles," when the masterpieces adorned every locality where the Greeks lived.

The greatest concentration was in Athens. On the Acropolis (230 feet high) were built the Propylaea (the ceremonial portal), the Parthenon, Ionic Erechtheion and the Sanctuary of Artemis. If nothing else were in Athens, the Acropolis alone would be an everlasting source of inspiration.

Archeological excavations since the early 1870's, when Schleiman uncovered the gold of Troy and the treasures of Mycenae to Evons and his work in Crete, and up to the present day, are uncovering further history presumed to be only a myth. Priceless sculpture, acoustically perfect outdoor theaters, gymnasiums and ancient stadiums are everywhere. Even small towns had them.

Ignorance, vandalism, stolen statues by the hundreds as well as natural catastrophes have made a shambles of temples and entire cities. In spite of this, what remains is still magnificent. The bronze statue of the Charioteer, Hermes by Praxiteles and the Kneeling Aphrodite, just a few of many, attest to the brilliance of that period.

Dr. Tyr's could not see many of these. They were still buried. What he did see convinced him of the value of that magnificent period and was incorporated in the ideals upon which he built his "Sokol."

(To be continued)

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCI.

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JUNE PROS:

15 DAY EXCURSION — 1ST ANNIVERSARY OF SOKOL MIAMI, FLA.

Wednesday, November 4th, brought rain, but those going on the 15 day tour to Miami were eager to start. The 30 passengers, June Pros, Tour Conductor, and Joe Heuerman, driver, left the Sokol office at 7:00 a.m. Those wishing us a good trip were bro. and sis. Sotka and Miles Pros, June's husband.

The passengers were: Sis. Betty Prener, 1st Vice-President of the American Sokol Organization and a member of Sokol Slavsky, sis. Ann Falta President of Sokolice Chicago and past Financial Secretary of the American Sokol Organization, members of Sokol and Sokolice Town of Lake bro. and sis. Ruzicka, bro. and sis. Lankas, sis. Ellen Hanzl of Sokolice Havlicek-Tyrs, bros. Frank Vorel and Anton Studnicka of Sokol Chicago and their wives sis. Bess Vorel of Sokolice Tabor and sis. Betty Studnicka of Sokol USA, bro. Frank Kourim of Sokol Tabor, sis. Mary Talafous of Sokol Portland, Oregon, sis. Bozena Storch, Ann Nelson and Josephine Cecha of Sokolice Omaha, friends of Sokol Mae Ciorlieri Eleanor Barry, Emily Kasik, John and Mary Urbanek, George and Bess Hackl, Earl and Ella Lemberger, James and Ann Dvorak and three lovely people from Czechoslovakia Zdenek and Donna Kopsa and Marta Fruhauf.

Our first night's stop was the Cumberland Motel, Manchester, Tenn. Early the next morning we were on our way for St. Augustine, Fla. We arrived at the Courtesy Court and it was very chilly for Florida. The next morning was warm and sunny and we began our tour of the oldest city. Marine-land was our first stop and everyone enjoyed the show. The carriage ride was very enjoyable and the stop at the beautiful church was something to see. The oldest house held many priceless objects of interest to all. The boat ride showed us the beautiful shoreline and many points of interest. Next was Potter's Wax Museum which was a very interesting tour with the help of the lovely guides. Our last stop was the Old Jail and this was not only interesting but a joy for all. After returning to the motel we all went out for an enjoyable dinner at Marty's Restaurant.

Early the next day we started out for the Kennedy Space Center. Our bus drove through the Center with Paul as our guide. Everyone was amazed at the vastness of the Center and the many projects which have been accomplished and those still to come. After leaving Kennedy Space Center we stopped at the Polasek Foundation in Winter Park. Sis. Polasek and Miss Fowler again extended a warm welcome to all and served a beautiful

luncheon. Many of us have visited the Foundation before but the beauty is still breathtaking. After leaving sis. Polasek we drove to the Driftwood Motor Lodge near Cypress Gardens. The owners are from Illinois and their hospitality was very heartwarming. The following morning we spent at Cypress Gardens enjoying the Electric Boat Ride and the Ski Show, the weather was warm and sunny. After leaving Cypress Gardens our next stop was Safari Land — Lion Country near West Palm Beach. The bus drove through the preserve and the animals were really something, the lions blocked the road many times but the friendly giraffe who washed our side view mirror and visited through the drivers side window was the highlight of Safari Land.

We arrived at the Monte Carlo Hotel, Miami Beach, early evening for eight glorious days of fun and sun, the temperature was in the 80's every day. During our stay we visited the Miami Seaquarium Parrot Jungle, Millionaires Row boat trip, evening Jungle Cruise including BBQ and variety show, a full day at Key West, CSA picnic at Halouver Beach Park, with much swimming and fun in the sun.

While at the Monte Carlo sis. Polasek and Miss Fowler and bro. and sis. Jirousek from Cleveland joined us. Sokol St. Louis stayed at a different hotel but we got together at the banquet. Bro. and sis. Zraly also came down with a group from the Eastern District.

Monday we visited Sokol Miami's "Open House" and enjoyed the fine food and friends, both old and new.

Saturday, November 14th, was the banquet celebrating the 1st Anniversary of Sokol Miami and believe me it was a full house. Bro. George Zednek, President, welcomed all, and bro. Frank Simpach did a fine job as Master of Ceremonies. Sis. Betty Prener representing the American Sokol Organization accepted the American flag donated by bro. and sis. Simpach and the Sokol Miami Unit flag donated by sis. Annette Macoun. The dedication presented by sis. Prener made us all proud to be Sokols as did her address from the American Sokol Organization. The program was well received and a special thanks should be given to bro. and sis. Ruzicka and their committee for an outstanding job.

The Exhibition Sunday afternoon was well attended, with the weatherman giving us a beautiful day for the program which was held on the lawn of the American Czechoslovak Social Club of North

Miami. The program included gymnastic routines by the juniors and children's classes. Calisthenics by the senior men, a beautiful drill performed by the CSA Drill Team, the colorful Beseda done by a group from the St. Petersburg American Czechoslovak Tourist Club and a Salute to Sokol Miami presented by the women, juniors and children under the direction of sis. Ruzicka. After the program dinners were served with a warmhearted social gathering.

We left Miami Beach Monday November 16th with the temperature at 47 degrees and arrived at Silver Springs with the cool weather still with us. After taking the Glass Bottom Boat Trip and the Jungle Boat Trip we were happy to check into the Sun Plaza Motel to warm up.

Our next day's stop was back at the Cumberland Motel and after a good night's sleep we continued our trip home arriving at the Sokol office about 5:30 p.m.

The entire trip covered 3,300 miles with everyone contented with a nice trip and good company and perhaps a little tired. With every tour you learn a little more and the wonderful cooperation given to me by the LaGrange Transit Co. and especially by our driver, Joe Heurman, our sincere thanks.

For me it was a great pleasure to again conduct a tour for our Organization and a special thanks to sis. Agnes Sotka for holding down the fort at the office. To the Executive Board I can only say again Thank You for your confidence in me with this venture.

Albert Kalabza



CAMP SOKOL, EAST HADDAM, CONN., AUGUST 5, 1933
From right to left: Albert Kalabza, granddaughter Alice, sister Klar, sister Grabec, sister Madlick, Wm. Zabransky, Jr.

It was with deep regret that I read in the American Sokol of the passing of Albert Kalabza, in St. Petersburg, Florida. He was a member of Sokol Fuegner of Astoria, Long Island, N. Y. Albert Kalabza was my good friend and fellow Sokol and he had thousands of friends throughout the U.S.A.

Enclosed is a picture taken at Sokol Camp in East Haddam, Connecticut, on August 5, 1933. For many years our many Sokol families spent weekends at this camp. Members brought their musical instruments and we could always count on bro. Kalabza's violin. We had dancing, gave shows and staged parades in honor of Kalabza's pine forest which he planted 35 years ago.

Bro. Kalabza was a generous man, always donating prizes for the best gymnastic performances. Many times I joined him in helping our Sokol

financially. His generosity was not limited to the Sokol. He gave freely to all humanitarian endeavors.

He was active in the "Stará Garda" to his 75 years and was an outstanding gymnast and instructor. He took part in many Slets and we traveled together to Prague for 3 Slets. Many of us remembered his black and silver Packard which he took to Prague in 1932 for the 100th anniversary of Tyrs' Sokol. We journeyed together to many cities and towns and often to Masaryk Stadium.

We know Sokol Fuegner will never forget bro. Kalabza and his good wife and family. He was a credit to our U.S.A., the land of his adoption.

William Zabransky Jr., Little Ferry, N. J.

90th Birthday of Bro. Jan Zeman

Honorary President of Sokol USA

(Excerpts from article in Sokol Times

by bro. Karol Bednar)

Jan Zeman was born in Myjava, Czechoslovakia, on November 11, 1880, a city near Brezova pod Bradlom, where in the same year but three months sooner was born Milan Rastislav Stefanik, the Slovak patriot, scientist, astronomer, and one of the leaders of the Czechoslovak revolutionary forces during the First World War.

In 1898, bro. Zeman went to Vienna to learn a trade and there he became acquainted with the Sokol. Two years later he immigrated to the United States and settled in Guttenberg, New Jersey, and in 1903 he joined Sokol Lodge 26 of Guttenberg, where he has now been a member for 67 years.

In 1922 at the Bethlehem Convention he was elected to the office of president and guided the organization in this post up to the end of 1946. At the New Kensington Convention of that year, he declined nomination for another term as president, and the Convention honored him with the title of Honorary President for life.

Bro. Jan Zeman was instrumental in the establishment of the American Sokol Federation (1922), became its first president, led the Federation in the ensuing years, and presided over the American Sokol Federation's Gymnastic Festivals in 1925, 1933, and 1937. He led the Sokol U.S.A. delegation to the World Sokol Gymnastic Festival in Prague, in 1920, and then as the Sokol U.S.A. and the Federation's president, led the American Sokol delegations to the Sokol Festivals in Prague in 1926, 1932, and 1938.

During the Czechoslovak liberation movement in the First World War, and then in the Second World War bro. Zeman stood and worked in the front line of these activities in the United States.

* * *

I have many beautiful memories of bro. Zeman. He is one of the outstanding Sokols in the country and his work has helped greatly in the growth and prestige of the Slovak Sokol in America.

His daughter Mildred has followed in her father's footsteps in her dedication to the Sokol.

Bro. Zeman, I wish to thank you especially for your understanding and effort on behalf of our common, combined program for a better Sokol and a better America.

With my greetings I express the hope that you will continue in health and happiness to work with your Sokols for many more years.

With a warm hand clasp I wish you many returns of the day. NAZDAR!

Charles Prchal

I Propose a Toast To a Leader!

I'm speaking of a man I've known for over 40 years; a man who headed the Sokol Gymnastic Association for over 15 years; a man who stood before Mayor Kauffman and a Czech-Slovak delegation at the St. Louis City Hall, translating the Mayor's speech for our visitors; a man who entertained Harry S. Truman (the President of the United States) at the Sokol Slet in St. Louis, Mo.; a man who on many occasions spoke before dele-

gations at Chicago conventions; a man who played the part of "Jenik" in the opera "Bartered Bride" in our St. Louis City Auditorium; a man who during his entire life was active on our stage and is still going strong; the man who very seldom missed our Hlahol Singing Group, who held the position of Assistant Excise Commissioner for the City of St. Louis and helped many friends to achieve their future in politics; the man who has been writing and still does to many newspapers about our St. Louis activities, and one who devotes much of his time speaking at funerals of our departed brothers and sisters; a man who remained loyal to the Sokol Organization all through his entire life and still remains its Educational Director; the man who with his loyal wife, raised a son who brings nothing but pride to us all; yes, that man is our beloved JOHN REINER, who today is celebrating the 50th Anniversary of his marriage and we all wish him and his Emily all the luck and health and hope to celebrate the 75th Anniversary with them. Speaking of his wife, she has always been wonderful, patient, never stood in his way to pursue his ambitions and ideals.

William Hlavac

Jerome J. Stetka

Bro. Jerome J. Stetka passed away on November 11th, 1970, after a long illness at the age of 61 years. He was a devoted member of Sokol Baltimore. At the age of five he was enrolled in the gym classes and during the 1930's attended two Instructors Schools sponsored by the Eastern District. He was Director of Sokol Baltimore for several years and also instructed gym classes in Sokol Curtis Bay for many years, making the 45 minute trip by the old trolley cars twice a week. He was also a member of the Entertainment Committee and worked and cooperated with the Educational Committee.

He was a fine musician and supplied the music for many Sokol affairs and for gym exhibitions not only in Baltimore but also in Belcamp, Curtis Bay and Washington.

During World War II he served in the Army Air Force.

Funeral services were held on November 16 and it was appropriate that he was carried to his final resting place in Bohemian National Cemetery by a delegation of pallbearers from Sokol Baltimore.

E. S.

MEETING OF THE EXECUTIVE BOARD OF THE ASO.

Held November 30, 1970

Reports: Central District meeting Oct. 28, 1970; Western District meeting Nov. 9, 1970; Southern District meeting Nov. 12, 1970.

Correspondence: Five year lease received from Arthur Rubloff & Co. United States Olympic Committee dues of \$10.00, approved for payment. Letter and notice to beneficiaries of bro. Albert P. Kalabza from the law firm of Belcher & Fleece. Letter from bro. Andrew Venglarcik, Jr., President of Sokol USA, regarding letter of congratulations sent to their new officers. Bro. Venglarcik will be added to the mailing list to receive our publication. Letter from bro. E. Pavoucek regarding the

new window decal, reply was sent. Newsletter received from the President's Council on Physical Fitness, copies given to bro. Linhart and sis. Schnabl. Letter announcing the final registration for Non-Profit Organization Conference, February 18-19 in Washington, D. C. Letter announcing the 50th Anniversary of Chicago Youth Week, May 10-16, requesting our continued cooperation, the Central District will be notified of this event. Sis. Zacek called requesting our participation in the special Christmas Program over the radio Friday, December 25th, cost \$5.00 to \$10.00, approved. Letter from sis. Mary Talafous of Sokol Portland, expressing her enjoyment of the Miami Tour. Letter from sis. Marie Kladiva regarding our printing a plea for our members writing to Ton Duc Thang, President, Democratic Republic, Hanoi, North Vietnam, requesting they treat our prisoners of war more humanely. Sis. Kladiva will be notified we cannot officially publish this request, but we are in back of the request and will contact as many people personally as possible, also suggested the news media be contacted. Letter from the Czechoslovak National Council asking for our cooperation. Sis. Prener will answer letter.

Educational: Bro. Halik stated his committee will hold a meeting in January. He showed slides at the Philatelic Club of our Sokol activities.

Board of Instructors: Bro. Linhart reported on his meeting held Nov. 8, 1970, All correspondence has been answered. Sis. Schnabl and I have compiled and edited the Sokol Gymnast for November. Met with the Merit Award Committee. Attended the Annual Meeting of the Southern District Board of Instructors November 7th and 8th, held in Ennis, Tex. Bill submitted for plane fare \$122.00, approved for payment. Attended the Midwest Gymnastic Meet November 28th at Addison Trail High School. Met with bro. and sis. Laznovsky during the Thanksgiving Holiday. I am awaiting confirmation from the USOC accepting bro. Jerry Milan as our representative.

Bro. Linhart reported on his visit to the Southern District. Sokol Karel Havlicek-Borovsky, Ennis, Texas, is progressing nicely with their new building. The meeting of the District Board of Instructors with representatives from Sokols Corpus Christi, Houston, Zizka, Fort Worth and Ennis. The agenda included a lengthy discussion regarding our recent convention, Uniform Division and the method of ordering, Travel Instructor Fund with many questions and I explained the principal behind this fund, the District being the only means of utilizing this fund and the method of applying. The Southern District takes an active part in many of the functions in their area. After the meeting elections took place and bro. Larry Laznovsky and sis. Sylvia Laznovsky were re-elected as District Directors.

Sis. Schnabl reported all District and Unit Directors and Presidents were sent the rules governing the Traveling Instructors Fund. Conducted a Judging Clinic three Sundays for the Central District Women's Board of Instructors. Attended the Central District Executive Committee meeting, Central District Women's Board of Instructors meeting and the Merit Awards meetings. Also attended the Midwest Gymnastic Meet on November 27th. Made a Beseda tape for Mr. Fred Kala, whose

group will perform on the International Cafe TV program sometime in December. The Southern District held two clinics this past summer and the final report forms have been approved by both the Men's and Women's Boards for payment of \$121.00, carried. The new women's dress parade uniform picture will be taken and sent out after the holidays. We are working on the Skills Testing Program for young girls. Bill for \$81.00 as payment to sis. A. Halik as representative to the Sokol USA Slet in Monessen, approved.

Merit Award: The committee met and decided upon the following recipients of this award:

Northeastern District—No application.

Eastern District—Pat Holub

Central District—James Berousek.

Western District—Donna Minazik (renewal) and John Kocourek.

Southern District—Mike Caldwell.

Pacific District—Laddyne Lizak.

These have all been accepted and letters will be sent with checks, this award still applies under the pre-convention awards.

Public Relations: Sis. Basta reported on the Folk Fair held at Navy Pier, with the cooperation of the following members of the Central District: sis. Zdenka Kovar, sis. Mary Smejkal, bro. Paul Lebloch, bro. and sis. Janecka and bro. and sis. Basta. The slides were shown and sis. Kovar has an extra set of same and I recommend we purchase these for future use. Prepared information sheet which was passed out to people interested. There was a great interest shown and the crowd was very good. Suggest taking slides which could be shown in the future and at the various events we are asked to participate in.

Editor: Bro. Prchal was excused but he reported the American Sokol should be ready very soon. The December material is ready and sis. Pros will compose a greeting for the front page.

Bro. Herink stated he has a great interest in the reports which show the work being done by the various committees. Would like to meet with the Board, date set for Tuesday, December 29th, 8:00 p.m. Bro. Herink asked if bro. Rabas would agree to help with the Czech material. Bro. Rabas agreed to do all he could.

Financial Secretary: Sis. Sotka reported October financial report prepared. Future Sokol Leaders Fund listing for American Sokol prepared. Federal tax deposit made for October. Made all changes on mailing list, sent address changes to unit financial secretaries. Acknowledged all correspondence while sis. Pros was with Miami Tour. Filled all requests as received for dues and membership cards. Sent letter to Southern District regarding information pertaining to Sokol Praha's standing. We have had no response to four letters to Sokol Praha, no dues paid since 1967, there are 10 members. Contacted Sokolice San Francisco regarding their quarterly reports, 3rd quarter paid but not 2nd quarter; their Financial Secretary still sends the mail to our old address. Sent Thank You to bro. William Zabransky Jr. for donation to American Sokol publication. Deposited coupons on U.S. Treasury Bonds. Ordered 500 5 year Sokol pins. Suggest we purchase service contract from Burroughs Co. at \$28.00 per year, agreed. Attended Svobodna Obec 100th Anniversary with sis. Prener.

SOKOL GYMNAST

December 1970

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

GREETINGS

The American Sokol Organization Board of Instructors wishes to take this opportunity to wish all of our Sokol Units and sister and brother Sokol members a very Merry Christmas and a warm, hearty, healthy, and Happy New Year. May 1971 bring you all the success to which you aspire and may your reward truly be that of the satisfaction that inwardly received when one helps one's fellow man. — Nazdar!

EDWARD C. LINHART,
Director of Men

ELLENJEANNE SCHNABL,
Director of Women

Edward Schnabl	Paul Lebloch	Anne Halik	Mildred Prchal
George Kalas	Charles Kalat	Marie Ptacek	Sylvia Pistorius
Roy Zitny	Paul Fina	Lorraine Zdenek	Carolee Michalek
Richard Ptacek	Stanley Barcal	Jackie Kourim	

NOTICE FROM THE UNIFORM DIVISION OF ASO.

ALL UNITS: Please send in your uniform orders for all classes at one time and in one order. This will not only save a lot of paper work but it will also save **YOU** some money. Each order no matter how large or small must pay a 75c handling charge plus shipping. The majority of the orders will now be sent through United Parcel Service wherever their service is available, the shipping charges will be included in the total cost on your invoice. On all prepaid orders **PLEASE** remit the shipping charges as soon as possible.

INSTRUCTORS and DIRECTORS: As you know the briefs which are a perfect color match for the Small Girls Red Leotards and the Junior Girls Royal Blue Leotards are available. Let's try to have them purchased at the same time as the Uniform, this will make the Uniform much more attractive and save a lot of embarrassment when performing in calisthenics or on apparatus.

Thank you for your consideration and cooperation.

AMERICAN SOKOL ORGANIZATION — UNIFORM DIVISION — JUNE PROS

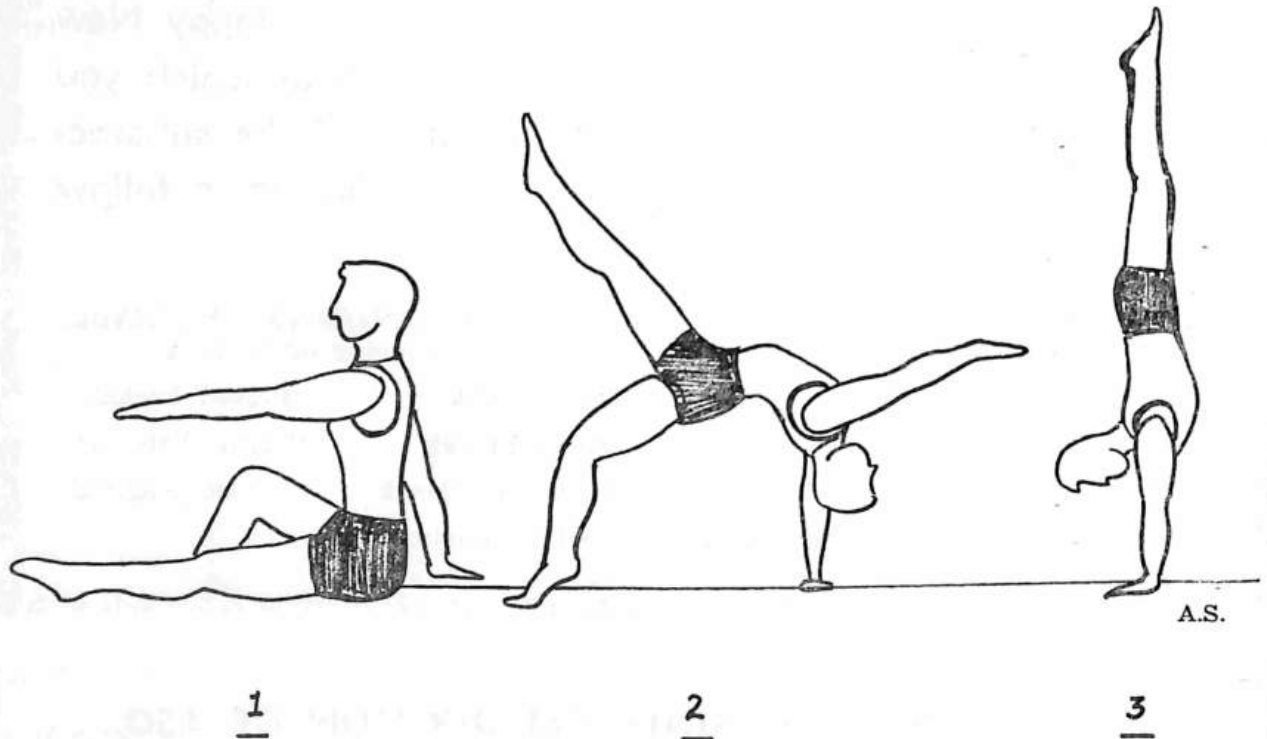
VALDEZ

The VALDEZ to a handstand or walkover has several names and descriptions. Some names which are used are—twist, kick back with a full twist, a kick back handstand from a seat, etc. A Valdez correctly executed is a one arm inlocate from a sitting position. Men and women use this for free exercise, women also use this move on the balance beam.

To prepare for this movement, the gymnast sits on the floor with one foot extended and the other in bent position, knee drawn up. One arm is placed to the rear and outward from the body, the other in a front horizontal position. Palm is placed on floor, fingers extended to the rear—the hand is twisted. A VALDEZ can be done with support on the same arm with either leg bent. Some find it easier to bend the leg on the same side as the rear arm. The back hand should not be too close to the center at rear, but farther to the side. An inlocate or dislocate is never done with a narrow

grip unless one is unusually limber in the shoulders and back. Diagram 1 shows this correct position.

The next phase of movement is realized when the body is raised quickly from the floor by a vigorous leg extension and push from the bent leg to a momentary single leg back bend. The extended leg is raised at the same time. A strong head throw backward and a vigorous arm throw overhead are combined as one movement. The extended leg carries over the head and the bent leg (pusher) then follows (Diagram #2). A common fault when throwing the body rearward and upward is going to one side in a horizontal plane instead of directly overhead and backward. The rear arm, that has been twisted, shifts itself into a new position when the feet are traveling on the way upward. The handstand has now been completed or gymnast can let the first foot proceed directly overhead and continue as in a walkover, a very graceful movement. E.C.L.



CAROLEE MICHALEK, Central District Women's Director

Results of Central District Volleyball Tournaments

OCTOBER 1970

Junior Girls' "B" Division: Conducted by sister Ethel Rus.

1. place Brookfield #1
2. place Berwyn
3. place Stickney #1
4. place Slavsky #2

Junior Girls' "A" Division: Conducted by sister Nancy Recchia.

1. place Stickney
2. place Tabor

Women's "B" Division: Conducted by sister Nancy Pajeau.

1. place Sokol Berwyn

Women's "A" Division: Conducted by sister Nancy Pajeau.

1. place Sokol Havlicek-Tyrs

Referees for all games: Brothers Edward Hlinka, Charles Hlinka, Jerry Schultz, Charles Schultz, John Cerny and Frank Michalek.

SOKOL GYMNASTIC COLUMN

Unused Calories

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

Reprinted, courtesy of the Chicago Tribune

Food supplies the energy needed by the body to function properly. These basic requirements constitute one-half to two-thirds the total dietary needs of the average office worker and housewife. Some of the calories are used by the body for energy, to keep warm, the heart to pump blood, and the lungs to convey oxygen.

The balance of food supplies energy needed for physical activity. Any excess is stored as fat. It is here that our soft life is beginning to show, especially around the waistline.

Unless eating is curbed, our calorie stockpile eventually results in pronounced obesity. When unused calories are converted into weight, approximately 3,500 calories must be burned up thru **PHYSICAL ACTIVITY** to lose 1 pound of fat. As we all know, it is easier to create a positive balance thru proper eating than a negative balance by means of dieting and exercise.

The average active person gets along on 2,500 to 3,000 calories daily. Laborers require much more.

Low caloric diets vary from 800 to 1,200 calories a day.

Our modern equipment, labor saving devices, and motor vehicles spare us so much activity that in order to avoid obesity, we must become more active or eat less.

Driving a car 2½ miles burns up 17 calories. Cycling utilizes 122; walking, 210. Thus 193 more calories are burned by walking rather than riding.

The steno using a standard typewriter burns up 450 more calories than the girl who uses an electric machine. In 10 weeks, this is equivalent to a pound of weight, provided her diet remains unchanged. The farmer driving an ordinary tractor uses 150 calories an hour, but power steering reduces this to 126. When he walked behind the plow, he expended 400 calories an hour.

Returning to our original premise, it is easier to turn down a 350 calories piece of apple pie than to do the amount of exercise required to burn up 350 calories.

ANNE HALIK:

CALISTHENICS

Teaching calisthenics is one of the hardest tasks set before the instructor. You can be sure that the class will not take to calisthenics readily as it can be trying, tedious and boring at times, but it is up to YOU, the instructor, to make this part of the Sokol program successful. It is up to you to see that it moves along as smoothly as your other activities.

First of all you must be prepared. Read the calisthenics thoroughly and try to understand the moves—get clarification on parts you do not understand as moves once taught incorrectly might be hard to correct. Some instructors use "stick figures" on the instruction sheets to help them remember a particular move or position. Once you have read the calisthenics thru, start to learn it a part at a time, and when you master that part (so that you don't have to refer back to the instruction sheet), present it to your class. A snappy demonstration will hold their attention. Do not try to teach more than they can grasp. Once the greater portion of the class becomes familiar with the drill, you then proceed to the next part to be taught.

Although the instructor should perform with the class at times, it is not necessary for him to do so throughout. Rather than remain in front of the class, the instructor should move among the students part of the time, giving cues and help as needed. Instruct clearly, completely and patiently. Tell, show and illustrate, one step at a time, stressing each move.

There are several procedures of teaching to follow. One is to teach the whole class as a group.

This is the most accepted method. Another way is to teach groups within a class. Groups may be formed on the basis of need. Some students may have progressed rapidly, others more slowly. Some may need more instruction in certain parts, others may be more advanced. You can rotate your apparatus groups thru a calisthenic unit. You may have one group perform while another watches. Errors could be corrected this way by student participation.

Establish a counting procedure. Some teachers count by counts such as I., 2., 3., while others count in measures as I., 2., 3., — II., 2., 3., — III., 2., 3., etc. Of course the tempo determines your counting procedure.

Musical accompaniment contributes to pleasant rhythmic movements and the learning power is greatly increased, so serious consideration should be given to the use of the tape recorder as soon as possible. As soon as a part of the drill becomes familiar, turn the tape on. The calisthenics may be difficult to execute at first, as the tempo of the music is not the same as when counting. It may be slower or faster, but it is easily adapted to in time.

Teach the calisthenics with feeling. Carry the movements of the drill to the fullest extent. There is no beauty in the flapping of arms in a lackadaisical way.

If you, the instructor, put forth the effort to teach a good calisthenic, you will reap your reward when you see your class perform at the Exhibition. I hope you will be proud of your class then.

MEN'S 1972 OLYMPIC COMPULSORY APPARATUS EXERCISES

(Parallel Bars, Rings, Horizontal Bars, Long Horse)

1. These exercises, just received, are translated from French into English, not our Sokol terminology.
2. The page number designations refer to move descriptions shown in the **CODE OF POINTS 1968** edition.
3. These exercises are preliminary and may be subject to some changes. F.C., D.T., T.M., 10-30-70, Zurich.
5. Lower to a straight body roll to support (similar to page 99, VII-1).
6. Cast forward lowering to hang and swing backwards (page 112, XVIII-3).
7. Inlocate with a straight body (page 100, VIII-1b).
8. Lower to a front lever. Hold 3 seconds (page 105, XIII-2).
9. Swing downwards, then rise backwards (back uprise) to a horizontal position (page 92, I-1).
10. Lower legs, flex hips, then execute a back kip to a handstand. Hold 3 seconds (page 98, VII-2).
11. Fall over (back leading) to a hang and execute a straight body inlocate (page 100, VIII-1b).
12. Swing backward to a front somersault with a straddle (dismount).

PARALLEL BARS

1. From a cross stand facing inward between the bars (with under or over grip) execute a peach basket (felge) to support (p. 127, XII-1).
 2. Swing forward and cast to rearward swing in upper arm hang (p. 118, IV 1).
 3. Swing rearward to backward rise with $\frac{1}{2}$ turn to support (backward stutz kehre) (p. 121, VI-2).
 4. Swing rearward and execute straddle cut forward to "L" support (hold 2 sec.).
 5. Straight body bent arm press to handstand (hold 2 sec., p. 132 XV-2a).
 6. Swing downward to stutz kehre forward to forward swing in upper arm hang (p. 120, V-8).
 7. Forward uprise to support (p. 117, II-1), swing rearward toward handstand and execute swinging reverse pirouette.
 8. Swing downward to peach basket (felge) (p. 128, XII-8) to glide kip to support (p. 118, III-1).
 9. Swing rearward toward handstand and execute wende to cross stand sideways (p. 139, XIX-1d).
- This exercise may be reversed entirely or in part.

RINGS

1. Jump to hang. Pull with straight body to an inverted hang.
2. Flex hips, dislocate (page 101, IX-1), then shoot upwards and circle backwards to a support (45° maximum—from horizontal), then lower to a straddle support (page 97, V-7), in L position.
3. Execute a straight body-bent arm press (hollow back press) to a hand stand. Hold 3 seconds (page 102, X-2a).
4. Lower down circling backwards to a piked inverted hang. Execute a back kip to support— 45° maximum from horizontal (page 95, IV-1).

HORIZONTAL BAR

1. Jump to hang with mixed grip. Execute high underswing to single leg kreis kehre (page 145, II-13).
 2. Drop back and join legs—stoop through and straddle legs to hang with overgrips (page 116, XIII-2).
 3. Swing forward and kip toward handstand. Execute $\frac{1}{2}$ turn (reach under) and swing downward with mixed grip. Execute rear vault catch to hang with double over grips (page 145, II-17).
 4. Swing forward and execute kip to momentary support and then change to undergrips and cast through handstand (page 142, I-1b).
 5. Execute one forward giant swing (page 15, V-1).
 6. Pirouette on left arm to double overgrip and immediately cross left arm over right arm to giant swing backward with $\frac{1}{2}$ turn through handstand with change to undergrip (cross arm giant turn—after pirouette).
 7. Execute one forward giant swing to: stoop through, forward seat circle and shoot to dislocate. Rise rearward and change grips to double overgrips— 45° (page 154, VI-11).
 8. Lower body toward bar and execute a backward free hip straddle hecht dismount (page 162, XII-5a).
- This exercise may be reversed entirely or in part.

LONG HORSE

Hecht Vault (page 33, number 14)

Sports In Modern Winter Olympic Games

The seven sports officially recognized by the International Olympic Committee are: Biathlon (cross country skiing and rifle shooting), Bobsledding, Figure Skating, Ice Hockey, Luge (tobogganing), Skiing (Nordic and Alpine), and Speed Skating, all of which are conducted for men. Separate sports for women are Figure Skating, Luge, Skiing (Alpine or Nordic), and Speed Skating.

Skeleton sled (cresta) was on the program in 1948 and dog sled racing was on the 1932 program at Lake Placid.

Demonstrations have been held in the following sports, with the years indicated in parentheses: Military Ski Patrol (1924, 1928, 1936 and 1948); Winter Pentathlon-shooting, downhill skiing, 10-kilometer cross country ski race, fencing and horse-riding (1948); Curling (1924, 1932, 1936); Bandy (1952), and Ice Dancing (1948 and again in 1968).

Treasurer: Bro. Basta in agreement with Financial Secretary's report. He then displayed two financial statement charts, one up to March 1965 and the second up to March 1970. This information was very interesting as it showed the entire financial standing of the Organization. Bro. Basta recommends an accumulative monthly ledger be set up for both receipts and disbursements, all agreed this would be of great value. Still checking into investments which can be changed for higher earnings. Uniform Division still running in the red due to large inventory and lack of sales, this should be picking up soon, but it will take time until this new department begins to show us the true picture. Recommend the additional \$2,500.00 be advanced to the Uniform Division, approved.

Uniform Division: Sis. Pros agreed with bro. Basta's report. Orders are beginning to come in but would again suggest each unit send in bulk orders and not small individual orders. Most shipments will be sent through UPS as of December 7, 1970, the only exceptions will be states not serviced by UPS. Recommend when ordering Small Girls and Junior Girls uniform the briefs also should be ordered to match their leotard.

Tour: Sis. Pros presented an approximate financial report as there are still receipts due. An article has been written for publication in the American Sokol. Congratulations extended to sis. Prener for the outstanding job she did as representative of the American Sokol Organization.

Sis. Prener stated the Sokol Miami Unit did a fine job and deserve hearty congratulations. The working committee did a wonderful job not only at the banquet but also Monday at their Sokol gathering. Bill presented in the amount of \$104.00 for plane fare, sis. Prener had to leave Sunday, November 15th, approved.

Secretary: Sis. Pros stated the Annual Meeting letters were sent to all Unit and District secretaries in time for their Annual Meetings, also a 1971 form listing the new officers, this was sent November 24th.

Membership: Bro. Svoboda submitted the following names as members of his committee: bro. Edward Hlinka, sis. Josephine Drnec, sis. Ann Fara and sis. Armi Kalavoda, approved. Would like two more members for the committee. Plan to get started the first of the year.

New Business: Bro. Barcal suggested the Executive Board of the American Sokol Organization and Sokol Tabor co-sponsor a 75th Birthday Testimonial Dinner for bro. Charles Prchal, January 23rd at Sokol Tabor, agreed.

President: Bro. Barcal stated the committee completed proof reading the By-Laws and sis. Pros has sent the copy to the printers. Attended the 85th birthday dinner for sis. Provaznikova with bro. Prchal. Spoke to bro. Zraly, Neumann, Venglarcik, Babuska, Waldauf and Hrebik regarding their plans for future Slets and activities. Plans are being formed by the Sokols Abroad for a Slet in Vienna in 1972, sometime in June, asked if we would accept an invitation to this Slet.

Bro. Drnec stated the Central District Annual Meeting will be on January 24, 1971, 9:00 a.m. at Havlicek-Tyrs, invited the members of the Executive Board to attend and for a few members of

the Board to participate in the installation of officers.

There will be no regular meeting in December except for the Special Meeting regarding the American Sokol publication, Tuesday, December 29th, 8:00 p.m.

Financial Report ASO. November 1970

INCOME:

Dues	\$1,695.75
Convention Fund	18.00
Special assessment	36.00
Dividends and interest	628.13
Contributions to "American Sokol"	35.00
Resale of jewelry	117.00
Membership kits and postage	45.28
Total Income	\$2,575.16

DISBURSEMENTS:

Administrative Department	
Salaries	\$328.00
F.I.C.A. & F.W.T. for Oct.	153.12
Rental, janitor service, phone, electric	296.37
Travel expense	384.40
Office furniture	250.00
Office supplies	128.65
Postage	19.61
Miscellaneous	24.00
	<hr/>
	\$1,584.15

Educational Department BOI.	
Salaries	\$219.44
F.I.C.A. & F.W.T. for Oct.	38.40
Add'l. copies "Sokol Gymnast" ..	28.00
Office supplies	32.40
Postage	15.82
	<hr/>
	\$ 334.06

Sokol Publication	
Printing "American Sokol"	\$531.00
Editor "American Sokol"	75.00
Postage "American Sokol"	46.01
	<hr/>
	\$ 652.01

Miscellaneous	
Uniform Division — Salary and postage	\$ 46.97
Miami Tour	13.75
Transfer of funds to Certificate account	788.14
	<hr/>
	\$ 848.86

Total Disbursements \$3,419.08

BALANCE:

Total brought forward:	
Western National Bank of Cicero—check- ing account	\$4,186.46
Income — November 1970	2,575.16
	<hr/>
	\$6,761.62
Disbursements — November 1970	3,419.08
	<hr/>
	\$3,342.54

Future Sokol Leaders Fund

In memory of Vlasta Koubek:	
Beatrice M. Longner and Adeline K. LaBree	\$ 5.00
In memory of John Sestak:	
Ann Prince	10.00
Mary Bartusek	10.00
Libuse Kalivoda	10.00
Frank and Bessie Vorel	10.00
In memory of Anna Kloc:	
Otto and Blanche Polacek	10.00
Bill and Emily Polacek	10.00
Mrs. John Kostal	5.00
In memory of wife, Anna Kloc:	
Tony Kloc	10.00
In memory of Helen Kostecki:	
Bozena Valenta	5.00
Mrs. J. E. Mejdrich	5.00
In memory of Mrs. Bessie Panuska:	
Bozena Valenta	5.00
Clyde Savings & Loan Assn. — dividend	180.89
	\$275.89

Contributions are tax exempt.

FROM OUR DISTRICTS

CENTRAL DISTRICT

October 28, 1970

Bro. Schnabl will be chairman of the organizing committee regarding acquiring property.

Correspondence: Letter from ASO, with \$60.00 check enclosed for 2 day course held at Sokols Tabor and Slavsky, Sept. 14 and 17, 1970.

A letter of thanks with a \$25.00 check was received from the Unity of Czech Ladies and Men for the number furnished at their 100th Anniversary program.

Sis. Michalek, Women's Director, presented her report which was accepted. Sis. Michalek displayed charts and certificates she plans to use. Bro. Lebloch, Men's Director, read report which was accepted. Requested Clinic approved.

Bro. Schnabl of the Organizing Committee stated Bro. Lebloch has prepared a very fine appeal which he suggests be sent all units, to appeal to all real Sokols to perpetuate our Czech culture and folklore. He requests each unit send members who will work wholeheartedly. Bro. Schnabl to formulate letter.

Bro. John Satek will serve as the Organizational Chairman. He is to contact the individuals in Barington that desire to organize a unit. Bro. Drnec asked bro. Vrba for the names of these people.

Bro. Vrba mentioned that the Croation people in the area of Archer and Narragansett are interested in organizing a Sokol Unit. This will be pursued further.

* * *

CENTRAL DISTRICT WOMEN'S BOI.

November 3, 1970

Track and Field: Sokol Berwyn presented a letter to the board of criticism and some new ideas and suggestions were presented for any future Track and Field tournaments.

Sis. Schnabl announced that the National Board would like Central District to work on having a Special Number for R.B. Day.

Sis. Michalek suggested that each unit after

having their exhibition should suggest and criticize each other. This way we will know what to correct for the following year.

Sis. Halik reported at the last District meeting that she suggested that we choose a team of gymnasts to show the public exactly what we are able to do as a Sokol Gymnastic Organization. This team could perform at different doings, like the Folk Fair, C.S.A. Anniversary and the Legionnaire's Anniversary.

* * *

WESTERN DISTRICT

November 9, 1970

Correspondence: Received a letter from South Omaha re: an ad in the Slet Program Book. Tabled for a later date.

Received a check of \$312.93 for the Organizational Clinic in Wilson, Kansas. Bro. Pavoucek turned in the District letterheads and the District judges tabs.

Western District Slet—Bea Pavoucek, Secretary: All committee chairmen have been elected. Starting to work on the Program Book.

Instructor's School—It was suggested to use 15% of the monies of the Traveling Instructors Fund toward sending a student to the Instructors School. Some thought was given to using money from the Traveling Instructors Fund for the purpose of sending a student from each unit in the District to the Instructors School.

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SOUTHERN DISTRICT

November 12, 1970

Correspondence: From financial secretary, American Sokol Organization, sister Sotka, inquiring about Unit Sokol Praha, Prague, Oklahoma.

REPORTS OF UNITS:

Dallas—Preparing for clinic November 28th and 29th. Regular dances (2). Participated in volleyball tournament in Ennis.

Ennis—Annual social was successful. Donation made to Sokol Corpus Christi. Hosted volleyball tournament. Construction of new building progressing.

Fort Worth—Participated in the Czech Day at the Fair program, presented special number. Participated in volleyball tournament in Ennis.

Report of District Directors: Brother Laznovsky made report—A short exhibition was presented at the Czech Day at the Fair, approximately 120 participated and the program was well received. Expressed appreciation to Zizka Dallas for making arrangements of apparatus and mats for the occasion and units Dallas and Fort Worth for the special number presentations. Brother Linhart, Director of Men of the American Sokol Organization, was present at the meeting. Volleyball tournament in Ennis well attended by team participants from Dallas, Fort Worth, Houston and Ennis. Teams placing first: Women's team, Houston; men's team, Dallas; junior team, Houston, and senior mixed team, Dallas.

Report of the President: Brother Prevratil reported on telephonic conversation with president and secretary of Unit Yukon, Oklahoma. Plans to visit Sokol Corpus Christi, November 14th.

Telegram greetings were sent to Sokol Corpus Christi on their 40th anniversary celebration, November 8th.

T. B. Hlubuček:

Sokolice Cedar Rapids oslavily sedmdesátku.

Sbor Sokolic v Cedar Rapids, Iowa, jediný, který přijal jméno Renaty Tyršové, vzpomenu 70. výročí svého založení a plodné činnosti v pondělí 2. listopadu v přízemní klubovně, zaplněné do posledního místa sokolskou rodinou. Program, který začal po kratší pravidelné schůzi, zahájila ses. Bette Trefný, která po přivítání přítomných předala vedení programu obřadníku večera, býv. starostovi Jednoty Sokol br. T. B. Hlubučkovi. Po zapění sokolské písně "Lví silou" ses. Marie Vitková, býv. starostka a dlouholetá činovnice, přednesla s hlubokým pohnutím báseň "Za sestrou Renatou Tyršovou" z r. 1938 s pianovým doprovodem ses. Frances Kubovcové-Doonan. Verše složila ses. Augusta Šustrová a byly poprvé uveřejněny 15. března ve věstníku Jednoty "Trocnov". — Skvělým doplněním vzpomínky na Renatu Tyršovou byl skvěle vypracovaný a bezvadně přednesený životopis sestrou Libbie Melshovou. Zahrnoval vzpomínky na její útlé mládí, těsnou spolupráci se svým manželem dr. Miroslavem Tyršem a její životní oddanost k sokolským ideálům, za což si vysloužila název "Sokolské matky".

Dvě členky sboru slavily narozeniny, ses. Anna Boháčová osmdesáté a ses. Frances Pecinová sedmaosmdesáté a přítomní jim zazpívali "Happy Birthday". — Pocta byla dána br. Wm. Valentovi, rodáků ze Žamberka v orlických horách, který věnoval 50 let svého života zájmům sokolským a sbor Sokolic jej před lety učinil svým čestným členem. S pohnutím děkoval s příslibem další práce. — Další

pocta vzdána ses. Martě Králíkové s nejdelším rekordem 62 letého členství u sboru. Br. Hlubuček připomněl, že ses. Králíková byla dcerou 100% sokolské rodiny Jana B. Vondráčka a od útlého dětství do této doby byla v Sokole. Také ona byla pozorností k slzám dojmuta a připomněla, že ve skutečnosti začala do Sokola chodit před 70 lety.

Povstáním a minutou ticha vzdána pocta zesnulým členkám sboru, počínaje ses. Antonii Strakovou, první starostkou a současně první osobou pohřbenou na Českém národním hřbitově, který letos také dovršuje 75 let svého trvání. Dalším "zlatým hřebem" večera bylo udělení čestných špendlíků členkám s 25, 40 a 50 letým členstvím, což provedla ses. Květa Smithová, místostarostka, s cvičitelským sborem. Bouřlivým potleskem uvítána skupina dorostenek, která během červnového sletu župy Západní konaném v Cedar Rapids získala cenu. Trofej jim byla předána ses. Smithovou. Zapěním písně "Spějme dál" úspěšný večer byl zakončen. V první části čtena řada blahopřejných dopisů a zdravici Jednoty Sokol tlumočil později osobně starosta br. Joe Pazour. Bez chlubení možno říci, že jsme se stali svědky jednoho z krásných večerů, který oživil vzpomínky na prchlé časy a naplnil naše srdce pýchou, že jsme částí sokolského hnutí, jehož vrcholným cílem jest dátí světu tělesně a duševně vyspělejší ženy a muže. Důstojný průběh večera byl současně inspirací našim mladým, v nichž jedině spočívá budoucnost Sokola v Americe.



50 year (or over) members, that were present. From left to right sisters: Marie Vitek, Rose Prastka, Emma Jadrnicek, Martha Kralik, Mary Chmelicek, Frances Manak and bro. and sis. William Valenta.

Za mužem ušlechtilým.

(Ku dni 8. prosince 1613.)

"Byl filosofem, jemuž nebylo za doby jeho v národě našem rovno" — tak zapsáno v pamětech university Karlovy o doktoru Adamovi Zalužanském ze Zalužan, rodáku mnichovohradištském. Rok narození jeho není znám ale různé stupně univerzitních hodností jeho svědomitě jsou zaznamenány v análech vysokého učení pražského, jehož rektorem stal se roku 1593. Kratičké bylo trvání rektorství jeho, již r. 1594 byl s něho složen, ba i profesury zbaven — vítě-liž co zavinil? Vzal si Evu pan Adam — oženil se, a řád akademie Karlovy zapovídal profesorům ženiti se; senát akademický dbal jen mrtvé litery zákona, oživující duch, skvělé nadání Zalužanského musily jí ustoupiti. Byl tím i chleba zbaven pan Adam, ale hojná praxe lékařská, již záhy nabyt, osvědčiv se zejména za rány morové, té doby nastavší, nedala mu trpěti nedostatku. Byl původně profesorem literatury řecké ale veliké, universální vzdělání jeho táhlo jej především ke studiu lékařství a zvláště botaniky, mimo něž také s oblibou se zabýval matematikou a hvězdářstvím. Byl mužem pro vědomosti své i pro zvláštní šlechtnost povahy velmi oblíbeným (na příklad u císaře Rudolfa II.), daleko za hranice vlasti zněla pověst jeho. Příznivcem velkým byl mu též velmožný pán Vilém Rožmberský, jenž vyžádal si návodů i rad Zalužanského ku zřízení pověstné zahrady botanické a skleníků při rozkošném zámečku Kratochvíle u Netolic.

Velmi zajímavým a pro hloubavého ducha Zalužanského příznačným jest faktum, že dle zachovaných názorů jeho byl v jistém smyslu předchůdcem novověkého učení o pohlavnosti květů rostlin-

ných, najisto však horlivým zastancem rozumné opravy lékařství proti předsudkům pošetilým, v jakých si libovala tehdejší medicína. Vzorným pro dobu onu jest jeho "řád apatekářský" (lékárnický) z roku 1591, v "krátkou summu uveden a podán slovatně a mnoho vzácné poctivosti panu purgmistru a Raddě Starého Města Pražského v pátek po památce Svatých Filipa a Jakuba, Léta Páně M.D.X.BCI." Jediný odstavec jeho stůj zde: "Odtud pochází, že nyní i ševci i barvíři, i truhláři i kováři atd. svá vlastní řemesla opustivše, v lékařské povolání a práce vsakuji, a se skutečně vydávají, ano i kramáři sami přední místo sobě osobují." Nezdá se vám, že to zní tak moderně, jakoby včera bylo napsáno? A přece 379 roků nás dělí od doby, kdy umná ruka pana Adama slova ta poctivým pánům radním připisovala . . .

Těžce nesa úpadek staroslavné university Pražské, která v té době byla pouhou akademií o jediné fakultě (filosofické), přičiňoval se ze všech sil o povznesení university a doplnění její dalšími dvěma fakultami (lékařskou a právníkou), což se mu krátce před smrtí, pomocí některých mužů osvícených zejména doktora Adama Hubra z Ryzmpachu (velkého příznivce cviků tělesných, viz téhož "Regimet zdraví") podařilo.

Zemřel 8. prosince 1613 touž nákazou morovou, před kterou tolik spoluobčanů ochránil. Pochován byl v kapli betlemské, jméno jeho vedle četných, vzorných spisů dochovává nám podnes hájovna Zalužanka na Závisti proti Zbraslavi, kdež bývalo letní sídlo tohoto ušlechtilého člověka, jenž jménu českému navždy bude ku cti opravdové. V.

JAN AMOS KOMENSKÝ (COMENIUS).

(Narozen 28. března 1592 v Komně u Uherského Brodu, zemřel 15. listopadu 1670 v Naardenu.)

Veliký učitel národů, poslední biskup Jednoty českobratrské, je synem sesterské Moravy. Na počátku třicetileté války, když Ferdinand II. jal se pronásledovati české nekatolíky, požíval Komenský útulku na Žerotínských statcích v Čechách, kdež napsal "Labyrint světa a ráj srdce". V pravdě básnické dílo toto bylo pronásledovaným exulantům českým knihou vedle bible nejdražší. Uchýlil se s bratřími do polského Lešna napsal tu slavný spis "Brána jazyků", účelný to návod k vyučování latinskému, jenž byl přeložen do všech jazyků evropských a některých asijských. Dílo toto a jiné vychovatelské spisy roznesly slávu Komenského po celém vzdělaném světě, i býval zván do cizích zemí, aby tam pracoval o opravě školství. Tak meškal v Londýně, ve Švédsku, v Prusku, v Uhrách, v Holandsku, ba i z Ameriky nabídnuto mu řízení Harvardské university. Vedle vychovatelství zabýval se Komenský horlivě též filosofií, v níž jeho humanitní přesvědčení hledá prostředek k mravnímu zušlechťení a zvelebení lidstva. Vedle těchto prací věnoval se Komenský nadšeně snahám irenickým, které možno přirovnati k dnešnímu mírovému hnutí. Byv zvolen biskupem Jednoty vrací se z Pruska do Lešna; když v míru westfálském, jímž skončena válka třicetiletá, na Čechy bylo úplné za-

pomenuto, Komenský předvídaje konec Jednoty napsal tu dojemný "Kšaft umírající matky Jednoty Bratrské". V Lešně stihla Komenského nesmírná ztráta, když mu za požáru města shořelo v rukopise hotové již dílo, o němž bezmála čtyřicet let pracoval, totiž "Poklad jazyka českého", veliký to slovník. Z dalších útrap vysvobodil Komenského jeho mecenáš Geer, jenž mu poskytl pohostinství v Amsterdamě kde Komenský ztrávil sklonek života v neúnavné další práci.

Hlavní jeho díla: Didaktika Velká; Brána jazyků otevřená; Informatorium školy mateřské; Methoda jazyků nejnovější; Nákras vševědy; Orbis pictus. Spisy obsahu duchovního, mimo výše uvedeného: Kšaft umírající matky Jednoty Bratrské; Hlubina bezpečnosti; O dokonalosti křesťanské; Labyrint světa a ráj srdce.

Komenský patří k předním světovým vychovatelům. My Sokolové máme ještě zvláštní příčinu vzpomínati Komenského. Do své osnovy pro výchovu mládeže zařadil osm hodin denně tělesného cviku, klada váhu na soulad těla i ducha. Dokazuje, že tělesné výchovy je nutně potřebí k uschopnění rozumových mohutností člověka. Jsme šťastní, že jsme se dočkali, aby prorocká slova, která napsal Komenský v dobách největšího ponižení našeho národa, stala se skutkem: "Věřím já Bohu, že po přejití víchřic vláda věcí tvých v ruce tvé se zase navrátí, lide český!" A vrátí se znova.

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I would rather live in a world where my life is surrounded by mystery than live in a world so small that my mind could comprehend it.

We seldom find people ungrateful as long as we are in a condition to render them services.

The greatest Truths are the simplest, so are the greatest Men.

Oft, what seems a trifle, a mere nothing, by itself, in some nice situation, turns the scale of Fate, and rules the most important actions. — Thomson.

A good man is kinder to his enemy than bad men are to their friends.

The stones that critics hurl with harsh intent a man may use to build his monument.

As kids, we started smoking because it was smart. Why don't we stop for the same reason?

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CHAS. M. PRCHAL:

FAREWELL . . .

Now that I am finally leaving the editorial office of the American Sokol I must leave a few parting remarks to my many friends. From the very moment when I was entrusted with the guidance of the American Sokol at end of day my thoughts were centered about the Sokol ideal its present leaders as well as those who had passed on and whose shining example we must try to emulate. These same thoughts were part and parcel of my mental makeup during the many years of my Sokol Presidency and you, brothers and sisters, young and old, were my faith, my worry, my very conscience and awareness of today's problems.

During the Tenth Convention I stepped aside from the office of President, and during the Eleventh Convention I relinquished the office of Editor of American Sokol. Disciplined and without regrets I am returning from the previously held high positions to join the rank and file of the Sokol, to become another enthused Sokol. For the past many years I worked with fervor and enthusiasm for the Sokol cause, and as I am about to relinquish the office I have held for many years I am doing so undaunted in my commitment, and with undiminished enthusiasm for the Sokol ideal.

I am not bidding you farewell, I am not actually leaving you but am merely changing my position in the Sokol camp. Yet I do want to take this opportunity to thank you all for your past cooperation and encouragement, the two ingredients so essential

to the Sokol cause. At the same time I want to urge you, brothers and sisters, to remain steadfast in your Sokol activities, to remain true Sokols in all you undertake. It is not our role and aim to merely play with beautiful Sokol sentiments, but to work for these ideals with all our might and strength.

It is up to us to raise and develop the rising generations, to lead them to a sound and strong, firmly dedicated Sokol idealism. Our own examples must inspire them to a non-compromising devotion to show themselves unblemished and unswerving from the Sokol path of righteousness. Only thus can we hope to preserve a nation healthy in mind and body, a morally sound and physically active populace, disciplined and capable of building a better tomorrow.

In conclusion let me plead with you that you give my successor the same help and encouragement that you gave me and that alone had helped me in carrying the onerous task of Editorship. I for one have pledged my personal assistance to my successor and I know with our joint efforts the American Sokol will be able to carry on in its informative and inspirational tasks. As I leave the editor's desk I can only voice my sincere best wishes to the American Sokol and to the Sokol ideal as we have known it and as we must try to preserve it. From the bottom of my heart I say a resounding Zdar!

73rd

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