

AMERICAN SOKOL

VOL. XCII — NO. 6

JUNE, 1971

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

ROMAN L. HRUSKA LIBRARY OF SLAVONIC MATERIALS

The basis for building the University of Nebraska-Lincoln Libraries into a "select" depository of Slavonic literature, reflecting the freedom-



University of Nebraska President Joseph Soshnik looks on as Senator Roman Hruska translates a passage from one of the volumes which make up the first collection of the "Roman L. Hruska Library of Slavonic Materials" at the University at Lincoln, Nebraska.

loving heritage of the sizeable population of Czech descent in Nebraska, has been formed through a gift of an 800-volume collection to the University Foundation.

The donor is U.S. Senator Roman L. Hruska of Nebraska, who recently acquired the valuable collection from the late Dr. Henry J. John, a Cleveland, Ohio, physician and personal friend of many native artists and authors of Czechoslovakia.

The volumes, collected over a period of some 50 years, represent many Czech classics, along with political and historical literature during the events leading up to and immediately following the formation of the Czechoslovak Republic in 1918.

The collection is the initial one of several major collections which will help form "The Roman L. Hruska Library of Slavonic Material". The Li-

brary will include literature and related objects, with special and dominant emphasis upon the Czech and Slovaks.

The Henry John Collection will retain its identity as one unit of the Hruska Library. It will be complemented by several other substantial collections, all of which also will retain their particular identities.

(Continued on page 72)

AMERICAN SOKOL



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by the

AMERICAN SOKOL ORGANIZATION

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EDITOR

George Herink

1823 Scoville Ave. Berwyn, Ill. 60402

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June Pros, Secretary

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Calendar of Events

JUNE 27th—SOKOL ST. LOUIS, MO. — Picnic,
Sokol Camp.
JUNE 27th—NORTHEASTERN DISTRICT SLET.
Odd Fellows Fresh Air Camp.
JULY 4—CANADIAN SOKOL SLET—TORONTO.
JULY 10th—SOKOL DETROIT, MICHIGAN.
Northeastern District Competition for Small Boys
and Girls.
JULY 11th—SOKOL DETROIT, MICHIGAN.
Gymnastic Exhibition.
AUG. 15th—SOKOL TYRS, CLEVELAND, OHIO
— Picnic - Tyrs Concert Band — Oddfellows
Farm.
AUG. 22nd—SOKOL DETROIT, MICHIGAN.
Summer Festival.
SEPT. 18th—AMERICAN SOKOLS, INC. — CLE-
VELAND, OHIO — Beer Festival — Czech
Hall.

OCT. 23-24th—SOKOL DETROIT, MICHIGAN.
Carnival-Bazaar.
OCT. 24th—SOKOL ST. LOUIS, MO. — "Czech
Stage Play".
NOV. 6th—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — 60th Anniversary Dinner-Dance.
NOV 6th—SOKOL DETROIT, MICH. — Dance
— Vesela Kapela (Happy Band) — 9 PC.
Brass Band from Chicago.
NOV. 13—15th—SOKOL MIAMI, FLA. — 2nd
Anniversary — Banquet, Exhibition, Special
Events.

Sokol Little Ferry, New Jersey

More than 600 persons were in attendance at the 74th Annual Gymnastic Exhibition held April 18th in the auditorium at the Washington school. Ex Mayor, Bro. Emil Tuma, a life-long member was Master of Ceremonies. Bro. Charles Kubicek, President of the Unit, and Sis. Beatrice Novotny, Pres. of the Sokol Ladies, made the welcoming addresses. Mayor Malcolm Hill also made a fine speech. The Mayor's wife is one of the assistant instructors, and a devoted member of the Unit. Guest speakers were Eastern District Pres. Bro. Charles Zraly and Bro. Eugene Zabransky, Past President for 12 years and now chairman of the Board of Directors. Bro. Henry Mayer received a plaque for 50 years of service as financial secretary of Sokol Little Ferry.

Nearly 200 gymnasts, ranging from 4 to 18 years of age, participated. Even the mothers and dads performed on the apparatus, giving a good performance. Great credit goes to Sis. Audrey Benda and her assistants for one of the finest exhibitions over the years. Sis. Benda, Director of Women; Bro. George Janakis, Director of Men; Bro. Frank Capek, Director of the Eastern District; were all warmly applauded for their efforts.

Sokol Little Ferry needs young men to carry on. The oldest member of th Unit, Bro. William Zabransky Jr., was asked to say a few words. He stated: "If our Great Nation, the U.S.A., and all the Nations on earth would adopt the principles, ideals and philosophy of life as fostered by the American Sokol there would a better understanding of mankind on earth."

"The chief difference between an amateur and a professional is not so much talent or frame as it is attitude based on habit.

The main characteristic of the amateur, in any field, is that he participates 'when he feels like it.'

The professional always exceeds the amateur not so much because of his superior skill as because of his consistency. He plays the same all the time.

This is based on habit, exactly the same kind that makes one chew one's nails without being aware of it.

We know that the mind can be trained, and the body can be trained; what we forget is that the feelings can be trained as well. And unless the feelings are properly trained—the mind and body will not respond, day after day, in a consistently professional manner."

Columnist Sydney J. Harris

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCII.

June — 1971 — Červen

Číslo—No. 6

Dr. Miroslav Tyrš

The founder and the creator of the Sokols was Dr. Miroslav Tyrš. He was a man of excellent education, fully enlightened and of noble character, who gave to his nation (Czechoslovakia) and indeed to the whole world the most valuable system of physical culture, coupled harmoniously with mental training, moral development and national understanding. The physical education of the old Greece, which he had studied intensively, was his model. He learned from personal experience the merits and demerits of the German Turner system originated by Jahn as well as of the Swedish plan of Peter Ling. He created a greater work—built on firm, unshakable foundations. His goal was to bring the nation to a physical and mental efficiency through voluntary discipline. With the Sokol idea he coupled the love of the country, of national freedom and education for effective defense.

Tyrš was born September 17, 1832, in Decin, Bohemia. In the University of Prague he first took up the law and later philosophy. He studied the natural sciences, physics, chemistry and anatomy. His favorite study was esthetics. Through the study of the ancient classical authors he became a passionate lover of the old Greeks, particularly of their gymnastics, whose beneficial results he saw in the beautiful personalities of the Greeks in whom there was in evidence their love of their country.

He made a practical use of physical training for himself and excelled in all branches of gymnastics as well as in the sports of his time. He was a

teacher in the physical education institute of Jan Malypetr in Prague. He convinced the Czech patriots and enthusiasts of his day of the feasibility of founding a physical training organization in which, besides physical culture, there could be cultivated the spiritual and moral values of man on a national basis. Thus on February 16, 1862, through the formation of a physical culture society, there was laid the foundation of the Sokol, which grew into a world organization in comparatively a short time. Tyrš became its first Director and Vice-President. He created an original terminology for gym classes to which no other terminology can be compared. In his book, "The Essentials of Physical Training", he arranged the principles of physical culture science into an original physical culture system, which is called the TYRS SYSTEM or SOKOL SYSTEM. This system is most remarkable in precision and effectiveness. Tyrš wrote many physical culture and ideological works. He devoted his whole life—full twenty years—until his untimely death—to his people and to Sokol. Besides these activities, he was a professor in the university technical institution, a writer and critic in art and esthetics. After his fatiguing work he went to Oetz, in the Tyrolina Alps, to rest and to renew his strength. There he found his untimely grave in the wild waves of the river Aach on August 8, 1884. His tragic end is veiled by mystery of the Tyrol Alps. He is buried in Olsany Cemetery in Prague. Sokol Baltimore "Topix"

THE SOKOL IN AMERICA

The American Sokol was organized in the days of Lincoln, and presently carries on in 20 states in our great U.S.A. The Sokol of Tyrš' was brought to our shores more than 100 years ago by men and women who had faith in its destiny. They implanted the roots of Sokol in a land ideally suited for its character. Like the Constitution of our proud nation, the Sokol movement recognizes complete freedom of conscience and creed. Here in our Sokol Auditorium for the many, many years, young boys and girls, regardless of nationality or stations in life, have drilled side by side.

Sokol as an institution is interested in the whole community, not the individual. One of our Sokol mottos is "Individualism—Nothing; Cooperation—Everything". In a healthy body is a healthy spirit.

The American Sokol was the first organization of its kind submitting a physical fitness program benefitting the American people more than a century ago. It is indeed a pity our forebearers failed to make it a national institution. Our nation needs

the Tyrš' philosophy of life — its ideals and principles — teaching moral uplift and individual responsibility — so vitally needed today — in all nations of the world.

In the near future it is our hope to invite all the parents and children to a social gathering and explain what the Sokol really stands for. The Sokol precepts coincide with the principles laid down by the founders of our nation. What is lacking amongst the Sokol Units of today are old-time choruses, drama, music, lectures, etc.

Our Sokol movement is capable of all this. Let us not stand idle, for we seek the goal of a new and better humanity, in a free and democratic society. Today the task of the American Sokol remains as great, if not greater than it was a hundred years ago. We extend an invitation to join and help us.

(Editor's note — These excerpts appeared in Sokol Little Ferry's program at its Gymnastic Exhibition — April 18, 1971.)

ROMAN L. HRUSKA LIBRARY

(Continued from cover page)

In presenting the collection, Senator Hruska said, "A number of other substantial collections will become available in time. Ultimately it is hoped that many collections, both large and small, will be included in the Library.

The Library should serve as a source of great pride to Nebraskans of Czech descent and a tribute to the proud heritage of the Czech and Slovak people. The collections also will provide invaluable source material for students of central European history. They will depict the tone and range of Czech culture going back as far as 1348 when Charles University — the oldest and one of the best-known universities in central Europe — was founded."

President Joseph Soshnik of the Lincoln Campuses called the gift a most valuable addition. "This Collection and those which will follow will certainly enrich our holdings and enhance the appreciation that all Nebraskans have for the cultural heritage contributed by the Czech people."

Rodney R. Borlase, University librarian for the humanities and chairman of the committee which handled the acquisition of the Collection, said: "Today it would be virtually impossible to assemble this Collection, even though one had the money and time. Most of these works first appeared between 1890 and 1935, and they are no longer reprinted under the present government.

Too, many of the volumes are part of limited editions. Some are individually numbered, others are personally autographed by the authors, which add to the value of the Collection. As a Collection, they are a fine representation of the Czech heritage at the turn of the Century. We are fortunate to have these books in our Library."

Joseph Svoboda, University archivist and student of the Czech heritage development, said about a quarter of the collection contains political, historical and socio-economic commentary and description of the Czech countries. Another fourth contains fiction and classical literature, and the remaining half concerns the critical and historical review of the art of Czechoslovakia, especially on the contemporary school of etchers (1900—1948) for which Czechoslovakia became famous.

The original collector of the library, Dr. John, was born in 1885 in the Moravian City of Olomouc. His parents came to the U.S. when he was four, leaving him in the care of his grandparents. At the age of 14, he decided to rejoin his parents. Although fluent in Latin, Greek, German, and Czech, he had a difficult time finding work in the new land, knowing only a few words of English.

But in 1907 he entered the University of Kansas, graduating with a B.A. in 1911. He earned a Master's degree from University of Minnesota in 1912, and then entered Western Reserve University School of Medicine, where he received his Medical Degree in 1916.

Locating in Cleveland, Ohio, after he served in World War I, he became a specialist in diabetes and spent his life working with afflicted children. He never lost his love for his native land, which

led him to his acquaintanceship with Czech artists and writers.

Dr. John, who died late in March, had written more than 90 scientific articles and two medical volumes, and had translated many Czech classical works into English. The manuscripts of these translations are in the Hruska Library Collection.

Borlase said that the Collection is now being processed, with some of the volumes being added to the regular Library acquisitions, while the more valuable volumes will be placed in the Library's Rare Book Room.

Description of some of the principal items in the Henry John Collection follows:

The Henry John Collection of the Roman L. Hruska Library of Slavonic Materials will include:

A Czech translation of Pushkin's "Eugene Onegin", which contains original etchings by the noted Czech artist A. J. Alex, a pupil of Max Svabinsky. Published in 1923, only 400 copies were printed, and the artist individually signed each etching in the initial 150 copies, of which the John Collections has the 112th copy. This leather-bound book is valued by one dealer at \$2,000.

A volume of Czech ballads, also containing original etchings by Alex. Written by Jaroslav Vrchlicky, only 300 copies were published in 1922, and the University Collection has volume number 243. This book is valued at \$700.

Forty-one of the 55-bound volumes of "Nase Doba", a learned Journal of science, art, and social and political life in Czechoslovakia from 1892 to 1949. The first editor was Thomas G. Masaryk, then a professor at the University of Prague and later the first president of the new republic. Although subdued in political comment by the presence of the Nazis during World War II, the Journal continued regular publication until 1949, when ordered to close by the Communists. Only three libraries in the U.S. have a complete set of the Journal.

A 17 volume leather-bound edition of Karel Capek's novels and plays, each signed by the author and each individually numbered. Karel's brother and collaborator in many of his works, Joseph, died in 1945 in a German concentration camp.

Two personally written letters, both of a philosophical nature, by Czech President Masaryk to Dr. John.

Several volumes of original etchings by Simon, a Czech nationalist who was curator of the Modern Gallery in Prague in the 1920's and one of the founders of "Hollar", a society of Czech graphic artists.

A volume, "World War and World Revolution", written in 1927 by Dr. Eduard Benes, the second president and first prime minister of Czechoslovakia. It is autographed by the author.

Correspondence between Dr. John and several of the Czech etchers and writers, such men as Laichter, Simon, and Svabinsky.

Twelve volumes of poetry by Josef Hira, each numbered and autographed.

MEETING OF THE EXECUTIVE BOARD OF THE A.S.O.

HELD MAY 25, 1971

Bro. Stanley Barcal, President. Present: Bros. R. Svoboda, G. Basta, E. Linhart, G. Herink, E. Halik, J. Rabas, E. Schnabl. Sisters: B. Prener, J. Pros, A. Sotka, E. Schnabl, J. Drnec, L. Zdenek, A. Falta.

Correspondence: Letter sent to the Polish Falcons Bro. and Sis. Barcal will represent the ASO at their 44th Convention Banquet. Letter and Banner (1921 Slet) received from Sis. Jansky, Sokol Portland. Letter from Bro. Dobrkovsky, Pres. Sokol Scio, regarding termination of their Unit as of May 2, 1971. Letter from Sis. Zraly stating she and Bro. Zraly will represent the ASO at the Banquet for Bro. Divisek. Letter from Bro. Crueger, Director Sokol San Francisco, regarding reply to their request for course. Letter from Bro. Salak regarding the distribution of Sokol Scio apparatus and trophies, reply sent. Request from Sokol Newark for Citation of Merit and 50 year pin.

Board of Instructors: Minutes of the April Combined meeting were approved with the following clarification: 1st and 2nd Class Boys and Girls will all drill together; Junior Girls and Women will drill together and Junior Boys and Men will drill together for the 1973 ASO Slet. Final report forms received from the Western District and Central District Clinics, recommend payment for same. Bros. Lebloch and Schnabl reported on the Dress Uniform Crest. Bro. Kalas stated progress is being made with the Gymnastic Skills Program. The following Instructors Schools will be held: Western District; Eastern and Northeastern District combined; and Southern District. Bro. Lebloch stated the Central District has accepted the Southern District's invitation to participate in the Course. Bro. Lebloch stated the Central District will participate in Toronto Slet. Bro. Fina reported on the USGF, AAU and USOC. Bro. Jerry Michalek will be asked to write the 1st or 2nd Class Boys Calisthenics for the 1973 Slet. The possibility of using tapes for Unit Exhibitions was discussed. No meetings planned for June, July or August. Bro. Linhart reported working with the Districts regarding their Courses. Requested the purchasing of Sokol Terminology Manuals from Sokol USA, which will be needed for Courses, agreed to order 50 copies. Sis. Schnabl reported a meeting is scheduled for June 4th. Took care of the pictures for the Sokol Gymnast. Phone and postage bills approved.

Report of trip to Pacific District, May 22-23, 1971 by American Sokol Directors Bro. Edward Linhart and Sis. Ellen Jeanne Schnabl: Arrived in Los Angeles at 12:30 p.m. Were met at the airport by Bro. Hintnaus who then took us to his home where we stayed overnight. At 4:00 p.m. we met with the officers of the Pacific District and officers and representatives of Sokols Los Angeles and San Francisco. No other Units were represented. The meeting was ably conducted by Bro. Salak, Pres. of the District, and covered many aspects of their District. District Organizer, Bro. Spanek, will visit Sokol Scio to learn the details

of their dissolution, also Sokols Portland, Seattle and Fresno. In the Summer of 1970 the District held a camp for children at Dinky Creek. They are now working on plans for a camp for 1972. A trip is being planned over the Labor Day weekend to Huntington Lake. District Slets were thoroughly discussed. We explained these could be held annually; hosted by the various Units each year with dates set well in advance to allow for more promotion and publicity. Schools and Courses were discussed. Interest is very high. We clarified the difference between a Course and Clinic. Thought was given to send students to the Southern District Course. The District request the ASO help provide display material which would be shown at the Convention Center opening this summer. The Los Angeles area is very interested in attending the Vienna Slet in 1972. They feel they can charter a plane and are anxious to participate on the doorstep of Czechoslovakia, demonstrating that Sokol lives in the Free World. Bro. Crueger stated his Unit, Sokol San Francisco, was very disappointed we would not be able to visit them at this time; they have a good Sokol program and are well organized. Interest is very high regarding starting a Unit in San Diego. Bros. Salak and Spanek will make further inquiries and visit as to the possibility of organizing a Unit in this area.

Attended the Unit meeting of Sokol Los Angeles, convened by Bro. Salak with all officers and members present. Regular business was discussed during which we were introduced and asked to speak. Membership pins were awarded after which Bro. Gajda had a program of skits and singing. Sokol Los Angeles Exhibition, Sunday, May 23rd, at Los Angeles City College: the Exhibition began at 2:00 p.m. with the assembly of classes, we offered well wishes from the ASO and presented Bro. Pokorny with a plaque from the ASO for over 50 years of Sokol dedication and service. The program consisted of 13 various numbers of all classes and was well received.

Education: Bro. Halik, working on bringing up to date eulogies and initiations. Bro. Barcal turned over material from Bro. Cihak.

Membership: Bro. Svoboda stated meeting is scheduled for June 13th. Articles will appear in our publication. Units will be asked to organize Membership Committees. Various aspects of Membership Drives are being worked on.

Financial Secretary: Sis. Sotka read a letter received from Sokol Fresno regarding their paying under protest of the Special Assessment. Letters will be sent requesting Bro. Spanek visit Sokol Fresno and explain the benefits derived by the District through this fund. Received maintenance agreement from the 3M Co. in the amount of \$52,50, approved.

Treasurer: Bro. Basta reported he is in agreement with Financial Secretary's report. Filed No. 990 Internal Revenue Form. Reconciled bank statements for the following checking accounts: American Sokol Organization and Uniform Division. The Uniform Division has been in existence for one year and a financial report was given.

Editor: Bro. Herink stated he ran into problems this past month as the printer's linotype operator became ill. Sorry some reports did not appear this

month. Has received various articles pertaining to our young Sokols and promoting enthusiasm across the nation. This shows our people are reading and have a great interest in our publication.

Secretary: Attended all Central Exhibitions except Sokols West Suburban and Milwaukee. All correspondence answered. Educational and Physical Culture put on the office window. Bill for engraving of the two plaques, approved.

President: Attended the Central District Organizational Committee meeting conducted by Bro. Schnabl, shows great promise. Attended the Men's BOI meeting and Sokols Racine and St. Louis Exhibitions. Presented Bro. Prihoda with the plaque for his dedication and service. The 1973 ASO Slet is already being worked on. Was approached to conduct a Conference of various Fraternal and Cultural Organizations at the time of the Slet. This may give all the opportunity to pull together and persuade the Czech and Slovak Culture. Suggest we start now. Motion made to pursue this idea in conjunction with our Slet. Bro. Barcal stated all officers going to the Toronto Slet would represent the ASO.

Sis. Prener presented to the ASO a 1921 Slet Plaque and beautifully framed medals, emblems, pins, awards dating back to the COS Slet 1907 to the present; which she has compiled as a beginning of our future museum.

Financial Report ASO.

APRIL 1971 INCOME

Dues	\$ 2,250.00
Convention Fund ..	58.00
Special Assessment ..	62.00
Dividends and Interest	125.00
Advertising and Contributions to American Sokol	502.00
Sokol Window Decals	84.50
Postage, Membership Kits	7.56
Jewelry	80.70
Total Income	\$ 3,169.76

DISBURSEMENTS:

Administrative Department	
Salaries	\$406.83
F.I.C.A. & F.W.T. for March	132.64
Rental, Janitor Service, Phone ...	278.15
Ill. Withholding Tax —	
1st quarter 1971	47.97
Office Supplies	122.20
Jewelry	245.71
Postage	19.85
Miscellaneous	40.00
	\$ 1,293.35
Educational Department BOI	
Salaries	\$222.04
F.I.C.A. & F.W.T. for March	36.80
Ill. Withholding Tax —	
1st quarter 1971	12.48
Editor Sokol Gymnast	25.00
Add'l. copies Sokol Gymnast	28.00
Printing, Office Supplies	157.72
Postage, Phone	17.02
Travel Expense	286.00
Miscellaneous	31.37
	\$ 816.43

Sokol Publication

Printing American Sokol	537.13
Editor American Sokol	75.00
Postage American Sokol	42.70

\$ 654.83

Miscellaneous

Uniform Division—Salary, Phone	\$198.35
Special Appropriations:	
Western District A.S.O.	54.40

\$ 252.75

Total Disbursements

\$3,017.36

Balance brought forward:

Western National Bank of Cicero —	
Checking Account	\$7,034.40
Income — April 1971	3,169.76

10,204.16

Disbursements — April 1971

3,017.36

\$7,186.80

MAY 1971

INCOME:

Dues	\$2,012.50
Convention Fund	10.50
Special Assessment	72.00
Subscriptions to "American Sokol"	3.00
Resale of Jewelry	381.60
Sokol Window Decals, Postage	76.96
Office Supplies	43.52
Miscellaneous	15.84

Total Income

\$2,615.92

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 340.10
F.I.C.A. & F.W.T. for April	172.26
Rental, Janitor Service, Phone,	
Electric	318.65
Office Supplies	25.43
Plaques and Engraving	32.65
Advertising, Imprinting checks	
Postage	53.16
Travel Expense	572.00
Maintenance Contract	52.50
	\$1,566.75

Educational Department BOI.

Salaries	\$ 222.04
F.I.C.A. & F.W.T. for April	36.80
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	28.00
Postage, Phone	15.53

\$ 327.37

Sokol Publication

Printing "American Sokol"	\$ 556.21
Editor "American Sokol"	75.00
Postage "American Sokol"	47.17

\$ 678.38

Miscellaneous

Uniform Division — Salary,	
Phone	\$ 162.80
Refund	13.84
Special Appropriations	
Southern District A.S.O.	121.00

\$ 297.64

SOKOL GYMNAST

June 1971

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

Edward C. LINHART:

PEACH BASKET

In the unofficial 1972 Men's Olympic Parallel Bar compulsory exercise, the UPROTUL FRONTWAY, with release and regrasp of hands; or PEACH BASKET as it is commonly known is used twice in this routine (printed in Dec. 1970 issue). The basic part of this exercise has many variations and can be used effectively in creating optional routines for Junior Boys and men. Illustrated here are two of these performances — one from a hang standing to a support (1) the other from a support to a support (2).

In standing at the start of the exercise the grip of the hands may be either inside or outside of the bars, however, most gymnasts prefer the outside grip for greater pulling power. In the other illustrated exercise the hands must have an inside grip.

The start, with the jump to a bent hip hang-kip position, beneath the bars, must be of sufficient height to promote a downward swing. At the high point of the upswing, wherein the hips are in line with the bars, the arms exert a tremendous pulling effort. The body is opened from a bent hip — (piked) position and is extended (SHOOT) into an arched straight body. With a release and

regrasp of the hands the straight body comes into a straight arm support above the bars.

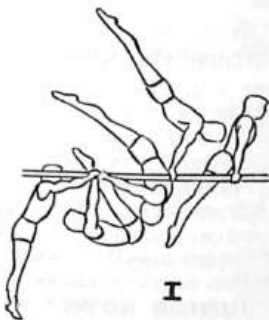
DON TONRY of Yale University writes in an article in the MODERN GYMNAST that "The point of extension is generally initiated with the shoulders directly below the hands and with the calf muscle approximately between the wrists. It is a good policy to see this relationship to extension. Many performers have a great deal of trouble achieving the calf-wrist relationship prior to the shoulders arriving below the hands.

"The direction of the shoot should only be as high as a straight arm regrasp affords. A bent arm-pushout regrasp would be similar to a bent arm-pushout free hip circle to handstand on the horizontal bar. Try to catch support with straight arms well above the horizontal."

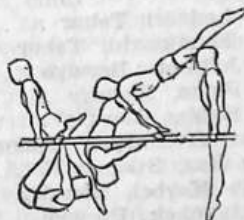
In the PEACH BASKET, from support to support, the body is lowered backward, with a slight arch in the back. Drop below the bars without hesitation to bent hip hang — kip position and proceed along the same lines as previously described — a pull with the arms, when hips are aligned — a release and regrasp of the hands with a shoot above the bars.

As an alternate exercise these two parts may be combined for use as a beginning. Start at the end of the bars facing outward with outside grip; or start in the middle of the bars.

PEACH BASKET



I



II

Sokol Zizka scores with Scats

Sokol Zizka of Dallas, Texas (Southern District) sponsored a demonstration of gymnastic skills by the Southern California Arco Team (SCATS). The program, entitled "It's A Small World," began with presentation of the colors and a warming-up routine called "musical limbers," and continued through thirteen spectacular acts by thirty-eight gymnasts aged nine through nineteen.

Special events included routines by Olympians Cathy Rigby and Wendy Cluff, and an amazing double back flip by National AAU High School Champion Stephanie Stromer. Another stellar act

was the floor ex solo by Sokol member Dagmar Hintnaus of Los Angeles, a member of the 1970 AAU Championship team. Miss Hintnaus also thrilled our Sokol members by speaking in fluent Czech.

Open to the public, the SCATS program was an outstanding success in several different ways: it promoted interest in gymnastics as a sport, provided the general public as well as devoted fans with a view of the sport at its amazing best, and increased community awareness of Sokol. Besides receiving coverage from both Dallas newspapers and several suburban papers, the SCATS appeared newscasts on two television networks.

CENTRAL DISTRICT COMPETITION

1971 - Meet Director: Pia Molloy

II. CLASS GIRLS - LOW DIVISION

15 Teams - 101 Individuals

1. BROOKFIELD I	899.4
2. TABOR I	899.1
3. BERWYN I	898.4
4. WEST SUBURBAN II	897.3
5. WEST SUBURBAN I	895.4
6. BROOKFIELD II	875.1
7. RACINE	867.9
8. TABOR II	861.9
9. WEST SUBURBAN III	860.1
10. HAVLICEK TYRS I	857.0
11. BERWYN II	853.4
12. STICKNEY I	844.6
13. SLAVSKY I	838.0
14. STICKNEY III	832.3
15. SLAVSKY II	783.7

Place	Name	Unit	Points
	1. Patti Krystinak	Tabor I	178.3
	2. Lisa Moulis	Berwyn I	178.0
	3. Sherry Melton	West Suburban I	177.6
	4. Barbara Remec	West Suburban II	177.3
	5. Jody Hotzkoff	West Suburban III	177.1
	6. Janet Pistorius	West Suburban II	177.0
	7. Patricia Wademan	West Suburban I	176.7
Tie	8. Michele Le Mieux	Brookfield	176.2
	Cindy Zaba	Tabor II	176.2
	9. Pat Palkovic	Stickney III	176.0
	10. Michele Woyt	Brookfield II	175.9

II. CLAS GIRLS - HIGH DIVISION

3 Teams - 19 Individuals

1. SOKOL TABOR	709.6
2. SOKOL SLAVSKY	698.5
3. SOKOL BERWYN	689.8

Place	Name	Unit	Points
	1. Susan Ledvort	Tabor	177.5
	2. Carol Maciejewski	Tabor	174.5
	3. Jody Johnson	Berwyn	170.2
	4. Gina Piane	Slavsky	169.8
Tie	5. Janet Babka	Slavsky	169.7
	Andrea Weismeyer	Tabor	169.7
	6. Peggy Rus	Stickney	168.7
	7. Loretta Korbel	Slavsky	168.6
	8. Beth Jakubek	Berwyn	167.8
Tie	9. Susan Weismeyer	Tabor	163.6
	Danna Mangini	Berwyn	163.6
	10. Ruth Janas	Slavsky	163.4

1971, Meet Director: J. Berousek

II CLASS BOYS

9 Teams - 62 Individuals

1. SOKOL TABOR I	521.2
2. SOKOL SLAVSKY I	516.2
3. SOKOL STICKNEY I	511.3
4. SOKOL BROOKFIELD I	493.7
5. SOKOL BERWYN II	478.5
6. SOKOL TABOR II	478.1
7. SOKOL SLAVSKY II	472.2
8. SOKOL BROOKFIELD II	419.0
9. SOKOL SLAVSKY III	416.7

Place	Name	Unit	Points
	1. Louis Slezak	Brookfield I	107.7
	2. Ken Pojman	Brookfield I	107.0
	3. Rich Ptacek	Stickney I	106.6
	4. Steve Ulrich	Slavsky I	104.3
	5. Alan Ritzenthaler	Tabor I	102.8
Tie	6. George Kulhanek	Tabor I	102.5
Tie	Philip Lucas	Stickney I	102.5
	7. Jeffery Hanzelin	Hav. Tyrs	100.4
Tie	8. Mark Heimburg	Tabor I	99.6
Tie	Evan Foley	Tabor I	99.6
	9. Randy Russ	Stickney	99.5
Tie	10. Jimmy Hadraba	Berwyn	99.4
Tie	John Vasaitis	Slavsky	99.4

SOKOL LOS ANGELES - PACIFIC DISTRICT

Children's Sokol Competitions - 1971

NURSERY (KÁŇATA)

1. Simona Hodek	22.8
2. Renata Jednorozec	20.7
2. Jennifer Lawler	20.7
3. Jana Jednorozec	19.5

GIRLS - ŽÁKYNĚ

Low Division

1. Janet Sembera	61.6
2. Marielana Arroyo	57.2
3. Natasha Voyt	56.7

High Division

1. Ann Slama	60.6
2. Debbie Franz	57.6
3. Kathy Wortner	51.4
4. Marcella Riesner	47.4

BOYS - ŽÁCI

Low Division

1. Wayne Bednar	54.3
2. Tommy Spinka	51.7
3. Steven Hlavacek	48.2

Intermediate Division

1. Joe Altea	53.6
2. David Salcedo	52.4
3. Gregory Lawler	51.0
4. Mirek Voyt	39.7

High Division

1. Allen Hlavacek	68.0
1. John Zboril	68.0
2. David Bednar	64.1
3. Richard Svoboda	63.5

JUNIOR BOYS

1. Tom Hintnaus	31.1
2. Wayne Zboril	29.9
3. Martin Prochazka	27.7
4. James Wortner	23.2

JUNIOR GIRLS

High Division

1. Cindy Santo	32.5
2. Hana Lauterkranc	29.8
3. Helen Pelc	28.3

Low Division

1. Wendy Sembera	30.4
2. Linda Wortner	28.7
3. Gabriella Tvrdek	28.1
4. Eva Riesner	19.1

Ruth Santo, L.A. Women's Physical Director

TRAINING

The beginning teacher may gain courage from the knowledge that there have been many outstanding teachers and coaches of gymnastics who have never been outstanding gymnasts and who have never competed in gymnastics. The willing and enthusiastic teacher will not refuse to teach gymnastics simply because he does not possess personal skill. He will read, study, attend clinics and workshops and attempt to learn the fundamental stunts and to understand the mechanics of those stunts which he is unable to demonstrate so that he can teach them to the people in his charge.

The class should be divided into squads of five to eight students. A minimum of five students motivate one another. When squads are made up of more than eight students, much time is lost skilled students should act as squad leaders. The while students wait their turn. The more highly squad leader is an important person since he is an extension of the instructor. However, the instructor should never abdicate his responsibilities to his squad leaders. The instructor should move from squad to squad presenting new stunts, demonstrating and explaining spotting procedures for the various stunts, giving individual coaching and urging some students to greater efforts while ensuring that the more daring have mastered prerequisites to any new stunts they propose attempting. The squad leaders should attend special sessions at which they can learn leadership techniques and spotting procedures, develop their skills and learn to explain and demonstrate the stunts.

Stunts can be presented in their progressive order of difficulty to increase the probability that students will continue to experience success. When students master fundamentals, they learn more advanced stunts with greater ease and are less likely to become injured. Some stunts require greater power, others greater flexibility and so forth.

Training must be done regularly, at least twice a week to be of any real benefit. A haphazard schedule will not give you the training program that is desirable. The students should be obligated to attend class regularly. The directors, teachers, the assistants should be thoroughly prepared.

When the District hands out the exercise for competition, do not try to show the entire exercise at one time. This only tends to confuse your class. Pick out the more difficult moves in the exercise explain it, show or have some one demonstrate the move and then pick it apart. Show where the difficulty of the move is and how to master it. Have the squad work on this until it is perfected, gradually learning and adding other parts of the exercise to what is already learned. The pupil will progress more rapidly and he will then have a desire to perform and to compete as he will feel more qualified to do so. A. H.

VI. Pan-American Games, Cali, Colombia

Cali, location of the VI Pan-American Games, is the capital of the fertile Department of Valle del Cauca, situated in the southwestern area of the country. It is one of the most productive regions

of Colombia.

The valley itself is formed by two mountain ranges, The Central and Western ranges. The city was founded by the Spanish "conquistador" Don Sebastian de Belacazar, July 25, 1536.

The population of the city is estimated at 800,000 and it stands 3,240 feet above sea level (Denver, Colo. is 5,280 feet above sea level), and the mean temperature is 77 degrees F.

The climate of Cali is warm, refreshed every afternoon by breezes blowing from the Pacific and running down the length of the valley. The warmest months are July, August and September.

SOKOL GYMNAST COLUMN PAINFUL ELBOW

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

Reprinted, courtesy of the Chicago Tribune

Tennis elbow is a misnomer because the condition also develops in bowlers, machinists and almost anyone who exerts stress on the forearm. The pain develops along the outer edge of the forearm just below the crease of the joint. A tendon or bursa in this area usually has been subjected to undue stress or pull. The result is a miserable aching limited to the elbow area or along the side of the forearm. When the arm is at rest, there may be no distress. But any motion, such as opening a screw-top jar or bottle triggers an aching sensation.

Several tests confirm the presence of tennis elbow and one of my favorites is the following: The individual holds his arms out with the palms up. Pushing the palms up against resistance (such as along the edge of a table) does not bring on the pain. In contrast, pain is severe when the palms are turned down and the individual pushes up against a similar type of resistance.

X-rays are of little value except to rule out conditions that mimic tennis elbow. Using one finger, the physician usually is able to pinpoint the tender spot. It is here that he injects a steroid (with or without an anesthetic), such as hydrocortisone. The injection brings immediate relief but for more lasting results it may be necessary to repeat the procedure.

The next best remedy is to avoid the sports or maneuvers that bring on pain. This is not always practical because healing may take several weeks. Aspirin affords relief and so does heat therapy. Putting the elbow in hot water, wrapping the arm in hot towels, and covering the arm with a waterproof electric heating pad is helpful. Each treatment should be limited to from 15 minutes to half an hour. Ultrasound or diathermy treatments also are beneficial. Special exercises to strengthen the muscles around the elbow are useful.

Official Gymnastics Judges Courses

14th Annual National Summer Gymnastics Clinic will be held August 8th—13th, 1971, at Michigan State University, East Lansing, Michigan.

It will be conducted by A: Midamerica Gymnastics Judges Association — B: U.S.G.F. Women's Technical Committee for National and Regional Certification. Fee \$75.00. Clinic Director: George Szypula.

QUADRILLES

Calls and Music by Ed Gilmore

"The Grand Square" is adapted from an early New England quadrille and is presented here in the form that has been received popularly throughout the country. Ed has added an "Opener" and "Closer," and has arranged the music to coincide with the figures. The command "GRAND SQUARE" is the only call given for a 32 step figure which is the "high-light" of the dance.

Taught by Sylvia & Frank Freiberg to the 11 Classes of girls & boys at Sokol Slavsky for their annual exhibition. It is now being taught to all Central District Units for presentation at the Central District Exhibition. For tape of music, contact Ellen Jeanne Schnabl, ASO Office.

GRAND SQUARE QUADRILLE

Sequence of figures used

ALLEMANDE—GRAND RIGHT AND LEFT—PROMENADE HOME—TWIRL PARTNER AND BOW-FOUR GENTS STAR AND TURN OPPOSITE.

Gents form right hand star and cross set in 4 steps. Turn opposite lady with left hand in 4 steps.

STAR BACK AND TURN YOUR OWN—ALL FOUR LADIES CHAIN AND CHAIN BACK.

Grand Square

Action of Head Couples;

(A) Go forward three steps and on fourth step face partners. Back away three steps and on fourth face opposite. Back away three steps and on fourth face partner. Go forward three steps and on fourth count bow, do not turn.

(B) Back away, face opposite, go forward, face partner, go forward, face opposite and back up to home position.

Action of Sides:

Sides begin by facing partner and execute (B) while Heads are doing (A). Sides then do (A) while Heads are doing (B).

As an aid to learning this figure, have Sides leave floor while Head couples practice their part. Next, give the Side couples an opportunity to practice alone, then have all dance it together. Study diagram to visualize the small square that each dances travels.

HEAD COUPLES RIGHT AND LEFT THROUGH AND BACK—SIDE COUPLES RIGHT AND LEFT THROUGH AND BACK—HEADS TO THE RIGHT WITH A RIGHT AND LEFT THROUGH.

Couple 1 with couple 2, and couple 3 with 4

AND A RIGHT AND LEFT BACK—SIDES TO THE RIGHT WITH A RIGHT AND LEFT THROUGH.

Couple 2 with couple 3, and couple 4 with 1.

AND A RIGHT AND LEFT BACK — GRAND SQUARE (see above) — HEAD LADIES CHAIN AND CHAIN BACK — SIDE LADIES CHAIN AND CHAIN BACK — HEAD LADIES CHAIN TO THE RIGHT AND BACK — SIDE LADIES CHAIN TO THE RIGHT AND BACK — GRAND SQUARE — HEAD COUPLES A HALF PROMENADE.

Couples exchange places by promenading across the set, gents passing left shoulders, turn to face each other again. 4 steps crossing, 4 steps turning.

AND A RIGHT AND LEFT BACK — SIDE COUPLES A HALF PROMENADE AND A RIGHT AND LEFT BACK — HEADS TO THE RIGHT — HALF PROMENADE AND RIGHT AND LEFT BACK — SIDES TO RIGHT — HALF PROMENADE AND RIGHT AND LEFT BACK — GRAND SQUARE — REPEAT OPENING FIGURES AND FINISH WITH GRAND SQUARE.

GRAND SQUARE QUADRILLE

Done by count

Allemande your corner (left hand)	4 counts
Grand right and left (girls clockwise, boys counterclockwise)	8 counts
Meet partner and promenade home	
girls turn around	8 counts
Bow to partner	
Four gents star (R. hand in center) move clockwise	4 counts
Turn opposite girl	4 counts
Star Back (gents)	4 counts
Turn own partner	4 counts
Four ladies star (R. hand in center)	4 counts
Get turned by opposite gent	4 counts
Ladies star back	4 counts
Get turned by own partner	4 counts
GRAND SQUARE	32 counts
Head couples right-left through	8 counts
And back again	8 counts
Side couples right-left through	8 counts
And back again	8 counts
Heads to the Right with a R-L through . .	8 counts
And a right-left back	8 counts
Side to the Right with a R-L through . .	8 counts
And a right-left back	8 counts
GRAND SQUARE	32 counts
Head ladies chain (R. hands)	8 counts
Chain back again	8 counts
Side ladies chain	8 counts
And back again	8 counts
Head ladies chain to the Right (& back) .	16 counts
Side ladies chain to the Right (& back) .	16 counts
GRAND SQUARE	32 counts
Head couples a half promenade	8 counts
And a right-left back	8 counts
Side couples a half promenade	8 counts
And a right-left back	8 counts
Head couples half promenade to Right . .	8 counts
And a right-left back	8 counts
Side couples half promenade to Right . .	8 counts
And a right-left back	8 counts
GRAND SQUARE	32 counts
Allemande your corner	4 counts
Grand right & left	8 counts
Promenade partner home	8 counts
Bow to partner	
Four gents star (as in beginning)	4 counts
Turn opposite girl	4 counts
Start back again	4 counts
Turn own partner	4 counts
Four ladies star (& turn opposite)	8 counts
Star back again (& turn own partner) . .	8 counts
GRAND SQUARE	32 counts
BOW TO PARTNER	

Total Disbursements	\$2,870.14
BALANCE BROUGHT FORWARD:	
Western National Bank of Cicero—Check-	
ing Account	\$7,186.80
Income — May 1971	2,615.92
	<hr/>
	9,802.72
Disbursements — May 1971	2,870.14
	<hr/>
	\$6,932.58

Future Sokol Leaders Fund

Sokols of Schenectady, N. Y., in memory	
of br. Charles Matousek	\$ 5.00
Frank & Evelyn Riha, in memory of br.	
Ludvig Wortner	\$ 10.00
	<hr/>
	\$ 15.00
Belle City Savings & Loan Ass'n —	
Dividend	1.25
Hoyne Savings & Loan Ass'n — Dividend	143.75
Clyde Savings & Loan Ass'n. — Dividend ..	206.35
	<hr/>
	\$366.35

Donations are tax exempt

DISTRICT REPORT

EASTERN DISTRICT
MAY 17, 1971

Pres. Bro. Charles Zraly presided. Present were: Bros. J. Babinec, F. Capek, A. Chaloupka, J. Petlicka, H. Vesely, W. Zabransky Jr., Sisters B. Kubat, B. Novotny, M. Provaznik, R. Rohlf, N. Zabka, B. Zraly.

Director of Men, Bro. Capek — Finds it difficult to report on Unit activities when only reports received are from Sokol Little Ferry. — Units are preparing for Toronto Slet. Jr. competitions will be held on Thursday. — No competitors from the Southern Circuit. — Stated it is necessary to keep active and attend Slets to give gymnasts incentive to carry on. — Sokol Course will be held at Boonton Sokol Camp — August 14—28th — \$55.00 per week. — Instructors will receive free board. — Names of students attending course should be sent Directors of Eastern District.

Director of Women, Sis. Zabka — Attended exhibitions of Units. — There is need for leadership in gym classes. Instructors are advised to teach marching tactics in childrens classes.

Public Relations, Bro. Petlicka — Received information on Toronto Slet. Made reservations at the Westbury Hotel. One bus has been filled. Members who wish to go on tour should contact their delegates. Bro. Capek requested lower rate for students. Suggested four students to a room. — Bro. & Sis. Zraly will represent ASO at testimonial dinner for Bro. Charles Divisek.

UNIT REPORT

Sokol Little Ferry, Bro. Vesely — Unit will participate in Memorial Day Parade. — Hall being repaired. — Accepted one new member, one resigned.

Sokolice Little Ferry, Sis. Novotny — Unit donated two mats to gym classes. — Will hold dinner meeting in June. — Complimented Sis. Benda on the tremendous job with the gym classes. —

Ten students will attend Boonton Course, two will attend advanced course in Texas.

Sokol New York, Bro. Babinec — Exhibition a success. — Unit will participate in Memorial Day Parade. — There is a need for good instructors. During the course instructors should be taught leadership. Best students should be sent to Sokol Courses. — Sokol Camp at East Haddam will open for children for two weeks after the 4th of July. Rate is \$45.00 per week.

Sokol Fuegner — Exhibition a success. Classes lacking instructors in boys division.

Receipts — \$19.65 — Disbursements — \$8.65.

NORTHEASTERN DISTRICT
APRIL 28, 1971

Pres. Bro. Pekar presided with 22 members in attendance. Bro. Pekar represented the Sokols at the 50 Anniversary banquet of the M. R. Stefanik Dramatic Club. Bro. Jirousek attended the celebration of opening D.T.J.'s new building as representative of the Sokol. After reviewing the work of the various convention committees, Bro. Pekar dissolved their functions.

Correspondence — Western Bohemian Fraternal Association asked for ad in its souvenir program. Ad will be purchased. Invitation to Nationalities Services Center banquet. Sisters Vencel and Jirousek were elected to represent the Sokols.

UNIT REPORT

Sokol Cleveland Cech Havlicek—Bro. Gruber announced being re-elected President. 22 members were awarded 50 and 25 year membership pins. April activities: Pork & Sauerkraut dinner and Rummage Sale.

Sokol Tyrs — Bro. Voris reported evening with Waltemar Matuska cancelled. Pancake breakfast May 9th, last membership meeting in Sokol hall May 19th, last social event — Night in Prague — May 22nd. Next N.E. District meeting will need new meeting place with sale of Sokol Tyrs hall.

PUBLIC RELATIONS

Sis. Vencel explained fund project — "Club 250" — urged its support. Sis. Wagner reported on B.O.I. schedule of activities: 2 week Sokol Course in New Jersey under the leadership of Sis. Provaznik; District Workshop in Detroit May 16th; Jr. boys and girls Competition at Sokol Nova Vlast June 18th; Slet in Cleveland July 27th; Invitation to Toronto Slet July 1—4th; Sokol Detroit Gymnastic Exhibition July 11th; District Gymnastic Clinic at Sokol Nova Vlast August 23—27th.

Sis. Kohl awaits information from publisher pertaining to Cookbook.

Bro. Galik presented the Treasurer's report, accepted.

SOUTHERN DISTRICT
April 15, 1971

Pres. Bro. George Prevratil presided. Present were: Bros. Don Steinman, Jerry Milan, H. B. Smith, Joseph Slovak, Larry Laznovsky. Sisters Marie Kane, Patsy Slovak, Henrietta Milan, Sylvia Laznovsky, Rose Steinman, Lil Laznovsky.

Correspondence — Received check for \$50.00 from ASO to cover expense of one-day volleyball clinic held in Fort Worth Jan. 16th.

UNIT REPORT

Sokol Corpus Christi — March meeting attended by 26. — Held Flea Market, Barbeque, Style Show. — Catered meal for American Legion. — Two girls won 1st place trophies for gymnastic routines in talent show. — Continuing efforts in building fund.

Sokol Zizka — March meeting attended by 45. — Hosted Monterrey group. — Two Jr. girls qualified for regional Olympic meet in Houston. — Three Jr. girls entered Jr. AAU National meet in Florida.

Sokol Karel Havlicek-Borovsky — March meeting attended by 41, gained 5 regular and 6 associate members. — Held Pre-Easter dance, Easter party and Hunt. — Committee appointed for Instructors Course. — Preparing for Polka Festival May 1—2nd. — Dance May 8th.

Sokol Fort Worth — Gained 10 associate members. — Easter picnic well attended (approx. 250). Dance April 16th. — Gymnastic meet and exhibition April 15—16th. — Obtained new balance beam. — Nine gymnasts participated in Monterrey exhibition in Dallas. — Preparing for District Slet June 12—13th.

* * *

Combined report of District Directors — Film of Jr. girls and Women's free calisthenics and apparatus routines forwarded to Sokol Houston. — Invitations to Units to participate in parade and gymnastic program during Polka Festival in Ennis, Texas. — Sokol Corpus Christi requests assistance in teaching apparatus routines. Request approved, tentative date set. — Bill for Slet material, approved. — District Course scheduled July 11—24th in Ennis. Bros. Linhart and Milan secured as instructors, awaiting answer from Sis. Zabka. — Students tuition is under study.

Public Relations Director, Bro. Milan — Conferred with Bro. Kouba of Yukon regarding a gym instructor in their local area. — Represented ASO at the U.S. Olympic Committee.

District Slet — June 12—13th — Confirmation received from Boswell high school administration regarding facilities for the Slet. — Request representative from ASO to be present.

Bro. Prevratil requested Educational material be sent Bro. Chapman of Sokol Christi. Also, request by Sokol Zizka for financial aid to send 3 girls to AAU Jr. Nationals in Florida. Motion approved to appropriate \$100.

MAY 13, 1971

Pres. Bro. George Prevratil presiding. Present: Jerry Milan, Don Steinman, H. B. Smith, Larry Laznovsky, Sisters Marie Kane, Sylvia Laznovsky, Henriette Milan, Rose Steinman, Lil Laznovsky. Guests: Bro. Will Nesuda of Dallas, Bro. & Sis. Hudson of Ennis.

Bro. Nesuda, director of the SVPS, presented District annual donation of \$100, on behalf of his Association. Bro. Prevratil expressed his appreciation.

Correspondence — From ASO, informing Sis. Betty Prener, 1st Vice-Pres. of the American Sokol, will be in attendance at the District Slet in Fort Worth, June 12-13th. — Also tentatively, Sis. Emilie Ruzicka, chairman of the Organizational Committee, will be present. — From Sokol Corpus

Christi expressing appreciation of donation check from Sokol Chicago.

UNIT REPORT

Sokol Corpus Christi — April meeting, 23. members. — Planning short gymnastic program, May 14th, in preparation for Slet.

Sokol Zizka — April meeting, 48 members. — Activity: 2 dances. — 3 gymnasts and coach participated in National AAU Meet in Florida. — Unit expressed appreciation for the \$100 assistance from District. Unit paid remainder, \$664 expense. — 9 gymnasts participated in Ennis Polka Festival. — Purchased flex-mat and 10 gym bags.

Sokol Karel Havlicek-Borovsky — April meeting, 45 members, gained 5 regular and 5 associate members. — Monthly dance. — Polka Festival a great success, 80 gymnasts marched in parade with Sokol float.

Sokol Fort Worth — Gained 3 associate members. — Unit competition May 15th, exhibition the 16th. — Held one dance. — 12 gymnasts competed in Garland Invitational Championships, won 30 awards.

Sokol Houston — April meeting, 26 members, gained 3 associate members. — Socials on Sundays — 2 dances in April. — On agenda, 2 dances in May. — Several gymnasts participated in Gulf Meet.

* * *

Director of Men — Visited Sokol Houston, May 6th, reviewed calisthenic and apparatus routines for Slet. — May 7-8th taught the same at Sokol Corpus Christi.

Director of Women — Received reply from USGF of American Sokol affiliation. — Letters sent all District Directors regarding Instructors Course July 12-24th at Ennis. Tuition of \$50 plus \$10 registration fee per student. — Recommended purchase of 50 Sokol manuals, approved.

District Slet — Bro. Milan gave report of progress — motel listings, food provision, publicity, music, schedule of events, etc. — District will purchase \$50 ad in Slet souvenir book.

ASO MEMBERSHIP COMMITTEE MEETING

APRIL 22, 1971

Bro. Svoboda called the meeting to order. Present were: Sisters Drnec, Fara, Kalivoda and Bro. Hlinka. Internal organizational work for the committee was discussed with the following conclusions reached:

- A. Gain every member's interest in the National membership committee work through —
 1. American Sokol
 2. Newspaper Publicity
 3. Letters and literature to Units
 - B. Gather information necessary to conduct work and determine future course of committee.
- Overall objectives and goals were discussed with the following results:

Tentative Objectives of National Committee

1. Organize National Membership Drive starting May 1, 1971, ending December 31, 1971. Each Unit is to reach a goal by procuring 10% more of its present membership.

2. Determine methods to instill pride in Sokol:
 - A. Nationally
 - B. Locally
3. Design and originate literature and other communications methods for membership gains for local Units.
4. Each Unit select a Membership Chairman.
5. Organize procedures for each Unit to follow.
6. Impart information to Units as to what other successful Units have done.
7. Set up comparative data as to gains or losses.

A letter of appreciation

It is impossible for me to ever fully thank all of you for your expressions of good wishes during my 75th birthday festivities.

I, especially, wish to thank the Executive Board of the American Sokol Organization and Sokol Tabor for preparing a beautiful evening and to the many who attended. Also to my friends who published the brochure "Karel M. Prchal — 75" and to all of those who enriched its pages with its contents.

Because it is impossible for me to thank individually for the telegrams and letters I received, it is necessary to do so with this expression of my heartfelt appreciation. You may be sure that so long as my strength will permit, I will continue to serve honestly and faithfully the cause whose success always was and will remain the object of my life's earnest hopes, the Sokol Ideal so near and dear to all of us.

Karel M. Prchal

Sokol Flags

All Units: It is good to check your flags and see if they are in proper condition for your Unit activities, District and Sokol Slets. At this time we would appreciate your checking to see if by a remote chance you come across the Unit flag of Sokolice Little Ferry. Notice has come to us that their flag was lost at our American Sokol Slet. If found, please return to the American Sokol Organization Office, 6426 West Cermak Road, Berwyn, Illinois, 60402.

Correction

Inadvertently several errors appeared in the autobiography of Sis. Betty Prener, I Vice-Pres., ASO., in last month's issue of the American Sokol. Sis. Prener is a past President of Sokolice Slavsky, and also that she had attended, but did not participate in the 11th Slet in Prague. These corrections are now made as per request.

Sokol Detroit

Následujícím bratřím a sestrám byly odevzdány sokolské odznaky:

Za členství 25 let: sestry Elizabeth Tobiaš, Louise Kovař, Karoline Březina, Marta Popp, bratr Albert P. Ovesny.

Za 40 let: sestra Vlasta Nožička, bratři: Edward Wimr, Joseph Svoboda Sr., Anthony Raisigel Sr., a Walter Brumo.

The University of Chicago — The Czech and Slovak Professorship.

Status profesury českého a slovenského jazyka, literatury, kultury a historie na "The University of Chicago". — Listopad 1970.

Finanční akce na založení této profesury na "The University of Chicago" slibně pokračuje a základní kapitál, to jest padesát tisíc dolarů (\$50,000.00) byl již dávno splacen. Více, než sto dvacet tři tisíce dolarů (\$123,000.00) bylo již sebráno a tím budoucnost vyučování a udržování českého i slovenského střediska na universitě je zajištěna. Peníze jsou ukládány na vklad "Czech and Slovak Professorship", pro tento účel zvláště utvořený, který zůstává nedotčen a jen příjmu nebo úroků z tohoto vkladu je používáno.

Tento zvláštní vklad bude vždy existovati a může se rozšířiti přáním dárců — věnováním na určité účely, jako pomoc studentům ve formě školního stipendia, zpracování historických údajů nejen jednotlivců, ale i různých organizací, a na cokoliv co by přispělo ke zvýšení prestiže amerických Čechů a Slováků.

Nyní vyučují na universitě 2 "visiting" profesori a studenti jsou většinou pokročilí, kandidáti "Master's and Doctor's degree". Jeden ze studentů si zvolil historické thema "T. G. Masaryk v Americe".

Příspěvky jsou odpočítatelné od daní ("tax deductible"). Šeky mohou býti napsány na "The University of Chicago Czech and Slovak Professorship" a poslány v příložené obálce.

Dr. Jan Mička
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DENNÍMU HLASATELI

K jeho vzácné 80. let života a práce pro náš český a slovenský lid — těch zábav a poučení za 80 let svého trvání my všichni vzpomínáme — těch několik stovek redaktorů — tisíce spolupracovníků — roznašečů — a všech, kteří jak koliv pomáhali ten náš český tisk podporovati. Dělníků sta tisíce práci v něm hledali. Těm všem patří náš dík. Nás živých, kteří vzpomínáme, a my starší ptáme se: "Co bude dále? Jak dlouho bude žít náš český a slovenský tisk, tak bude žít i naše česká a slovenská řeč a zpěv!"

Jan Tesar

Česká Nebraska vede

Tradiční české festivaly v Nebrasce byly zahájeny v neděli 2. května programem naší hudby, písničky a tance v Omaze. Přeplněný sál a galerie sokolského auditoria prokázaly, že naše obroditelská práce získává stále větší zájem širokých vrstev našich krajanů. Program dne, který sestavil a řídil dr. Kučera, byl zahájen projevem Bernarda Kláska, presidenta vrcholné české organizace v Nebrasce. Následoval pestrý pořad recitací, písniček, tanců dětí, duet, harmonikářů a vystoupení dětí české školy v Omaze.

V sobotu 15. května byl uspořádán v Lincolnu, hlavním městě Nebrasky, už druhý český den. A bylo to hlavně zásluhou agilního presidenta míst-

ního sboru ZCBB, L. Vildy, že tento český den byl dobrou reprezentací našeho folkloru, ale také i dobrot české kuchyně. Dopoledne nám vyhrávala banda p. Hájka z Odell a mladí hudebníci z Table Rock za vedení L. Stehlíka. Vyhrávali nejen stovkám krajanů, ale i zástupům zvědavých Američanů. Odpoledne byl pořad české hudby a tance za vedení dr. Kučery a B. Kláska. Obecenstvo bylo zvláště nadšeno vystoupením českých dětí sokolského dorostu z Wilber, a 4letého Fr. Oborného z Fremont, našich královen, a místra trumpety M. Rákosníka. Vydatně přispěl propagaci této slavnosti i populární české věci v Nebrasce, linkolnský týdeník Sun, který vydal obsáhlou přílohu věnovanou české historii, folkloru a českému uměleckému sklu. Náš starý pionýr, V. Šplichal, obětavou pomocí svých dcer, připravil výstavu českého skla.

A teď do Fremont, draží krajané, na první český program v neděli 20. června, který připravuje pro vás velmi nadšený krajan Jan Oborný, prezident tamního Českého klubu. — K.

T. B. HLUBUČEK:

Sokol v "Českých Athénách"

Přezdívkou "Českých Athén" dal městu Cedar Rapids v Iowě zesnulý bratr druhého presidenta Československé republiky, sen. Vojta Beneš a to nejen za vynikající vlasteneckou a osvoboditelskou práci v zájmu staré domoviny, ale také za vnitřní kulturní činnost. Česká populace Iowy se rozrostla z odhadnutých 6,766 v r. 1870 na více jak 30,000 v r. 1920 a na město Cedar Rapids pohlížela skupina sousedních okresů jako na "středisko českého života". Byla k tomu celá řada příčin a byl to na prvním místě Sokol, který hrál roli nejdůležitější. Ještě dříve, nežli původní budova Sokola s tělocvičnou byla postavena r. 1896 cvičilo se ve staré Čtenářské síni na druhé avenue a teprve r. 1909 hlavní zásluhou zesnulých bratrů s Frankem Filipem v čele postavena účelná budova na tehdejší dobu moderního slohu. Měla pozemek sahající až ke 4 avenue, ale jeho část po letech byla odprodána Hutchinson (dnešní Borden) Ice Cream firmě. Dnes je tento odprodej pozemku považován za velkou chybu, neboť by skýtal skvělou příležitost k otevřenému cvičišti, tenisovému hřišti, nebo parkingu.

Mezitím co "tátou" všech krajanů organizací v "Českých Athénách" byl beze sporu Čtenářský Spolek, na Sokol se pohlíželo v prvních letech jako na spolek aristokratů. Někteří mluvili o Sokolu jako o "bramborové šlechtě", ale jenom proto, že sokolské Májové věnečky, Akademie, divadla a maškarní plesy "Šibřinky" se vyznamenávaly skvělou přípravou a byly navštěvovány nejlepší třídou lidí naší krve.

Sokol dal městu celou řadu vynikajících mužů, kteří se uplatnili ve veřejném životě stejně jako na poli vědy, obchodu a průmyslu. Sokolská legitimize byla nejlepším doporučením, jakým se mohl každý prokázat. Sokol byl v předních řadách dvou národních Odbojů za osvobození staré vlasti, podporoval aktivně všechny počiny místní i národní.

Na všech úspěších neměli však kredit pouze bratři v Jednotě Sokol Tyrš. Byly to sestry sdružené ve svém samostatném Sboru Renata Tyršová,

které hned od svého založení pracovaly neúnavně ve svých odborech a vydatnou hrivnou přispívaly bratřím na údržbu a zvelebování sokolského stánku. Jedním z nejdůležitějších podniků bylo zřízení přízemní klubovny na místo rozpadlé plovárny v čemž velkou zásluhu měl br. Pavel Jeřábek. Náklad více jak \$30,000 byl hrazen z úspěšně pořádaných bazarů, takže Jednotu to nic nestálo. Zákonem zakázané pořádání bazarů hodně poškodilo další plány na zvelebení budovy, ale i tak stále je krásná, dobře slouží svému účelu a není svému okolí žádnou ostudou. Velkou výhodou má v tom, že jest téměř v srdci obchodní čtvrti a své místnosti lehce pronajímá ke schůzím a jiným účelům. Starosta Jednoty mužů br. Jos. Pazour stejně jako starostka Sokolic ses. Bette Trefný starají se svědomitě o činnost v tělocvičně i v ostatních úsecích sokolské práce a lze jen litovati, že počet členstva není větší. Bratři mají necelých 200 a to je moc málo na počet Čechů ve městě. Sestry mají mnohem více, snad proto, že dovedou vyvinout větší činnost.

Říci, že Sokol v Americe přežil svoji užitečnost je vyloženým nesmyslem. Svoji výchovou tělesně zdravějšího muže a ženy a budováním mravně a duševně odpovědnějších občanů této společně naší vlasti jest i dnes důležitým, opěrným bodem národních snah v příboji válek a vnitřních nepokojů v nichž hlavně mládež hraje velkou roli. Jest proto na každém jednom z nás, abychom na svoje členství u Sokola byli hrdí, uplatňovali sokolské příkazy ve svém každodenním životě a hlavně snažili se rozmnožit naše řady. Učiníme-li tak, dáme Sokolu dárek nejkrásnější.

Louis Příkryl

V sobotu 10. dubna doprovodila jednota Sokol Tyrš k věčnému odpočinku bratra, který byl zakládajícím členem jednoty. Je to bratr Louis Příkryl; dožil se 84 let. Sokolství šlo od mládí jeho životem. Bratr Příkryl se narodil na Moravském Slovácku ve Veselí nad Moravou v roce 1887. Nebyl to Cleveland, kam v roce 1905 přijel, ale Mt. Pleasant, Pensylvanie. Po několika letech odejel do Clevelandu, kde zakotvil až do odchodu z tohoto světa.

Když bylo usnešeno, aby se utvořil stavební výbor na postavení vlastní budovy, Br. Příkryl pracoval v tomto výboru a při otevření nové budovy, která již měla název Sokol Tyrš. Dlouhá léta byl předsedou zábavního výboru. Byl starosta jednoty a byl předsedou dvou bazarů. Poslední léta, jak mu zdraví dovolovalo, přišel na podniky. Zájem měl do poslední chvíle.

Jeho milá manželka, sestra Marie, byla mu oporou v jeho dlouhé nemoci. Jménem všeho členstva jednoty Sokol Tyrš, chceme vyslovit všem pozostalým upřímnou soustrast.

K.Z.

Sokol Berwyn

Na oslavě Dne matek a otců, která byla konána dne 5. května, promítl nám p. Holub krásný barevný a hudbou doprovázený film "My Češi" (We the Czechs). My starší, kteří se pamatujeme na ty časy, často na ně vzpomínáme a myslíme si, jak by to bylo báječné, kdyby se zase vrátily. Byly to snímky z Nebrasky, Iowy, Oklahomy, Wis-

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cess.

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price of everything and the value
of nothing.

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see in a small town, but what
you hear certainly makes up for
it.

A politician thinks of the next
election; a statesman, of the next
generation.

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yawn is often just as good — and
less dangerous.

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consinu a j., se záběry z národních slavností s kroji, hudbou, alegorickými vozy a se soudky piva... To tehdy byly jiné časy a žili jiní lidé...! —

Jako Matka a Otec roku byli zvoleni naše mladá maminka dvou roztomilých dcerušek, Sokolka, sestra Diana Mrizek a obětavý Sokol Irvin Prokša.

Předsedkyně, sestra K. Krimmelová odevzdala sokolské odznaky následujícím bratrům a sestřím:

Za 50 let členství: ses. Zdenka Svobodová, Anna Prexlerová a br. Bohumil Vydra.

Za 40 let členství: ses. Anna Vydrová.

Za 25 let členství: ses. Anna Marie Dušková.

Za 10 let členství: br. Louis Jeníček.

M.V.H.

Sokol Cleveland - Čech - Havlíček

V neděli 4. dubna jsme měli skutečně slavnostní schůzi. — Naše klubovna byla zcela zaplněna. Odevzdávali jsme totiž odznaky za dlouholeté členství v Sokole. Setkali jsme se s mnoha členy, kteří buď pro přibývající leta nebo vzdálenost bydliště se nemohou dostavit, ale jistě vycítili, jak rádi jsme je mezi sebou uviděli.

Odevzdávání odznaků. — Za 25-leté členství obdrželi: Barney Židlický, cvičenec a člen zábavního výboru; ses. Margie Lee, cvičenka; ses. Louis Gallik; ses. Bessie Neraď; br. Charle Malý ze zábavního výboru; br. Stanley Pekárek; ses. George Beachell bývalá cvičenka a náš starosta br. Gruber, který k všeobecné radosti přijal opět starostenství naší jednoty, jehož si všichni neobyčej-

ně vážíme, a který své sokolství nosí skutečně ve svém srdci.

Odznak 40-letého členství obdrželi: br. Thomas Suchý; ses. Helen Černý, bývalá cvičenka; ses. Marie Čermák, tajemnice ženského odboru; br. William Černý, bývalý cvičenec.

Odznak 50-letého členství obdrželi: ses. Bertha Waverka, bývalá místostarostka; ses. Celie Jirsa, bývalá cvičenka a mnohaletá tajemnice a pokladnice; ses. Louise Jahoda, bývalá cvičitelka žákyň, členka zábavního výboru; ses. Martha Šerpan, dlouholetá cvičenka, výběrčí příspěvků, a účetní v župě; ses. Mary Kozák, v 84 letech ještě předsedkou ženského odboru, bývalá členka zábav. výboru; Ses. May Procházka, členka ženského odboru, ses. Ann Škoda — list její činnosti by byl příliš dlouhý, je lépe napsat "je duši naší sokolské práce", je cvičitelkou žákyň, náčelnicí žen a činná v župě; ses. Caroline Kavan, ses. Josefa Stvan; ses. Emma Žák, členky ženského odboru.

Je naší povinností a ctí vyslovit srdečné díky těmto zasloužilým bratrům a sestřím za jejich veškerou práci a za jejich oddanost k sokolské myšlence.

Všechny naše budovy, ač nyní nedokonalé, byly postaveny a udržovány z lásky a práce těchto našich členů. — Co hodin úmorné, dobrovolné práce — po celodenní činnosti!

Sokol v Clevelandě existuje již přes 100 let. Nyní bude záležet na těch mladých, jaká bude jeho budoucnost.

Anna Verknerová

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