

AMERICAN SOKOL

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Educational and Physical Culture Organization

TIME FOR REFLECTION

With the summer virtually at an end, Sokol gymnastic activity is reawakening everywhere. For one fleeting instant let us pause for reflection—of life centered around our beloved Sokol—reminisce a little of the gloried past—and contemplate of the future.

The glowing reports from some of our most dominant and influential Sokol Units across this land of ours are a constant source of satisfaction to those of us who have the love of Sokol in our hearts.

What is the reason, the key to the high degree of success achieved by such formidable Units as: Sokols Detroit, St. Louis, South Omaha, Omaha, Dallas, Ennis, to mention a few? The answer is quite simple. Sokol has become the focal point of all their family activity—well rounded programs—equally appealing to both young and old. And yet, never deterring from the Tyrs philosophy of life—a most valuable system of physical culture, coupled harmoniously with mental training and moral development.

That these Units have fulfilled these vital obligations is beyond doubt—Teen Clubs, Senior Citizens groups, Theatrical Guilds, socials, outings, exhibitions, etc. Yes! It's truly inspirational. But by the same token there is despair and anguish in the hearts of our Sokol leaders as they observe the dormancy that has enshrouded some of our inactive Units—mere shadows of their former greatness.

It is quite apparent, in many instances—family interest and all semblance of activity has deteriorated—Units entirely dependent upon a few individuals to sustain the burdens—countless other reasons—but perhaps the most significant; failure to attract young people into our Sokol centers.

Only by determination and cooperation—exchange of ideas between young and old—united in effort—this weakness in our structure can be overcome. The time for action is NOW, before it is far too late.

George Herink

AMERICAN SOKOL

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EDITOR

George Herink

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June Pros, Secretary

6426 W. Cermak Rd., Berwyn, Illinois 60402
Tel.: 795-6671

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Calendar of Events

OCT. 2nd — SOKOL STICKNEY, ILL. — Farm-
er's Dance

OCT. 8th—SOKOL SOUTH OMAHA, NEBR.
Chicken/Shrimp Dinner.

OCT. 14th—SOKOL ST. LOUIS, MISSOURI.
"Vlasta" Chicken Dinner Social — 11 A.M.

OCT. 16th—SOKOL OMAHA, NEBRASKA.
Mens' Lodge Chicken Dinner, 6 P.M. — Eddie
Janak's Band. — Reserve tickets.

OCT. 24th—SOKOL ST. LOUIS, MO. — "Czech
Stage Play".

OCT. 30th — SOKOL SOUTH OMAHA, NEBR.
— Masquerade Dance.

NOV. 6th—SOKOL HAVLICEK-TYRS, CHICAGO,
ILL. — 60th Anniversary Dinner-Dance.

NOV 6th—SOKOL DETROIT, MICH. — Dance
— Vesela Kapela (Happy Band) — 9 P.C.
Brass Band from Chicago.

NOV. 11th—SOKOL ST. LOUIS, MISSOURI.
"Vlasta" Chicken Dinner Social — 11 A.M.

NOV. 13—15th—SOKOL MIAMI, FLA. — 2nd
Anniversary — Banquet, Exhibition, Special
Events.

NOV. 14th—SOKOL OMAHA, NEBRASKA.
Gym Club's Annual Pork Dinner and Carnival —
11:30 A.M.

NOV. 20th—SOKOL OMAHA, NEBRASKA.
Mens' Lodge Chicken Dinner, 6 P.M. — Eddie
Janak's Band. — Reserve tickets.

DEC. 18th—SOKOL OMAHA, NEBRASKA.
Mens' Lodge "Battle of Bands" Dance — Eddie
Janak vs. Al Grebnick — 8:30 P.M.

DEC. 31st—SOKOL OMAHA, NEBRASKA.
Mens' Lodge New Year's Eve Celebration Dance
— Al Grebnick's Band.

Memories

It seemed somehow fitting, but harder to bear, that we finally sold our hall the same year that I graduated from juniors' class, two events which are inextricably entwined in my mind. I will be leaving the city in September and so, for the first time since the age of three, I will be separated from what has become my second home. It was not until we moved out of our hall that I discovered all the memories that I was packing away, both in a room in Bohemian National Hall and in my heart, memories of the happy times I've had in classes, of the warm feeling of fulfillment that accompanies utter physical exhaustion, of the pride I have felt in the work our juniors have done, in our unit, and in Sokol as a whole. The discipline exercised in classes and the formalities of our meetings have steadied me in the midst of our uneasy times, the Sokol ideals have given me the "cause" that every kid needs to strive for, and the individual members have given so freely of their love and understanding that I have never felt lost in this world of too many people. In saying goodbye to Sokol Tyrs Hall and in taking a last look at the beautiful walls of the "sklipek", the Sokol emblem above the second floor stage, the gym floor we used to sweep before Sunday morning workouts, I found myself saying "thank you" for the traditions and culture, the discipline, the skill, the love, that I will remember always.

Karen Vavra, Sokol Tyrs

Editor's note—The above article was written by Karen, daughter of Bro. Karel and Sis. Martha Vavra. The father has been very active in the Unit B.O.I. Karen has graduated high school and plans on attending a college in New England this fall. Sokol Tyrs is recommending her name for possible consideration to the ASO for the Sokol Scholarship to assist her in her coming years. This young lady certainly appreciated her Sokol training.)

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCII.

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Číslo—No. 9

SOKOL RACINE — 80 MEMORABLE YEARS

This year marked the 80th anniversary of Sokol Racine. The Sokolice are now in their 60th year. The story of Sokol Racine is indeed colorful and truly a legend of years and years of untiring effort on the part of countless numbers of dedicated individuals.

Sokol Mladocech as it was originally called (the name changed to Sokol Racine, January, 1971) has been the focal point of the Czech population in the City of Racine, Wis. for the past 8 decades.

The Unit was organized in 1891. Like in all humble beginnings, no suitable quarters were available, the first meetings and classes being held in an old barn on Chatham st. It was in the following year that a devoted group of Sokols purchased a Lutheran church on Lincoln st.

It was not long before a drama group became into being, followed by the formation of a board of instructors. Under the leadership and activity of these pioneer Sokols the building was soon paid in full. The Sokol was soon entered in gymnastic competitions, its team winning 2nd place in the Low Division at the 1905 Slet in St. Louis. Between 1905 and 1910 many confirmed Sokols emigrated to the U.S., with them came new enthusiasm and new techniques. It was in these years the Unit won a multitude of honors and acquired many new members.

The year 1911 saw the Sokolice Mladocech organized. It was in 1913 that the only District Slet ever held in Racine took place. The Sokol team won 1st place in the High Division competition at the 1915 Slet in Cleveland. Then came World War I with many members enlisting in our armed forces and the Czech Legion. Of these, Joseph Nikl did not return.

The Unit did its part in encouraging Sokol work in the Wisconsin area—joining forces with Sokol Milwaukee to stage a Slet in Cudahy in 1922—and a huge Gymnastic Exhibition at Melnik in 1927. An \$18,000 schoolroom addition was started the following year. With the new facility came renewed

spirit—theatrical productions, Czech classes—12 local lodges holding their meetings there. The Narodni Jednota moved its 1,000 book library into the new extension.

The Unit was represented in Prague with 4 gymnasts in the 1920 Slet, and again at the 9th Slet in 1932 with the Lawrence Nikls and the Joseph Feteks. Near tragedy struck in 1935 when the bus with teams of men and women aboard, traveling to Cleveland, suffered an accident, burning to ashes. Fortunately none of the young people were injured, arriving in time to enter Slet competitions.

Thirty-five gymnasts took part in the 1935 ASO Slet in Chicago. Again participating in competitions in Chicago, 1938; St. Louis, 1940; and again in 1942 in Chicago. The World War II years left the Unit sadly depleted; classes consisting of women, children and the Old Guard. Recovery was slow. Then came the 1947 Slet in Chicago. Four years later the American-Czech Club was founded, to stimulate and create new Sokol activity. In 1955 many of the members journeyed to the Slet in St. Louis to help celebrate their 90th anniversary. Since then there have been many subsequent bus tours to Cleveland and Chicago.

At present Sokol Racine has a membership of 44 men and the Sokolice have a roster of 56. Class attendance is on the rise. The Unit is blessed with fine leadership. The present officers are: Pres. James J. Fetek; Vice-Pres. Lloyd Larsen; Secy. Steve Mostenan; Financial Secy. Frank Croulik; Men's Physical Director, Steve Mostenan.

For the Sokolice: Pres. Grace Smercek; Secy. Dolly Mostenan; Financial Secy. Marie Fetek; Women's Physical Director, Alice Larson. Other members of the combined Board of Instructors: Melvin Smercek, George Kaplan, Vincent Struhelka, James Novak, Mike Miller, Tim, Greg and Jeff Petro, Lawrence Nikl, Darlene Leslie, Nancy Proska, Sharon and Elsie Kaplan.

Compiled by Helen David

A.S.O. Bus Tour — Hot Springs, Ark.-Dallas, Texas

10 Days — October 5 thru October 14, 1971

The American Sokol Organization is conducting a bus tour thru the Southwestern states, which includes: Hot Springs, Ark.; various side trips in the Dallas, Texas area—Texas State Fair (Czech Days),

dinners at Sokols Zizka, Dallas and Karel Havlicek-Borovsky, Ennis; and a stop at St. Louis, Mo. on return trip. Betty Janous is Tour Conductor. The itinerary:

- Tues. Oct. 5 Depart at 7:30 a.m. from the American Sokol Office, 6426 W. Cermak Road, Berwyn, Ill. Overnight in Motel Newport, Arkansas.
- Wed. Oct. 6 Depart Newport to Hot Springs, Arkansas, 3 nights at Majestic Hotel. Dinner at Bohemian Restaurant of Mr. and Mrs. Duchac.
- Thur. Oct. 7 Sightseeing of Hot Springs and local area; afternoon for your leisure time.
- Fri. Oct. 8 Free day for thermal baths, shopping, etc.
- Sat. Oct. 9 Depart for Dallas, Texas, accommodations for 4 nights. Dinner at Sokol Zizka.
- Sun. Oct. 10 Visiting Texas State Fair (Czech Days), tickets included.
- Mon. Oct. 11 Sightseeing Dallas area, including President Kennedy Memorial and "Six Flags Over Texas".
- Tues. Oct. 12 A.M. free time—Afternoon depart for Ennis, Texas for dinner and visiting with members of Sokol Karel Havlicek-Borovsky.
- Wed. Oct. 13 Depart Dallas, for St. Louis, Missouri, overnight.
- Thur. Oct. 14 Sightseeing of St. Louis, including famous Budweiser Brewery. Afternoon depart for Berwyn, arriving late afternoon at the Sokol Office.

RATES PER PERSON—\$200.00 includes: transportation by modern chartered bus, all admissions, handling one piece luggage, insurance, three dinners. Accommodations based on twin-bedded rooms (if single accommodation requested there will be an additional charge). Further information may be obtained thru the ASO office, 6426 W. Cermak Road, Berwyn, Ill. 60402.

Sokol South Omaha

The 1971 Western District Slet, hosted by Sokol South Omaha, was dedicated to that Unit's members having more than 50 years of continuous membership. They are:

Sisters Anna Trunecek, Frances Spevak, 69 yrs.; Bros. Frank Galek, James Trunecek, Joseph Velehradsky, Sis. Marie Jindra, 61 yrs.; Bro. Emil Zeleny, 60 yrs.; Sis. Ethel Korisko, 59 yrs.; Bro. Charles Buresh, 58 yrs.; Bro. Robert Sterba, 53 yrs.; Bro. J. V. Koutsky, 52 yrs.; Bros. Henry Merta, John Strnad, Wesley Vonasek, Sisters Tena Caldwell, Philomena Dworak, 51 yrs.; Bros. Joseph Kavalec, Sam Ourada, Anton Smutny, 50 yrs.

"It is time for the preponderant majority, the responsible citizens of this country, to assert their rights. It is time to stop dignifying the immature actions of arrogant, reckless, inexperienced elements within our society.

The mature and sensitive people of this country must realize that their freedom of protest is being exploited by avowed anarchists and communists who detest everything about this country and want to destroy it." — Spiro T. Agnew.

1970-1975 A.S.O. EXECUTIVE BOARD

To help you understand and know your leaders better each member of the Executive Board was requested to submit an autobiography as to Sokol background, family, work or profession, interests, etc.

These real-life stories will appear in the American Sokol individually, one each month. This will enable you, as a fellow Sokol, to recognize and familiarize yourself with the people upon whom we had bestowed the highest Sokol honor.

George C. Basta, Treasurer, A.S.O.

Born: April 24, 1918. Education: A graduate of high school (1936) and the Northwestern School of Commerce (1951). Also, a graduate of the Jan Neruda School of Czech.



Comes from a famous Sokol family. His late father, Frank L. Basta, was long-time president of Sokol Havlicek-Tyrs. Wife, Anna, is presently Vice-President of the Sokolice of that same Unit in addition to being Public Relations chairman of the ASO. The George Basta family is rounded out with son, James, and daughters, Susan and Barbara.

Service record: Drafted into the U.S. Army Air Corps, 1942. Completed 15 week welding course at Aero Institute of Technology, Glendale, California. Honorable discharge as Technical Sergeant, 1945.

Employment: President and Managing Officer of the Citizen Savings & Loan Association on the southwest side of Chicago. Starting in 1936.

Bro. Basta's Sokol history is long and endless. Completed a month long course in July 1939 at Boonton, N. J. At Sokol Havlicek-Tyrs he served as follows: Instructor of 6 classes, 1939-40. Men's classes only, 5 years. Physical Director, 5 years. Financial Secretary and Vice-President. Since 1965 is President of Sokol Havlicek-Tyrs.

In the A.S.O.: Member of the B.O.I., 1950-1970; II Vice-Pres., 1965-70; Slet Chairman, 1969; Treasurer, 1970. In the Central District: Member of the B.O.I. and Assistant Physical Director.

For a span of more than 30 years Bro. Basta has participated in active gymnastic competitions. Winning 1st place in the ASO Jr. boys in 1935—1st place High Division, ASO Men in 1937—2nd ASO Championship Division, 1953; 3rd in St. Louis in 1955. In addition to countless number of 2nd, 3rd and 4th place finishes in various meets from 1935 to Dallas in 1967.

Bro. Basta is also member of the C.S.A., I.O.O.F., Lions Club, local Chamber of Commerce, area Real Estate Board, and Chicago Bow Hunters, Inc.

Sale of Souvenirs From XI A.S.O. Convention

The Northeastern District is in possession of a large amount of souvenirs from the 1970 ASO Convention in Cleveland still unsold. We find it very difficult to sell any more in the Cleveland area. The souvenirs were paid for from the N.E. District treasury.

We still have close to 350 beer mugs, money clips, bracelets and tie clips. When the postage and insurance is paid for the mail order, we are offering them at cost price. Our purpose in selling them is to recover the money invested rather than to make a profit.

Lad Voris, Sokol Tyrs

SOUVENIRS AVAILABLE FROM THE XI A.S.O. CONVENTION

Beer Mugs	\$4.50
Money Clips or Tie Clips	2.00
Bracelets	2.00

Includes postage and insurance



Make checks payable to the
N.E. DISTRICT A.S.O.
and mail your order to
SIS. ANNE HORICE
3633 East 129th Street
Cleveland, Ohio 44105

(Editor's note—The N.E. District's dilemma, pertaining to Slet souvenirs, merits the attention of Sokols everywhere. The items pictured above are indeed attractive and would be ideal on many an occasion—prizes, birthdays, Christmas, etc. The N.E. District is deserving of your support.)

A Busy Central District 1970-71 Season

Bus tours were arranged to witness exhibitions at Sokols Racine and St. Louis. Competitions were held in track and field, volleyball, basketball and

gymnastics with the end results of a beautiful Sokol Day (Slet) held at Riverside-Brookfield High School Stadium, Sunday, June 13th.

Two buses took off for the Toronto Slet for a beautiful and full four days. Our Junior Boys and Girls (40 in all) performed a fast moving vaulting number using two mini tramps and a swedish vaulting box for the Slet July 4th. They and some of our Seniors competed on July 3rd; with some receiving awards and team trophies. We arrived home from Canada the 6th and on the 9th, 36 students took off by bus for the Southern District Course held at Sokol Karel Havlicek-Borovsky in Ennis, Texas, for two weeks. Sis. Pros delivered all students safe and sound and returned for them on the 24th. All students gained much valuable knowledge besides making many friends. Also winning the volleyball trophy in the tournament South vs. North, with the aid of the four students from Little Ferry.

Two Junior outings were made to the Warren Park Dunes (Michigan), one on June 25th and the second August 20th. The first outing had 32 Juniors attending and the second had 40. These were full days with the bus leaving at 8:30 a.m. and arriving back at 11:00 p.m. Everyone had a lot of fun what with swimming, volleyball, football, hiking, tackle and loads of soda, potato chips and hot dogs.

These outings are just the beginning of the activities planned by the District Junior and Young Adult Activity Committee, under the advisorship of Sis. June Pros and Bros. Eddie Jelinek and Dick Vrba. This Committee, consisting of one Junior boy and one Junior girl from each of our ten active Units, will plan various activities and get-togethers throughout the year.

The finale of our Sokol summer will be our Junior Boys and Girls performing the vaulting number at the Oak Brook Sports Core where the Mexican and United States polo teams will be competing for the International Polo Award.

We feel there was much accomplished this past season And look forward to an even better and busier 1971-72.
June Pros

The Sale of Sokol Tyrs Building

On June 28, 1971, Bro. Ladislav Voris, President of Sokol Tyrs, reluctantly presented the keys from the Sokol Tyrs building to Mr. Edward Ismond, President of the Boys Club of Cleveland. The title officially transferred June 18th.

This dramatic event brought down the curtain on more than 44 years of tremendous and energetic Sokol activity in the building which was originally constructed in 1927, and extensively remodeled in 1958. Following the remodeling program the Unit's membership firmly believed it was the owner of one of the finest gymnasium complexes in the entire country. Activity and attendance in all the gym classes rose sharply; the Theatrical Guild, the Concert Band, and the Junior Hobby Club became realities. Interest in our monthly Newsletter and the Sewing Club was at an all-time high. The basement beneath the front part of the building housed the nationally famous "Sklipek" with its beautiful and picturesque muralled walls and friendly hospitable atmosphere.

This era is now past history, but in retrospect, Sokol Tyrs has to be justifiably proud of its gymnastic and cultural achievements; gratefully acknowledging all the people who contributed so much to this period of Sokol endeavors. This includes all members of Sokol Tyrs, past and present, living and deceased—all the officers who served on the executive level—all the dedicated leaders who served as instructors. This includes gymnasts of all the age groups who made their contributions and all the fortunate people who participated in our various activities. To enumerate each individual would be well nigh impossible, so a humble and general public acclamation for a fantastic job is definitely in order.

The Sokol Tyrs Gymnastic and Educational Organization has made satisfactory arrangements with Sokol Cleveland Cech-Havlicek, located at 20110 Harvard Ave., Warrensville Heights, Ohio. All our activities will be held at this location. Our Unit will continue to work within the framework of the American Sokol, Inc. of Cleveland, Ohio; to plan and formulate the possible construction of new facilities to eventually house all of the Sokols in the Cleveland area.

Our Unit's contributions to the community, the District, and the American Sokol Organization are indeed commendable and stand on their own merit. Our gymnastic trophies and material possessions have been carefully packed and moved into storage. But our single and greatest asset—the present day membership and our youth in the gym classes are still with us. Let us mold this important asset and collectively rededicate our energies and boldly face the 70's as our predecessors did in the 20's.

Robert E. Jirousek, Past President

DISTRICT REPORTS

SOUTHERN DISTRICT

July 22, 1971

Pres. Bro. George Prevratil presiding. Present: Bros. Don Steinman, H. B. Smith, Larry Laznovsky, Jerry Milan. Sisters Marie Kane, Sylvia Laznovsky, Henriette Milan, Vlasta Laznovsky. Guests: Bro. Edward Linhart, ASO Director of Men, and Sis. Norma Zabka, District Director of Women, Eastern District.

UNIT REPORT

Sokol Corpus Christi—July meeting, 21 members. — Held clean-up day, flea market and barbeque in July.

Sokol Zizka—July meeting, 41 members, gained 2 members. — Held 2 dances. — Remodeled the stage. — Physical Director of Men and 4 gymnasts will attend gym clinic in Santa Fe, New Mexico. — Will host volleyball tournament.

Sokol Karel Havlicek-Borovsky—July meeting, 38 members. Gained 3 regular and 13 associate members. Finalized plans for District Instructors School.

Sokol Houston—July meeting, 30 members. — Socials on Sundays. — June activity: 2 dances, Father's Day dance, barbeque. July activity: Anniversary celebration, Hawaiian dance, Western dance.

District Directors, Bro. and Sis. Laznovsky—Volleyball tourney with Sokol Zizka hosting. — Dis-

trict School at Sokol Ennis; 4 students from Eastern District, 36 from the Central, and 29 from the Southern. — 38 manuals purchased by the students. Remaining 12 for the District file. — District's assistance to students; total amounting to \$412.50. — Bro. Milan read detailed report on income and expenditures of the Slet. District's share, \$159. Bro. Prevratil voiced appreciation to Sokol Fort Worth in hosting the Slet in fine fashion. — Also, discussed Czech Day in Yukon, Oklahoma, Oct. 2nd. Will contact Unit regarding Sokol participation.

* * *

EASTERN DISTRICT

June 21, 1971

Pres. Bro. C. Zraly presiding. Present: Bros. F. Capek, A. Chaloupka, J. Petlicka, H. Vesely, Sisters B. Hochner, J. Misek, L. Pribil, M. Provaznik, N. Zabka, B. Zraly.

Correspondence—From Long Island Sokol that their leadership is being completed; and that the Eastern District is to take over leadership of the United Sokols of the East for the ensuing year. — Check of \$60.00 received from Bro. Edward Stetka for chance books. Also, will be teaching at Sokol Course at Boonton.

Director of Men, Bro. Capek—Unable to attend Slet in Toronto. Bro. Stetka will take over leadership of the Eastern District there. — Plans for Course at Boonton, Aug. 15-29, prepared. Students required to purchase their own manuals. Motion passed Bro. Zraly and Sisters Provaznik and Zabka receive expenses to Toronto Slet.

Director of Women, Sis. Zabka—Approximately 59 participants in the Toronto Slet from Eastern District. — Three buses will leave for Toronto. One will be the Sokol bus. — Motion passed Sis. Provaznik's expense to Sokol Washington be paid. UNIT REPORT

Sokol Little Ferry, Bro. Vesely—One new member accepted. — Air conditioning will be installed in meeting room.

Sokolice Little Ferry, Sis. Kubat—Sis. Audrey Benda has 152 children and juniors registered for the next season. 11 gymnasts will take part in Toronto, 2 will attend Course at Sokol Ennis, and 10 at Boonton.

Sokol New York, Sis. Pribil—4 juniors will participate in Toronto. — Unit will hold raffle to raise funds.

Sokol Fuegner, Sis. Hochner—8 gymnasts will take part in Toronto, 2 will attend Boonton.

* * *

Treasurer, Bro. Chaloupka—Receipts, \$149.55. Disbursements, \$318.00.

Financial Report A.S.O. July 1971

INCOME:

Dues	\$ 1,717.25
T. J. Masaryk dues	14.00
Convention Fund	10.00
Dividends and interest	143.75
Donation to American Sokol publication..	2.00
Resale of jewelry	9.00
Sokol window decals	20.50

AMERICAN SOKOL

SOKOL GYMNAST

September 1971

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS



WESTERN DISTRICT INSTRUCTORS SCHOOL

The Western District of American Sokol held a one week Instructors School at Sokol Omaha's Summer Camp in Valley, Nebraska, from June 13 to June 19, 1971. The school was organized by Sister Bo Drozda and Bro. Ray Lastovica, Directors of the Western District. The student body consisted of 27 Juniors of which 19 were girls and 8 were boys. The head instructor for the course was Sister Marie Provaznik (former Women's Director of Sokols in Czechoslovakia, and now Director of Sokols in Exile). The assistants for the classes were Sister Norma Zabka (1st), Director of Women, Eastern District, and Bro. Vojmir Benak (1st) and Sister Jolene Swoboda (2nd), instructors at Sokol South Omaha.

After the course, Sister Provaznik has the following comments: "If it were not so short, I should call the Western District's Instructors School the best I participated in, in the United States. At least I can say, it comprised the best group of students I ever met since the time I came into this

country. No moroseness, but gay and happy as youngsters of their age ought to be, but disciplined, with a sense of responsibility and evidently devoted to the Sokol cause. They were indestructable. Because the course was so short and the instructors wished to give to the students as much information and knowledge as was possible, the course was extremely strenuous, with minimum free time—and when dismissed, the students attacked the apparatus for self-improvement. During the study period everybody was studying, can you imagine?

"An explanation of such a youth was in the perfect cooperation on the part of the District's officers and both units in Omaha. It proved again the impact of a good example.

"And what a lovely setting! All the premises and outdoor facilities concentrated in such a small place, surrounded by a pleasant, green, and blooming countryside—a piece of paradise for a New Yorker. I left the course exhausted, but happy. And I hope, so were the students."

Notes from the President's Council on Physical Fitness and Sports

COUNCIL APPROVES NEW AWARDS

In its fourth meeting since its appointment less than a year ago, the 15-member President's Council on Physical Fitness and Sports adopted a formal Statement of Basic Beliefs; approved plans to expand the Presidential Awards program; and went on record in favor of a substantial budget increase for the Council in fiscal year 1972.

Beginning later this year, the Presidential Physical Fitness Awards program will be expanded to include recreation departments, Boys' Clubs, YMCAs, Jewish Community Centers, CYOs, and other organizations which have qualified physical directors. Previously, only schools have been permitted to certify boys and girls for the Presidential Award.

Organizations desiring to participate in the awards program need not write for information. Official application forms are being revised and will be mailed to all appropriate groups as rapidly as they become available.

Another new feature of the Presidential Awards program is the Instructor's Award, which will be available in the fall. Instructors in institutions qualifying young people for the Presidential Award will be eligible to purchase the new emblem, which is similar in design to the emblem worn by boys and girls but slightly larger.

These changes are the results of joint action by the PCPFS and the American Association for Health, Physical Education, and Recreation, which administers the Presidential Awards program in cooperation with the Council.

In still another step designed to provide new incentives for fitness, the Council will meet on September 10, in Washington, D. C., with representatives of national sports governing bodies and sports associations. These groups will be asked to propose standards for Presidential Awards in several of the more popular participant sports.

Physical Fitness Research Digest. PCPFS will begin publication in June of the Physical Fitness Research Digest, to be edited by Dr. H. Harrison Clarke, of the University of Oregon. If you are interested in receiving this quarterly publication, please write to: Information Office, President's Council on Physical Fitness and Sports, Room 2600, Seventh and D Streets, S.W., Washington, D. C. 20202.

Travelers' Tip from United Air Lines Mainliner Magazine

Prolonged sitting can retard blood flow in the veins of the legs because muscle contraction (which acts like a booster pump and forces the blood to move along) is greatly restricted. If you can't move about, try a few simple exercises, such as voluntarily tightening up the calf muscles, forcefully pressing the feet against the floor, pointing and lifting the toes, rotating the foot at the ankle, etc.

SOKOL GYMNAST COLUMN

The Need for Sleep

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

Reprinted, courtesy of the CHICAGO TRIBUNE

Many people take naps if they have the time. This may explain why siestas are popular among very young children and the elderly. Many mothers insist that the preschooler take a 2 p.m. snooze because if it is missed, the tot is noticeably irritable by evening. Dr. G. S. Tune, a British investigator, asked 40 men and women in each of six decades to record how often they managed 40 winks during an eight-week period. Forty per cent of those in their twenties took one or more naps per day, and 80 per cent of those in their seventies did so.

In another study in which continuous brain wave tests (electroencephalograms) were made, siesta time was definitely of shorter duration among oldsters. The same test also showed that the quality of sleep among oldsters is poorer than that among younger persons.

These results tend to refute the old theory that the older person sleeps in the afternoon to make up for what he missed at night. However, there is no evidence that our senior citizens do a good job of catching up on lost sleep.

On the other hand, nothing is more refreshing than the nap of a young or middle-aged person who is exhausted. Ask any intern or physician who is on call day and night. He dozes in a chair while waiting for dinner, or when visiting. Often he sleeps so "hard" that his batteries are recharged within minutes. In addition, these individuals accumulate a "debt" that makes them sleep longer than the normal person when they finally take a vacation. Many years ago when I had an active practice, I went on a vacation and slept two nights and a day because of exhaustion.

It is not difficult to remain awake for one night. Losing eight hours does not mean, however, that a person must sleep 16 hours to make up the deficit. A good night's rest usually balances the slumber ledger.

USGF Meeting

The USGF Congress, for 1971 will be held at the Chicago-Sheraton Hotel, November 6-7th. This two-day meeting is an important one and will have as side meetings, Olympic Gymnastic Committee meeting, National High School Coaches meeting, College Coaches meeting, etc. About 150 to 200 participants from all parts of the USA are expected.

Prevent Your Parallel Bars From Drying Out

Using medium grade steel wool with a solution of 3 parts turpentine and 1 part boiled linseed oil, vigorously clean the entire surface of the bars. This removes old chalk and replaces the natural oil in the wood. Wipe with a dry rag.

SOUTHERN DISTRICT SLET

The Southern District, American Sokol Slet was held June 12th and 13th in Fort Worth, Texas, with the units of Corpus Christi, Dallas, Ennis, Fort Worth, and Houston participating. Apparatus competitions were held on Saturday with the girls, junior girls, and women competing at the Boswell High School Gym and the boys, junior boys, and men competing at Sokol Fort Worth.

The Slet program, with approximately 275 participants, was held at the Boswell High School Stadium on Sunday. Opening ceremonies consisted of the Grand Assembly of gymnasts with the singing of Spejme Dal, the invocation, and presentation of colors and the national anthems. Participants and guests were welcomed to Fort Worth by Bro. Don Steinman, President of Sokol Fort Worth. Bro. George Prevratil, President of the Southern District, was master of ceremonies. The Honorable Joe Spurlock, District Judge, Fort Worth, was a guest speaker. Sis. Betty Prener, 1st Vice-President, American Sokol Organization, was the main speaker.

RESULTS OF COMPETITIONS

Girls — Class I

Teams

1. Fort Worth "Team I"	440.6
2. Houston	422.7
3. Ennis "Team I"	393.2
4. Fort Worth "Team II"	377.8
5. Dallas	362.8
6. Fort Worth "Team III"	293.7
7. Ennis "Team I"	160.5

Individuals

1. Kelly Stoeppelman, Fort Worth	113.1
2. Annette Mikeska, Houston	110.6
3. Angie Wisker, Fort Worth	109.9
4. Vickie Polacek, Fort Worth	109.3
5. Sonja Vodehnal, Houston	109.0

Girls — Class II

Teams

1. Fort Worth "Team I"	615.4
2. Ennis	552.9
3. Dallas "Team I"	526.8
4. Dallas "Team II"	479.6
5. Fort Worth "Team II"	415.3

Individuals

1. Cynthia Hardee, Fort Worth	160.3
2. Cherri Starnes, Fort Worth	154.6
3. Ada Skrasek, Fort Worth	154.3
Julie Henning, Ennis	154.3
4. Dee Ann Gilliam, Dallas	146.4
5. Lori Reynolds, Fort Worth	146.2

Junior Girls — Low Division

Teams

1. Ennis "Team I"	367.1
2. Houston	365.6
3. Fort Worth "Team I"	336.9
4. Dallas	325.6
5. Ennis "Team II"	324.7
6. Ennis "Team III"	299.8

Individuals

1. Nita Neff, Ennis	125.1
2. Karen Petrzelka, Houston	123.4
3. Debbie Kohler, Dallas	123.0
Teri Neff, Ennis	123.0
4. Susie Soukup, Houston	121.5
5. Beth Ballard, Houston	120.7

Junior Girls — Intermediate Division

Teams

1. Fort Worth "Team I"	379.9
2. Dallas "Team I"	349.4
3. Fort Worth "Team II"	346.2
4. Dallas "Team II"	315.6

Individuals

1. Lex Leftwich, Fort Worth	131.0
2. Mary Farmer, Fort Worth	126.3
3. Mary Kohler, Dallas	122.6
Kim Marshall, Fort Worth	122.6
4. Angela Koonce, Fort Worth	121.2
5. Janet Vanderzyl, Fort Worth	120.1

Junior Girls — High Division

Teams

1. Dallas	399.7
2. Fort Worth	387.3

Individuals

1. Brenna Vaughter, Dallas	137.4
2. Lynn Dunn, Fort Worth	135.5
3. Ann Marek, Dallas	134.3
4. Carol Olsovsky, Dallas	128.0
5. Pam Janca, Fort Worth	126.8
6. Debbie Hites, Fort Worth	125.0
7. Theresa Trojacek, Ennis	108.6

Women — Low Division

Teams

1. Ennis "Team I"	330.0
2. Ennis "Team II"	309.4

Individuals

1. Jeanette Zajic, Ennis	112.0
2. Billie McLemore, Ennis	110.5
3. Micki Hudson, Ennis	107.5
4. Robin Bailey, Ennis	105.1
5. Rita Neff, Ennis	104.8
6. Sharon Neff, Ennis	99.5

Women — Intermediate Division

Individuals

1. Adell Honza, Ennis	109.5
2. Vicki Vanderpod, Fort Worth	104.9
3. Lnda Laznovsky, Ennis t.....	96.1

Boys — Class I

Teams

1. Dallas	165.40
2. Ennis "Team I"	162.45
3. Fort Worth	155.33

Individuals

1. Peter Novak, Dallas	46.11
2. Beau Sill, Dallas	45.13

3. Stephen Chudej, Ennis	43.88
4. Talon Milan, Fort Worth	42.48
5. Jeff Howard, Corpus Christi	41.71

Boys — Class II**Teams**

1. Dallas	176.80
2. Ennis "Team I"	158.02
3. Fort Worth	155.82

Individuals

1. Brent Vaughter, Dallas	48.22
2. Jimmy Bily, Houston	46.45
3. Des Amick, Dallas	45.72
4. Russ Matlock, Dallas	45.04
5. Wayne Sijansky, Corpus Christi	44.51

Junior Boys — Low Division**Teams**

1. Ennis "Team I"	156.37
2. Dallas "Team I"	141.34
3. Dallas "Team II"	126.26
4. Ennis "Team II"	124.41
5. Fort Worth	106.51

Individuals

1. Marvin Patak, Ennis	54.33
2. David Houdek, Ennis	52.17
3. Ted Smith, Dallas	50.36
4. Jackie Henning, Ennis	49.87
5. Steve Thompson, Dallas	46.22

Junior Boys — Intermediate Division**Individuals**

1. Joe Bily, Houston	51.50
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2. Kirk Baker, Dallas	45.72
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Junior Boys — High Division**Individuals**

1. Jimmie Marek, Houston	51.39
2. Jason Amick, Dallas	50.69

Men — Low Division**Individuals**

1. Frankie Chapman, Ennis	44.53
2. Steve Zhannel, Ennis	41.48
3. Clayton Wegscheider, Ennis	34.43

Men — Intermediate Division**Individuals**

1. Gary Johnson, Dallas	55.48
2. Robert Peshlakai, Dallas	54.41
3. Joey Ehrenberger, Dallas	53.84
4. Henry Marek, Houston	46.91
5. James Bartz, Houston	44.03

SPECIAL GYMNASTIC NUMBERS**Adult Division**

1. Dallas	254
2. Fort Worth	231
3. Ennis	230

Children

1. Fort Worth	248
2. Corpus Christi	235
3. Ennis	215

Volleyball Tournament

Junior Division	Sokol Ennis
Senior Division	Sokol Houston

SPOTTING

The purpose of the spotter is to assist the performer, help receive the weight and prevent a hazardous fall. The first two can be anticipated and included in the instruction, as the stunt will determine what assistance can be given and where the spotter should aid in receiving the weight. Saving the performer from a fall is more difficult as it cannot be anticipated.

In assisting, the spotter should take a firm hold on the performer and position himself in relation to the direction of the stunt, as he may need to move with the performer as he executes the stunt. The spotter must be careful to assist, but not to provide too much help which becomes a hindrance. The spotters should avoid "wrestling" the performer into position.

In stunts where the body is inverted, spotting is an important consideration. In the case of such stunts as the head and the hand stand, it is important to control the movement of the individual so he returns to the floor in the same direction from which he got into position for the stunt.

Receiving the weight of the performer is needed infrequently in our Sokol program. This is used in activities where the performer goes through the air in some kind of jumping or vaulting stunt, some assistance being given to help cushion his return to the floor. In the case of a cautious person, this type of help will enable him to do the stunt and get the "feel" of it. Later, as he becomes more sure of himself, he will dispense with the help.

Safety is a foremost consideration in the stunts and tumbling program. Each stunt should be analyzed from a safety aspect and a trained spotter

should be assigned routinely. It is important that spotters know both the stunt and the spotting techniques.

A. H.



Central District Physical Fitness Day (Slet) held June 13th at Riverside-Brookfield High School was an exciting climax for the Sokol Slavsky track team. For the annual Track Relay event, with Sokol Slavsky and Sokol Stickney both having won the traveling trophy for 2 years, either team had good chance of winning it for the 3rd time, thereby winning permanent possession.

Neck and neck all the way, Sokol Slavsky with Marty Kral as anchorman forged ahead to win the event. Pictured above, left to right, Marty Kral, James Kusper, Rick Thomson and Ron Lutta.

Blanche Woztratzky

AMERICAN SOKOL

99

Educational pamphlets, postage	15.32
Sokol Manuals	275.00
Miscellaneous	3.00

Window decals, Sokol Manuals, postage ..	10.96
Total Income	\$1,585.91

Total Income	\$ 2,209.82
Transfer of funds from Savings to Checking Account	6,000.00
	\$ 8,209.82

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 434.88
F.I.C.A. & F.W.T. for June	115.34
Illinois Withholding Tax — 2nd qtr. 1971	48.03
Rental, janitor service, phone, electric	334.03
Office supplies	13.27
Postage	5.09
Travel expense	100.00
	\$ 1,050.64

Educational Department BOI	
Salaries	\$ 222.04
F.I.C.A. & F.W.T. for June	36.80
Illinois Withholding Tax — 2nd qtr. 1971	12.48
Editor "Sokol Gymnast"	25.00
Postage	5.60
	\$ 301.92

Sokol Publication	
Editor "American Sokol"	\$ 75.00
Postage "American Sokol"	2.98
	\$ 77.98

Miscellaneous	
Advance to Uniform Division, A.S.O.	\$6,000.00
Uniform Division — Salary and mis'c. exp.	33.43
Special appropriations — Central District, A.S.O.	2,850.00
	\$ 8,883.43

Total Disbursements	\$10,313.97
Balance brought forward: Western National Bank of Cicero, Checking Acct.	\$ 3,093.43
Income — July 1971 (incl. transfer of funds)	8,209.82
	\$11,303.25
Disbursements — July 1971	10,313.97
	\$ 989.28

**Financial Report A.S.O.
August 1971**

INCOME:

Dues	\$1,370.75
T. J. Masaryk dues	14.00
American Sokol publication — subscriptions and advertising	183.00
Resale of jewelry	7.20

DISBURSEMENTS:

Administrative Department	
Salaries	\$348.85
F.I.C.A. & F.W.T. for July	108.74
Rental, janitor service, phone	288.74
Postage	12.23
Travel expense	106.00
Miscellaneous	2.34
	\$ 866.90

Educational Department BOI	
Salaries	\$222.04
F.I.C.A. & F.W.T. for July	36.80
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	28.00
Postage32
	\$ 312.16

Sokol Publication	
Editor "American Sokol" ..	\$ 75.00
Postage "American Sokol"	51.04
Printing "American Sokol"	533.28
	\$ 659.32

Miscellaneous	
Refund and postage for Uniform Division	\$ 5.88
	\$ 5.88

Total Disbursements	\$1,844.26
Balance brought forward: Western National Bank of Cicero —	\$ 989.28
Checking Acct.	1,585.91
Income — August 1971	\$2,575.19
Disbursements — August 1971	1,844.26
	\$ 730.93

Future Sokol Leaders Fund

Frank J. and Antoinette Pelich	\$ 8.00
Louis Majovsky, in memory of daughter, Lydie R. E. Jones	10.00
Frank J. and Antoinette Pelich, in memory of Vlasta Mrizek	10.00
Charles and Libbie Schamanek	100.00
Hermie C. Rabstajnek	5.00
	\$133.00
Hoynes Savings & Loan Assn.—Dividend	143.75
Clyde Savings & Loan Assn.—Dividend	215.61
	\$492.36

Donations are tax exempt.

Sokol Detroit

The N.E. District Slet held in Cleveland on June 27th was very successful and held under almost perfect weather conditions. Everyone enjoyed the trip.

* * *

On Sunday, July 4, 23 Jr. girls, 9 Jr. boys, 6

women and 7 men, drilled at the Toronto Slet at Masaryktown. Our group stayed at the Westbury Hotel having excellent accommodations. Everyone had an excellent time.

In the competitions on Saturday, July 3, one of our Jr. Low Division teams placed 3rd, and our Director of Women, Mary Anne Kerr, placed 3rd in the Women's Intermediate Division.

The Annual Summer Exhibition was held under perfect weather conditions. Over 900 paid admissions. The program went as scheduled except Toronto did not show for their special number. Bro. Bob Jirousek represented the N.E. District on the speaker's stand. Cleveland was represented by 24 little girls, 14 little boys, 13 Jr. boys, 32 Jr. girls, 19 women and 17 men.

As usual the Kindergarten class drew a lot of applause and another fun part of the Exhibition was the obstacle race between the Jr. boys and girls from Detroit and Cleveland Tyrs, Nova Vlast and Cech Havlicek. Sokol Detroit won the traveling trophy in a very close finish with Tyrs, last year's winners.

Gymnasts selected to go to Boonton, N. J. Beginners Gymnastic Course so far are: Laura Sassen, Mary Vaclavek, Janette Belavek, Terri Stepka, Ricky Kalivoda and Joseph Melnik.

Charles Bares

Sokol Baltimore

Believe it or not the Sokol Baltimore newsletter, TOPIX, has now reached its 10th birthday. This is the publication that almost wasn't. Y'know, the same ones who oppose any change, those who say what was good enough for our forefathers should be good enough for us. They are the ones who said, "It would be too expensive" and "It would be of no value". Their words always have a familiar ring. With the thoughts of a new Sokol building, their tune is, "It will cost too much money" and "Who is going to raise the necessary funds?" Of course, we cannot raise the money if we just sit back and await for it to roll in. Each of us must be active in some way in fund-raising efforts; working on committees, asking friends, relatives, neighbors, etc. to help us in our cause. We must work to at least double our membership within the next twelve months. Above all, we must stop using the words, "It cannot be done." Instead say, "IT WILL BE DONE."

Edward Stetka

Builders' Leader Receives High Czech Award

Sun., Aug. 8—Wilber, Nebraska, is a small village amid the rolling cornfields of the midwest. It is the acknowledged center of Bohemian activity in the free world.

For ten years the people of Wilber, and tens of thousands of others of Czech extraction have combined their love of America with the pride of their heritage. This year more than 50,000 Czech-Americans gathered for the annual two-day mid-summer festival commemorating their former homeland and paying tribute to the United States.

Three times in the past ten years the Bohemian congregation has singled out among Czech descendants of all nations an individual "whose eminence in his field of constructive endeavor has reflected credit and honor upon his Czech heritage". John Anton Stastny of Chicago, President of the National Association of Home Builders, was selected for the coveted King Charles Award.

Quoting from the inscription on the award: "... King Charles is best remembered by the Czech people as a builder. He caused to be built vast portions of the city of Prague, helping to make it the center of Western Civilization in that era (14th Century)." This beloved king built cathedrals and castles, the Charles Bridge in Prague, and the first university in Central Europe.

During his acceptance remarks, Mr. Stastny, an exemplary builder in his own right, made note of the 54,000 members of the housing industry he represents and took pride in the contribution his organization has made in housing this land and in helping to maintain their freedom to buy or rent a home according to individual desire.

The King Charles Award was presented to Mr. Stastny by Joseph Horacek, President of the Nebraska Czechs of Wilber. Joining in the occasion was Nebraska Governor J. J. Exon and Wilber Mayor Glen Zajicek.

The only two previous winners of the Czech award are Astronaut Eugene Cernan and Senator Roman Hruska of Nebraska.

The entire proceedings of the presentation and the entertainment which followed were recorded by Radio Free Europe for broadcast behind the Iron Curtain. (Housing News Service)

Vzdělávací a výchovná činnost Sokola musí se přizpůsobit novým poměrům. Přesné a svědomité konání sokolských povinností, podle programu. Příklad! Mluvení již nestačí. Neříkám tím, že se nemá přednášet, kázat, agitovat — ale příklad je účinnější. Slovo a čin. — T. G. Masaryk.

Z Los Angeles, Cal.

Město Los Angeles otevřelo velké místo Convention and Exhibition Center, krásné, skutečně reprezentační místo. Národnostní skupiny v Los Angeles na oslavu tohoto otevření pořádaly jednotlivá vystoupení i výstavky národního umění v jednotlivých sálech.

Československo — svobodné a neporobené, tak jak jednou zase bude — zastupoval Sokol Los Angeles pěkným programem, pásmem tanců a zpěvů v národních krojích, který sestavil br. Dusil. Tance nacvičila Ivanka Gottvaldová a to velice pěkně. Bylo to mládí, které zde se representovalo svobodnou kdysi zem. Vkusná výstavka českého skla, obrazů a krojů byla representována ses. Nekudovou a Cymbálovou.

Na americky svátek Labor Day uspořádal Sokol Los Angeles na 4 dny sokolský camp v lesní rezervaci v Clovis, kousek na sever od Fresno. Potom se Sokol pustí do práce národní, kulturní a tělocvičné plnou parou.

Příštím rokem bude slet ve Vídni a starosta Salák již nyní se plně zapojil do organizace zájezdu na slet svobodného sokolstva. Není to maličkost a

není to jen výlet, je to krásná národní povinnost. Budeme mít "své" letadlo a starosta doufá, že jej zaplníme sami. V. K.

Slet Severovýchodní župy.

Letošní výroční slet sokolské župy Severovýchodní v neděli 27. června na Odd Fellows farmě vynahradil všechno, oč náročné diváky loni připravil příšerný nečas, kdy tak dlouho a vytrvale přšelo že nemohli nastoupit ani domácí cvičenci. Snad měl ten loňský nikým nezaviněný, neúspěch společného sletu celé Americké obce sokolské (v Clevelandu se konal sjezd ASO) tak trochu i příznivý vliv na letošní župní slet, připravený s tak velkou pečlivostí. Nedělní návštěva byla velmi dobrá; jen jsme tam měli vidět větší počet našich nejnovějších krajanů. Na letošním župním sletu vystoupilo 450 cvičenců z Clevelandu a Detroitu.

Po malebném nástupu všech složek přesně ve 2 hodiny odpoledne, hymnách a slibu americké vlajce, srdečně přivítal přítomné br. župní starosta Emil Pekar a záhy předal řízení sletu župnímu náčelníku br. Edwinu Jirouškovi a žup. náčelnici ses. Jeanette Wagner.

Dlouholeté župní náčelnici sestře Agnes Hantl (Sokol Tyrš) bylo uděleno mimořádné vyznamenání za její neocenitelné služby clevelandskému sokolstvu. Plaketu jí předal jménem Severovýchodní župy její starosta br. E. Pekar.

V závěru před vzdáním pocty vlajkám a odchodem cvičenců poděkoval br. Jiroušek všem cvičitelům za obětavou práci a námahu, věnovanou sletové přípravě. K nástupům i při cvičích na nářadí hrála hudba Sokola Tyrš.

Po úspěšném sletu, kterému letos přálo i počasí, se rozproudila čilá zábava v pavilonu i kolem na stinném prostranství. O zdar sletu se zasloužili i nejmenovaní bratři a sestry, pilně pracující v kuchyni a za výcepem, aby se návštěvníci měli dobře a nic nescházelo, i všichni ti, kdo ve všech clevelandských jednotách letošní župní slet dlouho připravovali.

Děkujeme všem dohromady a každému zvlášť!

Veřejné cvičení Sokola Detroit.

Zahájeno bylo přesně ve 2 hod. odpo. v neděli dne 11. července na Sokolském tábořišti za překrásného počasí a velké návštěvy.

Začátek v překrásném defile velkého počtu cvičících, kteří pochodovali pod prapory americkým, československým a kanadským, zaujalo pozornost všech přítomných.

Pořadí vystupů od hravého předvedení kaňat až po finale posledního čísla vystoupení všech cvičících, sklídili všichni zasloužený potlesk.

Pořady vystoupení bylo celkem deset. Všechna se děla v duchu sokolské kázně, krásný pohled byl na ty nejmenší a dorost v závodech, i ve vážném odezdání cen vítězům. Všichni byli odměněni bohatým potleskem a nutno pochválit i krásný hudební doprovod, při cvičení sokolských a národních písních.

Cleveland oplatil sestřím a bratrům z Detroitu jejich účast na sletu župy v Clevelandu a vypravil dva busy na veřejné cvičení. Detroitská jednota má jednu z těch nejpěknějších farem v Americe.

Pobyt v táboře u Sandy Bottom Lake je požitkem pro každého. V Detroit se konaly velké závody, kterých se zúčastnilo 118 cvičenců sokolské župy Severovýchodní.

Je vidět jak myšlenka sokolská má své pokračování. A proto naše veřejná cvičení má pro nás národní význam, jako sokolský svátek. Máme jej všichni rádi a musíme říci, že vlastně dnes náš Sokol Detroit jest jediný, který nás svádí dohromady, i přespolní co přišli z dalekého Michigan, Ohio a Kanady.

Nebýt Sokola a nezištné práce v něm, naší druhé generace mužů a žen a jejich dětí ve cvičení, my byli bychom zde odumírající větví českého národa.

Charles Z. Šerpán.

Tak náhle a nečekaně odešel věrný bratr naši clevelandské sokolské rodiny. Byl nerozlučnou spolkou našeho sokolského života.

V pondělí 19. července 1971 jsme doprovodili jeho tělesné pozůstatky k věčnému odpočinku. Projevy, jež zhodnotily jeho práci v Sokole, jsou vzpomínky na příkladného bratra, který tak mnohým může být vzorem.

Bratr Karel Šerpán se narodil v Omaze, Nebr., v těsné blízkosti Sokola Omaha. Ztrávil dětství v sokolovně. Jeho bratr Stanislav Šerpán, byl známým sokolským písmákem, milovníkem knih, a čestným konsulem ČSR v Omaze, jeho sestra Marie Ptáková, byla po dlouhá léta starostkou Sokolie Omaha.

Po jeho přestěhování do Clevelandu stal se členem Sokola Cleveland. V této jednotě zastával snad všechny funkce: starosty, náčelníka, jednatele atd.

Sokol byl bratru Šerpánovi náplní života. Vyrostl v Sokole a zůstal mu též věrný až do odchodu z tohoto světa. Nikdy neodmítl, když byl požádán a kdy se jednalo o prospěch Sokola.

Jak měl rád českou řeč dokázal také tím, že se stal členem pěveckého sboru Vojan, kde byl v posledních letech jeho předsedou. Kromě zpěvu byla to dramatika, kterou miloval. Vystupoval rád v českých hrách ve Vojanu i mnohokrát ve Věelce. Když byl v jednotě Sokol Tyrš vytvořen Theatrical Guild a pěvecký sbor, byl jedním z prvních členů.

Jeho vdově, naší sestře Martě Šerpánové, a celé ryze sokolské rodině, jménem všeho Sokolstva vyslovujeme naši hlubokou soustrast a slibujeme, že uchováme věčnou paměť, že bude nadále žít ve vzpomínkách všech, kdo ho znali. K. Z.

Dopis českého emigranta.

Píši Vám v mužské záležitosti, ale doufám, že i některou sestru moje psaní zaujme.

Jsem zde v USA teprve krátkou dobu (emigrant z r. 1969), ale měl jsem již příležitost poznat sokolský ruch v jednotě v Los Angeles. Mimo to sleduji Váš časopis a nějak cítím povinnost sdělit s Vámi některé svoje názory.

Navazuji na článek br. Václava Ženiška v č. 5. ročníku 1971, nazvaný "O získání nových členů".

Plně souhlasím s jeho obsahem, ale mám jednu výhradu: Tvrzení, že "sokolská prostná jsou nejlepší, nejjednodušší a nejučinnější pro každého muže nebo ženu bez ohledu na věk, tělesnou schopnost a povolání", přestože je to v zásadě pravda, nevěří Vám žádný z těch pětáctiletých i star-

ších. Právě toto tvrzení převážnou většinu těch, kteří by snad přece jenom přišli, odradí. A řeknu Vám hned proč, vym to ze zkušenosti.

Muž ve věku 35 let a výše, povětšinou již otec rodiny, sice již značně zpohodlněl, ale má-li zdravou náturu, přírůstky sádla kolem pasu ho rmoutí. Rád by se dostal zase do formy. Mimo to si ještě zachoval jarou chlapeckou mysl a moc rád by se vydováděl.

A teď si představte, že to přece jen zkusí a přijde do cvičení, kde se nekoná nic jiného, než celoročně nácvič prostných na veřejné vystoupení. Jaká by to musila být protná, aby uspokojila dnešní tékavou náturu našich pětatřicátníků? Ruku na srdce, taková protná a takový cvičitel, který by to s nimi dokázal, neexistují! Náš mládenec, dal-li se vůbec zlákat, už se tedy podruhé v tělocvičně neobjeví a je pro nás definitivně ztracen. Půjde raději do YMCA, kde má veškerý komfort navíc. Chodí tam mnozí Sokolové, ba dokonce i funkcionáři.

Můžete se na ně zlobit, zatracovat je, říkat o nich, že jsou to povrchní povahy, které neoceňují morální přednosti našich společných prostných cvičení, ale faktem zůstane, že v tomto věkovém stupni máme tělocvičnu prázdnou jako dříve.

Já osobně mám protná velmi rád, vždyť jim děkuji za nezapomenutelné dojmy ze všech sletů od r. 1926, a dosud je cvičím s naší "Starou gardou". Mladí většinou o takových věcech nemají ani ponětí a proto na ně musíme jít trochu jinak.

Především vybrat přepečlivě cvičitele, který rozumí potřebám mladých otců rodin. Takový cvičitel musí mít na mysli stále skutečnost, že náš cvičenec bude spokojen jedině tehdy s cvičební hodinou, když její účinky pocítí okamžitě na vlastním těle, to znamená, když se během cvičení zdravě propotí, zažije pár napínavých okamžiků, uplatní svůj vtip a svoje hlasivky, a praští pak sebou v rozjařeném náladě, příjemně unaven, do postele.

Abyste mohli cvičitel se svými "děduly" dokázat, musí mít nejenom zkušenost, ale i přesný program připravený pro každou hodinu (nejlépe v rámci jednoho měsíce). Předpokladem pro dodržení programu je dostatečný počet vhodného náčiní a nářadí, které musí být uloženo tak, aby bylo co nejrychleji po ruce. Každý prostoj a bezradnost cvičitele zanechává u cvičenců nelibý dojem.

A teď k náplni cvičení.

Po nástupu a sokolském pozdravu provedeme důkladnou rozvečivku, aby prohrála celé tělo. Protože největší objem lidského těla tvoří okončetiny, hlavně nohy, věnujeme značnou část rozvečivky běhu (rušná část). Ale neběháme stereotypně jen kolem. Dáme si v cestu kladiny, švédské lavičky, švédské bedny, plné míče. Překážky přeskakujeme, podlézáme, obíháme, nosíme, přebíháme. Nebo zařadíme rychlou hru, ve které jsou všichni stále v pohybu. Zkrátka musíme mít při tom napětí a legraci.

Do rušné části vložíme cvičení s těžkými míči nebo švihadly. Proto musíme mít dostatečný počet např. těžkých míčů, aby mohly s nimi cvičit dvojice. A také hodně pešků, lano, hodné míčů pro odbíjenou nebo košíkovou. To vše nám umožní, aby cvičení bylo vydatné.

Jakmile tělo řádně prohřejeme, můžeme přistoupit k prostným, ale ne tak, aby nám cvičenci prochládlí. Ideálním cvičením pro muže i ženy jsou

cviky, opakované až do mírné únavy. Vybíráme vydatné pohyby přímivé, protahovací, napínací, uvolňovací. A k tomu nám hraje hudba! Nemáme-li klaviristu, nic nevádi. Od čeho je magnetofon s taneční hudbou? Ovšem zde musí být cvičitel teprve připraven! Improvisace není možná.

Nacvičujeme-li skladbu klasických prostných, zkrátme rušnou část, a nepřekročujeme dobu 20 minut. Jinak musíme počítat s úbytkem cvičenců. Namítnete: takové, kteří nevydrží, nepotřebujeme; nemají smysl pro celek a tedy nejsou správnými Sokoly. To je pravda, ale chceme získat cvičence, nebo nechceme?

Také vedoucí družstev pro hlavní část cvičební hodiny musí být dobře připraveni, aby již napřed věděli, jaké nářadí či jiný druh cvičení je pro tuto hodinu určen podle programu (osnov), a jaké cviky budou provádět. Proto je nezbytné, aby cvičenci byli do družstev přiděleni podle zdatnosti, aby jeden nezdržoval druhého. Zároveň vyhovme zájmu, a nenutme např. bývalé hráče odbíjené nebo lehké atlety, aby cvičili po celou dobu jen náročné prvky sportovní gymnastiky. Na nářadí mohou ovšem cvičit všichni, ale nenářad'ovci ocení spíše cviky švihové, posilovací atd. Všichni vychutnají pohyb při přeskokoch, různostech, změní síly ve šplhu či zápasu.

Na závěr vymyslíme žertovnou nebo napínavou hru, a to vždy pro celý oddíl, a pak přistoupíme ke zlatému hřebu cvičební hodiny, t. j. k posilování s činkami — jednoručkami (váha 2.5 lb. a více) a k míčové hře.

Posilování provádíme vždycky při taneční hudbě. Cviky opakujeme 10-20krát, a přehrajeme nejméně tři taneční skladby. Bude-li cvičitel dobře připraven a cviky budou bez přestávky na sebe navazovat, dosáhne tato část hodiny obzvláštní oblíbenosti, ať už si každý uvědomí, že po pravidelném cvičení je schopen zvyšovat váhu činek, a změní si přírůstky svalstva.

Nakonec jim ponechme volbu, zda si zahrají mírnou kopanou, nebo odbíjenou či košíkovou, a pokud možno hrajme s nimi.

* * *

Nevim, možná, že to v některých jednotách v USA takhle dělají. V tom případě hod'te moje povídání do koše. Myslím ale, že ve zdejším odborném časopise by mělo být neustále různými způsoby zdůrazňováno, že mládež a cvičence vůbec můžeme získat jen kvalitou cvičení, moderním pojetím, a neustálým přizpůsobováním se novým směrům, uznáme-li je za vhodné, jakož i sledováním psychologie našich cvičenců. Mějme stále na mysli Tyršovo varování: "Kde stanutí, tam smrt! Jen ruchem žijeme!"

Časopis "Sokol Gymnast" by měl nutně být rozšířen o pravidelné články pojednávající o metodice cvičení.

Já sám bych mohl napsat pár článků o využití času a vhodného náčiní a nářadí pro zvýšení efektivnosti cvičební hodiny. Rád bych se ale dříve seznámil s bratry a sestrami, kteří v tomto oboru již literárně pracují a mají znalosti o úrovni sokolské praxe v USA. Schází mi také literatura, a tu bych prosil o doporučení, které časopisy či knihy a jak si je vypůjčit.

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Slavnosti české Nebrasky.

České slavnosti v Nebrasce i letos splnily svůj podstatný úkol manifestovat za obrodu mateřské řeči, oživit tradici českých pionýrů a propagovat naši písničku, svéráz a tanec.

Festivally byly letos v Omaze, Lincoln, Fremont, Clarkson, Dwight, Table Rock a vrcholem byl už desátý festival ve Wilber.

Podle odhadu novin navštívilo na 30 tisíc krajanů a hostů toto srdce české Nebrasky. Také guvernér státu J. J. Exon a jeho paní, Češka rodem, a dceruška — všichni v národním svérázu se zúčastnili této slavnosti.

Rád Karla IV. byl letos udělen J. Šťastnému z Chicaga, který je presidentem National Assn. of Home Builders.

Královnou české Nebrasky pro rok 1971 v soutěži pěti našich královen byla zvolena Karen Pražanová z Omahy, talentovaná zpěvačka a baletka.

Zvláště však dvě významné atrakce festivalu ve Wilber se těšily pozornosti: tradiční program naší hudby a tance, řízený dr. Kučerou a B. Kláskem, a pak živé obrazy z českých dějin, připravované tradičně senátorem J. Vosobou a jeho paní. Naším cílem je ukázat krajanské i americké veřejnosti aspoň část bohatosti naší historie a folkloru.

A dnes si dovoluji dodat ještě toto: popisujeme barvitost našich programů, ale tak málo se píše o té jinak neviditelné práci stovek našich, zvláště děvčat a žen, které obětují čas a peníze během těch mnohaměsíčních příprav festivalů. Dík vám, naši tak obětaví spolupracovníci. —Kučera.

Pěkný večer.

(Opožděná zpráva.)

V sobotu 22. května 1971 uspořádal Slovenský Sokol "M. M. Hodža" slavnostní večer na počest sokolského kapelníka br. Karla Diviška. Večírek se konal ve Slovenské Sokolovně na Broadway v Astorii za velké účasti všech sokolských jednot.

Obřadníkem večera byl br. George Vavrička, který v dlouhém pásmu vzpomenu všech větších sokolských sletů a podniků, na kterých kapelník Karel Divíšek se svoji kapelou účinkoval. A věřte, že těch podniků za 50 roků bylo mnoho, velmi mnoho. Každý z nás má něco rád — nějakou lásku, které věnuje svůj volný čas. Největší láskou br. Diviška je muzika. Pro tu dýchá a žije. Nejen, že jí věnoval celý svůj volný čas za 50 roků, ale on ten čas velmi často nastavoval i nocemi. A není divu, když uvážíme, že br. Divíšek jako sokolský kapelník je znám daleko přes hranice newyorského státu. Hrál s jeho kapelou ve všech větších městech na sokolských sletech a národních slavnostech celé USA. Jeho jméno je známo ve všech sokolských jednotách a hluboko zapsáno do všech srdcí věrných Sokolů a Sokolek.

Večírek probíhal v bratrském sokolském ovzduší a krásné pohodě, a když později br. Divíšek zasedl k pianu a zahrál celou řadu slovenských, českých i anglických písní a naše mládež seskupena kolem něho zpívala, nálada všech se jenom zvýšila. Byl to zlatý hřeb večera. Ta muzika i zpěv přidala večírku na kráse.

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