

AMERICAN SOKOL

VOL. XCII — NO. 10

OCTOBER, 1971

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

WESTERN BOHEMIAN FRATERNAL ASSOCIATION Officers and Directors



Seated left to right—Hubert Smrcka; Filbert J. Vondracek; Vaclav Kalina; Lad V. Tesar; Charles H. Vyskocil, President; Dr. Henry Kucera; Robert Hoida; Edward J. Rozsypal.

Standing left to right—Jerry P. Drahovzal, Secretary; Philip J. Torticill, Treasurer; Senator Roman L. Hruska, Chairman; George J. Shultz; Elmer F. Karasek, Vice-President.

The XVII Convention of the Western Bohemian Fraternal Association was held August 29-September 2, 1971, in Cleveland, Ohio, at the Sheraton-Cleveland Hotel. A total of 325 delegates participated. Edward J. Rozsypal was elected Chairman.

The changes brought about, after careful consideration by the Convention delegates, are the amendment to the articles of incorporation—the name change and the method of election of officers. The new name now is the WESTERN FRATERNAL LIFE ASSOCIATION. The Czech
(Continued on page 108)

AMERICAN SOKOL

436

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AMERICAN SOKOL ORGANIZATION

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EDITOR

George Herink

1823 Scoville Ave. Berwyn, Ill. 60402

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OFFICE OF THE EXECUTIVE BOARD ASO.

June Pros, Secretary

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

Calendar of Events

- 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. 7th—SOKOL BALTIMORE, MARYLAND.
Bazaar — music. (Noon to 6:00 P.M.)
- 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. 14th—SOKOL TABOR, BERWYN, ILL.
Bohemian-American Concertina Club — Dinners
from 1:30 P.M.
- NOV. 20th—SOKOL OMAHA, NEBRASKA.
Mens' Lodge Chicken Dinner, 6 P.M. — Eddie
Janak's Band. — Reserve tickets.
- DEC. 4th—SOKOL STICKNEY, ILLINOIS.
Spaghetti Dinner.
- 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.

DEC. 31st—SOKOL BERWYN, ILLINOIS.
New Year's Eve Celebration.

DEC. 31st—SOKOL STICKNEY, ILLINOIS.
New Year's Eve Celebration — By reservation.

FEB. 5th—SOKOL BALTIMORE, MARYLAND.
100th Annual Sibřinky.

FEB. 13th—SOKOL MILWAUKEE, WISCONSIN.
Jaternice and Pork Dinner — International In-
stitute.

FEB. 19th—SOKOL BERWYN, ILLINOIS.
Dinner-Dance — 6 P.M.

MAR. 11th—SOKOL BALTIMORE, MARYLAND.
Dozvuky.

Special Program of Czechoslovakian Heritage

On August 24th, Sokol Detroit presented a program at Wayne State University. This was in conjunction with the Detroit Arts Festival-Carnival of Nations. The purpose of the performance was to illustrate our Czechoslovakian heritage in all phases, not just gymnastics.

A chartered bus left the Sokol Center with 50 adults and children aboard who were to participate in the program. This was an outdoor affair. The weather was not very cooperative. Regardless of the slight rain and drizzle, the program proceeded as planned.

Sis. Jarmila Zboril was the narrator. The program consisted of the following: The Czech Choral group, under the direction of Lada Kopecky, sang a medley of Czech numbers. Lillian Jaroh was the piano accompanist. — Our Jr. girls performed a routine with 6' long satin ribbons. — Three female gymnasts, representing each class, performed on the High-low bars. — Three male gymnasts, also representing each class, performed on the parallel bars. — A fashion show of costumes worn in the various region of Czechoslovakia were modeled by 5 girls. — Last, but not least, (as it rained the hardest) 8 people performed the Czech folk dance, the Beseda.

There were many, many individuals who made this program possible and gave of their time to represent the Czechoslovakian people at Wayne State. — Mary Vestula and Kate Van Cura who procured all the Czech costumes, and having them them in readiness for the performers. — Joseph Stastny, transporting the apparatus. — James and Jerry Kalivoda, who basically organized the program — and countless others. It is people like these who hold their Czech heritage close to their hearts, keeping it alive for all to be proud.

Dorothy Mily, Sokol Detroit

"I have just about reached the end of my tolerance for the way our society at the present time seems to have sympathetic concern only for the misfit, the pervert, the drug addict, the drifter, the ne'er-do-well, the maladjusted, the chronic criminal, the under-achievers." — Miller Upton, President, Beloit College.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCII.

October — 1971 — Říjen

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RUTH VRZALIK HAS A BETTER IDEA FOR KEEPING TRIM — GYMNASTICS

In a casual discussion of physical fitness, the conversation usually moves to other topics after the relative merits of exercising, dieting and consuming health foods have been covered. To most people these are the vehicles to produce trim figures and good muscle tone. But, Ruth Vrzalik of Blue Shield, like Ford, "has a better idea." Ruth is a gymnastics instructor.

It's only fair to point out that gymnastics isn't a talent Ruth recently discovered. Being born into a Czechoslovakian family automatically insured her entrance into a Sokol where she received her athletic training.

Sokol, which means falcon in English, is a Czechoslovakian organization dedicated to the physical, mental and cultural advancement of its members. Here, families send their children to gym classes in order to guarantee their fitness. The idea of Sokol is over 100 years old; it was conceived by Dr. Miroslav Tyrs in Prague in 1862 and 10 years later the first Sokol was founded in Baltimore.

One basic tenet of the Sokol is that only physically fit, mentally alert and culturally well developed citizens can form a healthy, strong nation. Supporters of the Sokol also believe that the fitness of a nation cannot be measured by the maximum performances of a few individuals with exceptional talents, but by the level of fitness of all the citizens, be they talented or untalented, young or old. Emphasis is placed on early training as the Sokol begins teaching children at the age of six.

Although qualified, Ruth did not begin practicing when she was six; she decided to wait a few years, two to be exact. "I'm always a late starter," she said, "but once I joined, it developed into a habit, and I've been going for 13 years now."

During the first four years Ruth learned exercises and the proper positions on the various pieces of equipment. At the age of 12 she had advanced her technique to the point when she entered local competitions, and at 16 she attended an instructors course qualifying her to work with the younger girls.

It is these young girls that benefit most from Ruth's Wednesday night classes. Upon arriving at the Sokol gymnasium, she begins the night session with a regular 15-minute exercise period. Then the girls divide into age groups (6—9 and 10—12) and work on the standard apparatus used in gymnastics.

This equipment would be familiar to anyone who has visited a gymnasium. It consists of mats used for tumbling, overhead rings, a horse, a ba-

lance beam and uneven parallel bars. "The balance beam is one of the easiest to master. You are not as limited in routines as you are, say, on the horse," Ruth declared, "but the parallel bars are the hardest to learn and teach." She explained that fear of falling hinders most girls from tackling the bars, but once this is overcome, the bars are regarded as favorites.

"Really," Ruth continued, "gymnastics isn't all that difficult. You're working with your whole body and conditioning all your muscles, but it's not a test of speed or endurance." As the girls become more at home with the equipment, they learn various routines and moves, depending on their ability and skill. "I'd say the three most important things to remember in gymnastics are to keep your head erect, your toes pointed and your body arched; these are the elements that command your concentration in doing stunts and moves on the apparatus," Ruth said. She added, "In tournaments these are what the judges look for and what either gains points or loses them."

Ruth should know about tournaments and exhibitions because she has participated in many of them. On the local scene she has several ribbons to her credit. She has traveled to Sokol meets in New York, Chicago, Texas, New Jersey, Washington D. C. and, most recently, Canada.

The Canadian tournament was held over the 4th of July weekend in Toronto and was typical of a Sokol tournament. Ruth, accompanied by five other area gymnasts, competed Saturday on the bars and balance beam. Sunday was exhibition day with gymnasts drawn from various states displaying their skills. "If you ever watched a Sokol exhibition, you would notice that there's a lot of marching. This is an important part of our training," Ruth said, "and it is one of the first things you learn."

Even though this Blue Shielder enjoys participating in tournaments, Ruth prefers her role as an instructor. As she modestly states, "I don't consider myself that good a performer. It's easier for me to observe someone on the equipment and tell her what she's doing wrong and how to correct it."

And Ruth must be a good instructor because she has been asked by a representative of the Y.W.C.A. to conduct a gymnastics class for its members. "But," Ruth noted, "this is still in the planning stage."

Whether or not she continues teaching, Ruth will be working with the companies where she has

been for the last three years. At present she is an approver in Blue Shield and gymnastics is a hobby — a hobby that affords her good health and a neat trim figure. She invites anyone interested to visit the Sokol center and try their hand at gymnastics. You may agree with Ruth Vrzalik, that it is a better and easier way of keeping fit.

Planette — Maryland Blue Cross & Blue Shield

Holiday Folk Fair

The Holiday Folk Fair, now in its 28th year, will again be held in the Milwaukee Arena and Auditorium—November 19-20-21st. It all started with the co-operation of the ethnic groups and the International Institute in the Milwaukee area. The small beginning was initiated in the auditorium of the local electric company, and then to the Milwaukee Auditorium, and finally spreading out into the Milwaukee Arena, adjacent to the Auditorium.

The Fair is now co-sponsored by the International Institute, 45 ethnic groups, and the Pabst Brewery. Our Bro. Henry Zelenka and Sis. Vlasta Vojta were amongst the first chairmen of this Fair. The show now attracts about 60,000 people from the mid-west during this 3-day period.

The highlight of this year's Fair is the Folk Spectacle "Land of Tivoli". Other features: Young People's Matinee—Old World Beer Gardens—Sidewalk Cafes; hundreds of food selections from more than 30 countries—Exhibits; ancient customs and traditions vividly portrayed.

Sokol Milwaukee, in conjunction with all the other Czech organizations in the area has participated in every Fair with a dance group, gymnastics, Czech exhibits, food and sales booths. The Sokol is in midst of preparations for this year's event.

Fred C. Stankovsky, Sokol Milwaukee

Western Bohemian Fraternal Association

(Continued from front page)

name remains—ZÁPADNÍ ČESKO-BRATR-SKÁ JEDNOTA.

The election of Charles H. Vyskocil, as President for the next four-year term upholds an unbroken tradition at W.F.L.A.—all presidents, past and present, were born in Czechoslovakia.

Seven Directors were elected by the Convention, and they will elect the Chairman of the Board, Vice-President, Secretary, and Treasurer.

Noteworthy are the contributions and support of the W.F.L.A. of our cultural traditions, and the American Sokol Organization as one such recipient expresses its deep gratitude for this understanding. Congratulations on a most successful Convention.

Betty Prener

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

(Act of October 23, 1962; Section 4369, Title 39, United States Code)

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- Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.) Stanley Barcal, President, 2437 S. Harvey Avenue, Berwyn, Ill. Betty Prener, 1st Vice-Pres., 444 Oxford Lane, Crystal Lake, Ill. Rudolph Svoboda, 2nd Vice-Pres., 2343 S. 14th Ave., No. Riverside, Ill. June Pros, Secretary, 1606 East Ave., Berwyn, Ill. Agnes Sotka, Financial Sec., 1516 Cuyler Ave., Berwyn, Ill. George Basta, Treasurer, 2629 S. Maple Ave., Brookfield, Ill.
- Known bondholders, mortgagees, and other security holders, owning or holding 1 percent or more of total amount of bonds, mortgages or other securities. None.
- For optional completion by publishers mailing at the regular rates (Section 132.121, Postal Service Manual). 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 4359 of this title shall mail such matter at the rates provided under this subsection unless he files annually with the Postal Service a written request for permission to mail matter at such rates." In accordance with the provisions of this statute, I hereby request permission to mail the publication named in item 1 at the reduced postage rates presently authorized by 39 U.S.C. 3626. George Herink, Editor
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I certify that the statements made by me above are correct and complete.

GEORGE HERINK, Editor

(Signature of editor, publisher, business manager, or owner)

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

Held September 28, 1971

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

Correspondence: From Sokol Detroit regarding re-ordering two Unit flags, order will be placed. Greetings from the Eastern District Course. Letter from Bro. Andrew Venglarchik, Jr., Pres. Sokol

USA, regarding our request for their future plans, we will be so informed. Invitation requesting our attendance at reception with the members of the foreign language press and community leaders of various nationality backgrounds, September 22nd. Bro. Barcal attended and stated about 300 people attended, the idea was to work closer with our State Government. Invitation received from the Chicago Public Library to participate in their Centennial, this will be brought to the attention of the Central District. Invitation from the City of Chicago to participate in the parade Oct. 9th re: the Chicago Fire Centennial, this will be brought to the attention of the Central District. Letter from Mr. Knoepfli stating the Sokol Hall in Prague, Oklahoma, was condemned by the city fathers and if possible he would like to purchase the tin roof, a copy of this letter will be sent to the presidents of Sokol Prague and the Southern District. Invitation received from Sokol and Sokolice Havlicek-Tyrs re: their 60th Anniversary Dinner-Dance. Bro. Barcal will be one of the speakers. Invitation from the Sokol Orel to attend a banquet honoring Bro. Frank Sluka in New York. Bro. and Sis. Zraly will be asked to represent ASO. Letter received from Sis. Janakis, Sokolice Little Ferry, requesting information on the women's new Dress Parade Uniform, said information will be sent.

Board of Instructors: Bro. Linhart reported on meeting held September 15th. Received 1971-72 Calisthenics and Apparatus from Bro. Walko. Bro. Walko will present to the Executive Board of Sokol USA their BOI recommendation to support our 1973 Slet and hold their Slet in 1975. Received competition results from Sokol Toronto. The Southern District requests special number competitions. Bro. Kalas stated the Gymnastic Skills Program will be mailed shortly. Bro. Lebloch reported on the Dress Parade Uniform emblem. Bro. Ptacek reported on the Sokol Rules Committee meetings. The Merit Award Committee will meet October 20th. Bro. Linhart stated a Sokol Song Book is needed, asked Bro. Smunt to help work on this project, approved. Recommend Bro. Milan be reimbursed \$152.16 expenses for the U.S. Olympic Committee meeting attended, approved. The BOI recommends Bro. Linhart be reimbursed travel expenses and per diem to the Toronto Slet, approved. Bro. Linhart submitted Bro. Jerry Michalek, Sr. as a member of the BOI, approved. Participated in the Central District Slet and competitions. Participated in the Sokol Toronto Slet. Assisted with the Central District vaulting number. Met with Sis. Provaznik, Bro. Jan Waldauf and Bro. and Sis. Walko. Discussed details of Vienna Slet and future programs. Was Head Instructor at the Southern District Course in Ennis, July 11th thru 24th. Additional instructors were Sis. Norma Zabka and Bro. Jerry Milan. 70 students were registered; 36 Central District, 4 Eastern District, 30 Southern District. Attended Southern District Executive Board meeting. Met with Bro. Cyril Pokladnik, conductor of the Dallas Czech Concert Orchestra, who agreed to tape calisthenic music providing we can supply the orchestrations. Submit a bill of \$7.59 for mailing of the Sokol Gymnast.

Sis. Schnabl reported a considerable amount of correspondence with the six Districts Directors. Re-

quest the office answer the letter inquiring about our Gymnast, bibliographic and subscription information, received from the Wisconsin State University, agreed. Worked with Sis. Pistorius on the Gymnastic Skills Program, which has been mailed. Submit bill of \$32.28, approved. Sis. Kourim mailed out Annual Report forms and requested up-to-date statistics from those lacking same, bill of \$8.16 for mailing, approved. Attended the Central District Women's BOI meeting, Sept. 7th. Held first ASO-BOI meeting Sept. 10th. Submit the following for approval as members of the Women's BOI: Sis. Mildred Prchal, Anne Halik, Marie Ptacek, Lorraine Zdenek — Secretary, Jackie Kourim — Statistician, Sylvia Pistorius — Girls Gymnastic Skills Program and the new Central District Women's Director Helen Tuma, approved. Attended one Tour meeting and two Tournament Rules meetings, likewise the Men's BOI meeting. The Women's BOI recommends Sis. Krimmel be paid for work put into the construction of the master patterns for the Women's Dress Parade Uniform, approved. Read the full report by Sis. Krimmel regarding the making of the Dress Uniform and Hat. Also displayed the patterns. The copying of the master pattern was agreed upon. The dress pattern will sell for \$4.00 and the hat pattern for \$2.00.

Editor: Bro. Herink reminded the Executive Board their autobiographies are needed, also pictures. As to further advertising in the publication, Bro. Herink and Sis. Sotka will check with the post office to see if this is advisable. All ads must have Executive Board approval.

Public Relations: Sis. Basta stated articles were placed in the suburban newspapers regarding the Texas Tour. The Folk Fair will be held October 30 and 31st at Navy Pier. The Central District will be notified.

Membership: Bro. Svoboda stated his committee met. A National Membership Drive will be started. Each Unit will be contacted. Awards to be presented at our next Slet Banquet. Posters will be designed to include pamphlet pocket to be distributed to each Unit.

Financial Secretary: Sis. Sotka reported, financial reports prepared for June, July and August. Federal taxes deposited. Books audited July 26th. Received check for all past due obligations from Bro. Keith, Financial Secretary of Sokol San Francisco. Bro. Rabstojnek, member of Sokol T. G. Masaryk, sends greetings, and hopes to increase their membership by asking members of the dissolved Sokol Scio to join. Sent requested material to Bro. Holasek, West, Texas, where there is a possibility of forming a new Unit. Received statement from Berwyn Post Office, \$49.17 bal. in account. Post office regulation states we must have a balance at all times. Mailing address list changes sent to 29 Units. Quarterly report forms sent to all Units. Sokol USA bill for 100 Sokol Manuals still outstanding, 50 copies sold to Southern District Course, approved to pay bill. Sis. Zdenek donated vacuum cleaner. Advance made to Uniform Division.

Treasurer: Bro. Basta stated he is in agreement with Financial Secretary's report. Displayed a financial statement chart up to June 30, 1971.

Uniform Division: Sis. Pros requested someone

to replace her as Manager of the Uniform Division, request granted, Bro. Barcal and Sis. Prener thanked her for all the work done to establish this department. Sis. Prener reported on the Uniform Division as of now, bills outstanding, receipts due and correspondence with manufacturers and customers. Sis. Prener and Sis. Basta will work in this department, each to come in one day per week. Sis. Pros and Sotka will help also.

Sis. Prener reported on the Western Bohemian Fraternal Convention. Spoke as the representative of the ASO and was well received. Their convention again donated to the Future Sokol Leaders Fund the amount of \$6,000.00 prorated over 4 years, for which we are very thankful.

Tour: The Texas Tour is filled. Sis. Falta will represent the ASO at the Sokol Units visited.

Vienna Slet: As of last meeting we discovered we could not obtain tickets to the Olympic Games, therefore the Tour Committee recommends a tour to Vienna for their Slet, visiting various countries also. Air lines have been contacted, Bro. Rabas has sent inquiries to Europe regarding money exchange and side trips. Motion made, seconded, and carried, to conduct tour to Vienna Slet with work done through the Weber Travel Agency.

Secretary: Sis. Pros reported all correspondence answered. Thanked Sis. Sotka for her help. Worked with Bro. Rabas on Texas Tour.

President: Bro. Barcal met with various Sokol members regarding the Vienna Slet while in Toronto. Attended the two Tour Committee meetings. Corresponded with Bro. Venglarchik regarding working with Sokol USA.

DISTRICT REPORTS

CENTRAL DISTRICT

September 29, 1971

Pres. Bro. Joseph Drnec presided with 26 members present. Bro. Drnec introduced the new delegates: Sis. Irene Ruzicka from Sokol Town of Lake and Sis. Anne Glaser from Sokol Čechie.

Correspondence—From Sokol St. Louis, entering its bid for 1972 Central District Slet, June 16-18th. A motion was made and approved the Slet be held in St. Louis on those dates. — An invitation to Sokol Havlicek-Tyrs Dinner-dance, November 6th. Pres. and Sis. Drnec will represent the District. — Invitation to 15th Czechoslovak Day and Freedom Rally. — Announcement by the Chicago area Czech and Slovak societies to commemorate the 53rd anniversary of the founding of the Czechoslovak republic, Oct. 24th. A motion was made to purchase an ad in the program book, accepted. — Announcement that Chicago will mark the Centennial of the Chicago fire, Oct. 8-10th. All ethnic groups are invited to participate. It was moved the Central District take part. Sis. Pros will contact Unit Directors.

District Directors—Sis. Helen Tuma, newly elected Women's Director, was introduced. — Bro. Lebloch, Men's Director, reviewed a busy summer. Reporting the District was warmly greeted at Toronto. Also, suggested a social event for the participants, possibly with slides and movies. The idea was favored. A date will be decided upon later.

Sis. Pros reported on the tours. She was commended for her efforts. — The District will par-

ticipate in Chicago's Folk Lore event, Oct. 30-31st. Committee named: Sis. Pros, and Bros. Lebloch, Pirka, Janecka. — It was moved the District stage a bus tour to the Milwaukee Folk Fair, Nov. 20th or 21st. — Sokol Milwaukee will hold its annual Recognition Dinner, Oct. 16th. A District officer will be selected as its representative to the dinner. — Bro. Drnec praised the Directors and all the others for an outstanding District Slet last June.

* * *

NORTHEASTERN DISTRICT

August 25, 1971

Pres. Bro. Emil Pekar presiding. Present: E. Venc, E. Khol, M. Gruber, W. Kavan, B. Pekar, A. Horce, G. Jirousek, L. Voris, R. Gruber, E. Hoch, F. Kavan, B. Jirousek.

Respects paid to the late Bro. Charles Serpan. — Invitation to the Western Bohemian Fraternal Association banquet. Bro. and Sis. Pekar will represent the District at this affair.

UNIT REPORT

Sokol Cleveland-Cech-Havlicek—No meetings in summer. — Will hold breaded pork dinner, Oct. 17th. Reservations only.

Sokol Nova Vlast—Will hold basket picnic. — Some remodeling in the hall. Also, driveway topped.

Sokol Tyrs—No meeting since move in June. — Bro. Bert Box is the new Physical Director. — Picnic a success. — Planning "Get-Together" with Cleveland-Cech-Havlicek in near future. — Bro. Voris represented District in Toronto.

* * *

The Commemorative Parade was well attended; 65 cars with American and Czech flags in the motorcade. — Bro. Gruber prepared financial report from the District Slet. Profit was \$1,375.43 with 741 paid admissions. Bro. E. Hoch and Sis. E. Khol did a very fine job organizing the work crews. — Bro. Bob Jirousek reported upon the D.T.J. exhibition on July 4th. — Sis. Elsie Khol reported on the Cook Book project. The plates have been destroyed, will have to start anew. Sponsorship of the project was tabled. — 250 Club is ready to start.

Treasurer's report—Savings Account, \$4,954.61. Checking Account, \$165.89.

* * *

SOUTHERN DISTRICT

September 9, 1971

Pres. Bro. George Prevratil presiding. Present: Bros. Don Steinman, H. B. Smith, Larry Laznovsky, Jerry Milan, Sisters Marie Kane, Sylvia Laznovsky, Henrietta Milan, Vlasta Laznovsky.

Respect paid in memory of Sisters Dilfie Stransky of Sokol Zizka and Mainke of Sokol Corpus Christi.

Correspondence—Bro. Sindel of Sokol Houston stating unable to represent District at the SVPS Convention in Rosenberg. — Announcement of the III Slet in Vienna, June 30 thru July 3 in 1972. — ASO billing for educational material.

UNIT REPORT

Sokol Corpus Christi—Gained 2 regular members. — Held flea market and barbecue in August.

Sokol Zizka—August meeting, 44 members. — Held 3 dances. — Preparing for Czech Day at the

SOKOL GYMNAST

October 1971

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

AMERICAN SOKOLS TO VISIT VIENNA SOKOL SLET IN JUNE 1972

The American Sokol Organization will conduct a 21 day tour to Vienna in June 1972. We will be guests of the Sokols Abroad and participate in their Vienna Sokol Slet with apparatus tournament, social festivities, and a program of Slet Calisthenics. A chartered Pan American flight will leave Chicago on Thursday, June 29th, 1972, and arrive in Vienna late Thursday evening. Slet participation will include 2 days of activities on Saturday and Sunday. Following the Slet days,

the American Sokol Tour Committee will conduct tours throughout the surrounding various countries. Prices of tour and itinerary of trip will be issued shortly by our Tour Committee together with exact dates. Slet material, consisting of apparatus and calisthenic exercises, for Junior and Senior Classes, is now being mailed out to District Directors. These can be used for District competitions and Slets, and will be used in Vienna.

American Sokol B.O.I.

Northeastern Dist. Competitions for Little Girls and Boys 6-9

June 18, 1971, at Sokol Nova Vlast, Cleveland

GIRLS — Ages 5-6-7

1. Judy Backa—T	70.8
2. Kris Kolar—NV	67.0
3. Lisa Kotlarsk—T	65.4
4. Jaclyn Roth—T	63.6
5. Donna Smetana—NV	58.6
6. Chris Hudak—NV	56.8
7. Renee Bogater—CCH	56.7
8. Kimberly Wilson—CCH	54.9
9. Sandra Ignaut—CCH	50.7
10. Jean Brezina—CCH	47.3

GIRLS — Ages 8 & 9

1. Ann Marie Bogater—CCH	84.9
2. Marlene Patruk—T	83.5
3. Kathleen Wall—CCH	82.9
4. Diane Salak—T	81.0
5. Helen Cournayr—CCH	78.4
6. Anne Helmink—NV	76.3
7. Lisa Mirrisset—NV	74.9
8. Alissa Schremn—T	74.5
9. Mila Pliska—NV	72.5
10. Kay Ivanski—T	71.8
11. Pam Smith—CCH	67.4
12. Karen Smetana—NV	66.6

BOYS — Ages 6-9

1. Frank Kotlarsic—T	67.1
2. Mark Moreal—NV	66.2
3. Donald Eakhoff—T	65.0
4. Tom Zverchek—NV	64.3
5. Lynken Ghase—T	62.5
6. Tom Molls—NV	61.8
7. Kurt Davis—NV	60.4
8. Michael Luvison—NV	60.3
9. Raymond Novak—NV	60.0
10. John Di Ioria—NV	56.8
11. Ross Schramm—T	56.4
12. Randy Burton—NV	56.2
13. Saelen Ghase—T	52.6

Gymnastic Calendar of Events

- Sat., Oct. 23, 1971—U.S. Trampoline Assoc. Clinic, Cedar Rapids, Iowa.
- Sat., Sun., Nov. 6-7—U.S.G.F. Coaches Congress — Sheridan Chicago Hotel, Chicago.
- Fri., Sat., Nov. 26-27—Midwest Open Gymnastic Meet, Conant High School, Hoffman Estates, Ill.
- Fri., Sat., Nov. 26-27—Eastern Gymnastic Clinic — Abington High School, Abington, Penna.
- Fri., Sat., Dec. 10-11—Iowa Open Gymnastic Meet, University of Iowa, Iowa City, Iowa.
- Dec. 25-30—National Gymnastic Clinic, Sarasota, Fla.

Dec. 26-30—California Winter Gymnastic Clinic,
University of Calif., Berkeley.
Dec. 26-30—Eastern Gymnastic Clinic, Fort Lauderdale, Fla.

Dec. 26-30—Western Gymnastic Clinic, Tucson, Arizona.

M. PRCHAL

CONDITIONING EXERCISES

1.

Seat closeleg—closearm.

- 1.-2. Lie on back—closeleg—uparm.
- 3.-4. Stretch (reach as far as possible with feet and arms).
- 5.-7. Sit up, tuck body (bend knees to chest, arms around shins pulling legs close, head bow front with chin touching chest).
8. Seat closeleg—uparm.
REPEAT.

2.

180° roll to right to lie on stomach—uparm.

- 1.-2. Stretch as in "1."
- 3.-6. Sit back on heels, arms stretched forward, palms down, tuck body, head touches floor—dip 3 times in frontbow and reach as far as possible with hands.
- 7.-8. Lie on stomach—uparm.
REPEAT BUT ON 7.-8. REMAIN IN SEAT ON HEELS, TUCKED BODY, ARMS STRETCHED FORWARD ON FLOOR.

3.

Salaam—rear bow—start from seat position on heels.

- 1.-8. Slow upright to kneel stradleg; body goes through body wave before coming to an upright position in kneel. Then head leads to rear bow, arms remain high, thighs continue to push forward until tips of fingers touch floor.
- 9.-16. By pulling forward with abdominal muscles and thighs and keeping arms and head in rear and relaxed, slowly straighten to kneel up-arm and bend forward again relaxing into original position ("salaam").

4.

Lie on back—sidearm, palms on floor.

- 1.-2. Raise bent knees to chest and stretch to frontleg.
- 3.-4. Extend legs to left touching left hand (try not to turn trunk).
- 5.-6. Bend legs to chest.
- 7.-8. Stretch to frontleg and lower to floor.
REPEAT.

5.

Lie on back—sidearm—palms down.

- 1.-2. Raise straight legs.
- 3.-4. Lower to left side touching floor.
- 5.-6. Swing to right side thru frontleg.
- 7.-8. = 3.-4.
- 9.-10. = 5.-6.
- 11.-12. = 3.-4.
- 13.-14. Frontleg.
- 15.-16. Lower to floor.

6.

For strengthening arms. — From lying back of arms support—arms further apart.

- 1.-2. Bend right arm, stretch left to side.
- 3.-4. Draw left back to support.
- 5.-6. Bend left arm, stretch right to side.
- 7.-8. Draw right to support again.
REPEAT.

7.

Lying back of arms support in stradleg—piked.

- 1.-2. Bend arms—push trunk forward, chest to floor.
- 3.-4. Slowly raise pelvis to beginning position.
REPEAT.

For strengthening abdominal muscles. — Seat support with forearms in rear of body.

- 1.-4. Starting to right, circle legs thru high frontleg to left and back to floor.
- 5.-8. Reverse 1.-4.

9.

Lie on back—sidearm.

- 1.-6. Circle legs to right in deep bent hip position all around to lying position keeping toes on floor throughout.

10.

Strengthening back muscles. — Lie on stomach—uparm outward.

- 1.-2. Chest becbend (arms and chest raise from floor without help of hands).
- 3.-4. Hold.
- 5.-6. Lie face down.
- 7.-8. Hold.

11.

Lie on stomach—uparm outward.

1. Rear bow—rearleg.
2. Hold.
3. Lie on stomach—lower legs to floor.

12.

The following exercise improves action of trunk to side and front if trunk does not turn in side bow.

Side stradleg—uparm.

- 1.-2. Lunge to left (both feet flat)—right sidebow and dip in sidebow—interlace fingers and turn palms up while in sidebend.
3. Another dip in sidebow.
4. Upright, uprise.
- 5.-6. Relaxed front bow and dip in front bow—outward circle of arms into frontarm inward (crossed).
- 7.-8. Dip in frontbow and upright.
REVERSE.



Women's Parade Uniform

Patterns are now available for the Women's Dress Parade Uniform, pictured, at \$4.00 each. Sizes 12, 14, 16, 18, 20 and 44 are immediately available, while other sizes can be made upon request. Hat patterns, also available, are \$2.00 each.

Send your requests for patterns, stating Pattern #WH for the Hat and Pattern #WDJ for the Dress and Jacket uniform. Be sure to include the size needed for the WDJ pattern.

Include a check or money order in the proper amount and address all orders c/o Uniform Division, American Sokol Organization, 6426 West Cermak Road, Berwyn, Ill. 60402.



Combined Instructors Course of the Eastern and Northeastern Districts

The Eastern-Northeastern Districts Instructors Course was held at the Slovak Sokols Camp in Boonton, N. J., from August 15 to 28 with 43 students participating. From the Northeastern District, Sokol Tyrs of Cleveland had 10 students, Sokol Detroit 8, Sokol Nova Vlast 3 and Sokol Cleveland-Cech-Havlicek 1. Sokol Little Ferry led the Eastern District with 9 students, Washington 5, New York 3, Fuegner 3 and Baltimore 1.

The program of the course was to teach as much as possible during the twelve days and fortunately we had ideal weather except for the last two days when torrential rains caused a change in some schedules. The daily program began at 7:00 P.M. with flag raising and warm-ups (which were needed on some of the cool mornings). The basic subjects, marching tactics, calisthenic and apparatus terminology, were part of the daily routine. Other subjects covered were dancing, singing, hand apparatus, spotting, self-improvement and practice teaching. The night sessions included a study period, lectures and social activities, such as a Halloween Party, Christmas Party, Talent Nite, etc. The students were required to be in the barracks by 10:30 P.M. with lights out by 11 o'clock.

The course was directed by Sis. Marie Provaznik and the instructors were Sisters Barbara Ondris and Jacqueline Chaplin and Brothers Jerry Milan and Edward Stetka. Also, Sis. Norma Zabka, during her visits gave a helping hand and Sis. Audrey Benda gave a very informative talk on first aid.

The course was concluded with a graduation program on Saturday, August 28. The program was scheduled to begin at 4:00 P.M., but because of the heavy rains during the past two days which inundated many roads in the area, the start of the program was delayed for over 30 minutes in the hope that many of the parents, who were reported to be on their way, would be able to witness the program. The program included singing, marching, dancing, calisthenics, pyramids and apparatus numbers. The diplomas were presented to the students by Sis. Provaznik, following talks by Bro. Charles Zraly, President of the Eastern District, Sis. Norma Zabka, Eastern District Director of Women, and John Babuska, former secretary of Sokol USA. Among those present and introduced was the former Director of Women of the American Sokol Organization, Sis. Mildred Prchal.

In conclusion, I may add that the instructors at this course and at other courses have done their part in teaching the students the basics. It is hoped that each of them will be given an opportunity to instruct in their Units, and that those who display the qualities of leadership will be sent to future courses. It is vitally important that all Units send students to the Instructors Courses so that they can continually augment their Board of Instructors. Without a Board of Instructors, there will be no gymnasts and without gymnasts the Unit will deteriorate.

Edward Stetka

FIRST AID CHART FOR ATHLETIC INJURIES

Adapted from California Medical Association Chart

ABRASIONS, floor burns or cinder burns: Wash with soap and water. Hold under cold-water faucet. Apply sterile gauze dressing. If extensive or deep, see physician.

BLACK EYE: Apply ice bag or cold cloth for 30 minutes. If skin is broken, treat the same as a cut. If vision is impaired, see physician.

BLISTERS, severe: Wash with soap and water. Protect from further friction. See physician.

BONE BRUISES: Apply ice bag or cold cloth for 30 minutes. Protect from further injury with rubber pad taped over the area. If severe, see physician.

BROKEN NOSE: Apply cold, wet cloths over the nose. Call physician at once.

BROKEN TEETH: Cover with sterile gauze. If tooth or teeth are completely removed from socket, save. If displaced from normal position by trauma or if bone fragments appear around tooth, do not disturb. See dentist at once.

BRUISES, CHARLEY HORSES and other contusions: Apply ice bag or cold cloth for 30 minutes. Protect from further injury with sponge rubber pad taped over the area. If severe, see physician.

CONCUSSION (knocked out): Keep patient flat. Check airway. Cover with blanket. Apply cold cloths to forehead. Call physician at once.

CRAMPS, muscle: Contract antagonistic (opposite) muscles forcefully. Firm hand pressure on cramped muscle. If recurs, see physician.

CUTS, open and small: Wash with soap and water. Hold under cold-water faucet. Apply sterile gauze dressing. If bleeding is severe, or cuts are extensive, use sterile pressure bandage and see physician.

DEBRIS IN EYE: Remove foreign bodies by gently touching with point of clean, wet handkerchief or wash with cold water. Never rub eye. If unsuccessful, see physician.

DISLOCATION: Gently apply ice bag or cold cloths to reduce swelling. Call physician at once.

EXHAUSTION (heat): Place patient in shade with head low. Loosen clothing. Contact physician unless recovery is prompt.

FRACTURES: Do not move person if fracture of leg, back, head or skull is suspected. In all fractures, contact physician at once.

KNOCKOUTS, solar plexus: Place patient on back. Loosen clothing around waist and chest. Moisten face with cold water. Call physician.

LIME BURNS: Wash thoroughly with water. Apply sterile gauze dressing and see physician, particularly if eye is involved.

MOUTH WOUNDS (split lip and bitten tongue): Wash with cold water. If excessive bleeding, apply sterile gauze pressure pad and see physician or dentist.

MUSCLE PULLS and STRAINS: Apply ice compresses, ice packs or cold cloths for 30 minutes right after injury. Elevate injured part. If severe, see physician.

SPIKE WOUNDS, CLEAT WOUNDS and other puncture wounds: Wash with soap and water. Hold under cold water faucet. Apply sterile gauze dressing and see physician at once.

SPRAINS: Support or elevate the injured part. Apply ice compresses, ice bag or cold cloths for 30 minutes right after the injury and apply pressure bandage. If swelling or discoloration is unusual, do not use injured part until seen by physician.

SUNBURN (severe): Apply sterile gauze dressing and see physician at once.

SUNSTROKE: Place patient flat. Loosen clothing and keep in the shade. Sponge with cold water and call physician at once.

TESTICULAR AREA (scrotal): Lay patient down and apply ice bag or cold cloths to pain area. If recovery is not immediate, call physician.

UNCONSCIOUSNESS: Never give anything by mouth. Place patient with head turned slightly to one side. Loosen clothing and call physician at once.

LOCAL PHYSICIAN: _____ Phone: _____

HOSPITAL Phone: _____ POLICE phone: _____ FIRE Phone: _____

AMERICAN



SOKOL B.O.I.

Post At First Aid Cabinet

Fair. — 2 gymnasts participated in Jr. Olympics in Colorado Springs.

Sokol Karel Havlicek-Borovsky—Gained 2 regular and 2 associate members. — Good attendance at dance with Ernie Kucera's Band. — Ice cream parties for children. — Lake party for juniors and seniors. — Plan to initiate Newsletter.

Sokol Fort Worth—Gained 12 associate members. — Advanced team banquet, Sept. 26th. — Attended clinic at TCU. — Will participate in Czech Day at the Fair.

Sokol Houston—Gained 3 regular members. — Socials on Sundays. — August activity: Western dance, barbecue, Free dance. — 2 dances in September. — Sokol circus, Oct. 23rd. — 4 teams participated in volleyball tourney in Dallas, winning in 3 divisions.

* * *

District Directors, Bro. and Sis. Laznovsky—Volleyball tournament in Ennis, Sept. 18-19th. — Tentative tourney in Houston, Nov. 3rd. Plan to hold annual meeting of BOI the same weekend. — Bro. and Sis. Chapman resigned as Physical Instructors of Sokol Corpus Christi.

Educational Director, Bro. Milan—Attended Olympic Committee meeting. — Instructed Eastern District Course. — 2 coming meetings: SWAAU area meeting, Sept. 15th and Gymnastic Ass'n of Texas in San Angelo, Sept. 18th. — Has requests for 1967 Mid-Slet film. — Will also edit parts of same film for fine arts, physical education and social studies.

President, Bro. Prevratil—Attended Czech Day at the Fair committee meeting. — Bro. Svec of Sokol Houston will represent the District at the SVPS Convention. — Was decided not to participate in Czech Day in Yukon. Bro. Kouba will be advised of decision to stress an exhibition in that area on another date.

* * *

EASTERN DISTRICT

Sept. 13, 1971

Pres. Bro. Charles Zraly presided. Present: Bros. J. Babinec, F. Capek, A. Chaloupka, J. Petlicka, Sisters B. Hochner, M. Provaznik, N. Zabka, B. Zraly.

Correspondence — Sokol Philadelphia delegates to Annual Meeting are Bro. George Novak and alternate Sis. Josephine Tunkl. — Annual report from Sokol Schenectady. — Bro. and Sis. Zraly received invitation from Sokol Orel to attend Testimonial Dinner honoring Bro. Frank Sluka on Oct. 30th. — Sokol Newark will have 7 members attending Annual Meeting. — Sis. Zabka requested \$50 petty cash advance for the Sokol Course. Also \$200 for air travel for Bro. Jerry Milan.

* * *

It was approved \$66.88 be paid from the ASO to the Southern District. — Sis. Tessie Mastik is the secretary of the Technical Board. — Bro. Petlicka reported the bus tour to Toronto was a success. A profit of \$571.30 was realized. — It was suggested meetings be held every other month with special meetings when necessary. Presidents of Units have privilege of attending district meetings.

Treasurer's Report, Bro. Chaloupka — August receipts, \$105.90. Disbursements, \$250.00. Sept. re-

ceipts, \$601.45. Disbursements, \$9.35. — Books audited by Bro. Babinec and Sis. Hochner.

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

INCOME:

Dues	\$1,918.50
Convention Fund	17.25
Special assessment	80.00
Dividends and interest	615.63
Subscriptions to "American Sokol"	6.00
"Progressive Czech"; Educational pamphlets	30.25
Total Income	\$2,667.63

DISBURSEMENTS:

Administrative Department	
Salaries	\$345.94
F.I.C.A. & F.W.T. for August	83.82
Rental, janitor service, phone, electric	366.92
Insurance and advertising	803.55
Office supplies	32.14
Miscellaneous	96.66
	\$1,729.03

Educational Department BOI	
Salaries	\$222.04
F.I.C.A. & F.W.T. for August	36.80
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	28.00
Postage	48.03
Travel expense	152.16
	\$ 512.03

Sokol Publication	
Editor "American Sokol"	\$ 75.00
Printing "American Sokol"	535.92
	\$ 610.92

Miscellaneous	
Uniform Division — Salary and office supplies	\$ 81.23
	\$ 81.23

Total Disbursements	\$2,933.21
Balance brought forward:	
Western National Bank of Cicero —	
Checking Acct.	\$ 730.93
Income — September 1971	2,667.63
	\$3,398.56
Disbursements — September 1971	2,933.21
	\$ 465.35

Open Letter from Sokol Jr. Miss

Sunday, August 15th, marked the opening day of the ASO Instructors School in Boonton. The 43 students arrived Sunday afternoon all excited and ready to learn. During the two weeks we learned all about the Sokol organization, its history, methods of teaching, the unique terminology, safety procedure, etc.

We were sent from our Unit with the hope of re-

turning with the ability to teach the many different subjects learned. As the two weeks passed on we learned, not only to enjoy good times, but also accept our punishments. We slept through cooler nights than expected. Upon awakening to the chilly mornings, the cook prepared us a nice hot breakfast which got us started off to another busy day.

During our social hour in the evenings, every Sokol represented got up and told us about their Unit. It was at this time when we all realized what a great Unit we really belong to. We were proud to tell them of our lovely new Sokol Cultural Center, our Teen Club and its activities and the numerous activities of the S.D.L.A. and Sokol Detroit. We were proud to tell about our Sokol Camp grounds with our gym field onlooking the beautiful lake and the pleasant shaded hill for our audiences.

As the school drew to a close we began to prepare for the final evaluations and the Graduation Day ceremonies. Even though the two week stay at Boonton Sokol Camp has ended, the many new friendships and happy memories will always be remembered.

Janet Belavek, Sokol Detroit

Somber News from Sokol Wilber, Nebr.

T. J. Sokol of Wilber has lost six beloved members since January, 1971.

Bro. Frank J. Kohel, 71, cashier at Saline Bank, passed away Jan. 4th. In 1930, he was elected as City and School Treasurer and acted in that capacity until his death. He was also member of the Knights of Pythias, Wilber Firemen, Gun Club and Chamber of Commerce. Survivors include wife, Emma; son, Robert Dean; daughter-in-law and two grandchildren; two brothers, John F. and James, both of Wilber.

Sis. Abbie Branzovsky, 70, passed away March 22nd. In past years she was employed at the Crete Creamery, Gooches Mill, Wilber Hatchery and Peterson Manufacturing Co. She is survived by one sister, Mrs. Mary Korinek, and a number of nieces and nephews.

Sis. Rose Fabian, 83, died April 8th. Was the daughter of Vaclav and Anna Barta Semilsky. Taught rural school in Saline County and public school in Prague, Nebr. Became wed to Joseph R. Fabian. Upon his death in 1946 Sis. Fabian returned to Wilber. She was also member of Z.C.B.J. She is survived by several nieces and nephews.

Sis. Josephine Janecek, 87, passed away July 3rd. Born in Czechoslovakia, daughter of Frank and Anna Broz Kunc, coming to this country with her family in 1890 where they settled near Crab Orchard, Nebr. Was united in marriage to Frank Janecek and moved on a farm near Wilber. She was also a member of Z.C.B.J. Survivors: son, Clarence, of Wilber; two daughters, Mrs. Herman Clark Jr. of Long Beach, Cal. and Mrs. Dean Seymour of Simi, Cal.; brother, Melvin Kunc of Crab Orchard.

Bro. Charles Javorsky, 71, died July 21st. Operated a cafe in Wilber until 1940 when he entered service. Serving in the U.S. Army during World

War II. After discharge was employed at the Mead Ordinance Plant and later by the Peterson Manufacturing Co. He was member of the American Legion and the Knights of Pythias. Survivors include: four sisters and 18 nieces and nephews.

Sis. Katie Pospisil, 77, passed away August 9th. She was wed to Charles Pospisil in Wilber. They made their home there, her husband operating an implement business. Was also member of Z.C.B.J. Survivors include: daughter, Mary Pospisil; and sister, Mrs. Miles Pospisil, both of Wilber.

* * *

All above mentioned had burial in the Bohemian-Slavonian Cemetery in Wilber. They were all faithful, beloved members who will be gravely missed by Sokol Wilber. They will never be forgotten by those who knew and worked with them. Nor will they ever be replaced. Such devotion to the Sokol cannot easily be found.

Lois Havel, Secretary, Sokol Wilber

Sokol Baltimore

When the membership realizes that action and not mere words must be the aftermath of any decision, the officers can expect support and cooperation. Thru this collective action will we be able to plan into the future. It was because of the faith in the leadership and the active cooperation of the members during the past 99 years that Sokol Baltimore will enter its 100th year. Despite many obstacles, they persevered. Throughout these years, the members gave their time, their labor and their money to build our first gym 69 years ago and our second gym 50 years later.

Can we repeat the accomplishments of these past 99 years? Is our faith strong enough to encourage effective support and cooperation for an organized effort to rejuvenate and reactivate many of our activities? It is vitally essential that our leaders impliment their plans with effective action in order to secure and maintain the faith and support of the membership. The officer who does nothing cannot hope to attract the interest and support of others. We must continually analyze the past and find what mistakes have been made and then try to plan for more success in future endeavors.

All members must fully realize that without a full program of gymnastic activity, our Sokol unit will be unable to survive. During the past few years, the activities in our gym classes have been on the decline Both in the number of participants and hours per week. It is of the utmost importance that this trend be reversed.

In years past, we had many fund raising activities each season. This season, these affairs have dwindled to two. We must plan now to sponsor more events next season. Fortunately, our meetings have been well-attended and it appears that the members are awaiting for leadership from the chairmen of the various committees to give a helping hand to the many affairs which could and should be held each season.

Through a collective spirit of cooperation and good will, much had been accomplished in the past and more can be accomplished today and in the future. Let us remember that to stand still is

almost as bad as to do nothing. The future belongs to those who are active.

Sokol offers its membership a happier, saner and a more active life as it demands of them participation in all actions, in endeavors which reach for higher goals, for those things which enrich the life of an individual.

Sokol Baltimore over the years has proved the pessimists wrong and has proved in the past as it does today that it has a significance in our society. We have in our ranks many brothers and sisters who are devoted to the Sokol ideals and who look forward to a better and bigger Sokol Baltimore in the future. This will be accomplished with vigorous action. The Sokol goal and ideals is worth the utmost effort and sacrifice. Naturally, the higher our aims, the tougher the road will be and there will be the possibilities of mistakes that will be made. But with our determination and will power, we will overcome the mistakes and obstacles and we will succeed.

Dr. Miroslav Tyrš, founder of Sokol, was a critic of the Sokol movement. Probably his most stinging jibes were aimed at every inclination to lethargy, lack of initiative, too much caution and timidity. He welcomed, encouraged analysis and criticism — criticism not meant to discourage or to hurt; but friendly, brotherly criticism that pointed out flaws, suggested means of betterment. He surely would never have counseled anyone to dwell only upon the good features of an event and deliberately blind themselves to the shortcomings.

Edward Stetka

Ethnic Confederation

WASHINGTON — The National Confederation of American Ethnic Groups representing 67 nationwide organizations with members in nearly every state of the Union, announced formation of a national coordinating committee whose task is to establish guidelines for participation of ethnic whites in the \$10 million Ethnic Heritage Studies Centers project, when bills now pending in Congress become law.

Subsequently, inter-ethnic planning committees will be set up in all areas with a heavy concentration of Americans of European and Asian descent, according to Paul M. Deac, national executive vice president of the Confederation. Representatives will be drawn from these regional and local committees to sit on an enlarged body.

Original bills for enactment were first introduced by Rep. Roman C. Pucinski (D-Ill.), in the House, and Sen. Richard S. Schweiker (R-Pa.), in the Senate. The Senate voted approval of the proposed law Aug. 6. House approval is expected after Congress resumes activities September 8.

PURPOSE of these Ethnic Heritage Studies Centers will be to:

1. Develop curriculum materials for use in elementary, high schools and colleges relating to the history, geography, economy, literature, art, music, drama, language and general culture of the groups and their contribution to the American heritage.
2. Disseminate curriculum materials to schools at levels of learning throughout the nation.

3. Provide training for persons who will use curriculum materials developed by the centers.
4. Cooperate with persons and organizations in communities being served by Centers to assist in promoting, encouraging, developing or producing program or other activities in communities with a heavy concentration of U.S. ethnic groups.

An All-U.S. Ethnic Conference was to be held October 15-16-17 in Washington, D.C. under Confederation auspices for the purpose of insuring participation of all interested groups in this history-making cultural project.

Creating Ideas

"You must acquire an active attitude of continually searching for new ideas or associations, and NOT a haphazard waiting for stimulation or illumination. Some people wait for stimulation—their whole lives . . . you have to be working at it, thinking about it, knowing that EVERYTHING can be done better . . . You have to start your brain by yourself or the mind won't go or the thoughts won't travel. — Bernard B. Goldner, in "The Strategy of Creative Thinking".

My všichni Češi musíme být hrdí na naše sokolské hnutí, které tak vytrvale a houževnatě uplatňuje zde vznešené myšlenky zakladatelů Sokolstva Tyrše a Fuegnera a vychovává naši mládež v dobrovolné kázní, vede ji k vyšším, společným cílům, k smyslu pro zájmy naší vlasti. Bylo by však málo, kdybychom měli pro ně jen slova uznání. Svoje dobré city k nim musíme projevit činem. Svoji mohutnou účastí na sokolských podnikcích nejlépe podpoříme významnou prací našeho sokolstva a pozvubudíme jej k další.

Kubelík hudebním ředitelem New Yorkské Metropolitní opery.

Sledujeme s obdivem a pýchou činnost a kariéru Rafaela Kubelíka, uznaného v Evropě i v Americe jako jednoho z největších žijících dirigentů — sám o sobě tvrdil, že je "pouze prostý český muzikant". A tento "prostý český muzikant" byl nyní jmenován prvním hudebním ředitelem New Yorkské Metropolitní opery na tři roky, počínaje sezonou 1973-74.

Kubelík se podílí s novým generálním ředitelem opery, Georannem Gentilem, o uměleckou odpovědnost za plánování programů a nových produkcí, za dozor nad orchestrem, sborem a ostatním hudebním štábem a za výběr zpěváků a dirigentů. Ani sám maestro Toscanini neměl na Metropolitní operě titul hudebního ředitele. Kubelík ztráví pět měsíců ročně v New Yorku a po dobu tří měsíců ročně zůstane na svém dnešním působišti jako hudební ředitel bavorského rozhlasového orchestru v Mnichově.

Kariéra Rafaela Kubelíka ho vedla od České Filharmonie, kterou řídil za války od roku 1942 do roku 1948, napřed k Chicagské Filharmonii, pak na místo ředitele londýnské královské opery (Covent Garden 1955-1958), a v posledních deseti letech působil v Mnichově. Zároveň však byl jedním z nejpopulárnějších dirigentů všech vedoucích symfonie-

kých orchestrů světa a operních domů. V příští sezoně bude dirigovat ve Spojených státech od února do dubna Bostonskou, Pittsburskou a Chicagskou Symfonii jakož i Clevelandský orchestr. Do Československa se Kubelik od svého odchodu do exilu nevrátil. V rozhovoru, který Zprávy SVU otiskly v listopadu 1959, prohlásil m.j.: "Dokud každý náš exulant nebude moci přijet svobodně na návštěvu do Československa a zase se svobodně vrátit na Západ, a dokud každý Čechoslovák nebude moci jezdit svobodně, kam se mu zachce, nepojedu tam ani já, i když mně zaručují svobodný návrat . . . Do Prahy nemohu jet, dokud tam nebude svoboda tisku a projevu . . . Kulturní spolupráce a mírové soužití a soutěžení mezi Západem a Východem jsou možné jen tehdy, jestliže také československá vláda bude ochotna k mírovému soužití s obyvatelstvem své vlastní země."

Rafael Kubelik, "prostý český muzikant", syn slavného českého houslisty Jana Kubelika, je čestným členem SVU od roku 1966. K novému velikému úspěchu mu upřímně blahopřejeme, těšíme se na shledanou v New Yorku.

(Hanus Lexa, Zprávy SVU.)

Festival českého umění

Od 28. října 1971 až do konce roku bude v Cedar Rapids, Iowa Art Center výstava českého umění. Na plánech pracoval po několik měsíců ředitel Don Young s výborem. Vystaveny budou nejlepší ukázky československého umění a řemeslných výrobků, které lidé v tomto okolí jsou ochotní do výstavy zapůjčiti. Návštěvníci budou mít příležitost uvidět mnoho krásných uměleckých předmětů, importovaných z Československa před časy i v nedávné době, a sice budou to obrazy, sošky, kostýmy, dekorativní předměty a j. Mnoho takovýchto předmětů bylo již do výstavy slíbeno, avšak jest možné, že jest jich ještě v Cedar Rapids a okolí mnohem více. Kdo by takovéto umělecké předměty vlastnil a byl ochoten je do výstavy zapůjčiti, může to oznámiti buď v Cedar Rapids Art Center, 324 3rd Street S.E., nebo Prof. Alma Turechek, 1238 Robinsson Lane NE.

Ve výboru, který pracuje na financování sběru předmětů pro výstavu a jiných podrobnostech, aby výstava mohla být chloubou všech krajanů, jsou následující členové: Alice Spevacek, Dr. a Mrs. Leo Sedlacek, Mrs. Frank Melsha, Prof. Alma Turechek, George J. Naxera Jr., Melvina Svec, Emily Matousek, Esther Klersey, Carolyn Shonka, Marie Vítek a Marie Wokoun.

Sokol Tyrš

Ve středu 18. srpna konal cvičitelský sbor volby vedoucích na rok 1971—1972. Volby se konaly v budově nového sídla jednoty v sokolovně Cleveland-Čech-Havlíček.

Na schůzi byla pěkná účast, co je potěšující. Cvičitelský sbor je nejdůležitějším odborem v jednotě a proto se mu věnuje velká pozornost.

Na příští sokolský rok byli zvoleni: Náčelník br. Bert Box, náčelnice sestra Carol Gedeon, místonáčelnice ses. Dolly Baca.

Vedoucím dorostenců br. Karel Vávra, vedoucí dorostenek ses. Jane Mastný, vedoucí žaček ses.

Gloria Sršeň. Další funkce zůstali většinou beze změn.

Junior Hobby Club, tento nejmladší odbor jednoty, také konal volby a byli zvoleni předsedkyní Patti Vencl, prvním místopředsedou Chuck Vávra, druhým místopředsedou Bill Štěpnička, jednatelekou Sue Franks, pokladníkem Jan Johnson.

Tento klub, který v minulosti již tolik přispěl jednotě, je zárukou, že také v budoucnosti si v nich vychová jednota pokračovatele v sokolské práci.

Polka Festival

Náš Polka Festival pořádaný 1. a 2. května v Ennis, Texas, se nám nad očekávání vydařil. První den jsme měli asi 40 tisíc návštěvníků z celých U.S.A. a již se konají plány pro 1972. Právě nyní se tam dostavuje nová síň S.P.J.S.T. (texaský Slovenský spolek), takže máme nyní 4 síně (tři jsou úplně nové a prostorné a chloubou celého Texasu). Mimo toho ještě je tam nově postavená American Legion Hall, takže máme jistě dosti místa k našim schůzkám a zábavám. Po celé dva dni vždy první týden v květnu náš Ennis oživne a je celý český. Také v 1972 bude se oslavovat 100leté výročí založení města Ennis, které je z velké části české, neboť v 1874 přijeli ti první přistěhovalci ponejvíce z Moravy a pomáhali vybudovat ten náš velký stát Texas.

Anežka Houdková.

Sokol Los Angeles

Při volbách do náčelnictva byli zvoleni: náčelník L. Hintnaus, náčelnice L. Pelcová.

Jako smutná zpráva bylo přijato úmrtí ses. Pajdarové. Sestra Pajdarová, provdaná Stockhause, zůstala věrna svému původu. Ráda zpívala, měla vskutku krásný hlas. Rozdávala krásu písní ne pro peníze, ale pro tu krásu písně, české písně. Zpívala na všech českých podnikcích, ráda a ochotně a kdo ji poznal, nezapomene.

Na oslavu 28. října sehraje divadelní skupina pod vedením Ady Dusila staropražskou idylku: "Otec Kondelík a ženich Vejvara". 22. října bude Sokol účinkovat na International Exhibition. A už tento měsíc čeká vystoupení v University City na podobném mezinárodním vystoupení. Oba podniky má na starosti sestra Nekudová.

V. K.

Sokol Cedar Rapids

Tělocvičná Jednota Sokol v Cedar Rapidsích oslaví v červnu 1973 svoje sté výročí. Dne 8. června 1873 vstoupila tato jednota do života a dle zápisu byli zvoleni tito úředníci: Tomáš Bošan, starosta, Pavel Malý, místopředseda, Jan Vosmek, jednatel (tajemník), Karel Bednář, pokladník, Josef Šváb, dohlizitel, Karel Polanský, cvičitel a Pavel Malý, pořadník.

V schůzi jednoty bylo uvažováno o programu k tak vzácnému výročí a vzpomenuť bylo všech, kteří se přičinili o to, aby dědictví předků bylo zachováno.

Přípravy na Akademii začaly zároveň s činností v tělocvičně a Akademii se má konat v rámci programu Československého Festivalu, který započne v Cedar Rapids Art Center 28. října 1971. Dalším podnikem za spolupráce sester bude večer 21. října 1971 v sokolovně. Výbor pod vedením br. Staňka započne na této akci pracovat.

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After getting swept off their feet, it's amazing how girls lose interest in brooms.

Radar spelled backward is radar. They got you coming and going.

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A baby has a way of making a man out of his father and a boy out of his grandfather.

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Ze Sokola Miami

Každé pondělí odpoledne a večer členstvo a přátelé Sokola Miami se schází v Biscayne Civic Center na 150. ulici a No. Miami Ave. Koná se stolečková zábava zatím co v kuchyni se připravuje večere. Cvičení starších a volná zábava. Každý týden k nám zavítají hosté z jiných měst.

V sobotu 10. července jsme konali výlet autobusem z North Miami na Key Biscayne. Jeli jsme přes Rickenbacker Cause-way Parkera přes okolí, kde je sídlo presidenta Nixonova, do státního parku Cape Florida. Je tam krásný les a pěkné koupání. Maják na konci ostrova je více jak sto let starý.

Děkujeme sestřím a bratrům, kteří přinesli ovoce do Sokola, kde jsme je dobře zpeněžili ve prospěch našeho stavebního fondu.

Děkujeme všem dárcům na náš stavební fond, dále za zásoby do kuchyně a do tomboly. Nyní se připravujeme na první oslavu 2. výročí Sokola Miami a srdečně zveme všechny krajany, aby se dostavili do Miami v sobotu, v neděli a pondělí, 13., 14. a 15. listopadu t. r.

Bude velkolepý banket a zábava v sobotu v Americko-Československém Klubu v No. Miami, 13325 Arch Creek Rd. — a v neděli bude veřejné cvičení a výlet v zahradě Klubu.

Na banket v sobotu budou nutné rezervace předem. Pro skupiny jsou zajištěny pokoje a byty. Veškeré informace vyřídí výbor Sokol Miami, Em. Růžičková, taj., 910 N. E. 121 Str. Miami, Fla. 33161, telefon 757—5477.

Kurz české a slovenské kultury na Case Western Reserve University

Cleveland — Oddělení slovanských a východoevropských jazyků na zdejší Case Western Reserve University oznamuje zahájení kurzů české a slovenské kultury v letošním podzimním semestru.

"Cultural History of the Czechs and Slovaks", jak se kurz jmenuje, bude vždy v pondělí a ve středu večer v Mather Memorial Building na kampusu CWRU. — Instruktorou kurzu je pí. Jiřina Stejskalová.

Kurz zahrnuje historický vývoj Čechů a Slováků od říše Velkomoravské, údobí samostatného vývoje Čechů v zemích království Českého a Slováků v maďarském područí.

V osnově kurzu jsou zahrnuty různé důležité epochy ze života obou našich národů: založení Karlovy university v Praze 1348 a její vliv na ostatní střední Evropu; kulturní historii obou národů pod vládou Habsburků v říši Rakousko — Uherské; údobí první Československé republiky (1918—1938) a druhé Čs. republiky (1945—1948, 1968 a podnes).

Díla předních českých a slovenských filosofů, literátů, theologů, skladatelů, představitelů výtvarného umění, divadla a filmu. Kulturní činnost Čechů a Slováků ve Spojených státech a jiných západních zemích.

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