

AMERICAN SOKOL

VOL. XCII — No. 11

NOVEMBER, 1971

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

AMERICAN SOKOL MEMBERSHIP CAMPAIGN BEGINS

While some Sokol Units in the ASO are declining in membership and activity, others are increasing, not only in numbers, but also in activity. In order to stimulate interest and competition in the Mid-Slet season a MEMBERSHIP DRIVE is being conducted from Sept. 1, 1971 thru May 31, 1973.

Awards will be given to the Unit obtaining the greatest number of new members, as well as to the highest individual sponsor. The awards will be presented to the winning Unit and individual member at the ASO Banquet to be held prior to the Sokol Slet in June 1973.

Suggestions by the ASO Membership Committee are many: Advertising; Publicity in the local newspapers; Announcements through local radio stations; Leaflets through gym classes; Posters in gymnasium and business windows; Letters to prospective members; Brochures stressing Sokol activities and physical fitness.

Each Unit is urged to organize its own Membership committee, which will deal directly with the ASO Committee. In the near future each Unit will receive a poster which should be placed in a conspicuous place for everyone to see. It is hoped to have posters with a pocket inserted for literature pertaining to the Sokol and its activities. Each Unit will also be receiving printed material for newspaper publicity, Sokol bulletins, etc. The Committee has many other ideas to help promote this Membership Drive. These will be forwarded periodically.

With the cooperation of each and everyone, let us do our utmost in increasing our Sokol membership. Start with the children's classes and see how many parents can be induced to become members of the Sokol. If there are any important people in your Unit, use their name (if they are agreeable) to promote this Drive. Get the participation of every member and Push-Push-Push.

With the exception of a few Units our Sokol membership has been virtually at a stand-still. Get behind your Membership committee and help us increase our numbers throughout the United States. The Drive is on! Let's revive the Old Sokol Spirit and strive for larger children's classes, as well as all the other classes. At the next Sokol Slet let's have a field full of gymnasts and the grandstands full of enthusiastic members. Just think, if each of us would bring in just one new member our membership would be doubled immediately.

(Continued on page 121)

AMERICAN SOKOL

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1823 Scoville Ave. Berwyn, Ill. 60402

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June Pros, Secretary

6426 W. Cermak Rd., Berwyn, Illinois 60402

Tel.: 795-6671

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Calendar of Events

DEC. 4th—SOKOL STICKNEY, ILLINOIS.
Spaghetti Dinner.
DEC. 5th—SOKOL BROOKFIELD, ILL.
Pork & Dumpling Dinner — 11 A.M. to 4 P.M.
DEC. 10th—SOKOL SOUTH OMAHA, NEBR.
Chicken - Shrimp Dinner — Music by Oldtimers
DEC. 11th—SOKOL ENNIS, TEXAS
Dance — Music by Lonnie Dean.
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.
DEC. 31st—SOKOL ENNIS, TEXAS
New Years Eve Dance — Music by Johnny
Mensik.
DEC 31st—SOKOL SOUTH OMAHA, NEBR.
New Years Eve Dance — Music by Frankie
Hazucha.
DEC. 31st—SOKOL BROOKFIELD, ILL.
New Years Eve Banquet
DEC. 31st—SOKOL DETROIT, MICH.
New Years Eve Dance
DEC. 31st—SOKOL HAVLICEK-TYRS, CHICA-
GO, ILL. — New Years Eve Celebration.
JAN. 14th—SOKOL SOUTH OMAHA, NEBR.
Chicken - Shrimp Dinner.
JAN. 29th—SOKOL BROOKFIELD, ILL.
Spaghetti Dinner.
JAN. 29th—SOKOL SOUTH OMAHA, NEBR.
Dance — Music by Al Grebnick
JAN. 30th—SOKOL DETROIT, MICH.
Gymnastical
JAN. 30th—SOKOL SLAVSKY, CICERO, ILL.
Spaghetti Dinner
FEB. 5th—SOKOL BALTIMORE, MARYLAND.
100th Annual Šibrinky.
FEB. 13th—SOKOL MILWAUKEE, WISCONSIN.
Jaternice and Pork Dinner — International In-
stitute.
FEB. 16th—SOKOL BROOKFIELD, ILL.
Smorgasborg Luncheon.
FEB. 19th—SOKOL BERWYN, ILLINOIS.
Dinner-Dance — 6 P.M.
MARCH 4th—SOKOL BROOKFIELD, ILL.
Gym Exhibition.
MAR. 11th—SOKOL BALTIMORE, MARYLAND.
Dozvuky.
APRIL 15th—SOKOL BROOKFIELD, ILL.
Chicken Dinner.
MAY 12—13th—SOKOL MILWAUKEE, WIS.
Interclass meet - Track Meet
MAY 19th—SOKOL BROOKFIELD, ILL.
Bunco.
MAY 21st—SOKOL MILWAUKEE, WIS.
Annual Gymnastic Exhibition.
JUNE 4th—SOKOL OMAHA, NEBR.
Czech Festival.
OCT. 28th—SOKOL SLAVSKY, CICERO, ILL.
Annual Dinner Dance.
OCT. 28—29th—SOKOL BALTIMORE, MD.
100th Anniversary Banquet - Celebration.

Admiral Commission

Bro. Ed Pavoucek, President of our Western District, one of our devoted Sokol members, whom many know as Brother, President, "Pop", and friend, has been honored recently and we make mention of this honor.

At So. Omaha Sokol Day, the "Commission of Admiral in the Nebraska Navy" was presented on behalf of Governor Exon by Bro. George Buglewicz to Bro. Ed. Our Congratulations.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník—Vol. XCII.

November — 1971 — Listopad

Číslo—No. 11

AS I REMEMBER HIM . . .

Brother James Stransky brought from his native land a wealth of his early training, contributed generously to the future of the American Sokol, and in turn to the future generations of his adopted land.

Jim Stransky chose a simple life. The wordly and material success was never his true yardstick for worthwhile achievement. He personally never experienced what men call, wealth and power. But, he was interested and preferred those treasures found in teachings of Dr. Miroslav Tyrš and Jindřich Fuegner.

This being so, he became a member of the American Sokol organization. Thereafter he was always amid the circle of men whose continuing existence predetermined the progress of the American Sokol.

The first step on his Sokol journey was his individual gymnastic development. Jim succeeded triumphally in this effort. In a short time he became a gymnast of rare qualities and of the highest caliber. This led him to the membership of the famous Sokol Pilsen team; to a membership on several ASO representative teams at Sokol Slets

in Praha; to participation at the first ASO "Přebor" (thirteen event competition) and to winning many championships and honors, practically in every A.A.F., A.A.U., and Sokol gymnastic competition held throughout the USA.

In those days, you could see Vašek (with his little kufříček) everywhere, never missing the jubilant grin on his face. In his post-competitive days "Vash" (as his young friends called him) shared his vast gymnastic knowledge and experience with his numerous and ardent followers.

Undoubtedly this phase of his Sokol effort was the most fertile ground where Jim toiled endlessly; as a gym coach, instructor, camp counselor or just as a friend. This last walk on his long Sokol journey probably became the keynote of his Sokol endeavor, and the trumpet call for a new and brighter Sokol destiny.

Brother Stransky was well liked for his friendly smile, gay spirit, and his earthy unpretentious outlook on life. He will be long and well remembered by his many friends.

O. J. Kudrnovsky

VIENNA TOUR

The AMERICAN SOKOL ORGANIZATION will sponsor a most interesting tour to Vienna, Austria next year. A 25-day tour is being planned leaving Chicago on June 28, 1972 and returning July 23, 1972.

Vienna is the site of the III. Slet of the Sokols Abroad. A delightful itinerary is being planned and details will be forthcoming soon. Requirement:

APPLICATION

I'm interested in the American Sokol Organization tour to Vienna and would like further information.

Name _____

Street address _____

City & State _____ Zip _____

Applicant must be a member of the American Sokol Organization for at least six months prior to departure. A complete itinerary, including prices Number of persons interested in tour _____ and regulations, will be mailed to each interested member in the very near future. Fill out application below:

Member of Sokol Unit _____

City & State _____

Mail to American Sokol Organization, 6426 W. Cermak Rd., Berwyn, Illinois 60402 or call ac (312) 795-6671 for further information.

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

HELD OCTOBER 26, 1971

Bro. Stanley Barcal, President. Present: Bros. R. Svoboda, G. Basta, E. Linhart, G. Herink, E. Halik, J. Rabas, J. Drnec, Sisters: B. Prener, J.

Pros. A. Sotka, E. J. Schnabl, A. Basta, J. Drnec, L. Zdenek, A. Falta.

Correspondence: Sis. and Bro. Zraly will represent ASO at Banquet honoring Bro. Frank Sluka of Sokol Ore. Do not want to be reimbursed. Appreciation from Sis. Hulbert, Sec'y of Sokol Fresno, for visit made by Bro. Spanek, Organizational Director of the Pacific District. Western District Slet will be held June 23, 24 and 25, 1972. Re-

quest permission to change Western District annual and semi-annual meeting dates due to distance and weather. Also request to have election of officers in September which would coincide with elections of Directors and selection of Slet site, carried. From Bro. Drahovzal, Sec'y of Western Fraternal Life Association, thanking for greetings extended to the delegates of their National Convention. Request from the Denni Hlasatel for New Year Greeting ad, approved.

Board of Instructors: Sis. Zdenek read the minutes of the combined meeting held Oct. 10th. Bro. Fina reported on the AAU meeting attended at Lake Placid, N.Y. October 4-8. Board recommend bill of \$88.00 be paid, approved. Letter from Bro. E. Jirousek, Director of the North Eastern District, announcing Bro. Peter Dusek as new Director. Plans from the Central District Womens BOI for Volley-Ball Clinic, Apparatus Clinic and one day Instructors Course, approved. Final Report Forms were approved for: Southern Dist. filming of Slet exercises, \$28.85; participation in Jr. Nationals in Florida, \$100.00; Workshop 5/7 & 5/9, \$144.75; Western Dist. Course 6/13-18, \$2,926.81; Eastern Dist. students and teacher to Southern Dist. Course, \$66.88. Gymnastic Skills for boys mailed to all District and Unit Directors. Bro. Kalat and Sis. Pistorius will present a final shoulder patch style to the next meeting for approval. Bro. Kalas reported on the decision of the Merit Award recipients for 1971-72. They are: Eastern Dist., Patricia Holub renewal approved; Northeastern Dist., Karen Vavra approved; Central Dist., James Berousek Jr., renewal approved, Edward Linhart Jr. approved, Karen Vocelka approved; Western Dist., John Kocourek renewal approved, Denise Minarek approved, Phyllis Swoboda approved; Southern Dist., Michael Caldwell renewal approved; Pacific Dist. no applicant. Bro. Schnabl reported the Crest Committee has agreed upon a design and will submit for prices. Bro. Fina stated the following meets to be held: Jr. Olympics in Spokane, Wash. August 1972; AAU National Jr. and Sr. Championship in Billings, Mont., 1972; Olympic Committee meeting November 5-7, 1971 in Chicago; Midwest Open Meet during Thanksgiving weekend. The Japanese Team will be in Chicago Jan. 23rd, 1972. Request the Executive Board contact District Ludvit Stur Sokol USA regarding rental of their camp facilities for our 1973 school, agreed. A Song Book Committee has been formed and will meet Oct. 22nd. Sis. Schnabl and Bro. Linhart reported all calisthenics and apparatus material received for the Vienna Slet distributed. Attended the meetings of the Merit Award Committee, Rules Committee, Tour Committee and Song Book Committee; consisting of Bro. Anton Smunt, Sis. Lorraine Zdenek, Sis. Schnabl and Bro. Linhart.

Educator: Bro. Halik requested Bro. Joseph Janicka acceptance as Co-Chairman of this Committee, approved. Pleased to hear the news of the new Song Book being worked on. Will schedule meeting in the near future to begin working on the various phases of the Educational Department.

Organization: Sis. Prener noted in the Southern Dist. minutes, Bro. and Sis. Chapman have resigned as Instructors of Sokol Corpus Christi, and recommend contact Bro. Prevratil, President of the Southern Dist., what is being done regarding Vic-

toria, Texas as a new Unit. Bro. and Sis. Chapman were very interested in this project.

Editor: Bro. Herink contacted the Post Office regarding additional ads in our publication, which may raise our postal rate slightly. Bro. Rabas requested to place an ad for Weber Travel Agency.

Membership: Bro. Svoboda reported letters sent to all District and Unit Secretaries regarding Membership Drive. Additional information will be sent to all Units as completed.

Uniform: Sis. Prener stated orders are filled as received. Great interest shown in the Womens Dress Parade Uniform.

Tour Committee: Texas Tour receipts \$7,705.00, disbursements \$5,728.10, profit of \$1,976.90. Sis. Falta reported enjoying visiting with Sokols Zizka, Karel Havlicek Borovsky and St. Louis.

Vienna Slet Tour: Contract signed for Pan-Am flight leaving June 28, 1972 for 25 day tour. Deposit of 10% must be made, recommend transfer of funds to meet this obligation, approved. Bro. Rabas has contacted agencies regarding prices for Sokol tour. Still awaiting further details. To date the price for the 25 day tour including air fare and De-Lux accommodations would be approximately \$900.00 per person. The Committee felt a Tour of 10-14 days should be considered for gymnasts and those not able to make the 25 day tour. Suggest contact be made with Capitol Air Lines for charter flight leaving June 28th, as Pan-Am additional flights are not available. Recommend a survey appear in the Sokol Gymnast stating departure date to see how much interest is shown. As further information is received a complete Tour will be printed in the American Sokol. Recommend all those wishing to take advantage of these Tours must be a Sokol member at least six months prior to departure date. — Juniors must be class members for at least six months. A deposit of \$100 is to accompany reservations. Mailings of Vienna Slet Tour to be made to all Sokol members (1 per family) sometime next month.

Financial Secretary: Sis. Sotka reported quarterly reports processed, 3rd quarter, Ill. Income Tax and Federal Tax reports filed, prepared September Financial statement. Contacted Berwyn and Chicago Post Offices regarding effect of additional advertising in our publication. Completed Statement of Ownership. Made 227 changes on our mailing list in October. Bro. Lad. Voris, President of Sokol Tyrs, visited the office and purchased copies of "Sokol Idea" for distribution.

Treasurer: Bro. Basta stated agreement with Financial Sec'y. report. Displayed financial statement chart. Will present full year's report and all department comparisons as per the budget set at 1970 Convention.

Secretary: Sis. Pros reported Unit Flags for Sokol Detroit ordered. Letters sent Pacific Dist., Western Dist., Wisconsin State University, and 1970 Merit Award recipient. Special Assessment information sent all District Directors. Received inquiry from Sokol Zizka regarding tax information.

Vice-President: Sis. Prener called Bro. Zraly regarding information about Sokol New York fire, only partial damage. Sis. Provaznik also called re; fire damage to Sokol New York and the Vienna Slet.

President: Bro. Barcal stated attending the program commemorating the 53th Anniversary of the Czechoslovak Republic at Sokol Havlicek Tyrs. Congratulated Bro. Rabas and the Committee for assembling an outstanding program.

DISTRICT REPORTS

NORTHEASTERN DISTRICT

September 21, 1971

Pres. Bro. Pekar presided with 18 members present. Bro. Pekar reported attending various functions representing the District. One correction was made in minutes of previous meeting, to read "Balance Checking Account, \$719.89".

UNIT REPORT

Sokol Detroit, Bro. Kovar—Summer's various fund raising activities financial success.—B.O.I. Hayride on Oct. 2nd—Vesela Kapela (Happy Band) from Chicago, Nov. 6th.

Sokol Cleveland-Cech-Havlicek, Bro. Gruber—Program and co-ordination with Sokol Tyrs to be set at October meeting.—Pork-Chop Dinner, Oct. 17.

Sokol Tyrs, Bro. Voris—No new developments.

Sokol Nova Vlast, Bro. Kocian—Activities will resume.—Expressed concern with poor attendance.—Purchased new side-horse.—Next project, traditional St. Nick Party, Dec. 4th.

* * *

B.O.I.—3 meetings held during summer.—Elected: Bro. Peter Dusek, new Director of Men; Sis. Jeanette Wagner, new Director of Women.—Bro. Edward Jirousek thoroughly reviewed the summer's activities. Submitted bills of \$61.97 and \$35.00, travel expenses for Bros. Jirousek and Dusek, approved. Expressed appreciation for support he had received.—Bro. Dusek suggested Slovenian Recreation Center as new site for summer exhibitions; provided detailed information regarding facilities. Expressed confidence this will aid promotion of interest in Sokol. Rental costs; \$400 plus 25% of the gate. Motion unanimously carried.—Sis. Gladys Jirousek stated stoves and grill were returned to Sokol Cleveland for safe-keeping.

AMERICAN SOKOL MEMBERSHIP DRIVE COMMITTEE

(Continued from front page)

Rudolph A. Svoboda, Chairman	—Sokol Brookfield
Josephine Drnec	—Sokol Slavsky
Ann Fara	—Sokol Brookfield
Armi Kalivoda	—Sokol Brookfield
Edward Hlinka	—Sokol Chicago

P. S. If you have any question pertaining to Membership Drive, please address your letters to:

American Sokol Membership Committee
c/o American Sokol Organization
6426 West Cermak Road
Berwyn, Ill. 60402

EASTERN DISTRICT ANNUAL MEETING

Belcamp, Maryland—September 26, 1971

Pres. Bro. Charles Zraly presiding. Roll call of delegates: Sokol Baltimore—Bros. Don Ocenasek, Leo Vrzalik; Sokol Belcamp—Bro. Frank Novak, John Dolina; Sokol Fuegner—Bro. Chaloupka. Sisters Bertha Hochner, Blanche Zraly; Sokol Little Ferry—Bros. Henry Vesely, Charles Kubicek. Sisters Beatrice Novotny, Florence Kubicek; Sokol Newark—Bro. Frank Kotlan, Sis. Anne Votapek; Sokol New York—Bros. Jan Babinec, Jan Petlicka. Sisters Marie Provaznik, Lillian Pribil; Sokol Philadelphia—Bro. George Novak, Sis. Josephine Tunkl; Sokol Washington—Bros. Mathew Neumann, Jerry Friedrich; Director of Men—Bro. Frank Capek; Director of Women—Sis. Norma Zabka. Director of Southern Section—Bro. Edward Stetka; Director of Public Relations—Jan Petlicka; Secy. B.O.I.—Sis. Tessie Mastik.

Pres. Bro. Zraly—Praised Bros. Jerry Milan, Edward Stetka, Sis. Provaznik and assistants upon fine performance of students at the Course.—Also, Bro. Petlicka on the successful tour to Toronto.

Financial Sec'y, Sis. Pribil—Membership in 1971, 664 men and 678 women, Gain of 53 men and 95 women, due to the new Unit in Miami.

Director of Men, Bro. Capek—Received poor cooperation from Unit directors regarding attendance. Thanked Bros. Stetka, Stovicek, Sisters Provaznik, Zabka for assistance.

Director of Women, Sis. Zabka—Cited laxity of Units submitting reports. Activities: Gym competition, track and field, bowling, volley-ball, Toronto Slet, Barryville Slet, District Course.—Special number at Toronto proved to be a success. Could be performed in Vienna.—Fine cooperation of instructors at Boonton.—Boonton the only site available with all qualities for a good camp.

Southern Section, Bro. Stetka—Competitions, Sports Festival at Sokol Belcamp, Toronto Slet, Ceremonies at Arlington National Cemetery.

Public Relations, Bro. Petlicka—Trying to get more sponsors for his radio broadcasts. Satisfaction with Toronto tour. Asked to conduct tour to Miami for their 2nd Anniversary.

UNIT REPORTS

Sokol Baltimore, Bro. Ocenasek—Unit's 100th Anniversary celebration, Oct. 28, 1972.

Sokol Belcamp, Bro. Novak—Hope to evoke new interest and activity.

Sokol Little Ferry, Bro. Vesely—Boys and girls made profit of \$1,700 from candy sale.

Sokol Miami, Sis. Ruzicka—By phone, Unit is successful, with membership of 170.

Sokol Newark, Sis. Votapka—Participated in bowling tournaments. Membership awards: Sis. Anna Perina, 60yrs; Bro. Sahulka, 50yrs. Meet at member's homes.

Sokol New York, Bro. Jan Petlicka—Hall renovated. Thanked Sokol Fuegner for financial loan. (Sokol building was destroyed by fire on Oct. 20th).

Sokol Philadelphia, Bro. George Novak—Due to fire at Slovak Hall meetings held at member's home. No gym activity.

Sokol Schenectady, Sis. Guthan—By mail, Unit's various functions held at Sokol Hall. Hold children's gym classes.

Sokol Washington, Bro. Friedrich—Bro. Neumann is Unit's mainstay, sponsoring many new members. Bro. Stovicek is Director of gym classes.

* * *

Old and New Business—Suggested Sokol Curtis Bay merge with Sokol Baltimore.—Will contact Sokol USA in renewing combined Slets at Boonton Sokol Camp.—Will support Czech Radio Hour. Rate \$85 for next year.—Tour to Miami if there is enough interest.—Sokol Washington will host 1972 Annual Meeting Sept. 23-24.—Raffle profit, \$306.—Hope inactive Units will someday renew interest or merge.

Treasurer's Report, Bro. Chaloupka—Receipts, \$380.60—Disbursement's \$864.36.

New Officers—Pres. Bro. Zraly; Vice-Pres. Bro. Neumann; Sec'y. Blanche Zraly; Treasurer, Bro. Chaloupka; Financial Sec'y. Sis. Pribil; Public Relations, Bros. Stetka, Petlicka; Director of Men, Bro. Capek; Director of Women, Sis. Zabka.

EASTERN DISTRICT October 18, 1971

Pres. Bro. Charles Zraly presiding. Present: Bros. J. Babinec, F. Capek, A. Chaloupka, H. Vesely, Sisters B. Bidnik, F. Kubicek, B. Novotny, R. Rohlf, B. Zraly.

Correspondence—Sokol Washington request for payment of \$25 toward wreath for Arlington National Cemetery for 1971.

Director of Men, Bro. Capek—Track and Field meet halted due to inclement weather. Awards to be given to victors in events completed.—United Sokol's bowling tournament to be held Dec. 4th for Srs.—Jrs. tournament Dec. 12th.—Volley-ball tourney Jan 16th. Entry fee \$5.00 per team.—Competitions for Sr. Men and Jr. boys on March 19th. Sr. Women and Jr. girls also same day. Childrens competition on May 13th.

UNIT REPORT

Sokol Little Ferry—Bro. Vesely reported business at hall very good. Annual Duck Dinner to be held Oct. 30th.

Sokolice Little Ferry—Sis. Novotny stated gym classes progressing. Profit of \$1,600 made at their Chinese Auction.

Sokol New York—Bro. Babinec reported plans for their Bazaar. Anniversary of Independence of Czechoslovakia to be marked Oct. 24th. Profiting from hall rental. (Editor's note—Sokol New York's building was destroyed by fire on the night of Oct. 20th.)

Sokol Fuegner—Bro. Zraly states gym classes expected to improve this season. Sokol will honor Bro. Chaloupka upon his 50 yr. membership.

* * *

Sis. Irene Vincent will be asked to accept office of Eastern District Educator.—Discussions: On Sokol courses, importance in selection of instructors, advanced school.—Bro. Capek announced advanced classes conducted at Sokol Camp in Barryville each summer.

Treasurer's Report, Bro. Chaloupka—Receipts, \$91.70, Disbursements, \$746.23.

WESTERN DISTRICT SEMI-ANNUAL MEETING September 26, 1971

Pres. Bro. Edward Pavoucek presided. Present: Sokol Cedar Rapids—Bros. Don Pulkrab, Rich Bartunik; Sokolice Cedar Rapids—Sisters Libbie Melsha, Kveta Smith; Sokolice Crete—Sisters Alice Kalkwarf, Blanche Heeren, Irma Holoch, Anna Pracheil, Bertha Slepicka; Sokol So. Omaha—Bros. Alfred Swoboda, Henry Mertz, Vojmir Benak, Victor Novotny; Sokolice S. Omaha—Sisters Bea Pavoucek, Barbara Swoboda, Phyl Jirka; Sokol Omaha—Bros. Ray Lastovica, Gary Masek, James Velehradsky; Sokolice Omaha—Bozena Drozda, Beverly Kilborn, Blanche Masek; Sokol Wilber Sis. & Bro. Alfred Chab.

Correspondence—Telephone message from St. Paul Sokol Society; the Unit will celebrate its 90th Anniversary next year. Offers to have the District Slet in St. Paul, Minn. in 1972.

Discussions—Bro. Pavoucek stated Units must have more calisthenics and apparatus work. Gyms to be used and not solely for social gatherings. Will try to visit Units and find means to keep gym activity alive.—Due to inclement weather and difficulty of travel for distant Units, with approval of the ASO, the District's Annual Meeting will be held in Sept., and Semi-Annual Meeting in April.

Treasurer's Report—1971's District Slet and District's reports audited and found correct.

B.O.I.—Reports of Director of Men, Bro. Lastovica; Director of Women, Sis. Drozda; Director of Organization, Sis. Swoboda.—Western District Slet will be held in St. Paul on June 23-25th. Slet committee to be selected. Allowed travel expenses.

Quarterly Reports—Sokol Karel Jonas, 12 Men & 12 Women; Sokol St. Paul, 47 Men & 63 Women; Sokolice Omaha, 160, lost 5.

Pres. Pavoucek installed the newly elected BOI officers: Women's Director, Sis. Drozda; 1st. Asst. Sis. Kilborn; 2nd Asst. Sis. Vanyo. Men's Director, Bro. Lastovica; 1st Asst. Bro. Robert Bastyr; 2nd, Bro. Chab; 3rd, Bro. Pomajzl.

Central District's Tour to St. Paul's Winter Carnival

The Central District is sponsoring a tour to the St. Paul, Minnesota Winter Carnival, leaving Sokol Tabor FRIDAY, JANUARY 28th, 8:00 p.m. — Returning Sunday, January 30th approximately midnight.

Enjoy a full week-end including National Outdoor Speed Skating Championships, Grande Day Parade and Pre-Parade Show, Mixed Bonspiel Championships, Sports Car Race on Ice, Square Dance Festival, Ice Sculpturing Contest, Broomball Tournament, Downhill and Alpine Ski Exhibition, Hot Air Balloon Race-Nation's Oldest, Ice Boat Regatta, Ice Fishing Contest, National Majorette & Color Guard Contest, Ski Bob Race, Sleigh Rides, so you see there will be a lot to see and do.

Price: \$30.00 per person (4 in a room)
35.00 per person (2 in a room)
40.00 per person (single room)

As this is a very busy week-end for St. Paul and

SOKOL GYMNAST

November 1971

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

SOKOL GYMNASTS 12 DAY TOUR TO VIENNA SLET

The American Sokol together with the B.O.I. and Tour Committees, are now making preparations and inquiries for a 12 day tour to the Sokol Slet in Vienna. This will be held on Friday, Saturday, and Sunday, June 30th, July 1st and 2nd, 1972. The Slet is to be conducted under the auspices of the Sokol Abroad whose units are located in Europe, Canada, South America, and Australia. This tour will be in addition to the one sponsored last month by the American Sokol for a 25-day visit to the Vienna Slet. Proposed at this time will be a round trip charter flight from Chicago to Vienna, leaving on June 28th or 29th, 1972, a 3 day stop in Vienna for the Slet to participate in the apparatus tournament and calisthenic program; concluding with a visit to surrounding countries for the remaining days. We will try to make this trip as economical as possible.

In order to obtain some idea of interest to be shown for this venture, we are printing the attached coupon, to be filled out and sent to our Sokol Office. This in no way will bind the interested party to participate in this tour, but only to show interest in this undertaking. If we have enough gymnasts, we will form apparatus teams to compete in each division. Will all DIRECTORS of UNITS and DISTRICT assist in this endeavor. More detailed plans, costs, and itinerary will follow.

AMERICAN SOKOL — B.O.I. & TOUR COMMITTEE
 6426 West Cermak Rd.
 Berwyn, Ill. 60402

Date _____

I am interested in attending the Sokol Slet in Vienna with the 12 day tour.

Name _____

Member of Sokol _____ Age _____

I will compete in _____ Div. of the _____ Class

I will drill in calisthenics only _____

I will not participate in Slet _____

Signed _____

PREPARATORY EXERCISES

1. Sidetouch left—sidearm:
 - 1.-3. Dip to sidetouch right—circle downward right.
 - 1.-3. Dip sidetouch left—circle downward left.
2. Moderate stand astride.
 - 1.-3. Frontarm.
 - 1.-3. Dip to rearbow, flankway circles downward.
 - 1.-3. Dip in rearbow, flankway circles downward.
 - 1.-3. Reararm.
3. Stand Astride—uparm inward, palms up, hands over each other:
 1. Sidebow left.
 2. Dip in sidebow.
 3. Sidebow right.
 4. Dip in sidebow.
4. Stand astride—sidearm:
 1. Frontbow to right, left uparm (hand touches outside of right foot).
2. Upright—sidearm left. Reverse and continue repeating fast.
5. Moderate stand astride—sidearm: turning pelvis to left, then to right.
6. Closeheel stand—closearm:
 - 1.-3. Slow deep arched frontbow—slow reararm.
 4. Upright—closearm.
7. Squat support:
 1. Stand support (head on knees).
 - 2.-3. Slow hunched upright.
 4. Squat support.
8. Closeheel stand—sidearm:
 1. Frontleg left.
 2. Rearleg left.
 - 3.-4. High frontleg left with 180° turn to right (stop movement in rearleg). Do 5 times and repeat with right.
9. Closeheel stand—sidearm:
 1. Bend high sideleg left (up to underarm).
 2. Closeheel stand. Repeat with right.
10. In kneel sit on heels—frontarm:
 - 1.-3. Frontarm.
 - 1.-3. Shoulder front bow, head front bow, pelvis under (round back).
 - 1.-3. Upright, pelvis normal (arch lower back).
11. Kneel—hands at nape of neck:
 - 1.-3. Slow rear leaning.
 4. Uparm outward.
 - 1.-3. Slow and arched deep frontbow (fingers touch floor).
 4. Hold.
 - 1.-3. Slow hunched upright—closearm.
 4. Hands at nape of neck.
12. Crossed bentleg seat, right, front:
 - 1.-2. Stand right crossed front and 360° turn stand left crossed front.
 - 3.-4. Crossed bentleg seat, left front. Repeat to other side. Do exercise fast without support hands.
13. Lie on back—closearm: Alternately kick right and left (not high) and do not lower legs to floor.
14. Lie on left side—uparm:
 1. Bend frontleg, head on kness, arms around legs.
 2. Stretch to arched position—uparm.
 3. = 1.
 4. Hold. Repeat but in reverse order (arched position, bend frontleg, and again arched position).
15. Lying on back, with legs bent, pelvis tight to floor:
 - 1.-4. Sideway uparm, INHALE.
 - 1.-4. Front arm to closearm, EXHALE.
16. Lying on back—closearm:
 - 1.-4. Frontarm to closearm, EXHALE.
 - 1.-4. Slow benthip lying position in rear (over head) stradleg.
 - 1.-4. Slow lying position closeleg.
17. Stradleg kneel—closearm:
 1. Seat between heels, uparm.
 2. Kneel stradleg, closearm. Do fast.
18. Closeheel stand—closearm:
 1. Jump to stand astride—sideway uparm inward and clap hands.
 2. Jump to closeheel—closearm. Do fast.

SOKOL LIBRARY – Gymnastic Publication by U.S.G.F.

GYMNASTIQUE MODERNE:

1. Technical Rules:

Complete english version of the Rules for Gymnastique Moderne as translated by Mildred Prchal, for the USGF... this newest of the gymnastic events for women: \$1.50.

2. Class III (Beginners)

Manual for beginning program for gymnastique Moderne... with music, and also with drawings, excellent beginning program for this new event: \$1.50.

3. Class II (Intermediate)

Manual for intermediate level performers, includes figures and the music and floor plans for this level of gymnastique moderne. \$1.50.

The United States Gymnastics Federation, P.O. Box 4699, Tuscon, Arizona 85717 U.S.A.

How to Protect the Heart

BY T. R. VAN DELLEN, MD.

Reprinted, Courtesy of Chi. Trib.

One of the aims of the American Heart Association and its affiliates is to reduce the number of premature deaths from coronary heart disease. Several factors increase the risk of developing a heart attack, and most of them can be corrected or controlled. These however, must be identified initially via a physical examination and laboratory tests.

The major risk factors are high blood pressure, heavy cigaret smoking, and an elevation of the blood lipids (fats), such as cholesterol. Lesser risk factors include diabetes, obesity, sedentary living, tension and a family history of early atherosclerosis. A person cannot change his grandparents, but he may be able to prolong his life in other ways.

Many drugs, for example, lower an elevated cholesterol level. Cholesteramine, clofibrate, dextrohydrate and nicotinic acid definitely do this and are recommended when the elevated cholesterol is type III and does not respond to diet. For the other types of hypercholesterolemia, a diet low in animal (saturated) fats, cholesterol and calories is most helpful. The regimen is supplemented with vegetable oils. (Coconut oil is not recommended.) Studies show that when this plan is followed, the hardening process regresses.

Hypertension also aggravates atherosclerosis and more when the cholesterol level is elevated. And the higher the blood pressure reading, the greater the risk of developing not only a heart attack but also a stroke. There are several good drugs that lower the tension. Losing weight and avoiding table salt also help.

Heavy cigaret smokers have a 70 per cent greater chance of developing coronary heart attack than nonsmokers (1964 Surgeon General's Report). The young men smoking two or more packs a day have the highest risk.

When more than one major risk factor is involved, the danger is intensified. Pooled studies on several thousand middle-aged Americans over a 10-year period showed that those with two or all three risk factors had a mortality rate one-sixth to one-third higher than those without risk factors.

Notes of Interest

LARGEST STADIUMS

The world's largest stadium is the Strahov Stadium in Praha (Prague), Czechoslovakia. It was completed in 1934 and can accommodate 240,000 spectators for mass displays of up to 40,000 Sokol gymnasts.

The largest covered stadium in the world is the Empire Stadium, Wembley, London, opened in April, 1923. It was the scene of the 1948 Olympic Games.

FRONT FOLD ROLL COMBINATIONS FOR JUNIOR BOYS - MEN

1. Foldroll to squat and jump with 180° or 360° turn — front circles of arms.
2. Arabesque; foldroll.
3. Foldroll to squat support and arabesque.
4. Foldroll to seat frontleg; 180° roll sideway to lying back of arm support and kneel support on right, rearleg.
5. Handstand; foldroll.
6. Handstand; foldroll to seat frontleg; 180° turn left to bent arm lying support right rearleg, 180° turn left to seat frontleg — bend right and kneel on right, forestep left.
7. From stand: Straight leg foldroll.
8. Foldroll to squat support and jump with front stradleg.
9. Foldroll to squat support and jump to arabesque.
10. Headstand; foldroll.
11. Straight leg foldroll to stand; 180° turn left to Swedish fall, rearleg right.
12. Foldroll to wide stradleg, front bow — sidearm; slow headstand.
13. Foldroll to squat forestep right — uparm and (cartwheel) archtumble right.
14. Archtumble (Cartwheel) right and 90° turn right on left; foldroll.
15. Foldroll to closeleg squat support; reach front to handstand (bent or straight legs).

ADVANCED

16. Foldroll to wide stride stand and 90° turn to flank split.
17. Foldroll to front stradleg split.
18. Kipup and fall front to bent arm lying support and foldroll.
19. Foldroll; foldroll to Kipup
20. From run: Archtumble and foldroll.
21. From run: Archtumble forward and dive roll.
22. From run: Archtumble forward landing on right leg; forestep left to dive foldroll.
23. From run: roundoff and jump with 180° turn to dive roll.
24. Foldroll and archtumble back wards.
25. Foldroll to closeleg squat; handstand from squat and foldroll to stride sand — sidearm; slow bent hip handstand (either bent or straight arms) (press handstand).
26. Controlled archtumble to handstand; 180° turn in handstand and foldroll.
27. Foldroll to closeleg squat and jump stride frontleg; archtumble backwards.

PROPHET OF DOOM

When the federal income tax was signed into law October 3, 1913, a Senator speaking in opposition stated: "If we allow this one-percent foot in the door, at some future date it might rise to five percent!"

Midle-aged father to shaggy son: "I KNOW we don't communicate. It's one of my few pleasures."

There is no right way to do the wrong thing.
— Oren Arnold in the Kiwanis Magazine.

A JOGGING PROGRAM

In the past few years, the word JOGGING has come into prominence as a method of physical conditioning. We can easily include it in our Sokol

Activities if it is controlled and supervised. Outlined below are several guidelines to follow to insure a well balanced program.

WHEN TO JOG

The time of day is not important, although it is best not to jog during the first hour after eating, or during the middle of a hot, humid day. The important thing is to commit yourself to a regular schedule. Persons who jog with family members or friends also tend to adhere to their schedules better. However, companionship—not competition—should be your goal when jogging with someone else.

WHERE TO JOG

If possible, avoid hard surfaces such as concrete and asphalt for the first few weeks. Running tracks (located at most high schools), grass playing fields, parks and golf courses are recommended. When used as a supplementary part of the Sokol program in the gymnasium, the floor can be measured off for distances that are to be run.

WHAT TO WEAR

Select loose, comfortable clothes, if outside. Dress for warmth in the winter, for coolness in the summer. Avoid support garments (brassieres, corsets, etc.) which restrict freedom of movement or impede the return of the blood from the extremities. "Jogging suits" or "warmups" are not necessary, but they are extremely practical and comfortable, and they can help create a feeling of commitment to jogging.

Do not wear rubberized or plastic clothing. Increased sweating will not produce permanent weight loss, and such clothing can cause body temperature to rise to dangerous levels. It interferes with evaporation of sweat, which is the body's chief temperature control mechanism during exercise. If sweat cannot evaporate, heat stroke or heat exhaustion may result.

Properly-fitting shoes with firm soles, good arch supports and pliable tops are essential. Shoes made especially for distance running or walking are recommended. Ripple or crepe soles are excellent for running on hard surfaces. Wear clean, soft, heavy, well-fitting socks. Beginners may want to wear thin socks under the heavier pair.

HOW TO JOG

1. Run in an upright position, avoiding the tendency to lean. Keep back as straight as you can and still remain comfortable, and keep head up. Don't look at your feet.
2. Holds arms slightly away from body, with elbows bent so that forearms are approximately parallel to the ground. Occasionally shaking and relaxing the arms and shoulders will help reduce the tightness that sometimes develops while jogging. Periodically taking several deep breaths and blowing them out completely also will help you to relax.
3. It is best to land on the heel of the foot and rock forward so that you drive off the ball of the foot for your next step. If this proves difficult, try a more flat-footed style. Jogging only on the balls of the feet, as in sprinting, will produce severe leg soreness.
4. Keep steps short, letting foot strike the ground beneath the knee instead of reaching to the front. Length of stride should vary with your rate of speed.
5. Breathe deeply, with mouth open. Do not hold breath.
6. If for any reason you become unusually tired or uncomfortable, slow down, walk, or stop.

ILLNESS OR INJURIES

Take care to prevent blisters, sore muscles and aching joints. If you develop an illness, ask your physician about the advisability of continuing to jog. Any persistent pain or soreness also should be reported.

CONTRIBUTIONS

The Sokol Gymnast is always in need of contributions for its publication. If you have any material such as games, special numbers, hints and suggestions for teaching new apparatus moves, calisthenic exercises, articles on health, reports of organizational activity or any desirable material, please send it to our office and we will include it in our monthly

Journal

Edward C. Linhart, Ellen Jeanne Schnabl

Editors:

to insure motel reservations PLEASE make your reservations with \$10.00 deposit by DECEMBER 31, 1971. Contact June Pros, 1606 East Ave., Berwyn, Ill. 60402.

Letter from Sokol Oldtimer

Your editor recently received a letter from Bro. William Zabransky Jr. of Sokol Little Ferry, N.J. who is 84 years "young", as he stated it. Physically, not in the best of health; hospitalized, as result of being victim of a hit-and-run driver. He still continues to show great concern in our country's involvement in Vietnam. Stating, "Our nation and the whole world are mixed-up."

Bro. Zabransky took this opportunity to convey his appreciation to all 40 delegates attending the Eastern District's Annual Meeting at Belcamp, Md. for their get-well card. It was one of the few meetings he has ever missed, being a delegate from his Unit for some 35 years. His closing thought, "Health and luck to all of our ASO Units as they journey through life"

Financial Report ASO. October 1971

INCOME:

Dues	\$ 2,682.50
Convention Fund	17.00
Special Assessment	34.00
Dividends and Interest	69.22
Donations to "American Sokol" publication	10.00
Resale of Jewelry	40.20
Educational Pamphlets, Postage	25.02
Miscellaneous	30.00
Profit from Texas Tour	1,976.90
Total Income	\$ 4,884.84
Transfer of funds from Future Sokol Leaders for Merit Awards	1,800.00
	\$ 6,684.84

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 357.51
F.I.C.A. & F.W.T. for September	86.78
Illinois Income Tax — 3rd quarter 1971	34.78
Rental, Janitor Service, Phone ..	293.58
Printing & Office Supplies	138.30
Postage; Decorations	42.85
Travel Expense	100.62
	\$ 1,054.42

Educational Department BOI.

Salaries	\$ 222.04
F.I.C.A. & F.W.T. for September	36.80
Illinois Income Tax — 3rd quarter 1971	12.48
Editor "Sokol Gymnast"	25.00
Add'l copies "Sokol Gymnast"	28.00
Travel Expense	88.00
Postage and Phone	36.80
Printing and Office Supplies ..	151.38
Dues	100.00

Sokol Manuals	550.00	
		\$ 1,250.50
Sokol Publication		
Editor "American Sokol"	\$ 75.00	
Printing "American Sokol"	548.28	
Postage "American Sokol"	52.32	
		\$ 675.60
Miscellaneous		
Uniform Division — Salary	\$ 100.04	
Miscellaneous	30.00	
Special Appropriations —		
Eastern District A.S.O.	66.88	
Western District A.S.O.	2,926.81	
Southern District A.S.O.	273.60	
		\$ 3,397.33
Total Disbursements	\$ 6,377.85	
BALANCE:		
Balance brought forward:		
Western National Bank of Cicero —		
checking account	\$ 465.35	
Income — October 1971	4,884.84	
Transfer of Funds	1,800.00	
		\$ 7,150.19
Disbursements — October 1971	6,377.85	
		\$ 772.34

Omaha Czech Club Language Classes

The adult Czech classes of Omaha are now going into the 10th consecutive year. The advanced class being held on Friday evenings, starting at 7:30 p.m. with Dr. V. Kucera as instructor. The class for beginners is held on Wednesdays at 7:30 p.m. and is taught by Mrs. Stella (Posekany) Webb. Mrs. Webb also teaches the children to the age of 16 on Saturday mornings, starting at 9:30 a.m.

All classes are held at the Serpan Library of the Sokol Auditorium, 13th and Martha, South Omaha, Neb. All adults or children interested in studying Czech are urged to join the classes anytime. WE NEED YOU!

The officers of the Czech Club for the ensuing year are: Pres. Frank Smrz; Sec'y. Miss Ellen Madr; Treasurer, Miss Vlasta Dostal. For further information regarding Czech classes or group tours to Europe, please write — Frank T. Tesar, 3908 W. Street, Omaha, Nebraska 68107.

Festival of Czech Arts

The Festival of Czech Arts will be an important feature at the Cedar Rapids Art Center main gallery, continuing to the end of the year. Don Young, director, along with an advisory group has been meeting for months to work out plans. The display will consist mainly of the best examples of Czechoslovak arts crafts that people from this area have indicated a willingness to lend for such

an exhibition. In this way, it is hoped to present to people of the metropolitan Cedar Rapids area and nearby states some of the beautiful and artistic things they possess, many of which were brought from Czechoslovakia long ago; or more recently such as paintings, sculpture, costumes, decorative arts. Fine things have been assembled, but possibly these are many other items. Persons having such should contact the Cedar Rapids Art Center, 324 3rd St. S.E. The Committee has been lining up the financial promotion, the collection of material for the Festival and other attendant details so that this will be an affair of which Czech-Americans can take a measure of pride. The interest is lively. Different organizations have come forth with aid in a financial way but the committee knows that other persons, groups and organizations will wish to show their good will and appreciation by further donations. They may contact the Art Center.

My American Creed

I do not choose to be a common man. It is my right to be uncommon... if I can. I seek opportunity... not security. I do not wish to be a kept citizen, humbled and dulled by having the state look after me. I want to take the calculated risk; to dream and to build, to fail and to succeed. I refuse to barter incentive for a handout. I prefer the challenges of life to the guaranteed existence; the thrill of fulfillment to the calm state of utopia. I will not trade freedom for beneficence nor my dignity for a dole. I will never cower before any master not bend to any threat. It is my heritage to stand erect, proud and unafraid; to think and act for myself; enjoy the benefits of my creations and to face the world boldly and say, "This I have done." All this is what it means to be an American.

SPJST Věstník

Brotherhood

To often we allow ourselves to be upset by little things we should have forgotten immediately. Perhaps some man we helped proved ungrateful, someone we thought to be a friend has spoken ill of us, some reward we believe due us was denied. We feel such disappointments so strongly that our sleep is disturbed. We are on this earth only a few short decades and it is foolish to lose many irreplaceable hours brooding over minor grievances that, in most cases, are forgotten by us and everybody else in a few short months. It is far wiser to devote our lives to worth-while actions and feelings, to great thoughts, real affections and important tasks.

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,

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.

Lorraine Zdenek Alternate, A.S.O.

Born September 24, 1925 in Kansas City, Mo. Parents Ben and Marie Prevratil, brothers and sisters, George (President, Southern District), Ben Jr., Charles, Sylvia and Vlasta. Moved to Dallas, Texas where she began attending classes at Sokol Zizka at the age of 7. Competed as a Senior in the Southern District from 1939 to 1952. Placed 2nd in Low Division Women in 1939. Attended ASO Course for Instructors in Algonquin, Ill. in 1941. Elected Director of Women, Sokol Zizka, in 1947 and again in 1952; taught childrens classes at Sokol Zizka for several years beginning in 1941. In 1950 served as Assistant Director of the Southern District.



Married Charles Zdenek, Jr. in 1952 and moved to Chicago where she became a member of Sokolice Chicago. Husband Charles is an active member of Sokol Chicago and at the present is serving as Sec'y of his Unit. In 1954 became a member of the ASO Board of Instructors serving until 1962, and during 1960-1961 was 2nd Assistant,

also became a member of the Central District Women's Board of Instructors. Was elected Director of Women in 1955 and served in this office for five years. Elected Secretary of the Central District BOI in 1961 and 1962. Taught for two years at Sokol Town of Lake, beginning in 1954, and at Sokol Havlicek-Tyrs from 1961 thru 1968. Was a member of the Instructors Staff for the Southern District ASO COURSE in 1962 and 1963, also taught special work in the Central District Course 1964.

Had the honor of being elected Director of Women of the ASO in 1965-1970. Now serving as Sec'y of the Women's Board of Instructors of the ASO.

Children: Mike 22 years, completed Military Service, Viet Nam, married has one child and lives in Houston. Marilyn 15, sophomore in high school, and Marcia 12, members of the Junior Girls Class, Sokol Havlicek-Tyrs.

Besides Sokol activities was also active in the PTA; serving various offices including 2 years as President.

Tyršova myšlenka

Tyršova soustava je uzpůsobena tak, aby člověk učila myslet a jednat, žít život vyrovnaný, lid-

ský. Tyršova myšlenka jest ve zdravém těle zdravý duch. Každý člověk má dvoji život; tělesný a duchovní. Proto se liší sokolská výchova od druhých tělocvičných soustav a organizací, že dává možnost nabádat člověka k tomu od dětství a udržuje svěžest člověka, aby žil život plný. Přelom, přeskoč, nepodíez, láska k životu, ke všemu co člověka silí a zušlechťuje. Neb láskou žijeme k rodině, k lidem všem národů, k domovu a ku všemu, co tvoří život člověka lepší a krásnější. A proto Tyrš řekl: "Jedinec nic, celek vše! To jest národ a jeho volnost!"

Jan Tesar

"Nepravá Sestra Paidarová"

V říjnovém čísle Sokola Amerického pod značkou "V. K." bylo ve zprávě ze Sokola Los Angeles uvedeno, že zemřela ses. Paidarová, provdaná Stackhouse... "Věřím, že je nutno to opravit, neboť zpráva v Cedar Rapidsích způsobila pochopitelný rozruch. Faktem je, že se jednalo o úmrtí sestry Anny Paidarové, maminky Růži Stackhouse z North Hollywood, oblíbené pěvkyně a pilné sokolice v Cedar Rapids i Los Angeles. Matka její zemřela v pozoruhodně vysokém věku 91 let a pozůstatky převezeny do Cedar Rapids a uloženy po boku jejího manžela na českém národním hřbitově." Ne nadarmo se však říká, že taci "za živa pohřbení" se dožijí dlouhého věku a my v Cedar Rapidsích, kde nám byla Růža po léta slávicíčkem českých divadel tu bude s námi ještě dlouhá, dlouhá léta.

T. B. Hlubuček

60 let Sokola Havlíček-Tyrš

V roce 1911 koupil Sokol Havlíček pozemek, aby tam postavil novou moderní budovu, která by vyhovovala tělocvičným a společenským potřebám tehdejšího velkého rozmachu sokolského hnutí a našeho krajiánského života v Chicagu. Aby tento úkol byl snáze uskutečněn, bylo zahájeno jednání o sloučení s další jednotou Miroslav Tyrš, která rovněž neměla své budovy. A tak v září 1911 byla založena dnešní sokolská jednota Havlíček-Tyrš. Ještě tentýž rok byla zahájena stavba sokolovny. V r. 1925 byla pak sokolovna rozšířena přístavbou balkonů, ložových síní a dnešní přední části. Sokol Havlíček-Tyrš vzpomíná 60 let své činnosti. Je to jistě významné jubileum. 60 let naplněných houževnatou a vytrvalou prací sokolskou a společenskou. Tělocvičnou a členskými řadami jednoty prošly stovky mladých lidí, kterým dala sokolská výchova základy pro jejich budoucí život. Dnes jsou roztroušeni po celých Spojených státech, často ve významných postaveních. Rádi jistě všichni vzpomínají na ty krásné chvíle prožité v tělocvičně, v letním sokolském táboře, na schůzích a kulturních a společenských podnikcích jednoty. Je to ohromné množství činnosti, která se nedá vyčísřit. Jen ti, kteří to vše s jednotou žili, kteří byli toho věčného sokolského ruchu a nadšení účastníky, jen ti to dovedou přehlédnout a ocenit. V jejich duších zůstávají krásné vzpomínky, které nikdy nevyumí. Jednota Havlíček-Tyrš byla a stále je významnou složkou naší sokolské rodiny v USA a také i čes-

ké a slovenské krajanské větve. Její budova, o které se vždy vzorně starala a ji udržovala, patří nám všem Čechům a Slovákům v chicagské metropolitní oblasti. Co významných podniků odbývalo se pod její střechou za tu dlouhou dobu 60 let. A i dnes jen si vzpomeňme: Moravský den, Československý den, reprezentační plesy, naše česká divadla atd. To vše je velká služba jednoty společně věci nás všech.

V sobotu 6. listopadu na slavnostním banketu bude vzpomenu 60 let činnosti Sokola Havlíček-Tyrš.

Jerry Rabas

Sokol Los Angeles

Po velkém úspěchu na International Fair, kde kromě stánků s výstavkou čl. obrazové a informační části pod vedením ses. Nekudové, tančila skupina mladých, skutečně hezkých žen pod vedením Yvonky Gotvaldové, se přikročilo k další práci. Tance mladých žen i bratří v národních krojích ukázali vyspělost i skutečně vzácné pochopení pro krásu národních tanců, právě u té zlaté mládeže i schopnosti ses. Yvonky. Jen tak dál, chlapeci a děvčata.

23. října byla oslava národního svátku v sokolovně. Krátký a velice pěkný proslav ses. Nekudové a pak divadlo: Otec Kondelík a ženich Vejvara.

Jak žijeme? V úterý cvičí Stará Garda pod vedením br. Pokorného a místonáčelníka Jiřího Lišky. On ten br. Pokorný je takový oříšek. Je mu už 81 let a pořád vede tu svoji Starou Gardu a nyní už nacvičuje prostná na příští veřejné cvičení. Inu, muži prý nestárnou. Pravidelně cvičí 25 mužů a žen; tak drobátko starších.

V pátek je zapsáno pro cvičení: 10 mužů, 5 dorostenců, 6 žen a 10 dorostenek. Náčelníkem je br. Hintnaus, náčelníci ses. Pelcová, místonáčelníci ses. Hintnausová a místonáčelníkem br. Liška, Vzdělavatel br. Bednář. V sobotu dopoledne jsou zde žáci a žákyně asi tak 30. Krom toho je v sobotu česká škola, kterou založil skautský oddíl při Sokole pod vedením Oldy Fryce.

Pro příští rok je v přípravě župní veřejné cvičení Župy Pacifické, které bude zde a pak slet ve Vidni.

V. K.

Sokol Berwyn

konal schůzi 9. září za předsednictví ses. Krimmelové. Vzdána poslední pocta zesnulým br. J. Fialovi a ses. A. Lidové. Naše jednota bude pořádat pravidelné hry Bingo, jakmile obdrží povolení. To pomůže naplnit pokladnu, která je úplně vyčerpána v důsledku oprav budovy. Naši bratři obětovali mnoho hodin na opravu podlahy. Sestra starostka jim poděkovala za jejich námahu, kterou jednotě uspořili mnoho peněz. Br. George Vydra nám podal zprávy z Panamerických her v Jižní Americe a Br. Schnabl nám slíbil předvést film z Aljašky.

Na schůzi dne 14. října bylo přijato nových 7 členů. Čten děkovný dopis od Rod. Fialy a dar Sokolu \$100. Výkonný ředitel Cermak Rd. Business Assn. děkuje za spolupráci při Slavnosti hub jejichž byla zvolena naše členka ses. Patti Gilbert. V so-

botu dne 4. prosince bude v Science Museu opět představení "Vánoce kolem světa", v němž budou účinkovat i členové našeho Sokola, děti českých škol a členové Klubu Bedřich Smetana. Připravujeme náš novoroční taneční večer.

M. V. Hodoval

Sokol Nová Vlast

"Beer Festival" byl úspěšný

Dobrá věc se opět vydařila. Návštěvníci "Beer Festivalu" si sousedsky pohovořili, zazpívali a ti náročnější se roztančili po parketách. Veselost se usmívala se všech stran, když naši muzikanti proháněli svoje "fukadla" stříbrnými nástroji a když prsty po strunách pohupovaly jako žabky.

Usmívali se i clevelandští sokoláci, neboť velká návštěva jim jasně napovídala, že o nich veřejnost dobře ví a že chce podpořit jejich snahu i věc. Dekorace tanečních sálů, jídelen i nádvoří dala sokolům hodně práce. Pracovalo se v pátek a v sobotu, aby se návštěvníkům líbilo, aby si přišli na své. Také podávaná jídla byla chutná, prvotřídní. Džbánky zlatého moku stály na stolech jako připomínky krásných časů při venkovských veselících.

Členové Amerického Sokola děkují všem krajanům, kteří je přišli podpořit. Jen jejich pomocí se bude moci vybudovat nová tělocvična pro naše cvičící. Nezapomínejme na naši mládež, která potřebuje řádné výchovy a nezapomínejme sokolského hesla, že ve zdravém těle je i zdravý duch.

P. K.

Sokol Washington

Jednota připravuje mimo jiné: 5. prosince Mikulášskou zábavu s vepřovými hody. Podrobnosti později. V únoru 1972 XII. Šibřinky. Opera Sokol Washington připravuje na 2. duben 1972 pod vedením ředitelky s. Brodenové operu "Psohlavci".

21. května 1972 pokládání věnce a piknik. V červnu zájezd do Vídně na slet Sokola v Zahraničí. Zájezd bude trvat asi tři neděle, navštívíme několik států. Přihlaste se již nyní u starosty br. Neumanna. Zájezd bude velmi výhodný za režijní cenu. Z Washingtonu máme již řadu přihlášek. Podrobnosti později.

V září 1972 oslavy 25. výročí Sokola Washington D.C.

Sokol Fresno

V Americké Obci Sokolské jsou sdruženy jednoty o velkém počtu členů, které mají výhodu, že vlastní svou tělocvičnou a jsou obklopeny krajauskou obcí. Jsou pak jednoty malé, které jsou ztraceny v americkém moři a osamoceny. Mezi takovou jednotu patří Sokol Fresno, město 200 mil východně od San Franciska, na úpatí amerických hor, kde je úrodná krajina, na které se pěstuje vinná réva, ovocné stromy a zelenina.

Do toho — tenkrát ještě divokého západu se nastěhovali naši čeští pionýři, aby pomohli budovat Ameriku. Založili pak později sokolskou jednotu.

Byl jsem pověřen, abych navštívil Sokol Fresno, abychom se v Pacifické župě a Sokolské Obci přesvědčili o jejím životě a činnosti.

Jednota nemá svou vlastní tělocvičnou a pro svou tělocvičnou činnost si pronajímá sál. Schůze se konají vždy v domě některého člena, který je hostitelem. Tentokrát se schůze konala u br. Emila Průdky, v předměstí Clovis, za účasti 35 členů (jednota má jen 65 členů).

Starostkou jednoty je mladá energická sestra, — která předsedala schůzi opravdu zkušenou rukou. Na schůzi přišli starší krajané, kteří ještě nezapomněli česky a mladší generace, která již česky mluví velmi málo.

Úředníci přednesli své zprávy a náčelník br. John Pokorný a náčelnice ses. Marta Lizák slíbili, že obnoví tělocvičnou činnost po prázdninách. Před schůzí byla společenská zábava.

Po schůzi byl promítnut barevný film ze sletu v Chicagu, který se velmi líbil a zaujal členstvo. — Sokol Fresno žije!

Jiří Špánek

Ze sokolské župy Pacifické

V sobotu dne 2. října se konala v Los Angeles schůze Sokolské župy Pacifické, za účasti delegátů z jednot Fresno, San Franciska a Los Angeles. Na programu byla především organizace sokolského společného zájezdu na slet do Vídně. Sletové dny se konají 30. června 1., 2., a 3. července 1972. Odlet společným letadlem z Los Angeles bude 27. června a odlet z Vídně zpět 25. července.

Pacifická župa bude konat svou valnou hromadu v Los Angeles dne 23. ledna. Župní veřejné cvičení na Den Zdobení hrobů 27. a 28. května 1972. Bude organizován župní dětský tábor ve Fresno začátkem srpna. — J. Š.

Sokolovna v New Yorku vyhořela!

Ve středu krátce po půlnoci vznikl oheň v budouv Tělocvičné jednoty Sokol v New Yorku, na 71st str. Příčiny požáru prozatím nejsou známy, ale je odůvodněné podezření, že se jedná o čin žhárů.

K newyorské Sokolovně se váží vzpomínky na četné historické události tamní česk. větve. Byla místem nesčetných krajauských podniků — shromáždění, přednášek, divadel a zábav — a její ztráta je tím bolestnější, protože měla být místem i letošních oslav 53letého jubilea zrodu Československé republiky, pořádaných Čs. Národní radou americkou a místními krajauskými organizacemi.

Československý Měsíc v Cedar Rapids, Ia.

"Československý Měsíc" v rámci Festivalu lidového čl. umění, byl již zahájen 28. října v C. R. Art Center. K této výstavě bylo nashromážděno několik set památkových předmětů, vesměs od našich krajanů, jako broušené sklo, obrazy, keramiku, krajky, výšivky, kroje, porcelán, ručně malovaná velikonoční vajíčka, atd. Mimo této umělecké výstavy, otevřené od 28. října do 31. prosince a to denně od 10 hod. ráno do 5 hod. odpo. s úplně

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volným vstupem každou neděli ve 3 hod. odpol. bude předveden zajímavý program. V neděli 31. října promluví v rámci formálního otevření výstavy T. B. Hlubuček, bývalý dlouholetý česko-americký novinář, učitel češtiny a občanské nauky. Následující neděli 7. listopadu smyčcové trio Kary Ellie a Kevina Koskových se skladbami českých skladatelů za pianového doprovodu Betty Stodolové. V neděli 14. listopadu v budově Sokola šicí kroužek podá ukázkou své práce. V neděli 21. listopadu vystoupení populární České Centennial kapely a předvedení české "Besedy" místním tanečním sborem. V neděli 28. listopadu hudba Frances Chaloupky Brown, ukázkou ručního malování velikonočních vajíček podá pí. Edward Nejdlová, — v neděli 5. prosince promluví K. Prchal, býv. starosta AOS, sbor "Karla Masaryková" pod řízením Esther Kiersey zapěje směs české chorálové hudby. V neděli 19. pros. Omladinový pěvecký sbor pod řízením Lenore Stark-Topinkové zapěje české vánoční koledy. A v neděli 31. prosince Festival končí.

T. B. Hlubuček

JAMES KIML

Tak náhle a neočekávaně opustil naši clevelandskou sokolskou rodinu věrný bratr James Kiml, dlouholetý člen jednoty Sokola Tyrš. Jeho rodištěm byla obec s malou školou — Lidice.

Br. Kiml věděl, jako jeho sourozenci, že jeho místo v Americe je v Sokole. Stal se členem Sokola hned v mládí a Sokolem zůstal po celý život. Nebyl jen matrikovaným členem jednoty. — Kde se jednalo o prospěch jednoty, pomáhal všude, nikdy mu žádná práce nepřipadala zbytečná nebo malá. Rád si také zahrál divadlo a jedna z jeho pěkných rolí, kterou vytvořil, byla postava sedláka Krušiny v Prodané nevěstě.

Odchod každého člověka přináší bol jeho nejblíže zůstalým. Odchodu bratra Kimla želi i naše sokolská rodina. A právě jejím jménem chci touto cestou vyslovit hlubokou soustrast pozůstalé manželce, naší sestře Rose, dětem, bratrům a sestře zesnulého, ostatním příbuzným a přátelům.

K. Z.

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