

AMERICAN SOKOL

VOL. XCIII — NO. 2

FEBRUARY, 1972

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

LET'S EXAMINE OUR OBJECTIVES

With the start of a new year this would be an ideal time to examine our objectives, our economic health, and realistically proceed to help our Sokol to grow and prosper; and this certainly creates a challenge for each of us, for responsibility does not rest upon the officers alone. It belongs equally to all members. No small group of individuals can shoulder the burden by themselves.

Not only does it take new ideas and planning, but teamwork. Any suggestion, or new innovation, brought forth should receive the most careful of consideration, that is, provided it's within the realm of our Sokol philosophy. Do remember, no idea is of value unless it becomes a reality; and teamwork is something you can provide.

If our Sokol movement is to proliferate, to multiply, three vital prerequisites must be satisfied: (1) The recruitment of young people into our midst as new members. (2) The ever-renewing process of maintaining, modernizing, and even the new construction of our Sokol buildings. (3) Activity, gymnastic and social.

The American Sokol Organization's Membership Drive is a step in the right direction, however, it's only the initial step—only the beginning. There is a definite need of intensification of member-getting efforts—adding muscle-power into our organization. New members mean new blood. New blood brings new strength, energy, fresh ideas.

Phase two. As likened to our own domiciles, continued home-improvement is the present way of life. Certainly the same should apply to our present Sokol buildings. The question: How to make our Sokol Homes more attractive—to better serve the membership? This thought alone should be the spur, the stimulus, for further Sokol endeavor.

And last, Sokol activity, especially in our gymnasiums. Our readers have been more or less abreast of the apathy that is apparent in many Sokol Units. Oh, yes! It's always soul-satisfying to write of the exploits of such thriving Sokol Units as: Detroit, St. Louis, South Omaha, Ennis, Dallas, to name a few. They always make good copy, good reading.

But what we don't read is of the inactive Units. Where are those vitally important programs—lectures, drama, socials, athletic meets, gym programs for both young and old? What of our Units who once possessed Sokol buildings of their own, and for one reason or another are presently homeless, meeting in name only? What are their dreams? Their hopes? Their ambitions for the future? Are they content to remain status quo?

Dr. Miroslav Tyrs, the father of our Sokol, once stated the need for open expression, advocating we, as true Sokols, be unafraid of self-criticism. Always urging: "Onward and onward". If we are to re-kindle the spirit and enthusiasm that was so prevalent years and years ago—as it was in the gloried days of Sokoldom—the time for action is NOW!

GEORGE HERINK

AMERICAN SOKOL



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Calendar of Events

FEB. 26th — SOKOL HAVLICEK-TYRS, CHICA-
GO, ILLINOIS. — Masquerade Dance.
FEB. 26th — SOKOL SOUTH OMAHA, NEBR.
Annual Večerek — Members & Spouses only.
FEB. 26-27th — SOKOL NOVA VLAST, CLEVE-
LAND, OHIO — Ski Trip — Holiday Valley.
MARCH 4th—SOKOL BROOKFIELD, ILL.
Gym Exhibition.
MARCH 5th — SOKOL SOUTH OMAHA, NEBR.
Gym Club Card Party.
MARCH 11th — SOKOL TABOR, BERWYN, ILL.
Gymnastic Exhibition.
MARCH 11th — SOKOL LITTLE FERRY, N.J.
Corned Beef & Cabbage Dinner-Dance.

MAR. 11th—SOKOL BALTIMORE, MARYLAND.
Dozvuky.
MARCH 11th — SOKOL OMAHA, NEBR.
Chicken Dinner — Ernie Kucera Music.
MARCH 11th — EASTERN DISTRICT. — Annual
Wreath Laying Ceremonies — Arlington National
Cemetery.
MARCH 12th — SOKOL STICKNEY, ILL.
Corned Beef Dinner — 12 to 4 P.M.
MARCH 15th — SOKOL OMAHA, NEBR.
Style Show
MARCH 19th — SOKOL SLAVSKY, CICERO, ILL.
Annual Gymnastic Exhibition — Cicero Stadium
MARCH 25th — SOKOL BERWYN, ILL.
Gymnastic Exhibition.
MARCH 25th — SOKOL SOUTH OMAHA, NEBR.
Annual Gymnastic — Marr's Jr. High School
Air Conditioning Benefit Dance — Eddie Svoboda
Music.
APRIL 9th — SOKOL WASHINGTON, D.C.
Czech Opera "Psohlaveci" by Karla Kovařova.
Directed by Mme. Lida Brodenova.
APRIL 15th — SOKOL STICKNEY, ILL.
Gymnastic Exhibition — Morton West High
School — 7:30 P.M.
APRIL 15th—SOKOL BROOKFIELD, ILL.
Chicken Dinner.
APRIL 15th — SOKOL OMAHA, NEBR.
Chicken Dinner — Kostka Bros. Music.
APRIL 16th — SOKOL LITTLE FERRY, N.J.
75th Annual Gym Exhibition.
MAY 6th — SOKOL RACINE, WIS.
Gymnastic Exhibition — 7:00 P.M.
MAY 7th — SOKOL OMAHA, NEBR. — Por-
k Dinner — Crowning Omaha Czech Queen.
MAY 12th — SOKOL SLAVSKY, CICERO, ILL.
Card & Bunco Party — Cicero Red Feather Bldg
MAY 12-13th—SOKOL MILWAUKEE, WIS.
Interclass meet - Track Meet
MAY 13th — SOKOL OMAHA, NEBR. — Chick-
en Dinner — Eddie Janak's Music.
MAY 19th—SOKOL BROOKFIELD, ILL.
Bunco.
MAY 21st—SOKOL MILWAUKEE, WIS.
Annual Gymnastic Exhibition.
MAY 21st — SOKOL BALTIMORE, MD. — 100th
Annual Gymnastic Exhibition.
MAY 21st — SOKOL OMAHA, NEBR.
Gymnastic Exhibition.
MAY 26th-29th — LOS ANGELES, CALIFORNIA
Pacific District Slet.
JUNE 4th — NORTHEASTERN DISTRICT SLET
CLEVELAND, OHIO. — A.M.L.A. Slovenian Re-
creation Center — Leroy Township — 2:00 P.M.
JUNE 4th—SOKOL SO. OMAHA, NEBR.
Czech Festival.
JUNE 10th — SOKOL OMAHA, NEBR.
Chicken Dinner — Kostka Bros. Music.
JUNE 17-18th — CENTRAL DISTRICT SLET
ST. LOUIS, MISSOURI.
JUNE 23rd-25th — ST. PAUL, MINNESOTA.
Western District Slet.
SEPT. 30th — SOKOL WASHINGTON, D.C.
25th Anniversary Banquet.
OCT. 21st — SOKOL SLAVSKY, CICERO, ILL.
Annual Dinner Dance.
OCT. 28-29th — SOKOL BALTIMORE, MD.
100th Anniversary Banquet — Celebration.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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WHY EXERCISE??

Why exercise? We live in an era of "easy living". Modern conveniences now do the work that used to require our time and effort. We have replaced walking with riding through use of the automobile; we take elevators instead of climbing stairs; we use power motors instead of releasing our energies and frustrations on a push type mower; and we even use an automatic push-button type device to change channels when watching television, instead of walking across the room to tune the set. Modern technology has outmoded activity and made inactivity popular.

Comfort in its modern connotation, means having things done for us with the least amount of physical exertion on our part. Generally we're more interested in being comfortable than in being healthy.

Backaches, headaches, muscular tensions and soaring blood pressure are not ailments intended to continually bother man. These ailments, generally, are result of inactivity.

From the standpoint of physical fitness, inactivity is synonymous with neglect and laziness, and it can threaten the attainment of a long, rewarding and healthy life.

Good physical health is a combination of four basic elements; a proper mental attitude, adequate rest, a well balanced diet, and last but not least, an exercising program. To achieve a balance of these four factors, and to faithfully continue with the program, will enable almost any person to become physically fit.

Physical health helps provide defense against various health hazards including infections and colds. The person who is fit overcomes most illnesses in a much shorter period of time that the person whose defenses have been weakened by inactivity.

A person who engages in a daily, twice or thrice weekly exercising program will benefit in balance, coordination, dexterity, grace, posture, speed, stamina, strength, endurance, appearance and recuperative powers. — But — a regular exercising program requires determination, effort and time. The exercising program is as essential to a balanced fitness program as regular and proper rest, and therefore, should be done with the same degree of regularity as eating and sleeping.

Generally an exercising program can be started regardless of age. However, it is advisable that a middle-aged or older person consult with his physician before beginning a strenuous program of exercising and calisthenics.

Another reason for participating in a good physical fitness program is that if you are an average person, middle-aged or older, living in a section of the country such as Illinois, your exercising comes to an abrupt halt with the colder seasons.

The American Medical Association says some form of physical exercise is genuinely necessary during the year. Adequate physical exercises should make any person feel better, have a healthier body and more alert mind. The worth of exercise rests upon a basic principle, the law of use. Hippocrates referred to this years ago when he said: "That which is used develops, that which is not used wastes away."

Exercises help your body because the muscles need more oxygen and food when exercising. The blood circulates faster to meet these needs and carry off waste. All the cells of the body benefit.

Medical authorities agree that properly supervised exercise should not harm the heart. Studies have shown that men engaged in sedentary positions requiring little physical activity have higher incidence of coronary disease and death than those whose work requires considerable physical exertion.

Exercise is an aid to sound mental health. People say they feel more active when they exercise, have more energy and can do a lot more work. It's common logic that if one feels better, his attitude is more congenial. When one is in a happy frame of mind he makes wiser decisions and his world in general looks better. He finds greater release from tension, relaxes easier and forgets his worries.

Another benefit of exercise as stated by American Medical Association to Congress in Washington recently is that life expectancy of Americans could quickly increase by ten years if people would only exercise, keep alert, stay slim, stop smoking and get check-ups.

The American Sokol Organization is one of the many organizations which can provide one with proper fitness program. The Sokol philosophy revolves around physical fitness and, "A SOUND MIND IN A SOUND BODY." In addition to fitness also stressed is cultural, mental, social, and spiritual development. The Sokol system does not rely on complex expensive exercising or reducing machinery and equipment. Our program is based on plain old-fashioned hard work and effort, obtained through a structured formal class consisting of jogging, calisthenics, apparatus work, dancing, tumbling, team games, and special activities.

Exercise is one of the most important factors contributing to total fitness. It is the key element in the Sokol system. With exercise being supported today emphatically by eminent doctors such as Paul Dudley White, the eminent heart specialist; the late Arthur H. Steinhaus, eminent physiologist; Prof. Harold Mallerowicz, director of Berlin's Institute for applied medicine; Dr. Kenneth Cooper, author of "Aerobics"; Dr. Thomas K. Cureton, director of research at the University of Illinois; and Dr. Frederick C. Swartz, chairman of the A.M.A.'s committee on aging; just to name a few. One cannot afford to stay out of a regular rigorous physical fitness program such as that offered by the American Sokol Organization. If you are one of the individuals withering away, join now . . . before it's too late.

Frank Michalek, Sokol Havlicek-Tyrs

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

HELD JANUARY 25, 1972

Bro. Stanley Barcal, President, presided. Present: Bros. G. Basta, J. Drnec, G. Herink, J. Janecka, E. Linhart, J. Rabas, E. Schnabl. Sisters: A. Basta, Josephine Drnec, A. Falta, B. Prener, E. J. Schnabl, A. Sotka, L. Zdenek.

Correspondence: Invitation from Czechoslovak Sokols Abroad to birthday party honoring Dr. A. Hrebik, Feb. 26th. Sisters B. Prener and A. Falta will represent ASO. — Western Dist. inquiry as to date of Unit organization. — Thank You note from Sis. June Pros for flowers sent during her stay at hospital. — Sokol Omaha requesting by-laws and "new member kits".—Estimate of repairs to tape recorder \$45.00. Expenditure approved.

Board of Instructors: Bro. Linhart reported on Combined Board meeting held Jan. 19th. — Bro. Fina expense of \$277.00, attendance at USGF Council representing ASO, approved. Approved for payment from Special Assesment Fund: Northeastern District — 2-wk. Monessen, Pa, course, \$840.00; 1-wk. Gym Clinic, Sokol Tyrs, \$480.00; 1-day Detroit Clinic, \$52.00; 2-wk. Boonton course, \$2,420.00; Eastern District — 2-wk. Boonton course, \$682.12; Central District — 1 day Women's course, \$79.03; 4-day Women's Gym Clinic, \$164.00; Volleyball Clinic-Women, \$100.00. — Meeting scheduled Feb. 27th regarding Vienna Slet. — District Director's Conference scheduled for Nov. 3-5th. — 12 tapes prepared, \$24.00, approved. — Sis. Schnabl will not attend Vienna Slet. Will appoint responsible woman as her spokesman who may be participating in the Slet. Sokol Song Book progressing nicely. Postage bill, \$8.34 approved. — Bro. Schnabl reported on Crest design. Also on Gymnastic Skills Patch. Purchase of 660 approved. — Conference of District Presidents and ASO Executive Board to be held in interim Convention period. Unanimous decision, January 19-21, 1973.

Membership Committee: Bro. Svoboda discussed posters and literature to be printed. Short type slogan will appear on posters. Folders will be updated. Two letters have been sent Units on progress of Membership Drive.

Educational Committee: Bro. Janecka, Co-Chairman, advised he was asked to help with the educational program. This is a large field. Arrangements made for a lecture by Harold Prohaska, Chief of the Fire Academy of Chicago — subject: Physical Fitness. This is scheduled for Feb. 21, 7:30 p.m. at Lincoln Federal. Admission free. Educational matters discussed, and decision reached to assist Bro. Janecka set up a program. A 5-member Educational Committee will be formed with the assistance of the Officers of the Executive Board.

Editor: Bro. Herink advised printing situation has improved. To facilitate matters publicity concerning our Tours will appear in the Gymnast section of American Sokol from now on.

Tour Committee: Sis. Prener and Bro. Rabas set up a 11-12 day tour in Czechoslovakia for those desiring to make this trip. Further details will be furnished those interested. Expenditure of \$232.05 approved.

Uniform Committee: Sis. Basta gave report regarding purchasing of needed supplies. Items are moving nicely, sales have gone up. A handling charge will be made for purchases picked up at the Office. Orders grouped together are easier to fill. Have been trying to locate new supplier of men's caps for parade uniform. Sis. Prener reports accounts receivable are current and our accounts payable are running 30-60 days. Inventory will be taken end of January.

Financial Secy.: Sis. Sotka read her report. Federal Taxes deposited. Filed 4th quarter F.I.C.A. & F.W.T. tax report; also 4th quarter Illinois Income Tax report. Mailed 2-50 year pins to Sokol Schenectady. Ordered new supply of 50-year and 25-year pins. Price of both has increased. There were 226 changes on January mailing of American Sokol. Bro. Hrebik visited our office for Uniform price lists to send to Vienna. All Vienna Slet activities will be held indoors.

Treasurer: Bro. Basta reported his records are in agreement with those of the Financial Secy. Also reconciled the bank statements which are found to be in order. Presented financial report of the ASO for quarter ending Dec. 31, 1971. Also submitted a financial comparison of receipts and expenditures for the year 1971 compared to budget prepared by the Convention Financial Committee. The results were good and showed we were operating within guidelines set.

Vice President: Sis. Prener reported installing officers for Sokolice Tabor, Sokol Berwyn, and initiating 11 new members at Sokol Stickney where Bro. Joe Drnec was the installing officer. Was one of five judges of the Illinois Junior Miss Pageant.

President: Bro. S. Barcal installed officers for Sokol Tabor and attended BOI meeting.

DISTRICT REPORTS

WESTERN DISTRICT
January 11, 1972

Pres. Bro. Edward Pavoucek presided.
Correspondence — Letter from Wilson, Kansas Chamber of Commerce requesting Sokol gymnasts perform for the Czech Festival, July 28-29th. Decision postponed for one month. — Publicity re-

garding ASO Membership Drive. — Received list of Sokol St. Paul and Sokolice Crete officers.

Old & New Business — No action on Honorary District Membership. — Semi-Annual District Meeting, April 29-30th. B.O.I. Meeting April 29th at 2 P.M. — Annual Meeting Sept. 23-24th.

B.O.I. — Letter from Sokol Cedar Rapids requesting permission for Darrell Netalicky to compete in Men's Low Division at the St. Paul Western District Slet competitions, granted. — All routines for calisthenics and apparatus for District Slet mailed. — Suggested, since Sokol St. Paul will have majority of small Boys and Girls it will have option on Calisthenics selection. — Tapes for Slet will be soon ready.

**NORTHEASTERN DISTRICT
December 8, 1971**

Pres. Bro. Pekar presided with 14 members in attendance. The deceased Bro. Jirsa was remembered with a moment of silence. Previous minutes correction that Sokol Nova Vlast reports 10 new members. Bro. Pekar reported on various functions attended representing the District.

UNIT REPORT:

Sokol Cleveland-Cech-Havlicek: Bro. Gruber stated Unit election had taken place and announced the new officers. Successful Penny Supper held to acquaint members with Sokol Tyrs.

Sokol Tyrs: Elections held and new officers elected. Membership increased by 5 members. Reported Bro. Voris will be out of town for a period of 3 to 6 months.

Sokol Nova Vlast: Bro. Kocian reported St. Nick Party very successful. Election will be held in conjunction with the Christmas program prepared by Bros. Mikula and Dadik.

* * *

B.O.I: Bro. Dusek discussed the combined Winter Exhibition, Feb. 6th at Cuyahoga Community College. Everything in readiness: flyers, posters, tickets, etc. Deposit made and contract signed for Summer Exhibition, June 4th, Ad for Prazky Pepici Club authorized by District.

Treasurer's Report: Cash on hand, \$660.07. Deposit of, \$164.34. Leaving a balance of \$824.42.

**EASTERN DISTRICT
January 17, 1972**

Pres. Bro. Charles Zraly presided. Present: Bros. J. Babinec, A. Chaloupka, J. Petlička, H. Vesely. Sisters B. Hochner, L. Pribil, N. Zabka, B. Zraly.

Correspondence: Information regarding ASO Special Assessment Fund. — Sokol Philadelphia re-elected Sis. Josephine Tunkl as president. — Bro. George Novak requests information on participation in Vienna Slet and Sokol Baltimore's 100th Anniversary celebration. — Bro. Neuman, Pres. Sokol Washington, phoned, requesting Eastern District's Annual Meeting be changed to Sept. 30 and Oct. 1st to coincide with Sokol Washington's 25th anniversary, Sept. 30th.

Director of Men, Bro. Capek: Written report. Sis. Virginia Belsen and Bro. Paul Paces headed

the very successful bowling tournament. Awards went to Bro. J. Janacek, N.Y. Sokol, 1st place, Men's Individual; S. Becker, Sokol Little Ferry, 2nd place, Jr. girls; D. Kolnik, Sokol Fuegner, 3rd place, Jr. girls. Sokol Fuegner's Jr. girls won the Team trophy.

Director of Women, Sis. Zabka: Sokol Fuegner Jr. girls and D.A. Sokol women were victors at the United Sokols of the East Volleyball Tournament held Jan. 16th at New York Sokol. — Apparatus training period to be held Feb. 2nd at Bohemian Hall, Astoria. — Jr. and Sr. Competition, March 19th. Children's, May 13th. — No music received for calisthenics drills. — Working with former gymnastic coach, Marie Bakos, with Jr. and Sr. women on Sunday afternoons at Sokol Little Ferry.

UNIT REPORT:

Sokol Little Ferry, Bro. Vesely: New Year's Party very successful. — Corned Beef and Cabbage Party, March 11th. — Gym Classes well attended. — Exhibition April 16th.

Sokol Fuegner, Sis. Hochner: Gym classes progressing nicely under direction of Sis. Virginia Belsen and Bro. Richard Kotmel. — Jr. girls victorious in bowling and volleyball tournaments. — Same officers elected for ensuing year.

Sokol New York, Bro. Babinec: No gym activity due to hall renovations. — Installation of Officers, Jan. 20th. — Sis. Provaznik re-elected president.

* * *

Southern Circuit Events: Sokol Washington Sib-rinky, Jan. 29th; Sokol Baltimore Masked Ball, Feb. 5th; Sokol Baltimore Dozvuky, March 11th; Arlington National Cemetery ceremonies, May 21st. Picnic to follow at Palisades Park; Sokol Washington's 25th Anniversary, Sept. 30th; Sokol Baltimore's 100th Anniversary, Oct. 28th.

Treasurer, Bro. Chalupka: December receipts, \$83.30; January receipts, \$143.55; No disbursements.

**American Sokol Organization
Financial Report
January, 1972**

INCOME:

Dues	\$3,691.00
Convention Fund	2,273.00
Special Assessment	4,388.00
Dividends and Interest	389.65
Resale of Jewelry	15.75
Window Decals	1.00
Total Income	\$10,758.40

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 246.29
F.I.C.A. & F.W.T. for December .	120.06
Illinois Income Tax - 4th Qtr. 1971	37.83

Rental, Janitor Service,	
Phone, Electric	303.98
Office Equipment & Supplies	143.97
Machine Maintenance Contracts	111.60
Advertising	92.50
Miscellaneous	22.50
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	\$1,078.73

Educational Department BOI

Salaries	\$ 210.44
F.I.C.A. & F.W.T. for December..	36.80
Illinois Income Tax - 4th Qtr. 1971	12.48
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	28.00
Tapes, Postage, Phone	35.19
Travel Expense	277.00
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624.91

Sokol Publication

Editor "American Sokol"	\$ 75.00
Printing "American Sokol"	528.00
Postage "American Sokol" —	
Dec. 1971 & Jan. 1972	95.10
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698.10

Miscellaneous

Uniform Division — Salary	\$ 111.29
Advance to A.S.O. Excursion	
Committee	2,000.00
Special Appropriations —	
Northeastern District A.S.O.	4,474.12
Special Appropriations —	
Central District A.S.O.	343.03
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6,928.44

Total Disbursements\$9,330.18

Balance brought forward:

Western National Bank of Cicero —	
Checking Account	\$4,106.34
Income — January 1972	10,758.40
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14,864.74

Disbursements — January 1972

9,330.18

\$5,534.56**FUTURE SOKOL LEADERS FUND**

Western Fraternal Life Association	\$1,500.00
Svobodna Obec	100.00
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\$1,600.00

Donations are tax exempt.

Sokol St. Louis

We feel that it should no longer be kept a secret that the next Central District Slet of June 1972 will be held in St. Louis, Mo. The last Slet held in St. Louis was in 1965, and since then many things have changed. In June of 1965 our American-Czech Educational Center wasn't completely finished. Our center is completed now, and we are even thinking of adding some more to it. With a little bit of luck this might be done before the Slet in June.

Slet is probably one of the best things that the Sokol movement has. When we get together with brothers and sisters of other units, we can't help but have a feeling of unity, purpose, and pride. After the Slet we all should be a little more re-dedicated to the Sokol ideals, and throughout the Slet proceedings should pick up a little more strength to help us carry on our Sokol work all through the year.

So to all of you who are reading these lines, we extend a hearty invitation to come to the Slet in St. Louis in June 1972. We are eager to show you what we have, and shower you with our hospitality. Come to help us celebrate a Sokol family holiday on June 17 and 18, 1972.

Joseph Sulz

Sokol South Omaha

Sokol South Omaha is now the largest Unit of the ASO with a membership of 416. The next Unit in line has 298 members. In contrast to the 1965 figures. That year there were 16 Units with larger membership than Sokol South Omaha. The Unit then numbered 152 compared to the present day's 416 members. The Sokolice had 91, and now 175 members. All classes of gymnasts: 125 then, 189 now. The Western District (15 Units): In 1965, 1,229; 1971, 1,540.

The great increase in membership is due to the fact that Sokol South Omaha stresses itself as a family organization, as reflected by the motto: "Come join our happy family and be a Sokol Good Guy, you'll be glad you did." Also, another fine incentive. Members may accumulate credit for getting two new members to get a Free Chicken Dinner. New members are also treated to a Free Chicken Dinner.

On December 9th the following officers were elected for 1972: Pres. Bro. Edward Pavoucek; Vice-Pres. Bro. Tony Sum; Corresponding Sec'y. Bro. Irvin Holtz; Recording Sec'y. Bro. Frank Batko; Financial Sec'y. Bro. Vic Novotny; Treasurer. Bro. James Strnad; Director of Education, Bro. Al Swoboda; Director of Men, Bro. Bud Benak.

Sokol Slavsky

The Jan. 9th meeting was highlighted by the installation of Officers. Those who will serve for the year 1972 are: Pres. Bro. Edward Halik, Sr.; Vice-Pres. Sis. Sylvia Freiberg; Recording Sec'y. Sis. Josephine Drnec; Financial Sec'y. Bro. Frank Marecek; Treasurer, Sis. Mildred Pinc; Men's Director, Bro. John Satek, Jr.; Women's Director, Sis. Anne Halik.

Sokol Slavsky is presently in midst of a concerted Membership Drive. The results are most gratifying. During the last 3-month period a total of 90 new members were enrolled into the Sokol organization. The Family Membership plan as instituted by Sokol Slavsky has been the key factor in the large enrollment of new Sokol members.

The Unit is continually sponsoring various fund-raising projects; a Spaghetti Dinner, a Card & Bunced

SOKOL GYMNAST

February 1972

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

The Ancient Olympic Games

The modern 18th Olympic Games are scheduled for Munich, Germany in 1972. The first modern Olympic Games were held in Athens, Greece, in 1896, through the efforts of the renowned French educator, Baron Pierre de Coubertin, for the purpose of promoting interest in sports and physical training, and to encourage better international relationships through the medium of organized amateur athletic contests.

The ancestor of the modern Olympic Games are the Ancient Greek Olympic Games which were a combination of patriotic, religious and athletic festivals held every four years. The first of these Pan-Hellenic Festivals was held in 776 B.C., from which time the Greeks began to date their calendar by "Olympiads", or four-year span between the games.

The games were held at Olympia, the Greek religious center on the banks of the Alpheus (Ruphia), below the sacred Cronion Hill in the northwestern part of the Peloponnesus near the village of Pisa.

Archeologists began excavations in the late 19th century. The principal discoveries have been the great altar, where devination and other religious practices took place, the Pelopium, a small building in which sacrifices were offered to god Phelops; the temple of the Great Mother of the Gods; the temple of Hera; and the temple of Zeus; the stadium with the entrances, the starting lines, seating accommodations, the drainage, and the Hippodrome for chariot races covered by ruins.

Announcements of the approaching festival, which usually lasted five days and was held in midsummer, was given some weeks before the celebrations by ambassadors from Ellis, who visited the various Greek states with an invitation to participate, accompanied by proclamation of a truce, which bound all Greeks to keep the peace during a period of some three months, so that all might attend without fear of molestation or any other aggression.

Contestants to the Games who qualified for entrance had to be Greeks by blood; no slaves, foreigners, or dishonored persons were permitted to compete. The qualified competitor had to take an oath of honor to compete fairly, and must have been in training for ten months prior to the Games with the last month being spent at Olympia. Women were not permitted to be present.

The first day of the Games was devoted to preliminaries and sacrifice. The following days were occupied with popular sports — the foot races were among the oldest and most honored events. The actual distances depended on the length of the stadium — about 200 yards. Boys were not expected to run so far. Contestants for short runs

were divided into heats of about four men each by drawing lots. The winners of the heat then ran to determine the final victor. Races in armor, too, were a feature of the games.

Of special interest were the torch races which naturally took place at night and were contests between individuals or between teams. The broad jump and the hop-step-and-jump were the only forms of jumping contests and the latter only rarely. All competitors jumped from the same take-off into soft, loose ground; the distance was measured with a rod. The jumpers usually used weights of stone or metal called "halters".

Throwing of the javelin was one of the most popular and principal sports in Greece. The javelins used for competition were eight to ten feet long of varying weights and dull points. Thongs were wrapped near the middle leaving a loop for the fingers. This method trebled the distance that the javelin might be thrown and imparted a rotary motion to it.

In the original weight-throwing contests, stones and wrought pieces of metal were used; then later, the object took on the form of the modern discus. The discus was hurled without the complete twining of the body, which characterizes the modern methods of throwing the discus.

Wrestling was also one of the sports and was considered the most effective exercise for all-around development. It occurred as a separate event and as a part of the pentathlon.

The chariot races in the Hippodrome were splendid, colorful and exciting events.

While it is true that the victor in the Games at the Olympia officially received no immediate prize of intrinsic value, the reward being merely a crown of grey-green olive, yet success brought reward not merely in form of adulation of fellow citizens, but a shower of material blessings. For example, we hear not only of honorary statues and hymns of victory but of actual purses of money. At Athens the Olympian victors might be given the right of free maintenance in the Prythneum (government house) and the honor of "proedris" or the privilege of a front seat at all public spectacles. Plato speaks of "that life full of bliss led by Olympian victors".

The true Greek athlete, exemplified especially in Athens, discouraged professionalism, brutality and excitement, and encouraged complete development of the individual, fair play and nation-wide physical training for esthetic as well as utilitarian reasons. High ideals and noble objectives characterized the golden era of Greek gymnastics.

The ancient Olympic Games were abolished by the Roman emperor Theodosius in 394 A.D.

— Sokol Times

THE LONG HORSE VAULT 1972

(Continued from December 1971)

So as to complete the long horse evaluation system for judging, the section below marked as Appendix to Long Horse 1972 should be added to the December issue.

Errata: There are two errors in the December article. I. Item 2 should read **Zones** and not Rating; under vault B, second Flight-line it should be -.0 not -.5. There is no way of knowing per diagram if the vaulter was in line. Please mark up accordingly.

APPENDIX To Long Horse 1972

In any competition held, the type of competition determines the method for allowing for Risk, Originality, and Virtue. If a competition is only for team it is listed as Competition **type 1**. If the competition is only for all-around and essentially it determines the all around champions (finals), then it is listed as Competition **type 2**. But if the competition is to determine the individual winner of an event, then it is listed as Competition **Type 3**. In other than Long Horse, the competition has a starting score as follows: Competition 1 at 10.0 pts, Competition 2 at 9.7 pts, and Competition 3 at 9.4. These starting scores establish the Base Score and the amount of Bonus Points allowed so as to still be able to earn a possible 10.0 score. These Bonus Points are for Risk, Originality, and Virtue and will be discussed in later issues. Now, as for the Long Horse, the only change from the above is that Competition 1 also starts at 9.7 pts. **This should explain the Base Score or the starting score for long horse.**

1. Base Score — as explained:

HECHT VAULT (from croup) (From neck)	10.0pts.
Competition	1 2 3
Basic score	9.7 9.7 9.4

2. Zones. The long horse is divided in the three sections as indicated in December. (600-400-600

millimeters). A hand touching or within the zone marking allows for the deduction of the .5 pts.

3. Preflight. If the body does not reach the height angle as of the moment of the release or take off by the hands then there are deductions. For the far end vault, there is no deduction, if the body is at 30 degree angle at moment hands leave horse. For the near end vault, there is no deduction if the body attains at least horizontal angle at point of hands leaving horse. I believe the only exception to this is the cartwheel (Hollander). The diagrams for each vault must be consulted in all cases. U.S.G.F. is the prime source.

4. Second Flight. As noted in the December '71 evaluations, there are four distinct judgments to be evaluated. The buttocks must be at least 4/5th above the height of the horse for no deduction, i.e. at its highest point of flight. The distance away from the horse upon landing is now a full length (4/4) for near end vaults and 5/4ths away for far end vaults. For height and distance — 1.0 pt. As for alignment, deduction up to .5 pts and for stand, up to .5 pts.

5. Form or execution is more like the customary deductions. For each minor break, up to .3 off. Bad form throughout, up to 1.0 pt. off. For bent arms at point of contact, up to 1.0 pt. off. Total—about 2.3 pts.

6. Bonus points or R.O.V. (risk, originality, virtue). By reading the last issue and seeing the F.I.G. charts all will be clear.

Summary

In the next issue, other events and moves will be analyzed. It is the feeling of the B.O.I. that teaching a move correctly with R.O.V., comes along with knowing what a judge looks for as the move or exercise is being performed.

Br. Paul Fina

American Sokol Vienna Slet - June 1972

The American Sokol Organization has prepared 2 tours to the Vienna Slet which were fully described in the January issue of our journal. Space is limited on each of the flights so we recommend an early reservation.

Travel plans other than those listed may be arranged for you by our travel agency, Weber Travel Agency, 7034 West Cermak Road, Berwyn, Illinois 60402. The Slet and competitions will be held after arriving in Vienna. Those who will be competing and participating in the Slet program must know these exercises that were sent out by the National Directors of Men and Women. If there are any questions, please call or write our office.

Sokol Gymnasts!

- ATTEND YOUR CLASSES REGULARLY
- PARTICIPATE IN YOUR UNIT EXHIBITION
- ENGAGE IN YOUR DISTRICT'S COMPETITIONS and . . .

**MAKE PLANS TO FLY TO VIENNA AND
COMPETE IN AN INTERNATIONAL SOKOL
MEET THIS JUNE!**

Judges and Judging of Optional Exercises at National Meets

Judging gymnastics is a difficult and exacting task. The judge must concentrate intensely on each performer and be consistently critical. The persons doing this job are dedicated to the promotion of the sport. All are experts and have themselves been outstanding gymnasts.

Four judges will score each event. The highest and lowest of the four judges' scores will be discarded and the two middle scores are added and averaged to obtain the final score for that exercise.

In finals a superior judge (fifth judge) is used. This judge is to see that the four scores do not deviate beyond a specific range of points.

The exercise may be awarded up to 10 points, 40% is based on execution, 34% on difficulty, and 26% on combination as described below.

1. **Execution** — In artistic gymnastics, a gymnast must show that he is master of his body and its movements, and that he can complete his exercise with grace, ease and sureness..

2. **Difficulty** — Individual movements of gymnastic routines are ranked according to difficulty. The requirements are as follows:

a. Floor exercise, Side Horse, Rings, Trampoline, Parallel Bars and Horizontal Bar —

Exercises in these events consist of at least ten principal parts of movements of which one should be superior difficulty ("C" movements), five considerable difficulty ("B" movements), and others considered appropriate ("A" movements).

b. Long Horse — Long horse vaults are rated 7.5 to 10.0 in terms of difficulty in executing the vault. A performer may take two jumps over the long horse, but if he elects to take the second jump the score on the second vault must count. The second vault must be different than the first.

3. **Combination** — An exercise must be composed of parts and movements and proper for the corresponding apparatus according to prescribed rules.

In the event of an unfinished exercise due to a mishap, slipping or for other reasons where it is evident that the performance is not completed, the judge shall give credit to all work performed to that point. The gymnast has the option of taking a one point deduction and continuing his exercise. (In the event of an apparatus failure he may remount and begin his exercise again).

Sokol Baltimore's 100th

Sokol Baltimore will be 100 years old this year. As part of the Centennial Celebration, a gymnastic exhibition is being planned on Sunday, October 29th, 1972. All Units are invited to attend and participate. More information will be forthcoming at a later date. For additional details contact Br. Ed Stetka, 318 Upperlanding Rd., Baltimore, Maryland 21221.

Exercise Regularly to Promote Health

By T. R. Van Dellen, M.D.

(Reprinted, courtesy Chicago Tribune)

A little exercise goes a long way in promoting physical fitness and avoiding obesity. Physically, we are becoming a nation of sorry specimens, possibly because we live in the Machine Age and are accustomed to loafing. Regular exercise benefits the heart, lung efficiency, and sound muscles.

A little effort is all it takes. How much depends on health and age! Individuals over 50 should get clearance from their physician. This means a complete examination and an electrocardiogram (EKG). The best tests include an exercising electrocardiogram that is attached to the person while he exerts himself on a treadmill or bicycle. Since most physicians do not have this monitoring equipment, they rely on the usual EKG and recovery of the pulse after exertion.

Obviously, a new exercise program should not be undertaken by a person recovering from a heart attack, clot in the lung, cardiac enlargement, a serious irregularity of the pulse, dropsy, marked hypertension, uncontrolled diabetes, arterial aneurysm, or grotesque obesity. Beyond these, almost all types of exercise programs can be engaged in by persons younger than 50.

It is well to remember that the average person is not training for the Olympics. Therefore grueling competitive sports are out. Swimming, jogging, skating, bicycling, rowing, squash, handball, tennis, badminton, volleyball, and horseback riding are made to order for those under 50.

Walking is an excellent conditioner, especially for older people. Walk briskly and swing the arms. Golf also is good; and with increasing age a cart comes in handy, especially when the golfer is short of breath, develops angina, or is unsteady on his feet. People over 50 should confine exercises to the legs.

A 5- to 10-minute warmup is advisable. In addition, do not exercise for at least two hours after a meal. Avoid strenuous exercise during extremes in temperature.

Gymnastic Skills Program

In October of 1971, the National B.O.I. introduced a new program called Gymnastic Skills for our younger groups. The required material package was sent to each unit director — (men and women) so that each unit could avail themselves of this program. The goal was to complete the tests or skills by early spring and return the results to our office. At that time we would award arm patches to those showing sufficient skill in performance of the required exercise. We trust that all units of our American Sokol Organization are participating in this endeavor, and will send in their results as soon as possible.

PROGRESSIVE TRAINING

In training, it is necessary to proceed from the basic elements. Correctly performed, simple exercises consisting of two or three elements permit a later succession to a series of further elements until finally such a consolidation of essential movements has been effected that longer and more complex exercises become possible.

Above all, a gymnast needs a correct foundation for his efforts, which he should receive with the proper training. It would be ridiculous to overlook mastery and technique in the fundamental elements and instead advance unwisely to an attempt to perform the difficult elements. For example to try to do a giantswing without an expertness in a basic swing is both ridiculous and foolhardy.

It is very important to practice a routine continually until it is performed with continuity; otherwise it becomes a jarring exercise . . . The gymnast must be made to realize that only with constant repetition of the complete routine during training sessions will he be capable of demonstrating an outstanding exercise each and every time that he performs. From time to time, the gymnast can make changes in his routine by adding or substituting an element which he has mastered.

By watching dancers and acrobatic acts, we can learn that concentration and complete routines build consistency. Repetition will eventually show an improvement in each part of the routine since it develops a habit pattern. When the routine becomes a habit, the gymnast can concentrate more thoroughly and capably on form, execution, finesse and quality of every part of the routine.

Ed Stetka
Sokol Baltimore

FOR VALENTINE DAY

A teen-ager sent his girl her first orchid with this note: "With all of my love and most of my allowance."

PATTER: One fellow won't fly on the 747 because with 400 passengers and only 12 rest rooms he doesn't like the odds. — Alan King

What Is Fitness?

What is meant by "being fit" and why be fit?

These are two quite simple questions but the answers are far from being quite so simple. The average person thinks that being "fit" is a state of "not being ill". This is what is called "negative fitness", and many people are quite prepared to accept this as a standard. Fitness is a relative thing. The fitness of a young athlete of twenty is vastly different from that of a man of fifty — yet both can be fit.

Here are some attributes of a fit person.

1. A general healthy appearance.
 2. Normal weight for your age.
 3. A good standing position.
 4. Normal vision.
 5. Normal or low pulse.
 6. Breathing which quickly returns to normal after brief exercise or running short distances.
 7. Good firm muscles particularly in the thighs and stomach.
 8. Ability to repeat relatively hard exertion after a short rest of five minutes.
 9. Ability and desire to take part in some sports recreational activity at the end of the day's work.
 10. Normal healthy appetite.
 11. Normal action of the excretory systems.
 12. Freedom from headaches and general muscular aches and pains.
 13. Normal habits of sleep.
 14. Ease of movement in walking & bending.
 15. Good dental condition.
- And For Men Only:**
16. A chest measurement that is at least 3 to 5 inches greater than your abdominal measurement.

Now check off the chart and make your assessment of your own standard fitness.

If after you have checked and found you were not satisfied with the results, I'M SURE THAT IF YOU WERE TO ATTEND OUR SOKOL GYM CLASSES IT WOULD HELP TO IMPROVE YOUR SCORE.

Ref. "New Art of Keeping Fit", Emundson.

Jennie Pazdernik
Educational Director

APPLICATION FOR AMERICAN SOKOL TOUR VIENNA SLET - JUNE 1972

NAME _____ AGE _____

ADDRESS _____ TEL. (a.c.) _____

CITY, STATE, ZIP _____

MEMBER OF SOKOL _____

Family Members Wishing to Take Tour:

Name	Relationship	Age
_____	_____	_____

I WISH TO COMPETE _____ DIV. OF THE _____ CLASS

I WISH TO DRILL IN CALISTHENICS ONLY _____.

party, and several summer picnics on the agenda. Gymnasium activity is in full swing in preparation for the Unit's annual exhibition March 19th at the Cicero Stadium. Sokol Slavsky is looking forward to a very successful year.

Sokol Detroit Choral Group

In December, the Choral Group members were "Busy Bees". On the 12th we boarded a bus at the Center and proceeded to Cobo Hall where we participated in their holiday program, "Carols of Freedom". Jarmila Zboril was the narrator for our portion of the program and did her usual excellent job. She gave a brief history about our group and the Christmas customs in Czechoslovakia.

As she spoke, Jim Kalivoda, dressed in a Moravian costume, placed a Christmas tree on stage. He was followed by son Kurt, also dressed in a Moravian costume, bringing the paper tree decorations made by the children. At intervals, we sang a medley of Czech Christmas carols and Bea Sikora in a Czech costume brought on the vanočka (bread) and cookies; Jackie Melek in a Czech kroj brought a bowl of soup; Skip Sikora in a Moravian costume brought on slivovica (prune brandy); Roseann Vsetula in a Moravian costume and Lynn Kalivoda in a Moravian costume brought on the presents and dolls to put under the Christmas tree. The Choral Group ended the program with a carol.

The Choral Group thanks our director, Lada Kopecky, Jarmila Zboril, Jerry Kalivoda and Lil Jaroh, our accompanist, for organizing the lovely program. A special thanks to Mrs. Bohumila Kalivoda for baking the vanočka and Mrs. Mary Vsetula for providing the costumes again and for coming to Cobo Hall to help dress the girls.

On Saturday, December 18th, the Choral Group went to the W.J.B.K.-TV studios and participated in a program called "Christmas Carols of Distant Lands" which was shown on Channel 2 on Christmas Day.

Bea Kominek

Sokol Detroit Sokolice

Sisters Lil Teichman and Doris Rappold planned a very impressive ceremony for installation of our 1972 Officers. Sis. Rappold presented a long stemmed carnation, in color, to each officer with a very inspiring message.

President — Your color is PURPLE and denotes the honor and integrity your office holds. It is your duty to preside at all meetings and to see that the proper records are kept and that the Constitution and By-laws of this unit are upheld.

Vice-President — Your color is GREEN and denotes new growth. Your duties are the same as the president in her absence and also to give her assistance and encourage unit growth.

Recording Secretary — Your color is YELLOW and denotes brightness. It is your duty to attend all meetings and keep permanent record of all meetings. This will be the guiding light of our unit. You will also handle all correspondence with accuracy and dispatch.

Financial Secretary — Your color is RED and it denotes courage. It is your duty to attend all meetings and keep records of the membership of our unit and to make certain that all members pay their membership dues.

Treasurer — Your color is WHITE and denotes purity. It is your duty to keep a true record of all monies received and disbursed by you. It will prove the growth of this unit.

Educational Director — Your color is PINK and denotes wisdom. It is your duty to keep our adult members, juniors and children in the unit educated in the field of Sokol ideology.

Historian — Your color is ORANGE and denotes perpetuity. Your duty is to perpetuate our unit by keeping its history and records in the unit's scrapbook.

Flag-Bearer — Your colors are RED, WHITE & BLUE and denotes patriotism. It is your duty to keep the flags of our country (first) and the unit flag (second) in good order and make sure the flags are correctly displayed at our unit meeting or function.

Director of Women — Your color is BLUE and denotes loyalty. Your duty is to direct the instructions and exercises of the unit, conduct all gymnastic programs and see to it that rules and regulations are followed.

Jackie Melek

The True Meaning of "Sokol"

SOKOL is a world-wide organization devoted to the training of both, youth and adult, so they may become mentally, morally and physically fit. That is the basis of the SOKOL IDEA. Every member, be it man or woman, of honorable character, a good citizen, devoted to country. Doing utmost in its behalf.

SOKOL is the original name for the organization, SOKOL means "FALCON", a bird known for its courage, endurance, lighting speed, sharp eyesight, and its love of the blue heights of the sky. Thus it symbolizes the ideals of the organization, FITNESS, STRENGTH and HIGH AIMS.

The founder and creator of the SOKOLS was Dr. Miroslav Tyrs. He drew his inspiration from the history of the glorious past, especially the history of the Greeks and Romans at their best. Tyrs learned from history that "not one nation died while it was youthful and strong, but when it degenerated and became indifferent and morally perverted." For this reason, he proclaimed that what is needed to keep up the national strength and power: COURAGE AND STRENGTH, ACTIVITY AND PERSEVERENCE, MORALITY AND DISCIPLINE, LOVE OF THE COUNTRY, OF FREEDOM AND LIBERTY. When a nation can boast of these, it is invulnerable; when they vanish, degeneration and ultimate catastrophe are inevitable. It so happened to the Greeks and Romans, who were at one time at the pinnacle of power and glory, only to desintegrate and fall when pleasure seeking and immorality set in.

Sokol Baltimore "Topix"

Jan Žižka and the Hussite Revolution

This is the title of a book written by Frederick G. Heymann, now professor of history at the University of Calgary, Alberta. Originally published in 1955 by the Princeton University Press, this excellent life of the greatest military genius of the Middle Ages offers a rare insight into European conditions during the 14th and 15th centuries.

Professor Heymann lived at one time in Praha where he did extensive research for his masterpiece. Anyone interested in the history of Bohemia in particular and Europe as a whole should include this work in his home library. It would be a valuable addition to the collection of any serious reader. The book demonstrates the importance of Bohemia during the Hussite era.

The author offers an insight into religious, economic, and political conditions in Europe a century and more before Luther's time. Perhaps the overall impression left with the reader is the suffering and tragedy caused by differences in religious opinion — a condition reflected in Ireland and other parts of the world at the present time.

"Jan Žižka and the Hussite Revolution" is now published by Russell & Russell, 122 East 42 Street, New York City, N.Y. 10017. You may order it directly from the publisher at \$17.50 or ask your bookstore to get it for you. Our readers should urge their local Public Library authorities to procure this worthy tome.

Voltaire H. Žižka,
Cleveland, Ohio

Can You Top This One?

Were you not ever fascinated, in your younger years, by a flash of wit your parents and older people had always in readiness for any happening, sad or happy? It is an example of the genius of wit and spirit of the Czech and Slovak people—good words, right words, brief and pithy, humorous on occasion. Their use saves time, often providing the most suitable of answers. They are usually spoken in fitting times, by people of all walks of life; at home, on the street, at work. Listed below are only a few examples of the vast number in existence. Add new ones to your personal collection. Bring some of them into play for quick thought and action. You might also submit some of your own.

O. J. Kudrnovský

* * *

Co oči nevidí, to srdce neželí.
Out of sight, out of heart.

* * *

Nové koště lépe mete, ale staré lépe z koutu vymetá.

New brooms sweep clean, but old ones know the corners.

* * *

Není blázen, jako starý blázen.
There is no fool like an old fool.

* * *

Kde jest život tam jest naděje.
While there is life, there is hope.

Nouze naučila Dalibora housti.
Necessity is the mother of invention.

* * *

Tichá voda břehy mele.
Still waters run deep.

* * *

Prázdné sudy zní nejhlasitěji.
Empty vessels sound the loudest.

* * *

Roní krokodili slze.
Crocodiles that shed tears, when they would devour.

* * *

Kovej dokud jest železo žhavé.
Strike while the iron is hot.

* * *

Pýcha předchází pád.
Pride goes before a fall.

* * *

Kdo jinému jámu kopá sám do ní padá.
One who digs a hole for others, he himself falls in.

PERMISSIVENESS

"A radical permissiveness threatened to engulf and destroy us in the name of tolerance and sophistication. We are still reaping the results of that temporary insanity and probably will for some time to come."

Spiro T. Agnew

Pojedete-li do Československa

V pádu, že máte v úmyslu třeba poprvé po letech navštívit svoji rodnou vlast, neb vlast vašich předků, mějte vždy na mysli několik dobře míněných rad. Cítím se, že deset mých osobních návštěv do Československa mne opravňuje k podání několika užitečných rad. Předně mějte na mysli, že tam jedete na návštěvu a vaši příbuzní, neb známí budou muset žít s dojmy, které tam zanecháte dlouho po té, kdy už zase budete doma v Americe. Převážná většina lidu v Československu má ve svém srdci hluboký obdiv a lásku k Americe. Ví dobře co čsl. větev v této zemi vykonala během dvou národních Odbojů, nikdy nezapomene na účast amerického sokolstva během národních setlů v Praze, právě tak jako nikdy nezapomene na hromadné výpravy Jednoty ČSA, Ústředny Moravských spolků a nyní také Sokolstva. Hned při vystoupení z létatla na ruzyňském letišti cítíte, že jste "doma a mezi svými". Nikdy nesmíme těchto citů zneužívat. Mnozí z amerických návštěvníků se hrozně rádi chloubili tím, co v Americe mají, ukazovali nabitě tašky s penězi nebo rozdávali stříbrné dolary a půldolary, porovnávali architekturu, moderní techniku a jídlo v restauracích aniž by si uvědomili, že jim říkají něco, co oni sami dobře ví a cítí. Takový bezohledný kritik zapomíná, že přišel na návštěvu do malé země, dvěma válkami, okupacemi a útisky očebráčené, která se sotva probere z jedné kalamity, jen aby se ocitla ve druhé a třeba ještě horší.

Je nutno činiti rozdíl mezi poměry za první osvobozené republiky s pres. Masarykem, která ne-

trvala ani 20 let a potom, co následovalo. Naivní kritik se občas rozhovoří s nadšením, že v rodné jeho vesnici mají elektřinu, anebo asfaltovou hlavní cestu, máje za to, že se tak stalo v posledních několika letech. Obsah této úvahy nemíni, že návštěvník musí bývat "kývadlem" a se vším souhlasit. Naprosto to ne, jenom býti ve své kritice spravedlivým a třeba i nevědomky neranit city těch, kteří nás vítají s otevřenou náručí a ve svých domovech dávají poslední čerstvé vajíčko nez kousek masa o což se v příštích dnech sami ochuzují.

Věřím, že my všichni, kdož takovou cestou vážíme a peníze na ní vynakládáme chceme po svém návratu vzpomínati na své zážitky a pocity radosti. Proto bud'me shovívaví, když v restauraci si nemůžeme poručit T-Bone steak nebo ústřice, nebo v pokoji svého hotelu nám dají čtvereček mýdla a malé kousky toaletního papíru, nebo když někde na vesnici dosud místy mají "budky" venku. I to dnešní Československo se svojí bohatou historií a přírodními krásami bylo a zůstává částí starého světa — odlišného od našeho kontinentu. kde tak mnozí z nás jsme právě tím tak zv. "blahobytem" nejen zhýčkáni, ale snad i pokazeni.

T. B. Hlubuček

Organizační přípravy VI. sjezdu SVU

Šestý sjezd Československé společnosti pro vědy a umění v Americe se připravuje na listopad 1972 do Washingtonu, D.C. Bude trvat jako obvykle tři dny a bude rozdělen na několik částí: sjezdovou, vědeckou, kulturně-uměleckou a společenskou. Vědeckou čili přednáškovou část sjezdu, která potrvá dva dny, má na starosti Dr. O. A. Horna.

Organizačními záležitostmi vlastního sjezdu byl pověřen výbor místní skupiny SVU ve Washingtoně. Ten už zahájil nejnnutnější přípravy a pověřil několik svých členů některými specifickými úkoly. Předně rozhodl, aby sekretářkami sjezdu byly: Anna M. Faltusová a Irena Lettrichová. Veškerou korespondenci, týkající se přihlášek na sjezd, ubytování a jiných organizačních věcí sjezdu, je třeba posílat na adresu: Mrs. Anna M. Faltus, Melbourne House, Apt. 414, 1315 — 16th Street, N.W., Washington, D.C. 20036.

Dále bylo rozhodnuto, aby se o společenské záležitosti sjezdu starala společenská referentka místní skupiny, paní Emilie Roycová. Kulturně-umělecký program bude záležitostí hudební referentky místní skupiny, paní Lídy Brodenové, která bude tento bod sjezdu připravovat ve spolupráci s předsednictvem SVU. Propagaci sjezdu si vzala na starost žurnalistická sekce SVU.

Fred Jirsa

Opět odešel z našich sokolských řad jeden z členů, který věnoval přes 50 let práci v Sokole. Bratr Jirsa byl dlouholetým starostou Sokola Čech-Havlíček, která při 50-leté oslavě roku 1929 byla největší jednotou v župě Severovýchodní.

V stejném čase byl bratr po mnoho let starostou župy Severovýchodní. V roce 1935 konán slet Americké obce sokolské na clevelandském stadionu,

který se všestranně vydařil, bratr Jirsa pracoval ve všech výborech hospodářské práce.

Cvičival ve Staré partě, kterou vedl br. F. Příhoda. Vyřizoval všechny právní záležitosti jak v jednotě tak v župě, při zmínce o platu jen mávnu rukou.

Jeho zásluhou jednota Sokol Čech Havlíček se spojila 1960 se Sokolem Cleveland, kde se věnoval vzdělávací činnosti. Byl vždy věrný sokolským zásadám a neslevil při důležitém jednání, co by sokolské myšlence škodilo.

Při druhé světové válce, kdy se pořádaly velké podniky pro získání financí pro osvobození Československa, byl bratr Jirsa jeden z prvních se svojí manželkou, kteří neúnavně pracovali.

Pro naši jednotu jeho odchod je velkou ztrátou a nám všem — kteří jsme s ním pracovali bude scházet.

Bratr Jirsa byl právníkem, delší čas pracoval pro City of Cleveland, kde byl Assistant Prosecutor.

Bratr Fred Jirsa zemřel 29. listopadu 1971 ve stáří 78 let, narodil se v Československu a v Americe žil 58 let.

Čest buďž jeho památce.

Manželce sestře Jirsově, dceruškám, Věrušce a Celii od nás všech upřímnou soustrast.

Maňa Nejedlá

Karel Chmelíř

Z Miami na Floridě nám došla smutná zpráva, že tam ve věku 80 let zemřel Karel Chmelíř.

Jako bývalý cvičitel a jednatel Sokola Havlíček-Tyrš v Chicagu, byl zesnulý dobře znám v sokolské rodině, kde se těšil velké vážnosti a oblibě.

Jako věrný vlastenec, br. Karel Chmelíř i po svém přesídlení na Floridu, účastnil se práce na sokolské Jednotě v Miami. Mimo toho byl také členem Americko-Čsl. Klubu v Miami, Západní Českosobratrské Jednoty a Unie truhlářů.

Všichni, kdož ho znali, zachovají vzpomínku na něho ve vděčné paměti.

Čest jeho památce.

Sokol Cleveland-Čech-Havlíček

Sokol Cleveland-Čech-Havlíček konal pravidelnou schůzi 2. ledna 1972. Po zahájení schůze bratr Lad Suchý představil úředníky jednoty na rok 1972, jsou to stejní bratři a sestry jako v roce minulém.

Starosta br. Ralph Gruber; I. místostarosta br. Frank Kavan; II. místostarosta br. Max Fairaizl; jednatel br. Frank Kavan; účetní ses. Bertha Čihula; pokladní ses. Lil Zeman; náčelnice ses. Ann Škoda; br. náčelník R. Rejna; výběřčí příspěvků ses. Gizela Pánka. Pozdravné listy nemocným obstarává ses. Martha Šerpán.

Jednota má 188 členů, v tělocvičně cvičí pravidelně. Máme dobrého správce, který udržuje budovu v pořádku, všude je čisto, budova je stále pronajata, ale vydržování budovy pohltí všechny příjmy.

Sokol Tyrš s velkým počtem cvičících zvýšil činnost ku spokojenosti obou jednot.

M.N.

Sokol Berwyn

Dne 15. ledna bylo po krátké schůzi za přítomnosti 50 členů provedeno nastolování nových úředníků na rok 1972. Starosta, Br. Edward Schnabl; Místostarosta, Br. Paul Gilbert; Jednatelkou, Ses. Marie Knez; Účetník, Br. Stan Ziembra; Pokladnice, Ses. Sharon Smolík.

Nastolování provedla Ses. Betty Prenerová, která v pěkném proslovu poděkovala za dobrou činnost odstupujícímu výboru a vyslovila očekávání, že i nový výbor bude na této cestě stejně vytrvale a úspěšně pokračovat. Zmínila se také o připravovaném zájezdu na Sokolský slet do Vídně.

Br. Schnabl pak podal malý dárek naší odstupující starostce, Sestře C. Krimmelové jako uznání její veliké práce a zásluh, což bylo kvitováno bouřlivým potleskem všech přítomných.

Vzdána též pocta podáním květin jedné ze dvou zakládajících členek, Ses. Frances Sýkorové, která se 16. ledna dožila 87 let. Nemocná sestra Peroutková se stále nalézá ve Fairfax Nursing Home.

Po schůzi Br. Schnabl promítal snímky z jeho dovčlené na Aljašce.

Milada Hodoval

Sokol Nová Vlast

Výroční schůze jednoty, která se konala 12. prosince m.r. byla členy četně navštívena. Kromě důležitých zpráv ze Župy Severovýchodní, Amerického Sokola, Inc., českých škol a České kulturní zahrady, bylo přistoupeno k volbám. Pro rok 1972 byli zvoleni tito úředníci: Přemek Kocián, starosta; John Galik, I. místostarosta; Emil Hoch, II. místostarosta; Millie Kolářová, tajemnice; June Brada pokladní, Sharon Seitz účetní a Josef Smetana vzdělavatel.

Po schůzi byl uspořádán vánoční program, ve kterém vystoupil oblíbený zpěvák bratr Alexandr Mikula. Po programu se podávala chutná jídla a občerstvení všeho druhu.

Také první schůze v tomto roce, která se konala 9. ledna byla úspěšná a dostavilo se na ní mnoho členů. Úředníci byli uvedeni do úřadu bratrem Frankem Duřilem.

Během třech minulých měsíců přijala jednota Nová Vlast patnáct nových členů. Je to důkazem, že sokolové konají dobrou práci a že jsou v Clevelandu oblíbeni. Příští schůze jednoty se bude konat 12. března t.r.

P.K.

Zupa střední

Schůzi 15. prosince zahájil br. místopředseda Ed. Šnábl za přítomnosti 23 zástupců. Tichá vzpomínka vzdána na zemřelou sestru Kalivodovou.

Starosta br. Joe Drnec se dostavil s omluvou na důležité řízení a pokračoval ve schůzi. Došla pošta a zprávy náčelníků v činnosti v jednotách, byly jako vždy potěšující.

Jednání s jednotou St. Louis z župním sletu t.r. vzato na vědomí a bude se o tom rozhodovat na výroční konferenci 16. ledna v Chicagu. Financování župní cvičitelské školy zařídí župní B.O.I. Župa byla zastoupena na Folk Fair na Navy Pier,

jakož i v St. Paul, Minn. na Beseda House a též na Vánočním programu v Int. Industrial Museu.— Činnost se všestranně rozrůstá a tím naše Čsl. národní skupina získává většího uznání.

Naro staré je potěšující, že mladá generace nastupuje na naše místa a hlásí se k čsl. původu.

Pro příští činnost bratr vzdělavatel má připraven cyklus přednášek o slovanských národech, počínaje Čechoslováky o jejich sídlištích, přibuznosti řeči a kultury a dvě přednášky o Tyršovi a jiných velikánech, o Sokolstvu, jeho hodnotách a vlivu na vývoj člověka v lidské společnosti. Po každé přednášce bude půlhodinová debata. Každá přednáška bude předem oznámena, s určením místa a času.

Tož každý, kdož chceš pomoci, at' jen účasti, přiveď známé at' sokolství roste ku prospěchu naší mladé generace ve svobodné Americe se vzpomínkami na ztročené Československo a jiné malé národy.

J. Tř.

Ze Sokola Miami

Dne 17. ledna jsme v našem Sokole v Miami oslavovali 50 leté výročí sňatku manželů Johna a Růženy Kolářových. Byla to první zlatá veselka v Sokole, která bude zapsaná do protokolu, neb náš Sokol byl založen před dvěma léty.

Sjížděli se hosté z blízka i z daleka do krásně vyzdobené místnosti Sokola na 150th st. — North Miami Ave. Stoly byly vykrášené květinami, uprostřed, velký svatební dort, který jim daroval Dámský dobročinný klub, mnoho cukroví a menších dortů, které upekly a darovaly sestry Sokolky na tu vzácnou oslavu.

Manželé Kolářů se přestěhovali do Miami před 15 lety z Cleveland, Ohio. Přistoupení do Americko-Československého společenského klubu, a Ses. Kolář k Dámskému dobročinnému klubu, kde neúnavně pracovali. V Clevelandu byli též činní ve všech spolecích a klubech. Manželé Kolářů se nebáli žádné práce, pomáhali vždy ve klubech, kde bylo pomoci třeba: Sokol, Dámský klub a Společenský klub. Jim přejeme hodně zdraví.

Leopoldina Petrášek

Newyorská sokolovna po požáru znovu ožívá

Byla to dlouhá přestávka v sokolské činnosti, od neblahé noci 20. října. Vlastně bychom měli správně říci "přestávka v pravidelné sokolské činnosti". Té nepravidelné (bohudíky) — uklízení, škrabání, mytí, lakování, malování a záplatování — bylo tolik, že i ti nejvytrvalejší pod ním klesali. Co v ní bylo starostí, úzkostí o budoucnost, počítání a obracení šest'áček i odříkání, co bezsených nocí a dnů bez večere, (na kterou nezbyl čas), dovede si představit jen ten, kdo něco podobného sám prodělal.

Konečně se nám podařilo přivést sokolovnu aspoň do takového stavu, že můžeme od 1. února znovu zahájit tu svou pravidelnou a základní činnost. To ovšem neznamená, že by byla sokolovna v takovém stavu, v jakém byla před požárem, a že by tedy bylo po starostech a po té mimořádné práci. Obo-

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doing for them.

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jího ještě zbývá (jakož i účtů) až nad hlavu; ale aspoň hlavní místnosti jsou čisté a bezpečné, podlaha v tělocvičně je po opravě schopná pro cvičení i tanec, nářadí zčásti opraveno, zčásti nahrazeno (zčásti ještě čeká na náhradu). A mládež, vyhlášená po dlouhém postu, se už shání po cvičení i po tanci.

Cvičení bude znovu zahájeno v pondělí 31. ledna — v nejvyšší čas, aby mohlo být dobře připraveno veřejné cvičení jednoty i zájezd na slet do Vidně. A společenský život bude zahájen v sobotu 12. února tradičními ŠIBŘINKAMI.

Ráz "Ze života hmyzu" připomene pamětníkům slavnou divadelní hru bratří Čapků s bohatstvím inspirací, o které jistě nebude nauze ani u mladých, kteří ji nemohou pamatovat. Jednota doufá, že se česká i slovenská obec v New Yorku přijde potěšit pohledem na starou, milou budovu, zotavující se z těžké pohromy a přispěje svou přítomností mravně i hmotně k dokončení ozdravného procesu.

Americké Listy

Fond Českých Pionýrů v Nebrasce

Děk obětavé a mnohaleté práci dvou českých vlastenců, manželů Kuskových z Lincolnu, The Czech Pioneer Memorial Loan Fund při státní univerzitě v Lincolnu dosáhl už obnosu více než 160,000 dolarů. Z toho českého fondu jsou poskytovány půjčky všem studentům bez rozdílu národnosti nebo barvy. Tento fond byl zahájen velkou myslnými dary obětavého českého pionýra, Ed. Kopáče, rodáka z Československa.

Půjčky z tohoto fondu byly už poskytnuty více než 900 studentům. 70 procent z nich dosáhli hodnosti Bachelor's degree, 13 proc. Master's degree a 17 proc. doktorátu.

Krajané, zamyslete se nad touto velikou sociální akcí manželů Kuskových a pochopením našich krajanů nejen z Nebrasky ale z tak mnoha států Unie. Zamyslete se a podpořte také svými penězi dary práci manželů Kuskových. Informace podá paní Val Kusková, sekretářka tohoto fondu, Bethany Park Dr., Lincoln, NE 68552.

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