

AMERICAN SOKOL

VOL. XCIII — NO. 5

MAY, 1972

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

A Message to Parents of Sokol Children

All parents are seriously interested in having their children acquire purposeful and meaningful habits, attitudes, values, understandings and appreciations of the society in which we live. Physical education activities in our Sokol program satisfy these needs and interests of today's youth by:

- I. Providing opportunities to develop sound habits of health and safety.
- II. Providing activities for the leisure-time interests of youth.
- III. Encouraging physical fitness.
- IV. Assisting in the development of good sportsmanship.
- V. Assisting in the development of good citizenship.
- VI. Aiding in promoting noteworthy mental attitudes and philosophies.
- VII. Aiding in promoting, stimulating and satisfying social and emotional attitudes.
- VIII. Aiding the child in the development of sound character and physical development.

Various national and regional surveys in the area of physical fitness have tended to conclude that boys and girls who maintain a high level of physical fitness, appear to have the best grades, the fewest absences, the heaviest load of extracurricular activities, and the most healthy attitudes.

The Sokol philosophy is one which places an emphasis upon catering to the masses, and yet providing challenging activities for all children of various individual capacities and different levels of ability. Each boy and girl is bestowed numerous opportunities to realize their maximum social, mental, moral, physical, and emotional competencies.

The Sokol instructors throughout this nation of ours are individuals who share the great responsibility of directing and supervising our physical and gymnastic programs. The task they have undertaken is enormous, and many times underestimated and unappreciated.

Therefore it behooves all of us in the Sokol family to hold the highest of respect and esteem for these dedicated leaders in their never-ending efforts to achieve the ultimate goals so prescribed by Dr. Miroslav Tyrs and Jindrich Fuegner.

FRANK H. MICHALEK

AMERICAN SOKOL

436

Published Monthly

(Except bi-monthly July and August)

by the

AMERICAN SOKOL ORGANIZATION

6426 W. Cermak Rd., Berwyn, Illinois 60402

Subscription: \$3.00 per year

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Editor must receive copy for publication by the 26th of the month, preceding publication date.

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June Pros, Secretary

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Calendar of Events

MAY 27-28th — 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 10th — SOKOL SOUTH OMAHA, NEBR.
Dance — Frankie Kucera Music.
JUNE 10-11th — SOUTHERN DISTRICT SLET.
DALLAS, TEXAS.

JUNE 11th — SOKOL NEW YORK, N. Y.
Gymnastic Exhibition.
JUNE 17-18th — CENTRAL DISTRICT SLET —
ST. LOUIS, MISSOURI.
JUNE 23-25th — ST. PAUL, MINNESOTA.
Western District Slet.
JUNE 25th — SOKOL DETROIT, MICH.
Summer Exhibition — Sokol Camp.
JULY 14th — SOKOL SOUTH OMAHA, NEBR.
Dance — Eddie Svoboda Music.
AUGUST 12th — SOKOL SOUTH OMAHA, NEBR.
Dance — Eddie Janak's Music.
AUGUST 20th — SOKOL DETROIT, MICH.
Summer Festival.
SEPT. 2nd — SOKOL SOUTH OMAHA, NEBR.
Dance — Al Grebnick Music.
SEPT. 30th — SOKOL LOS ANGELES, CAL.
St. Wenceslav Dance.
SEPT. 30th — SOKOL WASHINGTON, D.C.
25th Anniversary Banquet.
OCT. 7th — SOKOL SOUTH OMAHA, NEBR.
Dance — Al Grebnick Music.
OCT. 7th — SOKOL STICKNEY, ILL.
Farmer's Dance.
OCT. 7th — SOKOLICE LITTLE FERRY, N. J.
Dance.
OCT. 14th — SOKOL DETROIT, MICH.
Dance — Vesela Kapela.
OCT. 21st — SOKOL SLAVSKY, CICERO, ILL.
Annual Dinner-Dance.
OCT. 28th — SOKOL SOUTH OMAHA, NEBR.
Hall Director's Halloween Dance.
OCT. 28-29th — SOKOL BALTIMORE, MD.
100th Anniversary Banquet — Celebration.
OCT. 29th — SOKOL LOS ANGELES, CAL.
Oct. 28th — Commemoration.
NOV. 14th — SOKOLICE LITTLE FERRY, N. J.
Card Party.
DEC. 2nd — SOKOL LOS ANGELES, CAL.
St. Nicholas Dance.
DEC. 2nd — SOKOL STICKNEY, ILL.
Spaghetti Dinner.

Educational Films Available

Education plays a very important role in today's life. University lectures, books, magazines, newspapers, etc. have always been the main source of education. But in the last decade television and films have taken a larger portion of the percentages.

Today many firms have films available for public use — auto-makers, airlines, railroads, telephone, electric, to mention a few of the industries. More than 70 are obtainable; free for the asking. The United States is divided into 11 districts, each staffed with representatives to serve you.

If your in need of information in regards to the films available now in 1972, please write me for the name and address of the representatives in your district.

A.S.O. Educational Director-pro tem.
Joseph J. Janecka,
7306 Ogden Ave.
Riverside, Ill. 60546

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. XCIII.

May — 1972 — Květen

Číslo — No. 5

Our American Sokol Educational Program

Bro. Charles Sazavsky, a member of Sokol Tabor, submitted a most interesting and informative article pertaining to the American Sokol Educational program as based upon the precepts of Dr. Miroslav Tyrs, the father of our Sokol movement. Bro. Sazavsky's thoughts and suggestions should prove most beneficial, not only on behalf of our Educational Directors, but everyone involved with Sokol.

That the writer is well qualified to assert his thoughts there is not the slightest shadow of doubt. Now at the age of 78, the good brother has spent an entire lifetime breathing and living Sokol. Most of his earlier years in the higher echelon of the Czechoslovak Sokol Organization — being a member of the Ideological Commission — organized once in 10 years as the working body of the Sokol general assembly to review Sokol policy for the ensuing 10-yr. period. He served on the last Commission (1947) before the Sokol movement was forced to disband in Czechoslovakia. Many of his latter years have been spent in our country. From time to time the American Sokol publication will present his authoritative articles in the Sokol educational field. Here is his first contribution.

"Our Sokol bible is a formal and systematic essay of the founder, Dr. Miroslav Tyrs, "Our Task,

Aim and Goal". Every member of the Sokol organization should be familiar with the contents of this booklet for two very important reasons: first, for one's own inner satisfaction and, secondly, to be amply qualified and versed as recruiter and champion for our Sokol movement.

It would be relatively easy for each of our Educators to subdivide this treasured treatise into 10 to 12 chapters. Each chapter not longer than one type-written page, carefully read and discussed in short weekly informative periods with the mature gym classes. In fact the whole Sokol ideology is contained in Tyrs' slogans. Explaining them to our Sokol membership in the Educator's plain everyday language would literally amount to a 3-month course in Sokol doctrines.

Naturally, besides Tyrs' precepts — the Greek origin of the idea — the Olympic games — and the reasons of the founders adoption of the Spartan exercises for the Czech nation could be well explained in the first introductory lessons.

I hope this will be helpfull to all those who really want to do something in the educational field."

Charles B. Sazavsky

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

HELD APRIL 25, 1972

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

Correspondence: Letter of thanks and autographed copy of the program book from Bro. Hrebik. Request from Bro. Dusek, Northeastern District BOI, to have Bro. Linhart conduct a workshop for their District, May 6—7th, approved. Request from Sokolice South Omaha for seven Citation of Merits for presentation May 9th, approved. Request from Bro. Stetka for information on dress parade uniform, transfer cards and Citation of Merit, all answered. Article from Bro. Sazavsky regarding Educational Material. Letter from Sis. Havel regarding officers of Sokol Portland. Letter from Bro. Havlik regarding the Long Range Planning Committee of Sokol New York. Invitation from the

Bohemian National Cemetery and Berwyn VFW to participate in the Memorial Day Parade. Requests will be given Central District. Members of the Executive Board who are available will participate in the parade at the Bohemian National Cemetery. Information from Sokol Camp, New Buffalo, Mich. \$10. contribution from Bro. Tom Sotka for desk chair, \$10. contribution from Sis. Helen Prener for sample warm up jacket.

Board of Instructors: Sis. Zdenek reported on combined meeting held April 19th. The ASO BOI did not approve the \$344.00 request from the Southern District for mats to be used by needy Units from the Traveling Instructors Fund. Letter sent the Directors of the Southern District stating the reason this request could not be granted. Final Report Forms approved: \$140.80 to Southern District for Clinic; \$211.00 to Pacific District for Educational/Organizational work; \$10.00 to Central

District for hall rental; \$301.92 to Central District for balance due re Southern District Instructors Course; \$682.13 to Eastern District for Course held in Boonton; approved. Recommend the 1973 calisthenic, apparatus exercises, and tournament rules, be printed both for men and women and compiled in a book form; tentative approval given subject to cost. Sis. Schnabl reported Tentative Plan forms turned over to Sis. Sotka for: Central District Clinic held in St. Louis, April 22nd — Western District, Clinics in Cedar Rapids and Omaha. Will meet with Sis. Pistorius regarding Gymnastics Skills Program. Submitted bills for phone and postage, approved. Reported on the meeting held with Mr. D.C. Black, Midwest Regional Director American Revolution Bicentennial Commission, April 15th. Another will be held May 10th. Request permission to show the 1969 Slet film, agreed.

This nation-wide celebration will run from 1973 thru 1978 with 1976 as the major year. Bro. Linhart assisted in a Clinic held in St. Louis, April 22nd. Assisting with the Vaulting Number which will be performed at various events during coming months. Attended the Tour meeting. Listed the following number of gymnasts participating in Vienna Slet: Tabor 19, Brookfield 3, Berwyn 4, Havlicek Tyrs 5, Stickney 4, Slavsky 5, Cleveland Cech Havlicek 4, Tyrs 1. Co-Edited the Sokol Gymnast. Bill for mailing approved. Bro. Schnabl made motion we hold a Mid-Slet in conjunction with our Convention in 1975 as we have had no word from Sokols USA as to their plans in the near future, carried. The Northeastern District will be notified of our suggestion and if in agreement said suggestion will be brought to the attention of the District Directors at the Conference to be held in November.

Financial Secretary: Sis. Sotka stated the financial report for March prepared. Federal taxes deposited. Quarterly Social Security and Illinois Income Tax reports filed. Letter from Division of Unemployment Compensation stating we are subject to file as of Jan. 1, 1972 and must report wages in accordance with said act. At present not obliged to pay any tax but must file reports quarterly. If however, report is not filed on time there is a minimum penalty of \$20.00. Letter received regarding Glass Insurance, as of Jan. 1st a Safety Glass Act is effective. All broken glass must be replaced by safety glass therefore we must pay the difference between ordinary glass (for which we are insured) and the safety glass. Mailed 50 applications for membership to Sokol San Francisco. Thank you from Sis. Lier for Citation of Merit presented to Sis. Zabka by her Unit. Bro. Sopoci of Sokol USA called informing of their Mini Tour to Vienna for gymnasts only at \$499.00 for seven days. Mailing list had 309 changes for April, 54 were new members.

Treasurer: Bro. Basta is in agreement with the report of the Financial Secretary. Displayed chart of 1st quarter of 1972 in comparison to 1st quarter of 1971. Sis. Helen Prener is now bonded, as requested.

Publicity: Bro. Rabas composed article for the Hlasatel and Novy Svet regarding the two Vienna Tours.

Uniforms: Sis. Prener reported these have been two very busy months. Recommend \$2,000.00 be transferred to the ASO from the Uniform Division as partial payment on advance made when formulating this department, agreed.

Tour: Sis. Prener reported the 12 Day Tour and 26 Day Tour progressing very well. Sent articles to Sokols Detroit, St. Louis and Cedar Rapids to have published in their News-Letters. Bro. Rabas will reconcile breakdown of both tours re housing and land tours.

Educational Director, pro tem: Bro. Janecka reported on the movie shown at Lincoln Federal, suggest we donate \$10.00 to Sokol Havlicek Tyrs for the use of their projector, agreed. Contacted Associated Touring Films. Request article be published in the American Sokol informing our Units of the material available through this group, agreed.

Secretary: Sis. Pros stated letters sent to Czechoslovak National Council regarding Bro. Barcal attending their Convention; Sokol Washington D. C. regarding Bro. Barcal and Sis. Prener attending their 25th Anniversary, September 30th and October 1st; Western District informing them Bro. Linhart will attend their Slet; Southern District informing them Sis. Zdenek will attend their Slet. Thank you sent Mr. Croissant regarding lecture for Educational Dept. Call from Bro. Thompson regarding their design of Sokol Zizka Unit Flag. This was sent some time ago. No record of ever receiving this information.

President: Bro. Barcal attended the Dinner-Dance for the Bohemian Home for the Aged. Attended the Convention of the Czechoslovak National Council. Congratulated this group of dedicated people. Working on obtaining candidates for the office of Educational Director. Request meeting be set to comprise listing of available people for the various Slet offices, agreed. Meeting will be held May 3rd. Attended Central District Unit exhibitions, BOI meeting and Tour meeting.

Bro. Schnabl motion we purchase a new electric typewriter, agreed. Bro. Linhart motion to purchase new flag poles for the ASO and American Flags, agreed.

DISTRICT REPORTS

CENTRAL DISTRICT NEWS & EVENTS

The District has an arduous schedule. During April, workshops were held for Men's calisthenics, Jr. girls calisthenics and apparatus at Sokol Brookfield. Men's and Jr. boys apparatus, 2nd Class boys and girls apparatus at Sokol Berwyn. Also, Senior Volleyball All-Star and Co-Ed games at Sokol Brookfield. Jr. Co-Ed Volleyball social is scheduled in May. 2nd Class competitions for boys and girls, May 20th. A Victory Celebration And Gymnastical the same evening at Sokol Havlicek-Tyrs.

The District vaulting team will perform at the LaGrance Circus (2 shows), May 6th; Potter Lake, Wis., June 11th; Oak Brook Polo Grounds, June 25th. The team a dedicated group of young people under the capable leadership of Bros. Edward Linhart, Paul Lebloch, Jerry Michalek, Edward Jelinek, James Berousek and Sis. June Pros, has

been doing a terrific selling job for the Sokol organization. This is the initial innovation of the District's Activity committee, bringing the young gymnasts from various Units together for the betterment of Sokol and the enjoyment of just being amongst themselves.

The District will be conducting Tours to the following events: Sokol Racine exhibition, May 6th; Sokol Milwaukee exhibition, May 21st; District Luddevit Stur Sokol USA Slet at Potter Lake, Wis., June 11th; Central District Slet, St. Louis, Mo. — 2 bus Tours (one leaving, June 16th; the other, June 17th).

Sis. June Pros, chairman of the District Tour Dept., expressed her feelings very eloquently: "These tours are staged to get our people together just for fun and enjoyment. Any suggestions will be appreciated. After all this is for our members. We know many are quite busy in their Units but we want to instill an activity for one and all. There may be many members of our Units, both active and inactive, who feel there isn't anything being done for them, well, this is a start. We must all extend a hand to the young and the young at heart — but it is up to you to clasp that hand in friendship and brotherhood. We should not only work together but should enjoy just being with our Brother and Sister Sokols. The next time you meet a Sokol just smile — it works wonders."

WESTERN DISTRICT March 14, 1972

Pres. Bro. Edward Pavoucek presided. Communications: Check for \$25.00 from Sokol Cedar Rapids; Slet information from Sokol St. Paul; Quarterly report from Sokol Omaha, 122 members. Bills: \$30.00 to Sokol Omaha for rent, paid. — Sis. Karpisek consented to fill in the remaining term of Educational Director.

B.O.I.: Present, Bro. Vic Jirka, Ray Lastovica, Gary Masek, Bud Benak, Henry Mertz, Bob Gibson, Rich Beran, Leo Mach, James Velehradsky. Sisters Bozena Drozda, Bea Pavoucek, Phyl Jirka, Linda Beran, Blanche Masek. — Tapes are in Bro. Pomajzl's possession. — Western District now has 4 F.I.G. judges. Sisters Jolene and Phylis Swoboda of Sokolice So. Omaha, and Marge Nejdil of Sokolice Cedar Rapids all have F.I.G. judge rating. — Hand Apparatus Clinic will be held in Cedar Rapids, April 15—16th. Sis. Prchal and another assistant will teach. All District Units allowed travel expenses for 2 full cars. — A change! April Semi-Annual BOI meeting will begin at 4 P.M. Workshop from 12 to 3 p.m. Calisthenics will be worked on. — Bro. Benak volunteered to undertake handling of the Jr. boys and Men at Sokol Wilson, Kansas.

April 10, 1972

Pres. Bro. Pavoucek presided. Letter from Sokol Karel Jonas, Wilson, Kansas, requesting aid in reactivating their gym. Will be contacted. — Gymnasts from Sokols Omaha and So. Omaha will participate in Wilson Czech Festival. — Quarterly reports: Sokol So. Omaha, 414; Sokolice So. Omaha, 169; Sokol Wilber, 91; Sokol Cedar Rapids, 141; Sokol Karel Jonas, 24.

B.O.I.: Present Bros. Lastovica, Jirka, Gibson, Masek, Mach, Chab, Mertz. Sisters Jirka, Pavoucek, Swoboda, Drozda, Kilborn, Beran, Chab, Masek. — Received request from ASO each Unit send in results of Physical Fitness Tests. — Sokol Wilber paid for their tapes. All other Units arrears. — Discussions re: deadline date of competition registrations. Suggested date be extended to June 1st. Will be discussed at April Semi-annual meeting.

PACIFIC DISTRICT March 21, 1972

Pres. Bro. Vaclav Salak presided. Officers present: Bros. Jerry Spinka, Lou Hintnaus. Sisters Louise Nekuda, Jana Bednar, Libby Pelz, Marie Pulpan. Representing Sokol Los Angeles: Bro. Jan Bednar, Jiri Liska, Joseph Pokorny, Bobby Cymbal, Joseph Seda. Sisters Milly Kelly, Rita Tvrdek, Helen Jack, Alena Hlavacek, Iva Prochazka. Guests: Bros. Ed. Kelly, Vit Komarek, Robert Dvorak, Oldrich Fryc.

Pacific District Slet program: Saturday May 27th, 9:30 a.m. — Jr. boys and girls competitions, Sokol Los Angeles Hall; Volleyball tournament of Men and Women, Los Angeles City College. 7:00 p.m. — Dinner and Victory Dance, Sokol Los Angeles. Sunday, May 28th, 2:00 p.m. — Gymnastic Exhibition, Los Angeles City College; 6:00 p.m. — Dinner and Dance, Sokol Los Angeles.

B.O.I.: Bro. Hintnaus reported on the activities. Purchase of 3 medicine balls on recommendation of Bro. Liska. Also, attempting purchase of Swedish Bars. Drill instructions for District Slet mailed Sokol San Francisco. Will purchase trophies for the teams of Men (3) and Women (2). Also, trophies for individuals. Exact number depending on Sokol San Francisco participation. — Bro. Pokorny will be in San Francisco, April 7—9th, to teach prostata to Men and Women, so that they are able to participate in Slet. — Tickets will be mailed a month in advance to all Sokol members. — Bro. Salak will call Sis. Lizak in San Francisco as to the number of members who might be coming so that lodgings can be provided. — Sis. Libby Pelz reported deadline for ordering uniforms the week after Easter. Orders to be directed to her.

Bro. Seda, director of the entertainment committee, gave a report on past events and also the coming "Kabaret", April 22nd. Proceeds will go towards the Summer Camp for children at Dinkey Creek. The show will be directed by Bro. Dusil. Music by Vysocky. — Bro. Jednorozec has become the new leader of the Scouts with the resignation of Bro. Fryc.

EASTERN DISTRICT April 17, 1972

Pres. Bro. Charles Zraly presided. Present: Bros. J. Babinec, F. Capek, A. Chaloupka, H. Vesely. Sisters B. Hochner, F. Kubicek, B. Novotny, M. Provaznik, H. Rhode, H. Schroeder, B. Zraly.

Correspondence: Sokol Baltimore's request for ads for its 100th Anniversary program book. — Phone call from Sis. Ruzicka of Sokol Miami. Several women plan to perform Women's calisthenics drill in Vienna. Unit is very active socially.

— Sis. Stransky's thanks for sympathy expressed on behalf of her late husband, Bro. Joseph Stransky.

Director of Men, Bro. Capek: Reports received from Sokols Little Ferry and Baltimore. — United Sokols of the East competitions well attended. — D. A. Sokol will take over leadership of the United Sokols the following season. — Boys competitions will be held at Bohemian Hall, and girls at Slovak Hall, both on May 13th. — Track and field meet at Victory Field in Queens, Oct. 14th. — Sokol Little Ferry planning a week's vacation for children at Sokol Camp at East Haddam, Conn. Women's division to do the cooking.

UNIT REPORT

Sokol New York, Sis. Provaznik: Will conduct Czech school at East Haddam Camp, Aug. 6—26th. — Unit plans many social affairs. Spaghetti dinner, April 30th; picnic, May 21st; exhibition, June 11th.

Sokol Little Ferry, Bro. Vesely: More than 600 persons attended their exhibition. — Unit will celebrate its 75th Anniversary, Nov. 4th. — Will participate in Memorial Day parade. — Problem getting men to attend District meetings.

Sokolice Little Ferry, Sis. Schroeder: Unit very active. Dinner planned for June meeting. Dance, Oct. 4th. Card party, Nov. 14th.

Sokol Fuegner, Sis. Hochner: Exhibition, May 14th. — Several women making dress parade uniforms.

* * *

New and Old Business; Bro. Zraly congratulated Sokol Little Ferry on fine exhibition. — Sis. Zabka will inquire of ASO remuneration to the District for Sokol Course held at Boonton, August, 1971. — District meetings will be held every other month unless important matters arise. Difficult to get delegates to attend. Meetings will rotate between Little Ferry and Bohemian Hall, Astoria.

Treasurer's report, Bro. Chaloupka: Receipts, \$113.70. Disbursements, \$55.47.

"Facts About Sokol"

We have many new members in our Sokol Unit both young and old so I thought a reprint of "FACTS ABOUT SOKOL" would be a good idea. Also to refresh some of our other members.

MEANING OF SOKOL: "Falcon" is a literal translation of "Sokol" applicable to anyone who is a member of the Sokol Organization.

SOKOL PRINCIPLES: Physical, moral, national and democratic education. Developing its members into men and women who are physically strong, morally sound, mentally alert and live in principles of real brotherhood.

SOKOL PURPOSE: To provide for training in good citizenship conformable to the spirit of the Constitution of the United States, to fight against Communism and every other totalitarian or similar subversive group.

SOKOL CULTURE: Based on a system of calisthenics, gymnastics involving apparatus, games, sports and recreation.

SOKOL MOTTO: "Neither Profit Nor Glory."

SOKOL MOVEMENT: Founded in Prague, Czechoslovakia, February 16, 1862.

THE FOUNDERS: Dr. Miroslav Tyrs, the creator of the physical training and Jindrich Fuegner, a Czech patriot.

SOKOL has its Units in many countries throughout the world. The Sokols in Czechoslovakia were dismissed by the Communist Government in 1948 and many members were persecuted. The first Unit in the United States was founded in St. Louis, Mo., February 14, 1865. The American Sokol Organization Headquarters, coordinating activities of some 75 Units throughout the United States is in Berwyn, Illinois. The Northeastern District of the American Sokol Organization has its headquarters in Cleveland, Ohio, and Sokol Detroit and Sokol Detroit Ladies Auxiliary are a part of this district.

Jennie Pazdernik, Sokol Detroit

MEMBERSHIP

"Strike while the iron is hot" and "Make hay while the sun shines" are bits of advice proven in the laboratory of life. How can they apply in our campaign for new members? Very easily. We are an organization devoted not only to physical fitness but responsible citizenship as well. The general trend of life is changing—in our favor. People are beginning to realize after decades of easy living that every human being wants to become a part of something big and important.

During times of crisis and unrest this natural desire becomes even greater. There is an untapped reservoir of humanity that needs no change in the By-laws to be come eligible for membership. They can qualify on the spot and could have long ago. What went wrong? Nobody asked them. These are intelligent people—they have as much to gain as they have to give. They are the type to take their membership seriously and add their talents and abilities for the advancement of the Unit.

Our entire nation is fast becoming conscious of the value of a lifetime of training for physical fitness. Every means of communication is stressing it. And who has a better method of doing so than the Sokols? No one. All our members should consider it a personal challenge to bring into our ranks the best of those with whom they associate. They know the value of Sokol training and by this action they can repay those who gave it to them by maintaining it for others.

Sokol Tabor

Sokol Tabor, in Berwyn, Ill., one of the strong Units in the Central District, has a program of well balanced activity of which the ASO can well be proud. Another successful gymnastic exhibition was recently presented with all the classes performing very well. Directors Bro. Keith Heidler and Sis. Nancy Recchia, the dedicated instructors and the parents deserve great praise, for they are the ones who made this all become possible. The list of names is long of those who performed their various functions: tickets, program book, uniforms, kitchen, bar, candy & soda booth, etc. Just saying thanks doesn't seem enough for it all stems from the heart.

SOKOL GYMNAST

May 1972

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

MERIT AWARD - 1972

Upon recommendation of the Finance Committee and the Board of Instructors, the delegates at the XI American Sokol Organization Convention, held in Cleveland in June, 1970, approved Merit Awards to be paid from the Sokol Future Leaders Fund.

The Merit Award Committee is accepting applications of students who are planning a course or program in an accredited four-year college. Although physical education will not be a criteria, more consideration will be given to those who are training in the physical education field.

The amount to be awarded is to be \$200.00 per year to one student per district which has under 1,500 members and one additional student per district which has over 1,500 members. This award is renewable for a second year. In order to qualify for the second year, applicant must maintain a "C" average or better. Second year allocation is NOT automatic; applicant must file letter of intent to reapply for a second year, in which case the original application plus transcript of grades will be reviewed. The final selection is to be made by the Merit Award Committee, approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board.

The following points will be considered by the Merit Award Committee in selecting the candidates:

1. Should have attended Sokol classes regularly for at least three years immediately prior to this application. Juniors may be included but must become adult members — girls at age 17 and boys at age 18.
2. Must have attended and successfully completed one Sokol District or American Sokol Organization Instructors' School.
3. Must have taught or assisted in Sokol gym classes.
4. Recommendation of high school Physical Education teacher.
5. Recommendation of Physical Director of Sokol Unit.
6. Recommendation of District Physical Director.
7. Approval of District President.

In the course for which the Merit Award was granted is completed, there is no obligation to repay the amount of the Merit Award. However, the recipient of the Merit Award and one member of his family shall be requested to sign a statement promising to repay the Merit Award in full, should the student fail to complete the course for which the Merit Award was granted.

The student agrees that he or she will not engage in any campus disorders or violent demonstrations and that he or she has no subversive connections or leanings. Any infractions of these understandings will be cause for complete revocation of the Merit Award and immediate repayment made.

Merit Awards will be made in September of each year. If the quota for the District is not filled, a review of all Merit Award applications, not previously approved, will be made and any restrictions imposed may be removed for that year.

**COMPLETED APPLICATION MUST BE POSTMARKED NOT LATER
THAN AUGUST 1st, 1972**

(APPLICATION FOR MERIT AWARD ON OTHER PAGE)

MERIT AWARD COMMITTEE

George Kalas, Chairman

EllenJeanne Schnabl — Edward Linhart — Edward Schnabl — Lorraine Zdenek

UNIT DIRECTORS — PLEASE POST ON BULLETIN BOARD

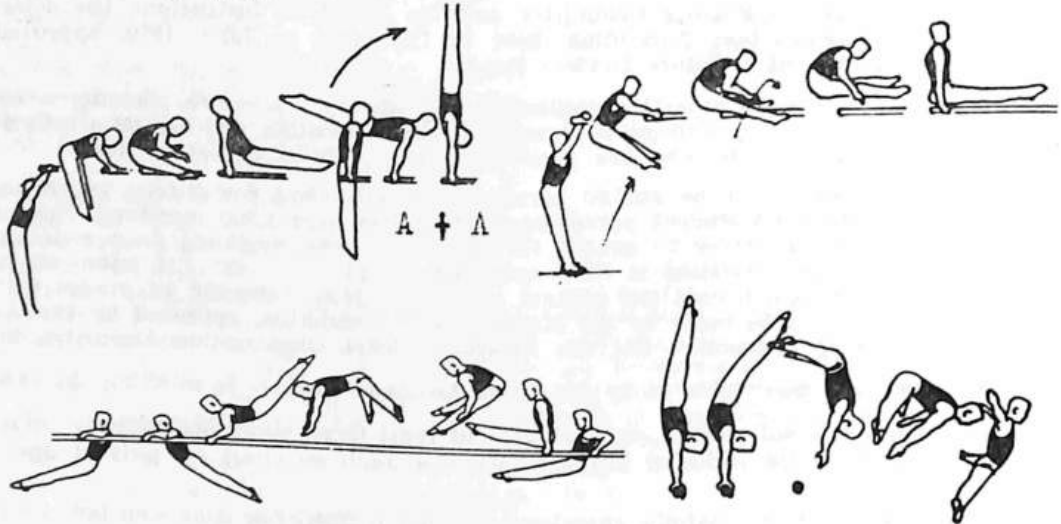
Understanding the Straddles on the P Bars – Men

By Paul Fina

The parallel bars is one event in gymnastics wherein the straddles play a significant role. There are about seven A types (easy moves), nine B Types (medium difficulty), and four C types (high difficulty) including latest F.I.G. rules.

The coach, trainer, or instructor should follow the pattern of the A, B, C's as he teaches his students the straddles. The straddles can be assembled into groups easily enough: Position, motion, combination, or dismount types. The simple position types are all A's unless done on one bar (B's), simple straddles without positions (or holds) stay in the A class except for the straddle cut "L" hold on end of bar. It remains an A. The simple A straddles should be mastered first. See the example of A's.

"A" moves



The B's

There are a number of moves ending in a straddle or including a straddle which bring the value of the straddle into a B rating. They are the uprises, glide kips, basket (somersault) under bars. In all cases the combined moves, including

straddle, are of A value, but so integrated so they require coordinated control or effort. The tricks should be learned separately and then combined. Examine the examples carefully and note the progression tendency.

"B" moves

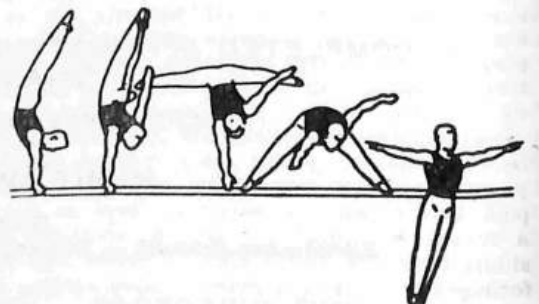
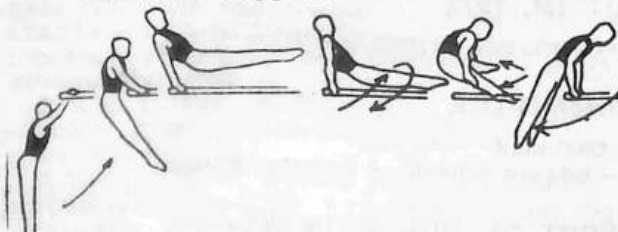
Glide kip to support, straddle cut back to hang



Back rise straddle to "L"



Stand: Jump to support, straddle cut back to support



The C's

As the gymnast advances and wishes to compete in national meets, he is required to perform one to three C moves. In the normal competition (competition I) only one C and five B's are required of eleven total moves. Team competition is of this type (also generalized competition). But, if the meet is to establish all around champions, then 2 C's and 4 B's are required. For individual event championship, then it's 3 C's and 3 B's. These latter two types of meets are called competition II

and competition III, respectively. So, it is well to look into the straddle as at least one way of obtaining a C move. The B moves plus a straddle can generally be claimed as C moves. Examples are given.

General Comments:

The foregoing gives an insight of how our world leaders think. Gymnastic from a technical stand are developed by representatives from each country forming a Technical Committee of F.I.G. One from each country is requested. Since the U.S.G.F. is now the official body, the choosing of the technical representative is through this body.

"C" moves

Under bar somersault, straddle to "L" from stand or support



Back rise straddle, back Stutzkehre

Glide kip to support, straddle cut back to support



Athletics and Aging

It has been said that, "if you want to live to a ripe age, choose your grandparents with great care." Even in jest, these are not idle words; it is well known that heredity plays a vital role in longevity. Beyond this, how athletics affect the natural heritage is a question of much conjecture and study.

The myth of "athlete's heart" has now been largely dispelled. Given a sound organ to begin with and barring disease, the athlete's heart becomes stronger and more efficient in response to his activity. The heart is essentially muscle and, like other muscle tissue, its power of contraction (pumping action) improves with exercise.

Nevertheless, there have been persistent suggestions that athletes die young and suffer degenerative disease in greater degree than do their fellows. Such reports can hardly help but worry parents and may even cause athletes some concern, particularly as they grow older. To get at the facts, investigators have studied the life records of athletes versus nonathletes.

The earliest of these studies, dealing with former oarsmen, indicated that the athletes lived about two years longer, on the average, than the rest of the population. Later studies, covering participants in a variety of college sports, here and abroad, gave similar advantages to the athletes. Studies of former high school basketball players also yielded comparable results. All of these studies were criti-

cized, however, because the athletes were compared with the general population rather than with nonathletes in the college group.

To test the validity of these criticism, follow-up studies of athletes and nonathletes in comparable college groups have been made. The findings are that athletes live about the same number of years, on the average, as their college contemporaries. This means that college students (athletes and nonathletes) as a select group with an average margin in longevity of about two years over the general population.

In these careful studies no significant difference showed up in the causes of death, in other words, the incidence of the death-dealing diseases. There does appear to be a difference, however, in the number of accidental death, with these running somewhat higher among the athletes.

When a well-known athlete dies from a heart attack, while comparatively young, it naturally attracts a great deal of attention. On the other hand, the death of a person less well known under similar circumstances, except for relatives and friends might hardly be noted. This emphasizes how invalid it is to draw conclusions from one or a few cases.

On a scientific statistical basis the truth is that athlete live longer, on the average, than the general population and just as long as their college classmates. In fact, barring accidents, they may have a slight edge over their fellows in average life expectancy.

OLYMPIC GYMNASTIC COMMITTEE MEETING

April 9, 1972

AMES, IOWA

by Jerry Milan, Amer. Sokol Delegate to Olympic Committee

I attended the U.S. Men's Gymnastic Olympic meeting at the Holiday Inn in Ames, Iowa on April 9, 1972.

Members present were: Bill Coco, Hal Frey, Ed Gagnier, John Hinds, Frank Cumiskey, Bill Meade, Jerry Milan, Rusty Mitchell, Charlie Pand, Bill Roetzheim, Courtney Shanken, Gene Wettstone, Frank Wolcott, Ed McNeil, Tom Maloney, and Arnold Trummer. The roll was called with five members absent. Mr. Dick Dunham of Olympic House stated that members missing two consecutive meetings could be dropped. These people would be contacted by the chairman and if their excuses were not satisfactory they would be dismissed from the committee. Resignations by Phil Eskew and Bill Tuten have been received and were accepted according to bylaws requiring regular attendance at Olympic Meetings. A letter was received from Arnold Trummer indicating the reasons for his absence at the last meeting.

Bill Meade reported on the Olympic Development Program projects:

A) Japanese Team Tour to U.S.A. — estimated cost \$27,000 — asked U.S.O.C. for \$4,000.

B) Judges Courses — estimated cost \$2,000 — asked U.S.O.C. for \$1,000.

C) Return trip to Rega, Russia (13 people: 4 men gymnasts, 4 women gymnasts, 2 coaches, 2 judges) — estimated cost \$7,150 — asked U.S.O.C. for \$3,000.

Mr. Meade's answer from Olympic House as to the projects was — that they were too busy with the Winter Olympics and were late accepting applications and that the applications were sent too late anyway. Mr. Meade answered with a letter which resulted in a special meeting with the Executive members. This meeting was set for Chicago, then changed to Orlando, Florida and changed finally to New York. The purpose was in regard to Mr. Meade's letters and the women's tryout problems. Mr. Meade said the meeting was fruitful in that a better understanding was reached between the Committee and Olympic House. \$3,000 for the Regar, Russia project was granted. Judges

to the Pan American Games were reimbursed. Olympic trials and procedure of team selection was accepted. However, the new committee team manager selection of Gene Wettstone was rejected in favor of the selection of the old committee, Dr. Eric Hughes.

Bill Meade reported the final trials would be held by the High School Coaches Association of Illinois. The site is Main West High School, Des Plaines, Illinois. The dates are June 16-17, 1972. The dates were changed from those previously announced due to new qualification rules set up by the F.I.G. Olympic House will pay transportation for the (12) twelve finalists to the trials.

Frank Cumiskey reported that new rules would require that each country except the top six at the World Games would have to qualify for the Olympic Games. To qualify a team must score 510 points and 3 of the team members must score 102 points or over. Also, 3/5 of the judges must be from neutral countries. The superior judge and two others would be selected by the F.I.G. to officiate at our trials. A discussion followed that Mr. Cumiskey would notify each member as to the correct procedure after he heard from Mr. Gander.

Tom Maloney moved that Mr. Cumiskey be given the authority to select our judges for the final Olympic Trials.

ABC television will cover the final trials. Mr. Meade is working with Olympic House and ABC on the arrangements.

Dick Dunham stated that Spencer Advertising Co. will handle the program book for the final trials.

Abe Crossfield reported on the training camp for the team. Program and site was approved with the coach and chairman to find alternate site if necessary. (June 25 — through July 22 — West Point). Mr. Courtney Shanken made a motion that the committee recommend to organizations, schools, etc. that novice gymnasts learn some type of compulsories.

Next meeting will be June 18, 1972, in the Chicago area. J.B.M.

AMERICAN SOKOL ORGANIZATION

Merit Award Committee
6426 West Cermak Road
Berwyn, Illinois 60402

I desire to make application for the American Sokol Organization Merit Award. Please mail application forms and all other instructions to:

Signature of Sokol member: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

My age is: _____ years. I am a member of Sokol _____

of the _____ District.

Activity is the byword at Sokol Tabor. In addition to their gym programs the Jr. boys and girls have a very, very busy week: monthly paper drives, car washes, swim parties, bus tours on the agenda.

The grown-ups have their share of responsibilities and pleasures: weekly fund-raising Bingo nights (requiring many, many workers), theater parties, rummage sales, Concertina Club entertainments and special events. The May meeting will honor mothers and fathers with a Smorgasbord, a featured singer and a special dance group.

Now with Bingo legalized in Illinois, Sokol Tabor resources have risen considerably. Thoughts are now of building improvement. Plans are in process for the air-conditioning of the lower hall, certainly an added attraction to the present building.

Sokol Tabor is well represented on the ASO Executive Board with Sisters June Pros, Secretary; and Agnes Sotka, Financial Secretary; and Bro. Edward Linhart, Director of Men.

"Tabor Talk"

Sokol Stickney, Ill.

With the announcement made during its annual gymnastic exhibition Sokol Stickney kicked-off a very ambitious project — sponsorship of a 8 day — 7 night vacation flight to Hawaii, June 13, 1973.

Bro. William Vrba, chairman for the tour, stated: "The trip is scheduled at a cost of \$399. complete per person, double occupancy, plus 10 % tax and services. Included: round trip flight, food and beverages aloft, all transfers of you and luggage between airport and hotel (tips included), inflight movies, traditional flower-lei greeting in Honolulu, deluxe accommodations at the Hawaiian Regent Hotel, Waikiki's newest and most luxurious beachfront resort. Also: every morning a full American breakfast, full course gourmet dinners every evening, a ½-day sightseeing tour of Honolulu and nightly cocktail parties. Optional tours of the other islands are available at your expense."

The tour is available to members of Sokol Stickney and their immediate families. Also, members of other Sokol Units and their families are invited to participate. Further details and information may be obtained by contacting Bro. or Sis. Vrba at the Sokol Hall, 4131 So. Home ave., Stickney, Ill. 60402.

Sokol Stickney is another of the potent Units in the ASO, with great gym activity in all classes. Like all Sokol Units they have their various fund raising-projects. Spaghetti and Corned-Beef Dinners are always great successes. Their social events are most popular (Farmer's Dance coming Oct. 7th, traditional New Year's eve, and many others during the course of the year).

A large amount of improvement of the Sokol building has been result of volunteered help on the part of its members. The latest project completed; paneling of the lower portion of the main hall (6 week-ends of effort).

Yes! Sokol Stickney is a bright star in the American Sokol Organization.

Sokol Little Ferry's 75th Annual Exhibition

Sokol Little Ferry held its 75th annual gymnastic exhibition on April 16th. More than 250 performed from the 5 to 55 years of age. Over 600 persons were in attendance in the large Liberty Street School auditorium. It was well managed, especially some of the younger girls performing on the horizontal bars as professionals.

Bro. Charles Iverson was master of ceremonies, introducing, Pres. Bro. Charles Kubicek, who has been a Sokol since a lad of 6 yrs of age. His remarks and those of Sis. Helen Schroeder, President of the Sokolice, were well applauded. District Pres., Bro. Charles Zraly, stressed the necessity of the Sokol philosophy and ideals needed in every community and city in the USA.

Mayor Malcolm Hill, a member of the Sokol over the years, spoke on youth delinquency in the state and nation, stating that Sokol training, as prescribed by the American Sokol, is the answer. There has never been trouble with Sokol youth. His wife, Sis. Joyce Hill, an instructor, has been a Sokol member all her life.

The exhibition was a great success due to the leadership of: Bro. Frank Capek, District Director of Men; Bro. George Janakis and Sis. Audrey Benda, Unit Directors of Men and Women. All dedicated lifetime members of Sokol. All the assistant directors gave most remarkable of performances. The special number of little tots 5 and 6-yrs, had to be seen. Sisters Cynthia Fields and Sue Barlot-ta had charge.

Bro. William Zabransky, Jr. was introduced. He stated of being one of the Sokol lads 75-yrs. ago. The organization invites any good American to join to carry on the American Sokol ideals and principles.

Oliver Duchek

On February 17, 1972, our members at Sokol St. Louis were saddened by the death of Bro. Oliver Duchek. Many of our new members and youngsters may not have known him, but to all of us that knew him he will remain a wonderful memory. It was in 1923 that the Sokol purchased property at Imperial, Mo. as a campsite. Bro. Duchek immediately fell in love with the camp. After marriage to Ann Hronicek he continued to spend many happy week-ends there.

A tribute is well deserved as he spent over 35 yrs. on the Camp committee. Many problems confronted the committee during those years. To our Sokol members our camp is a Memorial to Bro. Duchek who worked so hard for its construction and maintenance. Our Sokol, the American Czech Center and the Directors of the old National Hall express our deepest and sincerest sympathy to his wife, Ann, Buddie, Marilee and the grandchildren. Bro. Duchek will always remain in our memories. May he rest in peace.

W. J. S.

Objectives of the Olympic Movement

The Olympic Games were not revived by the Baron de Coubertin merely to give contestants a chance to win medals and to break records, nor to entertain the public, nor to provide for the participants a stepping stone to a career in professional sport, nor certainly to demonstrate the superiority of one political system over another.

His idea was that they would:

1. Bring to the attention of the world the fact that a national program of physical training and competitive sport will not only develop stronger and healthier boys and girls but also and perhaps more important, will make better and happier citizens through the character building that follows participation in properly administered amateur sport.
2. Demonstrate the principles of fair play and good sportsmanship, which could be adopted with great advantage in many other spheres of activity.
3. Stimulate interest in the fine arts through exhibitions, concerts, and demonstrations during the Games period, and thus contribute to a broader and more well-rounded life.
4. Teach that sport is played for fun and enjoyment and not to make money, and, that with devotion to the task at hand, the reward will take care of itself—the philosophy of the amateur as contrasted to that of materialism.
5. Create international amity and good will, thus leading to a happier and more peaceful world.

Stay Interested

Life is a lively process of becoming, says Guideposts magazine: "If you haven't added to your interests during the past year — you might as well wake up to the unpleasant truth that, regardless of your age, rigor mortis has set in. Some people seem to have a knack of staying interesting; and interested. They've kept the secret. They simply don't let themselves stop becoming."

Council of Higher Education

ANNUAL REPORT 1970-71

MATICE ended its 69th year of activity on June 30, 1971. With your continuous help it was possible for 23 students. (7 girls and 16 boys) to receive interest-free loans for the academic year 1970-71. Their curricula were: 9 Liberal Arts and Education, 3 Business and Economy, 33 Medicine, 2 Music, 1 Engineering, 1 Chemistry and Biology, 1 Forestry, 1 Geology, 1 Military College, and 1 Art; of these 133 were new students. The total number of students, since the foundation of MATICE in 1902, is 608. The total sum of money given

in the academic year 1970-71, as interest-free loans, was \$12,300.00.

MATICE wishes to express its sincere appreciation to all Fraternal Societies, Sokol and other Organizations, Czech and Slovak Newspapers as well as to the individuals, who with their good will and financial generosity helped the American students of Czech and Slovak descent acquire University education with a Bachelor and very often with a Master's or Doctor's degree.

HOVORKA FUND

In the third year of its activity, 41 students (20 girls and 21 boys) received scholarships in the amount of \$24,200.00. Their curricula were: 19 Liberal Arts and Education (7 Slavistic studies), 4 Art, 4 Chemistry and Biology, 3 Medicine, 2 Political Science and Government, 2 Geology, 2 Business and Economy, 1 Engineering, 1 Aerospace, 1 Film and Television, 1 Dentistry and 1 Nursing. In three years, 87 students received scholarships in the total amount of \$56,443.00.

Financial Report American Sokol Organization

April 1972

RECEIPTS:

Dues	\$3,494.00
T. G. Masaryk Dues	89.00
Convention Fund50
Special Assessment	1.00
Dividends and Interest	100.00
Advertising, Donations — "American Sokol"	120.00
Resale of Jewelry	22.50
Membership Kits, Window Decals, Postage	52.05
Donations	20.00
Miscellaneous	21.00

3,902.05

Partial payment on advance from A.S.O.

Uniform Division

2,000.00

Total Receipts

\$5,902.05

DISBURSEMENTS:

Administrative Department

Salaries	\$362.96
F.I.C.A. & F.W.T. for March	129.10
Illinois Income Tax — 1st quarter 1972	31.22
Rental, Janitor Service, Phone	297.72
Office Supplies	189.85
Maintenance Contracts	52.50

\$1,063.35

Educational Department BOI

Salaries	\$210.44
F.I.C.A. & F.W.T. for March	48.40
Illinois Income Tax — 1st quarter 1972	12.48
Editor "Sokol Gymnast"	25.00

Add'l. copies "Sokol Gymnast" ..	28.00	
Office Supplies, Postage, Phone ..	23.96	
Donations	10.00	
		358.28

Sokol Publication		
Editor "American Sokol"	\$ 75.00	
Printing "American Sokol"	555.10	
		630.10

Miscellaneous		
Uniform Division —		
Salary, F.I.C.A. & F.W.T., Illinois		
Inc. Tax	\$342.39	
Special Appropriations —		
Southern District A.S.O. ..	\$140.80	
Pacific District A.S.O.	211.24	
Central District A.S.O. ..	311.92	
Eastern District A.S.O. ..	682.13	
		1,346.09
		1,688.48

Total Disbursements\$3,740.21

Balance brought forward:		
Western Nat'l. Bank of Cicero —		
Checking Account	\$6,204.85	
Receipts — April 1972	5,902.05	
		12,106.90
Disbursements — April 1972	3,740.21	
		\$8,366.69

What is Sokol?

Sokol is an organization dedicated to the physical, mental and cultural advancement of its members, and the children who attend its gymnasiums. It is based upon the theory that only physically fit, mentally alert and culturally well developed citizens can form a healthy, strong nation.

It is a scientifically designed system of calisthenics, gymnastics with and without apparatus, games and sports. Over one hundred years of experience has developed it to an extent where it is adapted to both sexes and carries the individual in a progressive program from 6 years to 60.

"Physical perfection should go hand in hand with a noble mind." This is the core of the Sokol philosophy, and does not end at a specific age. Training to attain this goal should be carried on for a whole lifetime.

Home and Family

Families going out of style? "No," states family life expert Dr. Clifford Kirkpatrick, reporting "at any given moment, three fourths of all American marriages can be described as currently successful and satisfactory. This means 30,000,000 happy couples, 60,000,000 happy people."

Let it Never Be Forgotten

That glamor is not greatness; praise is not fame; noise is not influence, and prominence is not eminence. The man of the hour is not apt to be the man of the ages. A stone may sparkle, but that does not make it a diamond; a man may have money, but that does not make him a success; a student may be clever, but that does not make him a philosopher.

It is what the unimportant do that really counts and determines the course of history. The greatest forces in the universe are never spectacular. Summer showers are more effective than hurricanes, but they get no publicity. The world would soon die but for the fidelity, loyalty, and consecration of those whose names are unhonored and unsung.

There is, therefore, no life — however humble — but may take its place in the building of a braver and better tomorrow. It is easy to exaggerate the importance of the important and to underestimate the importance of the unimportant.

SPJST Věstník

Leaders

"The best leader is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it."

—Theodore Roosevelt

Setting Goals

"There is magic in a goal . . . Blessed are the dissatisfied when they have a goal . . . Dissatisfaction is a powerful incentive to get things done, especially when it is tied to some goal . . . Without dissatisfaction, one is like a watch without a main-spring. The works are all there, but it takes the spring struggling to release itself to make the watch run . . . People need the incentive and stabilizing influence of a goal in order to keep on getting things done . . . People can do, but don't do, without motives to keep going. You can easily set up definite goals to help get more things — and more important things — done."

—Donald A. Laird and Eleanor C. Laird, in "The Technique of Getting Things Done."

Travel Grants Available at Southern Illinois University

Several limited travel grants are available for scholars and students to do research using the extensive collection of Slavic-American imprints in Lovejoy Library at Southern Illinois University at Edwardsville, Ill. Stanley Kimbal, professor of historical studies at SIUE, said the research should be on the social and economic problems of Americanization. The library collection consists of more than 4,000 books, pamphlets, journals, newspapers and lodge records and is particularly strong in

Midwestern Czech, Slovak, Polish and Slovenian materials. A card catalogue of the collection is being prepared for publication this year.

The travel grants provided by the Ethnic and Special Studies Program at the University, may be used during the period from July 1, 1972, to July 30, 1973. Applications (including a short vita, details of a proposed research project and travel budget needs) or requests for further information should be sent directly to Mr. Kimbal, Department of Historical Studies, Southern Illinois University, Edwardsville, Ill. 62025.

Sokol St. Louis News-Letter

Pohled do minulosti

Časopis "Sokol Americký" v roce 1923 otiskl úvahu br. Karla Vanička, známého sokolského písmáka. My dnes nařikáme na současné poměry v naší sokolské americké rodině. Na pokles národního a vlasteneckého citění. Čas od času napíšeme článek nebo úvahu "Jak na to . . ." a domníváme se, že žijem v jiné době, že v minulosti to naši sokolští vůdci měli přece jen lepší práci. Zamysleme se nad úvahou br. Karla Vanička, kterou napsal před 50. léty pro americké krajany. Mezi jiným br. Karel Vaniček píše:

"Není utěšený pohled na život celé dvanáctiny československého národa, kterou osud zavál do svobodné Ameriky. Po ohromném prostranství od oceánu do oceánu, v moři milionů anglicky hovořících, je roztroušeno něco přes milion československých duší. Roztroušeno, rozmetáno prostorem i — duchem. A to druhé je mnohem osudnější. Čerstvý příliv vystěhovalců ze země mateřské, ta 'zelená vlna' — udržuje vedením hloučku nadšených obětavců život československé větve americké, ale druhé, nejpozději třetí pokolení navždy tone ve vlnách amerikanismu. Vždyt mladší pokolení v Americe zrozené, třeba se i přiznávalo k češtví, s oblibou mluví výhradně anglicky. A víte přece, že národy nehasnou, dokud jazyk žije. Jak bude, až jednou té zelené vlny nebude?"

Proto tolik beznadějných, tolik zoufajících, tolik malovérných, kteří volají: Vzdejte se, marný boj, škoda sil! Nedivte se. Jedni z našich jsou lidé, a těch je menšina, zbytek jsou živočichové, kterým jest všechno jedno. Ti první mají srdce na pravém místě a v něm horoucí lásku pro rodnou vlast. U těch druhých srdce zakrnělo, ale mohutně se vyvinul bachor. Ti první vážně potrásají hlavou nad tím, co vidí, ale zaťavše zuby, táhnou vytrvale svou lidskou i českou brázdu, ti druzí stačí jenom na své: "Nám už je to všechno jedno, vzdejte se blázní! Kdo vám za to co dá?"

Ah, tu je to staré sobectví, "business" tomu tuším říkáte! Kdo vám za to dá? — A nakonec br. Karel Vaniček dodává: "Nuže, nezbyvá nic, než pohledětí skutečnosti v tvář. Na první pohled se zdá tvrdá, přísná, jako život sám. A přece ten život je nám žítí, žijme jej beze strachu, plnice povinností životní, plňte i tu, kterou jsme si vyvolili a kterou jsme si přibrali dobrovolně, vyvolili jsme si Sokol za působiště, v němž chceme uplatnití svou národní povinnost. Spojme se, opřemež se jeden o druhého bez ohledu na stav a třídu. Pojítkem nám budiž láska k vlasti. Američtí krajane dokázali úžas-

nou věc když podporovali boj proti rakouské monarchii a boj pro osvobození Československa. S úctou neskonalou vzpomíná náš lid doma této obdivuhodné práce, té obětavé lásky, se kterou jste podepřeli naše osvobození. Žijete v nové vlasti, ale prosím vás věnujte alespoň část, vy bratři Sokolové, svému češtví, svým rodným tradicím, svým štepnicím národa, jimiž jsou Vaše sokolské jednoty. Nebude třeba pak se bát o budoucnost československé tradice v Americe."

Úvaha br. Karla Vanička může být otištěna opět dnes, tak jako sokolské evangelium. Nic na tom světě se nemění. Pravda musíme se přizpůsobovat různým novým okolnostem, ale ten základní "Náš úkol, směr a cíl", zůstává stejný.

Jiří Špánek

Sokol Miami

Konali jsme vyjížd'ku autobusem z Miami do Fort Myers, Fla., kde je domov světoznámého Tomáše A. Edisona. Ani jsme neočekávali, že to bude tak zajímavé. Pan Edison zemřel v roce 1931 a jeho domov, laboratoř, zahrada na 14 akrech jsou udržovány a jsou dovoleny návštěvy za vstupné.

Po návštěvě domova a zahrad p. Edisona jeli jsme do Marco Island na Mexickém zálivu, podívat se na vrstů tohoto, dle oznamování, "pozemského ráje". Oproti North Miami se nám nelíbí. Jeli jsme pak dál do Naples, Fla., kde je pěkné městečko a nádherné pláže na zálivu a zastavili jsme se v Everglades City, v Klubu "Rod and Gun", kde byl tak nádherný klid při západu slunce. Cesta do Tamiami Trail přes Everglades je vždycky zajímavá.

V Sokole Miami se konala zábava na rozloučenou s návštěvníky, jež se vraceli do svých domovů na severu. Bylo veselo, neboť přijeli z Lake Worth členové Čsl. Klubu se 4-člennou kapelou. Kuchaři a kuchařky navařili guláš, koprovou a byly moravské klobásy. Byl i čas na cvičení "senior citizens" a ve schůzi pak uvedeny tři nové členky.

V dubnu se konal po celý den bazar a prodej pečiva v Hollywood Mall.

Nyní jest na jižní Floridě tisíce návštěvníků a studentů a ulice jsou zaplněny auty se štítky z mnoha států. Přejeme jim všem hodně zábavy — a pozor na to slunéčko, nyní hodně hřeje!

E. W. R.

Psaní od věrné sokolské pracovnice

Já kdysi posílala sokolské zprávy od nás z Detroit do Věstníku, ale později, když dorostla naše druhá generace a poslali si zprávy ty samé anglicky, přestala jsem je posílati. Ale nyní i ty anglické tam vždycky nepřijdou. Ale tak nebo onak, věřte ty naše české jsou pro nás postarší nejmilejší. Naše mluva. My na naší druhou generaci jsme nevyslovně hrdí. V té nové naší Sokolovně přicházíme do svého domova, který povstal z prodeje našeho bývalého Českého Národního domu a v další finanční podpoře našeho lidu — a v největší oběti nezištné práce druhé generace bratrů a sester vedoucích a jejich spolupracovníků — kteří ten jejich — náš

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Some people have such a talent for making the best of a bad situation that they go creating bad situations so they can make the best of them.

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Sokol Culture Center přenáší přes ty těžké finanční zástoje — kteří za nedlouhou řeknou si "a teď je to naše, bez dluhů". A i ty jejich děti, ta naše třetí generace, spěje statně dál.

A byla bych nevýslovně šťastná, až ten jejich den spalování morgyče přijde, podala o něm zprávu v té naší české, sladké mluvě. Bude to svátkem všeho našeho lidu.

Marta Poppová

Česká Nebraska vede

(Opožděná zpráva)

České kluby v Nebrasce připravují letos řadu letních slavností s programem naší hudby, písničky, tance a vystoupení českých dětí (recitace, zpěv, tanečky). Bohatý rok byl už zahájen 19. března zdařilým programem ve Dwight, následuje už 13. pořad v Omaze 7. května, 20. května linkolnská lože Záp. české bratrské jednoty má celodenní program v Lincoln (Gateway Shopping Center), Sokol v jižní Omaze organizuje české vystoupení v sokolovně

na 21. ulici a U 4. června. Následuje Verdigre 10. a 11. června, pak Clarkson 23.—25. června. Letní program ve Dwight bude 22. a 23. července, slavností pak vrcholí ve Wilber 5. a 6. srpna.

Jistě potěšující zpráva z Wilber, Nebraska. Počínaje příštím školním rokem bude zahájeno vyučování češtině na public school a snad také i na high school. Instruktorkou bude pí. Irma Ourocká. Bude to už druhá Veřejná škola v Nebrasce (a myslím ve Spoj. Státech vůbec), kde děti českých rodin budou mít příležitost studovat řeč svých předků. V Brainard, Neb. učí už třetí rok češtinu pí. Polická v public school a má tam téměř sto žáků. —K.

"Sokol má dbáti výchovy charakteru, a to může bez programu theologického, církevního: být přímým, nelhát, být čestným a slušným, být tolerantním atd., to všechno lze vštěpovat jako příkaz lidskosti, lásky k bližnímu."

T. G. Masaryk

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