

# AMERICAN SOKOL

VOL. XCIII — NO. 6

JUNE, 1972

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## TRIBUTE TO A GREAT SOKOL

When Bro. Edwin Jirousek relinquished his responsible position as Men's Director of the Northeastern District last year, this climaxed approximately 47 yrs. of a flourishing and dynamic Sokol era in the Greater Cleveland area, which was sparked by his enthusiastic leadership qualities in both the gymnastic and administrative fields. Sokol Tyrs and the Northeastern District gratefully acknowledge the tremendous contributions that Bro. Jirousek imparted to the Sokol movement, not only on the local level, but nationally. His love for Sokol and his tireless devotion of time and energy in the promotion of Sokol ideology is most commendable. A very humble Sokol Tyrs and a equally humble Northeastern District, whose past success and very existence has been enriched by his endeavors, take this opportunity to give public acclamation to the contributory efforts that he so unselfishly made to the Sokol movement. Respectfully submitted is a chronological record of his 47 yrs. as a dedicated Sokol.

Bro. Jirousek's indoctrination into the Sokol family began as a small boy at Sokol Tyrs in 1925. As he matured he became so impressed with Sokol ideals and philosophy, that he subsequently served his Unit in the following capacities: 12 yrs. as Men's Director; 7 yrs. as Men's Assistant Director; 29 yrs. on the Board of Instructors; 23 yrs. on the Board of Directors, 18 yrs. serving as Treasurer of the latter group. He had the distinction of being Delegate to the past five ASO Conventions.

The same character and leadership qualities were wisely invested in the District as he served in the following offices: 18 yrs. Men's District Director; 11 yrs. Men's Assistant District Director; 33 yrs. as member of the District B.O.I. He also served as Treasurer for the District Sokol Centennial Committee in 1962.

Bro. Jirousek collaborated along with other Sokols in composing and teaching various calisthenics numbers. Along with the late Bro. Frank Kratky he was instrumental in composing the Special Numbers "Twelves" and "Fourteens" which were drilled at numerous Sokol Akademies. But by far, the most famous Special Number he helped in designing and arranging along with Bro. Karel Vavra and Sis. Evelyn Prazak, is the "Red, White and Blue Number". This was originally drilled at the 1955 St. Louis Slet, and subsequently staged by the District at two national Slets held in Chicago. It was the highlight at the Slovak Slet held in the Cleveland Auditorium, and has been performed to audiences in Detroit and Canada.

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# AMERICAN SOKOL

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## Calendar of Events

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. 10th — SOKOL DETROIT, MICH.  
Grape Festival.  
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.

## Sokol Miami

The Unit is very active socially as witnessed by the many, many varied enterprises it has participated in the past several months: February — A 46-member group tour to Disney World; Valentine Party, with Sis. Christine Horak as Mother of the Year; March 5th, program commemorating birth of T. G. Masaryk; March 10th, concert of Czech and Slovak music and song at Bayfront Park; March 27th, Farewell dance for members leaving for the North; March 28th, 1-day bus tour of Fort Meyers, Naples, Marco Island, Everglades City; April 4th, Hollywood Mall Bazaar and Bake Sale.  
Under the leadership of Bro. Frank and Sis. Emilie Ruzicka Sokol Miami is getting wonderful mutual cooperation from all the brothers and sisters — the kitchen committee, music men, Bingo men, raffle workers, etc. Shuffleboard is a favorite late afternoon pastime. The Sokol has become a member of the North Miami Chamber of Commerce. The Building Fund is growing steadily with donations from friends and members. Old newspaper collections are also on the agenda.  
Sokol Miami News-Letter

## Editor's Apology

In last month's issue of the American Sokol publication the story pertaining to Sokol Stickney's chartered January flight to Hawaii stated the incorrect starting date. The 8 day — 7 night vacation flight will take off JANUARY 13, 1973. It is with deep regret that this unfortunate blunder was made on the part of the editor.

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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## Fundamental Facts Upon the Sokol Philosophy

THE BASIC EDUCATIONAL IDEA IS OF GREEK ORIGIN. It is founded on the knowledge that no muscle, brain cell, skill or ability can be developed and maintained at a higher level without a continuous use or exercise. This is a biological law. In ancient history, Sparta, one of the Greek city-states, organized education entirely based upon this learning; firmly believing in "A Healthy Mind in a Healthy Body." Students slept on hard boards, wore coarse tunics, ate simple food and trained their bodies daily, running, fencing, throwing spears or discs, etc. Ever building strong healthy bodies capable to withstand the rigors of warfare, which was frequent in those times. In the Olympic Games, held every 4 years, athletes from all the Greek city-states competed for the honor to wear a wreath of laurels, the sign of victory, and the only reward from the Games.

CZECHS AND THE FOUNDER OF SOKOL, DR. MIROSLAV TYRS (1832—1884). Czechs were a national minority within the Austro-Hungarian monarchy in Dr. Tyrs' time. He, being a philosopher, enthusiastically grasped the soundness and beauty of the Spartan education. He saw, and quite correctly, the amount of occupational exertion as insufficient, and consequently, men's bodies were bound to weaken and degenerate ultimately. Only a voluntary weekly training of the Spartan type could be an effective remedy, he concluded. Thus Tyrs conceived the idea of a post-school voluntary training on a national level. Truly a lofty idea! So lofty as to remind one of the heights of birds

of prey. Thus looking for a name for the organization he selected "Sokol", a falcon. He couldn't select the "Eagle" since it was the seal of the monarchy. In his fundamental treatise "Our Task, Aim and Goal" Tyrs avered that a small nation, in order to compete with the larger nations, must compensate for smaller numbers by development of all citizens to a higher physical, mental and moral level. Sokol was a proposed means. As a matter of fact Tyrs' reasoning is valid also for the largest of nations, since they must compete among themselves. The Sokol idea is of universal validity and importance.

"NEITHER PAYMENT NOR GLORY — ONLY SACRIFICE." This is the second most important slogan of the Sokol movement. Since Tyrs did not have the means to start a national organization, there was need for apparatus besides a roof overhead. He had to generate unparalleled enthusiasm on a national scale for his idea. And this he did. Enthusiasm of the membership and, more important, of scores, and later thousands of instructors and administrators provided the necessary means. In 1948, before the Communist oppressors disbanded the Sokol organization in Czechoslovakia after 86 years of existence, the gymnasiums served more than one million adults and youngsters in hundreds of Sokol halls. It is such enthusiasm of the leaders, instructors, etc. which keeps Sokol organizations alive all over the world.

Charles B. Sazavsky

## Cooperation

"In all your human relations, if you will just exert an extra special effort to give people your favorable attention, listen to what they have to say, find out what they really want, try to understand why they think and act the way they do—in short, help them to be right—you will find open minds—and even more important, open hearts—wherever you go."

## TRIBUTE TO A GREAT SOKOL

(Continued from Cover Page)

Bro. Jirousek by no means has retired from serving Sokol. Presently he is still very active in the District where his many

years of experience and knowledge are being utilized in an advisory and instructive capacity. He is consultant to the American Sokol, Inc. in the eventual design and construction of a new Sokol Hall in the Cleveland Area. Edwin Jirousek's immeasurable contributions during the past 47 yrs. have played an important part in the Sokol's past and successful history.

Emil Pekar, President  
Northeastern District, A.S.O.

Richard Franks, President  
Sokol Tyrs

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

HELD MAY 23, 1972

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

Correspondence: Request from High School District, Montpelier, Vermont, for material pertaining to Eastern European Studies program conducted in that area; booklets and Slet Program Book will be sent. — Appreciation from Czechoslovak National Council upon Bro. Barcal attending their Convention; from Northeastern District for granting the services of Bro. Linhart for their workshop, May 6-7th. — Invitation to have representative attend the National Confederation of American Ethnic Groups Convention, June 3-4th. Bro. Zraly will be contacted to represent ASO. — Czechoslovak National Council urging ASO join this Confederation.

Board of Instructors: Sis. Schnabl sent additional forms to the Dist. Directors re; Vienna Slet. Sent apparatus film to the Northeastern Dist. Appointed Sis. Sylvia Laznovsky, Southern Dist. Women's Director, as her representative at the Vienna Slet. Received report from Sis. Smith of Cedar Rapids regarding the Modern Gymnastic Clinic conducted by Sis. Prchal. Attended Sokol West Suburban's exhibition. Bro. Schnabl attended Sokol Racine's. Conducted the 2nd Class Girls Competition in the Central Dist. for Sis. Tuma with 25 in high and 108 in low divisions. Results will be printed in the Sokol Gymnast. Held another meeting regarding the American Revolution BiCentennial Commission with Mr. Black. Viewed the 1969 Slet film. Request from the Pacific Dist. for payment from the Special Assessment Fund in amount of \$75.00 for Bro. Pokorny teaching the calisthenics in San Mateo, approved. A Tournament Rules Committee meeting was held by Bro. Ptacek with Sis. Zdenek and Sis. Mickey Chilla of Sokol USA and Bro. Linhart present. Clarification and expansion of rules made. Received price for printing of said rules, approved. Sis. Kourim will type a copy for photographing. Attended the Song Book Committee with Bros. Smutny, Gorman, Linhart and Sis. Zdenek.

Bro. Linhart reported on meeting held May 17th. Recommended bills be paid; \$66.00 Air Fare to Cleveland, \$248.36 expenses by Bro. Jerry Milan as representative to two USOC meetings, approved. Tentative schedule of events for the 1973 Slet were discussed. Bro. Ptacek showed film of the Men's 1973 Slet apparatus moves for low and intermediate divisions. Attended meetings of the Tour Committee, Rules Committee, Song Book Committee and the American Revolution BiCentennial Commission. Assisted at the Instructors Course held in Cleveland May 6-7th. Held a nacvicna for Calisthenics, followed by a meeting with their BOI for the purpose of laying plans for conducting a gymnastic school in Detroit this summer. Assisting in the Central Dist. Co-edited the Sokol Gymnast. While in the Northeastern Dist. stated the possibility of

conducting a Mid-Slet in Detroit in conjunction with ASO Convention in 1975. Recommended their BOI study this and have this discussion take place at District Directors Conference in November.

Financial Secretary: Sis. Sotka reported April Financial Report prepared. Federal taxes deposited. Filed first report with the Div. of Unemployment Compensation for the state of Illinois. Certificate from Belle City Savings and Loan transferred to a passbook account at 1st Federal Savings and Loan of Wisconsin in line with the merger of these two associations. Mailing list changes numbered 299 for May. We will be charged extra for these changes by the Cicero-Berwyn Press. With his quarterly report, Bro. Richter sends regards from the Milwaukee Sokols. Very busy in the office with the two Vienna Tours. Filled all requests for pins, due cards, quarterly report forms and applications for membership.

Treasurer: Bro. Basta stated in agreement with the Financial Secretary's report. Filed annual report 990. Presented a balance sheet on the Uniform Div. as of April 30th, 1971 thru April 30th, 1972.

Publicity: Bro. Rabas submitted articles regarding Vienna Tours.

Membership: Bro. Svoboda presented a detailed report regarding rules, awards and recommendations. The Drive will be conducted from Sept. 1, 1971 to March 31, 1973. All rules agreed upon will be sent to all Units. Associate members will not be included in this Drive. Awards will be decided upon in the near future.

Editor: Bro. Herink stated the many changes in the mailing list these past two months has added to the late mailing of the publication.

Uniform Division: Sis. Prener reported sales very good. Met with Bros. Basta, Schnabl and Sis. Basta and went over price list; new price list will be issued effective September 1st. Bro. Linhart stated the warm up suit we now have is the official warm up suit of the ASO.

Tour: Sis. Prener reported both tours going very well, a few seats still available. Bro. Rabas recommends for those going into Czechoslovakia they should exchange \$10.00 into crowns before leaving, this would hasten their departure upon arriving at the border.

Co-Educational Director: Bro. Janecka reported he submitted an article for publication informing our members of the films available.

Secretary: Sis. Pros had not spent as much time in the office due to extensive work being done for the Central Dist. Slet.

President: Bro. Barcal stated attended all meetings as required.

As June is such a busy month the Board agreed to hold no meeting in this month unless deemed necessary. Sokol Stickney requested the running off of envelopes to be sent to members of the Central Dist.; Sis. Pros. and Bro. Drnec stated this request must first come to the attention of the Central Dist. Committee. If agreed upon must present said request to the Executive Board. As per By-Laws only the District may request permission from the Executive Board to use their District mailing list, no other District or any Unit can obtain the use of the mailing list.

## DISTRICT REPORTS

### SOUTHERN DISTRICT

April 13, 1972

Pres. Bro. George Prevratil presided. Present: Bros. Jerry Milan, Larry Laznovsky, H. B. Smith, Harrell Hamilton. Sisters Sylvia Laznovsky, Henriette Milan, Bernice Hamilton, Vlasta Laznovsky.

Correspondence: Letter from ASO a representative will attend Southern District Slet. — Invitation from Sokol Baltimore to its 100th Anniversary celebration. Also required support for its souvenir book. — From Sokol Houston asking consideration be given obtaining outside qualified judges and use of flash cards in competitions.

#### UNIT REPORT

Sokol Corpus Christi: March meeting, 26 members. — Activity: Flea market and barbeque, March 12th. Participated in volleyball tourney in Fort Worth, March 10th.

Sokol Zizka: March meeting, 38. Gained 1 regular, 2 associate members. — 30-ton air-conditioning unit added to building. — In preparation for Slet. — Several members will attend the Olympics in Germany.

Sokol Karel Havlicek-Borovsky: March meeting, 40. Gained 10 regular and 20 associate members. — Swimming pool matter postponed for further discussion. — In preparation for Polka Festival, May 6-7th.

Sokol Fort Worth: Gained 3 associate members. — Easter picnic successful. — Building fund drive in progress. — 4 awards won at SWAAU meet. — 22 entries at invitational meet at Garland. — 4 members plan to attend Vienna Slet and Olympics.

Sokol Houston: March meeting, 35. Gained 1 regular and 2 associate members. — Dances held: 1 in March, 2 in April. — Easter egg-hunt for children. Dinner and dance for members.

Sokol Yukon: Sis. Fletcher initiated classes March 13th, attended by 20 and 30 gymnasts, ages varying from 6 to 17. — Apparatus being re-conditioned. — 1967 Mid-Slet film shown membership. — Sis. Fletcher requesting march music and physical fitness material.

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District Directors, Bro. and Sis. Laznovsky: Distributed corrections on apparatus and calisthenics to Units. — Marching tapes and physical fitness material mailed Sis. Fletcher. — Gymnastics Skills test extended to May 31st. — Tabulation sheets ready for Slet. — Recommend Sis. Stoeppelman be re-imbursed for travelling expense to Dallas in teaching Jr. girls apparatus and floor exercises. — Men's volleyball tourney scheduled April 29th at Sokol Dallas. — New set of boy's calisthenics distributed. — Replies negative on inquiry of holding 2-week District Course. Obtaining instructors a problem. Possibility of holding week-end courses.

Public Relations, Bro. Milan: Assisted in the successful Monterrey gymnastics exhibition. Some 30 gymnasts from this area participated. — Attended U.S. Olympic meeting in Ohio representing ASO.

Discussions: Moved District purchase reuther board to be loaned Sokol Yukon; appropriation for Sis. Fletcher to cover travel expenses to teach

classes in Yukon involving a 90-mile round trip; District purchase \$30. ad in Sokol Baltimore's souvenir book. — Sokol Houston's request tabled pending more information and clarification. — Suggested District Educational Director call a meeting to set up a effective educational program for the District. Approved.

### WESTERN DISTRICT SEMI-ANNUAL MEETING

April 30, 1972

Pres. Bro. Edward Pavoucek presided. Present: Sokol Cedar Rapids — Bros. Don Pulkrab, Rick Bartunek, Dick Kitrell; Sokolice Cedar Rapids — Sisters Marjorie Nejd, Libbie Melsha; Sokolice Crete — Sister Blanche Heeren, Albina Banks, Alice Kalkwarf; Sokol Omaha — Bros. Ray Lastovica, James Velehradsky; Sokolice Omaha — Sisters Blanche Masek, Beverly Kilborn, Helen Karpisek, Bozena Drozda; Sokol South Omaha — Bros. Vic Jirka, Vojmir Benak, Henry Mertz; Sokolice South Omaha — Sisters Phyl Jirka, Denise Minarik, Bea Pavoucek; Sokol St. Paul — Bros. Robert Vanyo, Robert Bastyr, Sisters Lorraine Olsen, Cecilia Vanyo, Shirlee Bastyr; Sokol Wilber — Bro. Alfred and Sis. Olga Chab.

Director of Men, Bro. Lastovica: Workshop a success. Few changes on apparatus.

Director of Women, Sis. Drozda: March 1972 statistics — Tots 68, Class I 90, Class II 90, Jrs. 129, Women 34, Others 25. — First District function was held in Cedar Rapids, April 15-16th, on Hand Apparatus and conducted by Sis. Prchal with 24 students from 3 Units. — District Workshop held in Omaha, April 29-30th, with all 6 Units present, in preparation for the District Slet in St. Paul, Minn. Bro. Lastovica and Sis. Drozda conducted the Workshop. — District will participate in the Wilson, Kansas, Czech Festival in July. — Merit Awards received by Sisters Denise Minarik and Phyllis Swoboda.

Historian, Sis. Heeren: Brought updated Book to meeting for all to view.

Auditing Committee, Bros. Pulkrab, Velehradsky and Sis. Kalkwarf: Books found in order.

Discussions: Sokol St. Paul representatives reviewed Slet schedule of events. — Approved the District make standardized forms for future Slets for preliminary survey sheets and competitions. — All BOI data must be sent Unit Directors. — Any losses incurred in any District Slet is responsibility of the host Unit. — Recommended ASO use National U.S.G.F. compulsory routines for future competitions. — Also, ASO to establish a special competition division for the 35 and over. — No May District will be held.

### B.O.I. SEMI-ANNUAL MEETING

April 29, 1972

Sis. Drozda opened meeting with 30 members present. — The fast speed on the tapes for the Floor exercises is to be used for the competitions. — Approved boys and girls 10 yrs. of age and up to compete. — Suggested the F.D.G. Code of points be used for all layout vaults. — Registration deadline will be extended to June 1st. — Approved 5 Women and 2 Men outside certified F.I.G. Judges

to judge the Championship Competitions. They will each be offered \$10.00. The expense absorbed from the Slet Fund. — Letter received from Gov. J. J. Exon inviting the District to attend the Mid-Western Physical Fitness Clinic & Conference.

## Ethnic Conference

A National Coordinating Assembly on Ethnic Studies, an organization concerned with the promotion and advancement of cultural, educational and research activities on Ethnic Affairs in the U.S., was created during a 2-day Conference held in Washington, D.C., April 28-29, 1972.

The Conference sponsored by the Washington Committee on Ethnic Studies saw some 50 ethnic organizations from the major metropolitan areas in the U.S. represented. The participants put together a national organization to promote and develop ethnic studies and establish an advisory council to work for the prompt passage of the \$15-million Ethnic Heritage Studies Bill, originally sponsored by Sen. Richard S. Schweiker (R-Pa.) and Congressman Roman Pucinski (D-Ill.) and is now known as TITLE IX of the Higher Education Act. The Conference which stressed Unity, Strength and Pride in Ethnic Heritage registered strong support of the Bill.

Conferees attending the meeting were concerned with the cultural and ethnic priorities of the nation and represented a broad spectrum of cultural, and racial groups. Among these were: The Council of Ethnic Groups in Western New York of Buffalo; The Polish American Congress, Inc.; The Czechoslovak National Council of America; The Greater Cleveland Intercollegiate Academic Council on Ethnic Studies, Inc.; The Italian Coalition of New York; The Detroit Area Inter-ethnic Studies Association; The American Association for Jewish Education of New York; The Lithuanian-American Community of the U.S.A., Inc.; The American Slovenian Catholic Union and The Armenian National Cultural Association. Also taking part were representatives from the Bulgarian, Mexican, Greek, Hungarian, Slovak, Philippine, Latvian, Chinese, Korean and Russian communities as well as many others.

It was stressed: "Ethnic pride and ethnic identity can be positive forces in bringing diverse people together to solve community as well as national problems. This new ethnic studies legislation can be a key national catalyst for all minority groups to join together for a better understanding of their backgrounds, heritages and traditions."

These issues were to be discussed at conferences on Ethnic Studies in Cleveland, Ohio, on May 11 through 13 and in Detroit, Michigan, on May 19 through the 21st.

## Helping Others

"One of the secrets of a healthy, happy life—and also one of the secrets of success—is helping others," writes W. Clement Stone, author-philanthropist, "When you share what you have, what's left multiplies and grows."

## Looking Forward

Someone once said, "Never look back — you don't know who will be gaining on you." Certainly we must look forward; we must continually advance with new concepts and ideas and our eyes always fixed on new horizons. However, without the past there would be no future. So, occasionally, we must look back to check our progress, to compare our present position with that of our former and re-evaluate our direction. As we look back to measure our today against yesterday, we can see the firm foundation upon which the Sokol organization is based.

Sokol Baltimore "Topix"

## Membership

Membership is the strength of any organization. Usually an organization with large amounts of members is progressive and its programs most diversified. More ideas come forth and accomplishments are on a much larger scale. This is perhaps the primary reason why our American Sokol Organization is promoting this nation-wide Membership Drive.

For many years a good number of our Sokol Units were at a virtual standstill where membership was concerned. Many Units need new ideas of approach — new directions. We fully realize each Unit in our Sokol family has different problems, have different goals, that govern their activities.

Some Units built new Sokol Homes, and some are in the process of building; something that was unheard of just a few short years ago. With new construction came new members, all imbued with one common goal, to have the best gymnastic and social facilities in their city. These Units have truly reached the pinnacle of achievement.

The importance of gymnastics — the cooperative spirit of each gymnast — of each individual member — the pleasures of our social life — must be brought to the attention of the public — to show how much can be derived by becoming a Sokol.

How can this best be achieved? Everyone of us, every Sokol member, must dedicate himself in inducing at least one new individual in joining our Sokol family. By so doing our membership will increase by leaps and bounds.

We must concentrate on Youth in our organization, for it will be the backbone of each Unit in future years; carrying on the responsibility of our Sokol ideals in the second century of our Sokol movement.

Let us all cooperate and see that this membership campaign produces great results. The Drive ends March 31, 1973.

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Following are the contest rules:

1. The Membership Drive will be conducted from September 1, 1971 to March 31, 1973.
2. Awards will be presented to the District, Unit and member that has the greatest gain of new members during this period.
3. To be included in the awards the member must be accepted by the ASO and remain so during the course of the campaign.

# SOKOL GYMNAST

JUNE 1972

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

## CENTRAL DISTRICT

### American Sokol - II Class Girls and Boys Competitions

SAT. MAY 20, 1972

On Saturday, May 20th, the Central District conducted a very successful apparatus tournament for the children's classes. The girls' meet was held at Sokol Havlicek Tyrs under the direction of Sister EllenJeanne Schnabl. The boys competed at Sokol Slavsky under the direction of Br. James Berousek. They were ably assisted by a fine complement of judges from each Sokol as well as Auditing Committees headed by Sister Ann Halik and Br. Charles Kalat.

The girls meet consisted of exercises in calisthe-

tics, beam, rings, free ex., vaulting, uneven bars and a quiz. The boys participated in horizontal bar, parallel bars, rings, side horse, horse vaulting, tumbling, Slet calisthenics and team marching.

A Victory program was held that Saturday evening and special numbers were presented from each Sokol unit. After the program, results of the meet were announced and trophies awarded. Br. Paul Lebloch and Sister Helen Tuma, directors of the Central District, extended their appreciation to each unit for their participation.

#### II CLASS GIRLS COMPETITION HIGH DIVISION

Place — Unit Teams	Scores
1. Sokol Slavsky	637.4
2. Sokol Tabor	626.6
3. Sokol Stickney Team No. 1	615.8
4. Sokol Brookfield	608.3
5. Sokol Stickney Team No. 2	598.5

Place — Individual — Unit	Score
1. Anita Schnabl, Berwyn	165.3
2. Peggy Rus, Stickney 1	164.0
3. Diane Mowen, Slavsky	163.1
4. Loretta Korbek, Slavsky	162.2
5. Patricia Palkovic, Stickney 2	161.5
6. Janet Babka, Slavsky	160.1
7. Sue Wiesmeyer, Tabor	159.1
8. Willene Moore, Stickney 1	158.0
9. Andrea Wiesmeyer, Tabor	157.7
10. Michele Woyt, Brookfield	156.0

5 Teams and 25 Individuals participated.

#### II CLASS GIRLS COMPETITIONS LOW DIVISION

Place — Unit Teams	Scores
1. Sokol West Suburban I	812.3
2. Sokol Brookfield IV	807.1
3. Sokol Berwyn I	804.1
4. Sokol Brookfield I	799.5
5. Sokol West Suburban III	790.6
6. Sokol Havlicek-Tyrs I	786.7
7. Sokol West Suburban II	783.6
8. Sokol Tabor I	778.9
9. Sokol Berwyn II	769.7
10. Sokol Berwyn III	758.4
11. Sokol Brookfield III	757.1
12. Sokol Stickney	748.5
13. Sokol Berwyn IV	733.4
14. Sokol Slavsky I	732.6
15. Sokol Slaasky III	724.5
16. Sokol Slavsky IV	718.9
17. Sokol Slavsky II	718.0
18. Sokol Brookfield II	714.1

Place — Individual — Unit	Score
1. Janet Pistorius, Sokol West Suburban I	167.2
2. Sally Fisher, Berwyn	163.8
3. Denise Michalek, Brookfield 4	163.5
4. Michele Le Mieux, Brookfield 4	163.0
5. Gabriele Le Mieux, Brookfield 1	162.5
6. Sandy Gameletto, West Suburban 1	161.6
7. tie Lonnie Rader, West Suburban 1	161.5
7. Kathy Kopcansky, Brookfield 1	161.5
8. Sherry Melton, West Suburban 1	161.4
9. tie Colleen Curran, Tabor 1	161.3
Sharon Jansto, Berwyn 1	161.3
10. Vick Vanek, Brookfield 4	160.9

18 Teams and 108 Individuals participated.

#### SECOND CLASS BOYS COMPETITIONS

Place — Unit Teams	Scores
1. Sokol Tabor 1	493.2
2. Sokol Stickney	487.3
3. Sokol Slavsky I	476.9
4. Sokol Brookfield	455.8
5. Sokol Slavsky II	445.5
6. Sokol Tabor II	443.9
7. Sokol Berwyn I	443.1
8. Sokol West Suburban	384.1
9. Sokol Slavsky III	370.2
10. Sokol Tabor III	359.4
11. Sokol Milwaukee	346.2
12. Sokol Berwyn II	326.5
13. Sokol Berwyn III	294.3

Place — Individual — Unit	Score
1. Lou Slezak, Brookfield	124.0
2. Mike Willett, Tabor I	123.2
3. Pete Maciejewski, Tabor I	120.3
4. Ray Fron, Tabor II	119.4
5. Randy Rus, Stickney	119.3
6. Ron Daffe, Tabor I	119.0
7. Mike Gerhardt, Tabor I	118.7
8. John Vasaitis, Slavsky I	118.5
9. James Zavoral, Slavsky I	118.1
10. Rick Ptacek, Stickney	117.8

13 Teams and 70 Individuals participated.

## Beginner Level – Floor Exercise

- I. 1-4 pause introduction of music
- II. 1-3 pause
4. Rise to the toes (feet side by side) with the arms vertical.
- III. 1. Lower arms quickly from forward (downward) to backward, slightly bending the legs and go on without stopping to a tuck jump, throwing the arms upward (kicking the heels toward the seat).
2. Land on both feet, left foot in front of the right, in a deep squat position, lower the arms; left arm lateral, right arm forward.
3. Straighten to a stand on the left foot, leg extended, right leg extended backward, right arm moves to lateral position. One step on the right foot, hop on the right foot thrusting the left leg extended backwards, circling the arms backward up to the vertical.
4. One step forward on the left foot and by thrusting the right leg backward, cartwheel to the left to a stand on the right leg. Make  $\frac{1}{4}$  turn to the left, arms vertical.
- IV. 1. One step forward on the left foot, right leg extended backward and pointed on the floor, arms lateral, head to the right. Making a  $\frac{1}{4}$  turn to the left slightly bending the left leg take one step in waltz timing with the right leg, two steps left, right on the toes of the feet. Arms lateral.
2. Pivot to the left 135 degrees ( $\frac{3}{8}$ ) on the toes of the feet crossing the arms in front of the body (left arm closest to the body). Kick the left leg forward, arms lateral.
- V. 1. Four running steps (left, right, left, right) and hop on the right foot and step forward on the left toe, left cartwheel,  $\frac{1}{4}$  turn R on the landing.
2. . . . step backward on the left foot to a backward roll landing on the slightly bent left foot, right leg stretched backward (lunge). Arms forward in semi-wide position, obliquely downward.
- VI. 1. Circle both arms from downward to upward in front of the body, trunk straight, head looking upward, arms finish curved in an oval over the head.
2. Without stopping go on to lower the arms laterally, palms upward, slightly bending the trunk to the left, head to the left.
3.  $\frac{1}{8}$  turn to the right (45 degrees), extending the left leg, hop on the left foot, the right leg extended forward and downward, one step on the right foot, hop to the right foot, left leg extended forward and downward (2 skips). Arms lateral.
- VII. 1. One step on the left foot lowering the arms, take off on the right foot and stride leap (45 degrees split of legs), left arm lateral, the right arm horizontal (forward). Land on left leg, right leg stretched backward.
2. One step on the right foot, arms lateral and thrust the left leg forward in order to leap with changing of the leg (scissors or hitchkick leap) with a circle outward of the arms forward to backward, landing on the left leg partly bent, the right leg extended forward and downward, the arms obliquely backward.
3. One step forward on the right foot, raise the left leg backward, arms vertical.
4. Place hands forward on the floor and thrusting left leg upward to the inverted stretched support (hand-stand), change the legs in the air, and finish in a position of the left knee, hand support by the side of the legs lower to a sitting position on the left heel, right leg stretched backward on the floor. Body is erect with a slight upper back arch.
- VIII. 1. Go on without stopping by support on the left hand, displacing (lifting) the right hand with  $\frac{1}{4}$  turn to the left, join the legs to a stretched lying front support (arms straight, hips touching floor).
2. Continue the movement turning once again  $\frac{1}{4}$  (90 degrees), bending the legs to sit on the right thigh (side tuck position), head to the left, left arm lateral, right hand support, turning to a bent sitting position on the left thigh, left hand placed on the floor, right arm extended laterally, head to the right.
3.  $\frac{1}{4}$  turn to the left, straighten with placing of the right foot forward.
- IX. 1. . . . to a stand on the toes of the feet (left foot in front of the right foot) arms extended obliquely forward and upward.
2. Bend the legs to a semi-squat stand and turn 135° ( $\frac{3}{8}$  to the right in order to straighten to a stand on the toes of the feet, the right foot in front of the left). Simultaneously lower both arms down to the sides of the body in order to raise them forward and upward with a contraction in the upper body to the vertical. (Extend the body.)
3. One step on the right foot forward bending and extending the leg, bring the left foot behind the right foot to a stand on the toes of the feet, legs extended. Simultaneously lower both arms down to the sides of the body, to the oblique forward and upward position, palms down, left hand crossed over the right hand. Head and body leaning slightly backward.
- X. 1. Turn to the left 135 degrees bending and straightening the legs and lowering the arms to the sides of the body. Place the left leg forward to a lunge on a semi-bent leg, simultaneously raise the right arm forward to the horizontal, the left arm lateral, head turned to the right.



2. Bring the right foot beside the left to a stretched stand on the toes of the feet, arms obliquely lateral and upward, palms turned outward.
  3. Repeat paragraph X-1, but in reverse (lunge on right leg, left arm forward, right arm lateral).
- XI. 1. Step forward on the left foot and then the right foot with the arms lateral.
2. Thrust the left leg forward, simultaneously raising the arms to the vertical.
  3. Step forward on the left leg, extend the right leg backward and place the hands forward on the floor.
- XII. 1. . . . and thrusting from the left foot, kick to the inverted stretched support (handstand) with the legs together, and . . .
2. . . . bend the arms to a forward roll walking out on the right foot.
  3. Step forward onto the left foot, arms upward, join the right foot beside the left foot on the toes of the feet, arms lateral.
- XIII. 1. Four running steps forward, left, right, left, right, curving to the left, right arm lateral, left arm curved in front of the bust slightly twisting the trunk to the right.
2. With  $\frac{1}{8}$  of a turn (45 degrees) to the left, join the left leg to the right leg, arms obliquely upward and forward. Bend the legs with the arms moving downward and obliquely backward, the trunk bent slightly forward and the head downward (contraction), straighten the legs to the stand on the toes of the feet returning the arms forward and upward, extending the body and head to the vertical.
- XIV. 1. One step on left foot and hop on the left leg, right leg extended backward, arms lateral.
2. Three runs forward, right, left, right, and . . .
- XV. 1. . . . stag leap, simultaneously lowering the arms to bring them obliquely forward and upward, land on the left foot.
2. Pas chasse (leap with a hop — right, left, right, arms lateral).
  3. Thrust the left leg forward, pivot 225 degrees ( $\frac{3}{8}$ ) on the toes of the right foot to a stand on the right leg finishing with the left leg extended backward, arms lateral (forward swing turn).
- XVI. 1. Bring the left leg beside the right leg, legs bent slightly. Bend the arms to touch the shoulders with the fingers, body bent slightly forward with the head down (contraction).
2. Straighten the trunk, extending onto the toes of the feet, and extend the body. Arms raised to the vertical, head upward.
- XVII. 1. Four running steps (left, right, left, right) and hop on the right foot and step forward on the left to a left round off. Jump upward off both feet, arms vertical with a  $\frac{1}{2}$  turn to the left to land on the right leg slightly bent, the left obliquely forward and downward. . .
2. . . . cartwheel to the left to finish with a  $\frac{1}{4}$  turn inward to the right on the right leg in a lunge position, left leg extended backward. Right arm obliquely forward and left arm obliquely backward and downward.
- XVIII. 1. With a  $\frac{1}{2}$  turn to the left, lunge forward on the left leg, right leg extended backward. Left arm obliquely forward and upward, right arm obliquely backward and downward.
2. Bring the right arm forward to the horizontal position, head erect.
- From paragraph XVII on, the exercise may be reversed in its entirety .
- The total exercise may also be reversed in its entirety.

## WESTERN DISTRICT Modern Gymnastic Clinic Cedar Rapids

APRIL 15-16, 1972

Three Units attended this outstanding Clinic with 24 Junior Girls and Women enrolled. 3 Crete — 4 Wilber — 17 Cedar Rapids.

Sis. Prchal was the instructor, and assisting her with teaching and demonstrations were Julie Barcal and Cathy Brym.

This event, Modern Gymnastics, is the answer to a solid re-enforcement of the Sokol Philosophy of "Physical Fitness for the many". It offers something for everyone in the class. A small portion of the class will excell in Gymnastics, Floor Ex., Beam, Unevens & Vaulting, but the larger part of the classes will enjoy Modern Gymnastics and can continue it for more years than is possible with Gymnastics. With Sokol offering this combined type of program, we can find a sport for all that desire to learn and improve.

At registration, each enrollee was issued a 21 page manuscript of material on Modern Gymnastics, including: Origin and Development, Combination and Routines, Ball, Rope, Indian Clubs, without implement, High Jump Acrobatic, Hoop and Bibliography. Each nacelnice present was presented a typed copy of the F.I.G. Code of Points for Modern Gymnastics, the above through the courtesy of Sis. Prchal.

Class III. Beginners, and Class II. Intermediate books, written by Sis. Prchal were purchased by many in attendance, and she graciously autographed them. These may be purchased through USGF, Tucson, Arizona.

The introduction to this new event in gymnastics and getting first hand instruction from the outstanding authority in the USA plus the opportunity to have another great learning experience from so fine a teacher as Sis. Prchal was appreciated by all who attended. Sis. Prchal is the Chairman of the USGF on Modern Gymnastics.

The BOI showed their appreciation to the teaching staff by presenting Sis. Prchal and Cathy Brym, each with a set of Czech-made Indian Clubs, and to Julie Barcal, a streamer of the kind used in Modern Gymnastics.

Kveta Smith Sokol Cedar Rapids

4. Any person joining, and then resigning before termination of the contest will not be included in the final count.
5. If a member enrolled during the course of this contest should pass away he will be automatically counted in the final totals.
6. Units having Men and Women in separate organizations as Sokol and Sokolice will be counted as one Unit.
7. All final decisions will be made by the Executive Board based upon records produced by the Financial Sec'y., Sis. Agnes Sotka. It will be the responsibility of the Units to present their records to the ASO office by May 1, 1973 to be included in the awards.
8. In case of ties, duplicate awards will be presented.
9. Awards will be presented to the successful District, Unit and member at the Banquet of the 1973 ASO Slet to be held in Chicago, Ill., June 1973.

A.S.O. Membership Drive Committee

### Leadership

"Vague plans produce vague results. To reach a goal, you have to have one. You have to know what you are looking for . . . To reach the top you have to aim high. Doubt is your greatest obstacle. Fear can be your worst enemy. Those who spend their lives dreaming of success seldom capture it. Action, coupled with determination and intelligence, is essential if you are to reach your goal."

Leon Kulikowski, publisher,  
in Salesman's Opportunity magazine

## Financial Report American Sokol Organization

May 1972

#### RECEIPTS:

Dues .....	\$1,785.75
T. G. Masaryk Dues .....	170.00
Convention Fund .....	60.00
Special Assessment .....	119.00
Dividends and Interest .....	703.13
Donation to "American Sokol" publication .....	10.00
Resale of Jewelry .....	77.70
Membership Kits, Window Decals, Ledger Sheets, Postage .....	16.67
<b>Total Receipts .....</b>	<b>\$2,942.25</b>

#### DISBURSEMENTS:

<b>Administrative Department</b>	
Salaries .....	\$362.61
F.I.C.A. & F.W.T. for April .....	99.20
Rental, Janitor Service, Phone, Electric .....	307.80
Advertising and Insurance .....	40.00
Office Furniture and Supplies .....	268.88
Postage, Travel Expense .....	7.78
<b>Total .....</b>	<b>\$1,086.27</b>

#### Educational Department BOI

Salaries .....	\$210.44
F.I.C.A. & F.W.T. for April .....	48.40
Editor "Sokol Gymnast" .....	25.00
Add'l. copies "Sokol Gymnast" ..	28.00
Office Supplies, Postage, Phone ..	49.32
Travel Expense .....	248.36
Miscellaneous .....	6.00

615.52

#### Sokol Publication

Editor "American Sokol" .....	\$ 75.00
Printing "American Sokol" .....	601.04
Postage "American Sokol" — April and May issues .....	98.55

774.59

#### Miscellaneous

Uniform Division —	
Salary, F.I.C.A. & F.W.T., Office Supplies, Phone .....	\$305.08
Special Appropriations	
Pacific District A.S.O. ....	75.00

380.08

Total Disbursements .....\$2,856.46

#### Balance brought forward:

Western National Bank of Cicero —	
Checking Account .....	\$8,366.69
Receipts — May 1972 .....	2,942.25
	11,308.94
Disbursements — May 1972 .....	2,856.46
	\$8,452.48

#### FUTURE SOKOL LEADERS FUND MAY 31, 1972

Sokol Town of Lake, in memory of Frank Cernoch .....	\$ 10.00
Vzpomínka na Charles Oselka, borec cvičitel věnuje Martiny ze Sokol Town of Lake .....	5.00
Frank Zakrocky, k uctění památky dcery, Beatrice Zakrocky .....	20.00
Clyde Savings & Loan — Dividend .....	153.90
Hoyne Savings & Loan — Dividend ....	143.75
	\$ 332.65

Donations are tax exempt.

### Sokol Park

The regular meeting of the Sokol Park Board revealed once again that it is an energetic and dynamic group of loyal Sokols: Bros. James Strnad, Leo Policky, Frank Navratil, Joseph Benak, Karel Forman. Director Bro. Edward Pavoucek

tendered his resignation from the Board because of the many Sokol activities in which he's involved.

Such important essential projects were reported: Installation of a new floor in the ice-house; new ceiling in the Custodian's washroom; removal of 15 large trees; acquisition of a large supply of wooden palates.

Other necessary needs: A ½-ton truck for park use; cost of construction for storage of tractor, truck, amusement rides and workshop; construction and installation of another set of picnic tables; 8 metal barbecue grills to be permanently installed in various locations in the park; a new tilting pole.

Bookings were reported coming in nicely. A check on an advertising campaign in connection with the ads in the pavillion will be made. A request is made for Sokol volunteer help on Sunday mornings for cleanup work in preparation of the park opening.

Sokol So. Omaha News-Letter

## History of Sokol and Sokolice Milwaukee

The Czech community in Milwaukee is one of the oldest in the United States, dating back to 1845. On June 14, 1868, Sokol Milwaukee was founded, making it the 4th oldest Unit in the nation. The 100th Anniversary was celebrated June 29, 1968, with many dignitaries present. The dedication of the Bohemian Hall was celebrated in 1895. The accoustical qualities of the auditorium were excellent and as result the Hall was in constant demand by many organizations for stage plays and various programs. The gymnasium was one of the finest in the city. Due to deteriorating conditions the Sokols vacated the Hall in September, 1967. Meetings and gym classes have since been held at the International Institute.

Sokolice Milwaukee was founded in 1899. They will be celebrating their 72nd Anniversary later this year. Since 1946, Sokol and Sokolice have participated in the Milwaukee Holiday Folk Fair along with 35 other nationality groups. Another contributing factor of the Unit's success is the Sewing Circle, composed of women working diligently all year creating and producing items to be sold at the Folk Fair. The Physical Directors Board which formulates all programs and activities is the backbone of Sokol Milwaukee.

The above story appeared in the Program Book at the Unit's gymnastic exhibition, May 21st. It closed thusly: "We owe a debt of gratitude to all our members who have worked so hard. Let us, therefore, be encouraged by the past, inspired with the ideals of our forefathers, rejoice in our heritage, and resolve to carry on for those who follow."

\* \* \*

(Editor's comment.) Sokol Milwaukee's recent exhibition was an excellent demonstration on the part of a relatively small group of devoted individuals helping perpetuate our Sokol ideology in the Milwaukee area. Yes, there were happier times when the membership possessed a Home of its own, never-the-less, great praise most deservedly

must go to all these wonderful people — overcoming innumerable obstacles — travelling long distances — maintaining a Czech focal point in this great city.

Bros. Fred Stankovsky, Charles Richter (75 yrs. old); Sisters Emily Falarsh, Emily Stankovsky are to be congratulated in sustaining gymnastic activity within their Unit, not like many of our other Sokol Units who have abandoned gymnastic programs completely. Sokol Milwaukee is certainly deserving of receiving not only due recognition, but the moral support of Sokols everywhere, especially of those in the Central District and the Executive Board of the A.S.O.

## Sokol St. Louis Children's Camp Modernization Program

In late 1969 the Camp Committee announced plans to go forward with major improvements during the coming year of 1970, and continue (as funds allowed) until the Children's Camp at Imperial, Mo., was completely modernized. This was a step in the right direction, as it was long overdue, for the facilities were in bad shape and were in desperate need of improvement. The Sokol Building Fund committee cooperated with the Camp committee by raising funds for this project. A professional architect was hired to draw the master plan; something which was discussed by the Camp committee for years. A perspective view was painted showing the proposed improvements, showing how beautiful and functional we could make our Camp for all to enjoy. This was approved by Sokol.

First on the agenda was construction of new lavatory facilities of modern design. This was done early in 1970 at approximate cost of \$25,000. For the year of 1971 the Camp committee placed a contract for installation and connections of the buildings with the Public Water Supply District.

During the year of 1971 the Building committee received a sum of \$2,442.71 in contributions and donations to be used for Camp modernization. So, it all depends on future contributions how soon we can go ahead with the new pool and other improvements planned in 1969. Your cooperation will be much appreciated. Mail your donations and comments to:

Gymnastic Association Sokol Building Fund,  
Frank Ulrich, Treasurer,  
4225 Gannett St.,  
St. Louis, Missouri, 63116

## Sokol Karel Havlicek-Borovsky, Ennis, Texas

The annual Polka Festival was held in Ennis during the 1st weekend of May. Our Unit participated in the morning parade with a beautiful float in spite of the inclement weather.

The float was self propelled. The motif was red, white and blue. The main attraction was the revolving Sokol emblem, specially enlarged, and

attached to a white arch. The float was highlighted by the precariously positioned falcon above the emblem. The illustrative lettering on the side of the float read "Leti Sokol". The attractive float was followed by the local Unit with the gymnasts marching. The Sokol was awarded the President's Trophy.

A tremendous amount of work was done on the float by several members with Bro. Don York as chairman. Following the parade a program was held at the Sokol with all the gymnasts performing in various numbers. They were received by an utmost audience.

A new attraction, soon to be added to our present building, has been approved — an Olympic-size swimming pool! It will be 45' by 82', including 6 racing lanes, 3-meter diving board, slides, and various other equipment. Also, a bath-house, concession stand and a area for spectators. "Splash Day", July 1st, will officially mark the formal opening of this swimming pool.

The fine group working on the Pool committee is: Bros. Eric Moucka (chairman), Joseph A. Slovak, Don York, Jack Henning, George Good, Jerry Laznovsky, Larry Laznovsky, Tom Valek and Sis. Jeanette Zajic (secretary).

The entire body of Sokol Karel Havlicek-Borovsky is to be commended for its foresight.

Mrs. Joseph A. Slovak

## Sokol Cechie, Chicago, Ill.

On April 18th a short meeting of Sokol Cechie had been planned to precede the showing of the color film "We, the Czechs". Since so many people, members and non-members, were in attendance it was decided to limit business to paying routine bills, and no formal meeting was held.

Then the cultural program began. Bro. Otto Glaser greeted the 45 members and guests present, and expressed pleasure that such a fine group of people gathered to enjoy a bit of Czech heritage. Sis. Anne Glasser then introduced Mr. Otto Holub, and gave a brief summary of his work on the film. It took an entire summer just to gather the material, but the excellent receptions his film received and the silver medal awarded on its high merit made all his efforts most gratifying.

"We, the Czechs" was an interesting portrait of our heritage in this country. It took us from early Czech settlement of Algoma, Wis.; through the annual Czech festival in Wilber, Nebr.; with nostalgic views of Česká Plzen and Česká Kalifornie (now known as Pilsen and Little Village on Chicago's southwest side); and the well-kept homes and gardens of Czechs in Cicero and Berwyn. And what would a Czech film be without at least short mouth-watering visits to the best shops on Cermak Road, the Bohemian butchers and bakers? The film presented further important facets of Czech life — the savings and loan associations — centers of Czech social and cultural life — represented by the buildings of our Sokol Units. The climax of the film was the ASO Sokol Slet held at Morton West stadium in Berwyn, Ill.

Upon conclusion of the film refreshments were served during the social hour. Amongst those in

attendance was Bro. George Herink, Editor of the American Sokol publication. The members were pleasantly surprised to have Bro. Frank and Sis. Emilie Zibrid make the trip from Mountain Home, Ark.; and Bro. John Lizner, who came in from St. Petersburg, Fla. for the occasion. Several other Sokol faithfuls made the evening complete: Sis. Rose Hrdlicka and Bro. Robert Polz, once one of the regulars in Sokol Cechie's gymnastic class.

Anne Glasser

\* \* \*

(Editor's comment.)—Sokol Cechie is another of the Sokol Units in the ASO who has had a proud history; once possessing a very fine Sokol Home with regular gym classes, exhibitions, socials and great Sokol activity. However, typical of the changing neighborhoods which have engulfed many of our Sokol Units in the large cities, Sokol Cechie was forced to sell its building, being unable to maintain its property due to the move of the Czech people in the area to other locales.

Presently the building was converted into a private banquet hall, with Sokol Cechie still holding its well-attended monthly meetings in the small lower hall of the same building which it once owned. The Unit is fairly sound financially, and still retains a good portion of its membership. However, sad to say, there is no gymnastic activity.

## Arthur Triska

Sokol St. Louis and the American Czech Center was shocked when word was received of the passing of Bro. Art Triska. He was a dedicated Sokol and supported the Center in all affairs, morally, physically and financially. He was from the old school of discipline. Very few men at his age of 76 were so active and willing to do so much for youth. He was a member of the Sokol Camp committee for many years; always showing up on scheduled work-days. His dream was to make our camp a beauty spot for everyone, especially for our children. He was true, honest, sincere and firm in his convictions; having friends wherever he went. So much could be written about Bro. Art's long service to our Sokol organization. The wonderful memories we share will always be cherished. To his dear wife Isabelle, his son Ronald, and daughter-in-law Shirley, and the grandchildren, the deepest and sincerest sympathy on their great loss. May time erase their sorrow but leave them with tender memories forever.

W.J.S.

## Radostný večer se 100% sokolskou rodinou

Bylo to v sobotu večer 20. května, kdy se ve venkovském domově v překrásném údolí mezi Cedar Rapids a Palo sešla velká skupina sokolských pracovníků. Na prvním místě to byli manželé Joe Liborovi ze San Mateo, Calif. Br. Libor je místostarostou Sokola a ses. Liborová místostarostkou Sokolic v San Francisku, dále ses. Marie Vitková, dlouholetá starostka a vzdělavatelka sboru Sokolic Renata

Tyršová v Cedar Rapids, muž. T. B. Hlubučkovi, br. Hlubuček po dvě lhůty starosta Jednoty Sokol a ses. Hlubučková, odchovanka a dlouholetá cvičenka Sokola. K tomu asi půl tuctu Jeřábkových vnuků. Jestliže se staršímu br. Jeřábkovi blíží sedmdesátka, pak by to nikdo neřádal. Je denně činný ve svém pivním velkoobchodě, který vede se svým schopným synem Pavlem ml. na své rozlehlé farmě najdete jej na poli, v zahradě, nebo lese, který vlastoručně přeměňuje v útulný park. Často jezdí na ryby nebo hony na vysokou do Kanady i jinnam a s velkou zálibou bere tučet svých vnuků na zájezdy do Disneyland v Kalifornii, neb Disney World na Floridu. Horlivě sleduje sport a obchodní rozvoj v zemi, ale nejbližší jeho srdci je Sokol v němž od mládí vyrostl, uplatňoval sokolské zásady ve svém životě a s hrostí doznává, že jeho rodina je 100% sokolská. I když o tom nemluví a neočekává díky, je věru málo členů, kteří podpořili věc sokolskou štedřeji, nežli br. Pavel Jeřábek. Ku příkladu společenská klubovna v přízemí Sokola která nahradila "mrtvou plovárnu" stala se skutkem hlavně jeho zásluhou.

A není proto divu, že se v sobotu v této společnosti u Jeřábků mluvilo o všem možném, také Československu odkud se Jeřábkův syn Pavel ml. se svoji manželkou Nancy právě vrátili a v pravém slova smyslu horují o všem, co spatřili a zažili. I když jejich pobyt v Československu byl odměřen dny, shlédli Prahu, byli v plzeňských pivovarech, Karlových Varech, Mariánských lázních a navštívili kladenský kraj odkud rodina Jeřábkova pochází. Ač oba jsou příslušníci druhé generace a ne právě znali české řeči, s pomocí velmi schopného průvodčího, který jim byl zajištěn laskavostí čl. ústavu zahraničí pozorně vystihli přítomnou situaci hospodářskou.

Také se mluvilo o našem cedar-rapidském Sokole a jeho budoucnosti. Příštím rokem 1973 slaví 100 let svého trvání a všem, kdož se upřímně o Sokol zajímají záleží na tom, aby toto výročí bylo důstojně oslaveno a to nejen pro nás — Čechy, ale hlavně americkou veřejnost. Jak v Jednotě mužů tak i Sboru Sokolic je řada schopných nadšenců, kteří by rádi viděli, aby Sokol stál na výši svého tělovýchovného poslání. Jedině tak budeme moci s plnou důvěrou vkročit do druhého století.

Manž. Liborovi byli vloni také v Československu a mají v úmyslu se tam podívat zase. Br. Libor se nejvíce zajímal o hudbu, již zasvětil v Praze celý svůj život a nyní v San Mateo využívá každé příležitosti k její propagaci.

Jeřábkův "Country home" se nedá popsat, ten se musí vidět. Z širokých oken společenského pokoje s krbem je výhled na údolí s rozlehlou farmou a lány polí, kde br. Jeřábek tráví svůj "odpočinek", ve kterém běžný den začíná kolem čtvrté ráno cestou do kanceláře v městě. Úspěšný svůj obchod založil a vybudoval na osobním styku se zákazníky jak v městě, tak i širokém okolí a pokračuje v tom i nyní. S hodným synem a dvěma dcerami a "houfem vnuků" nemůže jinak než plnit své nitro uspokojením nad vykonanou životní prací a vírou v dobrou budoucnost. A my, kteří jej po dlouhá léta známe jsme na "našeho Pavla Jeřábka" hrdí!

T. B. Hlubuček

## Sokol Cedar Rapids

Příští rok bude tomu 100 roků, kdy byla založena Tělocvičná Jednota Sokol v Cedar Rapids a zásluhou dobrých osvědčených pracovníků se stále snaží plnit svoje poslání. Přípravy k oslavě stáلهho trvání se pomalu rozjíždějí, aby oslavy vyzněly tak, jak se na Sokol sluší.

Jednota koná svoje pravidelné schůze vždy první pondělí v měsíci ve vlastní sokolovně ve městě. V minulé schůzi 1. května byly projednány spolkové záležitosti a přípravy na oslavu stého výročí, stejně tak jako přípravy na Slet župy západní, který se bude konat 25. června St. Paul, Minn. v Highland Park vyšší škole. V tělocvičně se na tento slet připravují.

Při oslavě stého výročí budou předány diplomy uznání za 50leté členství v Jednotě. Shledáno, že nejstarším členem Jednoty je bratr Vincent Kubovec. Tento dlouhodobý člen Sokola vykonal hodně práce nejen v Sokole, ale i v jiných spolcích a v krajském životě v Cedar Rapids. Přejeme hodně zdraví do dalších let.

## Sokol Nová Vlast

Májová schůze se plně vydařila. Pěknou návštěvu členů doplnili hosté, kteří si přišli vyslechnout program k Svátku Matek.

Po schůzi následoval program pro naše matky. Kristýnka Kolářová nám anglicky pověděla, jak vznikl Svátek matek a její maminka, Millie Kolářová zarecitovala dvě básničky. Bratr Přemek Kocián přečetl dopis od Hanči Kozinové, domažlické stařenky z rodu Jana Sladkého Koziny. Bratr Alexander Mikula měl být hlavním řečníkem programu. Bratr Alex svůj projev zahájil, ale po chvíli předal slovo svému bratru. — profesor Felixu Mikulovi, dlícímu na návštěvě v Clevelandu, který promluvil na téma "Naše matky a dnešní mládež". Projev měl hlubokou náplň a podle potlesku bylo zřejmé, že se všem přítomným velice líbil.

Všechny přítomné maminky obdržely krásné květiny, které jednota zakoupila. — Po programu se podávalo občerstvení všeho druhu. Může se říci, že nálada byla skutečně sváteční a přítomné maminky budou jistě dlouho vzpomínat na tak pěkné odpoledne.

P. K.

## Sokol Los Angeles

Úspěch kabaretu, který byl pořádán pod názvem "Hollywood 72", byl mimořádný. Po delší době to byl podnik prvního řádu. Umělecké vedení bylo v rukách br. Dusila, který se skutečně vytáhl.

Není možné jmenovat jednotlivé výstupy, ale zastavme se u několika mimořádných. Především manželé Jaklovi. Tančili starý charleston a swing s takovou jistotou a elegancí, že se postavili na roveň rutinovaným taneníkům z televize. Další přímo klasické podání, byl indiánský tanec Miss Marie Tillemans. Originální doprovod — bubny a zpěv — byl nahrán kdesi v některé indiánské rezervaci. Tanec byl ukázkou skutečně klasické krásy taneční, která pohyby vyjádřila vše, co by zabralo dlouhé povídání. Mladá tanečnice — 20 let — je

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mimořádně nadaná a chystá se na tourné po světě a míří i do Izraele, kde nacvičí staré rituální tance. Péči Dr. Pelce se dostavili členové Civic Light Opera a zazpívali indiánskou píseň z Frimlovy Rose-Marie, Píseň jara a skutečně krásné podání "Old Man River." Vkusné doprovodné tance nacvičila sestra Yvona Gottwaldová.

Opravdu pěkný večer.

Vít Komárek

## Korespondenční kursy češtiny na texaské universitě

Texaská universita v Austinu je snad jedinou americkou universitou, jež mezi své kursy dálkového studia (correspondence courses) zařadila také kurs češtiny pro začátečníky. Případní zájemci necht' se obrátí na Correspondence Study Section, Division of Extension, The University of Texas, Austin, Texas 78712.

## Ceský Prázdninový tábor

Bude letos zase uspořádán od 6. do 26. srpna v táboře Sokola New York v East Haddam, Connecticut. Účelem tábora je stavět hráze odnárodnování našich dětí, rozšířit a upevnit jejich vyjadřovací schopnost v českém jazyce. Tři týdny společného života s českými kamarády, tři týdny českých písní, her, divadel, četby a rozhovorů napraví hodně ze škod způsobených mateřštině celoročním vlivem anglického prostředí. Při tom jsou děti seznamovány s významnými kapitolami českých a slovenských dějin, poznávají naši národní kulturu a z ní čerpají hrdé národní uvědomění. To všechno pak se děje v krásné přírodě. Den je vyplněn hrami, tělocvikem, plaváním, pozorováním přírody, vycházkami a tábornickými pracemi, večery pak vyprávěním, loutkovým divadlem, společenskými hrami a ovšem i táboračky. Do tábora jsou přijímány děti od 7 do 15 let, pokud mluví aspoň částečně česky. Bližší informace podá pí. M. Provazníková, 25-64 35th St., Long Island City, N.Y.

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