

# AMERICAN SOKOL

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Educational and Physical Culture Organization

## Sokol Baltimore's 100 Eventful Years

In the year 1850, ten families of Czech immigrants arrived in Baltimore on sail boats. In the ensuing years thousands of immigrants from Bohemia first set foot in this country in this Maryland city. After a short stay, the majority decided to travel on to the farm lands in the mid-west.

In 1870, the Austrian Consul, Mr. Kremlberg, started a cigar factory and the majority of his employees were Czechs. This factory became the site of many discussions of the Sokol movement in Bohemia. On Sunday, July 7, 1872, in the office of the bookkeeper, Adolf Melchers, Sokolska Jednota Blesk was organized with 16 charter members. The officers elected at this meeting were: President - Vaclav J. Simek; Vice-President - Frank Mathaus; Secretary - Adolf Melchers; Treasurer - Jan Medlin. In January 1873, Jan Rejzek was elected Director.

Within a few months, interest in this new organization became so great that a move to larger quarters became inevitable. In fact, during the first thirty years, it was necessary to move constantly to larger facilities due to the continuous increase in membership and activities. The Sokols sponsored the first Czech concert in Baltimore in December 1872, and the first Sibrinky in February 1873.

At the February 1878 meeting, a suggestion was made with the thought of uniting the Sokol Units in this country. Br. Simek was sent to New York to discuss this matter with the members of that city's Sokol Unit. Br. Simek presented a favorable report at the March meeting and was given the authority to continue his efforts. In August 1878 there was a meeting of Sokol Units in Chicago. Br. Simek was present. At this meeting an Executive Committee was formed and it was decided to publish the Sokol Americky. The first issue being printed January 10, 1879.

In 1881, Sokolská Jednota Blesk sponsored the first gymnastic competitions in Baltimore, which were held at the Vorwaerts Hall. Sokol New York was invited and was represented by a team.

During the initial years gym classes were conducted by instructors who lacked the necessary training. In 1896, Br. Frank Mendlik, at the request of the Executive Committee of the National Sokol Organization, was sent to this country by the Czech Sokol Organization to visit the Sokol Units and acquaint them with the Tyrs system.

The beginning of the 20th Century became the turning point of Sokolska Jednota Blesk, which saw rise to one of the finest Sokol Units in this country. The main reason for the upturn was Br. Frank Stetka, who had been sent to

(Continued on page 84)

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## EDITOR

George Herink

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June Pros, Secretary

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

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## Calendar of Events

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. 14th — SOKOL ST. LOUIS, MO.  
Chicken Dinner.  
SEPT. 15th — SOKOL SOUTH OMAHA, NEBR.  
Chicken-Shrimp Dinner.  
SEPT. 17th — SOKOL BALTIMORE, MD.  
Crab Feast.

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. 12th — SOKOL ST. LOUIS, MO.  
Chicken Dinner.  
OCT. 14th — SOKOL DETROIT, MICH.  
Dance — Vesela Kapela.  
OCT. 21st — SOKOL SLAVSKY, CICERO, ILL.  
Annual Dinner-Dance.  
OCT. 28th — SOKOL ST. LOUIS, MO.  
Halloween Dance — Sokol Camp.  
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. 9th — SOKOL ST. LOUIS, MO.  
Chicken Dinner.  
NOV. 12th — SOKOL OMAHA, NEBR.  
Pork Dinner.  
NOV. 14th — SOKOLICE LITTLE FERRY, N. J.  
Card Party.

## A Gymnastic Exhibition

Here it is another summer and another gymnastic exhibition was in the making. Have you ever wondered what our aims are when we embark on a program of this type?

It is to provide you with physical, mental, emotional, social and spiritual fitness. Also a sense of self-fulfillment and development of your potentials. It provides you with physical fitness which gives strength, stamina, coordination, agility and flexibility which leaves a lasting impression.

It provides you with social development. Gymnastics aid in developing both personality and emotional well-being. It creates an inner feeling of self-confidence and sureness. Words cannot describe the feeling of accomplishment when you master a particular stunt or routine or help a teammate improve his or her skill.

It provides you with recreational satisfaction. Exhibition and apparatus training encourages co-educational activity, enabling members to spend their time in a nice pleasant atmosphere such as the gym in our Center or at our Camp.

Jennie Pazdernik, Sokolice Detroit

## Goal Setting

"The life that has no goal wanders aimlessly... The life that has a goal journeys toward a destination—a destination... surveyed before travelling... Goal setting should be a vital part of life... Life never goes very far, nor ascends very high, without a goal."

C. Neil Strait, writer columnist

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. XCIII. July-August — 1972 — Červenec-Srpen

Číslo — No. 7-8

## Our Sokol — and the Future

Our Sokol movement has survived decade upon decade due to those who so unstintedly gave of their talents, abilities and themselves. In the present day and age, if our Sokol is to continue to flourish, despite the trying times, it is vital we follow in the footsteps of our illustrious predecessors, but always with a weathered eye towards the future.

In order to maintain its strength, respect and prestige, any organization that hopes to prosper must continually add new members into the fold. New recruits are needed to replace those who had drifted away or passed on. In our emphasis on membership we must never lose sight of the fact that our Sokol is a well-balanced organization where both young and old are treated alike. Let us not forget that we need members of all ages. The goal is to integrate these newcomers — to bridge the gap — in a manner most satisfying, both, to themselves and the Sokol.

For many years our Sokol movement has been guilty of lethargic neglect in the enlistment of young people into our midst, as witnessed by the

constant decrease in gymnastic activity in most of our Sokol Units, certainly a far cry from the banner years of glory.

There is such a desperate need — as our young people mature into young adulthood to remain devoted to our Sokol — to assume responsibility — and eventually, the administrative reins. Failure to do so is comparable to virtually signing one's own death warrant.

There is much to be accomplished if we are to realize our hopes, our dreams, our ambitions. A member's responsibility does not abruptly end merely with payment of dues, for he owes it to himself and the Sokol to actively assist in its progress.

It is people like yourself who will eventually determine the future of Sokol in America in perpetuating its hallowed traditions. All that is required is the love of Sokol — a full explanation of its benefits, of its fellowship, of its brotherhood.

You'll open up a finer way of life for all concerned. It can be made possible only with your whole-hearted cooperation.

George Herink

## Sokol Racine Celebrates 80th Anniversary

It was on May 27th that Sokol Racine marked the 80th Anniversary of its founding with a dinner and party. Honored on this special occasion were: Bros. Louis Valentine, Joseph Buran and John Svoboda with 60 yrs. of Sokol membership; and Bros. Bohous Kucera, Anthony Nerad, George Rybacek and Joseph Vlasak with 50 yrs. membership.

Originally known as Sokol Mladocech, gymnastic sessions were first held in 1892 in the Allen Livery building on N. Wisconsin St. As the organization flourished larger quarters were needed. In 1893 the Sokols bought a church located at 1313 Lincoln St. Gym classes and other activities have been held there continuously ever since.

The year 1928 saw a schoolroom addition built onto the structure where children were taught the Czech language. The first to teach was Mr. Cermus; followed by John Veirauch, Joseph Kucera, Frank Zahorik, Rudolph Cerny and several others. Many other Czech groups, including the latest formed organization, American-Czech Club, called the Sokol Hall their home and still meet there to this day.

In addition, to help preserve our Czech heritage the Czech Theatrical Club and the Sokols performed plays in the native tongue under the direction of

Frank Kristoff and several others. In earlier years too, the Hall resounded to the singing of the Czech Lyra under the baton of Vojtech Ryba.

Pres. Bro. James Fetek was master of ceremonies at the Anniversary celebration. He spoke briefly, welcoming members who came from as far away as Tennessee, Iowa, and Oshkosh and Camp Douglas, Wis. All members with 25 yrs. or more Sokol membership received pins.

Sokolice were special guests, their organization being established 20 yrs. after the founding of Sokol Mladocech. Speaking on their behalf was Pres. Sister Grace Dolezal Smerchek. She cited the achievements of the past and exhorted the members not to dwell too long on years gone by but to carry on the Sokol spirit in an even more purposeful life. Pins were also awarded to the Sokolice with 25 yrs. or more: Sisters Bess Nelson, Agnes Dostal, Florence Hilblem, Elsie Dostal, Irma Stephens and Marie Fetek.

The singing of Czech songs and dancing concluded the evening's program. In words of our president, Bro. James Fetek: "80 yrs. behind us, let us move forward to 100."

Elsie Horak Kaplan

## Sokol Baltimore's 100 Eventful Years — (Continued from Cover Page)

the first instructor's school in this country, held in Chicago from July 3 to August 20, 1899. Upon his return from the course he was elected to the position of Director. He set about reorganizing the gym classes according to the Tyrs system and advocating the building of a modern gymnasium, a prime necessity.

The erection of the Sokol gym in 1902 gave Sokolska Jednota Blesk their own facilities for the first time. This was a "second home" for Sokol members for 48 years. The Sokol Hall became the hub of Czech activities in Baltimore. Much of the Sokol history was written within the walls of this very building — the annual gymnastic exhibitions on Christmas Day, the operettas on Thanksgiving and New Years Day, the six or seven other plays presented each season by the Dramatic Club, Sibirsky and Dozvuky. Many noted speakers graced its stage. In 1918, shortly before he became the first president of the Czechoslovak Republic, Thomas G. Masaryk was a guest of our Unit at a social function. He was declared an honorary member of Sokolska Jednota Blesk.

During the World War II years the gym classes as well as other activities suffered, as many of the men were either in the armed forces or engaged in defense work. The women were involved with Red Cross activities. Following the war, the activities were never the same, due mainly to the deterioration of the neighborhood. It was decided to sell our Sokol home. For more than three years limited activities were carried on in the basement of the Czech school. In January 1954, we moved to our new gym on the present site. Then began the task of rebuilding all functions, which had been almost dormant, in some cases for more than ten years.

In January 1962, the name of the organization was changed to Sokol Baltimore. In January 1971, the Baltimorská Jednota Sokolic, which was organized in 1890, merged with Sokol Baltimore to form one strong unit.

The history of Sokol Baltimore is a glorious one and by touching on some of the memorable periods it does not imply that the Unit wasn't without its heartaches, but on these occasions the officers and members never lost their confidence in the Sokol movement and with greater efforts overcame these obstacles.

As we enter the second century, we the members of Sokol Baltimore must dedicate ourselves to continue in the tasks which have for 100 years been so nobly advanced; to be inspired by those who made it possible so that our future will be worthy of the best of the past. With the cooperation of everyone, we will move forward to a grand and glorious future.

The Sokol Baltimore Centennial Banquet will be held at the EASTWIND, 9000 Pulaski Highway, Baltimore, Md., Saturday, October 28, 1972. A cocktail hour at 6:00 P.M. Following the program, dancing to the music of Svitak's orchestra. Tickets for the banquet are \$10.00 per person. All reservations must be made in advance. Ten persons to a table. For reservations, mail check, payable to SOKOL BALTIMORE, to Br. Henry Vrzalik, 201 Lyndale Ave., Baltimore, Md. 21236.

Arrangements have been made with the Motel Continental, 8731 Pulaski Highway, Baltimore, Md. 21237, to house all the guests. The fees are: One double bed: \$12.84; Two double beds: \$17.12; Single: \$10.70.

A Gymnastic exhibition is planned for Sunday, October 29th. Any Unit desiring to participate is requested to contact Br. Edward Stetka, 318 Upperlanding Road, Baltimore, Md. 21221.

Edward Stetka

## To a Dedicated Sister, Zdenka Tintera

My first meeting with Sis. Zdenka was more than 50 yrs. ago. I was Women's instructor for Sokol Havlicek - Tyrs, which was at that time the hub of the Czech national and social life in "Česká Kalifornie". The gymnasium was in the original building erected in 1911. It was still many years before the front of the building was completed. During the 1st World War when most of the Sokol brothers had left to serve our country on European soil, the Sokol Havlicek-Tyrs women offered their services in teaching classes; this, of course was something new, for women had never or rarely taught classes, or only assisted the instructor. Sis. Zdenka was one of these dedicated women.

My first impression of her as a very modest, considerate and sincere girl has remained with me throughout the years. Ours is a mutual friendship of many years' standing, and one that I value deeply. She is gentle, patient, dependable and understanding.

Sis. Zdenka taught classes of girls and women more than 40 yrs. She has held office of Director of her Unit, also in the District, and for 10 yrs. was Assistant National Women's Director. Her Jr. girls Slet mass drills for the 1957 and 1961 Sokol Slets were masterpieces of choreography. Under her leadership the Jr. girls Slet participation grew from a small group to more than 400 in 1961. Her



"special" numbers for Sokol Havlicek-Tyrs exhibitions and other projects were meticulously composed to music of her own selection. She was always a member of committees other than technical, helping to raise money for the numerous needs of her Unit, the District and the ASO.

I know Sis. Zdenka Tintera will continue to serve the Sokol through her own Unit, as she has over a half-century — her talents and experience and example are needed today.

Mildred Prchal

(Editor's Comment) The above story appeared in the Program Book of Sokol Havlicek-Tyrs' exhibition, April 22nd, which was dedicated to Sis. Tintera's honor.

## A Memory to the Past, Present and Future

I am the shadow of the past. May 9, 1902, on this day a group of us girls decided to organize as a Sokol Unit, Sokolice South Omaha. I no longer remember all the names of the original members, however, we still have two of our Charter Members with us, Sis. Anna Trunecek and Sis. Frances Zpevak. Our purpose, then as now, was to promote Physical and Cultural Training, and provide training for good citizenship, conforming to the Spirit of the Constitution of the United States of America. Our hopes for a better world for ourselves and succeeding generations depend on these principles. We will always be remembered with love and deep respect for the accomplishments we have achieved over the years. Our official birthdate is December 28, 1902.

70 years later: I am the present. Today we would like to honor our 50 year members, the Golden Years. They too have helped our organization grow and prosper over the many years. The following have been members of South Omaha Sokolice 50 years or longer: Sisters Anna Trunecek, Frances Zpevak, Tena Caldwell, Ethel Korisko, Philomena Dworak, and now we recognize and honor Marie Pavlik as the newest member of the exclusive 50 year member group. May the number of members with over 50 years in Sokolice grow and grow. Although some of us are members but a day or a few years, we too are the present.

The future of our organization will be in the hands of our children and their children as they strive to do the many things our Sokolice South Omaha have done and improve on our accomplishments. Our children are our hope for the future, may they bear their burden courageously.

Erna Menshik

## Family Day

Establishment of a National Family Day is supported by the American Bar Association. The resolution seeks the goal "...of focusing the spotlight upon the worth of the ideal family... revitalization of this basic unit of society... promoting constructive influence of togetherness under family rule."

# Financial Report American Sokol Organization

June 1972

### RECEIPTS:

Dues .....	\$ 750.75
T. G. Masaryk Dues .....	95.00
Donations to "American Sokol" publication .....	15.00
Resale of Jewelry .....	18.00
Miscellaneous Income .....	2.35
<b>Total Receipts .....</b>	<b>\$ 881.10</b>

### DISBURSEMENTS:

<b>Administrative Department</b>	
Salaries .....	\$283.76
F.I.C.A. & F.W.T. for May .....	99.80
Rental, Janitor Service, Phone ....	293.10
Travel Expense .....	472.20
Office Supplies .....	22.70
	<hr/>
	\$1,171.56

<b>Educational Department BOI</b>	
Salaries .....	\$210.44
F.I.C.A. & F.W.T. for May .....	48.40
Editor "Sokol Gymnast" .....	25.00
Add'l. copies "Sokol Gymnast" ....	28.00
Phone, Postage .....	11.48
	<hr/>
	\$ 323.32

<b>Sokol Publication</b>	
Editor "American Sokol" .....	\$ 75.00
Printing "American Sokol" .....	541.12
Postage "American Sokol" .....	5.40
	<hr/>
	\$ 621.52

<b>Miscellaneous</b>	
Special Appropriations — North-Eastern District A.S.O. ....	\$ 66.00
Uniform Divisions — Salaries, F.I.C.A., Phone, Office Supplies ..	308.81
	<hr/>
	374.81

Total Disbursements .....\$2,491.21

<b>Balance brought forward:</b>	
Western National Bank of Cicero —	
Checking Acct. ....	\$8,452.48
Receipts — June 1972 .....	881.10
Uniform Division — Salaries,	
	<hr/>
	9,333.58
Disbursements — June 1972 .....	2,491.21
	<hr/>
	\$6,842.37

### FUTURE SOKOL LEADERS FUND

JUNE 1972

Sokol Stickney, in memory of Bro. Frank Bartosik .....	\$15.00
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## DISTRICT REPORTS

## SOUTHERN DISTRICT

June 15, 1972

### PACIFIC DISTRICT SEMI-ANNUAL MEETING

Los Angeles, Cal. — May 27, 1972

Pres. Bro. Vaclav Salak presided. Officers present: Bro. George Spanek, Sisters Maria Pulpan, Louise Nekuda, Martha Lizak. Delegates & Guests: Sokol San Francisco — Sisters Blanche Duffey, Mary Meier, Mildred Forsythe; Sokol Fresno — Bros. Emil Prudek, Curtis Falls, Sisters Mary Falls, Martha Lizak, Florence Prudek; Sokol Los Angeles — Bros. Jan Bednar, Joseph Pokorny, Emil Nekuda, Vaclav Horacek, Sisters Libbie Pelc, Helen Jakl, Ritta Tvrdek, Margaret Pokorny. Honored Guest: Bro. Stanley Barcal, President of the ASO.

President's Report: Letter from dissolved Unit Scio informing of mailing records and checking balance to the District. — Sokol Crest design was well received by the membership in Los Angeles. — Sis. Dagmar Hintnaus made the Olympic team as an alternate. Will travel with the team to Munich. Sis. Hintnaus is a member of Sokol Los Angeles. — Approximately 28 will attend the Vienna tour from the District. The volleyball team will compete in Vienna and also make a guest appearance in Switzerland. Sis. Nekuda was appointed as an official representative from the District to the Vienna Slet. Group will march under the ASO and District flags. — Plans being made for Children's Camp at Dinkey Creek in August. It was a success 2 yrs. ago, and should work well again this year. Prompt information on the Camp was requested. Suggested an ASO instructor, if possible. — Hume Lake Camp will again be held on Labor Day as in past several years.

ASO President's Report: Discussed ASO Vienna Tour to Vienna, also the Slet to be held in Chicago next year. An Instructor's Course will be held following the Slet for a 2-wk. period. Suggested the District send participants. Had encouraging words on the work of the Pacific District.

#### UNIT REPORT

Sokol Fresno, Bro. Prudek: Have activities. Hold regular meetings. Play volleyball.

Sokol San Francisco, Sisters Duffey, Meier: Hold gym classes, regular swim parties, Dances every month. Are in need of advanced instructors. Women learned the drill for the District Slet. Group of 28 arrived by bus from San Francisco.

Sokol Los Angeles, Sis. Pelc: Appreciated the work of Bro. Pokorny teaching the drills to the Jr. girls, Women and the "Stara Garda".

Discussions: Bro. Spanek suggested someone be sent to Sokol Portland to help reorganize, show films, etc. If assistance is needed request should be made by letter so the District can act upon it at meeting. Letter will be sent to the Unit in the Fall. — Bro. Salak requested more cooperation between Units in preparation for the 1973 ASO Slet in Chicago. — Uncertainty on next District Slet, possibly in San Francisco. Suggested an unofficial letter be sent Sokol San Francisco asking to host the Slet. — Procedure on applying for ASO scholarship.

Pres. Bro. George Prevratil presided. Present: Bros. Don Steinman, Larry Laznovsky, H. B. Smith, Harrel Hamilton, Milo Jurcik. Sisters Marie Kane, Sylvia Laznovsky, Henrietta Milan, Rose Steinman, Bernice Hamilton, Lil Laznovsky, Vlasta Laznovsky.

#### UNIT REPORT

Sokol Corpus Christi: May meeting, 35 members, gained 2 regular members. — Held Flea market and barbeque. — Women's clinic was assisted by Sis. Sylvia Laznovsky. — Gymnastic program will be held July 2nd. — Building committee seeking new site.

Sokol Zizka: May meeting, 28. — Hosted District Slet. — Held 2 dances and 3 other activities. — Jr. girls, Denia Gilliam and Michelle Caldwell placed in Jr. Olympic meet.

Sokol Karel Havlicek-Borovsky: May meeting, 40. Gained 5 regular and 3 associate members. — Held one dance. — Held special classes in preparation for the Slet. — Work on swimming pool started, June 6th.

Sokol Fort Worth: Gained 2 associate members. — Initiated summer gymnastic classes. — Participated in the Slet with 2 volleyball teams, 2 special numbers, 10 gymnastic teams, won 8 team trophies, 11 individual trophies and medals.

Sokol Houston: Participated in the Slet.

Sokol Yukon: Gym classes dismissed for the summer, will resume in Fall.

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District Directors, Bro. and Sis. Laznovsky: Volleyball tournament to be held at Sokol Corpus Christi, August 12th. — Had not located a site for a Course. — Assisted teaching calisthenics at Sokol Fort Worth, May 18th and Sokol Zizka, June 2nd. — Slet program and competitions went off well. — Sis. Sylvia Laznovsky will represent National Women Director at Vienna Slet.

Discussions: Approved the District assist a gymnast from Sokol Yukon to a Course. — Received notice of resignation from Bro. Stoeppelman as District Educational Director. Suggested Bro. Parma of Sokol Zizka as possible candidate. Will be contacted.

Highlights of District Slet, June 9—11th: The colorful Slet began with a volleyball tournament, June 9th, with mixed junior and senior teams participating. Sokol Zizka won 1st in both divisions. Competitions were held, June 10th, with 198 competitors. Sunday's Slet program saw some 265 participants from Sokols Corpus Christi, Dallas, Ennis, Fort Worth and Houston. The program consisted of the grand assembly, speakers, calisthenics and apparatus of all classes, jump-rope number and 6 special numbers (3 children and 3 adult). Sokol Fort Worth won 1st in the children's number and Sokol Ennis the adult. Sis. Lorraine Zdenek represented the ASO. Music accompaniment was provided by the Dallas Czech Concert Orchestra under the direction of Bro. Cyril Pokladnik. The Slet was dedicated to a devoted Sokol, Bro. Walter Hosek of Sokol Zizka.

# SOKOL GYMNAST

July 1972

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 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS
 

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## The Sokol Gymnastic System

What is a system? The term system in any field of human knowledge denotes an organized whole, a complete set of principles and related elements, an orderly and logical arrangement of all facts and hypotheses pertaining to a certain subject.

A well conceived system of gymnastics must satisfy certain basic criteria. It must contain not only an orderly and logical arrangement of all elements of physical exercises necessary to develop man's strength and preserve his health but it must also be conducive to the growth of moral values whereby health and soundness can be preserved.

A well conceived system of gymnastics has, in addition, to its other functions, an extremely important social function to fulfill. On the individual level, its purpose is that of developing a healthy body and a sound mind; on the community level its purpose is to keep the people healthy and sound physically, spiritually and morally.

In all fields of endeavor, man acquires knowledge and experience only slowly and gradually. Our system of education, the fruit of man's quest for the best methods of acquiring knowledge, is based on a principal of progression from simple to more complex elements. Systematic gymnastics, too, must embody the principal of gradual transition from simple forms to complicated ones; it must be adapted to the process of man's physical and mental development; it must include the most suitable and beneficial exercises for every period of human life and for both sexes.

One of the best and scientifically most perfect systems of physical training of the modern age is the Sokol system of gymnastics, whose author, Dr. Miroslav Tyrš, was a professor of the history of art and esthetics at Charles University in Prague. (An English equivalent of Tyrš' system was provided by a former Sokol U.S.A. chief physical di-

rector, Karol Bednar, and is utilized by the Sokol organization in the United States.)

The Sokol system of physical education differs from other similar systems in many respects. The most significant difference lies in the fact that it is not designed for a few naturally gifted individuals but aims to enable large groups of people to participate in and profit by properly selected exercises. The system represents an important educational factor in the life of the individual and the national society, chiefly because of the democratic philosophy underlying it.

The entire system is a logical arrangement of physical exercises based on certain criteria and is divided into four main groups on the basis of an evolutionary correlation of individual exercises.

In the first group are all exercises without implements or apparatus which can be performed without assistance or resistance of other gymnasts. In the second group are exercises on apparatus and with various implements, also performed without the aid or resistance of other gymnasts. In the third group are exercises called "pyramids" which can be performed only with the aid of other gymnasts; and the fourth includes "combative" exercises, in which it is necessary to overcome the resistance of a living force.

The Sokol system of physical education, in its logical and consistent structure, is all-inclusive and capable of accepting and correctly classifying all newly-developed exercises. As a result of its logical structure, a wealth of experience, from the simplest form of the highest esthetic and complex combinations, can be developed into a reservoir of movements out of which a physical educator can readily select the proper exercises for any age group or for any social purpose.

(The Sokol Gymnastic Manual)

## Americans Raising Race of Weaklings: Brundage

Avery Brundage, chairman of the International Olympic Committee, sent a message to Chicago Youth Week sponsors asserting that the United States is "raising a race of weaklings."

Writing from Mexico, the 84-year-old Brundage said:

"To have a strong country, one must have strong and healthy men and women. When 50 per cent of our young men cannot pass even a simple military test, there is something seriously wrong. We are raising a race of weaklings marked by more

and more juvenile delinquency, lack of discipline, and vandalism.

"Alas, here in the United States," Brundage, honorary chairman of Chicago Youth Week's Physical Fitness Day, said, "our educators have permitted colleges and, to a certain extent, high school sport to become part of the entertainment business.

"College teams have become farm teams for the professional leagues. The development of halfbacks, shortstops, and basketball players is not generally considered the duty of institutions for higher learning. If necessary, this is a job for vocational schools."

## PREPARATORY EXERCISES

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

M. PRCHAL

## Parallel Bars—Parts of No Value and the "Rises"

By PAUL FINA

In teaching or coaching the essential moves on the parallel bars, it is well to know the international system of ratings of some of the basic moves, how they progress into higher difficulty rating, and the effect of including in an exercise parts of no value. The "rises" can supply good examples and at the same time can be used to show progressive rating from A to B to C in difficulty (3—4 points value).

### Parts of No Value:

Quite often a coach will instruct a boy to perform an unrated movement between moves that has no purpose in the advancement or development of an exercise. A judge must correctly deduct for this as displeasing and technically incorrect as much as a spectator watching a movie sees a certain action or hears certain dialogue and wonders why it was included. A gymnast who has been graded and has been deducted for the extraneous move is often at loss for his low score. He has

not been coached properly.

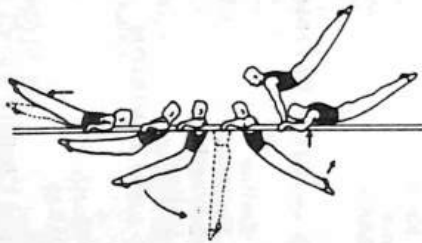
Movements before or after the "rises" quite often fall into "parts of no value" deductibles. Article 31 (F.I.G. Code of Points) indicates that parts which are too easy with regard to the rest of the exercise, are to be considered as parts of no value. Two examples using rises are —

1. a back rise to support, swing forward, swing back to a handstand;

2. a forward uprise, swing back, cast out or lay away to an upper arm roll. In the former (1) the swing forward and then back is poor gymnastics and a part of no value — it is an intermediate swing. In the latter (2), the forward uprise served no purpose, because the gymnast is back to his original position and the exercise did not advance. The cast out is a part of no value. Up to 0.3 points is deducted for parts of no value. It is deducted from Combination (2.6 points value).

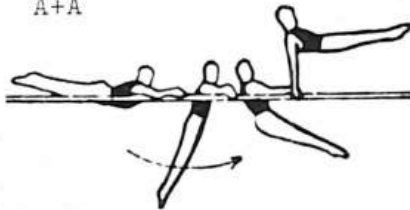
The "Rises"

Back rise to support

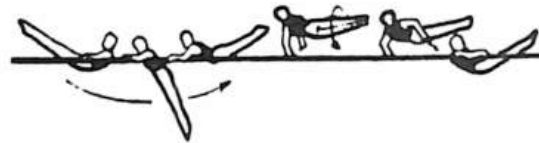


"A" moves

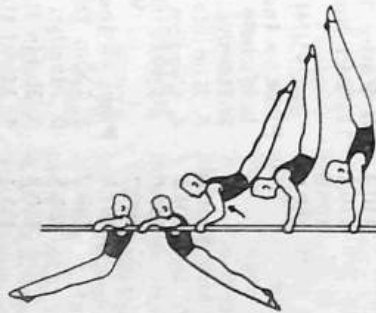
Forward rise to support  
A+A



Back rise 1/2 twist to upper arms

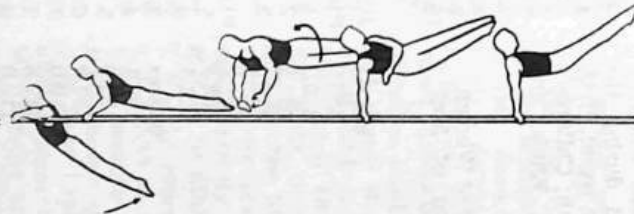


Back rise to handstand

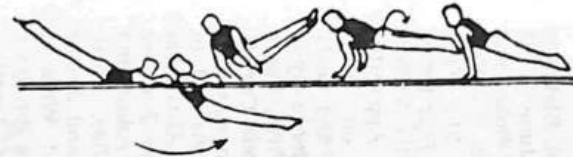


"B" moves

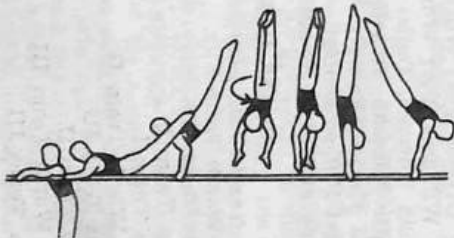
Back rise 1/2 twist to support



Forward rise 1/2 turn to support

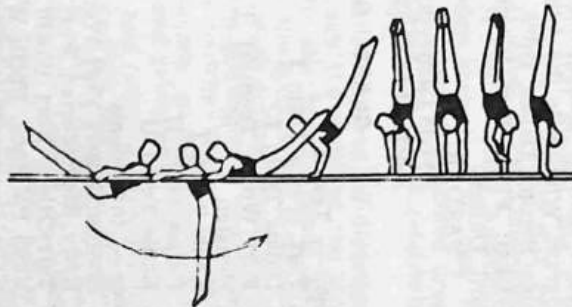


Back rise hop pirouette

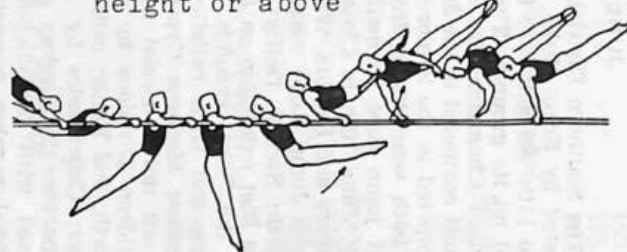


"C" moves

Back rise swinging back pirouette



Forward rise 1/2 turn to support with feet at shoulder height or above



Shown on the following illustrations are exercises of the A-B-C moves performed on the parallel bars. Indicated clearly are the heights one must attain for peak performance.

## Southern District Slet Competitions

JUNE 10, 1972

The Southern District, American Sokol, Slet was hosted by Sokol Zizka, Dallas, Texas, June 9, 10, and 11th. All activities took place in the Sokol and on its grounds. The Slet began with the Volleyball Championships at 7 p.m., June 9th. Four teams competed in the Junior-Mixed and four teams competed in the Senior-Mixed tournaments. Victors in both were teams from Sokol Zizka. Apparatus and jump rope competitions were held on Saturday, June 10th in Class I and II Boys and Girls, Juniors and Seniors. Winners in the Moderne Gymnastic Jump Rope competitions were: First, Fort Worth; Second, Dallas; and Third, Corpus Christi. The Slet exhibition on Sunday afternoon was held on the Sokol grounds. The program consisted of Boys and Girls calisthenics; Boys and Girls apparatus; Moderne Gymnastic Jump Rope Number by all units; special numbers in both Adult and Children Divisions by the units of Dallas, Fort Worth, and Ennis; calisthenics by Men and Junior Boys; Calisthenics by Junior Girls and Women; Apparatus by Juniors and Seniors. The program closed with the singing of God Bless America. Special number competition was held during the program. Winners in the Adult Division were: First, Ennis; Second, Dallas, Third, Fort Worth; Children's Division: First, Fort Worth, Second, Ennis, and Third, Dallas.

NAZDAR!

Sylvia Laznovsky, Director of Women  
Larry Laznovsky, Director of Men

### CLASS I GIRLS

Place — Teams	Scores
1. Fort Worth Team I	485.8
2. Dallas Team I	430.3
3. Fort Worth Team II	414.2
4. Houston	412.0
5. Ennis Team I	411.0
6. Dallas Team II	368.8
7. Ennis Team II	321.1

Place — Individuals	Scores
1. Sharon Gibson, Fort Worth	123.1
2. Kelly Stoeppelman, Fort Worth	122.8
3. Terri Riehl, Fort Worth	121.9
4. Vicki Polachek, Fort Worth	118.0
5. Kelly Greene, Fort Worth	117.8
6. Amy Williams, Fort Worth	112.0
7. Cynthia Norman, Dallas	110.4
8. Annette Mikeska, Houston	110.1
9. Laura Krajca, Ennis	108.5
10. Bridget Koller, Dallas	107.2

7 Teams and 35 Competitors

### CLASS II GIRLS

Place — Teams	Scores
1. Fort Worth Team I	601.2
2. Dallas Team II	558.9
3. Dallas Team I	558.7
4. Ennis Team I	492.6
5. Fort Worth Team II	469.2
6. Dallas Team III	455.8
7. Ennis Team II	450.9
8. Fort Worth Team III	431.4
9. Ennis Team III	373.3

Place — Individuals	Scores
1. Ellen Poston, Fort Worth	151.8
2. Marilyn Skrasek, Fort Worth	151.3
3. Angie Wickler, Fort Worth	149.1
4. Lori Reynolds, Fort Worth	149.0
5. Michele Boniol, Dallas	148.6
6. Diana Wartelle, Fort Worth	147.6
7. Paula Stansbury, Dallas	143.9
8. Diane Roman, Dallas	143.8
9. Cheryl Economides, Dallas	142.3
10. Kara Vaughter, Dallas	141.9

9 Teams and 48 Competitors

### JUNIOR GIRLS — LOW DIVISION

Place — Teams	Scores
1. Dallas Team I	367.5
2. Fort Worth Team I	359.1
3. Fort Worth Team II	347.5
4. Ennis Team I	338.3
5. Dallas Team II	302.9
6. Ennis Team II	380.4
7. Corpus Christi	273.0

Place — Individuals	Scores
1. Dolores Olsovsky, Dallas	126.0
2. Janice Jarnigan, Fort Worth	121.6
3. Vicki Kennon, Dallas	120.9
4. Tonya Urban, Dallas	120.6
5. Nancy Newcome, Fort Worth	120.0
6. Cheri Starnes, Fort Worth	119.4
7. Ada Skrasek, Fort Worth	118.6
8. Tresa Flory, Fort Worth	118.1
9. Carolyn Honza, Ennis	116.8
10. Shari Champion, Dallas	115.7

7 Teams and 32 Competitors

### JUNIOR GIRLS — INTERMEDIATE DIVISION

Place — Teams	Scores
1. Dallas	397.5
2. Fort Worth	367.8
3. Ennis	330.9

Place — Individuals	Scores
1. Kathy Wilson, Dallas	134.9
2. Deena Gilliam, Dallas	132.3
3. Julie Caldwell, Dallas	130.3
4. Debbie Hites, Fort Worth	127.9
5. Angela Koonce, Fort Worth	124.9
6. Lex Leftwich, Fort Worth	115.0
7. Anita Neff, Ennis	113.4
8. Theresa Trojacek, Ennis	109.5
9. Julie Henning, Ennis	108.0
10. Kathy Trojacek, Ennis	98.9
11. Teri Neff, Ennis	98.6

### JUNIOR GIRLS — HIGH DIVISION

Place — Individuals	Scores
1. Michele Caldwell, Dallas	138.6
2. Brenna Vaughter, Dallas	132.8
3. Kim Marshall, Fort Worth	127.9
4. Carolyn Olsovsky, Dallas	124.4

### WOMEN — LOW DIVISION

Place — Individuals	Scores
1. Lynn Dunn, Fort Worth	134.2
2. Marilyn Massey, Dallas	121.9
3. Robin Bailey, Ennis	111.8
4. Micki Hudson, Corpus Christi	106.4
5. Sharon Neff, Ennis	95.0

AMERICAN SOKOL

Southern District Slet Competitions

JUNE 10, 1972

CLASS I BOYS

Place — Teams	Scores
1. Ennis	516.0
2. Fort Worth	494.1
3. Dallas	462.7

Place — Individuals	Scores
1. Bobby J. Cleveland, Fort Worth	135.6
2. Steve Petty, Ennis	134.0
3. Brett Hall, Houston	129.2
4. Jason Breeland, Ennis	128.7
5. Lewis Zajic, Ennis	127.6
6. Rodney Houdek, Ennis	125.7
Bart Urban, Dallas	125.7
7. Talon Milan, Fort Worth	124.8
8. Jeff Mikulec, Dallas	123.4
9. Jeff Howard, Corpus Christi	122.9
3 Teams and 20 Competitors	

CLASS II BOYS

Place — Teams	Scores
1. Dallas	439.8
2. Ennis	331.8

Place — Individuals	Scores
1. Brent Vaughter, Dallas	151.7
2. Russell Matlock, Dallas	144.6
3. Beau Sill, Dallas	142.5
4. Joel Henning, Ennis	132.9
5. Wayne Sijansky, Corpus Christi	130.9
6. Henry Hallio, Houston	125.8
7. Robert Olsovsky, Dallas	120.4
8. Buddy Boyd, Ennis	103.7
9. Bill Connelly, Fort Worth	103.3
10. Greg Roth, Ennis	95.2
2 Teams and 10 Competitors	

JUNIOR BOYS — LOW DIVISION

Place — Teams	Scores
1. Dallas	451.3
2. Ennis	400.2
3. Fort Worth	377.7

Place — Individuals	Scores
1. Jimmy Bily, Houston	161.0
2. Ted Smith, Dallas	157.3
3. Donny Sill, Dallas	153.4
4. Jack Castleberry, Fort Worth	145.1
5. Gibb Matlock, Dallas	140.6
6. Martin Brazil, Ennis	140.2
7. Rome Milan, Fort Worth	136.0
8. Joe Trojacek, Ennis	131.6
9. Danny Bouska, Ennis	128.4
10. Mike Mikus, Houston	127.7
3 Teams and 16 Competitors	

JUNIOR BOYS — INTERMEDIATE DIVISION

Place — Teams	Scores
1. Ennis	440.4
2. Dallas	425.8

Place — Individuals	Scores
1. Charles Cerny, Dallas	164.0
2. Marvin Patak, Ennis	149.8

3. Jackie Henning, Ennis	145.5
4. David Houdek, Ennis	145.1
5. Bill Dixon, Dallas	133.3
6. Kirk Baker, Dallas	128.5

JUNIOR BOYS — HIGH DIVISION

Place — Individuals	Scores
1. Jason Amick, Dallas	162.4
2. Jim Marek, Houston	137.3

MEN — LOW DIVISION

Place — Individuals	Scores
1. Ken Dixon, Dallas	155.7
2. Clayton Wegscheider, Ennis	140.9
3. Gary Reed, Ennis	132.7

MEN — INTERMEDIATE DIVISION

Place — Individuals	Scores
1. Joe Ehrenberger, Dallas	163.9
2. Robert Peshakai, Dallas	155.8

## Athletics and Alcohol

Common sense indicates that alcohol and athletics do not mix, and scientific experiments reinforce this conviction, according to the Committee on the Medical Aspects of Sports of the American Medical Association. Studies show that not only is there a definite loss of skill but also marked drop in physical capacity following the use of relatively small amounts of alcohol.

Unlike most foods, alcohol requires no digestion and passes directly through the walls of the stomach and intestine into the blood stream and hence to all the organs of the body. When it reaches the brain, it exerts a general dulling effect which includes the higher centers relating to a neuromuscular coordination. This is why alcohol in even comparatively small amounts is definitely detrimental to athletic skill and proficiency.

Nearly everyone who has followed athletics for any length of time has observed promising athletes who, because of drinking and associated dissipations, never quite reached the heights of which they were capable. Some, because of great natural ability, seem to get by for a time, but eventually burning the candle at both ends will catch up with even the most gifted.

Drinking can effect mental and muscular efficiency in a number of other ways. The loss of coordination that occurs with drinking is responsible for many accidents and injuries that may impair capacities if they do not result in disability. Also, the regular drinker is frequently the victim of nutritional shortages brought about by neglect of a balanced diet. Such deficiencies contribute to inevitable mental and physical deterioration.

Peak performance in athletics is the result of top-flight condition based on a carefully planned training routine including adequate sleep and rest, proper nutrition, appropriate activity, needed medical and dental care, and the absence of excess. The young man who hopes to attain optimum athletic achievement will guide himself accordingly.

## WESTERN DISTRICT SLET

### American Sokol - St. Paul, Minnesota June 23-25, 1972

### Junior and Senior Competition Results

District Directors:

Bozena Drozda and Ray Lastovica

#### JUNIOR GIRLS LOW DIVISION

Place, Unit Teams	Score
1. Sokol South Omaha	569.9
2. Sokol Omaha	549.0
3. Sokol South Omaha	518.5
4. Sokol St. Paul	488.3
5. Sokol Wilber	484.3
6. Sokol South Omaha	435.3

Place, Name, Unit	Score
1. Connie Swoboda, South Omaha	121.1
2. Teri Swoboda, South Omaha	120.4
3. Mary Parks, Omaha	117.7
4. Kim Paulsen, South Omaha	110.5
5. Carol Labeledz, South Omaha	110.1
6. Sally Riha, Omaha	109.6
7. Jean Slezak, South Omaha	109.5
8. Mary Powers, Omaha	109.4
9. Jan Faur, South Omaha	108.8
10. Stacie Clemens, Omaha	106.5
6 teams and 49 contestants.	

#### JUNIOR GIRLS INTERMEDIATE DIVISION

Place, Unit Teams	Score
1. Sokol Omaha	325.4
2. Sokol South Omaha	312.0
3. Sokol Omaha	306.4
4. Sokol Cedar Rapids	284.0
5. Sokol St. Paul	264.7

Place, Name, Unit	Score
1. Kurtzuba, Carol, Omaha	111.0
2. Speers, Sue, Omaha	108.2
3. Kurtzuba, Cheryl, Omaha	107.8
4. Marescalco, Patti, Omaha	106.6
5. Womochil, Melanie, South Omaha	105.4
6. Prokupek, Georgia, South Omaha	104.3
7. Pauley, Maria, South Omaha	102.3
8. Seaman, Carla, Omaha	101.0
9. Weber, Kim, Cedar Rapids	100.9
10. Satorie, Lynne, South Omaha	99.9
5 teams and 25 contestants.	

#### JUNIOR GIRLS HIGH DIVISION

Place, Unit Teams	Score
1. Sokol Cedar Rapids	108.44
2. Sokol Omaha	107.75
3. Sokol South Omaha	99.09

Place, Name, Unit	Score
1. Leanne Kinch, Cedar Rapids	39.75
2. Vicki Hurt, So. Omaha	32.00
3. Beth Brown, Omaha	31.62
4. Audrey Berry, So. Omaha	22.40
3 teams and 9 contestants.	

#### JUNIOR GIRLS CHAMPIONSHIP DIVISION

Place, Name, Unit	Score
1. Laura Hartung, Omaha	69.51
2. Jeri Kriz Cedar Rapids	66.95
3. Judy Pauley, So. Omaha	65.46
4. Rhonda Gerber, Cedar Rapids	56.49
5. Sue Grisinger, Omaha	56.26

#### WOMEN LOW DIVISION

Place, Name, Unit	Score
1. Gerj Dukich, South Omaha	121.8
2. Bonnie Springer, Crete	88.9
3. Marolee Kinch, Cedar Rapids	88.3
4. Albina Banks, Crete	68.1
4 contestants.	

#### WOMEN INTERMEDIATE DIVISION

Place, Name, Unit	Score
1. Pauline Vanyo, St. Paul	105.2

#### WOMEN HIGH DIVISION

Place, Unit Teams	Score
1. South Omaha	90.26

#### WOMEN HIGH DIVISION

Place, Name, Unit	Score
1. Sue Hallstrom, Omaha	26.41

#### WOMEN CHAMPIONSHIP DIVISION

Place, Name, Unit	Score
1. Phyllis Swoboda, South Omaha	59.94
2. Denise Minarik, South Omaha	57.40
3. Jolene Swoboda, South Omaha	37.56

#### JUNIOR BOYS LOW DIVISION

Place, Unit Teams	Score
1. Sokol Cedar Rapids	602.0
2. Sokol Omaha	538.5
3. Sokol South Omaha	525.1

Place, Name, Unit	Score
Bill Kahler (team only) Cedar Rapids	
1. Mark Johnson, Cedar Rapids	153.9
2. Rex Vicek, Omaha	149.1
3. Steve Hangardner, Cedar Rapids	147.5
4. Brad Driscoll, Cedar Rapids	146.1
5. Tom Swoboda, So. Omaha	144.6
6. Dave Engle, Cedar Rapids	144.2
7. Mike Foster, Crete	140.7
8. Russ Bowen, Crete	136.1
9. Don Houlton, Omaha	135.8
10. Chuck Grham, Cedar Rapids	135.7
3 teams and 19 contestants.	

#### JUNIOR BOYS INTERMEDIATE DIVISION

Place, Unit Teams	Score
1. Sokol Omaha	467.5
2. Sokol South Omaha	388.7

Place, Name, Unit	Score
1. Jim Hartung, Omaha	160.2
2. John Hortung, Omaha	154.6
3. Philip Cahoy, Omaha	152.7
4. Jim Swoboda, So. Omaha	144.7

5. Steve Kocourek, So. Omaha	138.7
6. Mark Marwald, So. Omaha	105.3
7. Rick Behrens, Crete	103.7
2 teams and 7 contestants.	

**JUNIOR BOYS HIGH DIVISION**

<b>Place, Name, Unit</b>	<b>Score</b>
1. Jim Riha, So. Omaha	112.2

**JUNIOR BOYS CHAMPIONSHIP DIVISION**

<b>Place, Name, Unit</b>	<b>Score</b>
1. Jerry Johnson, Cedar Rapids	236.0
2. Allen Kittrell, Cedar Rapids	222.5
3. Gerry Duff, Omaha	215.1

**MEN LOW DIVISION**

<b>Place, Unit Teams</b>	<b>Score</b>
1. Cedar Rapids Team I	444.6
2. Cedar Rapids Team II	430.3

<b>Place, Name, Unit</b>	<b>Score</b>
Tom Novak (team only), Don Pulkrab (team only), Cedar Rapids	155.6 154.7
1. Mel Novak, Cedar Rapids	151.2
2. Roger Prasil, Cedar Rapids	138.7
3. Darrell Netolicky, Cedar Rapids	138.5
4. Dick Kittrell, Cedar Rapids	137.1
5. Joe Melichar, Cedar Rapids	136.2
6. Ron Boyer, Cedar Rapids	124.3
2 teams and 8 contestants.	

**MEN INTERMEDIATE DIVISION**

<b>Place, Name, Unit</b>	<b>Score</b>
1. Dan Jureno, Crete	145.4

**MEN HIGH DIVISION**

<b>Place, Name, Unit</b>	<b>Score</b>
John Kocourek, So. Omaha	138.2
2. Bud Benak, So. Omaha	122.0

**CENTRAL DISTRICT SLET  
American Sokol – St. Louis, Missouri June 17–18, 1972  
Junior and Senior Competition Results**

**JUNIOR GIRLS LOW "A" DIVISION**

<b>Place — Unit Teams</b>	<b>Scores</b>
1. Brookfield No. 1	633.3
2. Slavsky No. 1	619.9
3. St. Louis No. 2	619.6
4. Ludevit Stur	614.8
5. Berwyn No. 1	612.1
6. Stickney No. 2	611.5
7. St. Louis No. 1	604.9
8. Stickney No. 1	579.1
9. Racine No. 1	565.4
10. Tabor No. 2	532.4
11. Tabor No. 3	505.7

<b>Place — Name — Unit</b>	<b>Scores</b>
1. Cindy Kourim, Brookfield No. 1	162.3
2. Jill Marica, St. Louis No. 2	161.0
3. Trician Wadman, West Suburban	157.9
4. Linda Schaeffer, West Suburban	156.2
5. Leslie Jonas, Stickney	153.9
6. Karen Michalek, Brookfield	152.8
7. Donna Farow, St. Louis No. 3	152.6
8. Diana Schnabl, Berwyn No. 1	152.5
9. Luann Rader, West Suburban	152.1
10. Andrea Woyt, Brookfield No. 1	151.7
8 Teams and 44 Contestants	

**JUNIOR GIRLS — INTERMEDIATE DIV.**

<b>Place — Name — Unit</b>	<b>Scores</b>
1. Kris Tybor, Havlicek Tyrs	163.1
2. Joann Hontak, Brookfield No. 1	162.9
3. Gail Mara, Brookfield No. 1	159.8
4. Sandi Gumos, Ludevit Stur	159.4
5. Tie Sue Hynek, Berwyn No. 1	159.0
5. Janet Stephenson, Stickney No. 2	159.0
6. Donna Strnad, St. Louis No. 1	158.8
7. Donna Wesolowski, Havlicek Tyrs	158.2
8. Marge Baron, Brookfield No. 1	157.7
9. Audrey Podzamsky, Slavsky No. 1	157.3
10. Margi Watkins, St. Louis No. 2	156.8
11 Teams and 58 Contestants	

<b>Place — Unit Teams</b>	<b>Scores</b>
1. Tabor No. 1	475.9
2. Ludevit Stur	457.0
3. Stickney No. 1	455.5
4. Brookfield No. 1	418.1
5. Slavsky No. 1	416.4

<b>Place — Name — Unit</b>	<b>Scores</b>
1. Donna Brown, Tabor No. 1	164.8
2. Debbie Huneke, Tabor No. 1	161.3
3. Kim Rus, Stickney No. 1	153.5
4. Gail Chilla, Ludevit Stur	153.4
5. Janice Wostratzky, Stickney No. 1	152.7
6. Dana Parker, Ludevit Stur	152.6
7. Linda Galbierz, St. Louis No. 1	151.8
8. Jean Bagel, Ludevit Stur	151.0
9. Kayen Bultos, Tabor No. 1	149.8
10. Audrey Vondra, Stickney No. 1	149.3
5 Teams and 23 Contestants	

**JUNIOR GIRLS — LOW "B" DIVISION**

<b>Place — Unit Teams</b>	<b>Scores</b>
1. Brookfield No. 1	617.2
2. West Suburban	614.4
3. St. Louis No. 3	584.4
4. Berwyn No. 1	579.7
5. St. Louis No. 2	572.6
6. Havlicek Tyrs No. 1	569.5
7. Stickney	557.1
8. St. Louis No. 1	508.8

**JUNIOR TEAM — HIGH DIVISION**

<b>Place — Unit Teams</b>	<b>Scores</b>
1. Slavsky No. 1	320.8
2. Slavsky No. 2	294.2

Place — Name — Unit	Scores
1. Julie Barcal, Slavsky No. 1	169.0
2. Marianne Picha, Slavsky No. 2	154.4
3. Georgia Nesladek, Slavsky No. 1	151.8
4. Jane Marcin, Slavsky No. 2	139.8

## WOMEN LOW "A" DIVISION

Place — Unit Teams	Scores
1. Slavsky No. 1	428.1

Place — Name — Unit	Scores
1. Cynthia Hokr, Slavsky No. 1	153.4
2. Tie Ellen Duvall, St. Louis No. 1	150.2
Mary Kucera, Havlicek Tyrs	150.2
3. Jean Vennari, St. Louis No. 1	149.3
4. Debbie Simanovsky, Havlicek Tyrs	147.9
5. Dorothy Barry, Slavsky No. 1	144.8
6. Myra Bugaisky, Ludevit Stur	144.2
7. Judy Helm, Slavsky No. 1	129.9
1 Team and 8 Contestants	

## WOMEN LOW "B" DIVISION

Place — Unit Teams	Scores
1. Tabor	634.5

Place — Name — Unit	Scores
1. Dorothy Hanson, Tabor	165.0
2. Janet Kalat, Tabor	162.5
3. Sharon Meloun, Tabor	162.1
4. Judy Bejna, Tabor	155.3
5. Patricia Gilbert, Berwyn	154.4
6. Carolee Michalek, Havlicek Tyrs	152.6
7. Pat Sramek, Tabor	151.7
8. Jo Marie Zeman, Havlicek Tyrs	148.9
9. Ruth Svestka, Berwyn	144.6
10. Rosemary Schultz, Havlicek Tyrs	142.4
1 Team and 10 Contestants	

## WOMEN — INTERMEDIATE DIVISION

Place — Unit Teams	Scores
1. St. Louis	412.1

Place — Name — Unit	Scores
1. Debbie Ulrich, St. Louis	146.3
2. Pat Kovacevic, St. Louis	141.4
3. Maryann Ronguillo, Slavsky	131.1
4. Leah Armbruster, Slavsky	130.4
5. Sheri Robinson, St. Louis	124.4
1 Team and 5 Contestants	

## JUNIOR BOYS LOW DIVISION

Place — Unit Teams	Scores
1. Brookfield I	483.0
2. Sokol USA	459.5
3. Tabor I	458.7
4. St. Louis II	440.9
5. Havlicek-Tyrs	435.3
6. Slavsky	416.9
7. St. Louis I	405.2
8. Stickney	306.7

Place — Name — Unit	Scores
1. Dave Harlan, Brookfield I	124.8
2. Rus Zitny, Brookfield I	124.6
3. George Kulhanek, Tabor I	121.9
4. Dana Ketchmark, Brookfield I	120.7
5. John Janci, USA	120.6

6. George Bartusek, Slavsky	118.2
7. Mark Janosik, St. Louis	117.8
8. Richard Janci, USA	117.2
9. Greg Fiepel, Hav-Tyrs	116.4
10. Jim Wojcik, USA	116.2
8 Teams and 39 Contestants	

## JUNIOR BOYS HIGH DIVISION

Place — Name — Unit	Scores
1. Rick Thompson, Slavsky	117.1

## JUNIOR BOYS INTERMEDIATE DIVISION

Place — Unit Teams	Scores
1. Brookfield	354.9
2. Tabor I	352.2
3. Slavsky	340.9
4. Sokol USA	340.4
5. St. Louis	314.2

Place — Name — Unit	Scores
1. Jim Vokurka, Brookfield	129.0
2. Rick Linhart, Tabor I	124.5
3. Tom Patek, Berwyn	123.4
4. Bob Kasovic, USA	122.3
5. Jim Kusper, Slavsky	119.6
6. Bill Biciste, Berwyn	119.5
7. Frank Bouda, Brookfield.	115.2
8. Mike Kulhanek, Tabor I	114.7
9. Steve Stanley, St. Louis	113.6
10. Dave Berousek, Tabor I	113.0
5 Teams — 21 Contestants	

## MEN HIGH DIVISION

Place — Name — Unit	Scores
1. Lad Vanac, Havlicek-Tyrs	127.0
2. Ed Pavek, Berwyn	122.4

## MEN INTERMEDIATE DIVISION

Place — Name — Unit	Scores
1. Rich Vrba, Stickney	126.1
2. Ray Lutha, Slavsky	125.8
3. Ron Lutha, Slavsky	120.7
4. Ed Linhart, Tabor	74.0

## MEN LOW DIVISION

Place — Name — Unit	Scores
1. Chuck Klapp, Brookfield	130.9
2. Dennis Gilbert, Berwyn	127.5
3. Irv Triner, Stickney	123.9
4. Chuck Denis, Berwyn	119.2
5. Elmer Kulousek, Berwyn	116.4
6. Robert Sala, Slavsky	104.8

## TABULATORS:

Chuck Kalat, Jan Kalat, Ellie Babka

DISTRICT DIRECTOR: Helen Tuma

JUNIOR AND WOMEN'S MEET DIR.:  
Ellen Jeanne Schnabl

DISTRICT DIRECTOR: Paul Lebloch

JUNIOR MEET DIR.: Irv. Triner

MEN'S MEET DIR.: Ed Schnabl

## A Dull Summer? — Not on Your Life!

The Central District activities never seem to cease. Some felt, well the Slet is over so we can sit back and relax. — Well this just ain't so . . .

Many of our local people both Junior and Senior took advantage of the wonderful tours to Vienna, Austria which left June 28th. The 12-day Tour will be returning July 9th and the 26-day Tour July 23rd.

While many of our Juniors are touring Vienna and Czechoslovakia, as soon as they return things will start rolling.

First will be the Warren Dunes outing, July 19th. — Volleyball Social at Lodge 306 Sokol USA, July 21st. — Captive Nations Parade on State Street, July 22nd. — Junior Picnic, July 31st, and the Folk Dancers Social, date open.

Then comes August — well to date the only event planned is the second Dunes Outing, August 16th. But I just know there will be other plans. Our youth sure has a lot of energy. But this is one of the greatest joys in working with our younger members . . . they do keep you on your toes.

Our gyms are open one night a week during the summer months. I think this is just to keep us fit to carry on all their other activities. But I must say we all enjoy being together.

June Pros — Advisor Activity Committee

## Central District Slet held in St. Louis, Missouri

JUNE 17—18, 1972

Friday evening, June 16th, five buses departed for St. Louis from Sokol Tabor consisting of Seniors and Juniors for participation and viewing of our Annual Slet. Included in this group were members of Sokols; Berwyn, Brookfield, Chicago, Havlicek Tyrs, Tabor, Town of Lake, West Suburban, Racine, District Ludevit Stur Sokol USA and the CSA Dance Group. Another bus left from Sokol Slavsky and the 7th from Sokol Stickney. Besides those going by bus some members drove. All in all approximately 325 people traveled to the District Slet. The majority of the group stayed at the Chase Park Plaza Hotel, a lovely place and very accommodating.

Competitions began at 8:00 a.m. on Saturday at Sokol St. Louis with 129 Jr. Girls, 23 Women, 61 Jr. Boys and 12 Men competing. Those not involved in the competitions toured with Sis. Pros to Grant's Farm for an enjoyable day. The Victory Dance was held Saturday evening with a capacity crowd filling Sokol St. Louis. A delicious dinner was served; awards were presented with dancing following. We were pleased to see our Juniors fill the floor performing a Czech Folk Dance. It was a grand evening.

Sunday morning arrived a little early but everyone boarded the buses on time for the trip to the field for practice. Those not participating toured the famous St. Louis Arch. The day was beautiful and the field was full with 200 Junior Boys and

Girls, 90 Men and Women, 104 Czech Folk Dancers, 35 members of the Vaulting Team, St. Louis Second Class Ladies' and Children's Classes. We must congratulate the hard working Slet Committee, Physical Directors, Judges, Tabulators and those many working behind the scenes. We can all feel very proud of all the devoted Sokols who participated and attended this outstanding Slet. Many new friends were made with our Brother and Sister Sokols of District Ludevit Stur and the CSA Dance Group. We feel this will be a lasting friendship and will enable us to work together for the betterment of our organization.

To those of you who did not attend, we can say you missed not only a good time but just the pure enjoyment of being with and a part of our District activity. Your attendance and participation would have been an added assist to our endeavors. Remember 1973 is our National Slet Year, therefore no District Slet will be held. We know you will be asked to help in this great undertaking, as Sokols you will find the time and energy.

Those of us who went to St. Louis will remember the many fond memories for years to come. Above all our hands have been extended in brotherhood and the radius is constantly growing — this is the future of SOKOL.

June Pros — Tour Director

## Sokol Omaha

Sokol Omaha announced some "good news" as result of recent developments concerning the Sokol. First, a satisfactory compromise settlement with a bowling pin-spotter machine company with the signing of a 5-yr. lease extension to October 1, 1976. Bowling revenues have been much better this season with prospects very good for next season.

Secondly, completion of the Auditorium roofing project. Total cost nearly \$2,000., payed in full to the contractor. One other major project to be completed this spring — that being the installation of a new electrical system. The "good news" is the fact that money is available for this undertaking.

And last, a new spirit of fraternalism by the Sokol Omaha Men was quite evident on Sunday April 9th, when approximately 30 members put in some 12 hours of work at the Polka Jamboree sponsored jointly by Sokol Omaha and Radio Station KOTD of Plattsmouth, Nebraska. The whole affair was a success, with 4 separate musical aggregations donating their services.

The 24th of April was the day the Sokolice paid tribute to the Mothers. A nice evening had by all. On this occasion the old-time members were honored. The recipients of 50 yr. membership pins were; Sisters Blanche Buresh, Rose Hasterdlo, Marie Holasek and Emma Hubenka; 40 yr. membership pin to Sis. Frances Lavicka; 25 yr. membership pins to Sisters Harriet Blazed, Helen Karpisek, Rose Kratochvil, Rose Krecek, Anna Mirasky, Blanche Miskovsky, Alice Rhyno and Libbie Brazacek. The committee for the day consisted of Sisters Frances Susterka, Barbara Soffus, Janet Redish, Gladys Velehradsky and Mil Krejci.

Sokol Omaha News-Letter

## Sokol St. Paul

The International Institute staged a street dance and spring exhibition, June 3—4th. The Czechs were represented by a group of girls from Sokol St. Paul. A performance of tumbling skills was exhibited under the direction of Sis. Pauline Vanyo. It was a welcome change from the folk dancing performances done by other nationality groups. The exhibits in the International Institute were very interesting, with many hand-made items for sale.

The Czechoslovak Folk Dance group meets at the Highland Park pavilion. The following dates for practice: July 17 & 31; August 14 & 28. Hours are from 8 to 10 p.m. The Czech people are urged to attend rehearsals and be ready to join in the group's participation at the Kolacky Day at Montgomery, Minn., September 10th.

The Sokol Camp picnic & Booya will be held July 23rd. The camp is located at Pine City, Minn. Attendance has been great in recent years, with the Booya sold out. — Final details of the Children's Week at Camp Sokol are being worked on.

Sokol St. Paul Slovo

(Editor's comment.) Sokol St. Paul hosted the Western District Slet, June 23—25th. No report was received at the time of printing of this publication.

## Sokol South Omaha

The June 4th Festival was undoubtedly one of the most successful with splendid cooperation from all the workers. Radio Station KOTD added to its success by providing live broadcast of the Festival. The committee, no more than finished with this latest undertaking, plunged into another fund-raising project, the food concessions for the Southroads Polka Party, June 17th. Then — proceeded into the Aerospace Bazaar in Bellevue, June 28th. Immediately following the Bazaar, it was the International Night at Reed Center in Bellevue, July 2nd. Polka dancing and Czech costumes were on the agenda.

A special meeting report. It was decided to build a new South Omaha Sokol building. A Land committee investigated possible land sites for the new structure. About 2½ acres will be needed. Five parcels of land have been suggested. The membership was requested to visit the land sites before the July 10th meeting when further discussions were to ensue.

This year Sokol South Omaha had the largest group ever going to St. Paul for the Slet. The contingent was composed of 49 gymnasts along with 12 chaperones and guests.

Sokol South Omaha News-Letter

## The Sokol Educational Directors

The American Sokol publication has carried some very interesting articles pertaining to the American Sokol educational program. It has been proven that time has come to revive the office of Educational Director. In the past the Sokol Educator (vzdělavatel) was on the same level of importance in our

organization as the Technical Director (náčelník), because it was the idea of the whole Tyrs' Sokol program. Presently, and very often, the Educators are elected at the annual meetings only by tradition. During the entire year they have not had opportunity to offer even a 5-minute speech. The blame is not entirely theirs, for many of our members do not care to listen; pretending they have complete knowledge of the Tyrs' philosophy and Sokol history.

Many interesting books have been edited by the A.S.O., and the Unit Educational Directors shouldn't hesitate in asking for assistance. The General Educational Department will gladly furnish the necessary aid.

The Educator's duty begins with Sokol children in the gym classes. How many Educators come to these classes? The greatest difficulty is not only reaching the members in their gym classes, but at meetings as well. Therefore, alternate means should be investigated which will benefit the entire membership in its knowledge. If the Unit edits a publication the Educator should collaborate by presenting articles of educational value. Educational literature should be on hand for ultimate distribution to the new members.

We live in the United States where we've all had substantial education in American history, therefore the Educator's efforts should be concentrated towards the Sokol idea and Sokol principles. Our hearts tremble with anxiety concerning the future. Let us recognize our educational programs!

George Spanek

## Delegating

"I have found my most successful associates by giving men responsibility," writes J. C. Penney, the late merchant-philanthropist, "by making them feel that I relied upon them; and those who proved to be unworthy have only caused the others, who far outnumbered them, to stand in a clearer light."

## Anton Smutny

Bro. Smutny passed away May 2, 1972 after a very brief illness. He was a very devoted Sokol South Omaha member for 51 yrs. He participated in two Slets in Chicago, as well as many Slets of the Western District. He was an excellent gymnast and took great pride in being a Sokol.

Bro. Smutný was born in 1903, at Kladno, Czechoslovakia. He arrived in the United States in 1912. Became wed to Agnes Brantl in 1926. He was preceded in death by son, William, in 1949 during the Korean War. He is survived by his wife, Agnes, and daughter, Sis. Martha Talmon, her husband, Bro. Henry Talmon, and 5 grandchildren. Also, brothers James and Miles, and a sister Blanche Rybar.

Deepest sympathy is expressed to the members of the family. Sokol South Omaha shares their loss.

Edward Pavoucek

## James Chlebacek, Sr.

On April 27, 1972, the Sokol members of the Minneapolis and St. Paul, Minn. area were saddened by the death of Bro. James Chlebacek, Sr. The love and inspiration he had for Sokol is expressed in the physical and moral support he gave so generously. He was a great gymnast in his day, and this example was a challenge for others. Bro. Chlebacek will always remain in our memories. May he rest in Peace.

Robert J. Vanyo

## Blahopřání k 75. narozeninám Františka Kubiny

Dne 1. června František Kubina — vážený sbormistr a sokolský člen — slavil pětasedmdesát let slavného života. Úspěšně je dirigentem pěveckého sboru Lyra po dobu 48 let. A také do dneška sbormistrem pěveckého sboru ČSA.

Česká láska, české zpěvy  
v ústech našich pěveckých sborů,  
necht' žijí, věčná sláva  
jimž náš sbormistr vždy vzdává!

Vše nejlepší, hlavně hodně zdraví mu přejeme.  
Jsme mu vděční za to, co pro náš lid vykonal.

## Ceský Kansas manifestuje

Český klub ve Wilson připravil na pátek 28. a sobotu 29. července program české hudby a písničky, tance a vystoupení sokolů z jižní Omahy. Tyto české slavnosti ve Wilson se už staly tradičními a jsou navštěvovány tisíci krajany z Kansas, Oklahoma, Nebrasky a Missouri.

Mimo bohatý program folkloru je možnost shlédnout ruční výrobu uměleckého skla, řezbářské umění, obrazy a jiné památky lidového umění. Toto pohostinné městečko je poblíž Interstate 70, západně Saliny.

—K—

## Slet sokolské župy pacifické

Dne 27. a 28. května konal se v Los Angeles velmi dobře zorganizovaný župní slet, za účasti jednot Sokola Los Angeles, Sokol a Sokolice San Francisco a Sokol Fresno.

V sobotu dopoledne se konaly tělocvičné závody v tělocvičně a v sále City of Los Angeles College, závody ve volejbalu mezi Sokolem Los Angeles a Sokolem San Francisco. Družstvo mužů Los Angeles porazilo družstvo San Francisco, ale ženy napravily porážku mužů a zvítězily nad Los Angeles také 3:0.

Odpoledne se konala župní schůze za účasti delegátů Jednot Los Angeles, San Francisco a Fresno. Br. Václav Salák podal informace o zájezdu Pacifické župy do Vídně. Bylo debatováno o dětském táboře, který se bude konat od 6. do 13. srpna v Dinky Creek nedaleko Fresno. Tento župní tábor minulého léta měl velmi dobrý úspěch. Schůze se zúčastnil starosta amerického Sokola br. Stanley

Barcal, který přinesl velmi podrobné informace o příští činnosti Amerického Sokola a o přípravách na slet ve Vídni a na slet v roce 1973 v Chicagu. Na sletě ve Vídni budou cvičit protná muži i ženy Pacifické župy a družstvo mužů se zúčastní volejbalového turnaje v rámci sletu.

Večer se konala zdařilá taneční zábava. V neděli odpoledne se konal župní slet v prostorném sále City College. Starosta br. Salák přivítal přítomné a br. Barcal pronesl zdravici Pacifické župě. Všichni přítomní s překvapením slyšeli, že známý sokolský cvičitel br. Josef Pokorný, který má již 82 let, všechny protná nacvičil a sám ještě dobře cvičí.

I když účast mimo Los Angeles by mohla být daleko početnější, musíme být rádi, že po několikaleté přestávce slet se konal a byl zdařilým podnikem. Sokol San Francisco do Los Angeles vypravil zvláštní bus.

Jiří Špánek

## Slet sokolské župy Severovýchodní

Letošní slet sokolské župy konán 4. června ve slovinském rekreačním středisku A.M.L.A. Center v Leroy Township byl velmi zdařilý. Přesně nastoupili všichni cvičenci s doprovodem hudby Sokol Tyrš za řízení br. Elmer Bieleny.

Br. Emil Pekar, župní starosta, přivítal všechny přítomné. Br. náčelník Albert Walko a ses. Mary Kardik byli přítomní za Sokol USA. Sokolové věnovali letošní sletové cvičení br. Edwinu Jirouškovi — dlouholetý cvičitel, náčelník, činovník jednoty Sokola Tyrš i župy Severovýchodní. Řízení tělocvičného programu se ujali br. župní náčelník Peter Dušek a sestra župní náčelnice Jeanette Wagnarová.

Cvičili káňata na žiněnkách — společná protná žactva — dorostenci na nářadí — štafetový závod dorostenců — dorostenky na vysoké kladině a bradlech — a slovinské na bradlech a povýšenou žerdi — společná protná dorostu — závěrečným číslem společná protná mužů a žen.

Cvičitelským sborům župy Severovýchodní i všech jednot si zaslouží blahopřání k zdařilému letošnímu sletu.

## Čeština v Texasu

Druhou po španělštině cizí řečí užívanou ve státě Texas je naše čeština. Texas má silné procento obyvatelstva pocházejícího z československých předků. Na půl miliónu je odhadován počet těchto Texanů českého nebo slovenského původu, žijících jak ve velkých městech tak na venkovských obcích jihostředního a východostředního Texasu, kteří se mohou dorozumět řečí svých předků. 7 českých časopisů je vydáváno a množství čs. organizací udržuje mateřský jazyk stále živým.

Dříve řada škol v českých osadách vyučovala češtině, avšak v posledních letech některé z nich musely tento předmět vypustit z učebního programu v důsledku nedostatku učitelů.

Nyní, díky přílivu nových exulantů a zejména snahám a úsilí Dr. J. M. Skřivánka, byly uspořádány letní kursy slovenských jazyků na Texas A&M University.

Dodatečné informace možno obdržet u Dr. Jack A. Dabbs, Head of Department of Modern Languages anebo u Dr. J. M. Skřivánka, vedoucího kursů, oba na adrese: Texas A&M University, College Station, Texas 77843.

## Staré gardě k uvážení

Jako jeden z vás, kdo přišli ze staré vlasti se sokolstvem v krvi, obracím se k vám s výzvou, abyste realisticky uvážili budoucnost Amerického Sokola a co bychom my staří mohli či měli udělat k jejímu prospěchu. Naší otázkou dnes je, zda Sokol v Americe lze udržet jako české hnutí národní, nebo, bylo-li by lépe Sokol amerikanizovat, t. j. předložit jako hnutí všelidsky prospěšné a důležité a Američanům i jiného původu přitažlivé.

Tři generace před První světovou válkou přinesly Sokol do Ameriky. Stálým přílivem přistěhovalců národní uvědomění i Sokol byly posilovány novou krví. Všichni však víme, že tato situace už dlouho neexistuje. Po 24 roků není už přílivu nových členů a cvičitelů ze staré vlasti, kde Sokol byl potlačen komunismem. S měnícími se poměry Češi se stěhovali do nových čtvrtí a rozptylovali v prostředí americkém. Dříve Sokol neměl konkurence, dnes je tělocvičných institucí hojnost. V našich tělocvičných vidíme, až na malé výjimky, jen rodilé Američany. Můžeme-li — realisticky — očekávat, že jejich národní uvědomění je dostatečnou silou k udržení Sokola?

Vidím na vnucích, jak je to nemožné. Rodiče je raději posílají do české školy. Částečnou znalost řeči, tu snad lze vynutit, ale národní uvědomění, t. j. vřelý cit pro vzdálenou neznámou zemi, to v cizím prostředí prostě vypěstovat nelze. Příroda sama nutí všechny živé bytosti, aby se přizpůsobily okolí v němž žijí. V tom "okolí" zde narozené generace se učí, že Amerika je nejvyspělejší a neblahobytnější zemí světa a jsou vedeny ke slibu věrnosti této nové (pro ně originální) vlasti. Není se zač hanbit. Bylo by nerealistickým očekávat něco jiného.

Tělocvik o sobě je myšlenkou prastarou. Začíná válečnými tanci primitivů až po intenzivní výcvik amerických marinů. Jinak než opakovanou námahou nelze vyvinout — a udržet na vyšší úrovni — ani sval, ani buňku mozku, ani žádnou dovednost. Bez opakované námahy tělo, duch i dovednost krmí, až zakrní docela, jako např. umění létat u domácích ptáků. Tyrš není objevitelem tělocviků — převzal tu myšlenku od Řeků.

Tyršovo prvenství je v tom, že prvý v dějinách lidstva pojal myšlenku vybudovat organizaci, jež by vychovávala celý národ k vyšší vyspělosti tělesné, duševní i mravní (bratrství). Měl na mysli prospěch svého malého národa Čechů a dovozoval, že v soutěži o prvenství s národy velkými je nutno vyvážit menší počet vyšší kvalitou jedinců. Co Tyrš přehlédl nebo jen nezdůrazňoval je fakt, že i velké národy soutěží o prvenství a že tudíž jeho sokolská idea platí pro všechny, i ty největší národy, a je tedy myšlenkou důležitosti nejen národ-

ni, ale všelidské. Mao-Ce-Tung vštěpuje už dětem v mateř. školkách, že dobrý Čínan musí udělat každý den aspoň malý pokrok k vyšší vyspělosti. Ano, Čína dnes praktikuje myšlenkou sokolskou...

Druhé Tyršovo prvenství spočívá v tom, že nezádal od vlády nic, než povolení sokolskou organizaci založit. To je hlavní charakteristickou duší svobodných — a sokolských — že spoléhají jen na sebe, na svépomoc, a tím zachovávají svou nezávislost, svobodu.

Opakem duší svobodných jsou duše otrocké, žádající vše od vlády. Duše otrocké jsou líné, nechtějí se naučit stát na vlastních nohou ve svobodné soutěži. Potřebují pána, jenž by za ně myslil, poskytoval přístřeší, oděv, potravu, staral se o ně od kolébky do hrobu. Nemají-li pána z masa a kostí, žádají, aby jeho roli převzal stát a stal se otrokářem všech občanů.

Slovo psané nebo mluvené je dnes — únavou z tisku a TV — neúčinné, příklady však hýbou... Jen dokážeme-li přesvědčit dnešní v Americe rozzené členstvo a dorost, že sokolská idea je stejně ne-li více důležitá pro Ameriku, jako byla pro Čechy a Slováky, můžeme z nich učinit kvalifikované náborníky (recruiters) pro věc sokolskou. Ne učiním-li to, jaký bude za pár let osud Amerického Sokola? Učiníme-li to, zbudě nám aspoň hrdý pocit, že jsme přinesli Americe skvělý dar, to nejlepší, co jsme měli na poli myšlenek, myšlenku sokolskou.

K. B. Sázavský

## Den zdobení hrobů na Čes. nár. hřbitově

Jako každým rokem, tak i letos již o 9 hodině ranní přijížděly autobusy s návštěvníky, kteří přišli se seřadit do průvodu u Českého domova. Byl to mohutný a snad největší průvod, který měl 3 kapely s 20ti-člennou bubeničko-trubačskou četou Rudolfa Tvrďy Post 2165 V.F.W.

Největší zásluha patří našim Sokolským organizacím, které přišly, aby dodaly pestrost jak průvodu, tak i slavnosti a čest těm, kteří dali své životy pro udržení svobody a demokracie ve Spojených státech.

Přes 30 roků na tento den nepršelo, až letos jsme dostali malý déšť, který však nepokazil naši slavnost. Návštěva byla velká, když uvážíme, že jsou tu 3 dny prázdnin. Konec průvodu byl ještě u budovy Českého domova a čelo průvodu již bylo na hřbitově, tak mohutná byla účast.

Tisíce díky patří všem, kteří přišli a zúčastnili se průvodu a slavnosti.

Průvod byl filmován pro televizní stanici NBC channel 5 a film byl promítán mezi 5—6 hodinou večer a znovu byl opakován v 10 hodin večer ve zprávách jmenované stanice.

Slavnosti se zúčastnily tyto vojenské organizace: United Spanish War Veterans, Rudolph Tvrďý Post číslo 2165 V.F.W. and Auxiliary, Lawndale Crawford Post 98 and Auxiliary, and Erwin Borlick Post číslo 1109 A.L. and Auxiliary, obě Československé družiny a Spanish War Auxiliary číslo 8 U.S.W.V.

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## Sokol Miami

Sokolská jednota v Miami, Fla. zásluhou ses. Emilie Růžička uspořádal zdařilý zájezd do krajského klubu v St. Petersburg. Byl krásný den, zpěváci na busu spustili lidové písně a starosta Sokola br. Frank Růžička nás hostil vínem a sestry roznášely různé zákusky každé půl hodiny.

V jednu hodinu jsme byli na místě — krásném novém motelu u moře, zaplavali jsme si, a jeli jsme na večeri do klubu. Po dobré večeri náš pěvecký sbor překvapil zpěvem národních písní, pak hudba hrála, tančilo se o závod. Druhý den jsme jeli do Clearwater. Ses. Růžička nám zamluvila oběd v Kapok Tree Inn, nejkrásnější restaurant na Floridě přímo u moře. Po výtečném obědě jsme nastoupili cestu nazpět do Miami. Budeme dlouho na náš výlet vzpomínat.

Členové Sokola a přátelé sešli jsme se v klubovní místnosti Sokola na 150. ulici a Miami ave., abychom oslavili den Matek. Po dobrém obědě, kte-

rý nám připravili bratři Růžička a Kalivoda a ses. Chochola, ses. Růžička zahájila program. Ses. Dočekal byla vybraná matka na rok 1972. Byla představená za zpěvu manželů Ploužků, Příbylů a Hrušků do vykrášeného křesla. Potom ses. Růžička přednesla báseň k matce a br. Kopecký zazpíval píseň dojemnou také k matce.

Leopoldina Petrášek

## České hřbitovy v Nebrasce

K uctění památky zakladatelů českých hřbitovů v Nebrasce vyjde ku konci května obsírnější studie o našich hřbitovech v tomto státu. Knižka je psána anglicky a má 116 stran včetně řady fotografií. Žádáme české spolky i jednotlivce, aby si zajistili tuto knihu. Objednávky na adrese: dr. V. Kučera, 2511 No. 46, Lincoln, N.E., nebo Alfréd Nováček, Dwight, N.E. K.

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