

AMERICAN SOKOL

VOL. XCIII NO. 10

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PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

STANLEY BARCAL
President

XIII. AMERICAN SOKOL SLET

Chicago

JUNE 1973

We are now on the threshold of our 1972-1973 Sokol year, which will be another milestone in the long history of the American Sokol Organization and Sokols everywhere, because in June 1973 we will have our NATIONAL SLET in Chicago.

If history repeats itself, and it usually does, we will have a successful Sokol Holiday with competitions in Gymnastics and Sports for all of our active members and guests, along with the usual Slet festivities for all.

We can make this Sokol Holiday a day to be remembered by all Sokol members and friends by making plans now to be in Chicago in June 1973.

It is not too soon for all of our classes, our Units, and our Districts to put the National Slet on the meeting agenda and make the necessary plans and have fund raising projects to make it possible that each Unit and District will have all the representation possible, both in the Slet and the School that will follow. It is our opportunity, our Slet, and in our best interests.

As Sokol members it is our privilege, as well as our obligation, to make the XIII. American Sokol Slet a Slet to be remembered. The Sokol organization has — —

A PAST TO BEHOLD AND A FUTURE TO MOLD.

AMERICAN SOKOL

436

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George Herink

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June Pros, Secretary

6426 W. Cermak Rd., Berwyn, Illinois 60402

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Calendar of Events

OCT. 28th — SOKOL BROOKFIELD, ILL. —
Czech Octoberfest.
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.
OCT. 31st — SOKOL SO. OMAHA, NEBR. —
Falstaff Party.
NOV. 4th — SOKOL LITTLE FERRY, N.J. —
75th Anniversary Banquet.

NOV. 9th — SOKOL ST. LOUIS, MO.
Chicken Dinner.
NOV. 12th — SOKOL OMAHA, NEBR.
Pork Dinner.
NOV. 12th — SOKOL DETROIT, MICH. —
2nd Czech Afternoon Dinner Party.
NOV. 14th — SOKOLICE LITTLE FERRY, N. J.
Card Party.
NOV. 17-19th — SOKOL MILWAUKEE, WIS. —
Holiday Folk Fair.
NOV. 19th — SOKOL TABOR, BERWYN, ILL. —
Bohemian-American Concertina Club — 4 P.M. —
Dinner from 1 P.M. — Admission Free.
DEC. 2nd — SOKOL LOS ANGELES, CAL.
St. Nicholas Dance.
DEC. 2nd — SOKOL STICKNEY, ILL.
Spaghetti Dinner.
DEC. 31st — SOKOL BERWYN ILL. —
New Year's Eve Dance Party.
DEC. 31st — SOKOL LITTLE FERRY, N.J. —
New Year's Eve Dinner & Dance.
DEC. 31st — SOKOL DETROIT, MICH. —
New Year's Eve Dance.
DEC. 31st — SOKOL BROOKFIELD, ILL. —
New Year's Eve Dance.
JAN. 28th — SOKOL DETROIT, MICH. —
Gymnastical.
FEB. 11th — SOKOL MILWAUKEE, WIS. —
Jatrnice & Pork Dinner.
MAY 18-19th — SOKOL MILWAUKEE, WIS. —
Interclass Gym & Track Meet — International
Institute.

Yesterday — Today — Tomorrow

There are two days in every week about which we should be kept free from fear and apprehension.

One of these days is yesterday with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control.

All the money in the world cannot bring back yesterday. We cannot undo a single act we performed; we cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is tomorrow with its possible adversaries, its burdens, its large promise and poor performance. Tomorrow is also beyond our immediate control. Tomorrow's sun will rise, either in splendor or behind a mask of clouds — but it will rise. Until it does, we have no stake in tomorrow, for it is as yet unborn.

This leaves only one day — today. Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities — yesterday and tomorrow — that we break down.

It is not the experience of today that drives men mad — it is remorse or bitterness for something which happened yesterday and the dread of what tomorrow may bring.

Let us, therefore, live but one day at a time.

S.P.J.S.T. Věstník

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. XCIII.

October — 1972 — Říjen

OCTOBER, 1972

54th Anniversary of the Founding of the Czechoslovak Republic

This month marks the 54th Anniversary of the founding of the Czechoslovak Republic, for it was after several hundred years of extraneous domination that the Czechs and Slovaks were able to dispose of the subjection of Austria-Hungary and declare their independence.

On October 28, 1918, the Czechoslovak Republic was born. Czechoslovak Independence brought foreign rule to an end and marked the beginning of a happy era for the people of that nation.

Americans of Czech and Slovak descent contributed in no small measure toward this victory. It was the culmination of their war effort on a united front, a testing of their collective strength as American citizens, a recognition of their achievements of some 70 years of pioneering and helping to build the United States of America. Many had come as immigrants but now they all were Americans, industrious and law abiding citizens, grateful to the country which had given them the great opportunity. They cherished their freedom, for they understood — perhaps better than many native born — the duties, privileges and blessings of free citizens. That is why they worked and fought so ardently in World War I for Czechoslovak Independence so that the old homeland could enjoy the same blessings.

A combination of many contributing circumstances were attributed to the Czechoslovak Independence, which was short-lived. The Sokol movement there was one of the influential factors which led to the liberation of the nation, however, the Sokols were to enjoy very few years of the existence of the Republic. First the Nazi Germany from 1938 to 1945, and then the present Communist regime have forbidden Sokol activities.

Much has been written of the influence of Thomas Masaryk on the liberation and of the far reaching

historical decisions of President Woodrow Wilson. Let it not be forgotten that it was the inspired effort of tens of thousands of Americans of Czech and Slovak descent that upheld Masaryk's cause from the very beginning and that contributed consistently to the triumphant outcome.

It was then, in World War I, that the Czechoslovak National Council of America came into being as a national organization coordinating the war effort of many Czech and Slovak organizations in the United States into the liberation movement.

Commemoration of the 50th Anniversary of the Declaration of Independence of the Republic of Czechoslovakia was held October 18, 19 and 20, 1968, at the Statler-Hilton Hotel in Washington, D.C. under the sponsorship of the Czechoslovak National Council of America, and the cooperation and participation of various organizations of the Czech and Slovak people in America and throughout the Free World.

At the time Czechoslovak Independence Day was planned as a joyful celebration, justified by the promising democratization process then taking place in that nation. Unfortunately, subsequent events shattered plans for rejoicing. The invasion and occupation postponed the day when Czechoslovakia can again be truly independent, as she was in those exciting, productive years from 1918 to 1938.

This tragedy placed a new responsibility upon Americans of Czech and Slovak descent, for the hope of freedom must not die. Once again it is for us to hold the torch until the light of freedom begins to shine through the darkness in that unhappy land.

(Excerpts from the 1968 Commemorative Souvenir Booklet.)

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

SEPTEMBER 26, 1972

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

Correspondence: Czechoslovak National Council requesting ASO write President Nixon pertaining to the proposed Conference on European Security and Cooperation. — Czech and Slovak organizations in Chicago area are requesting donations and items of Czech artistry for their Exhibition of Czecho-

slovak art, Oct. 21-Nov. 5th, at Lincoln Savings & Loan. \$10. donation approved. Sis. Prener agreed to donate some of her time at the exhibition.

B.O.I. — Bro. Linhart, Director: Reported upon Men's meeting, Sept. 20th. — Eastern District's United Sokols Track & Field meet, Oct. 15th. Instructors Course was held at Sokol Little Ferry. Bro. Stetka sent copies of Practice Teaching Lessons. — D.A. Sokols of N.Y. requesting technical material re; 1973 Slet. — Received coaching and

teaching material from George Williams College. — Midwest Gymnastic open meet for novice at Navy Pier, Oct. 7th. — Central AAU Convention was held Sept. 18th. — Bro. Kalat stated 1971-72 Gymnastic Skills response for boys very small. Will be repeated. — Vienna Slet tour and competitions enjoyed by all. Suggest a similar tour in future. — Bro. Kalas received applications and renewals for Merit Award. Meeting on Sept. 27th to determine selections. — Bro. Fina reported on Olympics. — New Tournament Rules in typing stage. — ASO District Directors Conference will be held, Nov. 3-5th, at Sheraton-Midway Inn, Chicago. Sis. Zdenek will make housing arrangements. Central District will host a Social at Sokol Tabor for guests and members Sat., Nov. 4th. Executive Board invited to attend sessions. — Preparations for XIII ASO Slet in process. — Bros. Ptacek, Zitny and Linhart held meetings on apparatus exercises which are now ready. Calisthenics by Bros. Linhart and Michalek also being readied. Filming of Men's apparatus and calisthenics will be done on Super 8 m/m/film. Stara Garda drill will be discussed at Conference. — Officers elected and approved by the Executive Board: Assistants, R. Ptacek, R. Zitny, J. Michalek; Sec'y. P. Lebloch; Games & Sports, E. Schnabl, G. Kalat, J. Berousek; Merit Award, G. Kalas, E. Schnabl; AAU & USGF Representative, P. Fina. — Units showing great interest in forthcoming Slet.

Sis. Schnabl reported on Women's BOI meeting, Sept. 22nd. — Requested final report from Sis. Lizak, Pacific District, re; Course held at Dinkey Creek, nothing thus far. — No reply from Sokol USA for specifications on children's uniform for publication in the Tournament Rules. — Worked with Bro. Linhart re; Directors Conference. Per diem for Secretaries at Conference approved. — Requested official recognition from American Revolution Bicentennial Commission for 1973 Slet and 1975 Convention. — Met with Morton West High School officials re: Facilities for the Slet. — Officers elected and approved by the Executive Board: Assistants, M. Zeman, C. Strejc, J. Kourim; Sec'y. L. Zdenek; Games, E. Rus. — Final Report forms approved by BOI and Executive Board: Western District, Modern Gymnastic Clinic, Cedar Rapids, April 15-16th, \$449.03; Southern District, Organizational activity, Sokol Yukon, \$356.47; Week-end Course, Ennis, \$99.40.

Publicity, Sis. Basta: Pictures and information will appear in the Daily News and Sun Times.

Financial Sec'y, Sis. Sotka: August financial report prepared. Federal Taxes deposited. — 490 name changes in September. — Mailed Sokol Los Angeles' Financial Sec'y. information pertaining to duties. — 6 Sokol Gymnastic manuals sent Sokol Detroit. — \$26. Denni Hlasatel bill approved. — Sisters Falta and Fara audited the books, all in order.

Treasurer, Bro. Basta: All accounts reconciled. Recommended transfer of funds from Tour Acct. to General Fund, approved.

Uniforms: Sis. Prener: Shelving and re-arranging of stock completed. Present payment against outstanding advance received from ASO.

Tours, Sis. Prener: 300 members of the ASO attended Vienna Slet, with many participating.

Slides were shown by Sisters Ruzicka and Kovar. — Very interesting 9-day Baltimore 100th Anniversary Tour, including Baltimore, Washington, D.C., and Williamsburg, Charlottesville, Front Royal, all in Virginia. Arrangements made by Sisters Prener, Pros, Ruzicka and Mili Barcal. Cost, \$180. per person, leaving Oct. 27th, return Nov. 4th. — Special week-end package deal: Leave with group by bus, Oct. 27th, return by plane, Oct. 29th, including 2 nights, banquet, gymnastical, bus & plane fare, cost for person \$97.

Educator, Bro. Janecka: Request from Sokol Crete for educational material sent. Letter of thanks from Wilber, NE Museum for the Sokol philatelic material donated.

Secretary: Sis. Pros: Working on Baltimore Tour. Active in Central District.

President, Bro. Barcal: Attended Moravian Day Festival, Sept. 24th. Central District dancers performed. — Czech Sportsmen interested in participating in the 1973 Slet. Will arrange for a meeting.

Slet: Special meeting of the Executive Board was held on Sept. 15th on various preparations for the Slet. General meeting will be called following the Directors Conference.

DISTRICT REPORTS

EASTERN DISTRICT

September 13, 1972

Pres. Bro. Charles Zraly presided. Present were: Bros. J. Babinec, F. Capek, A. Chaloupka, H. Vesely. Sisters B. Hochner, B. Novotny, L. Pribyl, H. Schroeder, N. Zabka, B. Zraly.

Correspondence: Information pertaining to the 25th Anniversary of Sokol Washington and 100th Anniversary of Sokol Baltimore. Sokol Washington request for ads. Tickets are \$10.00 per person for the banquet. Six members from Sokol Newark will attend Sokol Washington's Anniversary. Bro. and Sis. Ruzicka will represent Sokol Miami at the Annual meeting in Washington. Sokol Miami will conduct a tour to Baltimore's 100th Anniversary on October 28th. Sokol Little Ferry will celebrate 75th Anniversary on Nov. 4th. United Sokols of the East Track and Field Meet, Victory Field in Forest Park, Oct. 15th.

Director of Women, Sis. Zabka: Sokol Course at Little Ferry was a success. There is a possibility that Units will be reimbursed \$15.00 for each student, from their Unit, who attended the course. A motion carried that Sis. Rohlf receive \$100 and Sis. Killian \$50 for their services as cooks at the course. Sis. Zabka is teaching a vaulting number to be performed at the 100th Anniversary of Sokol Baltimore. A motion carried that Sis. Zabka hire a bus to the Annual meeting and 25th Anniversary of Sokol Washington. The rate will be \$40.00 per person, includes banquet, motel and bus fare. Several officers of the Eastern District will have their motel and bus paid by the District. The bus will leave from Bohemian Hall, Astoria, on Sept. 30th and stop for passengers in Little Ferry. The rate to Baltimore's 100th Anniversary celebration will be \$35.00, includes banquet, motel, exhibition and bus

fare. The bus will leave from Bohemian Hall, Astoria, Oct. 28th. A motion carried that the expenses of the President be paid to the Baltimore Anniversary.

Delegates are requested to make brief report at the annual meeting. The meeting will commence on Oct. 1st, on the Campus of the University of Maryland in the Center of Adult Education Bldg. The Board of Directors meeting will be held in the same building. All chance books, stubs and money should be returned at the annual meeting.

Bro. Zrally thanked members for their cards of sympathy on the loss of his mother.

**NORTHEASTERN DISTRICT
B.O.I. MEETING
September 13, 1972**

Several week-end gymnastic Clinics will be held this year. The first of these to be held at Sokol Nova Vlast in late October. Included will be: marching, warm-up exercises, tumbling, Sokol history, first aid, calisthenic terminology and folk-dancing. Instructing will be Bros. Peter Dusek, Edwin Jirousek, Karel Vavra and several others.

The District accepted the invitation from the St. Wenceslaus Day Committee to participate in their parade, Oct. 1st. All Units were encouraged to participate either in Sokol uniform or Czech costume.

On Oct. 27th, at Sokol Cleveland, Sokol Tyrs will host a combined men's and women's gym night for class members and their mates, with an invitation extended to all Sokol Units to attend this event. A variety of activities will be offered, with refreshments to follow.

Announcement will be made very soon of the first session of the Czech dance group being organized. Any interested member of the Czech community is welcome to attend. — Gym classes have started in all Units with increased enrollments.

"Whatever you have received more than others in health, in talents, in ability, in success, in a pleasant childhood, in harmonious conditions of home life, all this you must not take to yourself as a matter of course. You must pay a price for it. You must render an unusually great sacrifice of your life for other lives."

Albert Schweitzer

**SOUTHERN DISTRICT
August 24, 1972**

Pres. Bro. George Prevratil presided. Present: Bros. Don Steinman, Larry Laznovsky, H. B. Smith, Harrell Hamilton. Sisters Marie Kane, Sylvia Laznovsky, Rose Steinman, Bernice Hamilton, Vlasta Laznovsky.

Moment of silence in memory of Bro. M. S. Curry and Sis. Josephine Malik, both members of Sokol Zizka. — The 1972 Dallas Slet Committee was introduced: Bros. Joseph Ehrenberger, Walter Hosek, Charles Thompson, Richard Toberny. The committee gave a financial report of the Slet, including the expense of medals and trophies. With the correction the percentage to the District amounted to \$591.14. — Sokol Houston confirmed it will host the District Slet in 1973. No date has

been set, dependent upon the date of the National Slet.

UNIT REPORT

Sokol Zizka: August meeting, 34 in attendance, gained 3 associate members. — In preparation for the Czech Day at the Fair.

Sokol Karel Havlicek-Borovsky: Swimming pool dedication successful. — 4 teams participated in volleyball tournament in Corpus Christi. — 2 dances. — Will host week-end Course, August 26-27th.

Sokol Fort Worth: Registration for fall classes, Sept. 5th. — Building fund in progress. — Physical directors Bro. and Sis. Milan attending Olympics.

Sokol Houston: July meeting, 36 members. — Socials on Sundays. — 2 dances. — 7 boys and 4 girls participated in program at the KC celebration. — Beach party, August 5th.

* * *

Director of Women, Sis. Laznovsky: 35 children and juniors participated in the physical fitness tests prior to the volleyball tourney at Corpus Christi. Ribbons and volleyball trophies were awarded during evening's social. Volleyball traveling trophies were initiated at the tournament. The 1971 Instructors Course and the 1972 District Slet were shown. Will contact Units with apparatus routines for future District Slet.

Director of Men, Bro. Laznovsky: Attended Unit meeting in Corpus Christi, August 13th. — Week-end Course at Ennis, August 26-27th, to start 9 A.M. Saturday thru noon Sunday. Will cover fundamentals of gym instruction. — Plans being made to present Ennis precision number at the Texas Folklife Festival in San Antonio, Sept. 8th. — Czech Day at the Fair was discussed.

Czech Classes Offered

Czechoslovak Society of America will hold a nine-month course of Czech language, history and culture each Thursday beginning September 14th from 7:30 P.M. to 9:30 P.M. in the C.S.A. building, 2138 S. 61st Ct., Cicero, Ill.

The course, consisting of Czech grammar and conversation, will be conducted in both Czech and English. Sound tracks, slides and films will be used.

The fee for the course will be \$25 with C.S.A. paying for the difference of the expense. Besides the Czech classes, there will also be a separate English course conducted for Czechoslovak immigrants to this country.

English classes will be conducted each Monday from 7:30 p.m. to 9:30 p.m. at a fee of \$25.

Making Choices

"A rational man acting in the real world may be defined as one who decides where he will strike a balance between what he desires and what can be done. It is only in imaginary worlds that we can do whatever we wish... Within limits, a man can make a free choice as to where he will strike the balance. If he makes his living by doing piece-work, he can choose to work harder and to spend more. He can also choose to work less and spend less. But he cannot spend more and work less... For there is always a reckoning."

Walter Lippmann

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

(Act of October 23, 1962: Section 4369, Title 39, United States Code)

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7. Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.) Stanley Barcal, President, 2437 S. Harvey Avenue, Berwyn, Ill. Betty Prener, 1st Vice-Pres., 4102 Roslyn Rd., Downers Grove, Ill. Rudolph Svoboda, 2nd Vice-Pres., 2343 S. 14th Ave., No. Riverside, Ill. June Pros, Secretary, 1606 East Ave., Berwyn, Ill. Agnes Sotka, Financial Secy., 1516 Cuyler Ave., Berwyn, Ill. George Basta, Treasurer, 2629 S. Maple Ave., Brookfield, Ill.
8. Known bondholders, mortgagees, and other security holders, owning or holding 1 percent or more of total amount of bonds, mortgages or other securities. None.
9. For optional completion by publishers mailing at the regular rates (Section 132.121, Postal Service Manual), 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 4359 of this title shall mail such matter at the rates provided under this subsection unless he files annually with the Postal Service a written request for permission to mail matter at such rates." In accordance with the provisions of this statute, I hereby request permission to mail the publication named in item 1 at the reduced postage rates presently authorized by 39 U.S.C. 3626.
10. For completion by nonprofit organizations authorized to mail at special rates (Section 132.122, Postal Manual).
 - Have not changed during preceding 12 months.
11. Extent and nature of circulation:

	Average No. Copies Each Issue During Preceding 12 Months	Single Issue of Copies of Nearest to Actual No. Published Filing Date
A. Total No. copies printed (Net press run)	5800	5800
B. Paid circulation:		
1. Sales through dealers and carriers, street vendors and counter sales.	none	none
2. Mail subscriptions.	none	none
C. Total paid circulation	5700	5700
D. Free distribution by mail, carrier or other means:		
1. Samples, complimentary, and other free copies.	none	none
2. Copies distributed to news agents, but not sold.	none	none
E. Total distribution (Sum of C and D)	5700	5700
F. Office use, left-over, unaccounted, spoiled after printing	100	100
G. Total (Sum of E and F—should equal net press run shown in A)	5800	5800

I certify that the statements made by me above are correct and complete.
 GEORGE HERINK, Editor
 (Signature of editor, publisher, business manager, or owner)

lesson to the younger set. During the presentation of this number it was pointed out that the oldest lady taking part was 80 yrs. old. At the conclusion of the number she was singled out by the news media as representative for a story and picture. St. Louis can be proud of this group, which is actually larger than the 24 mentioned in the number.

Similarly, on the West coast, I believe it is Sokol Los Angeles that had, and perhaps still has, an older group of men they call "old guard" (stara garda).

In a recent article in the American Sokol publication by O. J. Kudrnovsky it was pointed out that in most cases the older people tend to fall out of gym activity, thereby losing much of their physical fitness. I think the old system where the older folks would attend gym once a week for light conditioning according to one's ability is a very good idea and is just right for this age group.

Most of the time there is a shortage of instructors, and full time people cannot be hired due to lack of funds, so this age group in many cases becomes neglected.

Joseph Pazour, Sokol Cedar Rapids

The great majority of brothers and sisters attend the Sokol gym for the sole purpose of exercise. However, the other important values of the Sokol movement are neglected. The Sokol does not develop only the physique; nor concentrate only on gymnastics. The Sokol is concerned with the conscientiousness of the brothers and sisters and wants us to know why we are in the Sokol; what the Sokol principles are; its organization and history; and what influence it has upon our moral evolution.
 Sokol Baltimore "Topix"

American Sokol Organization
 FINANCIAL REPORT

August 1972

RECEIPTS:

Dues	\$ 985.75
Convention Fund	38.50
Special Assessment	77.00
Advertising in "American Sokol"	180.00
Resale of Jewelry	18.00
Postage	.60

Total Receipts \$1,299.85

DISBURSEMENTS:

Administrative Department	
Salaries	\$372.96
F.I.C.A. & F.W.T. for July	32.54
Rental, Janitor Service, Phone	283.28
Insurance	124.55
Office Supplies, Postage	55.20
Travel Expense	3.10
Repair to Office Machines	8.00

\$ 879.63

Sokol for the Young Only?

Not at all. Sokol is for all ages although in many areas only the young participate in the gymnastic activities, giving the impression that it is for the young only. At the St. Louis Slet we saw a good example of what can be done with older people. A special number consisting of 24 women, all older, with short batons, had a well rehearsed composition on the field that could serve as a

SOKOL GYMNAST

October 1972

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

GYMNASTIC SKILLS PROGRAM

Directors — Instructors — Gymnasts

The GYMNASTIC SKILLS PROGRAM for our youth is to be repeated for the 1972-73 season. This selection of exercises on apparatus will give instructors sufficient material to program their activities for several months. As stated before, this program is not intended as a substitute for current activities, and should not be conducted to interfere with current Sokol programs such as exhibitions and competitions, but to supplement them. Shoulder patch awards will be supplied to those passing these skills. Use sufficient amount of time before conducting the final tests. These exercises were printed in the March issue of the "Sokol Gymnast;" scoring methods, instructions, and tabulation sheets may be obtained from the American Sokol office.

CHARLES KALAT - Chairmen - SYLVIA PISTORIUS
A.S.O. Gymnastic Skills Program

AMERICAN SOKOL DISTRICT DIRECTORS CONFERENCE

EASTERN - NORTH EASTERN - CENTRAL - WESTERN - SOUTHERN - PACIFIC
DISTRICTS

Friday — Saturday — Sunday, November 3 - 4 - 5, 1972

at the

SHERATON MIDWAY MOTOR INN

54th Street and Cicero Avenue

Chicago, Illinois

Central District Social

SATURDAY, NOVEMBER 4 - 8 P.M.

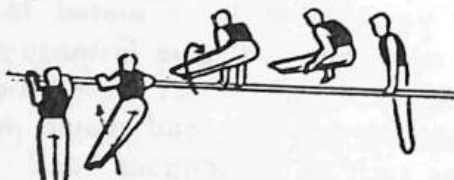
SOKOL TABOR, 16th Street and Clarence Ave. - Berwyn, Illinois

More Parallel Bars - Support Work

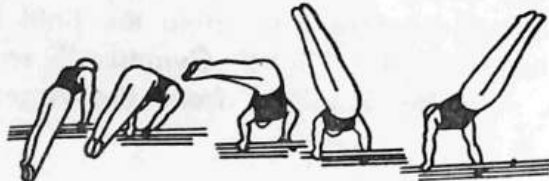
Paul E. Fina

Once a young gymnast can support himself on the P. Bars, he asks what moves (tricks) can he learn. Before instructor gives his first recommendation, he must be sure that the gymnast has the basic strength to learn moves, specially swing moves. An arm capsizing could mean an injury. So let us think of the needed basic strength. A gymnast should be able to do following:

1. Support himself one minute
2. Swing back and forth ten times (horizontal position)
3. From support lower and rise self — five times (dip)



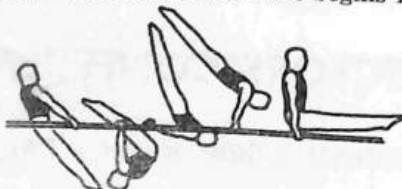
"A"



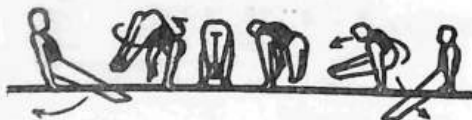
"A"

Intermediate B moves

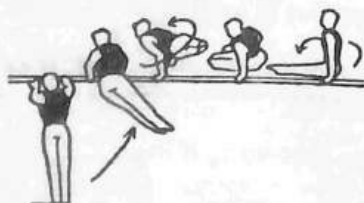
The illustrations point out ways of making "A" moves into "B" moves by adding strength, swing, or vault. The underbar somersault begins from sup-



"A" — From Stand



"B"



"B" — Hold

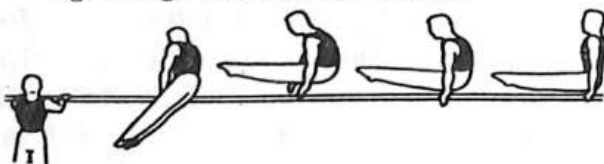
4. Do same as 3 but with swing
5. Swing back and forth in lower arm support (arm pits)

Now let us look at support work at the various levels.

Beginner's "A" moves

In the illustration there are shown three support holds, two mounts to support, and one support to support (basket) underbar move. They are all A moves. All except the underbar somersault require no particular skill. The underbar somersault starts from the floor. It is almost a B move! See General Information.

A point to remember. Any movement that has no particular purpose in an exercise is considered a "part of no value" and will require a deduction, e.g. swings and nothing happens.



"A" — Hold



"A" — Hold

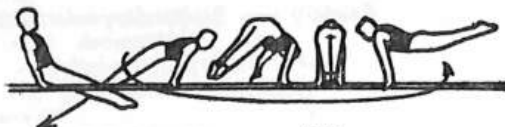


"A" — Hold

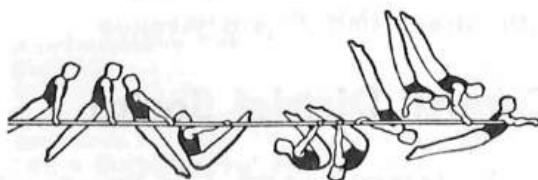
port and thus moves up to B. Whereas A moves are basic skills or strength, such as kips, uprisers, holds, and handstands, the B moves require higher strength and greater skill.

Advanced C moves

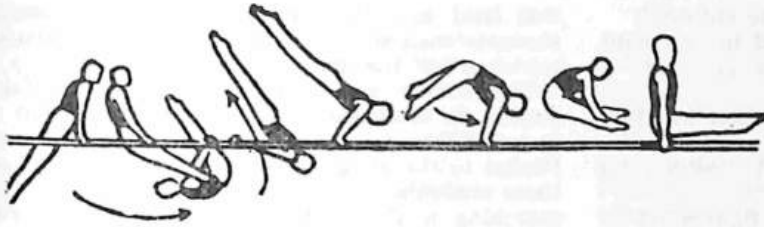
The moves as illustrated either show extreme strength, very high skills, or are combinations A and B moves. B moves with twists, or B moves done in succession (without intermediate swing), moves with high risk, etc., usually fall into the C category. Height of trick may be the criterion, e.g. basket to a handstand.



"B"



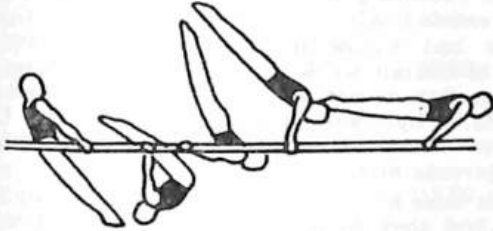
"B" — From Support



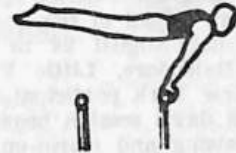
"C"



"C" — Hold



"C"



"C" — Hold

General Information

The International Federation of Gymnastics (FIG) is the ruling force in establishing the values of the moves. Each country has representation (in U.S.A. the U.S.G.F.). A uniform Code of Points for evaluation of moves (and combinations) is well established. Changes occur usually every four years. The A, B, C, moves are **not** guide lines but definite and unalterable in rating. Some are high at the end of the value and some are low in value within

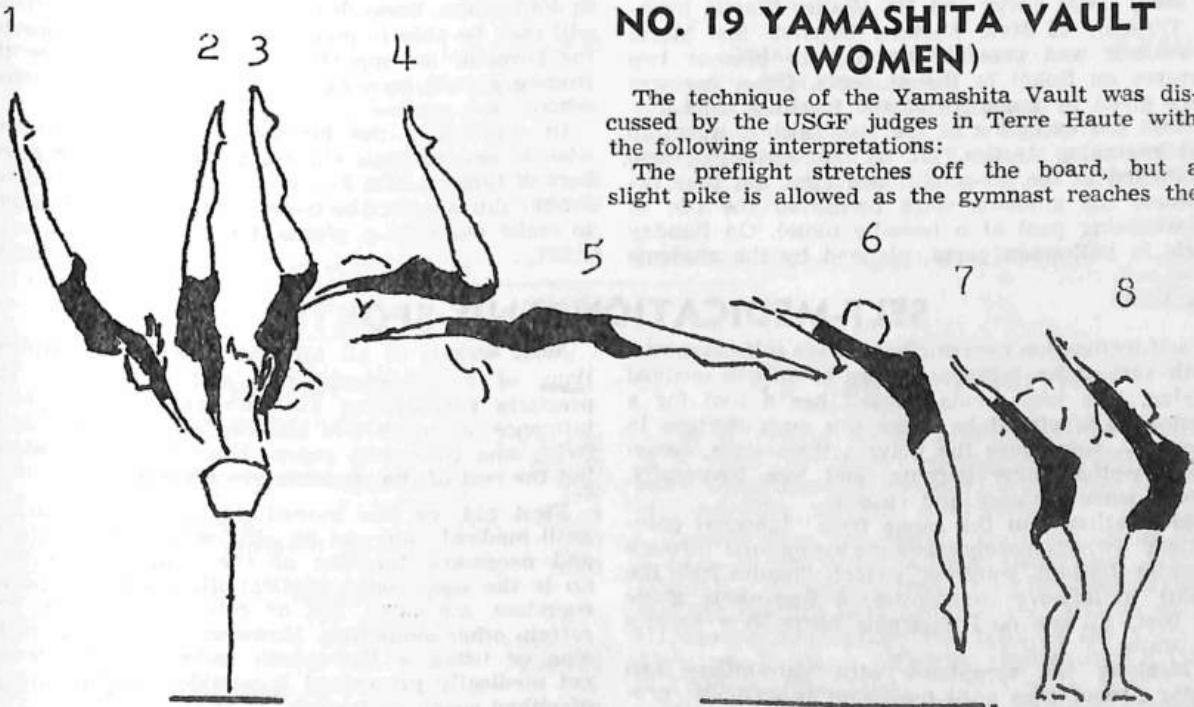
their category, e.g. low A, high B, etc. The values given to an "A" is .2, a B is .4, and a C is .6. In another article, further explanation will be given of the numerical values.

In regular competition, an exercise must now have 1 C, 5 B's, and 11 moves all of some value. For beginners and intermediates the requirements are less in number but the value of their moves does not change. Each organization can adjust to their own needs as to number of moves.

NO. 19 YAMASHITA VAULT (WOMEN)

The technique of the Yamashita Vault was discussed by the USGF judges in Terre Haute with the following interpretations:

The preflight stretches off the board, but a slight pike is allowed as the gymnast reaches the



vertical. The preflight should not be as high as angle before contact. On the repulsion phase the body is in a deep pike (45 degree) with the body for the handspring and closer to the 45degree

(back) parallel to the floor. The body opens to a straight body position still parallel to the floor. Then the body lands at the vertical. With the new interpretation of the technique of the Yamashta

Vault, the following deductions will be enforced:

1. Up to 0.5 for pike off the board in pre-flight.
2. Up to 0.5 for the low and late execution of the deep pike.
3. Up to 0.5 for lateness of extension in after-flight.
4. Up to 0.3 for short after-flight (looking for balance of flight).

New Phase analyst of vault: Note figures 3-4-5.

Eastern District Instructors School

The Eastern District sponsored a one week instructors school at the Sokol Hall in Little Ferry, N.J. from August 24 to August 30. 19 students from Baltimore, Little Ferry, Long Island City and New York participated.

Each day's session began promptly at 7.45 with flag raising and warm-up exercises before breakfast, which was prepared each morning by the assigned KP's. The basic schedule included marching tactics, calisthenics and apparatus terminology, spotting, safety in gym, first aid, dance steps, singing, games, teaching methods and practice teaching.

The instructors were Sisters Norma Zabka, Director of Women, Eastern District, Irene Wynnyczuk, Ruth Vrzalik and Brother Ed Stetka. On several occasions, the evenings were devoted to two hours gym sessions conducted by visiting instructors including br. Frank Capek, Director of Men, Eastern District, Sis. Audrey Benda, Director of women, Little Ferry, Br. George Janakis, Director of Men, Little Ferry and Br. Walter Slavik, former Director of Men, Eastern District. Sis. Marie Provaznik was present one day to present two lectures on Sokol to the students. Other lectures were given by members of the teaching staff.

With the exception of the flag raising, warm-up and marching tactics, all of the activities were conducted in the air-conditioned gym. On four occasions, the students were permitted the use of a swimming pool at a near-by motel. On Sunday night, a halloween party, planned by the students

was held and the costumes were hilarious. The students then were subjected to some constructive criticism by the instructors.

The course was brought to a successful conclusion on Wednesday with a short program which included the singing of the National Anthems, the Pledge to the Flag, singing of several Sokol songs, three students at one time performing horse vaults, marching tactics with several students alternating in giving commands and concluded with each student executing a dive roll over a rod and being presented with a diploma certifying that he or she had successfully completed the requirements of the one week school. The instructors then spoke a few words to the students followed by short talks by some of the officers of the Units. Chicken dinners were then served to the students, their parents and many guests.

Meals were prepared by the ladies of Sokol Little Ferry and they planned a fine variety of menus for the students. Other members of this Unit donated baked goods daily.

Although this course was only one week, I think that very much accomplished. Because the course was shorter than usual, and the instructors wanted to teach the students as much as possible the sessions were very strenuous and the students were given very little free time. It is evident that in some Units, there is a lack of discipline on the gym floor and marching tactics are taboo.

The instructors have done their part in acquainting the students with the Sokol System and how to use it in our Sokol gyms. The students must be permitted to use this knowledge in their Units as squad leaders, because only through this experience will they be able to progress further and to provide the Director an opportunity to judge whether the student should be sent to the advanced instructors school next summer.

In conclusion, the instructors and the students wish to extend their sincere thanks to those members of Sokol Little Ferry who housed the students for the duration of the course and to all who helped to make our stay a pleasant one.

Ed Stetka

SELF-MEDICATION AND SPORTS

Self-medication necessarily involves self-diagnosis; both very risky business. There is an old medical saying, "He who treats himself has a fool for a doctor." Unfortunately, there are such doctors in sports — sometimes the players themselves, sometimes well-meaning parents, and less frequently, lately, some trainers and coaches.

Medications run the range from "innocent pain-killers" (which merely mask the symptoms) through counter irritant poultices (which "neutralize" the pain) to left-over antibiotics, a hazardous guess at best. All can do irreparable harm in a variety of ways.

Masking the symptoms with pain-killers can delay proper care until treatment is difficult; proprietary drugs may aggravate an illness or injury, sometimes with serious results; leftover prescription drugs can cause serious side effects or induce sensitivity, making them useless when needed by the victim for life-saving purposes.

Most serious of all are the educational implications of self-diagnosis and self-medication. The practices surrounding athletics exert a compelling influence on youth and are carried over into daily living and the adult years. Not only the athletes but the rest of the students are affected.

First aid, or the immediate care of an injury until medical help can be obtained, is a legitimate and necessary function of the coach or trainer. So is the use, under medical direction, of special exercises, massages, hot or cold applications, and certain other modalities. However, giving any medicine or using a therapeutic substance or device not medically prescribed is outside the jurisdiction of either coach or trainer.

Obviously, coaches and trainers should be well grounded in first aid procedures. Other adults involved in athletic leadership, as well as student managers, should be qualified in first aid.

Educational Department BOI

Salaries	\$210.44
F.I.C.A. & F.W.T. for July	48.40
Editor "Sokol Gymnast"	25.00
Dues	50.00
Office Supplies, Postage	13.97
Phone	3.50
Music, Tapes	30.00
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	381.31

Sokol Publication

Editor "American Sokol"	\$ 75.00
Postage "American Sokol" —	
July-August issue	53.88
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	128.88

Miscellaneous

Uniform Division —	
Salaries, F.I.C.A.	\$218.80
Special Appropriations:	
Central District A.S.O. ..	\$434.00
Western District A.S.O. ..	267.80
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	701.80
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	920.60

Total Disbursements \$2,310.42

Balance Brought Forward:

Western National Bank of Cicero —	
Checking Account	\$8,879.80
Receipts — August 1972	1,299.85
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	10,179.65
Disbursements — August 1972	2,310.42
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	\$7,869.23

FUTURE SOKOL LEADERS FUND

July 1972

First Federal Savings & Loan of Wisconsin —	
Div. 6, 30, 1972	\$ 1.25
Clyde Savings & Loan — Div. 6, 30, 72	235.79
Hoyme Savings & Loan Ass'n. —	
Div. 7, 31, 1972	153.75
	<hr/>
	\$380.79

September 1972

RECEIPTS:

Dues	\$ 1,214.25
Convention Fund50
Special Assessment	1.00
Dividends and Interest	680.42
Subscriptions to "American Sokol"	7.00
Resale of Jewelry	15.00
Educational Pamphlets, Window Decals,	
Postage	6.99
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	1,925.16
A.S.O. Uniform Division —	
Payment in Advance	1,000.00
A.S.O. Excursion Committee —	
Payment in Advance	5,000.00
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Total Receipts	\$ 7,925.16

DISBURSEMENTS

Administrative Department

Salaries	\$416.17
F.I.C.A. & F.W.T. for September	91.24
Rental, Janitor Service, Phone,	
Electric	336.26
Repairs to Office Machines	18.90
Printing Stationary	270.00
Miscellaneous Expense	36.00
	<hr/>
	\$ 1,168.57

Educational Department BOI

Salaries	\$210.44
F.I.C.A. & F.W.T. for September ..	48.40
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	28.00
Postage	3.28
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	315.12
Sokol Publication	
Editor "American Sokol"	\$ 75.00
Printing "American Sokol"	567.20
Postage "American Sokol"	48.92
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	691.12

Miscellaneous

Uniform Division — Salaries	
F.I.C.A., Phone	\$261.76
Special Appropriations:	
Western District A.S.O. ..	\$449.03
Southern District	455.87
	<hr/>
	904.90
	<hr/>
	1,166.66

Total Disbursements \$ 3,341.47

Balance brought forward:

Western National Bank of Cicero	
Checking Account	\$ 7,869.23
Receipts — September 1972	1,925.16
Payment on Advances	6,000.00
	<hr/>
	15,794.39
Disbursements — September 1972	3,341.47
	<hr/>
	\$12,452.92

75 Years of Service

The Western Fraternal Life Association (formerly Western Bohemian Fraternal Association or Západní Česko-Bratrská Jednota) is presently in midst of celebrating its 75th Anniversary.

Records show the earliest fraternal lodges were a part of the Czechoslovak Benevolent Society (C.S.P.S.) starting in 1854. However June of 1897, saw the creation of a new Society, Articles of Incorporation filed under the laws of the State of Iowa, and business officially started July 4, 1897 in Cedar Rapids, Iowa.

Most of the business was conducted from the home of first Secretary, Alois Blaha, from 1897 to 1908. In 1908, all records and business equipment were moved to a room in the newly built Z.C.B.J. Hall at 3rd Street and 12th Avenue.

It was in late summer of 1959 when the present Home Office Building was completed, with formal dedication ceremonies, September 13, 1959. More than 500 members and guests were present for the Open House, and Roman L. Hruska's dedication message included these words: "This structure is a far cry from the early days of Czech cultural groups in America. It represents the financial support and physical effort of thousands of our members. In our articles of incorporation we pledged to be honest, respected American citizens. This building is dedicated with that same purpose."

In the Anniversary Issue of the Bratsky Vestnik is stated: "Our Association believes in the generation gap, but not in the general belief expressed today. In our ethnic backgrounds, children have always looked up to parents and grandparents. Our children would be confused and bewildered to have oldsters try to live at their levels of activity and thoughts. It is through generation gap that each generation can contribute its best — the young members to use their impetuous effervescence and activity to learn and progress, and the older members to express their years of acquired wisdom and beliefs. Without wisdom and guidance, progress would have been severely impeded."

For many years the W.F.L.A. (Z.Č.B.J.) has been a most generous contributor to our Sokol movement in America — not only financially but morally — for which the American Sokol Organization is eternally grateful.

It is on this special occasion that the best of wishes are extended for its continued success in the field of insurance.

Still Pounding

"Archivists and kindred historians tell us that the ancient Egyptians knew how to pound gold into leaves so thin that it took 367,000 of them to make a pile an inch high. It was a long time ago, but it isn't exactly a lost art. For the last eight or nine years there have been those trying to do the same thing for the dollar."

—From the Nashville Banner

Pacific District's Children's Camp

Once again this year, the Pacific District children were treated to one week of SOKOL camp in the High Sierras. Forty-seven children participated in the week long activities at Dinkey Creek, hiking and swimming were by far the favorite activities among the youngsters. Other activities included gymnastics, arts and crafts, sports, games, horse back riding, Czech lessons, SOKOL ideals, and a gymnastic clinic.

Our favorite swimming hole in the Creek, at a beautiful rockslide, is the same used by MacLean's Toothpaste in filming their "white teeth" commercials. No doubt our kids had bigger smiles as they slid down the slide, tearing swimsuits.

Each evening was concluded with a campfire with songs and story telling. "Funny hat night", "Strangest Object Ever Found during a Hike", and

"Skit Night", made a full week interesting. The Treasure Hunt was by far the most competitive between boys and girls. Saturday highlights were concluded by Olympic competition in the morning, and Brother Hitnaus' outstanding Clinic demonstrations in the afternoon. The kids also had a demonstration of Judo by Mr. M. Koukal, holder of a Black Belt title. Sunday was a sad day as the kids departed, with only two complaints, "Too much food was served" and "7:00 in the morning is still too early to get up in the cold Sierras."

For the wonderful food we thank Sis. Rita Tvrdek, who headed our kitchen committee, with the help of Sisters Helen Jakl, Ana Spanek, Mary Falls, Lorenz, and Brother Curtis Falls. Food preparations were outstanding and I'm sure not to be found at any other camp. Bro. George Spanek was helpful in providing his experience and Sokol ideals training. The instructing personnel was outstanding. Present were: Sisters Mary Lizak, Libby Pelz, Iva Prochazka, Ruth Santo, Arlene Wortner, and Bros. Joe Jakl, Laddie Lizak; and Junior instructors Sonja Turdek and Susan Bursik.

Many thanks go again to Brother Joe Jakl for the great support he gave me to make this an enjoyable week. I would also like to thank all the people who supported us, and to Sokol Fresno, who once again delivered all the gym apparatus. Thanks also has to go to the kids, who were great this year.

Jan Bednar, Camp Director

Beseda Begins New Fall Season

The American-Czechoslovak Folkloristic Society opened its fall season with rehearsals in the CSA building in Cicero, Ill. on Sunday evenings.

The cultural and educational society has members ranging in age from 15 to 70, who are either American-born, naturalized or newly immigrated. Costumes are the authentic folk dress of the area from which the dances originate.

For the most part, they are handmade and hand embroidered and some of them are antique. It takes each girl two days to prepare her costume and three-quarters of an hour to change into her costume, with help, for each performance.

The group performs dances celebrating the end of planting and the harvest and does czardas. It sings of unrequited love and calling to arms of men against an invader. The Beseda, during the past year, has provided a program of dances and songs from Moravia for a number of Chicago organizations including the Moravian Cultural Society Ball and the Alliance of Czechoslovak National Council's spring and fall dances.

The group was represented at the July 22nd Captive Nations parade. A program of dances was presented to the Czech population of Union Pier, Mich., last season, and the group went to Chatham, Ontario, Canada to participate in a folklore celebration there.

September 30th, the Beseda was to appear at the downtown branch of the Chicago Public Library with the singing society, Lyra.

Sokol Karel Havlicek-Borovsky, Ennis, Texas

On Sunday, Aug. 6th, Ennis Sokol members and guests witnessed the ribbon-cutting and celebration marking the formal opening of their Olympic-size swimming pool. The day began with a delicious dinner served by the Swimming Pool committee wives and the faithful sisters of the Unit.

Pres. Bro. Edwin Laznovsky made the address of welcome. Following the invocation, Sid. Pokladník, Director for the SPJST, was the opening speaker. He stated the facility a great gain for Sokol, its families and community; praising the leaders of the project for their determination and hard work. Bro. Bob Zazvorka, last charter member of Ennis Sokol, joining in 1908, was recognized by Mr. Pokladník.

The committee, consisting of: Bros. Eric Moucka, chairman, George Good, Larry Laznovsky, Joseph A. Slovak, Don York, Jack Henning, Tom Valek and Jerry Laznovsky was introduced. District Pres., Bro. George Prevrtil of Dallas Sokol commented on the progressive organization in establishing a pool of this magnitude. He was joined by Pres. Laznovsky in the ribbon-cutting. To conclude the impressive ceremony, Debbie Starrek and David Houdek, both gymnasts, dove off the low and high diving boards, and were then joined by all, frolicking in the water for the balance of the evening.

We are proud to announce that this was another great date in the long and colorful history of Sokol Karel Havlicek-Borovsky.

Mrs. Joseph A. Slovak

Zpráva z výroční schůze cvičitelského sboru župy Severovýchodní

Výroční schůze cvičitelského sboru Sokolské župy Severovýchodní zahájil a řídil župní náčelník br. Peter Dušek. Na zahájení schůze poděkoval br. náčelník všem za vykonanou práci v uplynulém sokolském roce, za nadšení k myšlence sokolské a doufá, že v práci a snažení vytrváme. Nastávající sokolský rok bude rokem velmi rušné práce. Máme před sebou zimní cvičení všech clevelandských jednot v Cuyahoga Community College, letní slet župy, opět na tábořišti AMLA a slet Americké Obce Sokolské v Chicagu.

Bylo také debatováno o větší spolupráci také s mimosokolskými organizacemi — aby byla širší americká veřejnost více obeznána se sokolskou činností. Bylo přijato pozvání města Bedfordu, — aby župa vystoupila na dnu města Bedfordu, který se bude konat 4. července.

Br. John Balance, předseda nového vzdělávacího odboru, podává zprávu, že letní škola tělocviku byla velmi úspěšná a že se bude také v novém období rozšiřovat, hlavně pořádáním večerních kurzů a nácvičných hodin. Pomýšlí se na zakoupení oficiálního filmu z letošního olympiády v Mnichově.

Přehled o účasti Sokolské župy v minulém období vykazuje následující: Protestního průvodu v Týdnu porobených národů v Clevelandě se účastnilo 44 bratrů a sester. Dne 12. srpna vystoupili v TV programu úspěšně dorostenci a dorostenky. Čtyři naše sestry se zúčastnily sletu Čs. Sokola v zahraničí ve Vídni.

Cvičitelský sbor byl spokojen s novým místem pro letní veřejné cvičení v Leroy, Ohio. Byly však navrhovány různé změny, aby úspěch jak morální tak finanční se zvýšil.

Byla také obnovena otázka taneční skupiny. Uspěšeno začít opět nacvičovat Československou besedu a každý, kdo má zájem (nemusí být členem Sokola) je vítán. — Československou besedou před léty dobýval Sokol Ameriku. O tom přinese župní cvičitelský sbor další podrobnosti.

* * *

Únor 4, 1973 — Zimní veřejné cvičení v Cuyahoga Comm. College.

Červen 3, 1973 — Slet župy Severovýchodní na AMLA tábořišti v Leroy, Ohio.

Červen, 1973 — Slet Americké Obce Sokolské v Chicagu.

Červenec 4, 1973 — Vysoupení na dnu města Bedford, Ohio.

Tato zpráva mě byla zaslána sestrou June Bradovou a mohu říci, že jsem již po více let podrobnější zprávu neobdržel. Třeba, že nejsou již schůze vedeny v češtině, což ani nemůžeme očekávat, převládá zde duch té věčné sokolské myšlenky založené Tyršem a Fuegnerem. Za takového vedení se nemusíme obávat, že zde Sokol zanikne, ale naopak můžeme hledět směle do sokolské budoucnosti. K volbám všech úředníků a hlavně náčelníkoví bratru Petru Duškovi, mohu jen blahopřát.

Ať to sokolské: "Jen dál a výš až k metám nejvyšším" je cílem snažení všech činovníků Sokolské župy Severovýchodní!

K.Z.

Sokol Tyrš

Jako každým rokem, tak také letos se konaly volby v cvičitelském sboru jednoty na sokolský rok 1972-73. Cvičící jsou páteří každé jednoty, — protože jednoty bez cvičenců se stává jen spolkem.

Jednota Sokol Tyrš nemá dnes svoji budovu a proto též se musí přizpůsobit podmínkám jaké zde dříve nebyly. Přece ale se cvičí a třídy jsou početné.

Na rok 1972-73 byli zvoleni tito činovníci: Náčelník br. Bert Box; jeho zástupce br. Dennis Jiroušek; vedoucí třídy mužů br. Petr Dušek; vedoucí dorostu br. Karel Vávra; vedoucí žáků br. John Ballance.

Náčelníci byla zvolena ses. Norma Eckhoff, vedoucí žen ses. Dolly Baca; zástupkyně ses. Betty Stříbrný; vedoucí dorostenek ses. Jane Mastný; vedoucí začek ses. Carol Gedeon. Jednatelkou ses. Lucille Patrick a pokladní ses. Milada Voris.

Cvičitelský sbor apeluje na rodiče, aby posílali svoje děti do Sokola. Velké třídy cvičících jsou jedinou odměnou cvičitelům za tu velkou, nikým neplacenu práci, kterou věnují tělesné vyspělosti mládeže.

K.Z.

Co Čech, to Sokol

Nedávno jsme na tomto místě uvažovali o rozdílných životních názorech tří exilových skupin a o nedostatku jakékoli jednotící myšlenky. To však je pravdou jen pokud by šlo o jednotící ideu politickou. Nepolitické, k sjednocení národa zaměřená idea však existuje v organizaci sokolské. Ta ovšem vyžaduje, aby každý kdo přistoupí, stal se Sokolem na místě prvého a nechal své politické a osobní přesvědčení přede dveřmi tělocvičny či sokolovny. Tyršovým konečným cílem bylo "Co Čech, to Sokol", povznesení celého národa.

Avšak jako dnes tak i tenkrát existovala překážka o níž Tyrš napsal před 110 lety v malém dílku "Náš úkol, směr a cíl" toto: "Víme jak rádi se lidé skrývají za horami prázdných slov místo aby mysleli samostatně anebo přiložili ruku k aktivní práci." Mluvil o vlastenectví slovy místo vlastenectví činů. I dnes je k tomu sklon.

Dr. Miroslav Tyrš, (1832-84), zakladatel Sokola, byl vzácnou kombinací realisty a idealisty, nikoli však snílka. On viděl jasně, že národ není žádnou vidinou, jak jí ospěvují básníci. K povznesení národa je nutno povznést fyzicky, duchovně i mravně. Sokol byl založen, aby se podjal tohoto úkolu.

Tělovýchova a její potřeba jsou téměř staré jako lidstvo samo. Již náčelníci primitivů věděli, že fyzická námaha v dením zaměstnání je nedostatečná a organizovali tělocvik, divoké celé dny trvající tance s bojovými prvky. Bylo to v zájmu obřany, aby muži byli muži a neměli sulc, kde by měly být svaly. Velcí dobyvatelé trénovali své armády, šlechta cvičila těla v šermu i jinak v celé historii. Egypťané, Řekové a Římané první organizovali tělocvičné školy. Všichni věděli, že tělesná námaha je nutná, aby tělo nezakrnělo, nedegenerovalo a zůstalo zdravou a silnou schránkou zdravé duše. Věděli, že ani sval, buňka mozku nebo nějaká dovednost nemůže se rozvinout jinak, než opakovanou námahou v denním životě nebo v záměrném tréninku, ať jde o člověka nebo o zvíře, jako na př. závodního koně.

Na témže poznatku je založena Darwynova teorie o vývinu vyšších druhů živočichů z druhů nižších. Orgány neužívané zakrní až se eventuálně ztratí, nové orgány vyžadované prostředím se vyvinou, anebo slabě existující orgány vyrostou, sesílí — v boji o přežití. Co degeneruje, je neúspěšně odsouzeno k zániku . . . Všeobecně známým příkladem jsou domácí ptáci ve srovnání s jejich volně žijícími příbuznými. Bažanti, divoké husi, kachny, krocani jsou dobrými letci, protože denně trénují křídla létající za potravou. Jejich domácí příbuzní, slepice atd. jsou živeni a chráněni člověkem, léhat nepotřebují, křídla nenamáhají, křídla tudíž zakrněla a schopnost letu se ztratila. Totéž platí o netrénovaných orgánech člověka.

V citovaném dílku Tyrš napsal: "Jen zdravý národ může být národem obránců. Zbraň v každé pěsti. Vojenská organizace. Kdokoliv pomýšlí na obranu svého národa, musí stát na stráži proti vlastní degeneraci v době míru a ohnivým mečem zničit netopýry a upíry života."

Co těmi upíry života Tyrš myslel, je zřejmé z celého díla: jsou to lenošná nečinnost, letargie, opíjení se prázdnými hesly či iluzemi, ustrnutí mysli

a podobné náhražky či překážky činnosti. My plníme svůj úkol především plynulou fyzickou a duchovní činností, která má na mysli pokrok všestranný", praví Tyrš.

Tyršův sokolský program je reálný, pro národ blahodárný. Dveře sokoloven jsou otevřeny všem Čechům a Slovákům, kteří kladou národ na místo první a dovedou, po sokolsku, odsunout ostatní "osobní názory" na místo druhé, v zájmu jednoty. Ovšem, cvičení mluvidel je méně namáhavé než cvičení těl. Avšak zanedbání tělocviků je jistou cestou k degeneraci a konečnému zániku národní větve za hranicemi. Je na čase, aby se nad těmito fakty zamysleli všichni, kdož mají národ nejen v ústech, ale i v srdci.

K. B. Sázarvský

Sokol Miami

Naše Sokolská jednota se šťastně z Vidně ze sletu domů navrátila, dojmy, které si domů přivezli, nikdy nezapomenou, pochod pro nástup cvičících, ve kterém pochodovali též naši Sokolové z Miami. Br. Anton Hron nesl Miamskou Sokolskou vlajku, na kterou nám zahraniční starosta Dr. A. Hřebík připnul krásnou stuhu. Promluvil, že jest to třetí slet zahraničních žup ve Vidni.

Uchvatná podívaná byla cvičící čtyři, obzvláště na vídeňské ženy cvičící s kuželkami. Večír se všichni Sokolové sešli v budově na večeri, pak následovala Sokolská veselice.

My zde v Miami se stále scházíme v sokolské místnosti, kterou pronajímáme na 150 ulici, North Miami. Po chutné večeri, Dr. Charles Macháček, nás cvičí na pěkný vánoční program, který jsme oslavovali za našich dětských let ve staré vlasti. Mikuláš a anděl se též dostaví. Čert bude řinčet řetězy, nás malé děti velice postrašil, strachy jsme se stříšali a odříkávali Otče náš.

Všechny naše známé a turisty zveme na to naše divadlo.

Leopoldina Petrášek

Č.S.A. pořádá kursy češtiny a angličtiny

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Mimo těchto kursů češtiny bude rovněž uspořádán odděleně kurs anglického jazyka pro nové emigranty. I těmto Jednota ČSA nabízí pomocnou ruku, aby jim usnadnila existenci v jejich novém domově tím, že si osvojí znalost anglického jazyka. Tento anglický kurs bude rovněž trvat devět měsíců a bude vyučováno každé pondělí od 7:30 hod. večer do 9:30. Kurs bude pozůstat z anglické gramatiky a konverzace a začne v pondělí dne 11. září. Poplatek za úplný devítiměsíční kurs je pouze \$25.00 za osobu.

PŘÍRODA SE CHYSTÁ K SPÁNKU. Pole zejí prázdnotou. Jen v zahradě je ještě krásně, jako by chtěla příroda ukázat svoji krásu, dříve nežli se uloží k zimnímu spánku. Tu kvetou slunečnice svou zlatožlutou barvou, tam zase astry a jiriny rozkládají své pestré hlavičky.

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Jde to, ano, jde! Naše snaha získat srdce mladých školáků obecných a vyšších škol pro mateřskou řeč rodičů, zaznamenává další úspěch jistě hodný následování i jinde, v jiných střediscích českých ostrovů v Nebrasce, Kansasu, Jižní Dakotě a jinde. Záleží jen na vás, čeští rodiče a poplatníci veřejných škol, abyste žádali, co vám po právu patří, a hleděli získat porozumění místních školních výborů.

Učitelka těchto kursů ve Wilber, pí. Irma Ourecká, která navštěvovala po tři roky moje kursy češtiny na universitě v Lincoln, dala se tedy do práce, a my ji přejeme úspěch. Zajistit vyučování češtině na obecných a vyšších školách je věcí pro nás nadmíru důležitou. Je to podstatná část naší národní práce a povinnosti. Čeští rodiče, dejte se do práce. Žádejte zavedení češtiny do veřejných škol — jde to, jde, jen chtít!

Dr. Kučera

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