

AMERICAN SOKOL

VOL. XCIII NO. 11

NOVEMBER, 1972

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

ANOTHER IMPORTANT MILESTONE

Last month's publication of the American Sokol included President Stanley Barcal's timely reminder of our 1973 National Slet in Chicago. It voiced the concern and sentiments of all who hold Sokol close to heart, for this Slet could be the most significant in the long and colorful saga of Sokol in America.

Nostalgic memories revert to the golden days of the past—of Slets in Soldier Field on Chicago's lake-front during the banner years of 1929, 1933, 1937, 1941—with vast numbers of gymnasts in participation—and thousands upon thousands of avid spectators in full absorption of the colorful spectacle unfurling before their eyes.

Yes! Those were indeed glory years, but understandably, like the ever-changing ocean tide, time never remains constant, life changes from day to day. No longer is there that long and unceasing stream of Sokol-minded immigrants arriving to our shores. Majority of the present day European arrivals are inbred with their own special breed of political philosophy, and certainly a far cry from the noble ideals of Tyrs and Fuegner, which have been forsaken by these newcomers.

And so, if our Sokol movement is to perpetuate across this land of ours, the burden will ultimately fall upon the shoulders of 2nd and 3rd generations of Czech descent. Now there is the plaintive cry for a huge outpouring—a massive manifestation of Czechs and Slovaks during the Slet days in Chicago. Never was there a greater need for re-awakening of pride in our Czech heritage as of now.

Time is near when the American Sokol Organization will be most dependant not only upon the wholehearted support of all Sokols throughout—but the entire Czech community—its lodges, cultural societies and fraternal organizations.

June 1973, could well prove to be a most symbolic month in the annals of Sokol in America.

GEORGE HERINK

AMERICAN SOKOL

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Calendar of Events

- DEC. 2nd — SOKOL LOS ANGELES, CAL.
St. Nicholas Dance.
- DEC. 2nd — SOKOL STICKNEY, ILL.
Spaghetti Dinner.
- DEC. 9-10th — SOKOL MIAMI, FLA.
3rd Anniversary Banquet — Saturday.
Exhibition & Barbecue Picnic — Sunday.
- DEC. 31st — SOKOL HAVLICEK-TYRS, CHICA-
GO, ILL. — New Year's Eve Dance.
- 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. 1st — SOKOL MIAMI, FLA.
New Year's Dinner.

JAN. 14th — SOKOL CLEVELAND—CECH—
HAVLICEK, CLEVELAND, OHIO.
Card Party.

JAN. 27th — SOKOL TYRS, CLEVELAND, OHIO.
"Night in Prague" — Cabaret Party — El Koran
Shrine.

JAN. 28th — SOKOL DETROIT, MICH. —
Gymnastical.

FEB. 4th — NORTHEASTERN DISTRICT,
CLEVELAND, OHIO.
Combined Sokol Winter Exhibition — Cuya-
hoga Community College.

FEB. 11th — SOKOL MILWAUKEE, WIS. —
Jatrnice & Pork Dinner.

MAY 18-19th — SOKOL MILWAUKEE, WIS. —
Interclass Gym & Track Meet — International
Institute.

Sokol Karel Havlicek-Borovsky, Ennis, Texas

A Luau was held on Sept. 23rd at poolside of Ennis Sokol's new Olympic-size swimming pool. Decorations were in the Hawaiian theme. A buffet was served. Several of the hardy men enjoyed the swimming and diving in spite of the cool weather.

Gymnasts from the Unit, representing the Ennis Polka Festival, performed at the Texas Folklife Festival in San Antonio, Sept. 7-10th. The Festival was held on the grounds of the Institute of Texas Culture in Hemis Fair Plaza.

The Ennis numbers, a segment of the events concerning Czech heritage and culture, were calisthenics numbers accompanied with music, and a modern gymnastic number. Those who participated were: Della Zhanel, Bernice Hamilton, Sylvia Laznovsky and Teri, Nita, Sharon and Rita Neff.

The instructors and gymnasts of Ennis Sokol are busy in planning activities toward their goal of filling a bus for the Chicago Slet in 1973.

Mrs. Joseph A. Slovak

IN MEMORIAM

Now deceased, Bro. Louis and Sis. Anna Jansky. Bro. Jansky passed away, August 28, 1972. Born, June 8, 1899, in Czechoslovakia. Sis. Anna Jansky died, September 18, 1972. Born, September 4, 1902, in Chicago, Ill.

Bro. and Sis. Jansky will long be remembered as faithful members of Sokol Portland, Oregon. Survivors are: Dr. Louis Jansky of Portland and three grandchildren. Bro. Jansky left two brothers, James and Joseph. Sis. Jansky also left two brothers behind, Jerry and Frank Petrik.

Deepest sympathy is expressed. May they rest in Peace.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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TŘI ČTVRTINY STOLETÍ SOKOLSKÉ ČINNOSTI — PŮL STOLETÍ ČINNOSTI SOKOLSKÉHO CVIČITELE A ČTVRT STOLETÍ SOKOLSKÉHO ZÁVODĚNÍ

Nositelům tohoto úctyhodného rekordu není nikdo jiný než bratr FRANTIŠEK PŘÍHODA, dosud činný cvičitel Sokola St. Louis. Pro jeho oddanost věci sokolské, pro jeho příkladnou činnost cvičitelskou, boreckou a závodnickou, hrstku těchto vzpomínek.

František byl ne celých 6 let, když vstoupil do Sokolského žactva. Snad dříve začal chodit do Sokola než do školy. Jeho mateřskou jednotou byli Vokovice, Praha VI.

Ined od prvopočátku rostl horempádem, v tělocvičné činnosti. Pro jeho vyspělost byl předčasně přeřazen do dorostu. Tak již v 13ti letech cvičil na V. Vsesokolském Sletě v Praze, v památném čísle, skupin vyspělých dorostenců. Od této jeho první účasti sletové podílel se na všech ostatních Vsesokolských Sletech ČOS. Včetně XI. Sletu, který byl snad poslední ukázkou celému světu, triumfu síly, výkonnosti a kázně československého lidu . . . ano, poslední to slavné vyvrcholení ideálu našich sokolských zakladatelů Tyrše a Fuegnera. V Americe bratr Příhoda bral činného podílu na všech sletech a mezisletech A.S.O. počínaje II. Sletem Amerického Sokolstva, neméně pak na desítkách župných sletů a veřejných cvičení jednot.

Prošel tou nejtěžší zkouškou tělesného vypětí a náporu, sokolským závodnictvím. Prošel všemi stupni sokolského závodění, včetně sokolského přeboru, 13tíboje na nářadí a v prostném tělocviku, vyžadující té největší sebekázně, odvahy, neodolnosti a vytrvalosti. Po prvé závodil jako dorostenec v závodech Župy Podbělohorské ČOS, 1910 na Smíchově. Postupně pak na všech sletech. V mezinárodní soutěži úspěšně vyřadil pro závody Mezinárodní Tělocvičné Federace v Lublani, Jihoslávie. Po tuším nácviku pro pařížskou Olympiádu, jenom slitina krve v dlani právě při vyřadovacích závodech, mu členství v Československém olympijském družství zabránila. Jeho závodnická kariéra pokračovala i v oblasti Americké Obce Sokolské, kde dobyl mnoho úspěchů a v roce 1927 při Mezisletových Závoděch, stal se Přeborníkem Americké Obce Sokolské.

Cvičební úsek sahá od jeho nejutlejšího mládí až do podzimu jeho života. Prošel etapy kalafuny a magnesia. Ovlivňován v jeho snahách tělocvičnými velikány jako: Robert Pražák, několikanásobný vítěz olympický, Josef Čada, František Erben, i samotný náčelník ČOS. Dr. Jindra Vaníček. Jeho sokolské členství začíná ve Vokovicích Praha VI., dále pak vede do Chomutova, Horní Ves, Sokol Plzeň, Sokol Čech Havlíček v Clevelandu, Sokol Havlíček Tyrš v Chicagu a konečně v Sokole St. Louis, Mo.

V soutěži na místo společného cvičitele pro Ameriku, ČOS. vybrala jeho nabídku pro Sokol Čech Havlíček v Clevelandu. Později stal se cvičitelem v Sokole Havlíček Tyrš v Chicagu, Sokola Berwyn, společným cvičitelem A.S.O. a Sokola St. Louis, kdež je až do dnes činný. Jako kočovný cvičitel A.S.O. jezdil po celé oblasti A.S.O. od New Yorku až do Pacifiku; pomáhal všude, při Sletech A.S.O., Župních Sletech, veřejných cvičeních jednot, ve cvičitelských kursech, při vedení cvičení jednot; cvičil, zpíval a vychovával. Při tom úzce spjal sokolské žití se šířením sokolských ideálů.

Jeho tvůrčí snahy snad vrcholily za jeho působnosti v Sokole St. Louis, což by mohlo býti samostatnou kapitolou samou o sobě. Však jeho zvláštní čísla: Pětasedmdesátka, Devadesátka a Stovka k 75, 90 a 100 letému výročí Sokola St. Louis, jeho Čtverilky, Besedy a národní tance ve skvostrních národních krojích (dar to sestry Cecilie Nojdlové) byly perlou nejenom jeho tvůrčí schopnosti, ale též i jeho dovednosti nácviku.

"Tvůj projev díky a vděčnosti bratře Příhodo, všem těm sestrám a bratrům, sokolským duším, kteří Tě při Tvém sokolském putování hostili a v Tvých snahách podporoval, jsem jist, že tento dík a vděčnost jsou jim opětovány. A nyní, bratře Františku Příhodo, od Tvých bývalých svěřenců spoluzávodníků, i všech Tvých známých bratrů a sester z blízka i z dále — Zdar! — a Necht' vyjdou Ti ještě na dlouhá léta!"

O. J. Kudrnovský

Power of Concentration

If all the books on controlling a situation were reduced to one sentence, what it would be? The answer is: "what the mind attends to, it considers; what the mind attends to continually, it believes — and what the mind believes, it eventually does."

This is secret of all effective advertising, all education, all spread of truth or falsity. We act on what we believe. The power of concentrated and durable attention to a fixed goal is the power to bend one's wits more to the purpose at hand.



A group of American Sokol Organization members from Miami and New York, entering the Stadthalle in Vienna.

From left to right: Miami flag bearer bro. Anton Hron, Standard bearer bro. Frank Kalivoda. Wo-

men in parade Dress Uniform: Sis. Annette Macoun, Rose Kalivoda, Lillian Sturdik — followed by bro. Frank Ruzicka. New York: Sis. Norma Zabka and others.



Vienna Stadthalle, lining up: Juniors, Women and Men from: Berwyn — Rus Zitny, Sue and Kathy Hynek; Brookfield — Charles Klapp, Judy Slezak;

Chicago — Kris Tybor, Debbie Seminovsky, Mary Kucera, Renee Prescan, Jo-Marie Zeman. — Cleveland, Ennis, and Los Angeles.



Sis. Joseph S. Milan, is matriarch of four generations of Sokol enthusiasts. At 76, she's an advocate of gymnastics. The Sokol Fort Worth great-grandmother was off to see the Olympics in Munich.

Sis. Joseph Milan, at 76, is not your everyday grandmother or even great-grandmother. She may have 8 children, 32 grandchildren, and 12 great-grandchildren, but she still maintains an active life of her own.

For instance on Aug. 5th she flew with her son, Emil, for the Olympics in Munich. The trip was also her first return to her homeland, Czechoslovakia, since she came to the U.S. when she was 15.

She stated: "I go mainly for the gymnastic events. Sokol gymnastics is a tradition in our family. All of my family, and I too, have participated in Sokol. Gymnastics to Czechs is like football to Americans. Most Czech children start training in Sokol at age 3."

That seriousness is well-evidenced by the numerous Sokol trophies her family has won, several of which are on display at her home. She believes physical fitness, especially gymnastics, should be stressed more heavily in the U.S. Stating: "Sokol gives our kids something to do and keeps them off the streets."

Two of her sons, Emil and Jerry, are gymnastic instructors in the Fort Worth, Texas area high

schools. Each of them introduced Sokol techniques at their schools. Since Emil started teaching his boys teams won 6 straight state championships.

Jerry Milan left for Europe, June 27th, for the Slet gymnastic events in Vienna, Austria. He and his wife were guest judges at the competitions. Jerry is also a member of the Olympic committee.

Sis. Milan planned on visiting a sister in her home town of Kunovice, Moravia. She had not seen her sister since 1921, and she also wanted to see relatives of her deceased husband in Yugoslavia. Her husband died in 1965.

Joseph S. Milan was fondly known as "E-Flat-Joe". He played a big bass horn for the Lions Club activities. He was a member of the Shrine band, and also played in the Donkey band of the Knights of Pythias.

Sis. Milan sold SPJST Fraternal Insurance for 40 yrs. and was awarded many plaques for her services. However, she's modest about her own achievements, and would rather talk about Sokol and her children. Then her eyes light up — Sokol is something she'll have in common with every generation.

**Help Make Our Sokol Organization Strong —
Enroll That New Sokol Member NOW !**

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

HELD OCTOBER 24, 1972

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

Correspondence: Inquiries from George Williams College and North Central College re; Instructors School following the Slet. — Letters from Sokols Milwaukee and Plzensky. — Invitation from Sokol USA to participate in their 80th Anniversary celebration, Oct. 28th. Bros. Linhart and Basta will attend the banquet. The Board will request 12 copies of the National Sokol Day Proclamation, on parchment, for distribution.

B.O.I., Bro. Linhart, Director: All apparatus exercises and calisthenics for Jr. Boys and Men soon ready for distribution. Assisted in preparation for Small Boys calisthenics with Bro. Michalek. — Bills for printing, \$95.90; mailing Gymnast, \$17.22; approved. — Bro. Schnabl will draft re; Sports events which would be of interest during Slet. — Slet program will include a cross country race sponsored by the Czechoslovak Sportsman, Chicago Chapter, who would supply runners, awards, publicity, with ASO having no financial obligations.

Report of Women's Director, Sis. Schnabl: Merit Award applications approved. — Eastern District, Mary Rose Schroeder; N. E. District, Karen Vavra, Susan Franks; Central District, Ed Linhart, Karen Vocelka, George Nesladek, Debra Ulrich; Western District, Phyllis Swoboda, Denise Minarek, Karen Peterson, Pauline Vanyo. — Gymnastic Skills response very poor. — Letter sent Morton College Board for approval of Slet date. — Tournament Rules ready for printing. — Instructors School will follow the Slet for 2-week period. — Approval given Bro. Fina to represent Sokol in AAU and USGF. — Final Report forms approved by both BOI Boards from Eastern District: One week Instructors School, August 23-30th, \$870.00.

Educator, Bro. Janecka: Received report from Educational Director of the Southern District. — Czechoslovak Arts & Culture Exhibition, with the ASO participating, being held at Lincoln Savings, Oct. 21st to Nov. 5th. Sis. Prener is delegate to the exhibit. Public response very good. Bro. Ernest Pirka has done wonderful work in preparing display.

Membership, Bro. Svoboda: Pamphlet material is ready with exception of cuts; which Bro. Sotka will gather.

Tour, Sis. Pros: Sokol Baltimore 100th Anniversary Tour leaves Oct. 27th, returning, Nov. 4th. 6 persons for the week-end, 23 for the 9 days. — Detailed Vienna Tour report at the next meeting. — Euro Pass (train) tour available throughout Europe.

Uniform, Sis. Prener: Department doing very well. — Sis. Basta requested report of class membership from BOI to help in ordering for the Slet.

Financial Sec'y., Sis. Sotka: Deposited Federal Taxes. Filed quarterly report of Federal & Ill.

Income Taxes, also Ill. Unemployment Compensation. — Bro. Pavoucek, Pres. of Western District, requested breakdown of Special Assessment paid by his Units for years, 1969-71. Also roster of members of Sokol Karel Jonas, Kansas. Request complied with.

Treasurer, Bro. Basta: In agreement with Financial Sec'y. report. Comparison report given as of Sept. 30th.

Secretary, Sis. Pros: Wrote various sites re: Instructors School following Slet. — Wrote publicity re; Czechoslovak Arts Exhibition. — Working with the Central District for Chicago Folk Fair and the Folk Dancing Group.

President, Bro. Barcal: Attended, along with Sis. Prener, 25th Anniversary Banquet of Sokol Washington. Banquet and meeting well attended. Many points of interest discussed. — Made tape which was broadcast over Radio Free Europe. — Directors Conference, Nov. 3-5th. — Slet meeting, Nov. 16th at Sokol Tabor. — Presidents Conference, Jan. 19-21st — Central District's Annual Meeting Jan 21st at Sokol Brookfield. Out of town guests invited. — Bro. Prchal donated 4 framed displays of various Sokol awards.

DISTRICT REPORTS

SOUTHERN DISTRICT

September 28, 1972

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

UNIT REPORT

Sokol Zizka: Sept. meeting, 41 in attendance. — 2 dances, 4 other functions. — Membership award dinner, Oct. 22nd. — Will present special number at the Czech Day at the Fair.

Sokol Karel Havlicek-Borovsky: Sept. meeting, 35. — Held 2 dances. — Membership dinner, Nov. 19th. — Will cater Farm Bureau banquet. — 7 gymnasts participated in Folklife Festival in San Antonio. — Activities planned for traveling fund to National Slet. — Mini-bars loaned Sokol Christi. — Side horse offered Sokol Yukon. — 80 gymnasts will take part in the Czech Day program.

Sokol Fort Worth: Banquet planned for junior girls advanced team. — Will participate in Czech Day. — Have teaching staff of 7 instructors. — Building fund in progress.

* * *

Director of Men, Bro. Laznovsky: Attended Gymnastic Teachers Association Convention in Austin. — 21 students participated in week-end Course in Ennis. — Sokol Yukon resumed classes on Sept. 7th. Requesting insurance information. — Annual meeting of District and Unit B.O.I., Oct. 14th at Ennis.

Director of Women, Sis. Laznovsky: Reported on week-end Course, Organizational activity at Sokol Yukon, and Directors traveling expenses to Units requesting assistance prior to Slet. — Submitted report on Vienna Slet. — Informed of 2

SOKOL GYMNAST

November 1972

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

GYMNASTICS AT THE OLYMPIC GAMES

(This article is written by our former National Men's Directors, Br. Oldrich Kudrnovsky, now residing with his wife in Largo, Florida.) ecl.

Needless to say, that we all, gymnastically minded people, are interested in the Olympic gymnastic competition, and wish to help to its growth, and popularity.

This was my chief motive for writing this article.

Furthermore, at these somewhat critical times, when our gymnasts experienced a gross disappointment at the Olympic Games, and at the time, when we hear already some voices calling for our abandonment of the future Olympic Games, then, it is high time to find some corrective measures to eliminate all, what was wrong at Munich, and safeguard the future of the international gymnastic competition. An open discussion initiated by all official national and international agencies, organizations and publications, could serve as one of the media to reach this goal.

Let's hope that this article will be the introductory step to such discussion.

This is my contribution:

The basic factor in all gymnastic performance is the gymnast's body; his weight (body bulk), body levers (bones), and force (muscles and nerves). The difficulty of each apparatus stunt raises in proportion to the performer's increment of his body weight and body levers. In accordance with these laws of mechanics, it takes a considerable more muscular force, energy and motor skill to carry a 6 feet tall gymnast, than of one, only 5 feet and 6 inches short, through apparatus routine. Nonetheless the evaluation of a competitive routine, everything else being equal, does not express the difference of the magnitude of force, energy expenditure and motor skill, between a tall and short gymnast. As a result a tall performer is mechanically handicapped against a shorter man. Carrying this a step further: gymnasts of racial groups predominantly of short stature possess practically a monopolistic invincibility in gymnastic competition. Such monopoly eventually will turn out to be, a detriment to fair competition and world-wide popularity of gymnastics.

Following are a few suggestions, how to minimize this inequality in gymnastic competition:

I. Plan: Addition of:

1. 50 feet hurdle run, against time. It could be a run and a "thief vault" over four bucks or side-horses ten feet apart.
2. Side-horse vault; for height.
3. Long-horse cross-bar vault; for height. This event should substitute the present long-horse vault event.

The distance, height, time and type of vault

in each event to be set by the gymnastic committee.

II. Plan: Establish a Physical Index for each competitor, based on his height and weight, e.g.:

A. Competitor—180 cm in height	P.I. 180
Body-lever coefficient	P.I. 360
80 kg body weight	P.I. 80
Total	P.I. 720 1%7.20
B. Competitor—165 cm in height	P.I. 165
Body-lever coefficient	P.I. 330
75 kg body weight	P.I. 75
Total	P.I. 570 1%5.70

1% of P.I. of each competitor to be added to his mark for his performance; for instance:

A. Competitor's mark is 8.2; his P.I. 7.20; his final mark 15.40.

B. Competitor's mark is 8.2; his P.I. 5.70; his final mark 13.90.

III. Plan: Divide competitors in two groups according to their P.I. e.g.:

Tall division P.I. 5.80 and above

Short division P.I. 5.79 and below.

Plan II. and III. are only hypothetical examples, and would have to be worked out by practical application. In both plans, II. and III. the competition would consist of the same events as in past.

IV. Plan: Add Track & Field events:

100 yard dash; high jump; shot put.

Note: Several International Gymnastic Championships in the past included some track & field events.

To improve the gymnastic judging and to minimize biased judgment:

I. Plan: Use jury of five judges and discard two highest and two lowest marks.

II. Plan: Use jury of seven judges and discard two highest and two lowest marks.

III. Plan: Use jury of three judges for the execution and three separate judges for the difficulty of the routine.

Discard the highest and the lowest marks in both evaluations.

IV. Plan: Use jury of three judges as in Plan III. with additional of one recorder for each judge. In this plan the judges call imperfections in execution as they see them; the recorder marks them down; and the difficulty judges call the values of the component parts, which again are marked down by recorders; for example:

Execution judge calls imperfections as follows:
 $.10 \text{ plus } .20 \text{ plus } .10 = .40$

Difficulty judge calls components as follows:

A 0, B .20, C .40, C .40, B .20, C .40, C .40, A 0,
 B .20, C .40 = 2.60

2.60 plus Variety & Requirements	1.50 plus
Beauty of Combination .50	Total 4.60
Final mark	9.10

This plan is also a hypothetical example, which

would have to be worked out by practical application.

I hope that the above listed suggestions will serve to stimulate to other ideas bearing on this problem.

O. J. Kundrovsky

For Your Library

FLOOR EXERCISE FILM

The film FLOOR EXERCISE AND TUMBLING by Dr. Wayne Truex of Illinois State University is now exclusively distributed by Atlas.

The school purchase price for the film is \$115.00. The rental fee for five (5) days is \$24.50.

FILM SUMMARY

(Black and White — Sound)

A 45-minute presentation designed to expose teachers, students, and coaches to a variety of

stunts, combinations and routines in floor exercise and tumbling.

There are more than 140 individual stunts, 15 combinations of six or more; and 8 full routines performed either on a 40'x40' floor exercise mat with a pattern or a 5'x60' strip floor exercise pad.

A check or money order must accompany each order for film.

ATLAS NATIONAL SALES OFFICE:

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Sikeston, Missouri 63801

YOUR BODY

Your body consists of 208 bones held together and moved by 639 muscles. In a 150 pound man the bones weigh about 21 pounds and the muscles more than 60 pounds. The muscles are composed of uncounted millions of tiny cylindrical fibers, each about the thickness of a fine hair, with an average length of about 1¼ inches.

Each fiber receives a slender nerve strand that fires up to 75 nerve impulses into it each second. The more impulses per second, the stronger contraction.

Five to six quart of blood pumped through some hundred thousand miles of blood-vessel tubing bring oxygen and food to all parts and carry off their waste.

In rest, the blood makes about one trip a minute from heart to lungs, back to the heart, then to all body parts and back to the heart. During strenuous

exercise it may make nine such trips in a minute. To pump the blood is the work of the heart. Even at rest the heart handles about thirteen tons of blood a day, pushing it under a pressure of 1½ to 2½ pounds per square inch.

Food is fuel for the body machine and also substance for its growth and repair. Unused food is stored as fat. If man could utilize gasoline, his body could run about eleven days on a gallon.

Thousands of miles of nerve fibers comprise brain and nervous system. Here in thousands of centers are made the infinite connections that dominate memories, imaginations, and split-second judgments all body movements, and the limitless thoughts, of each day. Fitness means keeping this complex mechanism in top working order. What we eat, how we exercise, sleep, feel, think; in fact, all we do affects this machine for good or for bad.

Strength Moves — Let Us Press To a Handstand

By Paul E. Fina, Sokol Chicago

A sure way of knowing that you have good basic strength is to be able to press to a handstand. Although strength work is required only for floor exercise and ring work in competition, it still is essential to have developed enough strength as a gymnast so as to build a strong body. With security through strength comes the ability to perform with ease, agility, and artistry.

Build your strength with push ups in prone position, push ups in inverted position (headstand to handstand) against a wall, and continually make attempts to press to a handstand. The presses and their value are shown in the sketches. Also, do other exercises that put the same muscles into play.

Let us look at the A, B, and C's presses to handstand work. Note the progressiveness of the values. Do remember that strength does not replace a swing move as a means of earning a C credit in your exercise on the Floor and P.B. events. Only the Rings can your one performed C be a

strength move. But on the F.X. and P.B. one C must be of a swing type. This is mentioned so that a strength C is not substituted improperly.

Floor Exercise — displayed are two types of handstand presses and their values. Note that a swinging (moving) type C is required to receive full value for difficulty.

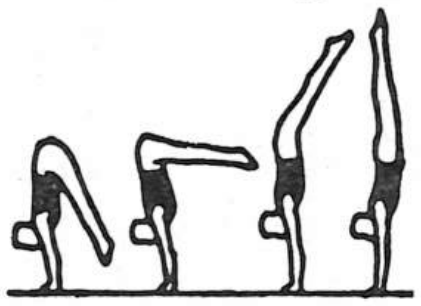
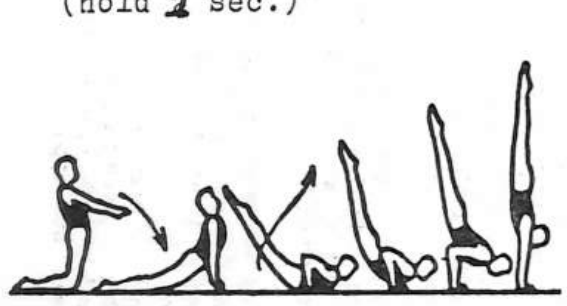
Parallel Bars — Presses to handstand are shown with their values and again it should be pointed out that a swinging type C move must be included to get full credit for difficulty.

Rings — The most conventional presses to handstand are shown. Notes: A strength C (not of a hold type as a cross) can be used to give the C credit on the rings; 2. Any holds on the rings, except the L, must be for two seconds. All other holds on other events and the L are for one second.

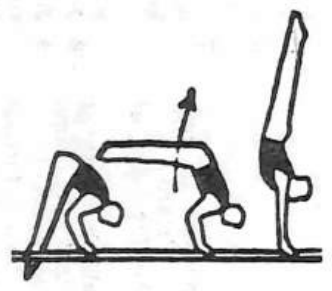
Conclusion —

Build your strength with strength moves but practice your swing moves.

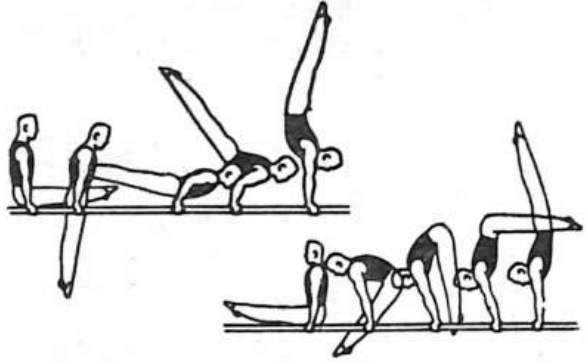
A. From kneeling position: Roll forward on chest to handstand (hold 1 sec.)
 B. Straight arm piked press to handstand (hold 2 sec.)
 C. From prone position: Press to handstand (1 sec.)



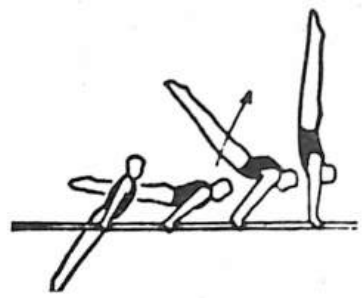
A. Bent arm-bent hip press to handstand (hold 1 sec.)



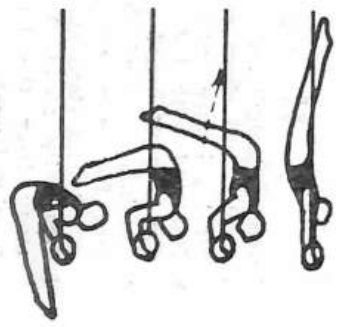
B. Bent arm-straight body press to handstand or straight arm-bent hip press to handstand (hold 1 sec.)



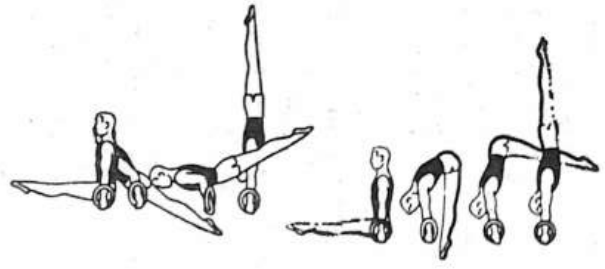
C. Straight arm-straight body press to handstand (hold 1 sec.)



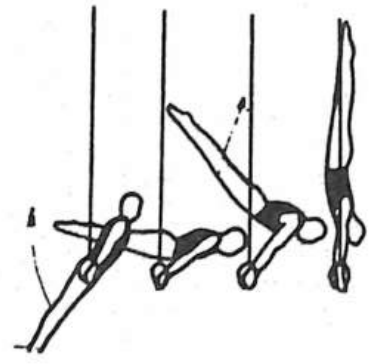
A. Bent arm and hip press to handstand (hold 2 sec.)



B. Bent arm straight body or straight arm bent hip press to handstand (hold 2 sec.)



C. Straight arm and body press to handstand (hold 2 sec.)



BASIC EXERCISES FOR CHILDREN

By Edward Stetka — Sokol Baltimore

Uneven Bars

1. From hang on bar: Overpass left sideleg on lo bar — overpass right to hang lying closeleg on lo bar — repeat, but opposite. (Keep leg straight on overpasses.)
2. From hang on hi bar: Overpass bentleg to low bar to hang lying closeleg on lo bar.
3. From hang on hi bar: Overpass flankway to left to hang lying closeleg on lo bar. — Repeat, but opposite.
4. Overpass stradleg to hang lying closeleg on lo bar.
5. From stand across, in center of bars: jump to lifthang of left on hi bar and support of right on lo bar and frontswing, rearswing and on frontswing overpass frontleg over to bar to seat on left thigh, shin downward, toes stretched, rearleg right, sidearm right — repeat, but opposite.
6. Lifthang standing at lo bar: uprotate frontway — foldroll forward to dismount.
7. Jump lifthang on hi bar and uprotate frontway — foldroll forward to hang lying closeleg on lo bar.
8. Begin as 1, 2, 3, or 4 to hang lying closeleg on lo bar — alternate regrasp to lo bar and falldown backward to knee overhang — thru bentleg hang, lower to rearhang and dismount.
9. Jump to support on lo bar — overpass left sideleg to support stradleg — falldown backward to left knee overhang and uprise to support stradleg — overpass left sideleg to rear — foldroll forward to dismount — repeat, but opposite.
10. Jump to support on lo bar — rotate backward.
11. Jump to support on lo bar — overpass left sideleg to support strideleg — rotate forward.
12. Begin as No. 5. After seat on left thigh: rise with 90 degree turn to left to stand on lo bar (facing hi bar), regrasp to overgrip on hi bar — frontbow, high rearleg right (arms in uparm position) — uptight, closeleg — dismount to rear.
(Note: In frontbow, high rearleg, the entire body must be stretched and in one line.) Repeat, but opposite. — After dismount regrasp to lo bar.

Horse Vaults

1. Running techniques:
 - a. Begin with short steps and increase to long strides before reaching take-off board.
 - b. Rebound with both feet on the far edge of the take-off board.
 - c. Combine (a) and (b) and establish length of run for each individual, so that the same number of steps are used for every vault.
 - d. Gradually move the take-off board further away from the horse to aid in achieving greater height.
NOTE: The horse may be adjusted to a lower height and then gradually increased until the regulation height is reached.

2. Exercises:

- From a run with joint rebound:
- a. Squat support on saddle — uprise, frontarm — dip halfquat, reararm and dismount forward with arched back, uparm.
(NOTE: Teach children to jump upward and not horizontally, because this gives the gymnast balance and better control of the body.)
 - b. Bentleg vault. — Repeat with 90 and 180 degrees turns to right and left.
 - c. Support stradleg on horse — upright, sidearm — dismount forward to closeheel stand. Repeat with 90 degree turns to right and left during dismount.
 - d. Vault right bentleg, leg sideleg (wolf vault) — repeat, but opposite.
 - e. Flankway vault to left — repeat to right.
 - f. Astride vault.
 - g. Support kneeling in saddle — reararm — with swing of arms forward, rebound from knees, dismount forward.

Horizontal Bar

Shoulder high — From Lifthang standing:

1. Hang squatting — hang squatting left foretouch — with rebound hang squatting right foretouch — repeat several times.
2. Hang squatting — rebound to hang lying, legs in front — with rebound, return to hang squatting — repeat several times. (In hang lying, body must be arched.)
3. Benthip hang, legs in rear (between arms) — knee overhang — benthip hang — lower to rearhang and dismount.
4. Benthip hang stradleg, legs in rear (legs outside of arms) — knee overhang astride — release left hand, twist trunk to left, sidearm left (towards floor) — twist trunk to front, regrasp left — repeat, but opposite — benthip hang stradleg — thru benthip hang bentleg, lower forward to lifthang standing.
5. Rebound to hang lying, legs in front, legs slightly astride, body arched — release left and twist trunk 90 degrees to left, sidearm left, touch floor — twist trunk to front, regrasp left — repeat but the opposite side — with rebound, lifthang standing.
6. Urotate frontway to support — foldroll forward to dismount.
7. Jump to support — overpass left sideleg to support strideleg — falldown backward to left knee overhang and uprise to support strideleg — overpass left sideleg to rear. Repeat but opposite.
8. Jump to support — rotate backward.
9. Jump to support — overpass left sideleg to support strideleg — rotate forward — repeat, but with left leg.
10. Jump to support — overpass left sideleg to support strideleg — overpass right sideleg, release right and with 90 degree turn to left, dismount. Repeat, but opposite.

students of modern gymnastics in Houston area. — Took part in Folklife Festival.

Educational Director, Bro. Parma: Has a lesson on Czech words and a lecture on gymnast's participation in a gym class. Material will be distributed. — Holds 15 minute class weekly during gym night at Sokol Zizka.

Public Relations, Bro. Milan: Olympic meeting in November. — Attended Vienna Slet and the Olympics. — Also the Gymnastic Teachers Convention. — Certified Judges Clinic for Men in Odessa, Nov. 11th.

Discussions. A committee appointed to set up rules for Units hosting District Slet. — A meeting of District and Unit Educational Directors set for Oct. 14th in Ennis. All will be notified. — Annual District meeting, Jan. 28th, in Dallas. Number of Delegates representing each Unit was determined. — Approved Bro. Laznovsky's traveling expense to Texas Teachers Convention.

CENTRAL DISTRICT September 27, 1972

Pres. Bro. Joseph Drnec presided with 21 delegates present.

Correspondence: Checks from the ASO — \$42.00 expense for 7-day Folk Dance workshop; \$392.00 travel expense to St. Louis Clinic. — Notification of dues to Central Ass'n. Amateurs Union. — Request Sokols, through petitions, ask withdrawal of all Russian occupational forces from mid-European countries. — Profit return of \$50.00 from Mini-Slet. — Receipts of Oak Brook Polo game tickets, Sokol Brookfield \$40.00, Sokol Tabor \$30.00. — Letter sent Sokol St. Louis requesting all Slet monies be submitted to the Central District Board. Upon payment of all outstanding bills, 50% of net profit will be returned to Sokol St. Louis as previously agreed.

Director of Women, Sis. Tuma: New BOI officers, Sis. Helen Tuma, Director; Sisters Mary Navratil, Agnes Pajer, Assistants; Sec'y., Sis. Sylvia Pistorious. — Meetings, 2nd Tuesday of month at Sokol Stickney. — Houby Parade, Oct. 8th., Sokols Stickney and Slavsky to participate. — Bros. Michalek and Wostratsky will visit each gym and conduct Volleyball Clinic for Juniors and Seniors. Clinics will be conducted on week-ends. Dates and plans not finalized.

Director of Men, Bro. Lebloch: District vaulting team performed at District Ludevít Stur Slet, and Oak Brook Polo grounds. — District gymnasts performed floor exercise and on apparatus during Vienna Slet. — Volleyball tournaments in October. — 16 Jrs. danced Beseda at Moravian Day Festival. — District Folk Dance classes to be held at Sokol Berwyn, starting Oct. 11th, Fred Kalla, instructor.

Educational Director, Bro. Pirka: A Sokol Library and Archives has been established at Sokol Brookfield. Many books on Czech lore donated. — Chicago Folk Fair, Nov. 4th. Help needed to set-up and work booth. — Exhibit of Czech Arts and Crafts will be held at Lincoln Federal Savings, Oct. 21-Nov. 5th. Assistance needed to set-up exhibit. District donated \$10.00.

Sis. Pros reported on various District activities. — Jrs. Halloween party at Sokol Tabor, Oct. 27th. — Information on Sokol Baltimore Tour. — District Social, Nov. 4th, Sokol Tabor.

Treasurer's Report: Balance on hand, \$578.95.

WESTERN DISTRICT ANNUAL MEETING September 24, 1972

Pres. Bro. Edward Pavoucek presided. Present were: Sokol Cedar Rapids — Bros. Don Pulkrab, Errol Lindsey, Mel Novak, Dick Kittrell; Sokolice Cedar Rapids — Sisters Betty Petrazalek, Mana Zlatohlavek, Barbara Pulkrab, Bett Kittrell; Sokol Omaha — Bro. Gary Masek, Ray Lastovica, Frank Jershin, James Velehradsky; Sokolice Omaha — Sisters Beverly Kilbourne, Bozena Drozda, Blanche Masek; Sokol So. Omaha — Bros. Vojmir Benek, Henry Mertz; Sokolice So. Omaha — Barbara Swoboda, Bea Pavoucek, Denise Stavneak, Phyllis Jirka; Sokol St. Paul — Bros. Robert Bastyr, Robert Vanyo, Sisters Shirley Bastyr, Cecilia Vanyo; Sokolice Crete — Sisters Rose Pulec, Bertha Slepicka, Blanche Heeren, Albina Banks, Alice Kalkwarf.

Director of Men, Bro. Lastovica: 1971-72 Gym Class totals — 22 Tots; 152 Small Boys; 59 Juniors; 30 Men; 25 Keep-Fit. — One Workshop held for calisthenic and apparatus. — Jr. Competitions, Low Division, 19 competed; Intermediate Division, 7; High Division, 1; Championship, 3. Mens Competitions, Low Division, 8 competed; Intermediate, 1; High, 2. — District Slet successful. St Paul Sokol very enthusiastic and hard working. A very good host.

Director of Women, Sis. Drozda: Class attendance — Omaha, 25 Tots, 60 Small Girls, 60 Juniors, 15 Slimnastics, 4 Women; Cedar Rapids, 8 Tots, 11 Small Girls, 7 Juniors, 1 Woman; So. Omaha, 1st Class 41, 2nd Class 56, Jr's 35, Women 7; St. Paul, just beginning; Wilber, no Classes. — Modern Gymnastic Clinic held in Cedar Rapids, April 15-16th. — Directors conducted Workshop with 6 Units represented, April 29th. 42 students prepared for the Slet. — June 4th, Sis. Janice Gathye assisted Sokol Crete and Sokol Wilber, 15 students in attendance. — June 24th, the Units participated in the St. Paul Slet.

Historian, Sis. Heeren: History Book displayed. Audit, Bros. Jershin, Kittrell: Treasurer's and Slet books in order.

Slet Report, Bro. Vanyo: Gave summary of the profits.

Old & New Business: Interest indicated to re-activate gym classes at Sokol Karel Jonas, Wilson, Kansas. Questionnaire to be sent each member of said Unit. District will send qualified instructors to that Unit if reactivation becomes reality. — 25% of monies paid in by Units to be used in sending students to Instructors School. — Approved change of Annual and Semi-Annual meeting dates. Semi-Annual meeting, April 28-29th. — No District Slet in 1973. — 3 Merit Award applications received. Election of Officers: Pres. Bro. Pavoucek; Vice-Pres. Bro. Velehradsky; Sec'y. Sis. Jirka; Treasurer, Sis. Masek; Educational Director, Bro. Vanyo; Public Relations, Bro. Pastyr.

Election of B.O.I. Officers: Director of Men, Bro. Ray Lastovica; Assistants, Bros. Vojmir Benak, Al Chab, Henry Jansen, Director of Women, Sis. Bozena Drozda; Assistants, Sisters Beverly Kilbourne, Marge Nejd. Sec'y., Sis. Phyllis Jirka.

NORTHEASTERN DISTRICT B.O.I. MEETING

October 11, 1972

Bro. Peter Dusek thanked all the Sokols who participated in the St. Wenceslaus Parade, pointing out the need for continued cooperation in such activities to perpetuate Czech culture in the community as well as broadening the goals of the Sokol Organization.

Bro. Dusek and Sis. Jeanette Wagner will attend the District Director's Conference in Chicago, Nov. 3-5th, where they will submit a 3-yr. activities report. Also numerous ideas regarding the planning of the National Slet. The Intermediate Division Floor Exercise submitted by the District has been accepted for use in the Slet Competition next June.

The following Clinics have been scheduled: Sunday, Oct. 29th — Marching, warm-ups, tumbling, First Aid, Sokol History; Sat. Nov. 18th — Floor exercise for Jr. Girls & Women; Sun., Nov. 19th — Olympic films, Slet terminology, singing. — All District Units' class enrollment greatly increased this year. — Calisthenics taught for the Winter Exhibition.

First teaching session of the Czechoslovak Beseda on Nov. 3rd, from 7-9 p.m. at Sokol Hall, 20110 Harvard Ave., Cleveland. This activity open to any interested person in the Czech community. Instructor will be Sis. Dolly Baca. — Combined gym night on Oct. 27th at Sokol Hall on Harvard Ave. Bro. Emil Pekar, President of the District, will present an educational program that evening. — District B.O.I. meetings are now changed to Thursday evenings.

Calendar of events: Feb. 4th — Cleveland Winter Exhibition; June 3rd — N.E. District Slet; June 22-24th — National Slet; July 4th — Bedford Recreation Dept. Picnic.

Sokol Tabor, Berwyn, Ill.

The October meeting saw presentation of floral tributes and membership pins. Floral awards were presented to Sisters Mildred Prchal, Marie Kriza, Rose Petrzilka, Bess Vorel and Bro. Charles Prchal for over 50 yrs. of active dedication to Sokol. — 50 yr. pins to Bros. Joseph Votava, Sr., Joseph Kratky. — 40 yr. pins to Bros. Frank Neumann, Joseph Moravec, Sr., Joseph Sotka, Edward Linhart, Charles Sotka. Sisters Elsie Wierer, Blanche Kos, Mary Balsanek, Elsie Bocek, Helen DeKlyen, Lillian Rosicky. — 25 yr. pins to Bros. Joseph Votava, Miles Linhart, Edward Rosicky, John Kriza, Jr., Leo Slovacek, Len Navratil, Leo Pajer. Sisters Mary Pokorny, Mae Linhart, Marie Petrzilka, Vivian Mizia, Marie Moravec, Martha Houdek, Helen Kriza, Ann Kratky, Ann Banfi, Rose Votava.

Senior BOI: Women's Director, Sis. Joyce Bona; Men's Director, Bro. Tom Sotka. Sis. Judy and Bro. James Bejna teaching 1st Class Boys. — Jr. Girls and Women's Volleyball Clinic was held Oct. 19th. Instructors Bros. Rick Wostratsky, Frank Michalek. — Sis. Prchal composing Women's Calisthenics number for ASO 1973 Slet. — Women's Tea held, Oct. 16th. 65 attended. — Swim dates, Nov. 16th, Feb. 13th, April 16th, May 15th, at Morton West Pool. — Participated in Houby Festival Parade. — 3 women involved in Modern Gymnastic Clinic at N. E. College, Nov. 11th. Sisters Mildred Prchal, Jane Jarew, Cathy Bryn.

Junior BOI: Paper drive every month. — Class members active in District's Folk Dancers.

Ways and Means: Bro. Charles Sotka heading Turkey Raffle books, also Concertina Club entertainment and dinner, Nov. 19th. — Rummage Sale, Nov. 10th. Sis. Balsanek, chairman. — Bingo every Wednesday night.

Coming Events: Oct. 25th to Nov. 5th, Czech Arts display at Lincoln Federal Savings; 9-day bus tour to Sokol Baltimore's 100th Anniversary leaves Oct. 27th, returning on Nov. 4th; Nov. 3-5, District Directors Conference in Chicago. Sokol Tabor will host evening Social, Nov. 4th; Nov. 4-5th, Chicago Folk Fair at Navy Pier. District will have a display booth. — Nov. 11th, Candlelight Bowling. June Pros

Sokol Cechie, Chicago, Ill.

Another interesting meeting of Sokol Cechie was held on Sept. 19th with Bro. Otto Glasser back on the job conducting the meeting. Bros. Louis and Richard Rosulek were back in good health. A pleasant surprise of the evening was the visit of Sis. Ludmilla Rosser and Bro. John Jonak, residents of Pennsylvania. Also, the return of Bro. John Lizner who gave up on life in Florida.

The highlight of the night was the report of the extended trip abroad by Sisters Stella Tichy and Rose Hrdlicka. Each brought a bottle of champagne, all joyously toasted their safe return home. Sis. Tichy gave a colorful description of the Vienna Slet and the subsequent bus trip through Austria, Switzerland, Italy, where they journeyed as far south as Rome, then back and over into Jugoslavia. Refreshments and good friendly conversation closed out the evening.

Anne Glasser

Sokol South Omaha

The summer is over, but it has been an exciting one for many of the gymnasts, especially in the last month or so.

It all started on July 28th when 30 gymnasts from Sokols So. Omaha and Omaha were bound for Wilson, Kansas, for the Czech Festival being held there. A performance was staged that evening. The following day saw our Sokol float in the morning parade, and then another performance in the afternoon. Arrived back at the hall at 9:30 p.m.

On Aug. 5th, 33 So. Omaha gymnasts were bound for Wilber, Nebr., for the Festival there. Five girls performed in the talent show. Then came a variety of acts; boys and girls drills on the apparatus, seven girls in a special number, three boys with a comedy routine on the parallel bars, and the grand finale with all the gymnasts marching out forming the word "Sokol". Following the program, Sis. Vicky Hurt selected as "Miss Nebraska Czech Queen". All made it back happily to the hall at 12:30 A.M.

A week later, a trip to Stanton, Iowa, on Aug. 12th to help celebrate their "Baseball Day" with another gymnastic performance. This time we added one more attraction when 8 gymnasts performed the Beseda — a traditional Czech Dance. Many hours were spent in learning this dance, however, the hard work showed in the beauty of it all.

Patti Svoboda

Bro. Louis J. Klovrza's 90th Birthday

Bro. Louis Klovrza, a member of Sokol Fuegner, Long Island, New York, celebrated his 90th birthday last July 26th. Bro. Klovrza, for over 60 years a member of Sokol Fuegner, was born in Czechoslovakia, migrating to the United States in the early 1900's. He and his wife settled in Astoria, New York, and soon after he joined the Sokol unit. He was an active worker on various committees, and for many years served faithfully as trustee.

Bro. Klovrza now resides in Dover-Foxcroft, Maine, with his two daughters, Mrs. Helen Campbell and Mrs. Caroline Motta. His son, Bro. Frank Klovrza still resides in Astoria. Bro. Klovrza is very interested in the Unit's activities and keeps in touch with members by mail. We all wish to extend our hearty congratulations to this brother and wish him good health and much happiness.

Nazdar! Bratře!

Bertha Hochner

Language Problems in Our Sokol

In our Sokol Constitution and By-Laws is stated: I — The languages are Czech and English. Under Article II — The purpose; to maintain in succeeding generations an interest in Czechoslovak cultural life in the United States of America, also, to promote the learning of the Czech language and culture and the preservation of the traditions of democracy.

This section of our By-Laws is crystal clear. However, some Sokol members, and especially some Sokol officers, do not understand that the American Sokol Organization is basically an organization of Czechoslovak descents, and that we should safeguard its name and tradition.

I know, first of all, we are American citizens. Article II states: Purpose; to provide for training in good citizenship conformable to the spirit of the Constitution of the United States of America. This does not necessarily mean we cannot speak the Czech language in our A.S.O. We have Units

where majority of the membership speaks Czech, and then there are other Units where English is predominant. We should satisfy both minorities. It is not very ethical for the elected officers to disregard that segment of our membership. In our Units we have many old members who speak both languages, but by tradition and certain respect for the history of Sokol, they prefer to hear the Czech language from time to time at our meetings and especially at celebrations and some anniversaries. We have new immigrants in our Units who want to hear the Czech language spoken in Sokol.

When we elect new officers, we should, if humanly possible, select a president of the Unit who can speak both languages, or at least a vice-president who has the facility to translate to another language. We must give satisfaction to the Czech speaking members and vice versa.

I hear many complaints regarding this situation. In our A.S.O. we have a very good example in Pres. Stanley Barcal and former president Karel Prchal who at every opportunity have spoken in both languages.

If we take a look at the different ethnic groups in America we can readily see the pride that the Mexican, French, German and Italian people take in speaking in their ethnic tongue.

I ask our young American Sokol members who cannot speak Czech to be patient and tolerant when they hear that language spoken during meetings. Today in our modern time, with easy traveling abroad, we need to speak other languages. When we were at the Vienna Slet we were surprised that many Austrians and Germans could speak fluent English. President Kennedy once said: "It is important that all immigrants keep their national origin and culture, for that is what makes this country great."

Dare we stay behind?

George Spanek

DIVIDED AMERICA

"There never has been a period in our history, except that prior to the Civil War, in which we have been so divided, so lacking in unity of national vision, purpose and national moral consensus as we are now," states Rev. Robert J. Henle, S.J., president of Georgetown University, quoted in U.S. News and World Report magazine.

A Delightful Trip to Vienna and Czechoslovakia

It all started with take-off from Chicago's O'Hare Field on June 28th. In no time we were in the clouds. It was fascinating watching the sun set, then in a few hours rise again. We flew above beautiful cloud formations all night. Approaching England the clouds parted and London could be seen with the Thames river winding through. Soon after we arrived at the airport near Vienna.

A bus took us to the Intercontinental Hotel. After checking in we had five hours of needed sleep, not having slept a wink all night. Adjusting to the new time, we soon enjoyed sightseeing in the lovely

clean city of Vienna. Bus tours took us to Vienna Woods, to the Hungarian border, to Schonbrunn Castle and many other points of interest. We attended the evening's Academie, enjoying the music, singing and dancing. The Sokol Slet was inspiring, especially the mass drill with Indian Clubs and the small children's number.

The following day an Austrian bus took us to Praha. We had a great group aboard and sang and sang with Sis. Anna Rubin leading us. As we drove through Kolin, we sang "Koline, Koline", and then "Ku Praze je cesta dlouhá, stromkama je sázená", and it was. Trees lined most of the highways, mostly fruit trees. There wasn't much fruit seen due to the frost. Upon arrival to Praha we checked in at the Flora Hotel. Friends took us to a delightful restaurant high on a hill, with a great view of Praha at night.

The next day we went on a 3-day "Crystal and Jewels" tour north of Praha to Liberec. On the bus we met people from Minnesota, so we felt right at home. On July 6th we celebrated our 37th wedding anniversary, having dinner in a hunting lodge atop a mountain. The people aboard the bus sang "Happy Anniversary", gave us a box of candy, and the guide giving us roses. Back at the hotel we went to "vinárna" where the orchestra played numbers especially for us, the manager gave us carnations and a dear friend treated us to a bottle of champagne. An unforgettable anniversary!

On July 9th, back in Praha, we took a 12-day tour to Lidice, Karlovy Vary, Cheb, Mariánské Lázně, Telč, Břeclav, Bratislava, Nitra, Zvolen, Banská Bystrica, Vysoké Tatry, Gottwaldov, Polička, Chrudim, and back to Praha. Highlights of the tour were: The beautiful Czech country, the spas, castles, people dressed in costume on Sunday, the wedding we chanced to attend, the ride in the cable car to the top of the Tatras (what a view!), the visit to the footwear museum, and then the real thrill to stop in Polička, where my mother once lived.

Soon we were back in Praha, having one day for ourselves before return to Vienna. Then the farewell dinner in Grinzing. The next day a smooth flight to Chicago. The trip is now a pleasant memory, with the slides we took to help re-live it.

Rose Roch, Sokol St. Paul

Česká škola pro dospělé

Český Klub v Omaze, Nebraska, má opět třídu češtiny pro dospělé v Sokolovně na 13 a Martha ulice, Omaha. Už je to po třinácti letech. Třída začala na 13. října a bude trvat 8 týdnů, každý pátek v 7 hodin večer. Tuto třídu vyučuje Dr. Vladimír Kučera z Lincolnu., pouze v češtině, bez pomoci angličtiny. Kdo se chce k nám přidat, je vítáný. Je možno, že nikde mimo Evropu se dnes nevyučuje čeština pouze v české řeči.

Předseda Českého Klubu je Frank Smrz. Máme dvě mladice za uřednice. Pokladní je slečna Ellen Madrová a tajemnice je slečna Vlasta Dostalová. Také zpíváme české písně. Pro další informace pište na — Frand T. Tesar, 3908 "W" St., Omaha, Nebraska 68107.

Frederick C. Wolf

Br. Fred Wolf zemřel 23. září 1972. Narodil se v Praze na počátku tohoto století. Přijel do této země jako sportovec. Byl hráčem kopané a sport a tělocvik se vzájemně doplňují. Hned po příchodu se stal členem Sokolské jednoty Sokol Nová Vlast, ve které byl do konce života. Věc Tyršovu vždy propagoval a pro jeho jednotu a clevelandské sokolstvo vždy nezištně pracoval. Přál si, aby viděl uskutečněný sen, aby Sokol v Clevelandu měl svůj nový moderní dům.

Zesnulý bratr byl bojovník, vlastenec a dobrý syn lidské společnosti. Byl takovým reprezentantem československé věci u vládních kruhů. Za to mu musí být krajanská veřejnost vděčna a vždy zůstane dlužníkem. Bude mnohými vzpomínán jako člověk, který po dlouhá léta přinášel v nedělní poledne do našich domovů českou řeč a českou hudbu. Nebyl to jen Cleveland.

Byla to také sousedná Kanada, kde každý tak rád poslouchal jeho rozhlas. V životě si rozdělil své lásky; svoji rodnou vlast miloval jako matku a svoji novou vlast jako ženu.

Vyslovujeme jeho pozůstalé rodině naši upřímnou soustrast. K.Z.

Ideál krásy a dobra

Tyrš přímo ideálním a uměleckým počinem harmonicky sloučil antický ideál krásy a dobra s naším národním programem, žádajícím syntézi šlechtného češství s čistým lidstvem. Tyrš vytvořil sokolskou obec a všípil jí tu sílu a možnost, která stejně se vyhýbá hrubosti a násilnosti jak sentimentality slabošského bratříčkářství; velké vzory naší slavné minulosti, Žižka a jeho nezlomná chrabrost v obraně pravdy a národa, a Chelčického nekompromisní pacifism, našly v ideji sokolské harmonický výraz.

Tyrš v souladě s tehdejší mladší pokrokovou generací byl nadšený demokrat a sokolským bratřstvím vědomě sloužil demokracii a osvobození národa. T. G. Masaryk

Sokol Nová Vlast

Schůze jednoty konaná 8. října; zahájil starosta br. Přemek Kocián za pěkné účasti členstva. — Před veškerým jednáním vzdána vzpomínka zesnulého bratru Fredericku Wolfovi.

Byli uvedeni tři noví členové. Z technického odboru náčelník br. Don Kotlan podal zprávu, že činnost v tělocvičně neutuchla ani po dobu prázdnin a po dobu nekonaných schůzí. Pravidelně cvičí: 9 mužů, 10 dorostenců, 17 žáků. Sestra náčelnice Jeanette Wagner též znovuzvolena. Pravidelně cvičí: 17 žen, 20 dorostenek, 40 žákyň. Jako novinka budou nacvičovány národní tance. — Je zajištěn den veřejného cvičení příští únor, opět v C.C.C.

Sokol byl zastoupen v slavnostním průvodu oslavy sv. Václava. — Br. Pekar apeluje na získávání nových členů pro "Club 250" ve prospěch stavebního fondu Sokola. — Podnik "Beer Festival" měl rekordní návštěvu; byl úspěšný jak finančně,

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Příští schůze bude 12. listopadu. Bude obohacena přednáškou nového bratra — Gene Koerbera: "Co pro mě znamená Sokol", s filmovými obrázky z cesty Evropou a Československem.

M. Polanka

Sokol Los Angeles, Cal.

Po návratu ze zájezdu z Evropy, kde ty dojmy nejsou stejné, začala nová činnost. Skončil se župní prázdninový Camp pro děti a ve cvičitelské schůzi nastaly změny. Funkci náčelníka převzal br. Jiří Liška, který po dobu prázdnin vedl přípravné cvičení každý čtvrtek a tak připravoval nové cvičence pro další činnost. Br. Liška je nadšenec sokol-

ský. Je současně vzdělavatelem. V soukromí je výborný malíř akvarelů a už absolvoval jednu úspěšnou výstavu. Z domova došel jako doktor práv, ale má zde docela jiné, neprávnická zaměstnání. Místonáčelníkem je Luba Hintnaus. Náčelníci je Ruth Santo, místonáčelníci, Eva Procházková. Žactvo vede s. Pelcová a br. Bednář i s. Procházková. Tato sestra je současně učitelkou na české škole a to dobrou a zkušenou. Byla učitelkou už doma, v Československu. A starou gardu? Kdo jiný by mohl vést Starou Gardu než věčný nezmar br. Pokorný, kterému je teprve 82 let. K tomu všemu je zde závodní družstvo volleyballu, pod vedením br. Ady Dusila. Cvičení je ve znamení příprav na slet v Chicagu.

Starosta Salák se jen usmívá, jak to jde i když má někdy z toho všeho bolení hlavy. Bylo absolováno Václavské posvícení, bude velice pečlivě připravena oslava 28. října a o tom dalším si povíme příště.

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