

AMERICAN SOKOL

VOL. XCIII — NO. 12

DECEMBER, 1972

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



Season's Greetings

MAY THE NEW YEAR BRING YOU PROSPERITY, GOOD HEALTH
AND ABOUND IN JOY AND HAPPINESS

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AMERICAN SOKOL

436

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June Pros, Secretary

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Calendar of Events

- 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.
- FEB. 24th — SOKOL SO. OMAHA, NEBR.
Annual Vecirek.
- FEB. 24th — SOKOL BALTIMORE, MD.
101st Annual Sibrinky.
- MAY 5th — SOKOL WEST SUBURBAN, DOWN-
ERS GROVE, ILL.
Annual Exhibition — 7:00 P.M. — Herrick Jr.
High School — Grant & Middough — Downers
Grove.
- MAY 18-19th — SOKOL MILWAUKEE, WIS. —
Interclass Gym & Track Meet — International
Institute.
- JUNE 3rd — NORTHEASTERN DISTRICT SLET.
A.M.L.A. Slovenian Recreation Center — Leroy
Township.
- JUNE 10th — SOKOL SOUTH OMAHA, NEBR.
Czech Festival.
- JUNE 17th — SOKOL DETROIT, MICH.
Summer Slet.
- JUNE 21-24th — A.S.O. NATIONAL SLET DAYS.
CHICAGO, ILL.

"South Omaha Sokol Specials"

The South Omaha Sokols would like to personal-ly write and thank each Sokol brother and sister from the various Units throughout the United States that have ordered the "South Omaha Sokol Specials" recipe book. It is impossible to write to thank you for the very complimenting letters you have written to us regarding our recipe book containing 776 favorite recipes. This is our means of saying, "Thank you — you have all been very kind."

Additional publicity for the book was gained recently when a California resident wrote to the Omaha World Herald asking for help in finding where the book could be purchased. The inquiry brought a flock of mail orders which exhausted the remaining supply.

The "South Omaha Sokols Specials" was first placed on sale in December, 1971. Since then 5,200 copies of the book have been sold. The fourth printing of the book is now being completed. The response has been overwhelming for this excellent book of many fine Czech recipes.

Any one desiring to order the book may do so by writing to Bro. E. J. Pavoucek, 2306 Jefferson Street, Bellevue, Nebraska 68005. The cost of the book for Nebraska residents including postage is \$4.12 — outside Nebraska \$4.00.

EDITOR'S NOTE

Due to other, and far more pressing Sokol responsibilities on the part of the editors of the Gymnast section of the American Sokol publication, last month's November issue was greatly delayed, being received far in the month of December; circumstances of which your editor had no control whatsoever.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. XCIII.

December — 1972 — Prosinec

Číslo — No. 12

OUR SEVENTY-FIFTH ANNIVERSARY

For seventy-five years, we've been a reality,
Exerting a good influence upon our community.
'Tis with understandable pride that we celebrate,
The anniversary of Sokol Little Ferry's
founding date.
In the minds of non-members, there may exist
some doubt,
As to exactly what American Sokol, is all about.
Thus we'll attempt to give some clarification,
With a history and objectives, of our Organization.
The Czech word "Sokol" means "Falcon" —
an appropriate word,
It is a swift flying, powerful, and yet graceful bird.
Dr. Tyrs who founded the first unit in eighteen
sixty two,
Emphasized physical fitness, moral, and
spiritual strength too.
His motto was "Truth, Freedom, Friendship
and Longevity",
Which he felt was the way, life was meant to be.
Sokol St. Louis was the first unit, founded in
the U.S.A.,
Back in eighteen sixty five, on St. Valentine's Day.
In Little Ferry our first hall was completed in 1897,
But burned to the ground on St. Patrick's Day
in 1911.
Its dedicated members, were certainly far
from dismayed,
For on Thanksgiving Day, a new corner stone
was laid.
February 22nd in 1912 was the date of
dedication,
A parade and open house, were part of the
celebration.
We faced times of wars and of depressions too,
While it wasn't easy, we always pulled through.
To be an American first, every member is expected,
As a Patriotic Organization, we've always
been respected.
A member's religious beliefs, and political
affiliation,
Are his own personal affairs; within our
Organization.
This type of reasoning, we feel makes good sense,
Members have held office, from both sides
of the fence.

For years our hall was the hub, of local social
activities,
And in the past as now, we have welcomed
all of these.
There were gym exhibitions, shows, card parties
and dances,
Here also blossomed, many successful Sokol
romances.
Silent movies were shown here every Sunday night,
Westerns, comedies and thrillers, provided
great delight.
All sound effects were created, by a piano
player
Adult admissions were fifteen cents, and
children paid ten.
During the early 1920's, in June of each year,
Our Public School, held commencement
exercises here.
Sokol basketball teams, won county-wide fame,
And always played a fast and aggressive game.
Over the years, our gymnasts have gained
recognition,
While taking part in inter-sectional Sokol
Competition.
Thousands of youngsters received our
indoctrination,
Which helped them to become, better citizens
of our nation.
Customs and thinking may change, every once
in a while,
But a sound mind in a sound body, never went
out of style.
Since we cannot rest upon the laurels, of
bygone years,
Complacency must become, one of our greatest
fears.
We owe it to dedicated members of each
prior generation,
To not only perpetuate but expand, our
Organization.
By means of setting good examples,
may we prove to be,
A real inspiration for those, of our posterity!

JERRY W. KOMAREK, Sokol Little Ferry

"Miss Nebraska Czech Queen"

Sis. Vicky Hurt, 18, representing Sokol South Omaha, was awarded her title at the Czech festival in Wilber, Nebr., being selected in a field with 5 others. In attaining her crown she was first interviewed, then sang a Czech song, and finally performed a Floor exercise, the routine for her talent presentation.

Vicky is a recent high school graduate, where she was active as a cheer-leader, Pom-Pom girl, a member of the Chorus, and the Girl's Track team throughout her 4 yrs. She will attend the University of Nebraska at Omaha, concentrating on Physical Education and English.

She has been a member of the Sokol gym classes for 7 yrs., winning individual trophies in competitions at 5 District Slets. Steadily advancing from Low Division to a Championship gymnast, was an assistant instructor for the past 2 yrs. Also attended the Sokol Instructor Course last summer at Valley, Nebr. She served as Secretary and then President of the Sokol Gym Club, assisting the Unit in hosting the District Slet and Competitions. She became a member of the Sokolice last June, and will be competing in the Women's Division at the 1973 ASO Slet in Chicago.

Vicky is grateful to many people for her success — her parents for the understanding and patience; her grandmother for the many hours sewing her dress and the timely advice; and last, Bro. Bud Benak helping her choreograph her Floor exercise.

Sokol South Omaha is well proud of this young lady. And for good reason, indeed!

"To be free in society that one not only recognize its laws in governing him, but at the same time voluntarily subject oneself to them."

Miroslav Tyrs

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

HELD NOVEMBER 28, 1972

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

Correspondance: \$10. payment of Olympic dues approved. — Polonus Philatelic Society re; lecture by Bro. Janecka, Nov. 10th. — Request for Czech material from the City College of New York, approved sending various booklets. — Sokol Day Proclamation from the White House. — Letters from Bro. Pavoucek regarding Merit Award; Sokol Fort Worth, tax exemption; Sokol Los Angeles, By-Law books; Sen. Hruska, Sokol Day Proclamation; Sokol San Francisco, membership and material for term paper.

B.O.I., Bro. Linhart, Director: Report on Men's meeting, Nov. 15th. — Inquiry of possibility of having Sokol Tyrs Band during the Slet. — Final report forms received from Districts. — Central District planning a Course in near future.—Notices of meetings from the Central AAU; AAU Convention; Sarasota, Fla. Clinic; NCAA, Dec. 24-30th; DA Sokol Tournament Rules; ASO Slet. — Gymnastic Skills, slow response.—Bro. Schnabl prepared Slet Survey Letter for Sports Tournaments.— Attended Sokol USA Banquet with Bro. Basta, Oct. 28th. — Arranged Directors Conference, Nov. 3-5th, along with Sis. Schnabl. Pleased with results. — Distributed Jr. Boy's and Men's calisthenics and apparatus exercises. — Received request from Bro. Dusek of N.E. District to appear at Clinic in Cleveland, May 5-6th. — Sokol Gymnast will be late due to pressing matters at the Conference.

Report of Women's Director, Sis. Schnabl: Congratulated the Women's BOI at Directors Conference for being well prepared. Distributed Tournament Rules, Jr. and Women's exercises. — Currently working on 2nd Class Apparatus for Central District. — Wrote Hoop Drill for Sokol Berwyn girls. — Attending course in Coaching of Girls Gymnastics, 10 sessions.

Membership: Bro. Svoboda excused. — Planning to send out further information re; final instructions and listing of awards for Drive, fast approaching its end. — Pamphlets will be distributed. — Would like to remain as Committee Chairman until term as Vice-Pres. expires in 1975. — Recommends a proposal at the next Convention agenda the Membership Chairman be a fully pledged member of the Executive Board. A vital position in our Sokol Organization.

Publicity, Bro. Rabas and Sis. Basta: Article in Hlasatel regarding Slet meeting. Also in Chicago suburban newspapers. — Information will be sent to editors of the various Unit News-letters. — Area Fraternal organizations will be requested their full cooperation and not to stage affairs the same time of our Slet.

Tours: Sis. Sotka gave full report on Vienna Tour. — Sis. Pros stated the 9-day Baltimore Tour most enjoyable.

Financial Sec'y., Sis. Sotka: October financial reports prepared, Fed. Taxes deposited.— Compiled

Membership and Special Assessment along with Bro. Basta for the Conference. — Sokol St. Paul will be awarding 50-yr. membership pins, Dec. 8th. — Sent telegram congratulating Sokol Little Ferry on its 75th Anniversary. — Attended Slet meeting, Sokol Baltimore's 100th Anniversary, Directors Conference. — Was approved to issue 5 and 10 yr. membership pins to Sokol T. G. Masaryk members. — Supply of plain Sokol pins depleted. New order placed. These pins are included in the Membership Kit. Approved to charge \$1.25 per kit.

Uniforms, Sis. Prener: A new supplier for the round Sokol Emblem. — Women's head bands ordered. — Presented \$1,500.00 as partial payment to the ASO, on account.

Editor, Bro. Herink: November publication will be far late, all material set in type except the Sokol Gymnast which will be delayed due to the pressing duties of the Directors in connection with the 3-day Conference.

Secretary, Sis. Pros: Annual letter and roster form sent all Units and District secretaries. — Conducted 9-day Baltimore Tour. — Attended Slet meeting. Minutes will be distributed. — Worked at Chicago Folk Fair. — Conducted bus trip to Milwaukee Folk Fair.

President, Bro. Barcal: Informed of Bro. Jancek's accident, suffering a fractured leg. — Attended Sokol Baltimore's Anniversary, Directors Conference, Slet meeting. — Received word of the passing of Sis. Marie Kane, long time Treasurer of the Southern District. — Congratulations will be sent ZCBJ on celebrating its 75th Anniversary. — New Year greetings will be placed in the Hlasatel, Novy Svet, Berwyn and Suburban Life newspapers. — President's Conference will be held Jan. 19-21st. Sis. Pros will make all arrangements at Sheraton-Midway Motor Inn, Chicago. No meeting Friday, Jan. 19th. Sessions will begin following day at 9 a.m. Presidents will receive particulars.

XIII. A.S.O. Slet Meeting

NOVEMBER 16, 1972

First meeting of Slet Committee presided by Bro. Stanley Barcal with 38 members in attendance. Forthcoming Slet stressed and the urgency of full cooperation. The out-of-town Units are very enthused. Central District will be host. Slet days will run Thursday thru Sunday, June 21-24th. Great enthusiasm shown by Directors at the recent Conference.

Slet Committee chairman nominated and voted upon: Chairman, Bro. Stanley Barcal; Co-Chairmen, Bros. Rudolph Svoboda, Joseph Drnec; Sec'y., Sis. June Pros; Recording Sec'y., Sis. Ann Fara; Treasurer, Bro. George Basta; Technical, Bro. Edward Linhart, Sis. EllenJeanne Schnabl; Slet Seals, Sis. Betty Prener; Housing, Bro. George Vytlačil; Management, Bro. Frank Hokr; Banquet, Sis. Josephine Drnec; Publicity, Sis. Ann Basta, Bro. Jerry Rabas; Exhibit, Bro. Ernest Pirka; Program Book, Bros. James Cihak, George Herink. Chairmen still to be selected: Souvenirs and Tickets.

The Slet will be held in the Morton West High School stadium, Berwyn, Ill. The Slet account will be at the Western National Bank with an advance

deposit of \$5,000.00. Signatures required; two of four — Bros. Basta, Barcal, Svoboda and Sis. Sotka. Slet stationary will bear the slogan and logo of the Bi-Centennial Committee, "A Past to Honor and a Future to Mold". Sis. Sotka, a member of the Financial Committee, will record all entries in the Sokol office.

Seals: Preparations being made. Various people been requested to submit a design.

Publicity: Posters will be needed. Other suggestions: bumper stickers, matches, decal lettering for rear car windows.

Souvenirs: Committee requested to come up with new ideas. Young adults and teen-agers will be contacted.

Housing: It appears most Units prefer to stay out of down-town area. Committee will look into all facilities.

Banquet: Great problem in obtaining Friday request date, since these dates are booked years in advance. Also, requesting a package deal. Permission given to stage banquet Thursday if need be.

Exhibit: Six pylons (3-sided) be constructed. These moveable to various activity sites. Each District responsible for a portion of the display. Also with space available for guest organizations. A model and estimate to be presented at next meeting of the Slet Committee, December 28th.

Program Book: New material and pictures to be used.

June Pros, Recording Sec'y. Pro-Tem

DISTRICT REPORTS

Eastern District Annual Meeting

OCTOBER 1, 1972

Pres. Bro. Charles Zraly presided. Delegates present: Sokol Baltimore — Bros. Henry Vrzalik, Edward Stetka; Sokol Belcamp — Bro. Frank Novak, Sis. Mildred Novak; Sokol Fuego — Bro. Anton Chaloupka, Sisters Bertha Hochner, Blanche Zraly; Sokol Little Ferry — Bros. Henry Vesely, Charles Kubicek, Sis. Florence Kubicek; Sokol Miami — Bros. Frank Ruzicka, Anton Hron, Sis. Emilie Ruzicka; Sokol Newark — Bros. Frank Bartell, Frank Kotlan, Sisters Anna Votapka, Barbara Kotlan; Sokol New York — Bro. Jan Babinec, Sis. Lillian Pribil; Sokol Philadelphia — Bro. George Novak, Sis. Josephine Tunkl; Sokol Washington, Bros. Matthew Neumann, Jerry Friedrich, Frank Stovicek, Sis. Rose Friedrich. — Guests: Bro. Stanley Barcal, Sister Betty Prener, President and Vice-Pres. of the ASO.

Reports were given by: Pres. Charles Zraly; Sec'y. Blanche Zraly; Treasurer, Anton Chaloupka; Financial Sec'y. Lillian Pribil. 1972 membership is 652 men, 694 women. Loss of 12 men, gain of 16 women. Total of 1346 members.

Director of Men, Bro. Frank Capek: Expects rise in gym classes for the ensuing year. Requests report of Unit activities. District assumed leadership of the United Sokols of the East from 1971-72. Participated in Track and Field, bowling, volleyball, apparatus competition in all classes. District Course held at Sokol Little Ferry. Instructors needed in all classes.

Director of Women, Sis. Norma Zabka: Units lax in reporting activities. Sokol Course a success. Units will receive a probable refund of \$15. for each student sent. Profit of \$50. made on sale of "I Love Gymnastics" buttons.

Southern District Director, Edward Stetka: Re-elected as Director. Ceremonies held at Tomb of the Unknowns, May 21, 1972. Received letter from President Nixon complimenting Sokol Baltimore on its 100th Anniversary. Bros. E. Babor, W. Zabransky and Bata Co. contributed in publicizing Sokol on Czech radio program.

B.O.I.: Moved that the District allot Units \$10. for each participant in the 1973 Chicago Slet. If possible the District will grant more funds at time of Slet. District will pay expenses of advanced students, one boy and one girl, to attend Sokol Course after the Slet. They will be selected at discretion of the Directors. Officers will remain the same as last year: Bro. Capek, Sis. Zabka, Sec'y. Tessie Mastik, Director of Athletics Virginia Belsen.

UNIT REPORT

Sokol Baltimore: Very active. Problem getting youngsters to participate. Need more men to join gym class. 38 new members inducted in past year. Will celebrate 100th Anniversary, Oct. 28th.

Sokol Belcamp: Hall redecorated. Will attempt to revive gym class for Chicago Slet.

Sokol Curtis Bay: Active socially.

Sokol Fuegner: Gym classes expected to improve. 7 members attended Vienna Slet. Sis. Belsen won 3rd prize in Women's Competition. 4 students attended Course at Little Ferry. Bro. Klovra celebrated 90th birthday.

Sokol Little Ferry: Successful year. Large profits in fund-raising. Will celebrate 75th Anniversary, Nov. 4th. Instructors Course held at Little Ferry. Formed Youth Organization group.

Sokol Miami: Hold exercise programs. Will mark 3rd Anniversary, Dec. 10th.

Sokol Newark: Meet in homes of members. Gave membership pins. Sisters Elkins and Votapka donated afghan to be awarded at Annual meeting.

Sokol New York: Repairing Hall following great damage by fire. Thanks to all Units for donations for renovation. Gym classes resumed in February. 4 girls attended District Course. Czech school, presided by Sis. Provaznik at Camp Sokol, was held for three weeks in August.

Sokol Philadelphia: Marked 75th Anniversary, April 15, 1971. Membership, 48. No gym activity.

Sokol Schenectady: Hold gym classes for small children. Cater to parties in Sokol Hall.

Sokol Washington: Celebrated 25th Anniversary, Sept. 30th. Hold many affairs. Gym classes under direction of Bro. Stovicek. Held Wreath-laying ceremonies at Tomb of Unknowns, May 21st.

* * *

Good of the Order: Bro. Capek stated of the cooperation with Slovak Sokols and participation in their Boonton Slet. — Bro. Barcal reported on preparations for the 1973 Chicago Slet and the Instructors Course to follow. ASO Convention in Detroit, in 1975. Asked Units to start making

plans for the future today. American Revolution Bicentennial will be incorporated in the Chicago Slet program. — Sis. Prener gave details on the newly organized Uniform Division and the new Sokol insignia. Also asked for pictures of the Vienna Slet for the Souvenir Book of the ASO Slet. — Sister Ruzicka stressed importance of exercises; asking Women's participation in calisthenics for the Slet. Will start teaching marching.

New Business: Same officers re-elected for ensuing year. — Seat of the District will remain in New York. — District officers will meet every month, and other delegates every 3 months. A special meeting called when urgent. — Raffle profit, \$171.

Treasurer's Report, Bro. Chaloupka: Receipts, \$907.60. — Disbursements, \$969.68.

SOUTHERN DISTRICT October 28, 1972

Pres. Bro. George Prevratil presided. Present: Bros. Larry Laznovsky, Jerry Milan, Oldrich Parma, Miro Jurcik, Harrell Hamilton, H. B. Smith. Sisters Marie Kane, Sylvia Laznovsky, Bernice Hamilton, Vlasta Laznovsky. Guests: Bros. E. Laznovsky, F. Laznovsky, Sis. R. Neff.

Correspondence: Check from ASO for \$455.87, drawn against Southern District Assessment Fund for expenses of week-end Course in Ennis, Aug. 26-27th; organizational activity in Yukon, Okla.; and Directors assistance to Sokols Corpus Christi, Dallas and Fort Worth (traveling) prior to the Slet Course.

UNIT REPORTS

Sokol Corpus Christi: Sept. and Oct. meetings, each with 31 in attendance. — Property placed for sale. — Purchased new site for future home. — Held rummage sale, monthly Flea market, bake sale.—2 gymnasts attended Sokol week-end Course. — Hosted volleyball tourney in August. — Bro. Frank Sacky elected Sec'y.

Sokol Zizka: Oct. meeting, 32. — Held 2 dances and 4 other functions. — Membership awards dinner successful. 29 (total) 10, 25, 40 & 50 Yr. pins awarded. — Held weekly Judging Clinic.

Sokol Karel Havlicek-Borovsky: Oct. meeting, 35. — Held one dance. Home-coming dance on agenda, Oct. 27th. — Will cater Medical Ass'n meeting. — Annual meeting, Nov. 26th. — Spaghetti supper for traveling fund successful. Other such fund-raising activities planned.

Sokol Fort Worth: Held Banquet for Jr. Girls advanced team. — Ground work being done on new site. Road cut through.

Sokol Houston: Sept. meeting, 31.—Held 2. Sept. dances; Sokol circus, Oct. 7th, with barbecue supper. Also a fish fry and smoker. Socials on Sundays. — Shipped parallel bars to Sokol Yukon.

Educational Director, Bro. Parma: Successful meeting of all Directors with exception of Sokol Yukon, Oct. 14th, at Ennis. Bros. Jurcik and Hamilton appointed as assistants.

Public Relations, Bro. Milan: Received AAU certificate for District. — 1967 Mid-Slet film and 1972 Slet film will be turned over to Educational Director. They are available to all Units.

SOKOL GYMNAST

December 1972

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

HAPPY HOLIDAYS

The American Sokol Board of Instructors

WISHES TO EXTEND ITS WARMEST GOOD WISHES
FOR A JOYOUS HOLIDAY SEASON.

The past has brought us all together, working toward our goals as one large unit. In the New Year of 1973, we can attain these goals by the continuous friendly cooperation of all.

NAZDAR



Merry Christmas

and a

Very Active New Year

EDWARD LINHART
DICK PTACEK
ROY ZITNY
PAUL LEBLOCH
EDWARD SCHNABL
GEORGE KALAS
PAUL FINA
IRVIN TRINER
CHUCK KALAT
JIM BEROUSEK
STANLEY BARCAL
JERRY MICHALEK

ELLEN JEANNE SCHNABL
MILLIE ZEMAN
CAROL STREJC
JACKIE KOURIM
LORRAINE ZDENEK
ANNE HALIK
MILLIE PRCHAL
HELEN TUMA
SYLVIA PISTORIUS
ETHEL RUS
LILLIAN WEISMAYER
MARIE PTACEK
AGNES PAJER

ATTEND
JUNE 21 - 22 - 23

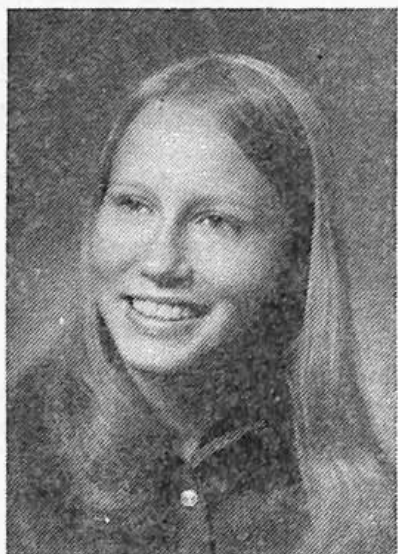
13th AMERICAN SOKOL SLET
Morton West High School

ATTEND

Berwyn, Illinois

American Sokol Organization Merit Award for 1972-73

Upon the recommendation of the Merit Award Committee which had met and thoroughly examined all applications of applicants, the following Merit Awards have been approved by the Executive Board to be paid from the Sokol Future Leaders Fund. Those applicants not awarded should re-apply next year.



SUSAN FRANKS
Sokol Tyrs
North Eastern District
Miami U. of Ohio



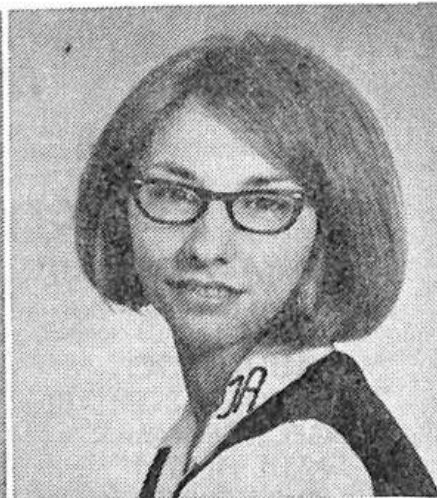
DEBRA ULRICH
Sokol St. Louis
Central District
Meramec Col. and S.I.U.



GEORGIANA NESLADEK
Sokol Slavsky
Central District
Western Ill. U.



KAREN PETERSON
Sokol Omaha
Western District
Univ. of Nebraska



PAULINE VANYO
Sokol St. Paul
Western District
Univ. of Minn.

KAREN VAVRA
Sokol Tyrs

EDWARD LINHART
Sokol Tabor

KAREN VOCELKA
Sokol W. Sub.

DENISE MINARIK
Sokol So. Omaha

RENEWALS FOR 1972-73

PHYLLIS SWOBODA
Sokol So. Omaha

MERIT COMMITTEE

George Kalas, Chairman

EllenJeanne Schnabl

Lorraine Zdenek

Edward Schnabl

Edward Linhart

BASIC EXERCISES FOR CHILDREN

Low Balance Beam

NOTE: Do not hold the children when they are performing on the beam. Let them learn to balance themselves and they will develop a sense of balance and self-confidence.

1. Walk forward on beam. Hands on hip. (Extend leg, touching beam first with toe, then lower heels; body erect. Do not frontbow head.)
2. Walk backward on beam. Hands on hips. (Do not twist body or head.)
3. Hands on hips: Forestep left — close right — forestep left (pas chasse) — alternate to end of beam.
4. Hands on hips: Forestep left — hop on left — alternate to end of beam.
5. From Stand parallel: hands on hips: sidestep left — close right — continue to end of beam — repeat, but opposite.
6. From stand parallel, hands on hips: sidestep left — right forestep across — continue to end of beam — repeat, but opposite.
(NOTE: in 5 and 6, keep body in parallel position.)
7. Hands on hips: walk forward with dip half-squat on one leg and high frontleg on the other — continue to end of beam, alternating.
8. Polka steps forward to end of beam.
9. Several children at one time. From stand parallel: frontarm — dip half-squat, reararm — half-squat, frontarm — repeat several times.
(NOTE: Do not bend in waist during dips. gradually increasing the movement to uparm. Trunk must be erect.)
10. Several children at one time. From stand parallel: twist trunk 90 degrees to left, sidearm, palms up, look at left hand — twist trunk 180 degrees to right, thru closearm, sidearm, palms up, look at right hand — repeat several times.
11. Several children at one time. From stand crossway hands on hips: frontleg left — rearleg left — high frontleg left — closeleg left — repeat at right leg — repeat several times.
12. From stand parallel: Frontarm — dip in half-squat, reararm and dismount forward, swing arms to uparm and thru sidearm, closearm.
NOTE: Keep body erect in half-squat. Teach the children to jump upward and not horizontally, because this gives the gymnast balance and better control of the body. The movement of the arms must be coordinated with the movement of the body; that is, arms upward during the flight up and during the fall down.

Amphetamines and Athletes

The Amphetamine Drugs, better known as pep pills, have come in for much study in relation to athletics in recent years. Familiar product names of these drugs are Benzedrine, Dexedrine and Dexoxyn. The Amphetamines act to lessen fatigue sensations, constrict blood vessels, and suppress appetite by stimulating the central nervous system. Depending upon the dosage, individual sensitivity, and certain other factors, they may be highly toxic.

A special committee of the American Medical Association, with the help of the National Federation and other athletic groups, has checked into the use of amphetamines in sports and their effect on athletic performance. Suggestions that the drug was being employed in attempts to step up performance stimulated these studies.

In one part of its study, the A.M.A. Committee queried a sample of some 800 high school and a similar number of colleges throughout the country on the use of amphetamines in athletics. With rare exceptions the responses indicated that these drugs had not been used by athletes and that those in charge of sports strongly condemned any such practice. There was no reason for respondents to misrepresent or falsify replies since the questionnaires were not signed or otherwise identified.

In another aspect of this study, researchers for the A.M.A. Committee compared the performances of athletes after they had taken amphetamine capsules with the records they made after taking "blanks" resembling the capsules. Exhaustive trials showed that, under the test conditions, performances were generally better when the drugs were taken. Thus it was clear that an unfair advantage could accrue to an athlete who would use them.

General conclusion was that "the use of amphetamines to improve athletic performance is inconsistent with the practice and ideals of sportsmanship and, since their repeated use may be associated with harmful effects, the Committee strongly condemn the prescription of these drugs for this purpose by physicians or their administration or use in athletics by coaches, trainers, or participants."

The use of the amphetamines or any other drugs or "dope" in athletics has been outlawed by the United States Olympic Association, the Amateur Athletic Union and the International Amateur Athletic Federation. All those genuinely interested in the welfare of sports and their contribution to youth will join with these groups and the A.M.A. Committee in vigorously opposing and condemning such practices.

To All Gymnasts - Class Instructors

THIS IS AN APPROPRIATE TIME to thank you for your fine cooperation and support. We are happy to be of assistance and stand ready to fulfill your UNIFORM needs in our coming Slet year.

HAPPY HOLIDAYS TO YOU AND YOURS

AMERICAN SOKOL UNIFORM DIVISION
 BETTY PRENER HELEN PRENER
 ANN BASTA GEORGE BASTA

National A.A.U. Convention

PAUL FINA, Rep.

Minutes of the National Joint Gymnastic Committee, Tuesday, November 28, 1972, Muhlebach Hotel, Kansas City.

Meeting was called to order by Thomas Maloney, Gymnastics Administrator. He reported on the current status of the Russian Gymnastic Tour in the U.S.A. and explained in detail the correspondence between the USGF and the AAU. USGF has refused the tour because other foreign teams are coming. There was discussion over who should have control of the Junior Olympics Gymnastics Program; the USGF or the AAU. Decision is to be made in February 1973.

BIDS FOR NATIONAL CHAMPIONSHIPS — The 1973 National AAU Championships were awarded to:

Senior Nationals:

Niagara Association — April 26, 27, 28, 1973
Buffalo, New York, Canisius College.

Junior Nationals:

Kentucky Association — To be held at
Jeffersonville, Indiana May 11, 12, 1973.

Tom Maloney announced that the New AAU Gymnastics Guide will be for 1973-74. Members present at the National Committee meeting were urged to support the National AAU Gymnastic Newsletter, edited by Tom Maloney — subscription is \$5.00 per year.

Jerry Hardy called for a vote of confidence to have Tom Maloney reappoint as National Gymnastic Administrator.

MINUTES OF THE MEN'S COMMITTEE MEETING — Tom Maloney stated that the Russian Team Tour has been cancelled.

It was stated that the National Judges Gymnastics Assn. had raised all fees for judging and that the AAU might not be able to afford registered judges.

For the Sullivan Award, John Crosby of the 1972 Olympic Team was nominated.

The Slovenian Body of Yugoslavia sent Jerry Hardy an invitation to participate in an individual memorial meet. The AAU considers this an inter club affair — date April 5-8, 1973.

Tom Maloney was re-elected as National AAU Chairman to the U.S. Olympic Committee. Bruce Davis to be the alternate.

MINUTES OF THE WOMEN'S COMMITTEES MEETING — Don Wilderoter, chairman, opened the meeting. AAU National Championships were a qualifying round for Olympics but qualifying scores raised to 9.0 instead of 8.5 by USGF. YMCA National Meet was not accepted as an Olympic trial.

Question raised by AAU, DGWS, YMCA cannot have their nationals as qualifying trials in the future.

Women's Technical Committee, Erna Wachtel — Olympic compulseries for Senior Nationals — Floor Exercises have been changed, i.e., music style, connections, etc. Beam has small changes. Jackie Fie and Muriel Grossfeld are supposed to write out text. Changes were made at training camp. Bars are the same. Vault is the same. Note: Olympic exercises are now developed by each country from movements that have been standardized.

Discussion on Compulsories: D. Wilderoter entertained motion that we go along with USGF — January Meet. Erna moved to have 1972 compulsories as published by USGF as done in Munich, motion passed. Motion was made by Erna, we follow USGF compulsories will be adopted by AAU, seconded by Ruth Hineman. Erna Wachtel announced that for Modern Gymnastics, Mildred Prchal, 2419 Scoville Ave., Berwyn, Ill. was a top authority. J. Hardy suggested a sub-committee be formed to explore further the incorporation of Modern Gymnastics in the AAU Program.

Mildred Prchal nominated by Florence Palas as AAU Charman. Election of Women's Committee Chairman — Chairman Don Wilderoter re-elected by acclamation. Representatives to US Gymnastic Olympic Committee, Jeanette Rawkins (Delegate), Irene Schmidt (Alternate).

NATIONAL JUNIOR OLYMPIC GYMNASTICS COMMITTEE — Wednesday, November 29, 1972 — Tom Maloney presiding. The following are highlights of significance to the American Sokol Organization: Compulsory Exercises for Junior Olympics: A motion was made and passed to keep present boy's compulsory exercises for 1973 and 1974.

Equipment — Long Horse height for boys Age Group 13-14, may be lowered to the notch closest to 47 inches.

Additional mats may be placed under the apparatus (uneven bars and parallel bars) for all age groups under twelve, (boys and girls).

Tom Maloney announced that National J. O. Championship is tentatively set for 9th—12th of August, 1973 at the University of Michigan.

Don Wilderoter moved that a recommendation be made to the board of Governor's that we follow our handbook directive and present medals for individual events at the National J. O. Championships.

An Ad Hoc Committee was appointed to decide on terminology for Junior Olympic level of competition (boys and girls).

The National Committee approved the recommendation of said committee as follows: Boys: A lower level of compulsory competitions may be established at the discretion of the association at the association level.

JOINT MEETING OF NATIONAL MEN'S AND WOMEN'S GYMNASTICS COMMITTEE:

Jim Bryant of the Oklahoma Association bid for 1973 Senior National Championship, Bartlesville, Oklahoma, Adams Gymnasium, Phillips 66, tentative date, May 1974.

Subject: On the Board of Directors to USOC. Jerry Hardy was elected to be our representative and Frank Spochalski alternate.

CORRECTION

New Tournament Rules — 1972-1975 page three, article 4 — Regulation Uniforms Section D. Junior Boys — omitted — please add — Men's Sokol style shirt — **Round Red and White American Sokol Emblem 1**" below neck binding in front.

District Directors, Bro. & Sis. Laznovsky: Some 160 gymnasts participated in Czech Day in Dallas. Appreciation to Sokol Zizka for transport and use of their apparatus. — Annual meeting of District & BOI Instructors successful. — Gymnastic meet to be held in Oklahoma, possibly 5 adults from Yukon plan to attend. District will pay registration fees. — Prepared report for the BOI Conference. — Bro. Milan again will represent ASO on U.S. Olympic Committee.

Discussions: District Slet Rules Committee met. Another at a later date. — Bro. Prevratil will visit Sokol in Yukon, Nov. 5th; and Sokol Corpus Christi, Nov. 12th. District will reimburse him for expenses.

**EASTERN DISTRICT
November 13, 1972**

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

Correspondence: ASO preparations for XIII Slet in process. Stara Garda drill recommended. — Report of BOD meeting held at University of Maryland. — Check for \$870.00 from ASO covering expense of Course at Sokol Little Ferry, Aug. 23-30th. — Czech Radio Hour again supported for ensuing year at rate of \$85.00.

UNIT REPORT

Sokol New York: Gym classes progressing. Men's division lacking director. — Bazaar on Dec. 9th.

Sokol Fuegner: Classes improving under direction of Bro. Richard Kotmel and Sis. Virginia Belsen.

Sokol Little Ferry: Celebrated 75th Anniversary. — Sokolice have many new members. — Card party on agenda. — Women's division presented Men's division with \$2,000.00. — Instructor hired for Jr. Girls classes.

Sokol Baltimore: Celebrated 100th Anniversary. — Annual Sibrinky, Feb. 24th.

* * *

Director of Men, Bro. Capek: Report from Sokols Washington, Little Ferry. — Clinic to be held at Little Ferry. — Bro. Stetka represented District at Directors Conference in Chicago.

Discussion: Track & Field meet entry fee of \$20.50 paid United Sokols of East. Each Unit to pay entry fee of their participants to the District. — Units must pay bus and motel, \$25. for each gymnast who participated in the Baltimore exhibition. — Units urged to arrange their calendar of events so as not to conflict with other Unit affairs.

Treasurer, Bro. Chaloupka: Profit of \$175.00 on Sokol Baltimore trip. — Profit of \$173.00 on raffle. Chance books distributed for next year's raffle. 2 Czech dolls donated as prize by Sokol Miami. — Receipts, \$978.15; Disbursements, \$464.56.

**Northeastern District B.O.I.
Meeting**

NOVEMBER 9, 1972

Bro. Pete Dusek presiding. Bro. Dusek and Sis. Jeanette Wagner attended the District Directors Conference in Chicago, Nov. 3-5th. Impressed with

the aggressive leadership and promised in every way to ensure a successful National Slet next June. Detailed report will be given at the combined BOD-BOI meeting, Dec. 14th, when representatives from Sokol Detroit will attend.

As a supplement to the present programs, an Activities Committee will be established to promote Sokol history and education, folk-dancing and singing. The Beseda is now being taught at the Sokol Hall, Harvard Ave. Interested persons are urged to attend.

Olympic films of the Women's & Men's Final Competitions have arrived. Dr. Eugene Patrick of Sokol Tyrs donated the purchase price. — First of the series of Clinics was held, Oct. 29th, with excellent response. Next session, Nov. 18th, with instructors from Kent State University teaching free exercises. The following day; marching, warm-ups, tumbling, Sokol history, calisthenics terminology and singing. — Plans for the Winter Exhibition were discussed.

Calendar of Events: Jan. 28th, Sokol Gymnastical; Feb. 4th, Winter Exhibition; June 3rd, N.E. District Slet; June 17th, Sokol Detroit Summer Slet; June 22-25th, National Slet in Chicago; July 4th, Bedford Recreation Dept. Picnic.

**Sokolice Renata Tyrs
Cedar Rapids, Iowa**

Presentation of 25, 40, 50 and over membership pins was the highlight of a Recognition Program. The chairmen were: Sisters Malvina Svec, Betty Petrzalek and Marie Vitek. The "Over 50yr." members were presented with the official Sokol Crest, beautifully mounted on royal blue velour, framed in white. The "Over 50yr." members are: Sisters Martha Kralik, 64yrs; Libbie Nemecek, 55yrs; Sylvia Bezdek, Marie Vitek, 54 yrs; Anna Valenta, 53yrs; Rose Prastka, Frances Manak, 51yrs. — 50yr. members: Josephine Lorenc, Elsie Naxera, Anna Mitvalsky, Rose Smrcek, Mary Vavaris, Hermina Trejtnar. — 40yr. members: Anna Podzimek, Rose Podzimek. — 25yr. members: Betty Petrzalek, Bela Jiruska, Hermina Rigel, Jarmila Hutchinson, Marie Tezner.

The big event was the Lindale Plaza Czech Festival. Co-chairmen Sisters Bessie Naxera and Helen Kopacek. Despite the cold weather the financial returns were respectable, although there was somewhat of a disappointment on the publicity angle on the part of the festival sponsors. The promised Czech music never materialized. The Sokol Beseda Dancers drew a large crowd, as always. — Next year the Sokol will hold its own Festival, at its hall, choosing its own time and date, with no "long distance" hauling.

The 3rd event of the month was a Rummage Sale under the direction of Sisters Mana Zlatohlavek and Maxine Kinch which also was a success.

At the semi-annual Western District Meeting the Sokolice were ably represented by Sisters Zlatohlavek and Petrzalek. Their report was most interesting.

Libbie Melsha

FINANCIAL REPORT

American Sokol Organization

October 1972

RECEIPTS

Dues	\$ 4,187.57
Convention Fund	40.50
Special Assessment	60.00
Dividends and Interest	100.00
Subscriptions to "American Sokol"	9.00
Resale of Jewelry	109.50
Educational Pamphlets, Window Decals, Postage	23.31
Membership Kits, Film Rental	62.70
Total Receipts	\$ 4,592.58

DISBURSEMENTS

Administrative Departments	
Salaries	\$638.89
F.I.C.A. & F.W.T. for September ..	117.88
Illinois Withholding Tax — 3rd quarter 1972	28.59
Rental, Janitor Service, Phone ..	288.72
Office Supplies, Postage	119.78
Travel Expense	289.00
Miscellaneous Expense	1.73
	\$ 1,484.59

Educational Department BOI

Salaries	\$210.44
F.I.C.A. & F.W.T. for September ..	48.40
Illinois Withholding Tax — 3rd quarter 1972	12.48
Editor "Sokol Gymnast"	25.00
Add'l Copies "Sokol Gymnast" ..	28.00
Dues	100.00
Postage, Phone	35.91
Office Supplies	73.07

533.30

Sokol Publication

Editor "American Sokol"	\$ 75.00
Printing "American Sokol"	570.67
Postage "American Sokol"	51.18

696.85

Miscellaneous

Uniform Division — Salaries, F.I.C.A., I.W.T., Phone	\$221.36
Special Appropriation: Eastern District A.S.O.	870.00
XIII A.S.O. Slet Expense — B.O.I.	95.95

1,187.31

Total Disbursements **\$ 3,902.05**

Balance brought forward:

Western National Bank of Cicero — Checking Account	\$12,452.92
Receipts — October 1972	4,592.58
	17,045.50

Disbursements — October 1972	3,902.05
	13,143.45
Transfer of funds from Checking to Savings account	8,000.00
	\$ 5,143.45

FUTURE SOKOL LEADERS FUND

November 1972

Rose Masek, in memory of daughter, Blanche Kubezcko	\$ 15.00
Mr. & Mrs. V. Prochazka, in memory of Blanche Kubezcko	10.00
Bohumil & Adeline Lankas, in memory of Frank Stepan	15.00
Leonard & Jarmila Petrusis, in memory of Frank Stepan	7.00
The Laddie Lankas Family, in memory of Frank Stepan	5.00
First Federal Savings & Loan of Wisconsin — Div. 9/30	1.26
Clyde Savings & Loan — Div. 9/30	241.02
Hoynes Savings & Loan — Div. 10/31	143.75
Total	\$438.03

Donations are tax exempt.

November 1972

RECEIPTS:

Dues	\$ 859.25
Convention Fund50
Special assessment	1.00
Dividends and Interest	703.13
Advertising in "American Sokol"	100.00
Resale of Jewelry	123.00
T. G. Masaryk Dues	15.00
Educational Pamphlets, Postage	5.54
	1,807.42

A.S.O. Uniform Division — Payment toward Advance	1,500.00
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Total Receipts **\$3,307.42**

DISBURSEMENTS:

Administrative Department

Salaries	\$ 441.36
F.I.C.A. & F.W.T. for October	181.16
Rental Janitor Service, Phone, Electric	313.20
Office Supplies, Postage	14.60
Travel Expense	126.70
Miscellaneous Expense	44.00

\$1,121.02

Educational Department BOI

Salaries	\$ 210.44
F.I.C.A. & F.W.T. for October ..	48.40
Editor "Sokol Gymnast"	25.00
Printing Tournament Rules	461.40
Office, Supplies, Phone, Postage..	49.63
Dues	10.00
Film	123.99
Travel & per diem expense — Distr. Dir. Conf.	2,078.00
Miscellaneous Expense — Dist. Dir. Conf.	19.18

	3,026.04
Sokol Publication	
Editor "American Sokol"	\$ 75.00
Postage "American Sokol"	5.34
	80.34
Miscellaneous	
Uniform Division —	
Salaries. F.I.C.A.	\$ 255.20
XIII A.S.O. Slet Expense	1,089.74
	1,344.94
Total disbursements	\$5,572.34
Balance Brought forward:	
Western National Bank of Cicero —	
Checking Account	\$5,143.45
Receipts — November 1972	1,807.42
Payment toward Advance	1,500.00
	8,450.87
Disbursements — November 1972	5,572.34
	\$2,878.53

in 1922. She is now member 50 years plus 11 years, or a continuous span of 61 years in Sokol.

Sokol Havlicek-Tyrs in 1922 had an independent Women's Division and separate Instructor staffs of Men and Women. This Unit was fortunate to have Sis. Milada Prchal as instructor along with other dedicated leaders. With more than 12 Sokol Units in the Chicago area, Sis. Milada led the move toward independent instructor's board and the first Board of Instructors in the District, thus laying the foundation for Sokol activity throughout the nation. Sis. Emilie became secretary of the Board, Assistant Physical Director, Assistant Instructor in the large children's classes, trained on apparatus and studied terminology done entirely in the Czech language. She worked as a legal steno-secretary and later fulfilled her ambition by becoming a teacher in Sokol.

After Sis. Prchal left in 1925 to finish her ballet training, Sis. Emilie continued as instructor, taught the difficult calisthenics to Women and performed at the 1926 Praha Slet. Attended her first Instructor's school in 1929 conducted by Bro. Jarka Jelinek, assisted by Bro. Jos. Kos and Bro. Frank Prihoda in South Haven, Mich.

In 1938 her Women's class was the largest of any, numbering about 130. Besides regular gym work there were organized swim lessons, sewing class, camping for children.

In 1929 was captain of high-division all-round team which won 1st place. Three of her team-mates won trophies while she received the 2nd National all-round trophy.

Her son was born in 1930 and is now living with his family in Wisconsin; a mathematics major and counsellor in a school in that state.

Besides her gym activity, Sis. Emilie was member of several committees in her Unit, District, and the Sokol headquarters BOI, holding offices in several. Is a member of CSA, Unity of Czech Ladies, Western Fraternal, past president of Bohemian Women's Civic Club, was member of Board of Bohemian Home for Aged, was Sec'y. of Czechoslovak National Council, member of Chicago World's Fair 1933-34 Committee and New York World's Fair 1939. on Board of American Fund for Czechoslovak Refugees. Thru the Educational Dept. of Central District organized Czech language schools for adults. Was with the Daily Svornost for 10 years. In 1944 became Sec'y. of the Balkan Mission of United Nations Relief and Rehabilitation Ass'n. (UNRRA) at University of Maryland and Washington, D.C. From 1946 to 1953 was Director of Women's Division of American Sokol and is now Honorary Director. With Br. Kudrnovsky, as Men's Director, they headed the last two big Slets in Soldier field in Chicago. They conducted instructor courses in several Districts and are proud that instructors working today in many gyms are graduates of these courses.

During a misunderstanding in Sokol Havlicek-Tyrs in 1946, a group of men and women transferred to other gyms. Sis. Emilie with her husband, Vena Welcl, joined Sokol Chicago where she was active again and became president.

In the National Sokol Convention of 1963, and again 1968, she was elected chairman of Organiza-



Emilie Velcl-Ruzicka

Honorary Women's Director, A.S.O.
Chairman, Organizational Dept., A.S.O.

Sis. Emilie began her Sokol career at Sokol Havlicek-Tyrs in Chicago in the little girls class, continued thru 2nd class and Juniors, completing 11 years of training before entering Women's class

tional Dept. Her husband was editor of the Sokol monthly journal for many years. He passed away in 1963.

Sis. Emilie has since remarried to a Sokol member and former soccer professional, Bro. Frank Ruzicka, and moved to Miami, Florida, where they have organized a new Sokol Unit more than 3 yrs. ago.

Antonín Vacek

V minulých dnech nás stihla smutná zpráva o náhlé smrti br. Antonína Vacka, který zemřel dne 19. října ve věku 56 let. Br. Vacek byl činným cvičencem po svém příjezdu z Austrálie do USA v roce 1956. Jeho velkou láskou však byla jízda na koni, kterou si přinesl ze staré vlasti, kde byl členem Jízdního odboru Sokola Vinohrady. Jeho vášeň ho vedla k přesídlení do Woodside, kde se stal oblíbeným členem Los Altos Hunt Club, kterému věnoval všechny svůj volný čas. Byl zakladatelem Pony Clubu a jeho instruktorem po dlouhé léta. Členové jeho mladého teamu často vyhrávali významné ceny v celonárodních závodech. Upřímnou soustrast vyslovují všichni členové Sokola San Francisco ses. Věře Vackové a dceři Zuzance. My, kteří jsme ho znali budeme vždy vzpomínati jeho milé, usměvavé tváře a na jeho ušlechtilou povahu, vždy ochotnou pomoci tam, kde byla potřeba.

J.K.

Sokol Los Angeles

28. října měl velice zdařilou oslavu v sokolovně. Rád bych se zmínil jen o dvou případech, ačkoliv tu pochvalu si zaslouží všichni účinkující. Je to na prvním místě proslov ses. L. Nekudové. To byla ta nejkrásnější řeč, která kdy byla zde řečena. To mluvilo srdce ženy, která prožila ten první 28. říjen doma a pak ty ostatní zde. Krásně, prostými slovy vyprávěla, jak v dobách nacismu se zde krajany chvěli o osud české země, jak se radovali z osvobození. Varovala před komunismem a věřila v konečné vítězství českého národa. Ses. Nekudová byla dlouholetou starostkou Sokola a společně se svým mužem vyoralí zde hlubokou brázdou krajanského života.

Závěrečné číslo patřilo mladým: 3 děvčata v národních krojích a tři šohajové tančili s plnou vervou národní tanec, ale tak jako by celý život jen tančili. Celé toto číslo nacvičila Yvonna Gotvaldová, která my zvláštní cit a pochopení pro české národní tance. A to je to nejkrásnější, čím se zde můžeme před americkou veřejností chlubit. Z ČSR sem jezdí taneční skupiny a chlubí se krásou krojů, tancem a písněmi českého lidu, a my to zde máme také a neumíme se dostat do té veřejnosti. Bylo to krásné.

Vít Komárek

Novoroční úvaha

Je zvykem, že koncem roku si slibujeme, že splníme lépe naše předsevzetí, naše snahy, že se budeme varovat všeho co nás tříští. Občas se ozývají nářky, že naše krajanské organizace upadají, že sokolské jednoty nemají tělocvičnou činnost, starší osvědčení pracovníci odcházejí a mladší ge-

nerace nemá zájem o sokolskou a vlasteneckou věc.

Když prohlížíme zápisy sokolských schůzí a články v sokolských časopisech před 60ti léty, můžeme v nich čísti, že tenkrát sokolští pracovníci neměli organizační práci také snadnou. Vzpomeňte vy, starší, jaký to byl přímo bratrovražedný boj, zda-li se má k sokolskému kroji nosit modrá nebo červená košile. Bylo dosaženo smíření a založena společná sokolská organizace. Starší členi rádi vzpomínají na "zlaté mládí sokolského života". Věříme jim, ale často oni nevěděli o těch potížích organizace. Tu, tak jako dnes, muselo řešit jen málo oddaných úředníků a řadoví členové se nestarali o nic a přišli jen k hotovému — na zábavu. Nebylo ani snadné zakládat sokolské jednoty i když tenkrát příliv nové emigrace byl početně větší než dnes. My dnes říkáme, že moderní život je překážkou spolkovému životu. Tenkrát naši dědové věnovali mnoho času hraní karet a kuželek a pak ten sociální život byl daleko tvrdší než dnes. Mnoho krajanů pracovalo až 80 hodin týdně. Každá doba přináší své překážky a máme je i dnes. Ty však musíme překonávat, musíme zkoušet znovu co se nám nepodařilo a nebo přemýšlet, že bychom to mohli dělat jinou cestou a při tom zůstat věrni Tyršovu ideálu.

Když vzpomínáme úspěšného sokolského sletu ve Vídni 1972, můžeme říci, že nejen v Americe, ale i v celém svobodném světě sokolská myšlenka žije. V roce 1973 bude slet ASO v Chicagu. To musí být opět příležitost ukázat, že pokračujeme. Slet bude ukázkou naší snahy.

Jiří Špánek

Před valnou hromadou Sokola San Francisco

Každého roku měsíc prosinec je ve znamení příprav pro Valné hromady v našich sokolských jednotách. V této z celého roku nejdůležitější schůzi, budete opět rozhodovat o způsobu a směru činnosti v budoucím roce. Musíte zvolit úředníky, kteří budou řídit naši jednotu v roce 1973.

V příštím roce máme před sebou velké úkoly. V prvé řadě je to okrskový slet, kterým byla naše jednota pověřena. Je to úkol nemalý, protože musíme zvýšit účast a činnost v tělocvičně a to všech složek, aby slet vyzněl co možná nejdůstojněji. Je toho mnoho co by mělo být vykonáno. Ihned si musíme uvědomit, že zvolení úředníci nemohou udělat mnoho, necháme-li veškerou práci jen na nich. Jen rozdělením a vzájemným pomáháním všech jedinců je možno dosáhnout žádoucího výsledku. Kdyby každý bratr a každá sestra dobrovolně podle svých možností a schopností nabídli svou pomoc, nikdo by nebyl přetížen a jednota by jistě vzkvétala. Budeme tedy připraveni všichni přiložit ruku k práci, kdekoli bude potřeba.

Naše sokolská jednota zůstala jednou z stabilních organizací krajanského života zálibu San Franciscu. Půjde opět do dalšího roku svého života s programem poskytnouti našim krajanům nejen dobrou zábavu, ale stejně dobrý výchovný a vzdělávací program. Chceme získat nejen další sympatie pro naši věc národní a sokolskou, ale i nové pracovníky ze širokých řad nově přichozích uprchlíků.

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You cannot lift the wage earner by pulling down the wage payer.

When we disagree with the kids, it's "lack of communication", but when they disagree with us it's "meaningful dialogue".

One should live and learn; but by the time we've learned, it's usually too late to live.

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Účastníci se a spolurozhodovatelé na Valné hromadě je povinností každého řádného člena, neboť jen z této široké základny může vyjít více pracovníků, více podniků a rozhodnutí do budoucího roku.
J. K.

Výstava československého umění

Pořádaná 21. října do 5. listopadu byla navštívena kolem 3,000 zájemců v místnosti Lincoln Federal Savings and Loan Ass'n., Berwyn, Ill. Přišli se na výstavu podívat a poučit též studenti z vyšší Mortonovy školy, kteří návštěvu vykonali ve dvou skupinách. Ke studentům anglicky promluvil br. Roderick Gorman, který je seznámil s kulturní činností naší krajanské větve ve Spojených státech.

Mezi početnými návštěvníky byl i Mistr Tománek. Na výstavě byly vystaveny kromě jiných obrazů, jeho originály a ty Józsi Úprky a nadějně malířky Aleny Pokorné. Pro nedostatek výstavního místa se muselo asi dvacet krásných originálů odříci.

Vystaveny byly i bohaté ukázky broušeného skla, porculánu, keramiky, soch a sošek, výšivek, národních krojů, starých praporů, gobelinů, leptů, rytin, práce řezbářské, staré vzácné knihy ručně vázané v kůži a vykládané českými granátky neb ve vyšivané vazbě, byly i vystaveny vzorky prací dětí z našich českých škol, vyjádřující jejich postoj a smýšlení k zemi z níž pocházejí jejich rodiče neb prarodiče, a v druhém týdnu výstavy byla vystavena i replika koruny svatováclavské, jediná tohoto druhu na světě, která je ceněna na 25,000 dolarů.

S naší literaturou, historií, zpěvem a tancem se návštěvníci mohli seznámit v krátkém programu, řízeném br. Karlem Prchalem. V těchto programech účinkovali: Mužský a Dámský pěvecký sbor ČSA, oba vedeny sbormistrem prof. Františkem Kubinou, taneční skupina sokolského dorostu a děti z českých škol. Každý program byl vyplněn hrou na varhany pana Jaroslava Plevky, učitele hudby z Československa.
V.M.

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