

AMERICAN SOKOL

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Educational and Physical Culture Organization



"OLD GLORY"



It takes men with vision and courage to build a dream . . . and we had these men at the beginning. Wise men, men with a strong hope for a better future, with the brilliant glint of freedom in their eyes, with the sobering knowledge of what their contributions could cost them personally, yet possessing the incredible belief that they would prosper. They built their dreams, these men, and when they were through we had a nation, infant-sized at first but bursting with growing pains and ready for anything! And they gave us with their dream a symbol, an ensign, a flag to keep the dream alive. They called it "Old Glory" and it has grown as we have grown, spreading over our own land and over those far distant, heralding freedom as it whips and twists in the world's winds. It has been for us a song, a battle cry, a call for desperate courage, a proud emblem of our free life. When men have pledged themselves to its preservation, it has honored them . . . and when they have given their lives for its honor's sake, it has gently followed them to their rest.

Today, its blue universe is crowded with stars but the men who built the dream it signifies are gone, mere words on the dim pages of a history already spent . . . and those of us today who live beneath its colors have grown careless about its honor and glory . . . and many of us forget that a dream, like an oak, must be nourished or it will die like any living thing. Many of us who were born to its song and lived free under its skies now scorn it and dishonor it, trading its accomplishments, its glories, and its honor for cheap slogans and careless promises . . . others who serve it have exchanged that privilege for the prerogatives of the power it represents . . . and many more have traded vigilance for complacency and choose not to regard it at all. But the men who built the dream built well . . . it still lives, that breath of freedom, those inalienable rights strengthened and motivated by those of us for whom the dream will never die . . . who know that responsibilities balance rights, and freedom requires service . . . who stand ever watchful, not to complain but to correct, not to condemn but to construct. And we must take care, we who believe, that the emblem of the freedom we hold so high still holds its place in the world's winds. We must feed it with our minds and with our hearts and with our inspiration and with our aspirations . . . because it is our dream, our flag, our soul and our reputation . . . because when it shows its colors to the skies, 190 million of us share its pride . . . and most of all, because it is our old — and present — glory!

ROBERT W. MCKENZIE

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Calendar of Events

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

FEB. 10th — SOKOL TOWN OF LAKE,
CHICAGO, ILL.
Townites 25th Annual Masquerade Dance —
CSA Peacock Room — Cicero, Ill.

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

FEB. 24th — SOKOL SO. OMAHA, NEBR.
Annual Vecirek.

FEB. 24th — SOKOL BALTIMORE, MD.
101st Annual Sibrinky.

FEB. 24th — SOKOL WASHINGTON, D.C.
Šibrinky — Navy Club.

MAR. 10th — SOKOL TABOR, BERWYN, ILL.
Gymnastic Exhibition.

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.

Harry S. Truman

Watching television and viewing the casket of President Harry S. Truman draped with a blanket of red carnations brought a lump into my throat. That this great, yet simple man of the people; one of the greatest of Presidents, has passed from this earth. How fitting were the words he had spoken to his daughter shortly before his death: "I will not leave you any great wealth, but an honest and honorable name." And this he did! As he often quoted, "I did my darnest."

I had the privilege and honor to sit and converse with Harry S. Truman in 1940 at our greatest of all St. Louis Sokol Slets. This Slet made history as it was the first and only time an eventual American President visited and addressed a Sokol Slet. Harry S. Truman at that time was a United States Senator from Missouri.

Before he was about to speak he asked of me the purpose and ideals of our Sokol Organization. I had explained to him the meaning of Sokol, of its founding in St. Louis, and history of Sokol in Czechoslovakia and America. Following his speech he returned to me asking if he had stated it correctly. This again brought out not only his greatness, but also his down-to-earth simplicity.

I assured him it was fine and then asked him if he wished to sit with the mayor of St. Louis who was also in attendance. He replied that it was his desire to be alongside of me. That was Harry S. Truman as I remember him. Who believed, "Do your best in life and history will reward you justice."

John Reiner, Sokol St. Louis

LIBERTY UNDER LAW

Anarchy is not freedom, states the Baltimore Sun, "Anarchy, the reverse image of freedom, is sometimes taken as the same thing. When that happens, the public interest is bound to suffer. Our system provides orderly — and legal — ways to change laws thought to be unfair."

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. CXIV.

January — 1973 — Leden

Číslo — No. 1

XIII. Slet Amerického Sokolstva

Sletový výbor zahajuje práci

Věčný ruch, práce a nadšení provází sokolské hnutí a vytváří z něho živý a tvořivý organismus, tak užitečný v dnešní naší společnosti. Americké sokolské hnutí přes všechny potíže doby stále roste a silí a plní s nadšením úkol, vychovávat mladé lidi v tělesně zdatné a duchovně vyspělé jedince, kteří budou základem spořádané americké společnosti. V srdcích a duších sokolských pracovníků a členů ještě nedoznaly dojmy z minulého sletu a loňského sletu ve Vidni, a již stojíme na prahu dalšího sletového roku a radíme se k přípravě nového velkého sokolského svátku XIII. SLETU AMERICKÉHO SOKOLSTVA, který bude ve dnech 21-24. června 1973, na stadionu Mortonovy vyšší školy v Berwynu, Illinois.

Opravdové nadšení naplňovalo všechny sokolské pracovníky, kteří se sešli v Sokole Tábor, aby ustavili sletový výbor, vytvořili pracovní výbory a začali přípravné sletové práce. Schůzi zahájil starosta AOS br. Stan Barcal a v úvodním proslovu rozhodl význam úkolu, před kterým stojíme — důkladně a pečlivě připravit XIII. slet, aby byl opět mohutnou manifestací naší sokolské rodiny a celé naší krajanské obce. Při dobré vůli a poctivé

snaze nás všech se nám to jistě podaří. Pak byli zvoleni činovníci sletového výboru.

Náčelník br. Linhart informoval přítomné o přípravných pracích, které provádělo až dosud náčelnictvo obce, zejména v technickém odboru. V rozpravě byla pak přednesena řada námětů pro sletové přípravy.

Sletový banket bude již ve čtvrtek 21. června. Sletové závody budou v tělocvičnách Mortonovy vyšší školy ve čtvrtek, pátek a v sobotu, sletová akademie v pátek a Večer vítězů v sobotu. Sletový památník bude opět vydán ve velkém rozsahu. Rozhodnuto také pozvat k účasti na sletu astronauta Čerňana, který je československého původu, a vzdát mu hold k jeho tak vynikajícímu úspěchu.

Výbor se ujal práce s plnou svědomitostí a pílí a s opravdovým nadšením. Toto je zárukou, že opět bude připraven mohutný a úchvatný slet, který by přesvědčil znova naši veřejnost, co znamená sokolství pro výchovu mládeže i dospělých a pro smysl pro povinnost k národu a celku.

ZDAR XIII. SLETU AMERICKÉHO SOKOLSTVA!

Jerry Rabas

XIII. A.S.O. Slet Meeting

December 28, 1972

Second meeting of the Slet Committee was presided by Bro. Stanley Barcal, chairman, with 25 members present.

Banquet: Bro. Drnec reported for Sis. Drnec. Lexington House has been contracted for Thursday, June 21, 1973. Committee will meet and arrive at recommendation as to cost per person.

Program Book: Bros. Herink, Čihák, Sotka will work on this Committee. Ad prices will be soon determined. Units and Districts are requested to cooperate fully. New material and ideas will be very welcome. It was suggested Sokol Course material and information on various Tours be included. Committee will meet Jan. 3rd.

Management: Bro. Hokr stated a listing of needed facilities at Morton West will be required. No problem obtaining necessary requirements. BOI should investigate possibility of cafeteria, which is available, with our people managing the same. Also the possibility of using the gyms and fieldhouse for the evening tournaments. It was also reminded the various Sokol halls be contracted for some of the events; Gymnasticale, Victory Dance and Farewell Dance.

Seals: Sis. Betty Prener, first meeting of Committee. Other members: Bro. Janecka, Sisters Berousek, Sramek, H. Prener. Seal design being worked upon. Soon will be ready.

Exhibit: Bro. Pirka demonstrated a small 3-sided pylon, explaining the benefit of this type of display; ease of movement and setup. It would be the responsibility of each of the District Educational Directors to comprise their section of the display. It was approved to accept this display and the cost be absorbed. A budget of \$150.00 was approved. This idea will be presented to the District Presidents at their forthcoming Conference.

Housing: Bro. Vytlačil received listing of 1969 Slet Accommodations. Would appreciate any suggestions which would assist the Committee, which will soon be meeting. Once contacts are made listings will be sent all Units, Districts and guest organizations.

Publicity: Bro. Rabas (Czech), Sis. Basta (English), co-chairmen and assisted by Sis. Zacek and Bro. Prchal. The following will be contacted for announcements: Voice of America, Radio Free Europe and Sis. Zacek's Radio Program. It was

suggested an invitation be sent Astronaut Cernan and other prominent figures. A budget starting with \$2,500. was approved.

Sis. Pros stated Slet stationary ordered. — Bro. Drnec reported police and firemen are available. Also will contact Musician's union. — No Souvenir Chairman selected as yet. — Next Slet Committee meeting, Jan. 31st.

June Pros, Recording Sec'y. Pro-Tem.

Sokol St. Louis, Mo.

We hope that this article regarding our Unit will be an inspiration in revitalizing other American Sokol Units in looking to the future, so that the ideals of Dr. Miroslav Tyrs and Jindrich Fuegner will continue for the benefit of our American Youth. Yes, our Units are living in a different age and must accept change with tolerance and understanding. Even parents have changed with the times, going too far in their allowances, instead of saying the magic word, no. Even our founders would have had to change in order to hold on to its youth. In other days the members lived in a separate community among their own nationality, but to-day members have moved apart in distance, making it an effort for the parents to get their children to the gymnasium. Also, other types of activities have taken place of gymnastics, therefore, we must make every effort to make our program most effective.

In the early 1960's the Board of Directors of our National Hall received word from the Missouri State Highway Dept., our hall was in the path of the new Federal highway system and would have to be demolished. Sokol St. Louis called a special meeting of all the shareholders, which included Sokol, the Czechoslovak Society of America and the Unity of Czech Ladies and Men. At this meeting it was only natural that many of the older members of these organizations be against vast expenditure in purchasing another building or land for the construction of a new home to replace the old hall. They just did not want to go into large debt. Many of the members did not want to go over a \$50,000. limit. But due to the insistence of the younger members it was agreed and authorized to establish a committee to seek a new location.

This Site Committee went out in approximately 12 cars every Sunday looking at many buildings and unimproved land sites. There were many, many meetings and discussions for and against the cost of the project. A committee was also formed to start a building fund drive, which included all forms of raising money, such as monetary pledges from the members, payments to be made weekly, monthly or any other way until their total pledges were paid-off. All of these donations have been acknowledged (\$100.00 and over) on a beautiful walnut plaque with bronze name plates in the lobby entrance. Chicken dinners, dances, paper drives, In Memoriams, donations, Well-wishers, rummage sales, sewing and quilting, and any other means of fund-raising were used. The Site and Building Fund committee finally found a suitable location in a

commercial area; less than 2 acres of land for the sum of \$100,000. With the approval of the shareholders the purchase was made. A bank loan closed the deal and plans were proposed. The planning staff tried to incorporate everything that would be required by the shareholders. This took many meetings before final architectural plans were completed. The basement was ruled out because we felt the cost was higher than we desired. Had we known of the cooperation, and how well income from the various projects and donations would mount we would have included a complete basement. In order to begin construction, and having no ready money, the General Contractor offered to purchase approximately 1/3 of an acre at the south end facing Kingshighway for the sum of \$90,000. In this sale we elected to keep an easement of 20-foot width at the east end for a possible south exit from our parking lot.

As the State of Missouri only offered us approx. \$45,000. we contested this offer for our old Hall. Again a committee was formed and an appraiser hired to establish a current figure. We appeared before a 5-man commission to plead our case. Sometime after this meeting the commission established a figure of \$125,000. to be paid us, with the understanding that the State was going to contest this figure. We went ahead, using this money to help payments on the new building. After several years the State's case came before the court. We had to hire an attorney to represent us. To avoid going to court our attorney advised making a settlement in the amount of \$110,000. This we did. This was accepted, the \$15,000.00 included our attorney's fee. So you can see the vast amount of problems which were involved and the hard work, time and effort that was put forward by our members and committees.

As the original land was a sink-hole for more than 70 years, the building had to be piersed to a solid rock footing. The entire structure is on ground level with a 60'x90' gymnasium used five evenings a week. During the day for chicken dinners, with a capacity crowd between 400 and 500 once a month. A large dining hall, capacity of 150. A cocktail lounge open during the day by a custodian and volunteer bartenders from 7 P.M. till closing. This area is frequented by our members for card playing and sociability. The dining hall is used for membership meetings and by other outside organizations on a rental basis. The gym area is rented out on Saturdays for dances, weddings, etc. This also applies to the dining area. At the south end of the building are gym locker rooms, library, storage room and a stage. A bar is located at the north end to serve affairs in the gym area. A large furnished kitchen adjoins the dining area. The main toilet rooms are accessible from all areas. During our 100th Sokol Anniversary the building was complete with the exception of the gymnasium. During the construction of the new building and the demolition of the old, Father Prakes of St. John Nepomuk Church received permission for us to gym and hold our meetings at the Old Trinity Church on 8th Street in the Czech neighborhood until the completion of our new building.

Yes, we all cried when we had to leave our old home, the National Hall. Had it not been for all of our committees, and members that worked so hard to salvage, store, move and save items from the old hall that were movable, we would not have accomplished our goal.

The new structure was named the American-Czech Educational Center. The Board of Directors is the Management of the building, represented by delegates from the Sokol Gymnastic Association, Czechoslovak Society of America and the Unity of Czech Ladies and Men.

The building was officially dedicated May 17th, 1966. For several years volunteer crews cleaned up the gym after every Saturday affair, this was done on Sunday morning and included kitchen, cocktail lounge, toilet rooms, etc. Our hall is reserved for Sat. nites approximately one year in advance. We now have an professional company come in on Sunday morning to clean up. The members annually buff, clean and reseal the gym floor. All trees and shrubs were planted by members. To eliminate the handling of beer and soda an additional storage room was constructed on the west side of the original structure. This includes a walk-in cooler with a direct beer draw to the bar for the gymnasium affairs. The balance of this room is used for supply and maintenance storage. This addition was completed in 1968.

We also have a black top parking lot to hold approximately 150 cars, which will be fence enclosed and lighted at some future date.

As the building rentals to other groups prevented the shareholders from decent meeting areas, the Board of Directors recommended the approval to construct an addition at the front side of the building for their use only. Never to be rented to outside organizations. This new addition was started in the early part of 1972, and should be soon completed. This included the excavation under the present dining room and part of our gym for a basement area. The front end to be a recreation area for our youth. The first floor to have two rooms, a lounge area, carpeted and plush furniture for relaxation (no bar). The second room to be an all-purpose meeting room for shareholder meetings. The present library at the south end of the original building to be used as an apparatus room.

We feel that all Sokol Units should revive their position if they are in a decaying neighborhood or have no building at all; using foresight to move forward, and progress for their youth. No matter how much money you may accumulate it will not further our Sokol ideals. We know in St. Louis that it is not an easy task, because we have had our ups and downs, but our endeavors gave Sokol St. Louis a new future.

We welcome you to visit our American-Czech Center and see for yourself what can be done if you have your heart and soul to further your youth in Sokol and Czech ideology.

William Shana

Sokol Miami

Sokol Miami is most active as witnessed by its December schedule of events: Participation with a Christmas booth and Christmas tree display during the Cancer Bazaar, Dec. 2-3rd, at the Miami Bayfront Auditorium. — The Unit's 3rd Anniversary celebration, Dec. 9-10th, with a Social Hour, dinner, program and initiation of new members, and dancing to the "Vesela Kapela" from Lake Worth, Saturday evening. The following day a dinner, Children's special drill, and numbers by the Unit's "Baltimore 16". — Christmas Day Party, Dec. 25th, dinner, Christmas program under the direction of Dr. Machacek, "Christmas in the Homeland".

On Oct. 26th, 33 members began an 8-day fun-filled tour which included a thorough visit of Washington, D.C., and participation in Sokol Baltimore's 100th Anniversary celebration. The presentation by the 16-member special number group received a standing ovation during the program. — Weekly Bingo parties, 20 minute daily exercises, and fund-raising programs as: White elephant & rummage sales, paper drives, label collecting, are some of the other activities which keep the membership pretty well occupied.

The Unit suffered the loss of some devoted Sokol workers with the passing of Bros. James Novotny (Charter Member), Emil Pansky and Frank Dlouhy. Heartfelt sympathy was extended to the bereaved families.

Sokol Miami News-letter

Sokol in the United States

The first Sokol in the U.S.A. was founded February 14, 1865, in St. Louis, Mo. The national headquarters are located in Berwyn, Ill. Sokol "Slets" and Exhibitions are staged by Units and Districts each year; by the national organization every fourth year. These Slets, of all athletic manifestations are the best exemplification of the Sokol philosophy: "Physical perfection should go in hand with a noble mind." The mass calisthenics especially composed for each Slet are an impressive spectacle.

Besides the American Sokol Organization there are other Sokol groups: Slovak, Polish, Yugoslav, and others, all patterned from the original Sokol organization founded by Dr. Miroslav Tyrs and Jindrich Fuegner.

* * *

The Sokol organizations were potent and extensive throughout Czechoslovakia, Yugoslavia, Bulgaria, Poland and Russia before the Nazis and Communists liquidated them. Membership numbered almost two million.

Sokols are now active in England, France, Switzerland, Austria, Canada, Argentina, Brazil, Belgium, South Africa, Australia and Morocco.

Help Make Our Sokol Organization Strong —

Enroll That New Sokol Member NOW!

Sokol Havlicek-Tyrs

As usual, 1972 was a very busy and eventful year for our Unit. As in every year, one or two special events, outside of regular gym classes, are planned to keep the membership alert and interested in Sokol work.

Starting in January, naturally, came the Installation of Officers. — February, the Annual Masked Ball. — March, Theater party, Bunco & Luncheon. — April, Annual Exhibition, Rummage sale. — May, Smorgasbord, BOI Bakeless Bake sale. — June, preparations for the St. Louis Slet. And also the Vienna Slet.

July, August & September were very active months, especially for the Sokolice. Every Thursday, without fail, during these months, outdoor picnics were staged in a beautifully secluded forest preserve area, always with a large turn-out. This is the day when some 20 to 25 ladies baked and prepared such appetizing culinary delights as: large cookie sheets of open-faced fruit slices, strudels, šišky, cakes, housky, etc., which were all donated. This summer fund-raising project is one of the major sources in maintaining the Sokol building.

During October came a Theater Party, Bunco & Card party. — November, Rummage sale, Bus tour to a shopping center. In other years a Fun Fair was always staged at this time of the year. Due to the uncertainty of the sale of the Sokol building this annual event did not take place. — December closed out another outstanding year with the usual Christmas parties and a New Year's Eve dance.

Ann Marsalek

An Editor's Comment

During our visit to Sokol St. Louis last summer we had opportunity to visit with Bro. Frank Prihoda, who has devoted most of his life in the services of the Sokol as instructor. Many of our older members will remember the duo of Prihoda and Kos, who for some 10 years until 1936 traveled from Unit to Unit, assisting and advising the instructors, helping organize and coordinate activities among the Sokol Units in the USA. After 1936 Bro. Prihoda spent a short time in Chicago, then he came to St. Louis where he was instructor until semi-retirement some time ago.

We were surprised that Frank still teaches a very large class of older women. This is unusual, as older people are usually very reluctant to attend gym. The climate must be right for them to attend.

Jos. Kos, Prihoda's partner, has been dead for many years. Lada Kadlec another versatile Sokol instructor met an untimely death.

The Sokols of the old school were very dedicated people, and really did a responsible job. Our younger people are dedicated too, and they get things done in a different way. People are different, and the times are not the same as in the past, so the results of our efforts will vary also. There is no reason why the Sokol should not have a bright second century.

Editor, Sokol Cedar Rapids Bulletin

DISTRICT REPORT

CENTRAL DISTRICT

November 29, 1972

Pres. Bro. Joseph Drnec presided with 17 delegates present.

Director of Women, Sis. Helen Tuma: Women's volleyball tournaments are in progress with Sisters Ethel Rus, Helen Husa directing. Jr. games directed by Sis. Mary Navratil. — Oct. 30th was officially declared National Sokol Day. Due to late notification, the ASO could not prepare a public program. Will be considered in 1973. — Advanced Instructor's Course to be held 2 weeks after the National Slet. — Navy Blue Nylon warm-up type pants (\$5.00 a pair) available through ASO office or Unit Director. — Nov. 4th District Social successful. Kitchen profit, \$15.00. — Competition and calisthenic material distributed in part. The balance, upon completion will be mailed to Unit Directors.

Director of Men, Bro. Paul Lebloch: Attended District Director's Conference. Increased activity in all Districts. — Hopes for assistance of all District members in Slet preparations. — District Folk Dance classes held at Sokol Slavsky, 2nd and 4th Wednesdays of each month. — Jr. Boys & Men's volleyball tournaments in progress. — Basketball tourneys to be held during the Holiday season. — Calisthenic and competition exercises distributed, children's forthcoming. — Bills approved: Jr. Boys volleyball and basketball trophies, \$76.45; Folk Dancers hall rental and Instructor fees, \$50.00. — Received \$2,746.36 from St. Louis Slet committee, more money forthcoming. St. Louis paid \$898.65, their portion of Slet receipts. Complete financial report not available at present due to incomplete record of disbursements.

* * *

Sis. Pros reported on Jr. activities in District. — Jrs. Holiday Party at Sokol Berwyn, Dec. 27th — 6 District dancers performed, Dec. 2nd., at the Museum of Science and Industry's Christmas Around the World. — National Slet committee meeting, Dec. 28th. — Bro. Pirka reported on successful Czech Arts & Crafts exhibit at Lincoln Federal Savings, and the display at Chicago's Folk Fair. — District dancers commended on performance at Sokol Brookfield's Octoberfest. — District nominating committee selected. — Bro. Drnec attended Sokol Milwaukee's Recognition Dinner. — Annual meeting will be, Jan. 21st. — Bill for plate and art work on Slet seals, \$47.50, approved.

Treasurer's Report: Balance on hand \$908.86.

Patience

"Patience is a priceless ingredient in the character of the average man or woman . . . Patience is not a simple virtue; it is compounded of many virtues. It is not folding hands and waiting for something to turn up. It is working with dedicated purpose . . . It should be added that patience is not passive endurance. It is, rather, active endurance, pursuing a steady course in the face of obstacles and disappointments."

— Dr. Harold Blake Walker,
clergyman-columnist

AMERICAN SOKOL

SOKOL GYMNAST

January 1973

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

YOUR INVITATION TO THE

XIII AMERICAN SOKOL SLET

June 21 - 22 - 23 - 24, 1973

J. STERLING MORTON - WEST HIGH SCHOOL
BERWYN, ILLINOIS

The American Sokol proudly announces that the weekend of June 21-24 will be known as the **AMERICAN SOKOL HOLIDAYS**. As has been done in the past, every four years, we will assemble in the Chicagoland area, and proceed to compete in gymnastics, games, and sports. We will close with a spectacular demonstration of mass calisthenics, apparatus, and special numbers in the Hoffman Stadium of the Morton West High School. This year a newly-instituted cross country run will include members of the Olympic track team.

A questionnaire has been sent to all units from our Sports and Games Committee requesting information as to interest in the various events. Please cooperate and have this questionnaire sent in immediately so we may prepare our program. At the present time, Volleyball and Golf will be included in the activities.

However, our greatest emphasis is placed on our gymnastic competition. We have prepared calisthenic exercises and apparatus routines for all competitors. It is our hope that all Sokols will come to this, the XIII Slet, well prepared for intensive competition and with the spirit of Sokol brotherhood.

THE AMERICAN SOKOL B.O.I.

EDWARD LINHART

Director of Men

ELLENJEANNE SCHNABL

Director of Women

1972-73 MERIT AWARD WINNER



MARY ROSE SCHROEDER

Sokol Little Ferry
Eastern District

Annual U.S.G.F. Council Meeting in Tucson, Arizona

DECEMBER 2-3, 1972

By Br. Paul E. Fina, Rep. U.S.G.F.

Representatives from national gymnastic organizations were present

Items as covered per agenda:

1. American Sokol Organization brought up the progress to date of a national rating system for young gymnasts (boys and girls). After discussion it was decided that a patch system for all around gymnasts (four levels of achievement) and a paper patch system for individual events would be instigated. The U.S.G.F. office originated the all around patch. Both rating systems will be available to the gymnastic organizations in U.S.A. Both may be obtained from the national office. More information coming.

3. U.S.G.F. now has organizations to service gymnastic clubs, etc. on the state-wide basis. Men and women have separate organizations. Contact the U.S.G.F. office for your local contact.

3. The age group exercises that have been published needed some revision as to levels of ability. The American Sokol Organization made suggested changes. They were adopted. Age group exercises will now have levels of competition in each age group as the Sokols have. Note: it was the boys exercises that were at fault.

4. A national coaching staff was discussed. It was established that coaches who had national team potentials were best suited to continue to coach their gymnasts. The American Sokols suggested that there be regional "organizing coaches and managers" whose function would be to bring

the actual coaches and gymnasts together periodically for collective training, instructions, film viewing, etc. The problem was unresolved. There is a need for collective action. The new Olympic Committee will have to be serviced. Ideas are needed.

5. Frank Cumiskey of the U.S.G.F. office, P.O. Box 4699, Tucson, AZ 85717 is the contact for national technical matters.

6. Publications. OVER 25 different items are available through the national office. A list of the publications are available. Each national organization should have copies for distribution.

7. N.A.I.A. was admitted to the U.S.G.F. They will have one vote.

8. A.A.U. relationship with the U.S.G.F. Considerable time was spent on the problems existing between the two organizations. The U.S.G.F., as the national governing body, feels that the A.A.U. is taking on privileges that are not theirs. Tom Maloney as the A.A.U. representative apologized. As to the Russian Tour, since it was not correctly handled both the U.S.G.F. and the F.I.G. will not sanction the tour. A.A.U. can host any foreign team tour on the same basis as any other organization but that is all. The A.A.U. was told it can not order books or guides directly from the F.I.G.

The Junior Olympics program for the gymnasts is presently under the control of the A.A.U. U.S.G.F. is applying for its control.

9. United States Olympic Committee. Frank Bare of the national office related his experiences in

(Continued on page 96)

Tumbling For Floor Exercise

By Bro. Paul E. Fina

The floor exercise in competition can be very difficult to judge. This is because, in execution, the various moves must be performed with the form of other events. Yet, without breaking of knees and toe point, it is impossible to spring. So, just as in diving, the gymnast must learn to immediately hold form the moment his feet are off the ground.

The other complicating part of judging is what is required in combination or composition. This part is now worth 2.6 points of 10 point. (Execution is worth 4.0). Not only must the floor exercise be rhythmical and harmonious in style, but it must contain balance, holds, strength, jumps, kips, handsprings, and flips.

Let us look at the forward movements from a difficulty standpoint (worth 3.4 points) and note in the diagram how they are executed. Realize at the same time that forward movements can be an essential part of the composition of the exercise.

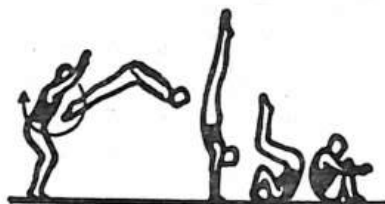
Summary: Execution 4.0, Composition or combination 2.6, and difficulty 3.4. Note: Whereas the combination was only worth 1.6, an extra 1.0 was assigned (removed from execution) so as to give additional value for an exercise done exceptionally well with elegant and lofty techniques. This added 1.0 has been termed spiritual value. The term really not correctly used, but it does imply that a gymnast must put in that little extra touch (difficult to describe) that is beyond the physical.

RATINGS OF FORWARD MOVES

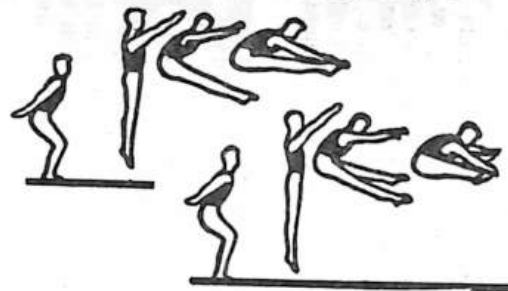
Forward handspring - A -



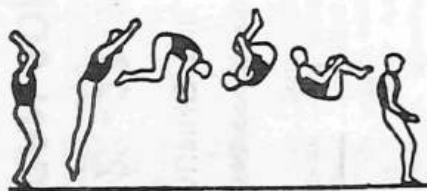
Jump forward to handstand and roll forward - A -



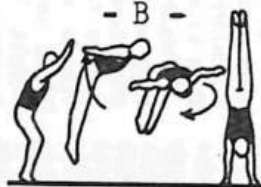
Jump and touch toes - A -



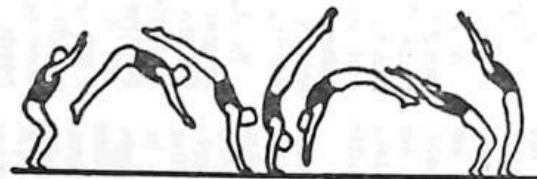
Forward somersault - B -



Jump forward to handstand - B -



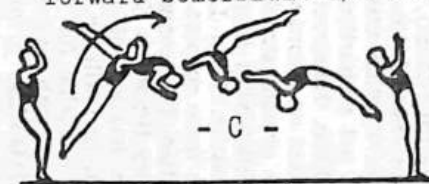
Forward hand spring with legs joined - B -



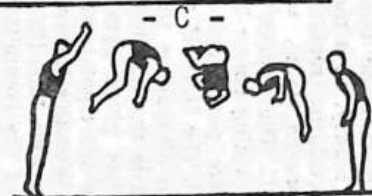
Forward somersault to forward somersault or handspring - C -



Layout forward somersault and forward somersault 1/2 twist - C -



Arched dive to forward somersault - C -



the direct contacts he made with the U.S.O.C. The olympic judges, expenses were only paid in part by the U.S.O.C. The U.S.G.F, had to put up quite a bit of money. In a meeting that was held for the new president (replacing Cliff Buck), Phil Krumm of Kenosha, Wisc. was elected to head up the U.S.O.C. The manner of election was in question.

The voting power is not proportionate or representative per Frank Bare. Re-structuring is essential. The U.S.G.F. went on record with a resolution to disapprove the present structure. Also, on record is the dissatisfaction with support the U.S.-O.C. has given gymnastics. Even Luge, a little known sport got much more support.

10. Women's Committee. This committee is functioning well. Miss Shirley Bryan, as National Chairman of the committee, has her office in Chicago (Phone 312-263-1288). She will be paid a salary and expenses. She is available for any non technical matters concerned with women's activities. Films, publications, D.G.W.S., arrangements, intersociety activities, etc. come under her program. She mentioned that Mildred Prchal, American Sokol, has been sent to Europe for a Modern Gymnastic Congress. Modern Gymnastics is a going program and will be operated jointly with D.G.W.S.

11. The U.S.G.F. Congress was held in Denver in November. It was very successful. Over 200 attended Next year (November 1973), it will be held in St. Louis.

12. F.I.G. — Frank Bare is now a member of the executive committee by due election at the F.I.G. Congress in Munich during the Olympic Games. George Gulach is no longer an officer. Minutes of the F.I.G. Congress are available through the F.I.G. quarterly bulletin. Subscription to the bulletin can be made through the national office.

13. Plans for 1973.

U.S.G.F. Nationals will be only all around. Women will compete in Seattle and Men at Penn State U. (Dates May 2-4th).

There will be also several foreign teams coming to U.S.A. The Hungarian team will travel the eastern half while Rumanian team will travel the west. Schedules have been set up.

15. Organizational Reports. Each national organization represented on the council submitted a written report. Their activities in brief for the past year were to be listed. A survey will be sent out to each voting council member. The purpose will be to reestablish the voting privileges.

The Good Diet Is Tasty and Balanced

By T. R. Van Dellen, M.D.

(Reprinted, courtesy Chicago Tribune)

A good diet satisfies the appetite, meets the energy requirements of the body and supplies the more than 50 nutrients we need to remain well. Among these nutrients are the vitamins, minerals, and amino acids that come from proteins. The balanced diet also meets the needs for growth in children and for women who are pregnant or nursing their infants.

In the United States calories do count because so many of us are overweight and sedentary. The healthy average adult needs approximately 2,400 kilocalories per day. Nutritionists use the term kilocalories because it is more accurate. Some people can do with 1,000 less but laborers may need 3,000 more. These are basic requirements, and the weight will be stabilized so long as the individual does not consume more or less calories than he needs.

Each pound of fat stored by an overweight person represents 3,500 excess kilocalories. A pound a week could be shed if the person ate 500 fewer kilocalories a day. It is much easier to eat less than to work off the kilocalories via exercise.

Weight and diet also enter the cholesterol/coronary heart disease controversy. Obesity and a high cholesterol level are both extremely high risk factors for heart attacks. Many overweight individuals also have too much cholesterol in the blood, and the level tends to go down as they lose weight. In addition, the stout person often has hypertension and his pressure may go down when weight is lost. Most authorities believe that the associated hypertension and cholesterol level are the most important reasons for maintaining a normal weight.

Nowadays the most practical and prudent diet takes weight and cholesterol into consideration. This means less animal fat, egg yolk and dairy products. Replace these items with vegetable oils and spreads, except those containing coconut and palm oils, the worst fats for cholesterol watchers.

VISIT THE CHICAGOLAND AREA DURING THE AMERICAN SOKOL HOLIDAYS

June 21 - 22 - 23 - 24, 1973

XIII AMERICAN SOKOL SLET

BERWYN, ILLINOIS

GYMNASTICS - SPORTS - GAMES - FOLK DANCING - BANQUET

FINANCIAL REPORT American Sokol Organization

December 1972

RECIPTS:

Dues	\$ 907.00
Convention Fund	292.50
Special Assessment	585.00
Dividends and Interest	730.41
Resale of Jewelry	84.60
Educational Pamphlets, Window Decals, Postage	25.55
Miscellaneous	31.04
	<hr/>
	2,656.10
Transfer of funds from Future Sokol Leaders Fund for Merit Awards	2,200.00
Payment of Advance from Excursion Committee	2,000.00
Bequest of Will of Albert J. Kalabza	10,000.00
	<hr/>
Total Receipts	\$16,856.10

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 445.99
F.I.C.A. & F.W.T. for November	127.20
Rental, Janitor Service, Phone	290.74
Office Supplies, Postage	49.21
Repairs to Office Machines ..	15.56
Advertising	50.00
Safe Deposit Box Rental	7.50
Miscellaneous	12.79
	<hr/>
	\$ 998.99
Educational Department BOI	
Salaries	\$ 210.44
F.I.C.A. & F.W.T. for November	48.40
Editor "Sokol Gymnast"	25.00
Add'l Copies "Sokol Gymnast" — Nov. & Dec. 1972	56.00
Postage, Phone, Tapes	43.80
Miscellaneous Expense — Dist. Directors Conference	29.10
	<hr/>
	412.74
Sokol Publication	
Editor "American Sokol"	\$ 75.00
Printing "American Sokol" — Nov. & Dec. 1972 issues	1,123.91
Postage "American Sokol" — Nov. issue	52.74
	<hr/>
	1,251.65
Miscellaneous	
Uniform Division — Salaries, F.I.C.A. F.W.T.	\$ 161.72
Future Sokol Leaders Fund — Merit Awards	2,200.00
Special Appropriation: Northeastern District A.S.O.	583.00
XIII A.S.O. Slet Expense	5.20

Certificate Account	10,000.00
	<hr/>
	12,949.92
Total Disbursements	\$15,613.30

Balance Brought Forward:

Western National Bank of Cicero — Checking Account	\$ 2,878.53
Receipts — December 1972	16,856.10
	<hr/>
	19,734.63
Disbursements — December 1972	15,613.30
	<hr/>
	\$ 4,121.33

**FUTURE SOKOL LEADERS FUND
December 1972**

Refund of Merit Award	\$100.00
Victoria Machotka, in memory of husband, Charles	15.00
First Federal Savings & Loan of Wisconsin — Div. 12/30	1.26
Clyde Savings & Loan Ass'n. — Div. 12/30	246.82
	<hr/>
	\$363.08
Transfer of funds from Future Sokol Leaders Fund Saving account to checking account for 11 Merit Awards	\$2,200.00
Donations are tax exempt.	

Marie Filipec Kane

Sokol members of the Southern District were shocked and saddened by the sudden and tragic death of Sis. Marie Filipec Kane, November 26, 1972. Sister Kane was a loyal and dedicated Sokol.

She was born July 16, 1914. Became member of Sokol Zizka, Dallas, in 1934. She first became acquainted with Sokol when persuaded to attend a gym class. After that one class she promised to attend "just one more time", however, after the second class she remained an active gymnast until 1956.

After attending a District Course she became Director of her Unit in 1937 and in 1938 she became District Director, holding these two offices for many years — twelve years as District Director.

Being Treasurer of her Unit for several years, Marie temporarily accepted the office of District Treasurer in 1946. She held this office till her death. Thus marking 35 years holding an office in the Sokol Organization.

In addition to her duties as Director and Treasurer, she assisted in tabulating competition results at American Sokol Slets and served as chairman of the tabulating committee during District Slet competitions. She further applied her talents to the duties as first editor of the District newsletter.

Sister Kane's interest and eagerness to help was not limited only to the Sokol Organization. She served on the auditing committee for SPJST Lodge 130, held office of Sec'y. for two years on the Dallas Fraternal Council, and Financial Sec'y. of a local ZCBBJ Lodge for many years. She was married to Aurthur Kane in 1959 and was employed by Austin Steel Company as accountant for approximately 24 years.

In 1971, Sis. Kane was honored and awarded with an appreciation plaque in recognition of her

work, an honor she richly deserved, with the inscription "For her love and devotion for perpetuating the Sokol Idea".

Her loyalty perhaps could be best described by quoting from an article from a past District newsletter in which Sis. Kane was featured in the Sokol of the Month series: "Marie, our Sokol of the Month, has earned the respect and admiration of the entire Sokol Organization by her untiring efforts. She has always placed the good of the Sokol Organization above herself and has given freely her time and talents with no thought of reward to herself."

May Sis. Kane rest in eternal peace. Our fond memories of her will remain with us forever.

Vlasta Laznovsky

Frank B. Calek

Bro. Calek, a member of Sokol So. Omaha, passed away unexpectedly at his home in Clearmont., Mo., Nov 2nd, at the age of 80. He was born April 6, 1892, at Habry, Czechoslovakia. The Calek's lived in Clearmont, where he farmed, since 1934 until his retirement. Bro. Calek came to the U.S. in 1906, settled in Omaha, Nebr. In 1916, he was married to Marie Uzel, who preceded him in death, Feb. 16, 1972. Joined Sokol So. Omaha in 1910 and was an active gymnast, participating in many Unit and District functions. At the recent Western District Slet, hosted by Sokol So. Omaha, he was one of the honorees having more than 62 yrs. of membership. He was Sec'y. of the Unit's Board of Directors from 1918 to 1931, and 1934 to 1946. Was also Sec'y. of the Unit from 1931 to 1934. Was a committee member for the choice of location for our present Sokol Park. Was member of ZCJB Lodge, No. 72.

Surviving are two daughters, Mrs. Otis and Mrs. B. H. Kinder, one brother, Anton Calek, 11 grandchildren and 15 great-grandchildren. The Sokol Hall was draped in memory of Bro. Calek.

Edward Pavoucek

William Mily

Bro. William Mily was born in Prostov, Czechoslovakia, a small village in Moravia, on July 24, 1894. His family came to the U.S. in 1910 when he was 16 yrs. old, settling in the Czech community on the west side of Detroit, a few blocks from the Czechoslovak National Hall.

He joined Sokol Budivoj on the east side of Detroit in 1911 where he was an active gymnast. He became a member of Sokol Detroit in 1914 when the new Hall was built. In 1925 he married Josephine Barr, who was and still is a very active member of Sokolice Detroit. They raised two fine sons, who like their parents have made Sokol an integral part of their lives.

Bro. Mily's devotion to the improvement of Sokol Camp cannot be overlooked, not only helping in every project, but in many cases was the chief motivator. He took pride in keeping the Camp in the finest condition. Bro. Mily and his wife served as caretakers at the Camp for 6 years.

He spent his retirement years, the summers at Camp and his winters in Florida. He was a member of the Czechoslovak Tourist Club of Florida.

Also a member of the Knight of Pythias for 51 yrs. Bro. Mily is survived by wife, Josephine, sons William and Clement, and sisters Agnes Pazdernik and Genevieve Schaefer. He was a devoted Sokol member and his contributions to the progress of Sokol Detroit will long be remembered.

Victor J. Hurych

Hovorka Fund Scholarships Available

The applicant must be descendent of one or both Czech or Slovak parents, must have an interest and sympathy to promote Czech or Slovak culture and history, must be a full-time student in good standing at an accredited college or university, has completed at least one year of study with a high academic standing, is taking courses of study leading to at least a Bachelor degree and must be in financial need. Additional consideration will be given to the students majoring in the study of Czech and Slovak, and other Slavic languages, literature, history and other related fields and who are identified in the community with their Czech or Slovak background.

The financial assistance from the Council is made possible by the generosity of many people who wish to aid deserving young people in quest of higher education and resulting better careers. It is conditioned on the student being of good moral character and conducting himself or herself at all times in an exemplary manner. Loyalty to the United States of America is a requisite.

* * *

In the fourth year of its activity, 49 students (20 girls and 29 boys) received scholarships in the amount of \$18,680.00. Their curricula were: 21 Education (Arts and Science) and from these 5 studied Slavistic, 9 Engineering and Aerospace, 6 Medicine, 4 Chemistry and Biology, 2 Business and Economy, 2 Drama and Arts, 2 Political Science and Government, 1 International Relations, 1 Geology and 1 Music. In four years, 136 students received scholarships in the total amount of \$75,123.00. Applications may be obtained from the Secretary, Dr. Jan Mička, 2408 Oak Park Ave., Berwyn, Ill. 60402, during April and May but not later than June 1.

Slavic American Heritage

The City College of New York took a leadership role by initiating the nation's first college level course in Slavic American Heritage. A department of Urban and Ethnic Studies which would engage in both instruction and research.

Although hundreds of Slavic-American students attend the City College, they do not constitute 5 percent of the student body. Nonetheless many of them are eager to explore their ethnic heritage within the context of college study. America's Slavic-speaking population constitutes one of the most significant "white minority" groups in the country. Today, when all minority groups are trying to assert their contribution to the nation's growth, very little has been done to explore this group's history, culture, social problems and its struggle to maintain its identity in the United States.

Systematic study of Slavic-Americans and their heritage is long overdue.

The first course (being offered at City College), called Slavic American Heritage, is open to all interested students. The course is presented by Prof. Peter Goy and is being attended by 19 students. It attempts to explore the history of Slavic Americans. The course encompasses all Slavic-speaking groups in the country and includes a brief history of Slavs in the U.S.A., from the early XVII century to the present. It stresses their struggle for survival in the New World while emphasizing the participation of Slavs in American life and the role they have played in U.S. History. It expands upon current problems of identity and assimilation facing the younger generation. It takes into scope the Slavic historical background, characteristics of the Slavic population, economic conditions, religious conditions, education and contemporary literature of the different ethnic groups.

In order to facilitate and further the original research of the students and faculty, a collection of a Slavic Contemporary ethnic archive and library materials is essential. Therefore, we would appreciate a donation of materials such as books, pamphlets, periodicals, newspapers, leaflets, films, etc. from all Slavic ethnic groups as well as their organizations and patriotic individuals.

We strongly believe that in the near future other colleges and universities, specifically those located in large Slavic communities such as Detroit, Chicago, Cleveland, Buffalo, etc., will accommodate their Slavic residents and open the door to the vast richness, resourcefulness and abundance of Slavic American Heritage.

Prof. P. Goy
Slavic American Heritage
201 Goethals Hall

The City College of the University of New York
New York, N.Y. 10031

Sokol Little Ferry, N.J. oslavil 75 let činnosti

Podnět k založení jednoty v nevelkém městečku Little Ferry, ve státě New Jersey, byl dán na podzim 1896, na schůzce 4 bratří v bytě br. Franka Nevarra.

V příštím roce, 1897, jednota byla přijata do Národní Jednoty Sokolské, svazu tehdejšího amerického sokolstva. Během tohoto roku dokázala postavit malou sokolovnu. Tato sloužila účelům jednoty až do března 1911, kdy byla zničena ohněm.

Na Den děkuvzdání (Thanksgiving Day), stejného roku, byl již položen základní kámen k nové sokolovně, která byla slavnostně otevřena 22. února 1912. Sokolovna byla pak rozšířena dalšími přístavbami r. 1922, r. 1929 a poslední 1969 úplně zmodernisována na reprezentační síň s elekt. chlazením vzduchu.

Z malých a skrovných začátků se jednota rychle rozvinula k bohaté činnosti. Hodně k tomu přispělo založení ženského odboru — Sokolic roku 1909.

V sokolovně, kromě pravidelných cvičení, byly pořádány mnohé místní významné podniky, filmové představení, veřejná oslavy, graduace škol, taneční zábavy, bankety a svatby. Přes 50 let bylo i útlukem české školy.

Členstvo jednoty se během trvání jednoty zúčastnilo mnoha veřejných cvičení, sletů vých. župy, hlavních sletů A.O.S. a někteří i slavných všesokolských sletů v Praze, v Československu.

V přítomné době je jednota neaktivnější jednotou celé východní župy A.O.S. Má na 250 členů. Její večerní pravidelná cvičení jsou hojně navštěvována a hodiny žactva přeplněny.

Oslava 75 letého trvání

Slavnostní banket se konal 4. listopadu 1972 večer, v krásně vyzdobeném sále sokolovny, na Main a Garden ulicích, za účasti 320 osob.

Obřadník večera, br. E. Zábranský, pozdravil shromáždění, přivítal a představil přítomné hosty a členy výboru jednoty. Po přečtení pozdravných dopisů a telegramů se pak ujal slova starosta jednoty, br. Ch. Kubiček. Ve svém projevu ocenil práci členstva a úspěch jednoty na poli tělesné výchovy. Nabádal k další vytrvalé práci a pokračování úspěšné činnosti.

Jeho projev byl následován pozdravem starostky Sokolic s. H. Schroederové, zdravici starosty vých. župy br. Ch. Zralého, řeči starosty obce Little Ferry p. M. Hilla a projevem poslance p. H. Helsteski.

Všichni řečníci vřelými slovy zhodnocovali práci jednoty, význam Sokola v obci a celkový přínos Čechoslováků k rozkvětu celé Ameriky.

Nejzáslušnějším členům jednoty, náčelníci s. A. Benda, náčelníkovi br. G. Janakis a náčelníkovi východní župy A.O.S. br. F. Čapkoví, byly předány krásné diplomy v odměnu za jejich dlouholetou práci pro dobro jednoty.

Krásný společenský podnik byl zakončen družnou zábavou a tancem.

Sokol Little Ferry hledí do dalšího (třetího) století s velkým nadšením a odhodláním. K dovršení celého století své činnosti musí počítat jen výhradně s dnešní americkou mládeží, která správně vedená v sokolské kázni a duchu je příslibem velké budoucnosti Sokola v Americe.

J. Hanuš, Časopis Československého Sokolstva v Zahraničí

Sokol Tyrš

Poprvé v dějinách Sokola zúčastnila se jednota Sokol Tyrš tradičního vánočního průvodu na den Děkuvzdání ve středním městě — a můžeme říci, že tato byla pro všechny tou největší radostí — starších bratří a sester se sokolským dorostem byl sokolský vůz pořízen.

Byl to velký vůz (nejdelší ze všech), v délce 45 stop. Celý vůz měl podobu velkých saní a v předu měl nápis "SOKOL — Gymnastics is our Bag". Na plošině vozu byl velký pytel, se strany otevřený, ze kterého se vysypalo asi padesát různých krabic vánočních dárků. Vpředu byla otevřená zlatá krabice (Jack in the Box) a z ní vyskakovali tři dorostenci. Dorostenci pomocí malé trampoliny skákali na okraj bedny (7 stop vysoké) a odtud konali přemety na žiněnku ukrytou mezi rozsypanými dárky.

Po obou stranách vozu byl velký nápis "Veselé vánoce" a na zadní části devítičlenná hudba jednoty hrála vánoční písně. V průvodu po stranách vozu cvičenci oblečení jako šaškové, skřítky a loutky dělali přemety a různé cviky.

Policejní odhad byl, že průvodu přihlíželo na 125 tisíc osob. Mnozí byli v pochybnostech, co ten

nápis Veselé vánoce znamená — dostalo se jim vysvětlení samotným starostou města Clevelandu. Na čestném místě na tribuně byl starosta br. Ralph J. Perk, který použil mikrofonu reportéra a vysvětlil, že jako člen jednoty Sokola Tyrš ví, že ten nápis v angličtině je "Merry Christmas". Jednota Sokol Tyrš obdržela sto dolarů, pěkný pohár a dopis uznání od pořadatelů vánočního průvodu.

Nadšení a vynalézavost našich mladších bratrů zasluhuje našeho největšího uznání. — Myšlenka, aby se také Sokol zúčastnil takové veřejné oslavy a tím obeznamoval americkou veřejnost s činností Sokola byla výborná. Jednota může děkovat vedoucím, že je má. Věříme, že příštím rokem bude zase alegorický vůz v průvodu.

V neděli 26. listopadu zúčastnila se jednota Sokol Tyrš, opět vánočního průvodu v Maple Hts. Tomuto průvodu přihlíželo asi 25 tisíc a jednota si odnesla třetí cenu v obnosu \$75.

Skutečně dobrá věc se podařila a těšíme se na příští vánoční průvod ve městě Clevelandu.

K.Z.

Valná hromada Sokola Washington, D.C.

Myslím, že už po patnácté je br. M. Neuman zvolen starostou washingtonské jednoty. Ta tak rok co rok zvětšuje se jeho obětavá a neumorná zásluha o sokolství v našem hlavním městě. A s ním byli zvoleni sestry a bratři, kteří po skoro stejnou řadu let s ním spolupracují. Nezmiňuji se jednotlivě o nich, nerad bych je urazil, kdybych někoho z těch opravdu poctivých sokolů-pracovníků vynechal. Jak radostně byla přijata zpráva, že členstvo dostouplo čísla 150 a cvičenců na 30. I sokolského zájezdu do Evropy se zúčastnilo několik sester a bratří. Zdařilá práce jednoty byla ukončena neméně úspěšným sv. Mikulášem, který si získal lásku nastávajících mladých cvičenců. — Do další pětadvacítky hodně štěstí a nashledanou příští rok na chicagském sletě sokolském.

Jan Klimeš

Sokol Nová Vlast

Výroční schůze Sokolské jednoty Nová Vlast konaná 10. prosince 1972 byla čteně navštívena.

Za 50-leté členství v jednotě byla vyznamenána ses. Stella Bicanová. Jako cvičící od útlého věku byla též cvičitelkou i úřednicí jednoty.

Z technického výboru oznámeny přípravy na veřejné cvičení celkem 153 cvičících. — Též kladně rozhodnuto o zapojení do tříd Jednoty cvičence ze Slovenského Sokola.

Volby úředníků naší jednoty proběhly hladce, — jelikož všichni úředníci zůstali na svých místech.

Marie Polanka

Sokol San Francisco

Výroční valná hromada se konala dne 11. prosince. Všichni úředníci podali celoroční zprávy, které byly schváleny. Ze zprávy náčelníka jsme

viděli, že v tělocvičně jen naše žactvo má dobrý průměr návštěvy, ale muži a ženy cvičí velmi nepravidelně. Z pokladní zprávy bylo jasné, že i přes značné vydání na opravu střechy a remodelování klubovní místnosti, náš rozpočet je pozitivní. — Mikulášská zábava měla velmi dobrý úspěch a Dibelkovy jítrnice — sokolské domácí výroby — chutnaly znamenitě.

K volbám úředníků však nedošlo, protože sestry podaly návrh, který byl velkou většinou schválen, aby bylo provedeno sloučení Sokola a Sokolic v jednu jednotu. Bylo usneseno, aby mimořádná valná hromada byla stanovena v dohodě s našim právním zástupcem br. Frolíkem na pondělí večer dne 22. ledna 1973. — Na programu budou volby úředníků.

Zástupci do župní valní hromady ses. M. F. Meier a A. Špánková, br. Jiří Špánek podali zprávy. Hlavním jednáním byl příští slet AOS v Chicagu v červnu 1973. — Dětský tábor župy v Dinky Creek byl velmi úspěšný a příštího roku bude opět organizován.

* * *

Letošního roku naše sokolovna slaví 60. výročí. Sokolovna na Page Street byla postavena v roce 1912. Tenkrát naši dědové jí stavěli se začátečním kapitálem 2,200 dol. Známá rodina Korbelova půjčila 5,000 dolarů, které banky nechtěly půjčit a ostatní obnos půjčili členové. Potřebovali 20,000 dol. To byl v těch dobách velký kapitál.

Sokolský Věstník

Pohled do minulosti Sokola San Francisco

Založení Sokola San Francisco sahá ještě do dob pionýrů Kalifornie. Byla to doba skončení "zlaté horečky" a obyvatelé zálivu San Francisco začali přemýšlet o průmyslu, obchodu a farmaření, místo hledání zlata.

My dnes se domníváme, že žijeme v mimořádné době vlasteneckého a společenského úpadku. Domníváme se, že naši předchůdci před 65 léty měli ten společenský život snadnější, že krajané se dobrovolně hlásili do krajanské a národní práce. Starší krajané sice vzpomínají na zlaté mládí sokolského života, ale často mnozí nevěděli o těch potížích krajanské organizace. Ty tak jako dnes muselo řešit jen několik oddaných úředníků a řadoví členové se o nic nestarali a přišli jenom na zábavu — k hotovému.

Nebylo proto ani v roce 1904 snadné založit sokolskou jednotu. Bylo jen málo nadšených jednotlivců, kteří se sešli v bytě br. Jaroslava Justice a rokovali — jak na to. My dnes říkáme, že televize, auta a moderní život je překážkou ke spolkovému životu. Tenkrát naši dědové věnovali zas mnoho času hrání karet a kuželkám a vymlouvali se, že ta tramway tažená koňma jede pomalu a do tělocvičny cesta daleká. Sokol San Francisco se rozjel k činnosti. Cvičilo se a schůzovalo na Missions street v německém klubu. Jednota byla v roce 1906 poškozena zemětřesením ztrátou inventáře v obnosu 500 dolarů a mnoho členů bylo hospodářsky postiženo. V roce 1909 se však již začalo uvažovat o postavení vlastní sokolovny. V roce 1911 byl nalezen pozemek na Page street a vy-

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psána členská půjčka. Banka však nechtěla půjčit scházející obnos na stavbu. Našla se však dobrá česká rodina Korbelova, která půjčila potřebných 5,000 dolarů a sokolovna byla postavena. Později pak rodina Korbelova půjčku darovala jednotě. Každým rokem byly členské půjčky vypláceny a v roce 1930 sokolovna byla zaplacená.

To vykonali naši předchůdci! Jsme my schopni sokolovnu udržet a nebo ještě lépe, zlepšit a upravit k modernímu tělocviku i naši společenské potřeby? Začínáme o tom uvažovat! Pomozte nám!

Jiří Špánek

Zamyšlení nad 28. říjnem 1972

Sokol San Francisco uspořádal velmi důstojnou vzpomínku 28. října. Starosta br. Jaromír Marek zařadil do uměleckého programu večera dramatickou báseň Svatopluka Čecha "Ve stínu lípy". Podle zkušeností druhých krajanských scén, báseň zkrátil a dramaticky upravil tak, aby posluchače neunavil. Báseň vyžaduje aby herci uměli text

dobře z paměti a neztratili spojení s posluchači, kteří vždy čekají na příležitost si z nejvážnější básně udělat tragikomiku. To se nestalo a režie br. Jar. Marka i herci vystihli náladu staročeského venkova. — Bohužel, a to se stalo již mnohokrát, že pro mnohé, zvláště mladé krajany všechna snažha předvésti umělecký program je marná. Oni přišli na 28. října se pobavit a ne si poslechnout verš Svatopluka Čecha. Je nemůže již nic vlastenecky nadchnout a při tom prohlašují, že v Americe nemohou nalézt žádnou kulturu. — Ses. Eliška Buršíková přednesla doprovodný text básně velmi krásnou procítěnou recitací. Herci postav br. Jan Kučera, Karel Mikeš, Karel Sýkora, Ivan Tejrovský, Jiří Špánek a ses. Jiřina Tejrovská zhostili se svých rolí velmi dobře. — Další část programu byla vyplněna hudbou. Ses. Zuzanka Buršíková zahrála procítěně skladby Ant. Dvořáka, mladý Ukrajinec zahrál koncertně na piano revoluční skladby Chopina a mladá Ukrajinka Nasarow zahrála na akordeon ukrajinské písně.

Jiří Špánek

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