

AMERICAN SOKOL

VOL. XCIV — NO. 6

JUNE 1973

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization

"OUR FLAG"

REMEMBER ME?

Some people call me Old Glory, others call me the Star Spangled Banner, but whatever they call me, I am your Flag, the Flag of the United States of America . . . something has been bothering me, so I thought I might talk it over with you . . . because it is about you and me.

I remember sometime ago people lined up on both sides of the street to watch the parade, and naturally I was leading every parade, proudly waving in the breeze. When your daddy saw me coming, he immediately removed his hat and placed it against his left shoulder so that his hand was directly over his heart . . . Remember?

And you, I remember you. Standing there straight as a soldier. You didn't have a hat, but you were giving the right salute. Remember little sister? Not to be outdone, she was saluting the same as you with her right hand over her heart . . . Remember?

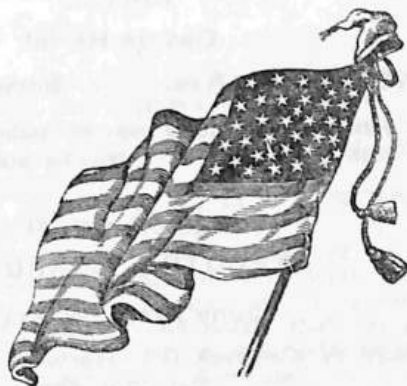
What happened? I'm still the same old Flag, oh, I have a few more Stars since you were a boy. A lot more blood has been shed since those parades of long ago.

But now I don't feel as proud as I used to. When I come down the street you just stand there with your hands in your pockets and I may get a small glance and then you look away. When I see the children running around and shouting . . . they don't seem to know who I am . . . I saw one man take his hat off, then look around. He didn't see anybody else with theirs off so he quickly put his back on.

Is it a sin to be patriotic anymore? Have you forgotten what I stand for and where I've been? . . . Anzio, Guadalcanal, Korea and Vietnam. Take a look at the Memorial Honor Rolls sometime, of those who never came back to keep this Republic free . . . One Nation Under God . . . when you salute me, you are actually saluting them.

Well? It won't be long until I'll be coming down your street again. So when you see me, stand straight, place your right hand over your heart . . . and I'll salute you, by waving back . . . and I'll know that . . . YOU REMEMBER!

Reprint courtesy of EAGLE LEADER



AMERICAN SOKOL

436

Published Monthly

(Except bi-monthly July and August)

by the

AMERICAN SOKOL ORGANIZATION

6426 W. Cermak Rd., Berwyn, Illinois 60402

Subscription: \$3.00 per year

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Editor must receive copy for publication by the 26th of the month, preceding publication date.

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Calendar of Events

JULY 1st — SOKOL HOUSTON, TEXAS.

Anniversary — Barbecue — Dance.

JULY 8th — SOKOL CRETE, NEBR.

Anniversary Dinner — Sokol Crete, 90 yrs. —
Sokolice Crete, 80 yrs.

AUG. 4th — SOKOL HOUSTON, TEXAS.

Dance — Jimmy Brosch Happy Country Boys
music.

SEPT. 2nd — SOKOL ST. LOUIS, MO.

Camp Hullabaloo — Imperial, Mo.

SEPT. 9th — SOKOL DETROIT, MICH.

Grape Festival — Sokol Camp.

OCT. 6th — SOKOL STICKNEY, ILL.
Farmer's Dance.

OCT. 6th — SOKOL DETROIT, MICH.
Mortgage Burning Party.

OCT. 11th — SOKOL ST. LOUIS, MO.
Vlasta — Chicken Dinner.

OCT. 13th — SOKOL HOUSTON, TEXAS.
Annual Sokol Circus — Barbeque — Dance.

OCT. 14th — SOKOL DETROIT, MICH.
Card & Bunco Party.

OCT. 20th — SOKOL BELCAMP, MD.
Grape Harvest Dance.

OCT. 27th — SOKOL ST. LOUIS, MO.
Camp Committee Halloween Party.

NOV. 8th—SOKOL ST. LOUIS, MO.
Vlasta — Chicken Dinner.

NOV. 11th — SOKOL DETROIT, MICH.
Czechoslovak Afternoon Dinner Party.

NOV. 25th — SOKOL DETROIT, MICH.
Card & Bunco Party.

Raise Your Sights

"Dream lofty dreams, acquire ideas, and realize and know where your vision is. Cherish the vision of what you want to be, and cease whining, complaining, and groaning about bad luck and good luck... You will always gravitate to that which you secretly most love. You will meet in life the exact reproduction of your own thoughts... You will rise as high as your dominant aspiration, and you will descent to the level of your lowest concept of yourself."

—Joseph Murphy, fellow, Andhra Research,
University of India, in "The Miracle
of Mind Dynamics."

FROM THE EDITOR . . .

Due to concentration on the Souvenir Program Book in the weeks prior to the Slet, publication of the American Sokol had been temporarily suspended. As result it will be arriving late, perhaps well into the next month. In the meantime, a great deal of publicity on Slet preparations has been received, however, now that the Slet is now past, it has become dated and will not see print. Full details on the XIII ASO Slet will be carried in the following issue.

—O—

On the front page of the April issue of the American Sokol there appeared an article "A Past to Honor, A Future to Mold", written by Bro. Ernest Pirka. It was a brief review of early Sokol history, naming 10 of the first Units organized in the United States. However, Bro. Pirka failed to mention a few of the early Units who belonged into this same category. Sokol Milwaukee (organized June 14, 1868, celebrated its 105th Anniversary, May 19, 1973), Sokol Tabor in New Caledonia, Wisconsin, was instituted in 1869, and now comes the announcement of Sokol Rip, in Pittsburgh, marking its 100th Anniversary with a banquet, June 9, 1973.

Since it is virtually impossible to authenticate all material that is submitted for publication, please accept this as an apology from the editor.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. XCIV

June — 1973 — Červen

Číslo — No. 6

FRIENDSHIP

“No warmer heart nor stronger spirit can be found than those possessed by a true Sokol”

We see this quotation posted for all to see in our gym. To me it represents FRIENDSHIP that is available at all times and under all conditions here at Sokol. It is a strong spirit that grows with each year and is a permanent influence upon our character, our comfort, our contentment and our happiness.

A true Sokol recognizes that respect and friendship should properly go hand in hand and when they do not thus remain together, it is bound to cause sorrow and suffering. The title of “friend” does not give anyone the right to openly criticize and condemn other people's actions, especially when all the circumstances are not known.

Friendship in Sokol is expressed in many ways. It is required of us to address each other as brothers and sisters, which signifies a close relationship. What is more heartening to a new member, as well as to the members present, than

to greet this member with three resounding Nazdars? I am sure that this reaction would be — I am wanted. When we meet a member, a hearty handshake is in order that is usually coupled with a friendly “Nazdar!”

Friendship is like the mortar in a brick joint. In Sokol, I like to think that it is a group of friends holding the organization together in a strong bond striving to achieve worthwhile objectives and overcoming obstacles in the process. It is a meeting of minds and hearts that has as its basis a mutual attraction, mutual self-respect and mutual respect for others. Surrounded by real friends, the pathway of life need never be lonely and becomes a source of happiness to us all.

It rests entirely within an individual's own mind and heart to say:

“This is my friend — a true Sokol”

Fred Pazdera, Sokol Baltimore

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

MAY 22, 1973

Pres., Bro. Stanley Barcal presided. Present: Bros. R. Svoboda, G. Basta, E. Linhart, J. Janicka, J. Rabas, J. Drnec. Sisters B. Prener, J. Pros, A. Sotka, E.J. Schnabl, A. Basta, L. Zdenek. Correspondence: Invitation from Sokol Slavsky re; Farewell party for Bro. and Sis. Freiberg, leaving to reside in Arizona. — Request from Northeastern District Bro. Linhart attend their Slet, June 3rd, approved. — Sis. Zdenek will represent ASO at Southern District Slet, June 10th, in Houston, Texas. — Report from Sokol Schuyler, Nebr., of their meeting and activities. — Bro. Hessnauer's (Sokol Baltimore) design for the Slet Program Book cover. — Sokol Detroit's plans for ASO Convention in 1975. — Letter regarding Sokol Praha building.

Director of Men, Bro. Linhart: Final report from the Central District for St. Louis workshop, \$132.00; Northeastern District judging clinic, \$188.72, approved. — ASO will purchase 3 AAU Handbooks. — Received 2 Merit Award applications. — Instructors to teach at the School following the Slet are: Bros. Zitny, Benak, Dusek, Milan, Halik, Linhart and Sisters Zabka, Haman, Milan, Schnabl. Bro. Pirka will teach Sokol Education and Bro.

Kala, Folk Dancing. — Approved, 75 Sokol Manuals be procured. — Attended Sokol Milwaukee's 105th Anniversary.

Director of Women, Sis. Schnabl: Invitations from Central District for 2nd Class Awards Banquet and Dist. Ludevit Stur. — Attended U.S. Rhythmic Competitions conducted by Sis. Prchal. — Asked by Pacific District to conduct a workshop. Will do so. — Conducted workshop in Eastern District. — Will be speaker at the Bohemian National Cemetery's Memorial Day Ceremonies.

Publicity, Bro. Rabas, Sis. Basta: Articles appearing in Czech and English publications. Publicity on radio and on signs of various business establishments.

Membership, Bro. Svoboda: Selection of awards made; Plaque to the Unit, Lectern to the District, wrist watch to the individual. Presentation at the Slet Banquet.

Uniform, Sis. Prener: Sales very good. Payment on account, \$1,000.00 herewith to ASO.

Treasurer, Bro. Basta: Presented a 3-yr. balance sheet on the Uniform Division. — Prepared 990 form plus schedule A. Spoke on behalf of the ASO at Sokol Milwaukee's 105th Anniversary.

Financial Sec'y., Sis. Sotka: Prepared Financial Report, deposited Federal Taxes, filed Illinois Unemployment Tax. — 571 address changes made in April. — Term pins ordered. — Attended Sokol Milwaukee's Anniversary.

Secretary, Sis. Pros: Majority of time spent on Slet work. Working with Central District's Folk Dancers and Vaulting Team. — Arranged for performance at Chicago Civic Center, June 20th. — Attended Sokol Milwaukee's Anniversary.

President, Bro. Barcal: Sokol Rip (Pittsburgh) celebrating 100th Anniversary, June 9th. — Sokol Cedar Rapids 100th Anniversary in October. — Stated of Czech Sportsmen participation in the Slet. — Attended convention of Czechoslovak National Council. — Attended meeting of Czech Cultural group. — Sokol Washington and Baltimore will combine for trip to the Slet. — Approved, match books for Slet publicity. — 500 envelopes will be imprinted for cancellation just prior to the Slet. — Sis. Prener will arrange trip to Lidice ceremonies, June 9th.

DISTRICT REPORTS

Southern District

APRIL 26, 1973

Pres., Bro. George Prevratil presided. Present: Larry Laznovsky, Oldrich Parma, Miro Jurcik, Harrell Hamilton, H. B. Smith, Stuart Hamilton. Sisters Sylvia Laznovsky, Bernice Hamilton, Vlasta Laznovsky. Guests — Bro. Joseph Ehrenberger. Sisters Lil Laznovsky, Helen Parma.

UNIT REPORT

Sokol Corpus Christi: Gained one member. — Flea market held April 15th. — Requested Director of Women, Sis. Laznovsky's assistance teaching apparatus routines and calisthenics, April 27-28th. Granted.

Sokol Zizka: April meeting, 55 members. — Gained 1 regular and 2 associate members. — Held 2 dances and 3 other functions. — Held traveling fund benefit. Was successful. Other fund-raising activities planned. — Purchased balance beam and 2 sets of bars.

Sokol Karel Havlicek-Borovsky: Gained 7 regular and 35 associate members. — Held 2 dances. — Swimming pool opening in mid-May. — Held kolace and strudel bake sale for traveling fund. — Preparing for Polka Festival. — Unit was presented sketch drawing of Karel Havlicek-Borovsky which was painted and donated by Bro. Walter Hosek of Sokol Zizka.

Sokol Houston: April meeting, 37. Gained 2 regular and 5 associate members. — Hosted volleyball tourney, April 21st. — Preparing for District Slet. Souvenir book at printers.

* * *

Director of Men, Bro. Laznovsky: Sokol Yukon will hold Exhibition, June 3rd. — Sis. Fletcher requesting 1972 District Slet film. — Volleyball tournament at Houston had small participation. Sokol Houston won permanent possession of Men's and Mixed Team traveling trophies. — Received films of men and junior boys apparatus routines. — Gymnastic program will be presented during Polka Festival at Ennis.

Director of Women, Sis. Laznovsky: Received entry forms for competitors for Chicago Slet. — Assisted in Fort Worth, Houston, Dallas on apparatus routines and calisthenics.

Educational Director, Bro. Parma: Presented lecture to gymnasts and members of Sokol Zizka. — Gave lecture on Sokol to a seminar at a local high school. — Educational Directors meeting will be held in Houston, June 9th.

Discussions: An appropriation of \$350. for Slet awards approved. — District special number expense of \$96. approved. — Bro. Laznovsky will visit Sokol Houston and possibly Sokol Corpus Christi to assist in Slet material. — District Directors authorized to assist Units as they deem necessary. — Annual donation to the District from the SPJST in the amount of \$500. received.

Treasurer, Sis. Hamilton: Deposits — \$373.25; Expenses — \$503.67; Balance — \$3078.46.

Eastern District

APRIL 16, 1973

Pres., Bro. Charles Zraly presided. Present: Bros. J. Babinec, A. Chaloupka, F. Capek Sisters B. Hochner, N. Zabka, B. Zraly.

Director of Men, Bro. Capek: Sokol Belcamp has been re-activated under the direction of Bro. Martin Lago. — All Units preparing for Chicago Slet. — Invitations for participation in the Toronto Slet June 30-July 1st, received. Left up to the discretion of the individual Units. — Technical Committee meeting, held on March 25th at Sokol Little Ferry.

Director of Women, Sis. Zabka: District won team trophy at the United States Sokols of the East competitions. — Discussed special competitions scheduled for the Chicago Slet. Had requested Czechoslovak Folk Dance copies for all the Units. — Sis. Schnabl, ASO Director of Women, will conduct training period at Sokol Little Ferry. May 19th. Sokols D.A. and Orel invited to attend. — Since Bro. Divisek retired, all Units are lacking a good pianist for future Exhibitions.

UNIT REPORTS

Sokol New York, Bro. Babinec: Gym activity improving. Dance to be held, May 18th. Exhibition, June 9th.

Sokol Fuegner, Sis. Hochner: Exhibition, May 6th. — Final examinations and graduations may affect attendance of several students at the Chicago Slet.

Sokol Little Ferry: Exhibition successful with a large attendance. — A profit of \$2,000, derived from candy sale.

* * *

Discussions: Main topic was the Chicago Slet as to transportation, departures, lodgings, costs, etc. The District will be housed at the Regency House Motel, Broadview, Ill. Approved, a ½-page ad be purchased for the Slet Program Book. — Best wishes to Bro. Mathew Neuman of Sokol Washington and Bro. Henry Vesely of Sokol Little Ferry for an early recovery.

Treasurer, Bro. Chaloupka: Receipts, \$95.40. Disbursements, \$87.00.

Central District

APRIL 25, 1973

Pres., Bro. Joseph Drnec presided with 12 members present. — Letter from Sokol St. Louis in appreciation of clock donated by Bro. & Sis. Drnec. — Sokol Racine facing difficulties in lack of teachers and adult participation, May 5th Exhibition could possibly be the last.

Director of Men, Bro. Paul Lebloch offered the Unit any assistance it may need in promoting interest and help solve their problems. It was approved a delegation of District officers attend one of the Unit's meetings. ASO Pres., Bro. Stanley Barcal will be asked to accompany these officers to Sokol Racine.

Director of Women, Sis. Helen Tuma reported on the highlights of the recent District Conference. — Approved, an Awards Dinner for 2nd Class competitors and their parents will be held at Sokol Stickney, June 3rd, 3 to 6 P.M. A short program included. Bro. Edward Slezak of Sokol Brookfield, National Collegiate Side Horse Champion, will perform. — Bro. Pirka's Courses in Sokol History, although very interesting, received poor attendance. Some doubts as to whether the Course be continued as planned. Last Course of the present series at Sokol Brookfield, May 5th. — It was suggested an Educational program combined with a social evening be held, with different Units as hosts. Thereby resulting in closer relationship between Units. This was well received.

Bro. Lebloch submitted bills for the District Conference which were approved: Dinners, \$63.00; Transportation expenses for St. Louis delegation, \$60.00. — Sokol St. Louis requested assistance on vaulting number and also on apparatus; hoping to participate in the District Number at the XIII Slet. Bros. Laddie Vanec, Edward Linhart, Jr., Edward Pavek traveled to St. Louis, April 20-21st, to assist them and show films of competition exercises for apparatus. A bill for lodging and travel expense, \$132.00, approved. — The Sport Core at Oakbrook requested a return performance of the Vaulting Team, June 17th. The District will be allowed to promote and sell tickets for our Slet on the Polo grounds the day the team performs. — The Folk Dancers were asked to also perform there, Aug. 26th. The group is available for social functions. Bro. Fred Kala is their instructor. The Folk Dancers were also scheduled to perform for the USA Ski Ass'n., April 28th, and along with the Vaulting Team at Chicago's Civic Center Plaza, June 20th.

A request for \$300.00 was made for purchase of materials for the Folk Dancers costumes. Eight sets of costumes (boys and girls) to be kept by the District on a loan basis. The rest to be sold.

Bro. Otto Glasser moved \$4000.00 worth of bonds be cashed and distributed among various accounts. Approved. Also approved, withdrawal of \$1,000.00 from Building Loan Ass'n, and placed in checking account.

Approved, the District donate \$60. to the ASO Slet Trophy Fund.

Treasurer's Report: Balance on hand, \$91.71.

MAY 23, 1973

Pres., Bro. Joseph Drnec presided.

Director of Women, Sis. Helen Tuma: 250 reservations already received for the 2nd Class Awards-Dinner, June 3rd, at Sokol Stickney. District advanced \$450.00 to cover food costs. Bill for \$13.50 for tickets approved for payment. — Some difficulty getting enough Junior Girls and Women for the Marching Number for the ASO Slet. A group of 190 is desirable. — Sis. Ann Halik's name was added as judge for the Unit and District level competitions. — Vaulting practices held weekly at Sokol Tabor. Folk Dancing, the same at Sokol Berwyn, with a social following.

Director of Men, Bro. Paul Lebloch: Memorial Day Parade at the Bohemian National Cemetery. — Vaulting Team performance at Oak Brook Polo Grounds, June 17th. On June 20th, both the Vaulters and Folk Dancers performing at the Chicago Civic Center Plaza. — Bro. Fred Kala will travel to Racine, Wis. to teach the Folk Dance numbers to Sokol Racine and Milwaukee members in preparation for the Slet. — Kathy Brim of Sokol Tabor competed in the tryouts for the World's Games competitions, placing 2nd. She will represent the U.S. in Europe. — 2nd Class competitions for boys, June 2nd, at Sokol Slavsky; for the 2nd Class girls at Sokol Tabor. — Request for marchers for City of Berwyn's Parade, June 10th, upon its 65th anniversary. Referred to the Unit Directors. — A large delegation from the District attended Sokol Milwaukee's 105th Anniversary banquet. — Attendance at Sokol Suburban's Exhibition was very good. — Help will be needed for the Slet. All Units to submit names of volunteers.

Treasurer, Bro. Otto Glasser: Check for \$4,000.00 was received from the government Bonds that were cashed. Monies distributed into various accounts. — Balance on hand, \$1480.21.

Educational Director, Bro. Ernest Pirka: Sokol History Course completed. — A library on Sokol History is now at Sokol Brookfield.

New & Old Business: Letter of thanks from the USA Ski Ass'n. for the performances of the Folk Dance Group and the free exercise exhibitions. — Sis. June Pros reported on the Toronto Slet bus tour, leaving June 29th, returning July 1st. — Due to conflicting activities the invitation to participate in Sokol USA program at Potter's Lake, Wis., was declined. — A chartered bus will transport the Vaulters and Dancers to the Civic Center Plaza, June 20th. — Sokol Slavsky will honor Bro. Frank and Sis. Sylvia Freiberg, June 6th, who are leaving the area.

Northeastern District

APRIL 25, 1973

Pres., Bro. Edwin Jirousek presided. He reported attending the successful Dedication ceremonies of Jan Palach at the Cleveland Public Library, April 6th. — Also had a preview of the new Karlin Hall, April 18th. — The roster of delegates to the District is completed. — Reminded the Slet Committee is soliciting for ads.

Director of Men, Bro. Dusek: Net profit of recent Social was \$142.47. Requested another be held in the Fall. — District had 13 representatives at the Lake Erie District AAU meet at Kent State, April 1st. — Judges Clinic will be held, April 28-29th, at Sokol Nová Vlast. — Bro. Galik and Sis. Khol continue to be involved in educational activities. — Beseda Dance Group was to perform at the Karlin Hall opening, for the Kiwanis at South High, and for the Ethnic Heritage at Cleveland State. — Program with 13 numbers is all set for the District Slet.

Director of Women, Sis. Wagner: Spoke on uniformity of dress for women and announced arrangements for motel accommodations for Chicago Slet.

UNIT REPORTS

Sokol Detroit, Bro. Kovar: Coming activities are Pancake Breakfast by the Teen Club, May 13th. A Rummage Sale, May 2-3rd.

Sokol Cleveland-Cech-Havlicek, Bro. Kavan: Juniors active in fund-raising activities.

Sokol Nova Vlast, Bro. Kocian: Mothers Day meeting, May 13th. Bro. Dusek's Olympic films will be shown.

Sokol Tyrs, Bro. Franks: Will hold Mothers Day Breakfast. — Unit plans to participate with Czech Stand at World Trade Day.

* * *

Old and New Business: Bro. Pekar stated District Slet publicity is going on. Same band will play as last year. — Approved that Mayor Perk and Bro. Voinovich be officially invited to this Slet. — District will be well represented at Chicago Slet. The Slet program was reviewed. 2 persons will officially represent District at the Banquet. — District will not participate in the Toronto Slet, Individual Units may.

Treasurer, Bro. Galik: Savings Account, \$5,256.86. Checking Account, \$112.31.

Northeastern District B.O.I. Meeting

MAY 10, 1973

Bro. Pete Dusek presided. With great enthusiasm, the District's B.O.I. has completed plans for the final 2 gymnastic events of the year. Months of preparation will culminate in the presentation of the District Slet, Sunday, June 3rd, at A.M.L.A. Recreation Center, Leroy, Ohio, and the ASO Slet in Chicago, June 21-24th.

The theme of the District program will be "Gymnastics for All Nationalities". It promises to be an exciting day for all Sokols and their friends. A large delegation of gymnasts from Sokol Detroit will participate, as well as other out-of-town guests. The recently organized Czech Beseda Group will dance the Czechoslovak National Beseda and the Sokol Tyrs Band will add its musical color to the day's activities.

On Wednesday, June 20, buses filled with gymnasts and spectators will leave for Chicago to spend four days of fevered activity including competition in gymnastics, swimming, volleyball, bowling, as well as various Socials and Banquets. The highlight of the weekend will be the National Slet

program to be held on Sunday, June 24th at Morton High School, Berwyn. Our District will present a special calisthenics number and our Juniors will participate in a mass vaulting exercise.

The Czech Beseda Group has been gaining in popularity. It has been asked to perform at several functions, including the opening of Karlin Hall, Cleveland State University, DTJ Obzinky, and a Blossom Music Center Folk Week program in the Fall. The Board is proud of this group and hopes it will continue to flourish. More members are needed . . . everyone is welcome to join.

Sokol Detroit will hold its Summer Exhibition at Sandy Bottom Lake, Michigan, on Sunday, June 17th. Many gymnasts and Sokol friends from the Cleveland Area plan to participate.

SOKOL BALTIMORE

I think a pat on the back is due our President and all the officers who have revived the present interest in Sokol. We all remember just a few years ago, when the monthly meeting rolled around, about 15 to 18 brothers and about the same number of sisters would gather, in separate meetings. After a routine meeting, the members would stand around for about a half hour and then go home. Look at our meetings now. It is not unusual for 80 to 100 members to attend a joint meeting, and then stay and really enjoy the evening meeting people whom they perhaps have not seen for years, singing, and having a real sociable time among friends.

Just to comment on our President's Don Ocnasek optimism. I think we must realize that land has tripled in cost in the past five years, and construction costs have at least doubled. A minimum tract of four or five acres in a readily accessible location would be necessary for the building, parking, an outdoor field for exhibitions and training, plus perhaps a tennis court and handball court. This sounds exaggerated; but, let's face it—times have changed. When we were youngsters, just the promise of a picnic on Sunday in the grove behind the cemetery kept us in anticipation all week. In those days we walked — but not today. Between automobiles and T.V., no one would think of walking as far as we did. The new Hall must be a place where people want to go. Saturday night parties, bull roasts, oyster roasts, dinners, plus outside rentals would be necessary to make "a go of it".

The young folks should shoulder most of the responsibility for the success of the venture. We older folks feel as though we should have it easier. I am not a pessimist; I hope building happens in the next five years; and, I am sure that we have enough enthusiasm and dedicated people who can sit down and thoroughly analyze all angles and come up with a solution.

Frank Elsnic

SOKOL ST. PAUL

With the coming of the XIII ASO Sokol Slet the St. Paul Sokol wishes the Slet Committee and everyone concerned our hearty congratulations. The St. Paul Sokols are going to help make this

SOKOL GYMNAST

June 1973

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

TERMINOLOGY

O. J. KUDRNOVSKY

What Is "Braglio" or "Peach Basket"?

From the very beginning of the entry of gymnastics on the American scene, we are plagued with hodge-podge terminology.

And ever since, this situation has gotten worse. Through numerous gymnastic books, publications, and through ever increasing gymnastic competition, especially on the international level, a multitude of new nondescriptive fad terms are creeping into our vernacular. Judge for yourself: What do terms such as "Peach Basket", "Braglio", "Moore", "Streuli" describe to you?

In order to unravel some of "these nothing to go on" terms, the named exercise has to be demonstrated or written in a long drawn-out description, accompanied by numerous pictographs, and in some cases a movie film is used as the last safehold.

Nonetheless, in spite of these lengthy and wasteful procedures, one and all these methods fall short in depicting the exercise accurately. Even the illustrative method, beside being uneconomic (e.g. "mount to straddle support" on the balance beam, termed in four words, takes six pictures on one-third of a magazine page, a space large enough to print over three hundred words) it holds definite limitations, since not all exercise movements lend themselves to literal picturization. "One word is worth a thousand pictures" is more fitting here, rather than, the converse expression.

Furthermore, we all know that the haphazard, orderless, no method, no system arrangement of gymnastic terms lacks the essential sequel of any teaching-learning process.

From all that has been said above, it is most obvious that the present way of nomenclating the gymnastic movements is becoming grossly inadequate for our present and future needs.

To counteract this continuously worsening trend in our terminology, I would like to project a plan for nomenclation of all gymnastic terms in accordance to definite criteria and kinetic principles, into a unified workable system.

This systematic arrangement is based upon the unique gymnastic nomenclature originated by Dr. Miroslav Tyrs, the founder of Sokols.

To be continued

Balance Beam and Reading Ability

According to the report of Stacey V. Jones in the *New York Times* of July 3, 1971, children in 43 school clinics around the country "walk on a balance beam to improve their perception and their ability to read and learn".

The founder and president of the Reading Research Foundation, Inc. of Chicago, Mr. S. Willard Footlik, was granted patent 3,589,716 for this training device — a beam made of wood, 16 feet long and 5 inches wide with beveled edges. It is attached to a sawhorse support. The patent defines it as an apparatus for the treatment of "dislexia" — a disturbance of the ability to read.

A youngster with learning difficulties, according to Mr. Footlik, is easily distracted and is thus unable to concentrate on any particular task. This is where the balance beam comes to its play. If he loses his balance he must reorient himself; the beam thereby trains him in concentration. The teacher can adjust the beam to offer varying degrees of difficulty. One end can be elevated and by foot pressure the teacher can cause it to tip and wobble, creating additional sensory distraction to develop the child's skill.

As is well known, specially constructed gymnastic apparatus are successfully utilized for physical therapy. Mr. Footlik, on the other hand, is using his specially constructed balance beam for mental therapy purposes. Indeed, any effective device or method which may be a remedy of physical and mental defect is nowadays more than appreciated.

Originally a 'balance beam' was a fallen tree trunk (log) over a creek or crevice and was utilized by the youngsters from time immemorial for testing their courage and skill and, occasionally, as a challenge for daring feats. It is interesting to note that in Greece, walking and running over the fallen tree or intentionally placed log above the water or abyss — with or without heavy weights for boys, or with or without heavy armour for soldiers in training — was a compulsory part of their physical training program. The balance beam as modern gymnastic apparatus was originated in western European gymnasiums more than a century ago, and became one of the main gymnastic apparatuses in the gymnasiums over the world — especially in women's gymnastics.

Exercises on balance beam are now compulsory event for the women's gymnastic competitions of the International Gymnastic Federation and are part of the gymnastic program of the Olympic Games.

The balance beam is fully utilized in the Sokol gymnasiums for developmental and competitive purposes. This writer was already acquainted with the exercises on a low balance beam when only six-years old under the instruction of one imaginative Sokol teacher who actually constructed the beam himself for our gymnasium. He thereby developed a very effective method for the training of a group of little very restless gymnasts. However — there were other and more attractive gymnastic apparatuses with which we were gradually acquainted and which eventually greatly in-

fluenced, I think, even more than the balance beam, our physical and mental fitness. For example, exercises on the horizontal bar demanded absolute concentration of mind, sharp perception, muscle control and courage. In my time we received more comprehensive, more rigorous, and more precise training in Sokol gymnasium than in the public school gymnasium. Moreover, the Sokol gymnasts were always at the top of the school class as far as learning was concerned.

Without any doubt, regulated gymnastic activities in the American schools, effectively supplemented with the physical training program based on developmental gymnastics by the private gymnastic clubs and civic gymnastic organizations like Sokol, would greatly influence the national effort toward the physical and mental improvement and development of America's youth.

Karel Bednar

Differences Between Strains and Sprains

(Reprinted, Courtesy Chicago Tribune)

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

"What is the difference between a sprain and a strain?" This is good question because there is considerable misunderstanding about these conditions.

Sprain is, perhaps, the more serious, since it represents an incomplete tearing of capsule and ligaments as a result of joint injury. A strain usually involves a muscle that was stretched or pulled beyond its capacity. Overlapping between the two injuries is inevitable because muscles often end in the ligaments that are attached to the joints.

An ankle sprain usually stems from a sudden, twisting injury such as occurs when one steps down a curb or during an athletic contest. The foot inverts so that the weight of the body is carried on the outside of the structure. The ankle is bent under and the joint capsule and ligaments on the outside of the joint are torn. The ankle usually becomes extremely painful and swollen; the individual no longer may be able to bear weight on the leg. Occasionally the person is able to finish what he is doing before the pain sets in.

In a strain, the muscle fibers tear after vigorous and forceful use. The contracted muscle is stretched beyond its ability to lengthen and the injured tissues bleed and swell (charlie horse). The distress depends upon severity of the injury. Most of the victims tell of developing severe disabling pain during strenuous muscular activity. The typical example is the runner who pulls a muscle in the groin, thigh, or calf during a race. A forceful delivery by a pitcher may do the same in the shoulder and arm.

Chronic muscular strain may occur to a sedentary individual after he hikes long distance. Altho the area is tender to the touch, it rarely swells or bleeds.

During the first 24 to 48 hours, strains are best treated with ice packs. Thereafter, heat and rest

(Continued on page 116)

DISTRICT TOURNAMENTS

Central District

CENTRAL DISTRICT SECOND CLASS GIRLS' COMPETITIONS

held Sat., June 2nd, 1973 — Sokol Tabor

LOW DIVISION

| Place & Sokol Unit | Points | Place, Name & Unit | Points |
|-------------------------|--------|---|--------|
| I. — Brookfield I | 899.3 | 1. Gabrielle LeMieux — Brookfield 1 | 177.7 |
| II. — Berwyn I-G | 886.7 | 2. Michelle LeMieux — Brookfield 1 | 177.3 |
| III. — West Suburban I | 881.2 | 3. Peggy Gilbert — Berwyn 2-G | 177.1 |
| IV. — Stickney 3-R | 865.6 | 4. Denise Michalek — Brookfield 1 | 176.6 |
| V. — Berwyn I-P | 863.3 | 5. Selene Forkes — Berwyn 1-G | 175.2 |
| VI. — Berwyn 2-G | 862.7 | 6. Renee Stetina — Tabor 1 | 174.6 |
| VII. — West Suburban 2 | 859.3 | 7. Linda Krueger — Stickney 1-H | 174.0 |
| VIII. — Tabor I | 853.4 | 8. -tie Cindy Schmitz — Berwyn 1-G | 172.7 |
| IX. — Brookfield 3 | 828.7 | Maggie McAlpine — West Suburban | 172.7 |
| X. — Dist. Ludevit Stur | 821.8 | Mary Cheevers — West Suburban | 172.7 |
| XI. — Brookfield 4 | 818.1 | Doreen Hahn — Dist. L. Stur | 172.7 |
| XII. — Berwyn 3-G | 812.8 | 9. Sandy Kveton — Berwyn 1-G | 172.3 |
| XIII. — Havlicek Tyrs 1 | 798.8 | 10-tie Kelly Dietscheveiler—West Suburban | 172.2 |
| XIV. — Tabor 2 | 798.3 | Julie Poremba — Brookfield 1 | 172.2 |
| XV. — Tabor 3 | 776.1 | 11-tie Debbie Foltyn — Tabor 1 | 172.1 |
| XVI. — Slavsky 1 | 764.7 | Mary Beth Mecler — West Suburban 1 | 172.1 |
| XVII. — Berwyn 4-G | 745.4 | Helen Wright — West Suburban 3 | 172.1 |
| XVIII. — Stickney 1-R | 725.8 | 20 Teams, 140 Individuals | |
| XIX. — Tabor 5 | 706.6 | | |
| XX. — Tabor 4 | 705.1 | | |

HIGH DIVISION

| Place — Sokol Unit | Points | Place, Name & Unit | Points |
|--------------------|--------|---------------------------------------|--------|
| 1. Berwyn | 712.0 | 1. Anita Schnabl — Berwyn | 178.6 |
| 2. West Suburban | 698.2 | 2. Olga Pribyl — Berwyn | 174.5 |
| 3. Stickney I | 676.0 | 3. Janet Pistorius — West Suburban | 174.4 |
| 4. Tabor I | 675.1 | 4. Julie Banaszek — West Suburban | 171.1 |
| 5. Brookfield I | 649.0 | 5. Willene Moore — Stickney | 170.8 |
| 6. Tabor II | 641.9 | 6. Mary Beth Michalek — West Suburban | 169.7 |
| 7. Tabor III | 637.2 | 7. Laura Saran — Tabor III | 169.2 |
| 8. Slavsky I | 617.7 | 8. Andi Wiesmeyer — Tabor I | 168.9 |
| 9. Havlicek-Tyrs I | 613.2 | 9-tie Diane Pitrak — Stickney | 166.7 |
| 10. Slavsky II | 560.3 | Maureen Regan — Berwyn | 166.7 |
| | | 10. Mary Ellen Spizzirri — Tabor I | 166.4 |

2nd CLASS BOYS

June 2, 1973

Individuals: —

| Place, Name & Unit | Total |
|-----------------------------|-------|
| 1. P. Maciejewski — Tabor I | 128.1 |
| 2. L. Slezak — Brookfield | 125.4 |
| 3. M. Willet — Tabor I | 124.3 |
| 4. J. Satek — Slavsky I | 120.3 |
| 5. M. Heimburg — Tabor I | 119.9 |
| 6. M. Kratky — Slavsky I | 119.4 |
| 7. R. Rus — Stickney I | 119.2 |
| 8. R. Hron — Tabor I | 118.9 |
| 9. J. Kavilar — Slavsky I | 118.7 |
| 10. M. Gerhardt — Taabor I | 118.3 |

Teams: —

| | |
|----------------------|-------|
| I. — Tabor I | 626.5 |
| II. — Slavsky I | 607.8 |
| III. — Stickney | 596.2 |
| IV. — Brookfield I | 563.7 |
| V. — Tabor II | 543.1 |
| VI. — Slavsky II | 541.6 |
| VII. — West Suburban | 508.4 |
| VIII. — Berwyn | 506.2 |
| IX. — Slavsky III | 505.8 |

James Berousek, Meet Director
Paul Lebloch, Director of Men
Charles & Jan Kalat, Tabulators

9 TEAMS
57 Individuals

Cleveland Area Junior Girls Competitions

Held Saturday June 2, 1973 — Sokol Nova Vlast

SOKOLS PARTICIPATING — SOKOL
CLEVELAND-CECH-HAVLICEK — SOKOL
NOVA VLAST — SOKOL TYRS

Low B Division —

- 1 Vera Hibler Sokol Tyrs
- 2 Windy Rejna Sokol Cleveland-Cech-Havlicek
- 3 Linda Kotlarsic Sokol Tyrs
- 4 Jody Srsen Sokol Tyrs
- 5 Sandy Falso Sokol Nova Vlast

Low A Division —

- 1 Sue Rosenbaum Sokol Nova Vlast
- 2 Margaret Gudbranson Sokol Tyrs
- 3 Laurie Forker Sokol Tyrs
- 4 Nancy Jasek Sokol Nova Vlast
- 5 Betty Cunningham Sokol Nova Vlast

Intermediate Division —

- 1 Terry Reemsnyder .. Sokol Cleveland-Cech-
Havlicek
- 2 Jean Onysko Sokol Nova Vlast
- 3 Laura Onysko Sokol Nova Vlast
- 4 Robin Jester Sokol Nova Vlast
- 5 Jane Jawett Sokol Cleveland-Cech-Havlicek

Meet Directors:

- Jean Dusek 60 Individuals
Marian Peterka

Southern Circuit - Eastern District

EASTERN DISTRICT COMPETITION

Held in Belcamp, Md. on May 5, 1973

GIRLS — 1st CLASS

1. Laura Scheets, Belcamp 56.8
2. Dana Murphy, Baltimore 55.3
3. Lisa Jackson, Baltimore 53.2
4. Marcey Naylor, Baltimore 53.0

GIRLS — 2nd CLASS

1. Penny Davis, Belcamp 58.2
2. Sherri Davis, Belcamp 55.3
3. Sharon Kries, Belcamp 54.0
4. Laurie Jackson, Baltimore 48.9

BOYS — 1st CLASS

1. Bradley Hoza, Belcamp 50.5
2. James Byron, Baltimore 44.0
3. Theodore Nicholas, Belcamp 42.1

BOYS — 2nd CLASS

1. Steve Anderson, Belcamp 56.8
2. Danny Greenwhell, Belcamp 56.7
3. Mark Dolezal, Belcamp 53.0

Ed Stetka

STRAINS AND SPRAINS

(From page 114)

are most helpful. Sprains respond to a compression bandage, elevation of the part, and the immediate application of ice. An ace bandage or plaster cast also may be needed. However, surgery usually is required when the tendon is torn. In both instances, physiotherapy hastens recovery.

1 9 7 3

AMERICAN SOKOL INSTRUCTOR'S SCHOOL

June 25th — July 7th, 1973

North Central College
Naperville, Illinois

The American Sokol Organization is conducting a two-week Instructor's School for beginners and advanced students on the campus of the North Central College located in Naperville, Illinois, about 35 miles southwest of Chicago. Juniors and Seniors of all units are invited to enroll in this project. All Unit Directors have been advised regarding details. Lodging will be provided for in the college dormitories. See your District Directors or call Sokol Office for information.

EllenJeanne Schnabl
Director of Women

Edward C. Linhart
Director of Men

a most successful Slet by sending participants and a delegation of spectators. This being the 108th Anniversary of the Sokol movement really makes one stop to think how strong our forefathers were and how much stronger we must be in order to keep our Organization alive and worthy of the forefathers of Sokol. Here at St. Paul, Minn. we are doing our utmost to keep the strength, with dedicated leaders and instructors.

On May 4th, the St. Paul Sokol Instructors had a Vefejné Cvičení (Class Program), with all classes participating. The program was well planned and most entertaining; the theme "A Three Ring Circus", with gymnasts as clowns and a real circus atmosphere. A beautiful special number done with rhythmic sounds on sticks was outstanding.

Director of Women, Sis. Pauline Vanyo, and her assistants in the tots, childrens and Womens classes are to be congratulated. The Mens Physical Director, Bro. Robert Bastyr, and his assistants in all the classes also deserve praise. A delicious Czech dinner of roast pork, dumplings, sauer kraut and kolacky was served. Sisters Loraine Vanyo Olson, Vi Todora and Shirley Verner assumed all responsibility for the success of the dinner.

The Festival of Nations held at the St. Paul Civic Auditorium, May 11-13th, had an attendance of 12,000 every night. Our Sokols put on a beautiful program thanks to Sis. Vanyo and her outstanding acrobatic number featuring her young girls class. The Czech Dancers also participated, putting on a beautiful display of dancing in their colorful costumes. The Dancers are sponsored by the C.S.A. but majority are Sokol members. In the closing Finale on each of the nights of the Festival the Master of Ceremonies gave glowing tribute to the Czechoslovakians, with their Sokol, Music and Artistic Culture in the State of Minnesota.

In closing, our condolences to the family of Bro. Joseph Cirkl of Menomonie, Wisconsin, a Sokol member of St. Paul for 50 years. He will be missed by his many friends and brother Sokols.

We will be looking forward to seeing all our brother and sister Sokols from the other states at the Slet.

Lucille Pavlicek

JOSEPH F. CIRKL

Bro. Joseph Cirkl, lifelong member of the St. Paul Sokol Society, passed away May 4, 1973, in Menomonie, Wis. He was born in Malešov, Czechoslovakia, February 22, 1891. He came to the U.S. as a young man; started working as a sheet metal man in the Eastern States. Then he moved to Iowa, and in the 20's came to St. Paul, Minn., where he established his own shop. In 1925 he married Marie Dolezal. In 1945 he and his family moved to Menomonie, Wis., where again he owned a sheet metal shop along with a hardware store.

During his stay in St. Paul he was an active member of the Sokol, and is remembered as a leading member of the Dramatic Club and also a good singer. Bro. Cirkl was always willing to give a helping hand in any Sokol or CSA (of which he was also a member) activity, gaining a

host of friends who will miss his departure. He kept his membership in the St. Paul Czech organizations and participated in their public affairs. In Menomonie he was active in the Masonic Order.

He was laid to rest in St. Paul, Minn., with many of his friends paying their last respects. Bro. Cirkl is survived by his wife, Marie, son Joseph, daughter Marie, and three granddaughters. May he rest in Eternal Peace.

Joseph Pavlicek

JOSEPH P. KUCERA



Sokol Racine lost one of its most devoted members when Bro. Joseph Kucera passed away, April 4, 1973, at the age of 85. He was born in Policka, Czechoslovakia, Feb. 24, 1888. Came to the U.S. in 1908, residing in Racine, Wis. ever since. On Oct. 28, 1914 he became united in marriage to Marie Fridle who survives him, and daughter, Mrs. Elton Krafft, and two grand-daughters. Also a brother, William Kucera, and two sisters, Mrs. Sidonia Hlavka and Miss Victoria Kucera.

He was, at one time or other, a businessman, financial advisor, teacher, gymnast and musician. From the very moment he arrived in the Racine area, he became deeply involved in the Sokol gymnastic movement, serving as instructor of Sokol Racine, Sokol Tabor in Caledonia and Slovak Sokols in Racine and Kenosha. All this over a span of 60 years.

Bro. Kucera was one of the founders of senior men's gymnastic class ("Old Guard") at Sokol Racine. He served Sokol Racine as its director of physical education, instructor, secretary and hall manager; as well as a teacher in its Czech language school in the 1920's.

In 1910, together with a small group of Czech contemporaries, Bro. Kucera founded a Building & Loan Ass'n; later known as Belle City Savings, and recently by merger, now the Belle City Office of the 1st Federal Savings & Loan Ass'n of Wisconsin. He served continuously upon its Board of Directors for over 55 yrs.; receiving the honorary status as a director emeritus.

Bro. Kucera found time to play violin with the Racine Symphony Orchestra, sing and direct in the Czech Lira choral group, act and direct the Samberk Dramatic Club, to become charter mem-

ber of the American-Czech Club, and a member of Lodge Chrudim.

Bro. Kucera lived a full life as an American Czech and Sokol. May he rest in Peace for his many years of service to mankind.

Steve J. Mostenan

FRANK C. KRASNY



Sokol Fresno's most loyal Sokol passed away suddenly on February 20, 1973. Services were held in Fresno and entombment in San Diego, Cal. Bro. Krasny was born August 10, 1897 in Humboldt, Nebraska. At the age of 12, his family moved to San Diego. He received a degree as an Electrical Engineer from the University of California at Berkeley. He served in the Army during World War II from 1942 to 1945 at an air base north of London; was a First Sergeant and head electrician on the base, receiving a Bronze Star Medal for meritorious service. He returned to work with the Pacific Gas & Electric Co. as Distribution Engineer and retired in 1962 after 41 yrs. of service.

Bro. Krasny was most proud of his Czech heritage. During the 1930's and 1940's he attended most of the Sokol functions in San Francisco and Los Angeles. He was instrumental in forming Sokol Fresno, being very active as a leader and in the gym. He attended and filmed Slets in San Francisco, Scio, Los Angeles and Chicago, these film records now priceless.

He played an important role in organizing the Czechs in Fresno, serving as President of the Czech National Alliance there. He brought Voyta Benes, to Fresno to speak at the California State University at Fresno. Although Bro. Krasny never married he was always welcome in his home of the Czech families. His hobby was photography. With him came his camera, and as a result, a pictorial record of most Czech families as they were born, raised, married and all other occasions. He had many, many beautiful colored slides, a wonderful collection of records, including Czech music, operas and other classics, besides an extensive stamp collection. In later years until his death he was Sokol Fresno's historian.

We, at Sokol Fresno, are forever grateful for Bro. Krasny's contributions, his loyalty and devotion. We will miss him for we all loved him.

Helen Hulbert

FINANCIAL REPORT

American Sokol Organization

May 1973

RECEIPTS:

| | |
|---|------------|
| Dues | \$1,532.00 |
| Convention Fund | 63.00 |
| Special Assessment | 114.00 |
| Dividends and Interest | 703.13 |
| Subscriptions to "American Sokol" | 14.00 |
| Resale of Jewelry | 16.50 |
| Miscellaneous Income | 2.17 |
| | <hr/> |
| | 2,444.80 |
| A.S.O. Uniform Division — | |
| Payment toward Advance | 1,000.00 |
| | <hr/> |
| Total Receipts | 3,444.80 |

DISBURSEMENTS:

| | |
|-----------------------------------|------------|
| Administrative Department | |
| Salaries | \$ 592.72 |
| F.I.C.A. & F.W.T. for April | 157.70 |
| Rental, Janitor Service, | |
| Phone, Electric | 311.54 |
| Office Supplies | 147.27 |
| Plaques | 118.50 |
| Postage | 26.90 |
| Travel expense | 1.75 |
| | <hr/> |
| | \$1,356.38 |
| Educational Department BOI | |
| Salaries | \$ 208.82 |
| F.I.C.A. & F.W.T. for April | 51.64 |
| Editor "Sokol Gymnast" | 25.00 |
| Add'l. copies "Sokol Gymnast" .. | 28.00 |
| Postage and Phone | 26.11 |
| Handbooks and Merit | |
| Award Applications | 88.90 |
| | <hr/> |
| | 428.47 |
| Sokol Publication | |
| Editor "American Sokol" | \$ 75.00 |
| Printing "American Sokol" | 548.72 |
| Postage — April and May issues | 104.36 |
| | <hr/> |
| | 728.08 |
| Miscellaneous | |
| Uniform Division — | |
| Salaries, F.I.C.A., Phone | \$ 366.75 |
| XIII A.S.O. Slet Expense | 77.67 |
| Miscellaneous Expense | 50.00 |
| Special Appropriations: | |
| Eastern District | \$138.10 |
| Northeastern District ... | 189.45 |
| Central District | 132.00 |
| Western District | 543.35 |
| | <hr/> |
| | 1,002.90 |
| | <hr/> |
| | 1,467.32 |
| Total Disbursements | \$3,980.25 |

| | |
|-----------------------------------|------------|
| Balance brought forward: | |
| Western National Bank of Cicero — | |
| — Checking Account | \$2,710.32 |
| Receipts — May 1973 | 3,444.80 |
| | <hr/> |
| | 6,155.48 |
| Disbursements — May 1973 | 3,980.25 |
| | <hr/> |
| | \$2,175.23 |

FUTURE SOKOL LEADERS FUND MAY 1973

Hilda Jelinek, in memory of Marie Hanke ..\$10.00

Donations are tax exempt

Another Summer, Another Gymnastic Exhibition

When this article goes to print, our exhibition in Cleveland, Ohio, as a part of the Northeastern District; our own exhibition at Sokol Camp; and the grand finale, the Chicago Slet, will all be pleasant memories.

All our work and effort will come to light when we march onto the field. I'm sure all of us will feel a shiver of excitement when the music begins and we go in our prostna (calisthenics), and as we stand at attention for our anthems. It's hard to keep from shedding a tear.

We'll remember back three or four months when we all started our calisthenics and thinking, 'will we ever learn it', especially when we had two numbers to learn. And 'gee' does it go with the music? All the mass confusion and THEN suddenly there it is, a beautiful creation.

We'll remember how some of the women practiced our prostna, at our Center while the dough was rising for dumplings & kolacky for our exhibition (aprons & all).

We'll remember the Juniors coming on Sunday morning and practicing on the parking lot of our Sokol Center.

We'll remember being at our Center on four nights a week and many coming miles to be there.

We'll remember a flash of white & blue on Tuesdays and a flash of red on Wednesdays, dashing here and there as our little boys and little girls get ready for their numbers.

We'll remember the serious looks on the Men's faces as they concentrate while drilling to the music.

We'll remember especially our instructors who worked so diligently throughout all the past months. They deserve many, many thanks from all of us.

And last of all, we'll remember a feeling of accomplishment that words cannot express, to oneself.

Jennie Pazdernik, Sokolice Detroit

Augustine Herman Czech American Historical Society

Sis. Agnes Beran Svejda, who recently passed away, was the President and founder of the Society. As a result of Sis. Svejda's and the society's efforts the historical facts in the life of Augustine Herman

had regained their rightful place and history books were changed. The name of this Czechoslovak patriot was vindicated.

Augustine Herman was born in 1605 in Prague, died in 1686, Cecil County, Maryland. He was the first surveyor and mapmaker of Maryland. Pioneer in colonial trade. Influential in the affairs of six of the original colonies. First naturalized citizen of Maryland. Lord of Bohemia Manor Land Grant by Lord Baltimore. Developer of the land and resources of the colony of Maryland. First planner of the Chesapeake & Delaware Canal (1680).

Augustine Herman's descendents still live in Augustine Herman Bohemia Manor in Cecil County on the Eastern Shore of Maryland on Bohemia River. The Society was responsible for the re-naming of Route 213 in Cecil County to the Augustine Herman Highway. The Society is also responsible for restoration of the Carroll Mansion in Baltimore. On the 140th anniversary of the mansion, Sis. Svejda was given special recognition by the Governor of Maryland, Theodore McKeldin. A descendant, Charles Carroll III, was present.

Mildred Horak Terry

YOUTH GUIDANCE

Researchers at Ohio State University decided to study, not what makes a boy or girl bad, but what makes a boy or girl good. They determined that a boy or girl becomes good and remains good when that boy or girl has a hero. It can be a teacher, pastor, parent or family friend. When that ideal has been selected as a pattern, the young person has a star to follow.

—Rev. Hoover

Pomník T. G. Masarykovi v San Franciscu

Sokol San Francisco vzpomíná výročí narození T. G. Masaryka s velkou hrdostí, protože je jediná sokolská jednota v Americe, které se podařilo postavit pomník Presidentu-Osvoboditeli, na veřejném místě ve městě. — Jak vznikla myšlenka k postavení pomníku, to je skutečně velmi dojemná vlastenecká historie. — Na jedné schůzi jednoty v roce 1959 byla čtena výzva Československé Národní Rady Americké, aby se krajané zapojili do akce k vydání poštovní známky T. G. Masaryka v Americe. Všichni členové souhlasili. Starosta jednoty br. Ant. Kohoutek zamýšleně se zadával na poprsí T. G. Masaryka, které stálo po dlouhá léta v zasedací síni Sokolovny a podal doporučení: "Co kdybychom našeho tatíčka Masaryka postavili někam na lepší místo v rámci jeho roku? Všichni to s nadšením vzali za dobrou myšlenku. Nastala skutečná práce — jak na to . . . Návštěvy k starostovi města, schůze v městské parkovní radě. Umělecké radě a pak bylo nutno najít místo v Golden Gate Parku, které by vyhovovalo našim krajanům i městu. Br. Ant. Kohoutek jezdil dlouhé dny po parku a měl štěstí, že jeho návrh na "Růžovém paloučku" byl městem přijat. Parkovní rada upravila okolí a postavila cementový základ a Sokol vzal na sebe ostatní starost. Jen českou lípu, která stojí

vedle pomníku, hledal br. Ant. Kohoutek na sta mil po Kalifornii. Socha T. G. Masaryka je dílem známého pražského umělce Josefa Mařátky a bylo umístěno na Světové výstavě v San Franciscu, v Československém pavilonu v roce 1938. Po výstavě byla věnována Sokolu San Francisco. Odhalení pomníku bylo stanoveno na 28. říjen 1960. Oslava byla rozdělena na dvě části. V sobotu v Sokolovně byla slavnostní večeře a umělecká akademie, na kterou se přihlásilo na 300 hostů nejen zálivu San Franciscu, ale i druhých států. Umělecký program, který připravil br. Jaromír Marek přímo ohromil a přímo uváděl v nadšení po celý večer. Všichni návštěvníci byli překvapeni jak se podařila věc, na kterou by se neodvážily ani velké jednoty. Na druhý den za krásné neděle sjely se do Golden Gate Parku na "Růžový palouček" dlouhé řady krajanů i amerických přátel a zástupců města. Slavnostní řeči byla pověřena delegátka ČSNRA ses. Vlasta Vrázová a zástupce města prohlásil, že San Francisco bude hrdé nejen na uměleckou ozdobu města, ale i presidenta T. G. Masaryka, který není jen morální hodnotou pro Čechoslováky, ale pro všechny Američany. — Co se podařilo Sokolu San Francisco, zůstane dlouho zapsáno zlatým písmem v historii krajské Ameriky. Jen jeden stín se mihl z řeči br. Ant. Kohoutka: "Vedoucí krajské organizace v Americe, mimo Československou Národní Radu Americkou, nedůvěřovaly, že se nám tato věc podaří a proto nám neposlaly ani pozdravný telegram."

Jiří Špánek

ANNA ŠPÁNKOVÁ

Anna Špánková zemřela dne 12. května po zákeřné nemoci ve věku 65 let v San Mateo, Cal. Narodila se v Chotěboři u Havlíčkova Brodu. Její otec byl dobrý český vlastenec a věrný člen československé církve. Anna byla vnučkou českého politika Václava Klofáče. Za Jiřího Špánka se provdala v Paříži, kde spolu žili 30 let. Měli dva syny Jiřího a Zdenka. I když Anna Špánková se nezúčastnila činně národně politického života svého manžela, podporovala ho v jeho práci. Od svého mládí cvičila v Sokole a na několika sokolských sletech. Kam jí osud ve světě zavedl, pracovala v Sokole i v Československé Národní Radě Americké. Špánkovi měli několik let francouzský restaurant "Chez Anna" v předměstí San Franciscu v Burlingame. — K uctění její památky pamatujte darem na Sokol San Francisco nebo Československou Národní Radu Americkou. Adresa: Jiří Špánek, 1364 Drake Avenue, Burlingame, Cal. 94010.

SOKOL SAN FRANCISCO

Sokol San Francisco společně s Československou Národní Radou Americkou uspořádaly koncert populárního zpěváka v exilu Karla Kryla dne 7. dubna. — Karel Kryl zazpíval svůj revoluční repertoár. — Český národ ve své historii dovedl písní projevit svůj vzdor, radost a žal. Repertoár Karla Kryla to vlastně byla přednáška o současném Československu v písní. Když posloucháme jeho písně, které sám složil a zhudebnil, nemusí-

me se divit, že musel do exilu. Jeho písně šly soudruhům na nervy a probuzovaly mládež. Karel Kryl je populární zpěvák a jeho přednes se nemusí líbit všem. Karel Hašler, Maurice Chevallier nebyli operní pěvci a přece jejich písně lid měl rád. Karel Kryl zpívá jako toho žádá jeho generace. Jeho přednes je prostý, procítěný a harmonický.

Sál Sokolovny byl naplněn do posledního místa a krajané zvláště mladí ho přijali s nadšením. — Karel Kryl ze San Franciscu se zastaví v Clevelandu a Denveru a pak odletí do svého prozatímního domova v Mnichově v Německu, aby tam pokračoval ve studiu sochařství a zpíval. Karel Kryl nám přinesl kus naší staré vlasti a ve svých písních projev našeho lidu doma.

Jiří Špánek

Velmi úspěšný slet sokolské župy Severovýchodní — i v nejistém počasí

Ani prudký dopolední déšť neodradil mnoho lidí od výletu na letní slet sokolské župy Severovýchodní v Leroy Township. Návštěva na sletu byla velmi dobrá. Odpolední slunce bylo největším pomocníkem a přispělo k náladě. Koncertní hudba Sokola Tyrš statečně vyhrávala. Na sletu cvičili členové jednot: Tyrš, Nová Vlast a Cleveland-Čech-Havlíček a ze Sokola Detroit. Vystoupilo přes 600 cvičenců. Na sletu byl přítomen náčelník Americké obce sokolské br. Edward Linhart. Dal krátkou zprávu.

Župní starosta předal řízení sletu náčelníku br. Petru Duškovi a náčelnici ses. Jeanette Wagnerové. Cvičební program byl zkrácený — protože na vytažení nářadí a žinének nemohlo být ani pomýšlení.

Československou Besedu pěkně zatančily 4 kolony tanečnic; tři z Clevelandu a jedna z Detroitu. Rozmoklý trávník byl velmi obtížným "tanečním parketem" — ale tančilo se s chutí a vesele! Návštěvníci odměnili tančící bouřlivým potleskem.

Nejsilnější však na diváky zapůsobilo zvláštní číslo župy, kterým se cvičenci župy Severovýchodní samostatně představí na sletu ASO v Chicagu. Provedlo je 480 mužů, žen, dorostenců a dorostenek. Jejich vystoupení zanechalo hluboký dojem. Složitá prostrná na moderní velmi melodickou hudbu, složili bratři John Balance, Don Kotlan, Carl Johnson a sestry Jean Dušek, Jane Mastný a Maryann Peterka.

Nový Svět

Tennisové mistrovství

Československé Národní Združení v Kanadě a Sokol Vancouver pořádají 1. tenisové mistrovství západní Kanady pro Čechoslováky 6. až 8. července 1973 v Cate's Parku, Deep Cove, North Vancouver, B.C. Dámské a pánské dvouhry i čtyřhry, smíšená čtyřhra. Ceny věnoval Sokol a ČSNS. Zábava se koná v sobotu večer. Ubytování a přihlášky: Jan Háva, 4274 Mt. Seymour Parkway, Deep Cove, North Vancouver, British Columbia. Nejpozději do 1. července.

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SOKOL NOVÁ VLAST

13. května se konala v České síni Sokol schůze Sokola Nová Vlast. Byla spojena s oslavou Svátku matek. Jednáni řídil starosta jednoty br. Přemek Kocián. Obsáhlý referát přednesla sestra Jednatelka M. Kolářová. Náčelník br. D. Kotlan promluvil o přípravách na slet v Chicagu. Br. Galík podal zprávu župy Severovýchodní. Pilně se připraví na letní cvičení doma i v Chicagu. Na schůzi byli přítomni čtyři noví členové.

K maminkám velmi procitěně promluvil br. Alex Mikula. Br. starosta zarecitoval Mikulovu báseň k počtě maminek. Br. Mikula zakončil svůj projev krásnou slovenskou písní. Všechny maminky byly podarovány květinami. Na závěr schůze sestra Dušková promítla film, který pořídila se svým manželem na Olympijských hrách v Mnichově. Předvedené vrcholné výkony světových gymnastů vzbudily vřelý zájem u mladých i starších Sokolů. Obrazy se vyznačovaly krásou i kvalitou.

Martin Hrabík

ČEŠTINA DO PUBLIC SCHOOLS

Laskavostí tohoto časopisu jste se dočetli o naši tak významné akci, kterou jsme zahájili v Nebrasce, ale která se týká i ostatních států Unie. Snažit se uvést češtinu do vyučovacího programu Public Schools a také začít v českých spolcích. Je to možné a je to nesmírně důležité: podchytit zájem mládeže z českých rodin o český jazyk, dějiny, písničku, folklor. Nabídlí jsme vám pomoc i radu. A první ozvěny už jsou tu. Central Public school v Raymond se chystá začít s češtinou, hlásí se Chicago, ozvalo se Owosso, Mich., kde manželé Čechovy už po léta s takovou obětavostí oživil český tanec a kroj. Český klub ve Wahoo rovněž připravuje kurs češtiny a hledí uvést českou řeč do katolické Public school v tom městě. — Připravil jsem vám menší publikaci pro začátek takového kursu, velmi jednoduchou s abecedou, lehkou konverzací, čtením a písničkami. Máte-li zájem, pošlete dolar na úhradu tisku a poštovního, rád vám tuto publikaci pošlu.

Dr. V. Kučera, 15th and R St., Lincoln, NE.

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