

AMERICAN SOKOL

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Educational and Physical Culture Organization

THE AMERICAN TRADITION

A real national tradition is something that we live by, rather than something that we talk about. We seldom try to define it. We feel that we don't have to, because if it is a real, living, moving force, if it is a genuine national tradition — we simply respond to it. We respond to it instinctively, because it is so deeply a part of our lives that it has us in its possession.

The greatest of all American traditions is the simple tradition of freedom. From our earliest days as a people, this tradition has provided us with a faith to live by. It has shaped what Americans have done and what they have dreamed. If any one word tells what America really is, it is that one word — freedom.

We seem to have begun, in this country, with a demand for freedom of religious belief — in Plymouth colony and Providence plantation, in William Penn's settlement of Pennsylvania, and in the charter for the first colonization of Maryland.

We moved on to see that freedom must also mean freedom from foreign domination, and fought the American revolution to make that freedom good.

Then we came to see that there must also be freedom from domestic tyranny, and we put together the Constitution of the United States.

We realized also that the mind of man must be free from domination by government and we added to our Constitution the Bill of Rights — which is just as pertinent, and just as much needed today, as it was at the time it was written.

We came, as well, to see that freedom has to be extended — that it has to apply to all across the board, to men of all colors, all races, and all conditions — and we struggled through a terrible Civil War in order to make such an extension of freedom possible.

All of these are not separate freedoms so much as they are varying forms of an undivided whole. For one of the things we have learned in this country is that freedom has to be indivisible. Anything that limits any part of it, for anyone, is a menace to all of us, a threat to the tradition by which we live. Our American gospel applies unto the last of these, our brethren; we share all of our rights with them, and any denial of freedom, to anybody along the line, applies ultimately to all of us.

American freedom today is again under attack — very often, by people who insist that they are trying to defend it. In the short-range view, conditions are extremely ominous; yet if we look at our present situation from a long-range perspective, we can see that we have little reason to be afraid.

(Continued Following Page)



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Calendar of Events

NOV. 1st — SOKOL CEDAR RAPIDS, IOWA.
Sokol Czech Day.
NOV. 8th—SOKOL ST. LOUIS, MO.
Vlasta — Chicken Dinner.
NOV. 11th — SOKOL DETROIT, MICH.
Czechoslovak Afternoon Dinner Party.
NOV. 16-18th — SOKOL MILWAUKEE, WIS.
Holiday Folk Fair.
NOV. 18th — SOKOL WASHINGTON, D.C.
Concert — Direction: Sis. Broden.
NOV. 25th — SOKOL DETROIT, MICH.
Sokol Card Social.
DEC. 8th — SOKOL MIAMI, FLA.
4th Anniversary Celebration — Dinner-Dance
St. Nicholas Nite (Mikulášská zábava).

DEC. 9th — SOKOL WASHINGTON, D.C.
Oslava 100 let Karafiátových "Broučků".
DEC. 31st — SOKOL DETROIT, MICH.
New Year's Eve Party.
FEB. 3rd — SOKOL DETROIT, MICH.
Gymnastice.
FEB. 9th — SOKOL WASHINGTON, D.C.
Šibřinky (Masquerade)
FEB. 10th — SOKOL MILWAUKEE, WIS.
Czech Jaternice Dinner.

SOKOL SAN FRANCISCO

Our 18 participants were greatly excited and impressed with the entire week of activities during the Sokol Slet in Chicago. It was a very successful Slet and you will hear of the memories of the Slet for a time to come.

Our competitors did not place or win any awards, but their being there was reward enough. They worked hard and did their best and we are just as proud of them as if they had brought home 100 awards.

As one person who spent almost all day running from one competition to another between the boys and girls, I can personally and honestly state they did well in their classes. With more than 100 competing in their groups they had first class competitors to contend with.

We have learned a great deal by this participation and know where we must improve in our gym classes; by better equipment, better instruction, etc.

Our small children who participated — likewise did well. We are proud of them and know that with continued effort in gymnastics they will soon be representing us at our National Slets.

Let us not overlook our 3 women who participated in the Mass Calisthenics drill. These brave women ended up in the first row in the center of the field and managed to do very well. We had some extra instruction from our Chicago sisters to perfect our performance. We held our heads high and survived with flying colors.

* * *

Sokol San Francisco had 18 attend this year's Pacific District Camp & Clinic at Dinkey Creek. This is quite a jump from our attendance in previous years. That must surely be an indication that it is an enjoyable place to be for a week. We hope for even greater attendance next year.

Mary Frances Meier

THE AMERICAN TRADITION —

(Continued from Front Page)

We get waves of reaction in this country periodically, in times of extreme national stress, and the great national tradition comes under attack — seems, indeed, to be on the way of being overwhelmed entirely. But the waves always pass — with, however, much incidental injustice and oppression for certain individual victims — because the instinct in the American mind and heart which the tradition is based on is finally, irrepressible.

Bruce Catton, "Sokol Times"

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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Číslo — No. 10

CZECHOSLOVAKIA

October 28, 1918

On October 28, 1918 a new republic was born, in a land that had been under the rule of autocrats for 300 years. The name Czechoslovakia, which appeared in newspapers and on maps, was an unfamiliar one. So were many of the other names of new regimes that were formed of the empires that had outlived their usefulness and had stubbornly refused to change in an age that would not be denied.

The beginning of a historic period, bent on self determination, a revival of the spirit that had created the United States of America and in Europe the French revolution, discarding outmoded castes and classes, ripping off the fetters of traditions that had ground humanity into submission for centuries, was here.

Once that flame had been ignited, it might be temporarily held in check, but never again would it be permanently extinguished. The cry of "Liberty, Fraternity, Equality", was not a temporary rallying cry, but a slogan seared deeply into the hearts and minds of men everywhere.

The re-awakeners of the land of our forefathers sensed the strength in their people, knew them to be capable of achieving their independence and of maintaining it by their own ability and accomplishments. More than a century of training and teaching was conducted by as great a series of talented and inspired men and women as any nation ever had. The names of Dobrovsky, Jungman, Kollar, Havlicek, Palacky, Tyrš, Masaryk, and a host of others, are well known to anyone who has the sense to be proud of the land of his forefathers and has made the effort to learn why it became the beacon light of democracy in a sea of dictatorship.

One fact that is often forgotten is that their whole efforts were always based on truth. Seeing clearly the inevitable scorn that greeted the double-talk of diplomacy, the cynicism and play with half-truths of ordinary politics, and the deep promises of self-seeking adventurers, to a man, they hewed to the line of truth, even when that road became a stormy battlefield. So strong was this feeling, not only among the leaders but seeping down through all classes of the people, that it became a national characteristic. Even when they erred, they manfully admitted it, suffering a temporary setback, but gaining the added strength of their courage and self respect, without which no movement of any kind under the sun, can expect anything but a temporary advantage.

The leader who organized and led the last great charge upon the bastions of a decadent monarchy was a philosopher. He was a man of the people, a Washington and Lincoln in one personality. By his own efforts, through a long, hard life of working, learning, studying, thinking, always thinking, and teaching thousands of eager young minds, he became the greatest man of his time. As H. G. Wells stated it, "It is a pity that too often little minds rule great nations, while at the head of little nations we find those geniuses who cannot exert the influence their abilities entitle them to." Among the latter was Thomas G. Masaryk of Czechoslovakia, the perfect example of the ruler of Plato's Republic, a Philosopher as a ruler.

His army within and without the borders of his country was an army of volunteers. An army of citizens in whose hearts and souls burned the longing for freedom, for just a chance to prove to the entire world that they were capable not only of fighting and dying for their ideals, but to create an example of pure democracy, that came what may, would serve as an everlasting example that Lincoln was right when he said, "Trust the little people, there is more truth and purity and love for their land in their souls, than there is in the hearts of the high and mighty."

They fought hard and died. Their bodies are buried at Zborov and Bachmach and along the whole Trans-Siberian Railway, in Romania at Dobruc, in Serbia and Albania, in Italy on many battlefields, in France from Cherbourg to the Swiss Alps. Many of them served under the flags of the United States, Canada, Britain, France, Italy and Serbia, but all of them, without exception, were serving voluntarily with the same spirit and for the same ideals that guided the legions of Masaryk.

They had been trained in the same schools, they thought alike, they came from the same type of heroic mothers, spartan women to whom the good name of their little land, seeking its place in the family of nations, was paramount.

And yet there are those who say that the Republic of Czechoslovakia was an artificial creation, the unfortunate child of the Versailles Treaty. Abiding by the rules of international law, gaining the respect of their former enemies, establishing a record in a newly formed republic within the short space of two decades for humanity, courage, progress, foresight, a true democracy puts these self

styles experts and critics on a spot where alibis will be of little help.

This same land, after twenty years of democratic rule, was partitioned by the forces of Nazism, the flower of its manhood and womanhood exterminated by as ruthless force as ever overran its territory in its entire history. A few years of respite were given to it, when the forces of another philosophy, as foreign to its national character as Nazism, again put it into bondage.

What then do we have to look forward to? Will it always be thus? Will the peace, prosperity, humanity, self-respect and decency of Masaryk's Republic never return? As dark as the picture may appear, we have an abiding faith in the future. Nothing lasts forever. Throughout recorded history, every setback has but set the stage for a new advance of mankind. Our problems are no greater than those that faced humanity in the past. A little less greed, a little more generosity, a little less prejudice, a little more understanding, a little less I, a little more we, — of such small beginnings are great changes made.

We have, in spite of everything that has happened, a just reason to be proud. Our people showed the world the metal of their national character and established a nation that was such a glaring contrast to anything that Europe had ever seen, that it had to be destroyed. The differences by comparison were too great. Europe and its petty politicians and still existing caste system was, and still is, not ready for what it saw in Czechoslovakia and what we have here.

Let us hope they learn before it is too late.

AMERICAN SOKOL ORGANIZATION
Educational Department

DISTRICT REPORTS

Northeastern District

JULY 25, 1973

Pres., Bro. Edwin Jirousek presided with 32 members in attendance.

Correspondence: From ASO on various topics. — Sis. Schnabl and Bro. Michalek re: Judges Clinic. — City of Cleveland re: Activities Committee. — Letter sent to the Slovak Sokols and the St. Joseph's Society.

UNIT REPORT

Sokol Detroit, Bro. Kobar: Unit's Exhibition was a \$1,200. success. — Suggested the District Slet be changed to the 1st Sunday in July, 1974. — Coming events are: Grape Festival, Sept. 9th; Mortgage Burning Party, Oct. 6th (20 yr. mortgage paid in 6 yrs.); Czechoslovak Sunday Dinner Party, Nov. 11th; Card Party, Nov. 25th.

Sokol Tyrns Bro. Franks: served potatoe pancakes at the World Trade Fair and at Buckeye Road, July 21st. — Tyrns band concert at Karlin Hall, July 25th. — Unit's picnic at Oddfellows Farm, Aug. 16th. — Beseda will dance at Obzinky, Aug. 12th, and at the Blossom Center, Sept. 15th.

Treasurer, Bro. Galik: On hand, \$517.44. Savings account, \$6,356.10.

B.O.I., Bro. Dusek: Next BOI meeting, Sept. 13th. — New officers announced. — Beseda dance

group rehearses weekly at Karlin Hall. — Certificate of Award for District competition was designed by Bro. Jirousek. — Dance group participated in the Inter-Cultural meet at Cleveland State. — Little boys competition was held, June 1st. Junior girls, June 2nd. Some 70 girls participated. — 529 participants in District Slet. — June 17th, Sokol Detroit Exhibition at Sandy Bottom Lake. — Will revive red, white and blue number at Winner Exhibition, Feb. 3, 1974, at Cleveland State University. Calendar of Events: Obzinky at DTJ, Aug. 12th; Blossom Music Center program, Sept. 15th; St. Wenceslaus Day Celebration, Sept. 30th; District Social at Sokol Nova Vlast, Oct. 27th. Joe Hezoucky music. — Motion approved to reimburse Bro. Jirousek's expenses to Chicago Slet.

A.S.O. Slet: 238 on the field from the District. — Banquet was great, not too many speeches. Social evenings overcrowded. Victory Dance impossible due to the tremendous turnout. — Transportation a critical problem. Groups should be kept together. — Sokol Nova Vlast received plaque for membership.

Other Announcements: Sokol Tyrns Band will participate at All Nations Fair, Aug. 9th; ASI Beer Festival at Sokol Cleveland-Cech-Havlicek, Sept. 8th; Ceska Sin Dinners held every 4th Wednesday.

Southern District

AUGUST 23, 1973

Pres., Bro. George Pevratil presided. Present: Bros. Don Steinman, Jerry Milan, Oldrich Parma, Larry Laznovsky, Harrell Hamilton, H. B. Smith, Stuart Hamilton. Sisters Bernice Hamilton, Sylvia Laznovsky, Henriette Milan, Vlasta Laznovsky. Guests — Bro. John Bubak and Sis. Parma.

UNIT REPORT

Sokol Corpus Christi: Hosted volleyball tournament, Aug. 4th. A social that same evening. — Flea market, Aug. 19th. — Building committee meets weekly.

Sokol Zizka: July meeting, 37 attending. Gained 6 regular and 5 associate members. — Held 3 dances and one other function. — Requested to present gymnastic program during the Texas Teachers Convention, Dec. 1st. — Unit annual meeting will be held in November.

Sokol Karel Havlicek-Borovsky: Held 2 dances. — Plans for 65th Anniversary, Sept. 8-9th. — Held party for gymnasts attending Chicago Slet. — Gymnasts that attended Director's Course are now instructing.

Sokol Fort Worth: Concluded 5 weeks of special summer gym classes. — Party held for National Slet participants, Sept. 4th. — Advanced team banquet, Sept. 23rd.

Board of Instructors, Bro. & Sis. Laznovsky: Volleyball tourney in Corpus Christi, Aug. 4th, followed by a social and the showing of National Slet pictures. Beach party the next day. — Plans for week-end course, Aug. 25-26th, at Ennis. Instructors: Bros. Jerry & Emil Milan, Comer Caldwell and Sis. Henriette Milan. Swimming at the Sokol Ennis pool afterwards. — Receiving fine comments on the District special number.

Public Relations, Bro. Milan: Received invitation for special number from the American Bowl of Tampa, Florida, during ball game in January.

Educational Director, Bro. Parma: Sis. Ehrenberger will give instructions on heart massage and mouth to mouth respiration at Sokol Zizka. — Suggests First Aid instructions be given at all Units. School athletic trainer would be a good source regarding injuries in a gymnasium.

Treasurer, Sis. Hamilton: Deposits, \$606.15. Disbursements, \$567.25.

Discussions: Bro. Bubak, President of the Czech Day at the Fair Committee (Oct. 7th), presented the tentative schedule for the Sokol participation. Bro. Bubak once served as Vice-Pres. of the District. — Bro. Prevratil related information pertaining to liability insurance adopted at Sokol Zizka. — Bro. Parma stated the display material submitted for the XIII. Slet has not been returned. — District received annual donation of \$100. from the Slavonic Mutual Fire Ass'n. — Bro. Prevratil reported contacting Dallas representative and state senators regarding taxes. — Announcement of Sokol Ennis' 65th Anniversary Celebration. Sept. 8-9th. Dance Saturday night. Sunday dinner, followed with gymnastic program. Membership pins will be awarded.

FINANCIAL REPORT

September 1973

RECEIPTS:

Dues	\$ 736.75
Dividends and Interest	943.92
Resale of Jewelry	3.00
Postage	12.56
Donation	10.00
Miscellaneous Income	25.85
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	1,732.08

XIII A.S.O. Slet Committee —	
Payment of Advance	1,770.28
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Total Receipts	\$3,502.36

DISBURSEMENTS:

Administrative Department	
Salaries	\$355.03
F.I.C.A. & F.W.T. for August	186.78
Rental, Janitor Service, Phone	
Electric	372.77
Office Supplies	19.88
Jewelry	973.03
Postage	12.12
Engraving Plaques —	
Membership Drive	32.50
Donation	10.00
Imprinting checks	9.70
	<hr/>
	\$1,971.81

Educational Department BOI

Salaries	\$208.82
F.I.C.A. & F.W.T. for August	51.64
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast"	28.00
Postage and Phone	10.64
Dues	150.00
	<hr/>
	474.10

Sokol Publication

Printing "American Sokol"	\$557.01
Editor "American Sokol"	75.00
Postage — September 1973	59.77
Pictures	6.90
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	698.68

Miscellaneous

Uniform Div. — Salaries,	
F.I.C.A. & Phone	\$225.51
Special Appropriations —	
Pacific District	733.50
	<hr/>
	299.01

Total Disbursements	\$3,443.60
Balance brought forward:	
Western National Bank of Cicero —	
Checking Account	\$2,233.02
Receipts — September 1973	3,502.36
	<hr/>
	5,735.38
Disbursements — September 1973	3,443.60
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	\$2,291.78

FUTURE SOKOL LEADERS FUND September 1973

Blanche Janes,	
in memory of Mary Bednar	\$ 10.00
Sokolice Chicago,	
in memory of Harriette Placek Soukup ..	5.00
First Federal Savings & Loan	
of Wisconsin — Dividend	1.33
Clyde Savings & Loan — Dividend	271.06
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	\$288.39

Donations are tax exempt.

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

SEPTEMBER 25, 1973

Pres., Bro. Stanley Barcal presided with 12 Board members in attendance. Bro. Ernest Pirka attended as guest.

Correspondence: Reply received from Bohemian Cemetery re: placing a Sokol monument at the cemetery honoring the departed members. A committee was formed to meet with the cemetery officials. — Thanks from Southern District in sending Sis. Zdenek to represent the ASO at its Slet. — Invitation to the 80th Anniversary of the Bohemian Home for the Aged, Oct. 21st. ASO will be represented. — Invitation from Sokol Cedar Rapids to its 100th Anniversary. Special bus will make the trip, Oct. 19th-21st. — Due notice from AAU for \$50. and USGF for \$100. Approved for payment. — Invitation to CSA Ladies Singing Society's 25th Anniversary concert, Oct. 14th. — Announcement of the Association of Czechoslovak Organizations exhibit, Oct. 20th thru Nov. 4th at Lincoln Federal Savings. \$10. donation approved. Sis. Prener and Bro. Pirka will represent the Board.

Director of Men, Bro. Linhart: Reported on Men's BOI meeting, Sept. 19th. — Bro. Fina will attend AAU Convention, Oct. 7-13th, at West Yellowstone,

Montana. — Eastern District requested dues structure and point system used to fund money. — Payment approved for \$73.60 to Bro. Jiří Liška for conducting workshop in the Pacific District. — Applications received for the Merit Award. Meeting will be held Sept. 26th. — Gymnastic Clinic discussed.

Director of Women, Sis. Schnabl: Women's BOI meeting not held as of this date. — Submitted results of Slet competitions. — It was suggested taking greater advantage of Modern Rhythmic Gymnastics.

Publicity: Bro. Rabas: Articles appearing in Hlasatel.

Educational, Bro. Janecka: Reported on Slet cancellations during the Slet.

Membership, Bro. Svoboda: Stated 5 plaques, 2 wrist watches and one lectern were given as membership awards. Cost, \$326.41. — Approved, new membership drive begin January 1974 thru March 1975.

Financial Sec'y., Sis. Sotka: Finally received shipment of membership pins. Back orders filled. — Disposal Co. increased rates, July 1st. — Approved, the printing of membership cards. — Awaiting bids for printing of "Sokol & Sokol Idea" booklet. Educational Committee will update same. — One of the Sokol office phones will be removed. — Office front being remodeled.

Auditing Committee: Books found in order.

Treasurer, Bro. Basta: In agreement with Financial Sec'y. — In future all expense will be paid by the Uniform Div. for their department from their funds. Wages to be retroactive as of May 1, 1973. — Slet report will be made Oct. 26th. Movies and slides will be shown.

Uniform Division, Sis. Prener: Sales are be-

ginning for the new Sokol season. Some prices increased. New price list sent out.

Tour, Sis. Pros: Sokol Cedar Rapids 100th Anniversary, Oct. 19-21st.

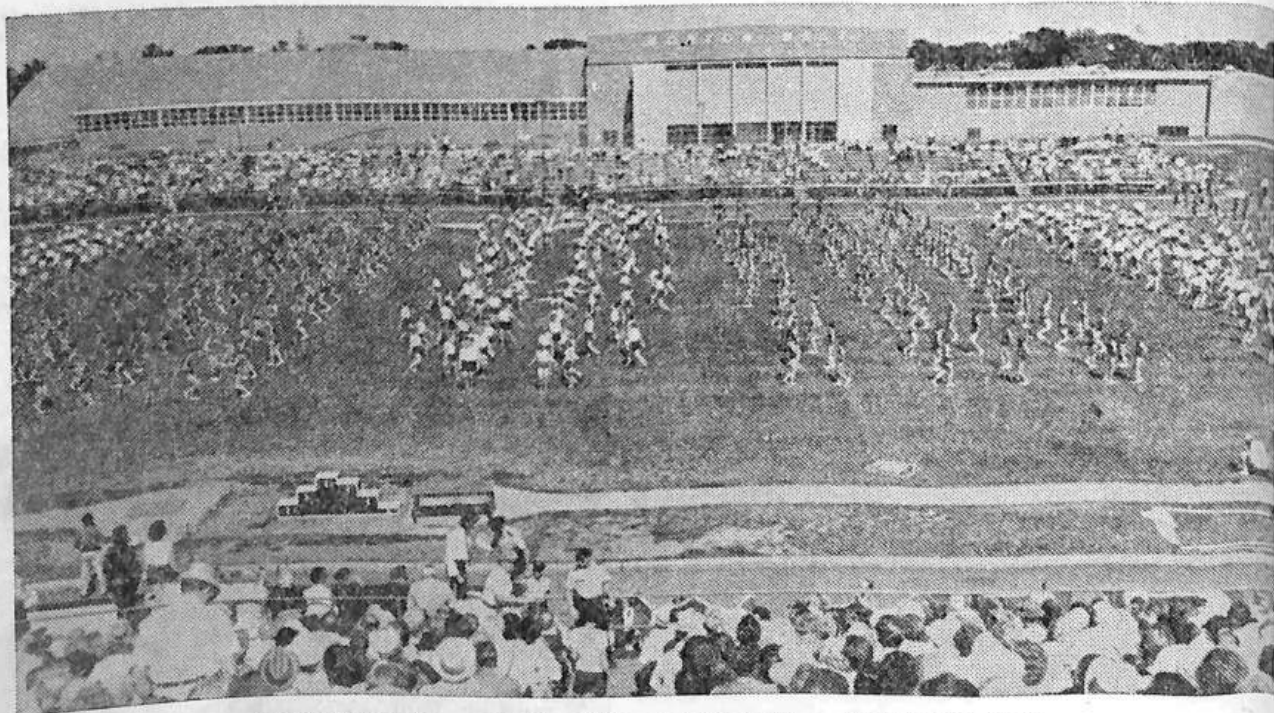
Educational Department: At special meeting, Sept. 19th, the following Committee was formed — Bros. Stanley Barcal, Joseph Janecka, George Herink, Ernest Pirka. Sisters Betty Prener, EllenJeanne Schnabl.

President Bro. Barcal: The sale of Sokol building and property in Prague, Oklahoma was approved. Their officers received all particulars. Awaiting their decision. Unit will not disband. — Received request from Pacific District for Slet movies. Splicing almost complete, same with slides. Should be ready for Oct. Slet meeting. — Suggested ASO look into the printing of Xmas cards with picture of our Slet, approved. — Attended Moravian Day celebration at Sokol Havlicek-Tyrs, Sept. 23rd, where the Sokol Folk Dancers performed admirably. — Will attend Sokol Detroit Mortgage Burning celebration, Oct. 6th.

New Business: After lengthy discussion it was decided to purchase a Royal Citation automatic copier. Present copier will be put up for sale. — Bro. Pirka reported the cataloging of books in the Sokol office will be complete by the time of the convention.

Hate Never Builds

"Hatred even though it masquerades under the banner of idealism is incapable of building anything of significance," writes Dr. Harold Blake Walker, Evanston, Ill., pastor-columnist, "Hatred can devastate and destroy; it cannot build or create."



Slet Calisthenics — Junior Girls and Women — XIII A.S.O. Slet

SOKOL GYMNAST

October 1973

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

THE SLET FOLLOW-THROUGH

Organize The "1,000 Point Club" In Your Gym

O. J. Kudrnovsky

"Allow the flame of the XIII. American Sokol Slet to forge us, into ranks of doers, rather than spectators: men and women of all ages, filling again our gymnasiums and physical well-being is victory — ill-health of mind and body is defeat: where, the class members joyously partake in the Sokol training program, replenishing their spent energies; attaining their total fitness and retaining it, until their life journey's end."

An excerpt from "The Sokol Slet — The Harvest Time.

Reprinted from the XIII. Am. Sokol Slet Souvenir Book.

As a result of the huge Slet success a momentous growth of interest in the Sokol program, should reach a high level unparallel, in our past.

In order to keep this interest alive, we have to channel it into constructive effort of developing our gym class program not only, with a maximum drawing power, but also with a maximum holding power.

To cope successfully with this task, we have to use all aids and facilities available to us.

As one of such aids, I would like to suggest: "1,000 Point Gym Club" organized within our gym classes.

Note: This is not a detailed blue-print ready-made, for general use, but rather a thought stimulating plan for one set-up, per local needs and facilities. Nonetheless, it may be well adapted for II. or Junior class.

"1,000 POINT GYM CLUB"

Purpose of the Gym Club:

To motivate and stimulate each class member to his greatest effort and achievement.

Club membership eligibility:

Any gym class member in good standing.

Awards:

Sokol T-shirt with a Sokol monogram (or other suitable award), to any member winning 1,000 points.

Requirements:

Points:

I. Gym class attendance:

100 % attendance	400 Points
75 % attendance	300 Points
50 % attendance	200 Points

II. Class conduct;

Leadership, cooperation 100 Points

III. Winning in class or open competition:

I. Place	300 Points
II. Place	290 Points
III. Place	280 Points
IV. Place	270 Points
V. Place	260 Points
VI. to the last place — 10 points less are given than for each higher placement given than for each higher previous number.	

IV. Participation in Gym class exhibitions and activities:

100 % participation	200 Points
50 % participation	100 Points

V. Skill achievement test:

The total achievement in all four events:
 Tumbling 100 Points
 Low hor. bar, low par. bar, side horse,
 99 % to 1 % = 1 point less is given for each % of the achievement results.

VI. Sokol knowledge test:

100 % score	100 Points
99 % to 1 % = 1 point less is given for each % less of the test results.	

(To be continued)

Support Your Local Sokol Unit . . .

ASSIST IN THE MEMBERSHIP DRIVE!!

**Help Fill The Attendance
In The Gym Classes**

BASIC TUMBLING

(PART II)

By Marian Peterka with Peter Dusek

Using the forward roll as a basis, the gymnast should soon learn to combine moves in tumbling. A variety of jumps and leaps can be taught to the gymnast in the form of basic tumbling. Many of these should be taught as an individual stunt before combining them with the forward roll or other tumbling moves.

Jump — tuck

From stand — closearm — arms swing thru frontarm with a strong pull to uparm — with joint rebound — uphop to joint bend frontleg — hands momentarily grasp shins and return to sidearm; land in half squat.

Reasons:

Practice in landing.

Bringing knees to chest (jump tuck) is good practice for squat vaults on the horse, mounts on the balance beam, or tuck somersaults.

Faults:

Make sure that the gymnast looks forward or up during jump. Pick a spot on the wall (top of a window, clock, picture, etc.) and tell them to watch for it.

Teaching suggestions:

Have the gymnast stand and bring one knee at a time up to the chest, grasping it in the manner in which they would during the jump tuck. If you would like to spot this stunt, stand behind the gymnast, and grasp his waist and lift as he executes the jump tuck. Guiding him in this way he will have a little more time to think about what is to be done. Again watch the head and make sure the gymnast is looking forward or up during the jump.

Variations:

Two or three steps forward to a joint leg take-off, (uphop) jump tuck, land in halfsquat sidearm.

Reasons:

Teaches a joint leg take-off from hurdle step which is used in many advanced tumbling stunts, as well as in vaulting and mounts on some apparatus.

Teaching suggestions:

This may be spotted using the same method as the standing jump tuck, with the spotter walking behind the gymnast.

Jump — Straddle

From stand closearm — arms swing thru frontarm with strong pull to uparm — with joint rebound — uphop to front leg straddle (jump straddle) — frontarm outward and return to land in halfsquat — sidearm.

Reasons:

Very good floor exercise move. Also used as a dismount off the balance beam.

Faults:

A bad habit many girls tend to develop in this exercise is to land in a full squat. Emphasis should be made on landing in a half squat.

Teaching suggestions:

Same as jump tuck. Before executing the stunt, place one arm, frontarm outward, and kick it three times rapidly with the same foot. Do this on both sides. If you notice that the performer is not executing a sufficiently wide jump straddle, it may be that he is not directing his arms and hands wide enough. Toes will usually go in the direction of the fingertips.

Variations:

Two or three steps forward to a joint leg take-off, (uphop) jump straddle land in halfsquat sidearm.

Jump — pike

From stand closearm — arms swing thru frontarm with a strong pull to uparm — with joint rebound — uphop to joint front closeleg — frontarm (jump pike) and return to land in half squate — sidearm.

Teaching suggestions:

Same as others.

After the jump moves are taught, they may be combined with forward rolls. If you would like, the moves may be tried first from a squat position. All jump moves from a squat position require a strong push with the legs and a sharp opening the trunk and upper body.

Forward roll — jump tuck

From stand — foldroll forward to squat support (fingertips touching mat) and immediately uphop, jump tuck, land in halfsquat — sidearm.

Forward roll — jump straddle

From stand — fold roll forward to squat support (fingertips touching mat) and immediately uphop, jump straddle, land in halfsquat — sidearm.

Forward roll — jump pike

From stand — foldroll forward to squat support (fingertips touching mat) and immediately uphop, jump pike, land in halfsquat — sidearm.

The forward roll variations that we have discussed in these first two articles are very basic yet beneficial to any gymnast. The following is a list of ten of these stunts which may be used by an instructor, class assistant or squad leader.

1. A series of forward rolls from stand to stand
2. A series of forward dive rolls
3. Forward roll followed by consecutive tuck roll
4. Forward roll from lunge to lunge
5. Forward straddle rolls
6. Forward roll — arched leap
7. Jump tuck, two or three steps, jump tuck
8. Jump straddlex two or three steps, jump straddle
9. Jump pike, two or three steps, jump pike
10. Forward roll — arched leap, Forward roll — jump tuck
Forward roll — jump straddle, Forward roll — jump pike.

PROPOSALS TO BE VOTED ON AT F.I.G. CONGRESS

at Rotterdam, Holland, November 1973

By Jacques Chouinard, Technical Chairman,
Quebec Gymnastic Federation, Canada

The proposals listed below are not official, but in the opinion of Jacques Chouinard the majority will be approved. Jacques attended the National AAU Junior Olympic Championships at the University of Michigan to observe this AAU development program for possible use of this type of program in Quebec.

The Organizing Committee of the 1976 Olympic Games met with Arthur Gander, President of the F.I.G., and the following proposals will be presented to the coming Congress.

1. For the 1976 Olympic Games in gymnastics there will be **ONLY** twelve teams in both Men's and Women's competition, with 2 to 4 groups of individual gymnasts, with no more than seven gymnasts to a group.

Note: The objective of the International Olympic Committee is to reduce the number of medals per individual as well as reducing the number of gymnasts in finals per country.

2. In Competition No. 2 — (All-Around) there will be no more than three gymnasts from any one country.
3. In Competition No. 3 — (Individual Events) there will be no more than two gymnasts per country. This is Individual finals.
4. The F.I.G. will be more severe relative to qualification for Olympic Games in that they will propose each gymnast achieve an 8.8 qualification note, i.e., 1056 men all-around, and 70.4 for women all-around.
5. That International Championships held prior to Olympic Games will not be permitted to use the term — PRE-Olympics.
6. The schedule for the 1976 Olympic Games in Gymnastics to be:

July 15-16,	Judges Clinic
July 17,	Opening day Olympic Games
July 18,	Women's Compulsory exercises
July 19,	Men's Compulsory exercises
July 20,	Women's Optional exercises
July 21,	Men's Optional exercises
July 22,	ALL-AROUND. Men and Women
July 24,	Individual event finals Men & Women at night
July 24,	Individual event finals Men & Women at night

(Note — That two days will be used for individual finals.)

7. The new FIG book on dimensions will be published in September of 1974.
Men — Horizontal Bar, Parallel Bar and Rings will be 5 centimeters higher.
Women — Beam will be covered.

8. Uneven Bars will not be changed but a larger base will be proposed.
9. The FIG has spent considerable time in research of mats and made the following decisions: Mats will be not higher than 10 centimeters, as any height above 10 cent. is not safe and does not permit stability of gymnast in landing.
10. Pommel Horse and Vaulting Horse with just two supporting legs is now acceptable, old type with four legs will not be required.
11. Type of apparatus to be used at Games will be established one and one half year before Games.
12. F.I.G. will use same electronic system for judges as was used in Mexico City in 1968 Olympic games.
13. Longine system of timing will be used. This is now owned by the FIG.
14. The Reuter electronic system to determine hand grip in vaulting will be used in the Vaulting event.
15. The question of compulsory exercises for Women will be discussed in detail as to whether to use the old system, i.e. one set exercise as the men use for each event, or to continue the new and present system of permitting each nation to use their own connecting moves.
16. There will be 24 Judges for Men, 2 reserves FIG certified, and 4 additional reserves who have nations National certificate. In addition the 6 superior judges will be from the FIG technical committee.
17. There will be 16 Judges for Women, 2 reserves FIG certified, and 4 additional reserves who hold national certificate. In addition, the 4 superior judges will be from the FIG technical committee. It is proposed that the 4 judges with national certification will be used to control elements of the compulsory exercises.
A total of 61 judges who will all be dressed in Official uniform.
18. The Olympic compulsory exercises will be composed by the FIG technical Committee's. No date has been established as to when these exercises will be available. The booklet on the compulsory exercises will be the same type as was used at Mexico City.
19. It will be proposed that the platform for apparatus be 95 centimeters.
20. In men's competition if team does 3 mounts or 3 dismounts that are the same there will be a deduction of .3.
21. It will be proposed that if women gymnast who does back salto on the beam and lands with both feet astride, it will be acceptable.

Calisthenics the Basis of Gymnastique Moderne

The essential feature and aim of calisthenics is teaching how to move naturally, training girls in organic — rhythmic i.e. total movements and making them overcome impediments in the organism and establish harmony of moving and breathing. Calisthenics teach us that badly applied strength impulses can create nervousness and even an inferiority complex while moving correctly makes the performer experience the body with all its well regulated functions to be the wonder of creation it is. The variety of movements in time and space, tension and relaxation, may be intensified in its harmony and economy when supported by music. Under this aspect calisthenics is of the highest educational value beyond its specific function of developing body and movement sense. It is centered round the performer's and also the co-performer's personality.

Knowledge of these underlying ideas is required to understand why calisthenics has become an independent branch of gymnastics as a whole.

Gymnastique Moderne is a development stage of calisthenics with a competitive character. Competitive sport could not have bypassed calisthenics. Whether the development toward personal achievement even of the highest standard is good or bad is not the question here. But young people should not be denied opportunities to test their ability also in this field.

It was this aspect that sponsored the introduction by the FIG of gymnastique moderne world championships in 1963. The authoress of this article says gymnastique moderne requires a large amount of experience, from the fundamentals of calisthenics to a highly developed kinesthetic sense, in addition to great amplitude of trunk movements and leg swings which, assisted by looseness of joints and muscles, enables the gymnast to perform dynamic movements. Intensive training is indispensable to attain this, as well as first-class condition and staying power without which there is no success in gymnastique moderne. Further qualities required are a sense of time and space and an aptitude for creative action. All this, however,

produces perfection in the art of moving only if the gymnast can pervade her movements with her personality.

SUGGESTED GYM RULES

By Ed Stetka (Sokol Baltimore)

As gym classes in our Sokol gymnasiums begin another season, the Directors and instructors must make plans for the season and for each gym session and if they are to develop the respect of youngsters, they must follow these plans. In other words, the instructors must exert some leadership in order to show that what they say is worth something because results are produced.

In order to develop respect for the Sokol organization, a set of Rules and Regulations should be set up in all of our Sokol gymnasiums: such as:

1. No person shall be permitted in the gymnasium unless properly enrolled in the gym classes.
2. The uniform designated for each class must be worn.
3. No one shall leave his squad, team, class, etc. without permission.
4. No one shall leave the gym floor without permission.
5. No one shall perform on the apparatus without permission and without a qualified spotter being present.
6. Jewelry shall not be worn by participants.
7. Participants shall not chew gum.
8. Smoking shall not be permitted in the gymnasium.
9. No beverages and food shall be permitted in the gymnasium.
10. Apparatus and mats shall be removed from the gym floor before each class is dismissed.
11. The gym and dressing rooms will be kept clean.
12. Participants are expected to attend classes regularly and to be punctual.
13. The use of profanity shall not be tolerated.
14. The improper use or waste of chalk shall not be tolerated.
15. There shall be no drinking of alcoholic beverages when in uniform.
16. Persons who interfere with or disrupt classes will be requested to leave.

UNIFORM PRICE INCREASE!

RIISING PRICES HAVE HIT US, TOO!

As of October 1, 1973 the price of BRIEFS will be as follows:

BR — Red Brief (Child's and Adult sizes)	\$2.15
RBB — Royal Blue Brief	2.20
NBB — Navy Blue Brief	2.20

Thank you for your fine cooperation in sending us your orders.

**UNIFORM DIVISION,
AMERICAN SOKOL ORGANIZATION**

SOKOL IN REVIEW

BROTHERHOOD AND SISTERHOOD

Have you noticed how many times we address each other Mr. or Mrs. or pane, instead of using our Sokol "Brother or Sister"? I have asked myself many times why some of us still cannot say "brother" or "sister" while we all belong to the same organization proclaiming "the brotherhood".

In Sokol everyone is considered a brother or sister, that's how we speak to each other, and like each other — as brother and sister in the same family. And so, we should act that way! This is not only in our own Unit and inside the hall, but also outside and everywhere. It applies to all Sokols in the entire world.

Sokol understanding of brotherhood is much greater than the dictionary definition of the word. To a Sokol member it means companionship, the love of fellow man, friendship . . . through activities in our gymnasiums, the close association and cooperation in the various offices and committees, and attendance of meetings . . . the Sokol member can enjoy brotherhood and sisterhood in its broadest meaning. Here is a true benefit that is available to all members regardless of age or length of membership. In fact, the older the member, the greater the opportunity and the need for it.

Many of our members have established a basis for their brotherhood and sisterhood many years ago in the gymnasium, at meetings, in programs, and other activities. All we need to do now is enjoy the pleasure of brotherhood and give it a chance to work. One method that can make it work is to get together more often, and the best place to get together is at our monthly meetings. But there are many other ways and places where members can fraternize. Brotherhood is a privilege of every Sokol member. It is also the responsibility of every member.

And so, brothers and sisters, next time you speak to each other, let's hear our Sokol "Brother or Sister" and it will make me feel very happy.

Jan Kučera

Educational Director, Sokol San Francisco

OUR FLAG

Nowhere can we go in this wonderful world
Where there is a flag of more beauty unfurled.
Or so loved as Old Glory floating in a gentle
breeze that cause so many to give thanks
on bended knees.

A symbol that means our Nation is free and
friendship and love is lure for all nations
to see.

The stripes of red, white and blue are straight
and true.

The stars a representation of our states in
everything we do.

So in tribute to the flag of our nation waving
up there —

We pray for faith that there may be peace
and freedom everywhere.

Charles Bowers
Illinois Odd Fellow

Pacific District Sokol Camp and Clinic

The 1973 Sokol Camp and Clinic held at the Fresno Jr. Camp, Dinkey Creek, some 70 miles northeast of Fresno, will long be remembered by all who attended as participants, counselors, cooks, etc. The camp officially opened the evening of Aug. 12th, ending Aug. 19th. "Let's have it for two weeks" were the enthusiastic comments of the participants as they were leaving camp.

So many events occurred during the week's activities a volume could be written. First, the camp personnel: Director, Bro. John Bednar; Counselors, Sisters Libby Pelc, Ruth Santo, Iva Prochaska, Arline Wortner, Joan Hajny, all of Sokol Los Angeles, and Bro. Wes Meier of Sokol San Francisco; Cooks, Sisters Louise Nekuda, Alena Hlavacek of Los Angeles and Eliska Bursik of San Francisco; Assistants, Bro. Jerry Hlavacek, Sisters Jana Bednar of Los Angeles, Mary Falls of Sokol Fresno, and Mary Meier of San Francisco.

The last 3 days of camp, Bro. Vaclav Salak, District president, arrived to give an appreciated helping hand. Bro. Lubor Hintnaus, District Director, conducted the Clinic the last 3 days, and Bro. Klotz (all 3 of Sokol Los Angeles) assisted the last week-end with the classes, which gave a "breather" to the other 7 tired counselors.

Sokol Fresno members hauled all the apparatus, and crates of fresh fruits and vegetables to the camp, which was greatly appreciated. Everybody at the camp, in true "Sokol Spirit" worked gratis.

There were 55 participants, ranging from 6 thru 17 years of age. 37 gymnasts and counselors arrived by chartered bus from Los Angeles, and 18 came by cars from San Francisco. No other District Units had participants. Val Hulbert of Sokol Fresno spent 2 days at the camp.

Each morning at 7 a.m. was a "rude" awakening of a shrill whistle by Bro. Bednar. Lines quickly formed for the ritual morning flag ceremony, then a fast run down the road, with warm-ups to limber the sore muscles from the day before. Breakfast followed and then the dormitory cleaning for inspection. The boys' dorms were cleaner more often than the girls'!!!

Morning activities: A sawmill tour, horseback riding, gymnastics, volleyball, horseshoes, badminton, football, track skills and trail blazing. In the afternoon: Swimming, arts & crafts, rehearsing of skits, making costumes, etc.

One afternoon a fire broke out above the camp grounds. A human line of our children quickly formed pouring water on the blazing fire. It was a frightening experience for all, but it give us a sense of accomplishment in realizing we were instrumental in extinguishing the blaze. It was TRUE TEAMWORK! The forest rangers were pleased with the quick response our camp gave to a situation that could have been serious.

In the evenings, campfire activities were enjoyed by all: singing, story-telling, skits, announcements, snacks, etc. The younger gymnasts were put to bed and the older ones enjoyed the remainder of the evening with dancing, flashlight hikes, games, etc. Lights out varied from 10:30 to 11:00 p.m. The

counselors were more than anxious to "hit the sack", but counting noses and locking-up was a nightly must. We marvel at the energy of the 55 Sokol campers.

It is still "in the stars", but a selected group of Juniors are at this moment working at the possibility of a 2-week camp. More help and ideas are needed. This may be our answer. After all, Juniors and children are our future Sokol members and leaders.

Arline Wortner

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GEORGE HERINK, Editor
(Signature of editor, publisher, business manager, or owner)

Memories of Previous Slets

It was my first zavody and Slet in Chicago in the early 1920's. There were over 500 gymnasts housed at Sokol Havlicek Tyrs, up and down, sleeping on cots that Bro. Prchal arranged for. Bros. Jelinek and Machovsky were with us. Breakfast was served on the premises. Sokolice Havlicek Tyrs furnished free homemade kolace and donuts. No motels then — few restaurants. Thanks to Sokol Havlicek Tyrs for being so nice to us at that time.

Alois Jedlicka, Sokol Cedar Rapids,
Former Gymnast, Vice-President and President

Family Life

"It is fruitless to look back upon our parents and grandparents and exclaim that they got along better in marriage than we do today," writes columnist Sydney J. Harris, "They got along better because they expected less."



"Peace Symbol"

This illustration most of you will recognize as the "Peace Symbol." It is popular as an emblem with protesters, draft card burners and flower children. Furthermore, it has become a popular fad with an unsuspecting youth to wear it as a lapel pin, a neck pendant, to stamp it on their books, to embroider it on their clothes and to paint it on their cars. It has even appeared unwittingly on DeMolay chapter publications.

Peace Symbol? Hardly. Nor is it a product of today's youth. The symbol is an ancient one, but it has never been associated with peace. Are you ready for this? It is actually one of the Satanic symbols known as the broken cross or the "Crucified Cross". In short, it is one of the anti-Christ, the sign of Satan. During the Middle Ages, it was known as the "Witch Foot".

Look closely and you will readily see why it was adopted as the subtle satanism — it is a broken cross upside down.

One of the Nation's most sophisticated magazines, the *New Yorker*, said in a recent article that the so-called "Peace Symbol" was adopted by various "youth organizations" on direct orders from the Communist Party. It is a part of their long range propaganda campaign to attract youth into subversive Communist-directed programs. They seek to encourage young people to express contempt for adults, for authority, and for the ideals of patriotic Americans.

Be sure of one thing, the Communists are gleeful when they see this mark of atheism worn by Americans, whether knowingly or unsuspectingly.

(This above article appeared in "The Logos" of St. John's Evangelical Lutheran Church, Baltimore, Md.)

XIII SLET PROGRAM BOOK — SLET SOUVENIRS AVAILABLE

The attractive Slet Souvenir Program Book, filled with interesting pictures and articles pertaining to Sokol, truly a most informative and worthwhile publication, can be obtained at a cost of \$1.00 through the ASO OFFICE, 6425 W. Cermak Road, Berwyn, Ill. 60402.

Also, many beautiful Souvenirs (left over from the Slet) are available. They are ideal as mementos, gifts, prizes for various fund-raising activities, etc. They are as follows: Wine Glass — \$1.50; Brandy Snifter — \$2.25; Footed on the Rocks-Cocktail Glass — \$1.50; Drawstring Plastic Tote Bag — 25c; Letter opener — \$1.25; Blue Key Tag — 35c; Pull-Apart Key Tag — 75c; Pins — \$1.00; Tie Tacks — \$1.25; Ballpoint Pen — 35c; Felt Tip Pen — 50c; Bottle & Can Opener — 75c; Post Card — 5c; Crest — \$1.00; Luggage & Window Sticker — 10c; Tee Shirts (childrens small and medium) — \$2.50; Adults Sweat Shirts (large & extra large) — \$3.25.

Please include 10% for postage for Souvenir items. Address your orders to the American Sokol Office — 6426 W. Cermak Road, Berwyn, Ill. 60402.

OLGA KRAL

St. Louis Sokolice-Vlasta lost one of its former pillars of the Sokol family with the passing of Sis. Olga Kral. She was one of its honorary members. Though in the last 20 years she had not been active, in her youth and middle life she attended gym, sang in the choral group and created many comical roles on the Sokol stage. She was the wife of one of Sokol St. Louis' greatest workers — Bro. Joseph Kral, who had preceded her in death 20 years ago. Sincere sympathy is extended the bereaved family.

BEATRICE MATEJKA

St. Louis Sokolice-Vlasta lost another honorary member, September 4, 1973, when death had taken from its ranks Sis. Beatrice "Bea" Matejka. She was member of the Sokolice for 55 years, serving 16 years as their president. During her lifetime she performed on the Sokol stage in many roles, comical as well as dramatic. Despite her failing eyesight she was very active to the very end, singing in the choral group. During the services, Bro. John Reiner gave the eulogy for the family and the Sokolice. Sis. Marie Prihoda performed the same on behalf of Lodge Spirit of St. Louis of the Unity of Czech Ladies and Men. Sis. Matejka served as president of that group for many years. — Deepest sympathy is offered the bereaved family. Sacred be her memory!

An Open Letter to Bro. Stanley Barcal

President of the American Sokol Organization
& Chairman of the XIII. American Sokol Slet
Committee.

Dear Brother President:

In glancing through the American Sokol, which came through the mail a few minutes ago, I have read with much interest of the memorable journey of the American Sokol Organization to the top-most pinnacle of all its Sokol activity.

From all what I have read you have done a superb job. So that, in behalf of all those who can enjoy this glorious journey only vicariously through joyous memories of their past Slets participation, I want to extend our congratulations and salute you and all those brothers and sisters who have been tilling so untiringly the sacred soil of Tyrs and Fuegner for the most triumphant outcome of the XIII. American Sokol Slet.

Glory be to our Sokol Destiny . . .

Zdar to the XIV. American Sokol Slet!

O. J. Kudrnovsky
Honorary Director of Men,
American Sokol Organization

VIVIAN LACINA

Smutná zpráva přišla z Pacifického pobřeží ze San Diega, že odešla náhle dlouholetá členka jednoty Sokol Nová Vlast, sestra Vivian Lacinová.

Před lety se odstěhovala do Kalifornie, ale Cleveland zůstával její prvním domovem. Za svého pobytu v Clevelandu vykonala velký kus práce na poli tělovýchovy. Byla dlouhá léta cvičitelkou a náčelnicí nejen své jednoty, ale také v župě a nebylo snad jediného sokolského podniku, kterého by se nezúčastnila.

Také v Kalifornii byla činnou v kroužku Českoslováků, usazených v San Diegu. Lásky k rodné zemi nezná hranice a proto sestra Lacinová usilovala, aby americkou veřejnost obeznámila s tradicí a kulturou Československa.

V této skupině navštívila Českou besedu, která pak byla tančena na výročním dnu národnostním v Balboa Parku. Pokoušela se stále o založení sokolské jednoty v San Diegu, ale nebylo to možné při tak malém počtu krajanů.

Clevelandské Sokolstvo, jak její jednota, tak župa Severovýchodní želi tak náhlého odchodu a pozůstalému manželu, bratru Janu Lacinovi, dětkám a celé rodině vyslovují vroucně cítěnou soustrast.

K.Z.

Devadesátka br. Jana Tesaře

Dne 13. září, roku 1973 se v plné síle a duševní svěžesti dožil svých devadesáti let známý národní pracovník, bratr Jan Tesař.

Bratr Jan Tesař se narodil na Moravě za starého Rakouska. Bil již jako malé švíčko s německými kluky v ulicích Brna, bil na bojišti v Evropě za I. světové války, jako francouzský legionář, bil v čl. domácím odboji po zabrání Čes-

koslovenska Němci za II. světové války, seděl v koncentračním táboře.

Do USA bratr Tesař přišel v roce 1906. Byl nejdříve v New Yorku a po třech letech přesídlil do Chicaga, které se mu stalo druhým domovem. Od samého počátku svého vstupu na americkou půdu se stal činným členem Sokola a je jím až do dnes.

V roce 1925 se oženil se slečnou Bláhou Tabery, pro kterou si zajel do Československa a s níž vychoval dvě dcery, Zdenku a Miroslavu.

V roce 1931 bratr Tesař naložil svou rodinu na loď a odjel do Československa, kde se usadil v Brně. Po příchodu Němci do Čech a zřízení protektorátu, zapojil se do domácího odboje, který mu vynesl koncentrační tábor a smutně proslulý Pochod smrti. Ale i to přestál a šťastně se vrátil ke své rodině do Brna. V roce 1948 se s rodinou znovu vrátil do Chicaga.

Bratr Tesař ještě dnes je činným členem v Masarykově družině čsl. legionářů, v Sokole, v odbočce Mistr Jan Hus, při Československé národní radě americké, ve Svobodné obci, v Moravských spolcích, ve Věrní zůstaneme, je zástupcem v oblastním výboru Čs.N.R.A., zástupcem Sdružení českých svobodomyšlných škol atd.

Při příležitosti tohoto slavného jubilea všichni spolkoví spolupracovníci bratru Tesařovi tímto způsobem co nejsrdčeji blahopřejí.

Vlasta Matelová

SOKOL WASHINGTON, D.C.

Byla to první schůze po prázdninách, tedy po dvouměsíční přestávce. Zprávy úředníků byly krátké, ale důkladně zpracovány. To se týká manželů Fridrichových, bra. jednatele a ses. pokladní. Dar \$100.00 věnovaných jednotě br. Stoklasem, patří na první místo. Br. náčelník podal opravdu krásně stylisovanou zprávu o sletu a narysoval plán podzimní a zimní práce sokolské. Br. starosta Neumann oznamuje, že od této sezony bude naším delegátům vypláceno denní výživné. Připomíná všem vzpomínkovou slavnost, která se bude konat 25. října. 18. listopadu je hlášen koncert, který vede ses. Brodenová. V programu zůstává jak koncert, tak prosincová oslava Karafiátových "Broučků" (100 let), přes to, že ses. Brodenová byla postižena záchvatem, který pro ni i nás na štěstí vypadá lehkým. Přejeme plné a brzké uzdravení.

K ukončení mé zprávy o práci v našem hlavním městě, rád bych ještě připojil něco osobního. Naplnila mě radostí zpráva br. starosty Barcala přednesená na poslední schůzi ústředí Amerického sokolstva v Chicagu. Zmínil se totiž o plánu, postavit památník všem sokolům ležícím na Českém národním hřbitově. Tato krásná myšlenka zasluží od nás, živých Sokolů "bohatý potlesk a pomoc". Kdo to byli ti, kteří se neodrádili národu zde v Americe, podporovali nejen sokolské Tyršovy ideály, ale upevňovali stále lásku ke své rodné vlasti? To prokázali měrou vrchovatou v obou předešlých válkách. A zase to byli ti, starí Sokolové, jichž neprávem málokdy vzpomínáme, kteří pomáhali otvírat život český a sokolský po celé Americe. Dnes jsou jejich rty mrtvé, ale zasluží si našeho vděku za svou nenáročnou práci. Vždyť my zde žijeme a jdeme v jejich šlépějích, které nám oni

již před sto lety připravovali. Jsem přesvědčen, že nejméně polovina mrtvých, ležících na Národním hřbitově, byli členové Sokola v Americe. Tož pomníku, i když jednoduchého, ale výrazného si tito mrtví plně zaslouží — a to hodně brzy.

Jan Klimes

SOKOL TYRŠ

Konaly se volby na sokolský rok 1973-74. Jednota Sokol Tyrš má největší počet cvičenců v župě. Výběr zvolených bratrů a sester nás ujistí uje, že budou pracovat na poli dnes tak potřebné tělovýchovy, a že povedou cvičící v Tyršově hesle: "Ve zdravém těle — zdravý duch."

Náčelníkem byl zvolen br. Dennis Jiroušek, místonáčelníkem br. Bert Box, vedoucím mužů br. Petr Dušek, vedoucím dorostu br. Karel Vávra, vedoucím žáků br. John Ballance.

Náčelnicí sestra Norma Eckhoff, místonáčelnicí Kathy Harrison, vedoucí žen sestra Dolly Baca; ženské třídy v prostých povelé sestra Betty Stříbrný; vedoucí dorostenek sestra Jane Mastný; vedoucí žaček ses. Alice Kohl; vedoucí těch nejmladších sestra Pat Reis.

Sokol Tyrš zavádí nový úřad ve cvičitelském sboru: lékařského poradce, kterým byl jmenován Dr. Petrick. Na jeho doporučení bude též zavedena zdravotní kartotéka všech cvičenců, která bude doplňována, takže po čase bude obrázkem zdravotního stavu našeho členstva.

Jednatelkou cvičitelského sboru byla zvolena ses. Nada Sršeň, "Sunshine" fondu ses. Andrea Lembke. Knihovnicí a dopisovatelkou do měsíčníku jednoty ses. Gloria Sršeň. Pokladnicí sestra Milada Voris. Zástupce do AAU br. Ed David, a správce nářadí br. John Kiml.

Víme, že na tyto bratry a sestry může jednota spoléhati. Mají lásku k Sokolu v duši. Nový náčelník br. Dennis Jiroušek — celá Jirouškova rodina je nerozlučně spjata s jednotou Sokol Tyrš. Všichni její členové jsou nejen členy, ale také každý z nich je hybnou silou jednoty.

K.Z.

O Sletě v Chicagu

V úterý 19. června t.r. o 8. hodině večer vyjel autobus od Českého domova v Astorii se členy a členkami D. A. Sokola na Slet do Chicaga. Autobus byl zaplněn do posledního místa a několik dalších cvičenců přijelo letadlem. Sletu se zúčastnilo více jak 50 členů DAS. Autobus byl pohodlný a cestování proto příjemné.

Cesta byla veselá a hlahol zpěvu neutichl ani pozdě v noci. Mladší zpívali své anglické populární písně a my starší byli věrní našim českým písním.

Cestou byly dvě zastávky a druhý den v 11. hodin dopoledne jsme přijeli do Chicaga. Hotel Ambassádor-Pick, v kterém jsme byli ubytováni, byl však rezervován až od 1. hodiny a proto ty dvě hodiny byly věnovány projížděce a prohlídce města.

Cvičenci byli po všechny dny velmi zaměstnáni a my ostatní prohlíželi město, musea a dokonce některé sokolky se šly podívat na Český národní hřbitov. Ve čtvrtek večer se konal sletový banket, který měl pěkný program a účast na něm byla

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veliká. V sobotu se konal večer vítězů v Sokole Havlíček. Sál byl do slova nabit a bylo tam k zalknutí a mnoho lidí odcházelo předčasně. My jsme však vydrželi až do konce a naši cvičenci si odnesli několik cen.

Hlavní cvičení sletu se konalo v neděli a byl to jeden z nejkrásnějších sletů, který jsem viděl v zahraničí. Mohutný nástup všech cvičenců byla nezapomenutelná podívaná, která bude dlouho tkvít v paměti všem účastníkům sletu. Sletu se zúčastnilo podle mého odhadu na 8 tisíc diváků.

Byl vydán u této příležitosti sletový památník, který má pěknou úroveň a bude ozdobou našich knihoven a upomínkou na zdařilý XIII. Slet Amerického Sokolstva v Chicagu.

Hned po cvičení jsme nasadili do autobusů, abychom se navraceli zpět do New Yorku. Cesta zpět byla také veselá a po několika zastávkách jsme šťastně dojeli asi kolem páté hodiny odpoledne před Český domov v Astorii. Rozcházelí jsme se do svých domovů. Byl to pěkný zájezd a budeme dlouho vzpomínat.

Besídka Sokolská

Úspěšné vystoupení clevelandských Sokolů

Na III. mezinárodním festivalu v krásném prostředí letního domova Clevelandského orchestru v Blossom Center vystoupili v sobotu 15. září po prvé i naši mladí Sokolové.

Samostatný půlhodinový program Sokolů vyvolal v obecenstvu velké nadšení. Sokolové předvedli v krojích Čs. besedu a své slavnostní tělocvičné číslo. Jejich cvičební úbory v našich národních barvách se na podiu krásně vyjímaly — ale bouřlivý potlesk patřil Sokolům a jejich přesnému výkonu.

Člen pořádacího výboru mezinárodního festivalu Severance Hall, p. Karel Umlauf, poděkoval všem účinkujícím a jejich instruktorům za krásné provedení čísla a br. Robertu Jirouškovi za převzetí funkce vypravěče, které se tak výborně zhostil. Posluchači se od něho dozvěděli nejdůležitější body z historie a činnosti Sokola doma i v Americe.

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