

AMERICAN SOKOL

VOL. XCV — NO. 1

JANUARY 1974

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



A TRIBUTE TO OUR FLAG . . .

What is the Flag of our United States of America? Is it an emblem, or just a piece of material depicting the colors red, white and blue? It is only a piece of cloth until we make it stand for everything we believe in.

The stripes of red — significant of the pioneers who faced trials and hardships blazing a trail into the wilds of America.

The white representing the whiteness of the souls of great men, who held onto their ideals and faith and beliefs many generations ago.

The stars in our Flag make us feel free as the stars above in the blue sky.

Our Flag is a representation of our freedom to worship as we so please. It stands for our privilege to exercise our choice in votes for the people who are in command of our state and national government.

The Flag of the United States of America stands for the freedom of all the world. Possibly no other time in history have true Americans found it more precious, more wonderful than ever before.

It is the soul of America.

It is Our Heritage.

Florence Bowers,
Illinois Odd Fellow

AMERICAN SOKOL

436

Published Monthly
(Except by-monthly July and August)
by the

AMERICAN SOKOL ORGANIZATION

6426 W. Cermak Rd., Berwyn, Illinois 60402

Subscription: \$3.00 per year

EDITOR

George Herink

1823 Scoville Ave. Berwyn, Ill. 60402

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

OFFICE OF THE EXECUTIVE BOARD ASO.

June Pros, Secretary

Tel.: 795-6671

EXECUTIVE BOARD:

President—STANLEY BARCAL
I Vice-President—BETTY PRENER
II Vice-President—RUDOLPH SVOBODA
Secretary—JUNE PROS
Financial Secretary—AGNES SOTKA
Treasurer—GEORGE BASTA
Director of Men—EDWARD LINHART
Director of Women—ELLEN JEANNE SCHNABL
Editor—GEORGE HERINK
Educational Director pro tem—JOSEPH JANECKA
Organization—EMILIE WELCL-RUZICKA
Public Relations—ANN BASTA
By-Laws Chairman—CHARLES ZRALY
Members of the Board—JERRY RABAS, JOSEPH-
INE DRNEC, JOSEPH DRNEC
Alternates—EDWARD SCHNABL, LORRAINE
ZDENEK, EDWARD HLINKA

Calendar of Events

JAN. 26th — SOKOL TYRS, CLEVELAND, OHIO
Night in Prague — Al Koran Mosque.
FEB. 2nd — SOKOL ST. LOUIS, MO.
Sokol Barn Dance.
FEB. 3rd — SOKOL DETROIT, MICH.
Gymnasticale.
FEB. 3rd — COMBINED SOKOL WINTER EX-
HIBITION, CLEVELAND, OHIO
Cleveland State University.
FEB. 9th — SOKOL TOWN OF LAKE,
CHICAGO, ILL.
Masquerade Ball — Peacock Room — C.S.A.
Building. — Cicero, Ill.

FEB. 9th — SOKOL WASHINGTON, D.C.
Sibřinky (Masquerade)
FEB. 10th — SOKOL MILWAUKEE, WIS.
Czech Jaternice Dinner.
FEB. 10th — SOKOL STICKNEY, ILL.
Pancake Breakfast.
FEB. 23rd — SOKOL BERWYN, ILL.
Central District's Folk Dancers' Masked Ball.
FEB. 23rd — SOKOL SOUTH OMAHA, NEB
Fun Night (Večirek).
MARCH 16th — SOKOL STICKNEY, ILL.
Corned Beef & Cabbage Dinner.
MARCH 17th — SOKOL SO. OMAHA, NEBR.
St. Patrick's Day Dance — Frankie Hazuka
Music.
APRIL 27th — SOKOL STICKNEY, ILL.
Gymnastic Exhibition — Morton West High
School.
APRIL 28th — SOKOL ST. LOUIS, MO.
Choral Group's Afternoon Czech Dinner Party.
MAY 19th — SOKOL MILWAUKEE, WIS.
Sokolice 75th Anniversary.
JUNE 2nd — EASTERN DISTRICT (SOUTHERN
CIRCUIT)
Wreath-Laying Ceremony at Arlington National
Cemetery.
JUNE 2nd — SOKOL MILWAUKEE, WIS.
Annual Gymnastic Exhibition.
JUNE 8-9th — SOKOL SO. OMAHA, NEBR.
Sokol's Czech Festival.
JUNE 21-23rd — WESTERN DISTRICT SLET
Sokols Wilber and Crete, Co-Hosts.
OCT. 5th — SOKOL STICKNEY, ILL.
Farmer's Dance.

Minnesota Inaugurates Ethnic Studies

The state of Minnesota is the first in the nation to inaugurate an in-depth study of the nationality groups that have made up the state's population since 1850, according to an announcement by the Minnesota Historical Society in St. Paul.

The society announced the beginning of the Minnesota Ethnic History Project, funded by matching grants from the Bush Foundation and the state legislature.

The Minnesota Ethnic History Project is expected to run at least two years. Its goals are to produce an interpretive and factual history of the ethnic elements, both foreign-born and native-born, in the population of Minnesota since 1850. For the first time in Minnesota, in fact in any state, there will be provided solid information as to the numbers, activities, influence, contributions, and survival of all elements that have made up the people of Minnesota.

The project will need widespread co-operation, especially from those who possess letters, diaries, journals, reminiscences, or other material bearing on the subject. All inquiries and information should be directed to Dr. Carlton C. Qualey at the Minnesota Ethnic History Project, Minnesota Historical Society, 690 Cedar Street, St. Paul, Minnesota 55101.

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. CXV

January — 1974 — Leden

Číslo — No. 1

FINAL XIII AMERICAN SOKOL SLET MEETING

OCTOBER 26, 1973

Chairman, Bro. Stanley Barcal presided at the 9th and final meeting of the XIII. ASO Slet Committee meeting with 42 members attending.

Correspondence: From various organizations and individuals expressing their views, both pro and con, relative to the XIII. ASO Slet.

Director of Women, Sis. E. J. Schnabl: Participating in the Slet were, 84 Tots; 1st and 2nd Class Girls, 260; Boys, 144; Junior Girls, 612; Women, 342; Junior Boys and Men, 324; Total, 1,358. Folk Dancers, 108. — Competitors in the Junior Girls Division were, Low B, 180; Low A, 157; Intermediate, 109; High, 32; Championship, 16. — Competitors in the Women's Division were, Low B, 28; Low A, 47; Intermediate, 23; High, 14; Championship, 5. — Swimming, 13; Bowling (Men and Women) 25; Volleyball, 13 teams. — Because of the large number of participants in the competitive exercises, recommended these be held simultaneously at 2 different locations, thereby resulting in earlier finish. — Recommended meeting with the Red Cross officers to have a clearer understanding before the next Slet. — Suggested Slet Committee meetings be operative more than a year in advance. Also, music for all phases be set well in advance. And, that more time be allotted for judges' meetings, as well as the leaders, as to parade procedure, advising them of their various functions. Recommended a full day rather than 3 or 4 hours. — Recommended a full-time BOI Secretary be available for one year prior to the Slet, thus relieving the BOI Directors of the work-load.

Director of Men, Bro. E. Linhart: Sokol Holidays began, June 20th, with a meeting of the judging staff. — The following day saw the Junior Boys in competition. Low Division, 17 teams, 121 individuals; Intermediate, 9 teams, 39 individuals; High, 2 teams, 12 individuals. — Men's competitions conducted on Friday, Low Division, 6 teams, 44 individuals; Intermediate, 1 team, 7 individuals; High, 2 teams, 10 individuals. — Saturday afternoon, Championship competition with 4 men and 5 junior boys participating. That same day saw Bowling, Golf and Volleyball Tournaments, along with the evening activities. — The final day. Grand assembly, calisthenics in all classes, folk dancing, vaulting, District special numbers and the Finale. In conjunction with the Slet was the Cross Country Run sponsored by the Czechoslovak Sportsmen. — All functions were localized. — The facilities pro-

vided by the Management Committee proved to be of the best.

Seals: Sis. B. Prener: Results were most gratifying despite being mailed later than anticipated. Comments were most favorable, as well as excellent contributions. Received fine cooperation from the committee and all volunteers.

Banquet, Sis. J. Drnec: Expressed appreciation and gratitude to her committee. Suggested competitive exercises not be held on the day of the banquet.

Management, Bro. F. Hokr: Expressed satisfaction with results achieved. Thanked his committee.

Program Book, Bro. G. Herink: Expressed gratitude to Bro. J. Sotka and Sis. J. Pros for their help, and to everyone for all the fine articles received. — Suggested work be started much earlier, and that a special sales force be selected for the sale of the Program Books throughout the entire 4-day period. — Expressed hope that all the remaining books on hand will be sold eventually.

Publicity, Sis. A. Basta and Bro. J. Rabas: Satisfaction with the work done.

Finance, Bro. G. Basta: Since the detailed financial report will appear in the December issue of the American Sokol, therefore, submitted only the total income of \$43,565.19; total expense \$31,411.81; resulting in a net income of \$12,053.38.

Souvenirs, Bro. Vytlačil: Submitted detailed report listing the sales made each of the four days. Recommended that souvenirs be ordered 2 months before the Slet and delivery 2 weeks before the same; display souvenirs on the 1st day; begin selling the following day; withdraw stock from Office on consignment; spot-check sealed containers for verification of count; no sales at banquet; have 2 sales clerks on duty at a time.

Awards Night: Concensus of opinion being that the process be speeded-up and the program be streamlined.

Chairman, Bro. S. Barcal: Expressed appreciation to all for their efforts, as well as time devoted to all the work accomplished. The Slet's success is a result of the arduous work of the BOI in close cooperation with the Slet Committee, the District Directors, and the Unit participants from the entire U.S. and Canada. To all of our future Sokol Slets — our Sokol ZDAR!

Our XIII. American Sokol Slet is now history!

DISTRICT REPORT

Central District

NOVEMBER 28, 1973

Pres., Bro. Joseph Drnec presided with 18 members present.

Correspondence: Check for \$1,808 00 from the ASO representing 15% of the net receipts of the XIII Slet. Also one for \$25.40, travel expense for Bro. & Sis. Kalat to Milwaukee, Wis. in conducting a one-day workshop. — Coming activities of Sokols Stickney and Town of Lake.

Women's Director, Sis. Carolee Michalek: Unit Directors requested to keep attendance records up-to-date. The following calisthenics drills were approved — Jr. Girls and Women, of 1967; Jr. Boys and Men, of 1962; 2nd Classes of 1967; 1st Classes of 1963. Tots drill will be written by Diana Schnabl. — Sis. Helen Tuma has been added as Assistant Director. — The District's motto is, "United We Stand, Divided We Fall." With the sale of Sokol Havlicek building all its apparatus is up for sale. A price list is available. Additional information may be had by contacting Bro. Joseph Rus or Sis. Carolee Michalek.

Men's Director, Bro. Paul Lebloch: Sokol Brookfield won 1st place in the Jr. Boys volleyball tournament. Sokols Berwyn, Slavsky and Tabor were tied for 2nd place. A playoff will be held. — Men's volleyball is in progress. — Basketball tournament for Men and Jr. Boys will be held in December. — Various bills were approved for payment. — 2 dates in June are to be selected for Sokol performances at the Chicago Civic Center Plaza promoting Sokol.

Chicago Folk Fair, Sis. June Pros: Held Nov. 17-18th. Bros. Pirka, Pros, Berousek and Sisters Pros and Rus set up the booth, which was very good.

By-Laws, Bro. Edwin Halik: A special meeting will soon be called to discuss to propose changes or amendments which will be presented at the 1975 Convention. Every Unit is urged to elect or appoint one or more delegates to this meeting.

Announcements: Bros. Drnec and Halik reported on their Organizational Business Trip to Sokol St. Louis. — 64 people attended the bus tour to the Milwaukee Folk Fair. — Slet souvenirs, ideal as gifts, are available at the ASO office. — Bro. Pirka stated 1,000 pieces of literature are in the library at Sokol Brookfield. All Sokol members are urged to make use of this fine material, some dating back to the 1901 Slet.—District's Folk Dancers are available for Installations, Annual meetings and special events of all Sokol Units. The group meets every 2nd and 4th Wednesday at Sokol Slavsky. All 2nd Classes and Juniors are welcome. The Folk Dancers will hold a fund-raising Masked Ball, February 23rd, at Sokol Berwyn. — Juniors' Holiday Party will be held, Dec. 28th, at Sokol Berwyn. — Recognition Dinner honoring Bro Edward Linhart and Sis. June Pros will take place, Jan. 19th, at Sokol Tabor. — District's Annual Meeting, Jan. 20th.

Treasurer: Balance on hand, \$2,289.15.

HELP OUR SOKOL GROW

SOKOL CEDAR RAPIDS

The year 1973 has been an eventful year for us, and we can all be pleased that the Centennial events went so well. Our Pork Supper, Nov. 29th, was also highly successful in all respects. Election of officers went very well. There was no difficulty in filling the various posts. In the past month the Beseda Dance Group performed on 2 occasions; at the Coliseum for the Collins Credit Union and at the Joint County School System's Christmas Party in our club room.

The club room looked very "Czech" with the large wall design, and other designs by Sis. Marge Nejd, and our new red and white checkered table cloth covers. The Joint County group enjoyed everything, including the food, Czech display, slides, Christmas customs as presented by Sis. Rose Polehna, dances by Beseda group, and the fun later trying to learn the polka.

At the Sokolice's December meeting Sisters Rose Kubovec and Blanche Bartunek were recognized for 50 yrs. of membership. Sisters Bessie Novotny and Lillian Heral were honored for their 25 yrs. membership.

Sis. Libbie Melsha stated: "Because of the Czech Festival of Arts 2 years ago, non-Czech organizations became aware of our beautiful Czech heritage, and wanted Czech programs, usually with kroje and decorations, many with Czech displays, music, Beseda dancers and Czech food. Among the major ones were the Experiment in International Living at the Armory; Children's Theater Group regional Conference at Coe College; Women's Insurance Group; Conference of Superintendents from large cities from all over the U.S.; Joint County School System's Christmas Party; and finally the Czech presentations at all the 3rd grades in the city, lasting from December thru May. It was indeed a full 2 years."

Cedar Rapids Sokol Bulletin

SOKOL SAN FRANCISCO

SUMMARY — 1973

Four Clinics held either in San Francisco or Los Angeles in preparation for the Chicago Slet. Sokol San Francisco made history with 18 in participation at the Slet. The children planned and presented their own show in helping to raise funds. Well over \$400. was raised by various means toward travel expenses to Chicago. This supplemented by funds from our Unit and the Pacific District.

Two girls attended the Sokol Course that immediately followed the Slet. Michele Spanek and Joan Louzensky, presently helping with class instruction.

Dinkey Creek Sokol Camp had 14 Sokol San Francisco children attending. — The young gymnasts participated in a Tumbling Exhibition at Golden Gate Park for the United Nationalities program. — Prepared program for the Sokol's Annual Christmas Party.

The addition of an outstanding instructor, helping 2 hours a week with the gym classes, has been of great assistance. This paid teacher has put new vigor into our program and improved the quality of instruction. The gym classes have

grown from 26 in June to 36 in October and to 46 at present.

We have improved our equipment and continue to work toward this end. Various fund-raising activities at the Sokol dances have gone toward purchase of more gym equipment; 4 mats, a Ruether Board and a balance beam just being added recently.

1973 was a year of evaluation and rebuilding. We have made a start. With the continued support of the gymnasts, their parents, and Sokol — the year 1974 can be one of attainment.

Alvin and Mary Meier

SOKOL TERMINOLOGY

I believe the word "Slet" is the Czech word for the "flocking of birds", and Sokols (falcons) flock together. This word was devised by the Sokol founders.

In writing the terminology of the Sokol system Dr. Tyrš wrote a new vocabulary. For example — in the basic movements of the arms he used the terms "upazit", "vzpazit" and "zapazit". We, who had to learn this terminology found that the first couple of letters told the position of the arms. When he wanted movement of the legs, the terms "unozit" and "zanozit" were used.

How unique, therefore, that Dr. Tyrš would contrive the word "Slet" for an exhibition of calisthenics, gymnastics, etc. Most certainly the "Slet" is a Sokol Holiday, but the direct translation is the basic definition.

Emilie Ruzicka

A SOKOL'S ADVICE TO A YOUNG GYMNAST . . .

You said you enjoy going to Sokol because you have a great deal of fun and laughter. We all like that, but as you grow older and attend classes regularly you will find that we in Sokol do not drill just for the fun of it, because this is not of the greatest importance. You will learn later that in Sokol there are things far more important. That is to be strong and healthy, so that we can work and earn a livelihood for ourselves. Our country will be strong if its people are healthy. That is the purpose of Sokol.

Something else is needed besides health and strength. It is also necessary we have good character, to speak the truth, to be honest and not hurt anyone. We must always be firm. Standing behind what we say and what we promise. A Sokol never cheats or deceives, and does not let anyone else cheat. When a Sokol makes a promise he will keep that promise, no matter what the costs may be. Sokol trains good people and that's the kind of person you want to be. A good Sokol always wants to be better and better — in his gym-work, in his knowledge, in his behavior. Prior to good behavior there is DISCIPLINE. In every organization there is someone who must

lead and the others to obey. In our democratic society we elect leaders. Once they are elected it is our duty to do as told. You enrolled voluntarily and with that you accepted Sokol order and discipline. Whoever wants to have a future in Sokol must obey Sokol rules. This is a must. Nothing would be accomplished otherwise.

Listen to your teachers and to your parents. Remember how they tell you to do certain things and then put them into actual practice. You will be a better Sokol, a better person and success will repay you for all your efforts.

Jan Kucera,

Educational Director, Sokol San Francisco

OUR FUTURE

As Sokols, we should be most proud of our organization — proud of our commitments in the fields of patriotism, physical fitness, etc. We should let that pride be shown onto our younger people — our children, grandchildren, the boys and girls in our gym classes — so that we may increase their interest in our great Sokol organization.

For varied reasons, most of the adults of today have become too rigid in their thinking, too complacent in their feelings; in so doing, failing to realize that their lives as human beings are subject to discipline. When discipline is lacking, irregular habits are formed. Sooner or later the consequences are suffered.

A visit to the Sokol gym classes, to which all members are always welcome, can be quite revealing. The young people participating are constantly improving themselves—physically, mentally and morally. In the process they are practicing self-discipline. The presence of the parents and members at the gym classes, at the competitions and exhibitions, shows that there is interest on their part in the activities of the young people.

Rather than wasting energy bemoaning the waywardness of the present day youth we should recognize that this is our greatest asset. It should be nourished and cherished, deserving our moral and active support.

Youth is our greatest treasure and our future.

Edward Stetka

Dreamers and Doers

The world generally divides men into those two general classifications, but the world is often wrong. There are men who win the admiration and respect of their fellowmen. They are the men worth while. Dreaming is just another way of thinking, planning, devising — another way of saying that a man exercises his soul, holding steadily to a dream ideal, plus a sturdy will, determined to succeed in any venture, can make any dream come true. Use your mind and your will. They work together for you beautifully if you only give them a chance.

SPJST Vestnik

80 YEARS OF HUMANITARIAN SERVICE

The Bohemian Home for the Aged, Chicago, Ill., marked its 80th Anniversary with a well attended dinner and dance, Oct. 21st, in the C.S.A. Building, Cicero, Ill. Its history is a story of untiring devotion on the part of the Czechoslovak people for a period of four score years.

The first thought of an orphanage or a home for the aged did not originate in Chicago. The initiative came from Max Kirchman of Wahoo, Nebr., while serving as a delegate to the Convention of the C.S.P.S. held in Chicago, July 21-27, 1880. He recommended that an endeavor be made to establish an orphanage for children of Czech parentage. A second recommendation was submitted by Vaclav Snajdr in Cleveland, Ohio, in 1891, calling for the construction of a home for the aged settlers of Czech ancestry without means of support.

Both recommendations received considerable support. Articles soon appeared in the C.S.P.S. Society's publication, Organ Bratrstva, also in the Denni Novoveku, a Cleveland weekly which also served as the official publication of the Unity of Czech Ladies.

A Chicago brewmaster, Peter Schoenhoffer, established a legacy of \$3,000. with proviso that it be used within a period of 3 years.

Through the initiative of the C.S.P.S. an appeal was released in its publication of February 1893. The response was tremendous. A meeting was held in April, 1893. A total of 128 delegates were in attendance, representing 33 C.S.P.S. lodges, 14 J.C.D. chapters, 8 Sokol Units, 5 Taborite Society, 5 C.S.B.P.J., 7 Czech Foresters, and many other Czech societies.

For the next several years committees methodically inspected many likely sites. Finally a farm was purchased in Bensenville, Ill., a good distance from Chicago, in Nov., 1895. Immediately upon acquiring the property a number of fund-raising projects were instituted for the purpose of erecting a home for the aged. As additional funds were acquired new buildings were erected to improve the property.

Confronted with a problem of distance and transportation, at a special meeting in March, 1901, it was recommended the sale of the property and the purchase of area close to Chicago. This was made possible with the exchange of the Bensenville property for a picnic grove south of the present Bohemian National Cemetery in July, 1901.

With the purchase of the new property a new wave of interest was experienced. Various organizations made sizable contributions and a number of fund-raising projects were sponsored among which were concerts attracting such famous musicians as Bohumil Kryl and Jan Kubelik. In August of 1902 a request was made that an orphanage be considered as an addition to the project. The request again received strong support. One of the existing buildings was remodeled to house the orphans.

Delegates to the Home continued in the arduous task of raising funds, and by 1910, a new building, which is still in use, was erected to house 40

residents of the Home. Five years later the 3-story building facing Pulaski Road was built.

For the ensuing years the greatest concern was the raising of funds to retire the debt and administer to the well-being of the charges. In 1950 the responsibilities of operating an orphanage became so complex, because of the many changes in the law, it was decided to discontinue its operation, and all efforts were directed toward the administration of the home for aged residents.

In 1951, the first annex was built. Two years later separate living quarters were built for the Superintendent of the Home. In 1956, a second section of the annex was added at an approximate cost of one-half million dollars. Five years later the John T. Chrastka Infirmary was built with the help of a gift of \$150,000. from this great philanthropist. The dedication of the Infirmary received great public acclaim. Hulka Hall, the latest addition to the complex, was dedicated in 1967.

For 80 yrs. men and women representing the C.S.P.S. (the present C.S.A.), the J.C.D. (Unity of Czech Ladies and Men), Sokol, the Bohemian National Cemetery, Ladies' Aid of the Bohemian Home, and a host of other organizations have given freely of their time and money to build and maintain the Home, which has provided care and shelter for thousands of aged and needy persons. These volunteers of mercy, through hard work and unceasing devotion, have proven that "goodness is the only investment that never fails".

Editor's Note: — Above are excerpts from the Program Book marking the 80th Anniversary of the Bohemian Home for the Aged, Sunday, October 21, 1973.

FINANCIAL REPORT American Sokol Organization December 1973

RECEIPTS:

Dues	\$1,046.75
Convention Fund	254.50
Special Assessment	509.00
Dividends & Interest	1,238.61
Resale of Jewelry	63.00
Membership Kits, Educational Pamphlets	43.75
Postage	33.65
A.S.O. — B.O.I. Instructors Course	30.00
Slet Film Deposit	50.00
Miscellaneous Income	53.85
	<hr/>
Transfer of funds from Future Sokol	
Leaders Fund for Merit Awards	2,600.00
	<hr/>
Total Receipts	\$5,923.11

DISBURSEMENTS:

Administrative Department	
Salaries	\$ 345.94
F.I.C.A. & F.W.T. for November	131.46
Rental, Janitor Service, Phone ..	329.44
Office Supplies, Postage	21.26
Advertising	25.00

SOKOL GYMNAST

January 1974

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

CONDITIONING FOR A PURPOSE

What's Your Program?

By following a program of continued participation in physical activity or sports, you will avoid putting on extra weight (always a danger with irregular diets), loss of muscular strength, and you will promote important components of fitness, including balance, flexibility, agility, power, and endurance.

START NEW ACTIVITIES SLOWLY — Don't extend yourself to exhaustion when you begin a new sport or activity. For instance, if you take up gymnastics, don't do so much the first time out that you end up with stiff muscles . . . and a firm resolve to avoid doing it again. Build your level of activity slowly and you'll enjoy it more. Design a program that is balanced. Mix in activities and exercises that develop cardiovascular fitness such as jogging, swimming, and calisthenics with those that improve your strength, agility, flexibility, balance, and muscle tone. What's important is that you find a program and stick with it, that you don't lay around and do nothing. Get up, keep moving, and keep fit.

KNOW THE SKILLS YOU ARE TRYING TO IMPROVE — Ask your coach to instruct you in the skills that you need to develop to excel in your particular area. Determine the muscles that perform these skills and then devise a program to strengthen these muscles. A mild and constant overloading of these muscles will make them more efficient in accomplishing tasks. And more efficient muscles mean better performance.

FLEXIBILITY EXERCISES

This series of exercises is designed to warm up the muscles and joints of the body by gentle stretching. Do them at a moderate pace for 10 to 12 minutes.

- 1. Fingers:** Extend arms to the side, palms down. Quickly flex fingers by alternating between fist and open hand position. (30 sec.)
- 2. Palms:** Extend arms to the front, palms down, wrist locked. Turn palms inward and outward in quick, short movements. (30 sec.)
- 3. Wrists:** Same position as palms (above). Rotate wrists clockwise, then counterclockwise. (30 sec.)
- 4. Forearm Twist:** Arms extended sideward and parallel to the ground. Flex at elbow bringing tips of fingers to shoulders. Return to starting position. Perform both palms up and palms down. (1 min.)
- 5. Elbow Extension:** Extend right arm to front and grasp elbow underneath with left hand. Rotate clockwise, then counterclockwise. Repeat with opposite arm. (1 min.)
- 6. Neck Stretches:** Two-part exercise. (a) Rotate neck and head clockwise, then counterclockwise. (b) Stretch forward, back, left, and right. A little effort on the neck muscles will help you avoid pinched nerves.
- 7. Shoulder Stretches:** Three-part exercise. (a) Rotate one arm over your head and down slowly. Repeat with other arm. (b) Shrug your shoulders slowly in complete circle starting the movement by moving up and back. (c) Lock your hands behind your head and pull back slowly from the shoulders. (2 min.)
- 8. Hips:** Four-part exercise: (a) Feet shoulder width apart, hand on hips. Rotate left, then right. (b) Feet together, one hand on wall or chair. Rotate leg in wide circles keeping leg stiff at knee. Repeat with opposite leg. (c) Seated, feet together on ground to the front. Grab your calves and bring head to the knees. (d) Standing, feet together. Reach down slowly and grab ankles. Flex.
- 9. Groin:** Two-part exercise. (a) Seated on ground, feet apart, hands locked behind head. Bend at waist and bring elbows to floor between legs. (b) Seated on ground, feet together, legs bent at knees at 45 degree angle. Separate knees slowly bringing them parallel to ground. Flex two or three times and return to starting position. Repeat. (2 min.)

SOKOL FT. WORTH GIRL'S GYMNASTIC SKILLS RECIPIENTS



Back row: Lori Hajek, Janice Jernigan, Lori Hileman, Tressa Sebastian, Kim Marshall, Cindy Rodriguez, Cindy Grey.

Middle row: Cynthia Hardee, Terri Moore, Jackie Grey, Tressa Flory, Kerri Phipps, Misty Roy, Tina Elledge.

Front row: Vickie Polachek, Terri Reihl, Sharon Gibson, Kelly Stoeppelman, Carmen Quaintance.

Report on the U.S.G.F. Governing Council Meeting

TUCSON, ARIZONA, DEC. 8-9, 1973

By Paul Fina

Mr. Gordon Chalmers, President (Athletic Director at Indiana State University) called the meeting to order at 9:00 a.m. The minutes of the last meeting were approved.

1) **RUSSIAN TOUR.** This was the first item of business conducted. The controversy that occurred, because the A.A.U. invited the Russian Women's team without the approval of the U.C.G.F., was the main topic of discussion. The A.A.U. indicated that they will not do this in the future. The tour was highly successful. The total gate receipts were \$700,000. The U.S.G.F. gained \$36,000 and the A.A.U. gained about \$21,000.

The main point to a long discussion was to be sure that no international team may be invited except through the U.S.G.F.

2) **OTHER 1973 TOURS.** A report in typed form was turned over to the Council. This was submitted to the B.O.I. The Countries to tour USA were Hungary, Romania, Russia (women), France, Japan (high school boys), and China. The Swiss team is to come yet this year (December).

3) **SHIRLEY BRYAN**, Director of Women's Committee (Chicago) gave a long report on the excellent growth of the women's activities. Among the items were age group competition, judges courses, modern rhythmic gymnastics (Mildred Prchal in charge), local state, and national competitions, etc. New films are being prepared for educational and judge training. These films are available through the Chicago office (women) of the U.S.G.F. The A.S.O. office in Berwyn should be contacted to obtain films. An item mentioned that is of interest is that the U.S.G.F.-D.G.W.S. compulsory exercises are being adopted gradually nationwide. They are for all levels of competition (girls).

4) **FINANCIAL REPORT.** The U.S.G.F. took in last year \$277,277.00 and spent \$222,405. They do have about \$56,000 in the bank. For the next year the budget shows that about \$220,000.00 will be spent towards gymnastics. The income will come from tours, \$25,000 from the N.C.A.A., \$65,000 from the print shop, and \$2,500 from membership dues.

5) **FRANK KOMISKEY**, Technical Director, gave a report on trips made by our gymnasts to foreign countries. Among these was the trip to Netherlands for international competition in Modern Rhythmic Gymnastics (Mildred Prchal in charge).

6) **MEMBERSHIP REPORTS** — Each membership gave its report of the progress made and

activities of the past year. The American Sokol Organization gave an accounting of the Slet Competitions and the general participation of its members at the unit level.

7) **CONSTITUTIONAL CHANGES** — certain changes in wording were recommended for clarification purposes. An Ad Hoc Committee is to be formed to re-study the constitution and by-laws of the U.S.G.F.

8) **JUNIOR OLYMPICS PROGRAM.** This is now officially a U.S.G.F. designation for gymnastics only. The big question is as to how the program is to be conducted in the future so as to be more meaningful.

A new member to the Council was voted in. It is the National Association of Independent Gymnastics Clubs.

9) **AMATEUR ATHLETIC ACT.** As has been publicized, Congress (U.S.A.) has been attempting to organize sports as part of the government activity. Nationalized sport is in existence in other countries. The concepts are as follows:

a) Reorganize the Olympic Committee; b) Not allow any one organization to govern more than 3 sports (the A.A.U. has some 12); c) Form a National Sports Foundation; d) 20% of the Sports Board to be formed must consist of athletes. Primarily, the Amateur Athlete Act would mean government control of sports. Is it good or bad?

10) **PLANS FOR 1974.** A full time women's

director (Miss Shirley Bryan) will be in effect to service women's gymnastics. Age group competition will continue and be more inclusive. The Elite program (or the best gymnasts) will be conducted as usual with emphasis on selecting the best gymnasts for the 1974 World Championships to be held in Bulgaria next October. The Women's Senior Championships (not Elite) will be held in Chicago in May 1974. Whereas the Women will have an Elite Championship, the men will conduct regional competitions and send their top men to the Nationals. The top 12 from Men's Elite Championship then will compete for the spots on the World Team.

The U.S.G.F. has received many invitations to compete outside the country and in the U.S.A. In February, the Polish National Team will be in the U.S.A. and also in February the Czechoslovakian Women's team will be here.

Other meets and competitions have yet to be negotiated and will be brought to the attention of the A.S.O. in time.

11) **NEW OFFICERS ELECTED.** There were three vacant spots coming up. Elected were Harry Fitzhugh as president (Illinois High School Association Administrator), Varena French for vice president (west coast), and Betty Meyer at large (with Northeastern Illinois State University). The other officers remained since their term had not expired.

The next meeting of the U.S.G.F. Council will be on Dec. 3-4th of 1974.

SAFETY

Get Your Equipment in Shape

Gymnastic apparatus requires proper maintenance to perform safely and efficiently. Why not take the time to check your equipment now so it will be in top shape this season. Niessen Corp. will be happy to send you a Safety Inspection Sheet to assist you in this project. If you need a new Nissen Catalog, be sure to ask for it, too!

To keep your uneven parallel bars from drying out, we suggest you follow these directions: Using medium grade steel wool with a solution of 2 parts turpentine, 2 parts linseed oil and one part water, vigorously clean the entire surface of the bars. This process removes all the old chalk and grime and replaces the natural oil in the wood. Wipe with a dry cloth.

Safety Hints on Landing Mats

If you have the old type of soft foam landing mats in your gym and must use them for apparatus work, you may have discovered that your gymnast's feet often sink so far into the mat that they hit the floor. This is called "bottoming out". A safe, modern landing mat has a layer of higher density, firmer material (such as the foam you often find in tumbling mats) on one side in combination with softer foam on the other side. This helps prevent "bottoming out" and obviously is safer. If you are not blessed with a good landing mat, just take a regular ethafoam tumbling mat and place it on top of the soft landing mat. The Nissen landing mats have the two sided feature. They are also hinged in two different places to allow $\frac{1}{4}$ or $\frac{1}{2}$ of the mat to fold over. When

folded, the firmer underside then provides an ideal surface for teaching and spotting.

A coach's feet are often subjected to a lot of painful pulling and stretching when he has to stand on a landing mat to spot gymnasts. Some have found that they have fewer foot injuries if they wear a rubber soled track or gym shoe. The soles are stiff and give the feet much more support than bare feet or thin gymnastic slippers.

SOKOL LITTLE FERRY

Instructors' Course - June - Dec. 1973

The subject matter taught at this course was almost the same as our 1970 Unit Course. The difference was that, because of summer work schedules, a full week was not possible. The classes were held two evenings a week in June and in early September. Practice Teaching was done after regular classes were started. The written tests were given in October and November. The students were not given as much material because of the limited time involved.

The 1970 full week course brought good results. The students were always present for all classes, they paid better attention and had a better background before they stepped in as instructors.

The present new group is required to attend all unit instructor's classes. They are supervised by Senior instructors every gym night and are given written criticism when needed. Their assistance on the gym floor was necessary. They are all willing workers and eager to learn as much as possible.

Audrey Benda, Director of Women
Sokol Little Ferry

U.S.G.F. MATERIALS FOR 1973 - 74

1. **CODE OF POINTS FOR MEN:** The official FIG Code, includes A-B-C parts with illustrations and all rules. A MUST for all judges and gymnasts\$6.00
2. **SUPPLEMENT TO THE MEN'S CODE:** The 1971 revisions to the above FIG Code. Designed to be pasted into above book.\$3.00
3. **USGF MEN'S RULES FOR COMPETITION:** NEW book for men's rules for competition, compulsory exercises, hosting of foreign teams, regulations governing USGF teams, etc.\$3.00
4. **CODE OF POINTS FOR WOMEN:** The official FIG Code, includes figures for difficulty rating, rules and all latest revisions in enclosed supplement.\$7.00
5. **AGE GROUP GYMNASTIC WORKBOOK:** Age Group Workbook, complete with routines (compulsory) for boys and girls, ages 6 through 18. Stick Figures and a built-in grading system for class room work.\$3.00
6. **1971 JUDGING GUIDE FOR WOMEN:** Combination of old Judging Guides 1 & 2. Includes all changes from FIG Course in Madrid, Spain...\$3.00
7. **NATIONAL COMPULSORY ROUTINES GIRLS:** The official USGF-DGWS routines for girls. Three levels of routines now being used nation-wide for schools, college, university and post-graduate competition.\$1.50
8. **A HISTORY OF THE DEVELOPMENT OF THE USGF:** First Edition, hard-cover, of the Doctoral Dissertation on the "History of the Development of the USGF". Complete and very well documented study, begins in early 30's and reviews the amateur sports feuds of years gone by. Leads to founding of USGF in 1963 and brings development up to date in 1971.\$6.50
9. **RULES AND POLICIES FOR GIRLS:** The official regulations and policies for girls competition in the United States.\$2.00
10. **MEASUREMENTS & DIMENSIONS:** The official FIG booklet containing all the diagrams and measurements for men's and women's equipment'.\$2.00
11. **FIG BULLETIN:** Official publication of the FIG, mailed directly to you from Switzerland. Timely articles. Valuable for all in gymnastics. ...
R10.00 (per year)
12. **MODERN GYMNASTICS:** A Code of Points for Modern Gymnastics. ..\$2.50. B. Class III-Beginners: Gymnastique Moderne - by Mildred Prchal ..\$1.50. C. Class II-Intermediate: Gymnastique Moderne — by Mildred Prchal.\$1.50
13. **USA GYMNASTICS NEWSLETTER:** The official word from the USGF National Office. Listings of new books and services, technical changes and what's newsworthy on a national scale. Published every other month.\$5.00 (per year)
20. **WHO'S WHO IN GYMNASTICS:** The first edition of this new publication.\$5.00
21. **MEN'S JUDGING GUIDE AND COURSE:** Published in lesson plans to enable the instructor

to guide his students step by step toward becoming a proficient judge in gymnastics.\$5.00

**MAKE ALL CHECKS PAYABLE
TO THE U.S.G.F.**

Order from:

The United States Gymnastic Federation
P.O. Box 4699(G)
Tucson, Arizona 85717 USA
Phone (602) 622-3865

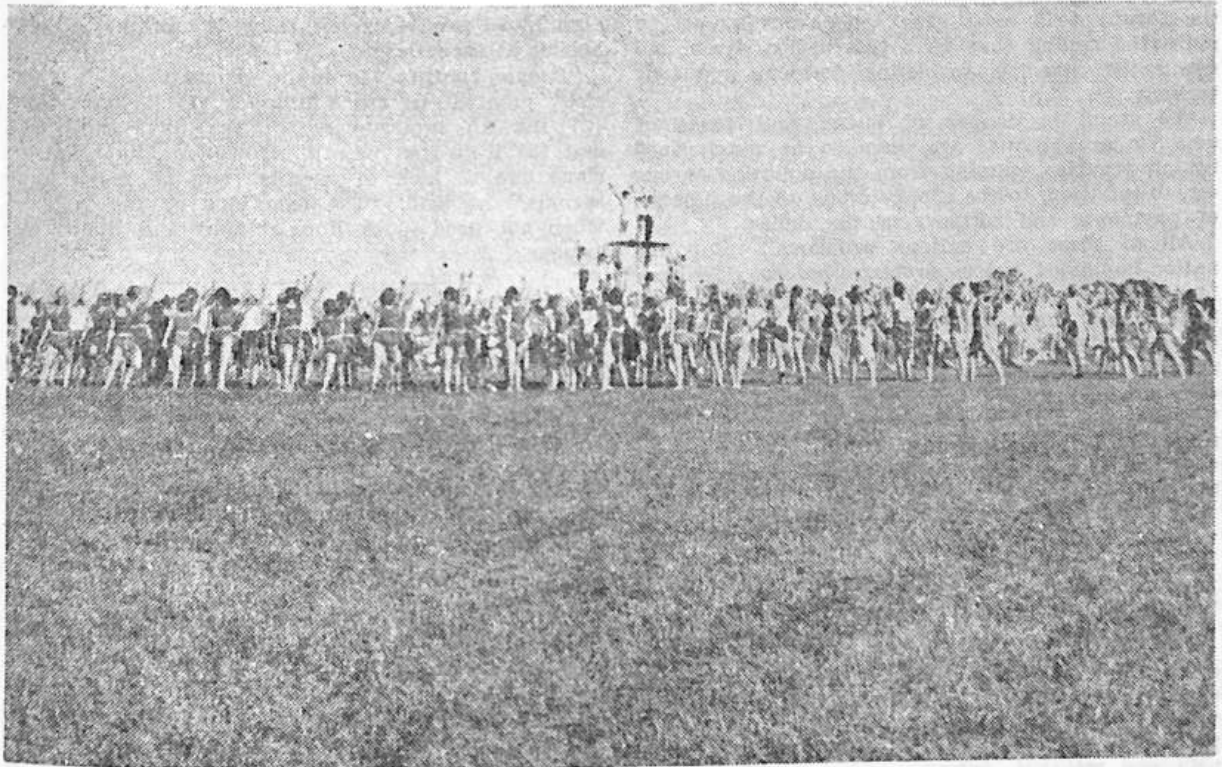
Note: All orders have to be pre-paid. Books are mailed Bookrate unless payment is enclosed for First Class Mail. Specify: Men's or Women's.

NAT'L. EDUCATIONAL COMMITTEE ENLARGED

To bring more knowledge and information to our members, the Educational Director has taken on new members to form an enlarged committee. The Educational Department has seen the need for additional information to pass on to both young and adult members. This will benefit both Unit and District Directors in their lectures, presentations, and Educational meetings. Following are some questions and answers for everyone to know.

What Is Your Sokol I.Q.?

1. What is the name of your Unit, your Teacher and your Women's or Men's Director?
2. Which of the 6 Districts of the American Sokol Organization does your Unit belong to?
3. Name the 6 American Sokol Organization Districts.
(Eastern, North Eastern, Central, Southern, Western, & Pacific.)
4. Name all the Active Units in your District.
5. Who founded the Sokol Organization, when and where?
A. Dr. Miroslav Tyrš, in Prague, Czechoslovakia, February 16, 1862.
6. When and where was the first Sokol Unit in America formed?
A. St. Louis, Missouri, on February 14, 1865.
7. What is the meaning of the name "Sokol"?
A. "Sokol" in English means Falcon, a symbol of swiftness, strength and courage.
8. Name 3 rules of a good Sokol member.
A. 1. He attends the Sokol Gym regularly.
2. He is loyal to the Sokol organization.
3. He obeys willingly all Sokol rules and regulations.
4. He participates enthusiastically in all his Sokol tasks and duties.
5. He conducts himself orderly in and out of gym with Sokol dignity and honor.
9. What are some of the results obtained through regular Sokol attendance?
A. 1. Being physically and morally fit.
2. Wholesome use of leisure time
3. Developing qualities which help one in getting ahead in his everyday tasks and duties.
4. Making friends and being more sociable.
5. Forming proper health and safety habits.
10. Name some of our Sister Sokol organizations.
A. Slovak Gymnastic Union Sokol, known as Sokol U.S.A.; Polish Falcons; Catholic Orel; Workingmen's Association, known as "D.A."



Grand Finale — XIII. A.S.O. Slet

Safe Deposit Box Rental	7.50
General Office Repairs and Decorating	469.29
Miscellaneous Expense	109.05
	<hr/>
	\$1,438.94

Educational Department BOI	
Salaries	\$ 208.82
F.I.C.A. & F.W.T. for November	51.64
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	28.00
Postage	9.72
Printing Educational Pamphlets ..	500.00
Pictures for A.S.O.	
Promotional Folder	18.50
	<hr/>
	841.68

Sokol Publication	
Printing "American Sokol"	\$ 618.01
Editor "American Sokol"	75.00
Postage — November 1973	63.48
	<hr/>
	756.49

Miscellaneous	
Uniform Div. — Salaries, F.I.C., Phone, Office Sup.	\$ 294.96
Refunds	50.00
Future Sokol Leaders Fund — Merit Awards	2,600.00
	<hr/>
	2,944.96

Total Disbursements\$5,982.07

Balance brought forward:	
Western National Bank of Cicero	
— Checking Account	\$2,753.14
Receipts — December 1973	5,923.11
	<hr/>
	8,676.25
Disbursements — December 1973	5,982.07
	<hr/>
	\$2,694.18

**FUTURE SOKOL LEADERS FUND
December 1973**

Stefie Wortner, in memory of Rose Lizak ..	\$ 10.00
Emil & Louise Nekuda, in memory of Rose Lizak	10.00
Victoria Machotka, in memory of husband, Charles	20.00
First Federal Savings & Loan of Wisconsin — Dividend	1.33
Columbia Sav. & Loan Ass'n. — Dividend ..	12.17
Clyde Savings & Loan — Dividend	267.58
	<hr/>
	\$321.08

Transfer of funds from Future Sokol
Leaders Fund Savings account to checking
account for 13 Merit Awards\$2,600.00

Donations are tax exempt

Our Nation's Problems

The United States stands in danger of losing its own sense of who it is — the feeling that fired our growth from a handful of settlers on the edge of a wilderness; the feeling that brought us to

the forefront in most great endeavors known to man; the feeling that gave this nation again and again the strength to define freedom and halt tyranny.

We stand in danger of losing that sense of who we are because we seem to be mesmerized by our troubles, ranging from the pollution to our air, to inflation, to the energy crisis, to the balance of payments and softness of the dollar.

All of these are serious problems. But our nation has faced serious problems before. We have faced them, and we have overcome them. We have faced and overcome them because we saw these problems as a spur to solutions, not as a reason to throw up our hands. And we will overcome them because we are a champion among the world's nations. We are going through a rough passage momentarily. But we'll work our way out of it as we always have throughout our history.

Peter J. Brennan,
U. S. Secretary of Labor

Sokol Goals

We want to inoculate in the heart and mind of every Sokol member the basic principles of human dignity; a determination to contribute to the national welfare; and generally, to develop physically and morally sons and daughters. We want to lead our Youth to higher goals; preparing them not only for their responsibilities to Sokol, but to their families and the nation. We want the spirit of Sokol brotherhood to prevail among us. Working together, we can help one another; cooperating with the leadership and respecting the older members. This is the program which prepares each man and woman for his role in society.

Edward Stetka

Remain Active and Live Longer

"Remaining active is the key to staying alive." That was the opinion expressed by Theodore G. Klumpp, M.D., President's Commission on Physical Fitness Consultant, to members of the Council staff on one of his recent visits to Washington.

"Stress is necessary to keep bodies in good tone," he said. "For example, one way to stimulate the thyroid gland is through stressful exercise. However," Dr. Klumpp continued, "many people won't exercise for fear it will provoke a heart attack."

"I can't agree. I feel that exercise opposes the effects of stroke or heart attack. Blood clots form when the blood flow is sluggish rather than when it is vigorous."

Dr. Klumpp cited a study of several years ago which determined that more than 50 percent of heart attacks take place while the victim is sleeping. Furthermore, he said that he has kept close score on patients he has known who have experienced heart attacks. "Almost uniformly, they are not the high-pressure types," he explained. "They are placid, indolent, and not subject to emotional strain. Many are overweight and have

high blood pressure, and they do nothing all day but sit at their desks."

"People continue to make excuses not to exercise," pointed out Dr. Klumpp: "(1) it takes time, (2) it's an interruption in the day's activities, and (3) it's often painful. However, the repercussions due to lack of exercise can be much more serious," he said. "The functions of the body — when not used — decline, atrophy and finally disappear. . ."

JAMES J. PAVLIK

Bro. James Pavlik, a member of the South Omaha Sokols for more than 49 years passed away, October 21, 1973. He was born, July 27, 1905, in South Omaha. Was employed for 48 yrs. in textile printing.

Bro. Pavlik was an excellent gymnast, competing for Sokol So. Omaha on the Unit, District and National levels in ASO competition meets. One of his outstanding achievements as a gymnast was to receive the Western District Traveling Trophy in 1931. In order to be eligible for this trophy it was necessary for Bro. Pavlik to compete 5 successive years in the High Division Men's Competition Meets. He competed in Omaha, 1927; in Milligan, 1928; in Wilber, 1929; in So. Omaha, 1930; and 1931 in Clarkson. All in Nebraska. He was first place winner in all years with the exception of 1929, thus entitling him permanent possession of this great trophy.

Bro. Pavlik was also a member of the Masonic Order, ZCJB, and the Omaha Club of Printing House Craftsmen. He is survived by his wife, Marie; sons, Don and Duane; daughter, Mrs. DeLores Fields and 4 grandchildren.

May he rest in Eternal Peace.
Edward Pavoucek

JOHN K. KASPER

Bro. Kasper, a founder of Sokol Houston, died peacefully, October 20, 1973 at the age of 80. Born in Nekolice, Czechoslovakia, February 2, 1893. Became interested in Sokol in 1908. In 1912, organized 2 Sokol Units in his homeland. Bro. Kasper came to the U.S. in 1913, settling in Moulton, Texas, where he became wed to Clara Gallia. To this union were born 2 daughters.

In 1925, the family made the move to Houston, Soon Bro. Kasper became one of the organizers of Sokol Houston and then its first instructor. The Sokol's first home was in the SPJST Lodge Stephanik No. 142 up to the year 1949, when the Sokol Houston was built at the present location, Patton and Edsee Street. Under his leadership in those years the Sokol grew and grew.

Bro. Kasper was a building contractor during his lifetime, was one of the pioneers in developing the North and Northwest side of Houston, and during World War II. helped build camp facilities at Ellington Field and Camp Hood in Belton, Texas.

Surviving him is his wife, Clara; 2 daughters, Mrs. Alyce Burris and Mrs. Georgia Lee; and 3 grandsons.

Emil and Tina Filipp

Your Dreams and Hopes

"Your own dreams, hopes, aims, purposes mark time until you start them marching," writes Wilfred A. Peterson in This Week Magazine. "The work to be done, the goal you seek will only be achieved when you get off dead center and make a start."

USIA Exhibit Guide Program

The U.S. Information Agency has a limited number of openings for men and women to serve as guides accompanying official exhibits to Eastern Europe and the Soviet Union. Persons selected for these short-term employment opportunities (seven months or less) are appointed to temporary Foreign Service Staff positions.

The salary of a guide, ranging on an annual basis from \$8,000. and up, is based on the qualifications and experience of the candidate, and it is supplemented by per diem payments, international travel and other benefits.

Basic Qualifications: 1. Guides must be citizens of the U.S. — 2. Must be at least 21 yrs. of age at the time of appointment and must be able to pass the prescribed physical examination. — 3. Are required to speak and understand the language of the country well enough to enable them to converse effectively in dealing with questions relating to the exhibit and to the U.S. — 4. Must be able to interpret the history and culture of the American people, and must have a good understanding of current domestic and international issues. — 5. Applications will be accepted from persons with proficiency in Czech, Slovak, Rumanian, Bulgarian, Russian or in other languages spoken in the Soviet Union.

Processing of Applications: Those applicants who appear to be well qualified for the guide position will be tested in their foreign language proficiency by a language expert. Upon successful completion of the test, the applicants will be interviewed by a panel of Agency officers at a specified location in the U.S. Further processing, which may take three months or longer to complete, includes a background investigation and a health examination. Applications are available by writing to the address noted below.

Exhibit Guide Recruitment
U.S. Information Agency
1776 Pennsylvania Avenue
Washington, D.C. 20547.

Americká informační služba hledá české a slovenské průvodce

Americká informační služba — The United States Information Agency (USIA) — má omezený počet míst pro muže a ženy, kteří hovoří česky anebo slovensky, a kteří by mohli pracovat jako průvodci na oficiální výstavě Spojených států v Československu.

Kdo by měl o toto 3-měsíční zaměstnání zájem, ať si napíše o další informace na hořejší adresu.

Friendship

"People as a whole were friendlier and took an interest in each other years ago," says Dr. Natalie Shainess, educator-psychologist, "This is frightening because it is significant . . . More and more the personal relationship on all levels is disappearing from the scene."

Osmdesátka bratra Karla Zahradníčka

V úterý 11. prosince 1973 se dožil věku osmdesátiletý náš drahý přítel, upřímný vlastenec, vytrvalý bojovník za svobodu rodné země, obětavý národní pracovník a kronikář Ameriky, sokol, čestný předseda Krajského výboru ve Clevelandu, bratr Karel Zahradníček.

Bratře Karle, laskavý, trpělivý a skromný rádce, přijmi náš upřímný projev díky a uznání za léta vzácného přátelství. Do budoucnosti Ti pak všichni vroucně přejeme hojnost zdraví a spokojenosti.

Přemek Kocián

Vlastencem slout a třeba i býti je málo, velmi málo, neosvědčí-li kdo v jistém oboru té velké práce národní činnost svou. — Jen tím že jednotlivec, že spolek si svého úkolu hledí, že každý hřívou svou úsilovně k celku přispívá, jen tím prospívá a povznáší se celek tento, jen tím nabude život národní oné všestrannosti a onoho širokého základu, že nepotřebuje živlů cizích, tím jedině a bezpečně odolá cizotě.

Dr. Miroslav Tyrš

SOKOLSKÉ SLETY

Základ k sokolským sletům položil sám zakladatel Sokolstva Dr. Miroslav Tyrš svým I. všesokolským sletem, který se konal v roce 1882 v Praze na oslavu dvacetiletého trvání Sokolstva a který byl vyvrcholením Tyršových sokolských snah a jeho úsilí o vybudování sokolské organizace.

Od té doby byla to nepřehledná řada sokolských sletů, které se konaly nejen doma ve vlasti a v zahraničí, ale i ve Spojených státech, kde české Sokolstvo dovršila vloni již 108 let svého trvání a práce — od založení první sokolské jednoty v Americe v roce 1865 v St. Louis, Mo., a kde slovenské Sokolstvo dovršilo předloňského roku již 80 let svojí činnosti — od založení první slovenské sokolské jednoty v roce 1892 v Chicagu.

Sokolské slety vždy patřily a dosud patří k nejkrásnějším a nejvýraznějším projevům sokolské výchovy a práce.

Všesokolské slety v Praze byly vždy mohutnými národními manifestacemi nejen všeho Sokolstva, ale i celého národa. Jejich význam krásně vystihl syn presidenta-Osvoboditele, bývalý čs. ministr zahraničí Jan Masaryk, který ve své poslední přednášce v Tyršově domě v Praze v lednu 1948 prohlásil: "Všesokolské slety patří doposud ke zjevům na celém světě jedinečným. Naše slety jsou pro mnohé telocvikáře vzorem a smem, který by si přáli uskutečnit ve svých zemích. Avšak žádná z podobných slavností v jiných státech, a říkám to bez

pýchy či ješitnosti, nedosahuje svým rozsahem a hlavně náplní významu sokolských sletů! Slet je pro mne, jako ministra zahraničí, jednou z národních kreací, kterou se mohu chlubit před všemi ostatními národy a státy světa!"

A v roce 1926 — po návštěvě VIII. všesokolského sletu v Praze — starosta města Londýna Wakefield prohlásil; "Ačkoliv jsem dvakrát objel zeměkouli, nenašel jsem nic tak krásného, imponantního a vlasteneckého, jako při všesokolském sletu v Praze."

Také sokolské slety ve Spojených státech mají svou dobrou a krásnou tradici. Před 95 lety — 15. srpna 1878 — sdružily se české sokolské jednoty v Americe v Národní Jednotu Sokolskou. Od roku 1897 působila vedle ní ve Spojených státech druhá organizace českých Sokolů — Župa Fuego-Tyrš, založená 18. prosince 1897 v Chicagu. — Slovenské sokolské jednoty v Americe jsou od 4. července 1896 sdruženy ve Slovenské Tělocvičné Jednotě Sokol ve Spojených státech — nyní v "Sokole U.S.A."

Všechny tyto sokolské organizace pořádaly v dlouhých letech svého trvání řadu sokolských sletů. Národní Jednota Sokolská uspořádala jich od roku 1879 do roku 1914 v různých místech Spojených států celkem 10. Župa Fuego-Tyrš uspořádala v době od roku 1901 do roku 1916 celkem 11 sletů, vesměs v Chicagu. Slovenská Tělocvičná Jednota Sokol ve Spojených státech uspořádala od svého založení v roce 1896 v různých místech Spojených států celkem 19 sletů, z toho 16 řádných, čili sjezdových a 3 slety mimořádné.

Důležitá zeměna v organizaci sletů Amerického Sokolstva nastala 1. ledna 1917, kdy Národní Jednota Sokolská a Župa Fuego-Tyrš se sloučily v Americkou Obec Sokolskou. Důležitým mezníkem v dějinách sletů Amerického Sokolstva byl také rok 1922, kdy Americká Obec Sokolská a Slovenská Tělocvičná Jednota Sokol ve Spojených státech utvořily Svaz Československého Sokolstva v Americe.

Americká Obec Sokolská uspořádala od svého vzniku v roce 1917 celkem 12 sokolských sletů, z nichž 7 bylo samostatnými slety Americké Obce Sokolské a 5 sletů, pořádaných v letech 1925, 1933, 1937, 1941 a 1947, bylo současně slety Svazu Československého Sokolstva v Americe. Všechny tyto slety se konaly v Chicagu: I. slet AOS v roce 1921 se konal v chicagském Coliseu, dalších 7 se konalo na Soldier Field v Chicagu a poslední 4 se konaly na Stadiu Mortonovy Vyšší školy v Berwynu, Ill. Kromě těchto sletů Americká Obec Sokolská uspořádala také 3 slety mimořádné: Jubilejní slet v roce 1955 v St. Louis, Mo., a 2 mezislety — v roce 1959 v Los Angeles, Calif., a v roce 1967 v Dallasu, Texas.

IX. sletu Národní Jednoty Sokolské v roce 1909 a čtyř sletů Amerického Sokola v letech 1921, 1929, 1933 a 1947 v Chicagu se zúčastnily výpravy Československé Obce Sokolské z Prahy.

Ježto tedy, jak shora uvedeno, Národní Jednota Sokolská uspořádala celkem 10 sokolských sletů, Župa Fuego-Tyrš 11 sletů, Americká Obec Sokolská 12 sletů a 3 slety mimořádné — a Slovenská Tělocvičná Jednota Sokol ve Spojených státech, nyní Sokol U.S.A., celkem 19 sletů, z nichž 16 řádných, čili sjezdových, a 3 slety mimořádné, konalo se ve Spojených státech až dosud celkem 55 sokolských sletů. Loňský XIII. slet Americké Obce

Sokolské, který se konal ve dnech 21. až 24. června 1973 v Berwynu, Ill., byl tedy již 56. sletem Amerických Sokolů!

Jako každý sokolský slet, i XIII. slet Americké Obce Sokolské v červnu 1973 byl sletem nejen Amerického Sokolstva, ale i všech Sokolů ve svobodném světě.

Byl také, jako byl i předloňský úspěšný slet Čs. Sokolstva v zahraničí ve Vídni, symbolem naší pevné víry, že i do naší drahé čs. vlasti se vrátí opět svoboda a demokracie — a s ní i svobodné Československé Sokolstvo!

Dr. Antonín Hřebík

SOKOL NOVÁ VLAST

Poslední schůze Jednoty odbývaná v neděli 9. pros. Návštěva byla mimořádná. Bylo opětně přijato sedm nových členů. Honorováno 20 členů dlouholeté členství od 63 přes 50 let a 50 let. 4 členi 25 let. Všichni tito členové, jak jim bratr starosta Přemek Kocián bahopřál, zastávali různé úřady — byli náčelníky i cvičiteli v jednotě. Všechny třídy cvičících jsou počtem pěkně vyplněné a pilně se připravují na veřejné cvičení v Cleveland State Univerzitě 3. února. V sobotu 8. prosince pořádaná tradiční Mikulášská veselice; nejlepší v roce. Výherní listky prodané ve prospěch Petra Sykory vynesly \$92.00. Schváleno doplnit sumu do \$150.00. Jest těžko pochopit hloubku a následky mladého nadějného Petra a celé rodiny, jehož zranění jej zastihlo v tělocvičně. Jest obdivuhodný svojí statečností a věrnou láskou k Sokolu.

Volby schváleny podle námětu nominačního výboru. Dosavadní úředníci zůstali nadále na místech pro příští rok.

Roztomilá skupinka nejmenších Sokolůků předvedla vánoční scénu nadílky, solo flétny, vánoční koledy a případnou básničku na vánoční čas. Br. starosta recitoval na ukončení programu báseň Pavla Javora: Zimní návečer; plná smutku, stesku a bolesti nad porobenou rodnou naší zemí.

Marie Polánka

MILOŠ JANOUCH

Opět odešel jeden zaslužilý náš člen dne 7. listopadu 1973. Br. Miloš Janouch zemřel po krátké nemoci v Montefiro Hospital, Pittsburgh, Pa. ve věku 83 let. Br. Janouch byl narozený v Čechách v Krkonoších, v obci Poniklady nad Jizerou. Jako mladík odjel do Londýna, kde cvičil v tamnějším Sokole. V roce 1914 přijel do této země a zakotvil v Pittsburghu. Vstoupil ihned do Jednoty Sokolů, kde zůstal členem až do své smrti. Cvičil všestranně, býval činný, zastával různé úřady a byl dlouhá léta starostou. Br. Janouch byl dámský krejčí, hrával na housle na koncertech ve Wilkinsburg Symphony Orchestrě. Jeho manželka Magda jej přežila na onen svět před dvěma lety. Br. Miloš Janouch byl vážený a oblíbený občan v širém okolí byl dobrý přítel, kdo ho znal.

Br. Janouch zanechává zde vdanou dceru, dva dospělé vnuky, několik vnučat a další příbuzenstvo. Naše Jednota želí jeho odchodu a pozůstalé rodině vyslovujeme upřímně citěnou soustrast.

R. A. Hranický

**What you EARN during your lifetime isn't important,
but the amount you SAVE is important!**

Secure an insured savings plan with a Modern Society in its second century of FRATERNAL INSURANCE SERVICE to American Families offering a complete new portfolio of popular policies for Adult and Junior members of the family.



- LIFE
- ACCIDENT & SICKNESS
- JUVENILE ESTATE BUILDER
- FAMILY PROTECTION
- RETIREMENT
- MORTGAGE REDEMPTION

Be Modern — Go Modern — Join and Insure with

CZECHOSLOVAK SOCIETY of AMERICA

"Pioneer of Fraternal Life Insurance"

C.S.A. BUILDING

2138 SOUTH 61st COURT

CICERO, ILL. 60650

AŤ JEDETE

KAMKOLIV

VLAKEM, LODÍ NEBO
LETADLEM,

po celém světě nebo jen
po Americe,

vždy pojedete nejlépe od

HEGER

TRAVEL BUREAU

6118 W. Cermak Road

Cicero, Illinois 60650

TOwnhall 3-4774

"TAKE STOCK IN AMERICA"

Buy

U.S. SAVINGS BONDS,
FREEDOM SHARES

Before borrowing from a friend,
decide which you need worse.

The reason a young man leaves
the farm to work in the city is
to retire and live on a farm.

What goes up must come down
doesn't apply to taxes.

Many people are lonely because
they build walls instead of bridges.

You always know you're on the
right road, it's always uphill.

It's only when you're spouting
that you get harpooned.

Manhood, not scholarship, is the
first aim of education.

To stay young, remember your
enthusiasm and forget your birth-
days.

The traffic court is the only
place a pedestrian has a chance
of running down the driver.

"You're old when everything
hurts — and what doesn't hurt
doesn't work."

**Fall and Winter
Grave Decoration**

should be ordered
NOW!

Those who shall order first,
shall be so served.

**SINGLE, DOUBLE DEPTH
and COMPANION
GARDEN CRYPTS**

are available on pre-need sale
basis for cash or on easy terms.

**EARTH BURIALS
CREMATION**

**BOHEMIAN
NATIONAL
CEMETERY**

5255 No. Pulaski Road

Phone: KEystone 9-8442
STanley 8-8442

Sokolská kázeň v tělocvičně

Starší členové Sokola vzpomínají na staré časy, když ještě v tělocvičně při cvičení vládla sokolská kázeň. Vzpomínají na bývalého náčelníka br. L. Jiráka, který přišel do Ameriky co odchovanec známých sokolských cvičitelů ze staré vlasti. V té době když náčelník dal povel "Pozor", tak jste slyšeli špendlík upadnout. Dnes mnohdy když cvičitel dá povel "Pozor", tak se nic nestane. Nechceme zavádět do tělocvičny nějakou průšáckou kázeň, ale když chceme cvičence něčemu naučit, musí být kázeň. Když naše americké děti se dostanou do sportovního družstva ve škole, jejich cvičitel vyžaduje přísnou kázeň. Proč by to nemohlo být v Sokole?

Jiří Špánek

Sílá sokolské ideje má právo i povinnost říci slovo za všech okolností. Sokol nepotřebuje ke svému utvrzení jen stoupence a hlasy: Sokolky a Sokoly potřebuje.

Z ČESKÉ NEBRASKY

Potěšující výsledky české práce v Nebrasce jsou jen a jen výsledkem obětavosti jedinců. Před několika měsíci založil Jakub Hamsa Český klub v Lincoln, hlavním městě Nebrasky, a dnes tento klub čítá na 160 členů a zájemců stále přibývá. Klub měl letos už tři zdařilé programy, nedávno uspořádal milou vánoční besídku s informativní přednáškou historie slavění Vánoc v Československu. Sbor zazpíval české koledy a program byl doplněn českou hudbou. A Hamsa neopomněl požádat přítomné k podpoře českého, krajanského tisku. Nutno pochválit tento český klub za tuto nadšenou práci, jistě obětavou.

Dr. V. Kučera

Veliká chyba snad všech lidí záleží v tom, že odpírají zlému, až když je zle. Musíme odpíratí zárodkům všeho zlého. Ale tato stálá bdělost je těžká; a přece jen v ní je spása pravé demokracie.

— T. G. Masaryk

Váš cestovní program Vám spolehlivě a přesně vyřídí

WEBER TRAVEL AGENCY, Inc.

PI 9-1333

7034 W. Cermak Rd., Berwyn, Ill. 60402

BI 2-1512

JERRY A. RABAS, Pres. - Foreign and Domestic Tours - TUZEX Service

76th
SUCCESSFUL
YEAR

of
Fraternal
Life Insurance
PROTECTION

**Western Fraternal
Life Association**

Západní Česko-Bratrská Jednota

LARGEST

CZECH-AMERICAN

ORGANIZATION IN U.S.A.

Organized in 1897 with 1,259 insured members in 8 states. - Now licensed in 20 states, over 60,000 certificates, has over \$100,000,000 of insurance in force. Total assets over \$32,000,000. — Offers Legal Reserve Fraternal Life Insurance to Juveniles and Adults to age 65.

HOME OFFICE

1900 1st AVENUE N.E.

CEDAR RAPIDS, IOWA 52402