

AMERICAN SOKOL

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SOKOL AND ITS MEMBERSHIP

Announcement of a new American Sokol membership drive brought to mind the importance of this phase of Sokol endeavor. Every organization — whether it be a Veteran's Post, or a Fraternal Order, or an organization such as ours — all experience a constant turnover in membership. This certainly holds true for our Sokol, for each month there is a certain decline in members due to varied reasons — deaths, poor health, employment, loss of interest, the move to other locales — all contributing factors.

It stands to reason if our Sokol is to prosper it is essential there be a continued influx of new members into the fold — keeping apace with the losses in membership — and with new blood comes strength, energy and fresh ideas — so vital to the well-being.

By the same token, never must we allow ourselves to neglect the older Sokol members; it is just as imperative that we retain them as it is in recruiting the new. The younger generation is well preoccupied with its gymnastic and sports activities — something very much to its liking. However, we've bore witness to many a Sokol Unit sadly neglecting its Senior Citizens and those individuals unable to participate in gymnastics or sports. Sokol activities should be created with that thought in mind. There is a definite requisite for a communication — an exchange of ideas between young and old — an ideal situation if properly applied — if ignored, and neglected — interest will wither as on a vine — and so will membership in our Sokol. This is, indeed, food for thought.

There is a perpetual need in attracting new members into our midst, and now is the time for continuous action, in which everyone should take part — a course forceful and unyielding — demanding from every member the best within him. What each and everyone of us do is merely repayment for the past and certainly a guarantee for the future.

Someday we will have to make an accounting of the stewardship entrusted to us by the devoted individuals who had preceded us. Only those who have given of their best will be able to hold their heads high. How the others may feel because of indifference and lack of effort is strictly a matter of their conscience.

EDITOR



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Calendar of Events

MAY 25-26th — PACIFIC DISTRICT SLET,
SAN FRANCISCO, CAL.
Sokol San Francisco 70th Anniversary (Host).
JUNE 1st — CENTRAL DISTRICT SPECIAL
NUMBERS COMPETITION.
Morton West High School, Berwyn, Ill. — 8 P.M.
JUNE 2nd — EASTERN DISTRICT (SOUTHERN
CIRCUIT)
Wreath-Laying Ceremony at Arlington National
Cemetery.

JUNE 2nd — SOKOL MILWAUKEE, WIS.
Annual Gymnastic Exhibition.
JUNE 2nd — NORTHEASTERN DISTRICT SLET.
A.M.L.A. Slovenian Recreation Center — Leroy
Township, Ohio.
JUNE 7-9th — SOUTHERN DISTRICT SLET.
Sokol Karel Havlicek Borovsky, Ennis, Texas
(Host).
JUNE 9th — SOKOL SOUTH OMAHA, NEBR.
Sokol's Czech Festival.
JUNE 21-23rd — WESTERN DISTRICT SLET
Sokols Wilber and Crete, Co-Hosts.
JUNE 23rd — CENTRAL DISTRICT SLET,
RIVERSIDE, ILL.
Riverside-Brookfield High School Stadium.
JUNE 23rd — SOKOL DETROIT, MICH.
Summer Gymnastic Exhibition.
SEPT. 7th — AMERICAN SOKOL, INC.
CLEVELAND, OHIO.
Beer Festival — Česká Sň Sokol.
SEPT. 15th — SOKOL DETROIT, MICH.
Grape Festival.
OCT. 5th — SOKOL SLAVSKY, CICERO, ILL.
Dinner Dance — Peacock Room — Olympic
Building.
OCT. 5th — SOKOL STICKNEY, ILL.
Farmer's Dance.
OCT. 10th — SOKOLICE ST. LOUIS, MO.
Chicken Dinner Social.
OCT. 19th — SOKOL BELCAMP, MARYLAND.
Grape Dance — Vinobráni.
NOV. 10th — SOKOL DETROIT, MICH.
Czechoslovak Afternoon Dinner Party.
NOV. 14th — SOKOLICE ST. LOUIS, MO.
Chicken Dinner Social.
NOV. 15-17th — SOKOL MILWAUKEE, WIS.
Holiday Folk Fair.
DEC. 31st — SOKOL BELCAMP, MARYLAND.
New Year's Eve Party.

SOKOL REFLECTIONS

During my own two terms as Sokol president, I have learned two important things. First, that being head of such an organization is not easy. Secondly, no matter how honest and capable you are — by yourself you accomplish nothing or very little. It takes teamwork, close cooperation and mutual respect of all members; officers working in harmony for the same goal. Unlike other organizations, Sokol has nothing to sell other than a unique program of physical fitness, together with a desire to form a better, physically healthier, and mentally stronger men and women prepared for the challenges of the constantly changing world.

The Second Century lies before us like an open book. It is up to us to fill its pages with proud achievements, productive work, and above all — brotherly and sisterly love. By so doing we can look forward to the future with confidence that our Sokol organization will continue to serve mankind well.

T. B. Hlubucek,
Sokol Cedar Rapids

HELP OUR SOKOL GROW

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. XCV

May — 1974 — Květen

Číslo — No. 5

SOKOL LOS ANGELES

I believe now is the time for every interested Sokol to have serious thoughts. Every active member is surely aware of the problems we face. Almost everybody wants some improvements, but not too many are willing to stand up and speak. Recently I presented some ideas which I believe represent the general feeling of the majority of our members: 1. Improve our financial situation and stabilize our budget. 2. Make the settlement with "Pilna Ruka Ass'n." (Sokol Los Angeles controls $\frac{2}{3}$ and "Pilna Ruka" $\frac{1}{3}$ of the presently called American Czech Ass'n.). 3. Remodeling of the Sokol Hall — interiors, ceilings, lights, sound equipment, additional storage room, re-setting the air conditioning, etc. 4. Establish and prepare long term plans for future expansion.

Now, after 3 months, here are the results: 1. Our finances are well under control. Payment of membership dues has improved, and our "New Members" action is in progress. All our activities are self-supporting. 2. An offer has been made to "Pilna Ruka" to purchase its $\frac{1}{3}$ share. 3. A 6-man planning committee was formed. Everyone a highly qualified specialist. Remodeling is planned for the summer.

At the March 9th meeting it was voted to explore the possibilities to purchase property adjacent to the Sokol Hall. From past experience and checking the books of the American Czech Ass'n., I believe this is a necessity. If we really want to remain in our present place, we have to invest, find a tenant, additional source of income, and build! For any new construction we need additional parking and more space. In any case, the purchase will increase the value of our property. One fact remains clear. We cannot sit and idly watch time pass by. Please read again the article in the February issue of the American Sokol publication, "A Time for United Action."

We have good and bad examples from other Sokol Units. We have to learn from their experience. Let reason and common sense govern our actions and not the double talk of some "politicos". There are still many obstacles and a great deal of pessimism to overcome. Opposition is a useful tool to control the abuse of power, but if you are opposing an idea or proposal, be ready to suggest a better one. We must always remember. No idea nor rhetoric ever built anything. Only dedicated people can build.

We have the momentum now. With brotherly unity we can accomplish goals of significant value. Creativity and conviction are sometimes unfashionable at the time they surface. Yet, they separate those who believe in themselves from those who do not.

Ada Dusil

• • •
Highlights of Sokol Los Angeles membership meeting, March 9th.

Preparations for the Gymnastic Exhibition, May 19th, are now in full force. 24 members of the Stara Garda and 14 women are participating in the adult program. — Our Sokol Notes (publication) is doing well and the future looks even brighter. — Šibrinky netted approximately \$300.00. Proceeds go toward our San Francisco trip in May. — Volleyball every Thursday! The number of participants is constantly growing. — 6 new members joined our Sokol. — An offer was made to "Pilna Ruka Ass'n." for its share of our building. We feel this step is necessary in order to realize our plans for the remodeling and improvement of the Sokol Hall. — Most important issue discussed was the possibility of purchasing the property adjacent to the Sokol. The significance of such a purchase for the future of Sokol need not be overemphasized.

Yvonne Gottwald

SOKOLICE OMAHA'S 85th ANNIVERSARY

Sokolice Omaha celebrated its 85th birthday, March 9th, at the Sokol Auditorium, at 13th and Martha Streets, with a Dinner-Dance. It was an occasion we will reminisce about for some time to come. It was also appropriate to honor those who contributed to its earliest period of development.

We honored 37 Sisters who held memberships from 40 to 77 years. Following are the Sisters who have retained their Sokol membership 50 years

or more: Mary Skalak 77 yrs.; Pauline Hruban 76 yrs.; Helen Dusek, Marie Brezacek 65 yrs.; Anna Kopecky, Bertha Kocourek 60 yrs.; Marie Rican 58 yrs.; Josephine Cecha 57 yrs.; Elsie Hubenka 53 yrs.; Alice Tesar, Emma Hubenka, Marie Holasek, Rose Hastrdlo, Blanche Buresh 52 yrs.; Elsie Raska, Bessie Melichar 50 yrs.

Our honored guests for this occasion were: Bro. Anton Krejci, President, Sokol Omaha; Bro. Edward Pavoucek, President, Western District; Bro.

Roman L. Hruska, Nebraska Senator and Past President of Sokol Omaha; and our celebrated guest speaker, Sis. Betty Prener, Vice President of the American Sokol Organization. We felt deeply grateful for such a dedicated group of loyal Sokols. Having made Sis. Prener Honorary Member of Sokolice Omaha, our sisters enjoyed having her among us.

The accomplishments of the past 85 years required tremendous effort and self-sacrifice and a resolute determination by all our past members. With this same determination we look forward to our Centennial. Nazdar!

Bozena M. Drozda

SOKOL SAN FRANCISCO

We are privileged because we are members of Sokol. In the past 2 or 3 yrs. our Sokol Unit has come a long way. We have broken records in participants at a National Sokol Slet. We have originated some new fund-raising ideas. More and more people are attending events at our Hall in San Mateo. There are still many projects in the planning stage that could bring us more success.

At the time of this writing we are in the midst of plans for one of the biggest events our Unit has undertaken in more than 10 years. However, we seem lax in putting forth the effort needed to make our Pacific District's Exhibition and Sokol San Francisco's 70th Anniversary successful — not only financially but by spreading Sokol Brotherhood to our Units and to our community. Success doesn't come by passing the buck onto someone else. This event and all other Sokol endeavors would be far easier and much more successful if everyone would do something to help.

We are privileged and we are pledged to uphold the Sokol Ideals. Perhaps a review of our Precepts and By-Laws is needed for us to recall what being a Sokol member means. Bro. Meier and I are not working to impress anyone! We dedicate and donate our time to Sokol because we truly believe in its Ideals — that the Tyr's System is an excellent all around system for creating physically sound, morally strong, mentally alert young men and women who will soon be responsible for our Nation and our Sokol Brotherhood.

We are a bit discouraged! Are you doing your share? Think about it!

Mary Frances Meier

SOKOL DETROIT

At the Annual Joint Meeting of Sokol and Sokolice Detroit held, Feb. 23rd, a good number of veteran Sokol members were recognized for their many, many years of faithful service in behalf of our Sokol organization.

Bro. Victor Hurych presented Honorary Memberships and 25 and 40 yr. Membership Pins to the following: 65 yrs. — Bro. Albert Kavan; 60 yrs. — Bro. Louis Havlena; 50 yrs. — Bro. Frank Turchan and Sis. Anna Kopecky; 40 yrs. — Bros. Martin Trojek, Joseph Huvar and Sisters Victoria Hasnedle, Rose Machek; 25 yrs. — Bro. Frank Cibulka and Sisters Irene Belavek, Geraldine Sedlar, Dorothy Mily, Ann Eisner, Rose Fiema.

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

April 23, 1974

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

Correspondence: Request from Hunter College for the ASO to send a letter regarding Sis. Norma Zabka (Director of Women, Eastern District), and her professional achievements. Sis. Zabka is being considered for promotion to Associate Professor. — Appreciation from Soklice Omaha in having Sis. Betty Prener as guest speaker at their 85th Anniversary. — Pacific and Southern Districts requesting an article by Bro. Barcal for their program books.

Director of Women, Sis. Schnabl: Reported on April 19th BOI meeting. — Has hopes of expanding the BOI Board. Several Sokolice will be contacted. — Sis. Kourim will prepare an attendance report. Central District is the only one with up-to-date records. Attendance forms will be reprinted if need be. — Sis. Pistorius will work on a new set of Gymnastic Skills. — Will work together with the Men, regarding additional patches or the creation of new ones. — Report forms approved: Central District, ½-day Modern Rhythmic Gymnastic workshop, \$25.00; St. Louis workshop (3 Sisters, travel), \$198.57; Jr. Girls and Women's Volleyball Clinic, \$65.00. Western District, Implementation of Video Tape machine (travel to St. Paul), \$398.54; 12 Rule books and travel to Crete and Wilber (3 Brothers), \$85.55.

Director of Men, Bro. Linhart: Reported on April 17th BOI meeting. — Recommended Sis. Pros acknowledge all Merit Award Applications and Bro. Kalas be notified, approved. — Discussed feasibility of a Gymnastic Camp at Potter Lake, Wis., in 1976 under the direction of the ASO. Will be further investigated. — Attended Modern Rhythmic Gymnastic workshop. — Men's Sokol Caps were forwarded to Sokol Detroit.

Treasurer, Bro. Basta: In absence of Sis. Agnes Sotka, Bro. Basta read her report. Quarterly tax reports and financial report compiled. Cost of paper for the publication will be increased. Bro. Basta is in agreement with the financial report. Displayed 1st quarter comparison charts for '71, '72, '73 and '74.

Uniform Division, Sis. Prener: Books will be audited in May. Sales are lower this year due to last year being the Slet year. Items made from cotton are more difficult to obtain, especially women's blouses. There will be no more cotton jerseys.

Educational Dept., Sis. Prener: Held meeting, April 10th. Discussed subject material from children's classes to adult classes. — Sis. Provaznik will be contacted for material. — Educational report form sent all Directors. — Standard Sokol Eulogie not yet developed. — Will look into films available for Unit social evenings. — 100 copies of the new Sokol Song Book are now at the ASO office. It was determined the cost be \$3.00 each including postage; \$2.50 when sold over the counter. Each Unit Educational Director or Secretary will be sent a copy and a bill for same, with a letter

explaining price and availability. — The Districts will be notified of the Slet souvenirs still available, will be sold at cost.

Monument Committee, Bro. Schnabl: Presented drawings made by Bro. Prchal and himself for the Sokol Monument to be erected at the Bohemian National Cemetery. The drawings were approved. Now the committee will present the same to the Cemetery Board.

Secretary, Sis. Pros: All correspondence answered. Sisters Prener and Sotka are handling matters when the Secretary is not present.

DISTRICT REPORTS

Central District

MARCH 27, 1974

Vice-Pres., Bro. Edwin Halik presided with 19 members present.

Correspondence: Check for \$795.00 from ASO covering expenses of the bi-monthly Folk Dance Class, Oct. 1972, through Dec. 1973. — Appreciation from Bro. Frank Michalek for receiving a Sokol Scholarship Award. — Invitation from the Bohemian National Cemetery Ass'n. to participate in its Memorial Day parade.

Director of Women, Sis. Carolee Michalek: Instructor's Course to be held at Potters Lake, Wis., each Unit to select 4 candidates for this Course with expense paid by the District. Others may attend but their expenses must be paid by the Unit or the individual attending. — 2nd Class Girl's Competitions, May 18th, at Sokol Tabor. Awards Dinner same evening. Tickets \$2.50 for adults; \$1.50 for children 6-13 yrs. of age. Each Unit to provide 5 mothers to provide the bakery, 2 to work in the kitchen and 4 juniors to assist at the table. — Was suggested the purchase of Video Tape machine through the Traveling Instructors Fund. — Trampoline and Tumbling Clinic, May 20th, at Sokol West Suburban. — Modern Rhythmic Gymnastic Clinic for Jr. and Sr. Women, April 20th, at Sokol Stickney, under the direction of Sis. Mildred Prchal. — Special Number Contest, June 1st, at Morton West High School. Tickets for adults, \$1.25. Students, 50c. There will be 2 divisions. Any combination for Jrs. and Srs. (Men & Women), and any combination of 2nd Class Boys and Girls. One Trophy awarded to the Unit and one to the composer of the number selected.

Director of Men, Bro. Paul Lebloch: 4 Exhibitions completed to date. — Sokol St. Louis requested a Workshop for Jr. Boys and Men for calisthenics and competition. Will be held April 27th. — Other Workshops will be conducted in St. Louis, one by Bro. Fina on spotting, the other by Bro. Kala on Folk Dances. — Discussed was the District Slet, June 23rd; whether to hire a band or the use of tapes. This matter will be investigated.

Folk Dancers, Bro. Fred Kala: Group will perform at Sokol Havlicek Tyrs' Dinner at Sokol Brookfield, May 4th. — The Folk Dance costumes may be borrowed by the Units for use in cultural programs only. — Folk Dance classes are open to all 2nd Classes and Juniors.

Educational Director, Bro. Ernest Pirka: Cataloguing Sokol material on National, District and

Unit level. — Received praise for his work. — Following a long discussion it was suggested the matter of a permanent library be brought up before the National Convention; a library started by the Sokol Organization, which could include other Czech organizations in preserving our Czech Culture in one location. Many of the Sokol Units have books and mementoes they are reluctant to part with unless housed in permanent quarters.

New Business: Sokol Brookfield stated there will be no rental fee for the storage space of the District's properties. A letter of appreciation will be sent.

Financial Sec'y., Bro. Rudy Svoboda: Balance on hand, \$1694.59.

Northeastern District

March 27, 1974

Vice-Pres., Bro. Emil Pekar presided.
UNIT REPORT

Sokolice Detroit, Sis. Louise Kovar: At their annual meeting Sis. Anna Kopecky was awarded a 50 yr. pin and a certificate with the Sokol emblem in gold. Four received 40 yr. pins and five were presented with 25 yr. pins. — The Teen Club will stage a Fashion Show, March 28th. — A Cabaret Dance will be held, April 27th. — Teen Club's Pancake Breakfast, May 12th. — Rummage Sale, May 15th-16th.

Sokol Detroit, Bro. Joseph Kovar: Bro. Vojta Kavan was recognized as a 65 yr. member. — The Unit will have its own Blood Bank in conjunction with the Red Cross. — A committee has been formed to set up a College Scholarship Fund.

Sokol Cleveland-Cech-Havlicek, Bro. Frank Kavan: Unit will be recognizing their elder members. — Still seeking a custodian.

Sokol Rip: Unit representatives will be attending the Summer Exhibition at the AMLA Center. — Bro. Joseph Ciz was elected President.

Sokol Nova Vlast, Bro. Joseph Kocian: Unit's next meeting will be Mother's Day program, May 12th.

Sokol Tyrs, Sis. Anne Horice: At the Unit's last meeting some members were honored with 25 and 40 yr. pins. — Juniors are sponsoring a Pancake Breakfast on Mother's Day, May 12th. Also a car-wash, April 21st and April 27th. — The Beseda Dancers performed at the Zonta Club.

B.O.I.: Accepted invitation to stage a gymnastic program sponsored by Lectures and Artists, May 10th, for which a \$400.00 payment will be made. — District School will be held at Sokol Nova Vlast, Aug. 19th-24th. — Sokol Detroit is doing very well with its Educational program. — Sokol Tyrs will be in charge at the next combined Winter Exhibition at Cleveland State, February 1975. — Requested, a Social be held, May 4th, after the competitions.

New Business: Detroit Slet will be held on the 3rd Sunday in June 1975, which will not conflict with the District's Summer Exhibition.

Treasurer's Report, Bro. Galik: Checking Account - \$625.60; Outstanding Checks - \$205.59; Book Balance (March 27, 1974) - \$420.01; Savings Account - \$889.58; Savings Certificate - \$5,000.00.

Southern District

March 28, 1974

Pres., Bro. George Prevratil presided. Present: Bros. Don Steinman, Oldrich Parma, Larry Laznovsky, Miro Jurcik, Frank Cechan, Harrell Hamilton, Stuart Hamilton. Sisters Bernice Hamilton, Rose Steinman, Vlasta Laznovsky, Helen Parma. Pres. Prevratil introduced Bro. Sid Pokladnik who, on behalf of the Supreme Lodge SPJST, presented the annual donation of \$500.00 to the Southern District.

Correspondence: Announcement from the ASO that Pres., Bro. Stanley Barcal will be its representative at the District Slet in Ennis, June 7-9th. — Reports from Sokols Corpus Christi, Yukon and Houston.

UNIT REPORT

Sokol Corpus Christi: March meeting, 25 in attendance. Gained 2 members. — Held Flea market, Mar. 17th. — Family night social, Mar. 29th. — Gym program and entertainment, April 7th.

Sokol Zizka: Held 2 regular dances. — Unit sponsoring 2 Jr. girls in the AAU Meet in Philadelphia. — Appointed Bros. Jurcik, Cechan and H. B. Smith as delegates to monthly District meetings.

Sokol Karel Havlicek Borovsky: Gained 9 regular and 29 associate members. — District Slet preparation in full progress, posters being distributed, souvenir book information being assembled. — New Executive Board elected. — Easter Egg Hunt, April 6th. — Hosted Polka Festival party for the press and workers.

Sokol Fort Worth: Gained 11 associate members. — 16 Jr. Girls and 2 judges participated in dual meet with L. D. Bell High. — 22 Jr. girls and one judge attended the dual meet with Garland Flippers. — 9 entered SWAAU meet. — 2 Jr. girls took part in the Monterrey exhibition. — Held Family night. Olympic and Slet films were shown. — Easter picnic, April 14th.

Sokol Houston: March meeting, 30 present. — Committees raising funds for charter buses to the District Slet. — Plans for a Czech Day in July. — 2nd lecture on Sokol history was given.

Public Relations: 10 lectures on parliamentary procedure were presented at membership meetings. — 1973 Slet films were shown.

B.O.I. Directors, Sis. & Bro. Laznovsky: Films made of apparatus routines of Jr. boys and Men's divisions. Copies will be distributed among the Units. — Preliminary survey sheets mailed to Units. — Will make trip to Houston to assist in teaching Slet material, April 13th. Sokol Corpus Christi instructors plan to attend also. — Recommend Units submit their number of students planning to attend the District Course, not later than April 20th. — Article on the Polish Olympic exhibition in Fort Worth will be written. — Held instruction session in Ennis, Mar. 30th.

Educational Director, Bro. Parma: Taped march music with the Czech Concert Orchestra. — Made copies of Czech song. Unit Educational Directors are requested to teach this song for the Slet. — Received 1967 Mid-Slet film.

Discussions: District Directors plan to teach Slet material in Yukon, April 7th. Bro. Prevratil

will also attend and meet with the membership. — Approved, District to purchase a \$50.00 full-page ad in the Slet souvenir book. — Sokol Ennis indicates it will charge 25c for swimming in its pool during the Slet days. Approved, the proceeds from the pool are not to be included as income of the Slet.

Western District

February-March Meetings

B.O.I.: Sis. Gathye calisthenics corrections sent to all Units. — Sokol St. Paul requested an instructor to operate the Video Tape. Bro. Masek will fulfill the request, Feb. 22nd. — All parts of the Video Tape Sets have been received. Packing materials were purchased. District will pay the initial cost of shipping. — Men's U.S.G.F. Judging Guide Books have been received. They may be purchased at the April Semi-Annual Meeting at \$5.00 per book. — A committee has been named to discuss a tentative Gymnastic Camp. — Units are urged to practice marching. — Bro. Linhart requesting a listing of the District activities for this summer.

District Slet, Sis. Lagsdon: Gave full report on Slet progress. More information will be sent each Unit. — Expressed the hope that the Units would have Special Numbers for the Slet. — Rooms are available at the Villa Madrid, Crete, Nebr., 68465 on a first come first served basis. — District purchased a \$50.00 ad for the Slet Souvenir Book.

Semi-Annual Meeting: To be held, April 27-28th, at Sokol Omaha. Workshop at 12 p.m. BOI Meeting at 3:30 p.m. both on the 27th. Executive Meeting at 9:00 a.m. on the 28th. — Discussion on the agenda; shipping and repairs of the Video Tapes.

HONORS TO BRO. EDWARD PAVOUCHEK

Bro. Edward Pavoucek of Sokol South Omaha was honored on two separate occasions in the past months.

First, 34 members of the Sokol South Omaha Hall Board of Directors and the Games Committee attended a special dinner in Bro. Pavoucek's honor. At the occasion he was presented with a plaque for his 13 yrs. as President of his Unit.

The 2nd. honor bestowed upon him came at the Annual Printing Week Banquet, Jan. 16th. Bro. Pavoucek was the recipient of the 1973 Omaha Club of Printing House Craftsmen Award. He has held many offices, served as chairman on various committees on the local, district and international levels, and given many hours of outstanding leadership for the betterment of the printing industry.

Congratulations are in order.

The participation of the youth in the Sokol training program is, in a great sense, dependent upon the attitude of the parents. Their cooperation and interest are vitally important and should be encouraged.

Edward Stetka

SOKOL GYMNAST

May 1974

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

O. J. Kudrnovsky:

THEY, THAT SOW IN RIGORS OF C-R TRAINING, SHALL REAP IN JOY OF FITNESS AND HEALTH

What is the C-R, circulo-respiratory fitness: what is the relation of the circulo-respiratory training to the Sokol training program, and how to safeguard the yields of the circulo-respiratory training, within our training program?

The C-R fitness generally known as the total body endurance fitness is an individual's ability to persist in strenuous and prolonged effort, without undue discomfort and fatigue.

We all know, oxygen unlike food cannot be stored in the body tissues and cells. Its supply must be coming in continuously without a stop. Since the C-R system is solely responsible for such constant supply of oxygen, then, all of the C-R organs, especially the heart and lungs, have to be developed to the best of their potentials.

Most of the medical researchers and psychologists agree, that there is no better means than C-R training to develop these key C-R organs. Along the same lines, they believe that such development is closely related to the highest levels of health and fitness. They base this belief on clinical and laboratory tests. According to one of such tests of Drs. Johnson, UpDyke & Henry, a person whose C-R system is fit and well developed, is able to sustain his efficiency in all his tasks throughout his workday. His working efficiency being as high at 5 P.M. as it was at 9 A.M.

Conversely a sedentary person with unfit C-R system showed much fatigue at the end of his workday. According to their other experiment a group of persons who showed a great decrease in their work efficiency, from morning to late afternoon, demonstrated after only four weeks of C-R training, consisting of 20 minutes, three times a week a complete reversal of their previous work efficiency.

The late Dr. Arthur Steinhaus had gathered considerable evidence that regular C-R training can develop the heart muscle stronger and more efficient.

Dr. W. R. Eckstein's work on "the effect of exercise and coronary circulation" clearly indicates that after an occlusion (blockage) of one of the main coronary vessels, the C-R training promotes an opening of additional pathways that bypass the occluded coronary.

Dr. K. H. Cooper through his extensive clinical and laboratory work found: that in a matter of weeks the C-R training will produce many physical changes: that heart become healthier; more oxygen

will reach the body tissues; you will sleep better; wake more easily and refreshed; have fewer headaches. Even your hearing may improve, as you break-up the cholesterol deposits clogging your blood supply to the ears.

The medical opinion about a direct effect of exercise on disease varies greatly, but many doctors found that C-R fitness training lessens severity of diabetes; lowers the blood pressure; banishes mild cases of ulcers; helps to release emotional stress and disorders of the psychosomatic origin (disorders affected by mental state) and serves as a preventive measure to a wide spectrum of morbid conditions.

To answer the second part of the introductory question "what is the relation of the C-R training to the Sokol training program? How and in what areas does our Sokol training program come in?"

It is mainly the area of the 2nd class of the I. Ex. Group, namely the track activity phase of our system, including: running, obstacle course runs, circuit series, and multitude of the total body exercises done repeatedly, and according to "the principle of overload."

In accordance with this principle: we tax the C-R mechanism to its maximum capacity, and when the adaptation to this demand takes place, then, the taxation is upgraded to the maximum of the newly established C-R capacity. This procedure is carried on, until a desired degree of the C-R endurance or the physiological limit is attained.

Let us now at this point, acknowledge the fact that such activities as golf, bowling, or any other fancy equipment of the health spa, is not in any appreciable degree conducive to the C-R fitness. Even isometrics, isotonic, weight training, apparatus work, while they contribute generously to the muscular endurance, involving localized body parts and segments, they fall short in their contributions to the C-R endurance fitness. Mainly because, the nature of these activities, limits the exposure to the maximum taxation of the C-R capacity and restricts the total body intensive effort.

This brings us to the point of our discussion, to answer the last part of the introductory question: "how to safeguard the yields of the C-R training within our system?"

First of all, we must keep our Tyrs system, the bedrock of our training program, intact, abandoning none of our Ex. Groups or classes.

(Continued on page 158)

SOKOL BELCAMP GYMNASTS WIN AWARDS



SOKOL BELCAMP GYMNASTICS UNIT instructors and award-winning performers line up for a team photo. From left are (back row) Ron Anderson, Men's Physical Director; Rose Krajca, Women's Physical Director; Linda Campbell, Penny Davis,

Joyce Anderson, Dianne Lootens, Jay Hofferman, Sherry Davis and Physical Instructors Tom Hafer and Martin Lago. (Front row) Mark Dolezal, Tim Quigg, Tim Nicholas, Tom Haynes, Renee Mangurian, Martha Austin, Laura Sheetz and Rita Mangurian.

Members of the Sokol Belcamp Unit of the American Sokol Organization have recently distinguished themselves with successful results in competition.

First, in the gymnastics meet on March 3rd against the much larger Baltimore Unit, the Belcamp youngsters captured 8 places. In the Boys group ages 10-12, Tim Quigg won 1st Place, and Mark Dolezal 2nd Place. In the Boys ages 6-9 group, Tom Nicholas was 2nd and Tom Haynes 3rd. For the Girls group ages 6-9, Laura Sheetz won 1st and Renee Mangurian 2nd. In the Girls ages 10-12 group, Martha Austin was 1st and Rita Mangurian 4th Place.

Next, in competition against members representing four different Sokol organizations from Washington, D.C. to Connecticut, entering the Eastern Division meet held in New York on March 16th, Jay Hefferman of the Belcamp Unit won 1st place in the Intermediate Women's Division. This qualifies Jay for competing next time in both the Women's High Division and Championship Contests.

Gymnastics training is open to all local children and teenagers at the Bata Community Center in Belcamp, Md.

A HEALTHY MIND

R. P. D. writes: What do you advise to keep the mind healthy?

REPLY

Use it. The mind, like other structures, must be used to remain healthy. And don't forget — "A sound mind in a sound body."

(The Chicago Tribune, 1974)

RIGORS OF R-C TRAINING

(Continued from page 157)

Furthermore, we must place special emphasis on C-R training in all developmental and competitive phases, and include C-R training activities in every man's, woman's, junior's and children's class.

Finally, we all, as true Sokol members must adhere faithfully to such an integrated program — foremost, to the acquisition of our most valuable commodity: TOTAL FITNESS — TO PLAY and WORK BETTER, TO MEET

VICTORIOUSLY OUR CHALLENGES of the Day:
ALL IN ALL:

TO FEEL BETTER and
LIVE LONGER

GAMES FOR CHILDREN

RED LIGHT

Arrange players in line. Appoint one of the players in the center of the line "IT". At signal "IT" counts out loud to ten and concludes by saying, "No talking, no laughing; no moving, Red Light," and turns about. In the meantime the other players have turned and run away from him. On the signal "Red Light" all "freeze" in their positions. If "IT" does not see a player talk, laugh or move he turns back and counts again, repeating until he does. When he sees a player doing any of these forbidden acts he calls that player's name and chases him until he tags him. This player becomes "IT" for the next game.

SNAKE CATCH

Scatter the players over the playing area. Appoint one of the players "Snake Catcher" and give him a rope six or eight feet long. At signal the "Snake Catcher" runs about the playing area dragging the rope after him. The other players try to catch the rope in their hands. (They must not step on it.) Any player catching the rope becomes the "Snake Catcher," takes the rope and the game continues. The "Snake Catcher" should not swing the rope (the 'Snake') about, but should drag it behind him at all times.

CATCH AND PULL TUG OF WAR

Any number of players may engage in this contest, which is one of the best for a large number, containing as it does both the excellent sport and vigorous exercise.

A line is drawn down the middle of the playing space. The players are divided into two teams and stand one team on either side of the line. The game starts on a signal and consists in catching hold of an opponent by any part of his body, as hand, arm, foot, reaching over the line, and so pulling him across the boundary. Any number of players may try to secure and hold an opponent and any number may come to his rescue and try to resist his being pulled over the line, either by pulling him in the opposite direction or by trying to secure a hold on one of the opponents. A player does not belong to the enemy until his entire body has been pulled over the line. He must then join his captors in trying to secure players from across the line. The team wins which has the largest number of players at the end of time limit.

DUMBBELL TAG

The players stand, scattered promiscuously, one of their number, who is "IT", being placed in the center at the opening of the game. A dumbbell is passed from one player to another, the one who is trying to tag the person who has the dumbbell. If he succeeds, the one tagged becomes "IT".

A great deal of finesse may be used in this game: in appearing to hand the dumbbell in one direction, turning suddenly and handing it in another, etc. Players may move around freely, and the action is frequently diversified with considerable running and chasing.

SQUAT TAG

This game is played like ordinary tag with the exception that the players may free themselves from tagging by assuming a squatting position. While the same player is "IT" however, a runner may make himself safe in this way only three times; after that he can only run.

SHADOW TAG

This game can only be played outdoors and then only when the sun is shining. It is played as regular tag except that "IT" attempts to step on the shadows of the runners. Stepping on the shadow of a runner "IT" calls the name of that player and the player called becomes "IT". The new "IT" takes up the duties of this office immediately.

"I SAY 'STOP'"

Arrange the group in a circle — players standing at normal intervals, facing in. The instructor takes position in the center of the circle. Command loudly "I say STOOP" and at the same time do a support squat and bend body forward and rise to the erect position without halt. The players all imitate the action. Continue this but occasionally interject another command such as "I say BEND," etc. On this command bend forward yourself as before, but any player who stoops is eliminated and sits on the floor. The elimination continues until all have been forced to sit down — the last player eliminated is the winner.

THE SNAKES

The players divide into two groups, preferably with not fewer than six players and not more than twenty in each. The players then form themselves into a Snake by sitting on the ground one behind the other. Each player has his legs outstretched and he encircles the body of each child in front. The different Snakes should be in parallel lines and moving in the same direction. The players then inch the whole line forward by waving their bodies back and forth to the tune of some lively song. Each line tries to go faster than the others, and the fastest one wins.

Sokol Gymnasts!

- ATTEND YOUR CLASSES REGULARLY
- PARTICIPATE IN YOUR UNIT EXHIBITION
- ENGAGE IN YOUR DISTRICT'S COMPETITIONS

STUNTS FOR ALL CLASSES

Long Mat Required —

HOPS (Advancing forward)

1. Hands on hips — feet closeleg — hop forward
2. Hands on hips — feet astride — hop forward
3. Hands on hips — alternate closeleg and astride hop forward
4. Hands on hips — hop forward on one leg, other in rearleg (reverse)
5. One hand on hip — other grasps ankle and hop forward (reverse)
6. With leap into air — bend rearleg and touch ankles with every leap forward
7. Hands on hips — heel clicks to side for step left, hop from left and click heels on right side — repeat to opposite side

WALKS — SINGLES

8. All fours walk — arms and bent legs (alternately)
9. All fours walk — straight arms and legs (walk and 2x run)
10. All four jump — advance forward on both hands, (jack rabbit, bunny hop) draw up both feet with snap, advance hands.
11. Lame dog — on high rearleg, hands on floor and walk forward (two hands and one leg)
12. Kneel on one leg, hands on hips — shift weight forward and drop to opposite knee and advance
13. Log Roll — roll sideward with stiff body — hands in uparm
14. Walk on hands — hold hands under toes and walk forward
15. Worm — lay on stomach, hands overhead — thru benthips advance legs, then alternately advance hands to lie on stomach (walk arms forward) — repeat
16. Knee walk — from kneel, grasp toes with hands, hold arch back, walk forward on knees
17. Buttock Bounce — from seat, raise to sidearm and legs off floor — bent frontleg — with uprise, raise body from floor and advance forward on buttocks only
18. Russian Cossack — Fold arms, squat — extend one leg to fore-touch and with slight uprise, extend opposite leg to foretouch and other leg to squat. — Advance forward
19. Duck Waddle — squat, hands on hips, trunk erect — advance walking forward — head level at all times.

DOUBLES:

- #1 (bottom man) is the carrier
#2 (top or carried man) is the passenger
20. Wheelbarrow — #1 on all fours, #2 grasps ankles of #1, lifts, and walks forward
 21. Monkey Carry — #1 an all four, #2 carried under chest of #1, #2's feet wrapped around chest of #1, #2's hands wrapped around hips and buttocks of #1. — Crawl forward
 22. Pony ride — #1 on all four, #2 sits astride on #1's back, hands on shoulders — crawl forward
 23. Horse Ride: #1 stands astride, #2 mounts to seat astride on #1's hips, hands on shoulders — move forward

MODERN RHYTHMIC GYMNASTICS CLINIC IN CENTRAL DISTRICT

On Saturday, April 20th, the Central District Women's B.O.I. under the Directorship of Sister Carolee Michalek and Agnes Pajer, sponsored a 3-hour Modern Rhythmic Gymnastics Clinic for women and junior girls at Sokol Stickney. Present were 32 students from Sokols Berwyn, Brookfield, Slavsky, Stickney and Tabor. Instructor of the clinic was Mildred Prchal, assistant, Jane Jurew, demonstrator Kathy Brym. Sis. Prchal first addressed the group on the fundamentals of all work with apparatus such as hoops, ropes, clubs and balls, etc.

Marching was stressed as "a basis for all rhythmic work" — good posture and interpretation of music. Warmups and preparation exercises, acrobatics, modern dance and selected exercises from ballet technique are also necessary.

All pupils at the clinic went thru basic hoop and rope exercises. A group of girls from the Lawndale Park District taught by Sis. Jurew, gave a demonstration of the USGF Compulsory Rope and Without Apparatus Exercise for 1974-1976 and Kathy Brym, U.S.A. representative to the World's Modern Rhythmic Championships in Holland last November, and a member of Sokol Tabor, demonstrated her polished routines with ball and rope.

This Clinic dealt mainly with one apparatus, the hoop. Since each apparatus requires at least 2 hours for basic work, it would be desirable to continue with these clinics in which the handling of each piece of apparatus and its basic technique is taught.

YOUTH GUIDANCE

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

— Rev. Hoover

AMATI CONCERT BAND FROM CZECHOSLOVAKIA TO PERFORM

The 70-member Amati Concert Band from Czechoslovakia will perform throughout communities of South Dakota, Nebraska and Iowa. The band had already been invited to perform in a band festival in Rapid City, South Dakota, from May 29th to June 2nd. This band has played in all the major cities of Europe, and has won acclaim for its excellence at the World Congress of Bands in Luxembourg in 1972, and in Kerkrade, Holland, in 1970. The transportation from Prague to Rapid City and return has been paid by the Amati Music Works in Czechoslovakia.

Dr. Vladimir Kucera, of Lincoln, Nebr., was requested to arrange additional concerts for the group. They asked only to be provided with the extra cost of transportation, their food and lodging while performing.

Dr. Kucera, remembering the enthusiastic support a symphony orchestra from Brno, Czechoslovakia, received in Omaha in 1972, turned this request over to the Czech Cultural Club, which arranged a schedule for them as follows: Rapid City, So. Dakota, May 29th-June 2nd; Tabor, So. Dakota, June 3rd; Verdigre, Nebr., June 4th; Brainard, Nebr., June 5th; Omaha, Nebr., (Peony Park Royal Grove) June 6th; Mason City, Iowa, June 7th; Cedar Rapids, Iowa, June 8 or 9th; Decorah, Iowa, June 10th.

The Czech Culture Club, together with a few other interested Czechs, is undertaking this for no monetary gain. However, the expenses incurred in such a venture as this are great. Much effort has already been put forth to make this concert tour a success.

Tickets for these concerts will be available within these various communities. Nine advance selling locations are in the Omaha area, which include the Omaha Sokol Hall at 13th and Martha, and the South Omaha Sokol Hall at 21st and "U" St.

Ladislava Prazan

FUTURE SOKOL LEADERS FUND

| | |
|--|-------------|
| In memory of Sis. Agnes Vyskocil — | |
| John & Vlasta Stribny and Marie Juracka | \$20.00 |
| Blanche & James Cihak | 10.00 |
| Olive Suchy | 10.00 |
| In Memory of Sis. Marie Dolejsi — | |
| Marie Havel | 2.00 |
| In memory of Bro. Henry Vydra — | |
| Sokol Brookfield | 25.00 |
| In memory of Mrs. Agnes Kratochvil — | |
| Blanche & Otto Polacek and | |
| Emily & Bill Polacek | 20.00 |
| In memory of Bro. Anton Pecival — | |
| John Martiny | 5.00 |
| | \$92.00 |
| Transfer of funds from passbook account to certificate account | \$15,000.00 |
| Donations are tax exempt | |

A Word to the Wise Woman

Clara Boothe Luce in an article entitled, "Growing Old", in the February Ladies Home Journal summarized her feelings about the role of exercise in healthful living as follows:

"What this flood of advice comes down to, quite simply, is three do-it-yourself plans: Exercise, diet and personal hygiene. At any age these are the cornerstones of physical beauty and health. The regularly exercised, properly fed, well-groomed and cared for body remains wonderfully resistant to those physical diminishment and infirmities that we associate with age. Far more than heredity, these three plans account for why many women in their 50's look younger than their grandmothers at 35. By actual Physiological criteria, they are younger. Money never melted fat off of any woman's hips. Woman owe their model dimensions to regular exercise and control of their appetites."

Riots and Revolution

"The groups we are dealing with today are not innocent, misinformed students," Erie county sheriff Michael A. Amico told the Senate internal security subcommittee, "They know precisely what they are doing. Their ultimate goal is not reform, but revolution."

Reds on Campus

The campus speaking circuit is a significant money source "for the promoters of disorderly and revolutionary activity among the students," reports the U. S. Senate internal security committee, finding \$109,243 paid to "promoters of revolution" for speeches on 134 college campuses during a two-year period.

VISIT TO CZECH LIBRARY

Recently there was a tour of the Joseph Regenstein Library of Humanities and Social Studies of the University of Chicago. Those who participated in this tour were interested in viewing the collection of books and material pertaining to the Czechs and Slovaks.

It was a privilege to visit and examine the Rare Book Section with its extensive cataloguing and reference shelving. Among the Illuminations, Manuscripts, Vellums, Block-printing, was a collection of early Slavonic codices, bibles and Bohemian treatises. Viewed were the carrells, study rooms, council rooms where the intricate cataloguing systems are discussed, appointed, and evaluation made of each selection.

The tour continued on to the Social Studies Section where books and material of the Czech nation and its people are located. Here is a display of the Czechs, their history and their works — in Europe, America and Asia — on national or local community level. Contained are publications pertaining to the Czechs, written in Bohemian, German, English and other languages. The material includes

current events. For example: an exhaustive collection of the "Prague Spring of 1968 and Dubcek", extending to the present moment.

Included are Sokol publications, Fraternal and Benevolent Society journals and organs, copies of Annuals, Almanacs (Kalendář) of Hlasatel, Svornost, Katolik. Also, current journals and newspapers printed in Czechoslovakia, as the Československý Svět. Also viewed was an exhibit of photographs, pictures, letters and clippings of the Chicagoland Czech community.

Next came the Humanities Section with its array of literature by Czech writers. Included are translations of the authors in other languages. For example: Božena Němcová, and her works (especially Babicka); translations in German, English, Swedish, Yiddish — two publications in the U.S. — the United Kingdom English edition — and the "Granny" English publication of the Czechoslovak Publishing House in that country. Another example: J. Hasek, author of "The Good Soldier Schweik" (Švejk), and the translations of his noted work in all languages, including Chinese.

Several members of the Educational Committee of the ASO attended the tour. They were curious and interested in the nature and extent of the collection. They became aware that similar exhibits applied to all people, including all branches of the Slav nations — Slovaks, Poles, Slovenes, Serbs, Croats, Russians and others. At present the Regenstein Library of Social Studies and Humanities has about two million books. Various aspects of the library were noted, especially the Czech and Slovak collection. Follow-up articles will appear of our interest in the study of a library and how it will relate to Sokol and its future.

Educational Committee

HAROLD T. PAZDERNIK

Those of us who knew Bro. Harold Pazdernik, are especially saddened by his premature passing from our ranks. We share with his family the deep sorrow that has cast a shadow upon all of us and extend our profound sympathy in this hour of bereavement.

Bro. Pazdernik was born in Detroit, August 28, 1923, in the neighborhood of the old Czech National Hall, where he spent many years of his youth. He became associated with Sokol Detroit at an early age and became an active member and gymnast. He grew to love this organization around which he patterned his entire life.

It was through this association that brought him together with Jennie Swinka, his childhood sweetheart, who he married in November 1944. Of this union were born Jaqueline, Thomas and Robert. Besides being survived by his immediate family he leaves behind a grandson, and his parents, John and Agnes Pazdernik.

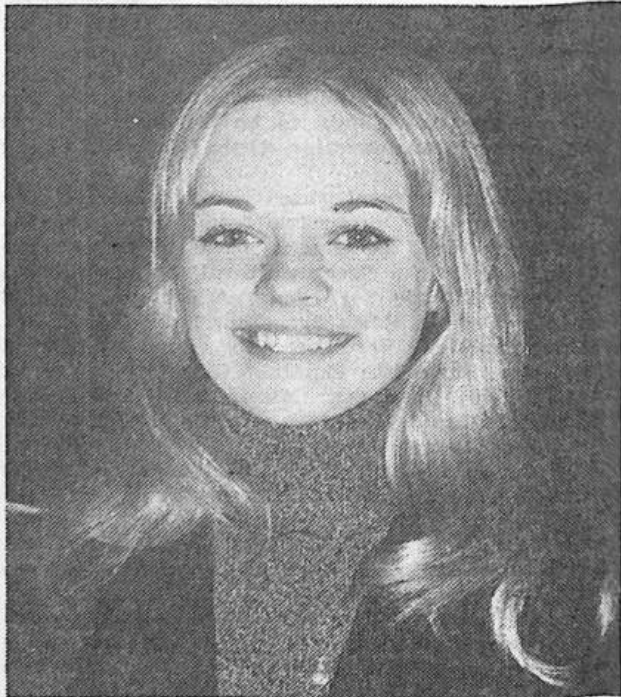
His golden philosophy of live and let live, should serve as an inspiration for all of us to live by. Being youthful in spirit and body, he worked up to the very end with the younger generation. He valued and respected the cultural heritage of his Czech ancestry; was a member of long standing with the CSA and in Sokol where he endeared himself to all who had the pleasure of his company.

He distinguished himself as Chairman of the Sokol Board of Directors, believing unstintingly in the Sokol motto, "a sound mind in a sound body." He pursued this and through active participation in the gymnasium as an instructor, never losing sight of the high ideals which Sokol demands.

Bro. Pazdernik's devotion to his family and Sokol Detroit was beyond reproach. Being a noble man and true friend, we shall greatly miss him, but shall never forget him.

George Eisenstein,
President, Sokol Detroit

MISS SOKOL FORT WORTH 1974



Janice Jernigan

Truly a dedicated gymnast, 15 yrs. of age, now sophomore in high school where she is a member on the Cheer-leading squad. Janice was a member of the Advanced Sokol Class for a period of 4 years.

HISTORICAL DATES

In the early 1800's the renaissance of Czech and Slovanic nationalism and culture began. Such personages as Dobrovsky, Jungman, Palacky, Kollar and Safarik were instrumental in the momentous revival. The idea of founding a National Museum and Archives originated in April of 1818. Today it is the National Museum on Wenceslaus Square (Václavské Náměstí).

It was April 17, 1827, that Vojta Naprstek was born in Prague, Czechoslovakia. He was a noted Czech nationalist and philanthropist. He visited the U.S. and aided in forming several Czech-Slovanic societies. Became the publisher of the first Czech newspaper in America, in Racine, Wis. Though it

was published and titled in German (Fluggenblotter), the Czech language was just being revived. Soon other Czech papers appeared on the scene. Vojta Naprstek also founded an Industrial Museum in Prague. His mother who was also beloved, won fame for her work among the underprivileged and her humanitarian efforts.

April 5, 1896. A modern international revival of the Olympic Games was presented in Athens, Greece. These games and contests were patterned after the ancient Olympiads, and are now held every fourth year. The 20th Modern Olympiad was held in Munich, Germany, in 1972.

April 7, 1348. King Charles IV. founded the University of Prague, the first in Central Europe.

April 9, 1825. First performance in Czech of Mozart's opera "Don Giovanni" dedicated to the people of Prague. Mozart lived with the Dusek family in Prague; the home exists today, is known in Prague as "Bertramka". It is a national museum and can be visited by tourists.

April 9, 1862. Saw the first Sokol building being erected in Prague with the financial aid of Jindřich Fuegner, one of the founders of Sokol.

April 10, 1862. At this time a Sokol uniform was accepted and designs submitted. The motto "Tužme se" (Let us aspire) was suggested. This slogan is attributed to Miroslav Tyrš.

April 12, 1916. The Czech and Slovaks agreed to work and establish a nation separate from the Austro-Hungarian Empire. This was during the First World War. This was known as the "Pittsburgh Agreement".

April 14, 1818. Proclamation issued for the founding of the Royal Bohemian Museum in Prague (now the National Museum). The building was dedicated, March 30, 1891.

April 16, 1838. Birth of Karel Bendl, musical composer, whose songs for mixed voices are very popular and often sung in America.

April 22, 1911. The Czech Sokol Organization announced that women may become members of Sokol Units.

April 23, 1420. Jiri Poděbrad, Czech king, was born. Died in Prague, March 22, 1471.

May 1, 1904. Antonin Dvorak, famous Czech composer died. Born September 8, 1841.

May 2, 1866. Premier of Bedřich Smetana's opera "Bartered Bride" in Prague.

May 4, 1919. Dr. Milan Rastislav Štefánik died in an aeroplane accident. He was a national Czechoslovak hero, famous scholar, former general in the French army, leader of Czech revolutionary movement in foreign countries, first Minister of National Defense in the Czechoslovak Republic.

May 9, 1918. Thomas G. Masaryk visited Washington, D.C.

May 10, 1868. General assembly of the people on Rip Mountain for the purpose of discussing matters pertaining to the freedom of the country, the national and universal suffrage (in Bohemia).

May 12, 1820. Josef Manes, distinguished Czech painter, was born in Prague. He designed the official banner and the uniform of the Sokols. He painted the famous tower clock on the City Hall in Prague. Died December 9, 1871.

May 12, 1884. Bedřich Smetana, founder of Czech music, died in Prague. Was born March 2, 1824.

May 13, 1316. Emperor and King Charles IV. called "Father of his Country", was born in Prague.

May 13, 1795. Paul Joseph Safarik, author of "Slavonic Antiquities", foremost among Czech enthusiasts in arousing a national consciousness among his people, was born in Kobeljarovo, Slovakia. He died June 26, 1861.

May 14, 1893. Unification of Polish Sokol organizations accomplished in Galicia, Poland.

May 16, 1968. Corner stone of the National Theater in Prague was laid. The theater burned down, August 12, 1881; rebuilt and re-opened, November 18, 1883.

May 24, 1925. Celebration marking the opening of Tyrš House in Prague

May 26, 1876. František Palacký, Czech historian and compiler of the Czech political program died. Was born June 14, 1798.

May 29, 1815. Jan Malypetr, first teacher of calisthenics and staunch disciple of group gymnastics in the Prague Sokol Society, was born. He died January 31, 1889.

May 29, 1884. Miroslav Tyrš resigned from the physical instructor leadership of the Prague Sokol Unit.

May 30, 1872. Publication of Dr. Miroslav Tyrš' work "Fundamentals of Physical Culture".

Educational Committee

Bratr Břetislav Vaněk se dožil svých 75. narozenin



Známy národní a sokolský pracovník bratr Břetislav Vaněk se ve středu 10. dubna 1974 dožil svých 75. narozenin. Celý svůj život zasvětil práci pro svou rodinu, pro Sokolstvo a pro svůj národ.

Narodil se 10. dubna 1899 v Třebíči na Moravě, kde se vyučil čalounictví a kde také absolvoval odborné školy. V

roce 1921 — u příležitosti odjezdu družstva Československé Obce Sokolské na slet Amerického Sokolstva do Chicaga — odjel do Spojených států, kde od té doby žil a pracoval v Chicagu — až do svého odchodu na odpočinek.

Ve Spojených státech se ihned začlenil do národní práce, a to nejprve do činnosti divadelní. Jako člen Česko-Amerického Národního Divadla působil nejen v Chicagu, ale i při zájezdech do četných amerických měst. Při jednom z těchto divadelních zájezdů seznámil se před 48 roky v Omaze, Nebraska, se svou milou budoucí manželkou Boženou, rozenou Kloudovou, se kterou uzavřel manželský sňatek.

V Town of Lake v Chicagu zařídil si čalounický závod, který později přestěhoval do srdce "České Kalifornie". Úspěšně vedl svůj závod po dobu více než 40 roků. Po svém odchodu na odpočinek odstěhovali se manželé Vaňkovi v roce 1972 z Chicaga do Brookfield, Ill., kde od té doby žijí na zaslouženém odpočinku.

Ze šťastného manželství narodili se manželům Vaňkovým dva synové, Miroslav a Vladimír, dnes již

oba ženati. A tak manželé Vaňkovi se dnes těší nejen ze svých synů a snach — Kamily a Lorraine, ale i z pěti svých vnoučat.

Jako věrný Sokol a sokolský pracovník již ve staré vlasti, bratr Břetislav Vaněk ihned po svém příjezdu do Spojených států vstoupil do Sokola Town of Lake v Chicagu, kde byl po řadu let nejen pilným cvičencem, ale i činovníkem jednoty. Po 10 roků byl starostou Sokola Town of Lake a po řadu let byl ředitelem a pokladníkem sokolského letního tábora této jednoty ve Willow Springs, Ill. Po 10 roků byl starostou jedné z největších amerických sokolských žup — Sokolské župy Střední — a po 4 roky byl místostarostou Americké Obce Sokolské. Bohatá byla také jeho činnost v druhém čs. odboji ve Spojených státech.

Po dlouhou řadu let br. Vaněk pracoval v Československé Národní Radě Americké, kde byl dlouholetým členem předsednictva a dlouholetým pokladníkem. Po řadu let byl také předsedou Oblastního výboru Čs. Národní Rady Americké v Chicagu a po mnoho roků byl pokladníkem Odbočky ČSNRA "Dr. Milada Horáková".

Bratr Vaněk je také dlouholetým členem chicagského pěveckého sboru "Lyra" a členem řady dalších krajských spolků a organizací.

Začátkem roku 1972 br. Vaněk byl nucen vzdát se — pro nemoc — členství v předsednictvu Československé Národní Rady Americké — i funkce pokladníka v Odbočce ČSNRA. Sjezd Čs. Národní Rady Americké, konaný v dubnu 1972 v Chicagu, udělil mu záslužný diplom v uznání za jeho dlouholetou práci v Československé Národní Radě Americké a v jejích organizačních složkách.

U příležitosti svých 75. narozenin br. Břetislav Vaněk se může s uspokojením ohlédnout zpět, na výsledky své dlouholeté záslužné práce v našem národním a sokolském životě, kde dosáhl nejen řady významných úspěchů, ale kde si svou věcnou a milou povahou, prozíravostí a obětavostí získal také nepřehlédnou řadu upřímných přátel.

Ti všichni mu dnes — spolu s jeho milou rodinou — u příležitosti jeho 75. narozenin — přeji hodně pevného zdraví, zdaru a ještě mnoho krásných a spokojených let!

Dr. Antonín Hřebík

TYRŠŮV "NÁŠ ÚKOL, SMĚR A CÍL"

Tyršovo sokolské evangelium, jeho nejkrásnější dílo, které odkázal Sokolstvu a otiskl jako programový článek v 1. čísle časopisu SOKOL v roce 1871 je úvaha "Náš úkol, směr a cíl".

V dřívějších dobách v sokolských jednotách když byl přijat nový člen do sokolského bratrstva, dostal tuto malou knížku s Tyršovým "Náš úkol, směr a cíl". Dnes po 90. letech tento Tyršův sokolský program psaný starou češtinou není pro mnohé srozumitelný a je na něj zapomínáno. To je namítáno i proti křesťanské bibli, která ve všech jazycích je psána starou řečí a přesto je z ní čerpáno mnoho pravdy. Tak i my Sokolevé musíme se dívat na Tyršovo dílo, pozorně je číst a v mnohém přímo přeložit do moderní doby abychom mu porozuměli a pak poznáme, že Tyršův sokolský program není zastaralý, ale že i v dnešní

době atomů a sputníků nám může být potřebným vodítkem když chceme být dobrými Sokoly a demokratickými občany.

Rozeberme si jen stručně Tyršovo dílo. — Již v úvodním svém článku Tyrš začíná svou úvahu vzletnými slovy: "Co chceme? Kam směřujeme? Jak s rychlostí a rozvážnou ve všem k cíli pílít? Co úděl sokolský při práci vespolné? Co v pravdě úkol náš v životě národním?" — Již zde se můžeme pozastavit nad tímto úvodem a rozebrati jej. Co chceme? Kam směřujeme? To Tyršovi nestačí ale uvažuje s jakou bezpečnou a rozvážnou rychlostí máme jít za svým cílem a ptá se dále, zda-li naše věc bude sloužit nejen sokolstvu ale celému národu. Tyrš vysvětluje, že Sokolství nebude sloužiti jen jednotlivci, jednotě, organizaci, ale celému národu.

Abychom mohli jít za vytčeným cílem nesmíme být spokojeni a domnívat se, že věci jen normálním tempem mohou jít. — "Spokojenost je olověný cop, který především přetnout nutno, máme-li si nejen hlavou směřiti ale i myslet." Tyrš jde do hloubky této otázky a připomíná, že nespokojenost neznamená "svévolnou těkavost a rýpavost. — Tyrš byl filosof a neméně psycholog, znal lidi, znal bratry Sokoly a proto chce aby mu bylo rozuměno. I v dnešní době a snad více než kdy jindy je pravdou co Tyrš říká: "Nespokojenec budiž za prvního bratra pokládán, však tenkrát jen, když i on k svým omylům se bez rozpaku dovede přiznati, když cizímu nálezu a pokroku se rovněž jak k vlastnímu těšiti umí, když osobnost a celek vše."

Byla často namítáno, že Sokolstvo je organizace příliš národní, že chce jen sebe nad jiné vynášeti, k čemuž již v začátcích Sokolstva Tyrš připomíná: "Tak hleďtež k tomu, aby i všechny cizí snahy pokud lze z vlastního názoru známy byly a každý nový ruch a směr nám budiž aspoň povědom." — Což to neřekají třeba jinými slovy představiteli Spojených států americkému lidu? I pro velký národ jsou pravdivá slova Tyrše: "Kde stanutí tam smrt, jen ruchem žijeme, stojatá voda v hnilobu přechází . . ."

Může míti demokracie lepší, krásnější a vznesenější heslo?

"Co všechn lid nezná — nikdo nezná!

Co lid ještě nedoved, nikdo nedoved!

Co lidem se nestalo, nikým se nestalo!"

To dnes platí zvláště proti komunistům. Co jsou platné ty nejlepší vynálezy, nejrychlejší létadla když lid živoří a nepodílí se na bohatství druhých?

Tyrš připomínal českému lidu a Sokolstvu, že nestačí jen žiti, ale člověk i národ musí být k životu připraven: "Veškeré dějiny jak tvorstva vůbec tak i lidstva zvláště jsou věčný boj o bytí a trvání v němž podlehe a vyhyne, co k životu nadál neschopno a celku závadno. — Žádná, i ta nejskvělejší minulost, nýbrž jen zdravá a činná přítomnost zaručuje národům budoucnost. Jako věstec Tyrš nám dále praví: "To nám všem ukládá čilost a bdělost zvýšenou. Však kdo by nechtěl činiti se a bdít? Vždyť i ta jistota nám z toho kyne ta druhá pravda z toho sleduje, že žádná moc zevní, žádná síla hmotná a surová o sobě nezničí národy, že život národů pokud se na výsluní pravdy, dobra a pokroku obecného vyvinuje

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je v srovnání tomtoto jako paprsek sluneční nezranitelný a že jej nepřemohou a nezahubí nížádné moci temnosti, lež nebo násilí proti němu vyslaná. Není pochybnosti o tom proč Sokolstvo a učení Tyršovo bylo dáno na černou listinu nazismu a komunismu.

Tyrš si byl vědom jak obří a daleká bude dráha k vytčenému cíli a že se k ní musí dospět "jen tou každodenní, tou ustavičnou a přec neokázalou činností, která je rozhodná a nikoliv jen vystoupení hřmotná a občas toliko se objevující."

Na konec své úvahy "Náš úkol, směr a cíl" Tyrš k nám volá: "Kdo v dobách války ubránit hodlá národ svůj, ten po čas míru proti vši vloudivé zkáze životní musí na stráž státi, ten mečem plameným upíry a netopíry na každém poli drt' a rozprašuj. Budiž to hvězdou našeho konání, naše náboženství a svrchované zasvěcení našeho života. Tot' naše hlediště, tak páčíme my úkol sokolský."

Je třeba více vysvětlení k těmto básnickým a věšteckým slovům Miroslava Tyrše? Jsou snad v

rozporu s demokracií? Jsou snad v rozporu s přítomností i budoucností Ameriky? Kdyby Tyrš byl synem velkého národa, byl by dnes znám jako Abraham Lincoln.

My Sokolové můžeme býti hrdí, že náš zakladatel nám zanechal tak krásné myšlenky, které ještě dnes zůstávají našim vodítkem a našim programem.

Jiří Špánek

JAN HOZA

V pondělí 28. ledna 1974 zemřel po těžké nemoci ve věku 79 let. Bratr Honza byl vzácný a upřímný Sokol. V Belcampu, Marylandu, založil sokolskou jednotu, jejímž byl po řadu let vzorným starostou. Byl jedním z prvních spolupracovníků zakladatele Baťových závedů Tomáše Baťi staršího. Ve Spojených státech vybudoval Baťovu továrnu v Belcampu, jejímž byl od založení až do roku 1953 ředitelem.

HFk.

Váš cestovní program Vám spolehlivě a přesně vyřídí

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