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Calendar of Events

SEPT. 28th — SOKOL SOUTH OMAHA, NEBR.
Gym Club's Dance
SEPT. 28th — SOKOL MILWAUKEE, WIS.
Kick-Off Banquet.
SEPT. 28-29th — SOKOL FORT WORTH, TEXAS.
Polka Festival.
OCT. 2nd — SOKOLICE DETROIT, MICH.
Card & Bunco Party.
OCT. 5th — SOKOL SLAVSKY, CICERO, ILL.
Dinner Dance — Peacock Room — Olympic
Building.

OCT. 5th — SOKOL STICKNEY, ILL.
Farmer's Dance.
OCT. 6th — SOKOL BALTIMORE, MD.
Old Bohemia Bazaar.
OCT. 6th — SOKOL ST. LOUIS, MO.
B.O.I. Instructors Pancake and
Sausage Breakfast.
OCT. 10th — SOKOLICE ST. LOUIS, MO.
Chicken Dinner Social.
OCT. 12th — SOKOL MILWAUKEE, WIS.
Recognition Night.
OCT. 12th — SOKOL NOVA VLAST,
CLEVELAND, OHIO
District Social
OCT. 19th — SOKOL BELCAMP, MARYLAND.
Grape Dance — Vinobráni.
OCT. 26th — SOKOL SAN FRANCISCO, CAL.
Czechoslovak Independence Day Program,
Dinner and Dance.
OCT. 29th — SOKOLICE HAVLICEK TYRS,
CHICAGO, ILL.
Card & Bunco Party — Mid-America Federal
Building, Cicero, Ill. — 11 A.M.
NOV. 3rd — SOKOLICE SOUTH OMAHA, NEBR.
Card Party.
NOV. 9th — SOKOL BERWYN, ILL.
Fall Dance.
NOV. 9th — SOKOL SAN FRANCISCO, CAL.
Bazaar.
NOV. 10th — SOKOL DETROIT, MICH.
Czechoslovak Afternoon Dinner Party.
NOV. 14th — SOKOLICE ST. LOUIS, MO.
Chicken Dinner Social.
NOV. 16th — SOKOL SAN FRANCISCO, CAL.
Surprise Dinner and Dance.
NOV. 16-17th — EASTERN DISTRICT GYM
EXHIBITION
Social at Sokol Belcamp, Saturday evening. —
Exhibition at Perry Hall High School, Sunday
afternoon — followed by a Dinner at Sokol
Baltimore.

To All Educational Directors

We have been telling you about our new Song Book and are now saying: HERE IT IS! "THE AMERICAN SOKOL SINGS".

We are proud to say that this is the result of approximately two years of effort, and after you have had an opportunity to look it over and study it, we feel sure you will be pleased with the finished product. You will find that the 100 songs have been assembled into categories with an index at the back for quick reference. There are quite a number of English translations to our Czech songs, which will be interesting to all song lovers. Short biographies of two of our well-known composers are also included.

The price of the Song Book is \$2.50 when picked up at the American Sokol Organization office, and for those mailed the price is \$3.00 including postage.

Study "THE AMERICAN SOKOL SINGS", and then use it to cultivate our musical heritage for members of all ages — and those to come.

A.S.O. Educational Department

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník — Vol. XCV

September — 1974 — Září

Číslo — No. 9

Sokol San Francisco's 70th Anniversary

On May 25-26th, Sokol San Francisco marked the 70th Anniversary of its founding in conjunction with the hosting of the Pacific District's Gymnastic Exhibition. This event was significant, not only for the American Sokol Organization, but for the entire Czechoslovak colony of Northern California. Seventy years is not a long period of time, yet many successful Sokol episodes can be credited to our Unit. It has achieved outstanding solidarity in citizenship.

Sokol San Francisco was founded August 22, 1904, by Bros. J. J. Justice, Frank Lustufka, Bohumil Kantner, A. Matlach, F. F. Budinsky, Frank Kotal, Josef Fousek, Josef Widerman, Jan Zak and Vaclav Storek. It became organized when the singing choir "Hlahol" was disbanded and the property with \$263. in cash was transferred to the Sokol treasury. In July of 1905 the Sokolice San Francisco were organized.

Originally the gymnastic classes drilled in the German Turn-Verein Hall, which was later destroyed by the earthquake and fire of 1906. The gym classes were then moved to the E'ntrach Hall.

The idea of building a Sokol Hall became a reality in 1912 and marked the beginning of vigorous activity. The fine new building on Page Street for many years was the seat of the Pacific District. Many other Czech, Slovak and Slavic organizations enjoyed its facilities.

Then came World War I. Most of the young men were drafted. Many never returned to our ranks. During this period the Sokol Unit devoted its efforts in raising funds — bazaars, benefits, dances — to support T. G. Masaryk's fight for the independence of Czechoslovakia. Various delegations and dignitaries who formed the Republic of Czechoslovakia were hosted in the Sokol Hall.

During World War II. Sokol San Francisco contributed in the same way to the victory of the Czechoslovak cause. The Communist coup d'etat in Czechoslovakia had a depressing effect upon our entire Czechoslovak-American people. However, the influx of immigrants generated new life for the San Francisco Sokol.

With great pride we remember the day in 1960 when the Sokol unveiled a statue of the Czechoslovak national hero and its first president, T. G. Masaryk. This monument was erected by our Unit in a prominent place in Golden Gate Park. This was a historic moment, living proof that Sokol has been influenced by the Masaryk ideal.

For many decades the Hall served as the center for varied Sokol activities, as well as many patriotic functions. When disturbances engulfed the immediate area the membership unanimously voted to sell the building and leave the scene of so many wonderful memories.

After searching in vain for a suitable building in the San Francisco area a new hall was found in San Mateo. Since making the move the Unit has progressed in gymnastic activity and has enjoyed many social events which included the entire Czechoslovak community. Improvements are being made constantly and the budget is balanced.

It is difficult to evaluate all the good work and support given the Unit by its officers and the members who are so deserving of our thanks. Our Sokol work is not only for our Unit, but the entire Pacific District. Uppermost, it is our desire to promote Tyrs' Sokol idea and the Masaryk ideal of Democracy.

George Spanek
President, Sokol San Francisco

Southern District Slet

The Southern District Slet surpassed all expectations as to participants. It was hailed as the biggest ever, much to the enjoyment of hundreds of visitors and gymnasts. The Slet was hosted by Sokol Karel Havlicek Borovsky, Ennis, Texas. Other Units in participation were: Sokol Zizka, Fort Worth, Corpus Christi and Houston.

Bro. Stanley Barcal, President of the ASO, represented the Executive Board. He attended the Competitions, Victory Dance, the Slet Program and the Farewell Dance. Many Sokols from other parts of the country were also present, including Bro. Edwin and Sis. Ann Halik from Sokol Slavsky

(Cicero, Ill.) and Bro. Oldrich Maly from Los Angeles, well remembered as a former traveling instructor.

An enthusiastic crowd watched the volleyball championship on Friday, June 7th. In the Junior-Mixed tournament Ennis Sokols emerged as champions. In the Senior-Mixed tourney Sokol Fort Worth was the victor.

Competitions were held the following day with approximately 100 little boys, junior boys and men competing at the Sokol Center. More than 300 little girls, junior girls and women spent a full day of competitions at the SPJST Lodge Hall No. 25.

Later that evening the Sokol Center was jammed for the Victory Dance celebration, with team trophies and medals awarded in the Senior and Junior Divisions. Bill Kucera's orchestra from Dallas provided the dance music.

A first for the District was the swimming competition, with boys and girls and men competing in the Sokol's Tyrs Pool. These events aroused great interest, and also many entries.

The Sunday morning rain caused a quick change in plans. The field which had been prepared and the shaded facilities for the visitors had to be abandoned. Rehearsals were made in shifts in the gym center as the decision was made to conduct the Slet on the gravel parking lot in the front of the building. This field was prepared in a short time, the bleachers and tents moved. The local members were praised for their resourcefulness, as were the crews that prepared for each special number on the program.

The Slet opening ceremonies began with the assembly of gymnasts following the Color Guard. As they entered the field the gymnasts sang "Měla jsem malého sokolika" to the musical accompaniment of the Dallas-Czech Concert Orchestra under the direction of Bro. Sid Pokladnik of Dallas. This musical aggregation has provided Slet music for many years and certainly adds greatly to the Slet program's success each year. The musicians donate their time and transportation to prepare and play for the District's Slets. Their contribution is certainly appreciated in the District. (Editor's note — This can never happen in the Chicago area, where the Musician's Union has priced itself right out of the field.)

The Slet's program was a tremendous success. It consisted of calisthenics in all classes. Apparatus numbers were cancelled due to threat of rain. Nine special numbers were presented and judged for awards during the program: 5 Children Division numbers, with Ennis Sokol winning first place. In the Junior-Senior Division there were 4 numbers, with Sokol Fort Worth selected as the best.

The special numbers were excellent, with a wide variety of presentation, judged on difficulty of movements, form of individuals, coordination as a group and timing to music. The winning number from Ennis was performed by 67 little boys and girls doing a combination marching, calisthenics, tumbling presentation. The winning adult number from Fort Worth was a very coordinated number of dance steps and gymnastics. Their performers were costumed in bright red and yellow clown suits. They concluded their number with the release of a mass of red balloons floating into sky.

Bro. Larry Laznovsky, Slet Chairman, presented appreciation plaques to Bro. Edwin Laznovsky, President of Sokol in Ennis; to George Prevratil, President of the Southern District; and a special recognition plaque to Bro. Stanley Barcal. The Concert Orchestra then honored Bro. Barcal with a special song — "The Eyes of Texas" — with the audience singing.

The Slet officially closed with the Farewell Dance which followed. Music was provided by Jodie Mikula orchestra of Ennis.

Sokol Karel Havlicek Borovsky and the Southern District expresses its appreciation to Bro. Larry

Laznovsky, Director of Men; Sis. Sylvia Laznovsky, Director of Women; to the Units, members, and to the community for the support of its Sokol activities.

Sylvia Laznovsky

Western District Slet

The District's Slet was held June 22-23rd, in Crete, Nebraska, and was hosted by the Crete and Wilber Sokols. Downe College was the site for the gymnastic competitions on Saturday and the Slet on Sunday. The Downe Field House was an excellent site for the Slet, with all gymnasts and spectators comfortable throughout the 2 days of activities. Cooperation between all Units was the best ever, and the judging which has always been controversial in the past went without protest.

Everyone that attended the competitions, the Banquet and Victory Dance agreed it was amongst the finest week-ends anyone could anticipate. All activities were well organized and the food served was delicious. Sokol Crete and Wilber did an outstanding job and are to be congratulated.

Sokol South Omaha News-Letter

Report of a Great Event Pacific District Slet

About 100 enthusiastic members of Sokol Los Angeles traveled in 2 special buses to the memorable meeting in San Francisco. This was the start of the Los Angeles Sokol's participation in the District Slet — after 2 months of hard preparation, organization and correspondence. No similar event had been undertaken for more than 10 yrs. Despite some immaterial shortcomings (due to not having previous experience) the Slet was a great success. This was the culmination point of celebrating the 70th yr. of Sokol San Francisco's existence.

Immediately upon arrival on Saturday morning the young gymnasts lined up for a short rehearsal and keen competition at the Burlingame High School. Their skill and knowledge was exercised and examined from these disciplines: bars, vaulting, floor exercises, beam (girls), rings (boys) and theory. In the afternoon the Los Angeles Men's volleyball team defeated the San Francisco group. The San Francisco Women in return defeated the Los Angeles Sokolice.

Saturday evening a bus tour of the San Francisco area was conducted for the youngsters, while the adults enjoyed a memorable banquet at the Sokol Hall in San Mateo. Sunday's exhibition was oriented mostly upon group performances from both, Sokols San Francisco and Los Angeles. The Youth of San Francisco Sokol performed a funny "Westward Ho" skit, while their adults dressed in national costumes danced the still popular Ceska Beseda.

Los Angeles contribution was their performance of Czech, Slovak and Moravian dances in the beauty of our national costumes. Highly appreciative was the progressive dance-drill by the Jr. girls choreographed by Sis. Helen Pelc. Bouncing ball calisthe-

tics by the tots, gymnastics by the boys and girls, a calisthenics drill by the women, also one by the Stara Garda, directed by Bro. Joseph Pokorny, and the highlight of the exhibition, a special gymnastic performance by Dagmar Hintnaus of the U.S. Olympic Team closed out Los Angeles' portion of the program.

Presentation of Awards followed that evening at the Victory Dance at the Sokol Hall. The first three from each competition receiving a sculpture in recognition of their outstanding performances. The Victory Dance gave all the opportunity to get to know each other better and express our sincerest thanks and respect for the tremendous job accomplished by our hosts.

Iva Prochazkova, Sokol Los Angeles

DISTRICT REPORT

Southern District

July 25, 1974

Pres., Bro. George Pevratil presided. Present: Bros. Don Steinman, Oldrich Parma, Jerry Milan, Larry Laznovsky, Harrell Hamilton, Stuart Hamilton, Miro Jurcik, H. B. Smith, Frank Cechan. Sisters Bernice Hamilton, Rose Steinman, Henriette Milan, Helen Parma, Vlasta Laznovsky. Guests: Bro. Edwin Halik (Sokol Slavsky), instructor at the District Course, and its students, presently in attendance in Ennis, Texas.

A memorial silence was held on behalf of departed Bro. Joseph Janicek and Joseph Zazvorka, both of Sokol Ennis.

Correspondence: A sample of Sokol San Francisco's cook-book.— Appreciation from Sokol Zizka for District's donation in memory of Bro. William Nesuda. Also, from the family of departed Bro. Nesuda

UNIT REPORT

Sokol Corpus Christi: July meeting. 30 in attendance. — Will host volleyball tourney, Aug. 3-4th. — 28 gymnasts participated in the District Slet. Presented 2 special numbers in the program.

Sokol Zizka: July meeting. 26 Gained 2 regular and 3 associate members. — Held 2 regular dances. — Picnic and gym exhibition, June 30th. — Special 4-hr. day gym classes were held June 6th through July 3rd.

Sokol Karel Havlicek Borovsky: Presently hosting District Course. — Held 2 dances. — Luau for membership successful. — Held special meeting for purchase of additional land.

Sokol Fort Worth: Summer gym classes held June 11th through July 11th. — Installed air-conditioning unit in present building. — Dance, Aug. 10th. — Polka Festival at Sokol Hall, Sept. 28-29th.

* * *

District Course, Bro. Milan: 23 students attending. Corpus Christi, 3; Dallas, 2; Ennis, 15; Fort Worth, 5. Bro. Halik and Sis. Milan are Assistant Instructors. Students very attentive. Graduation, July 27th. Good publicity in local paper.

Director of Men, Bro. Laznovsky: Ordered 40 gymnastic manuals, 105 various Sokol booklets and 50 Sokol song-books. All literature ordered to be applied to the special assessment fund. — Payment of travel expenses for Bro. Halik from Chicago; and Bros. Jerry Stransky, Gary Johnson and Comer Caldwell, who came from Dallas during the evening self-improvement classes at the District Course, approved. — District will purchase 35 group pictures of the students at the Course. — Each student will be given a song-book as a souvenir token. — Volleyball tourney will be held at Sokol Corpus Christi, Aug. 3-4th.

Educational Director, Bro. Parma: Pleased the song-book was used at the Course. — Lectures on Sokol history by Bro. Zvolanek, and another on Dr. Masaryk by Bro. Ehrenberger were given to the Sokol Zizka gym class.

District Slet: Final Financial report — Total receipts, \$5,289.07; Expenses, \$4,047.56. Percentage of the proceeds to the District were — \$496.56; to the Unit — \$744.85.

Treasurer, Sis. Hamilton: Receipts, membership dues — \$177.30; Expenses — \$100.43.

Discussions: The coliseum will not be available for the Czech Day at the Fair. Committee will be contacted for more information. — The students were encouraged to use their course instruction in their respective Units, and continue working for the Sokol organization. — Bro. Halik expressed satisfaction on the progress of the students. — This was the first time a body of students attended a Southern District meeting.

Sokol Tabor "Face-Lift"

With work in full progress, years of fund-raising activity and planning will soon result in another stage of improvement of Sokol Tabor facilities, according to the Unit's Presidents Bro. Leo Pajer and Sis. Anne Kratky.

Ground-breaking ceremonies were held on May 19th in front of the building to mark the launching of the latest "face-lifting" operation which will see a new front to the present Sokol building. The section will also include a new entry hall, and several rooms.

Plans designed by Bro. Charles Prchal were presented to Sokol Tabor officials back in 1968 and approved, but mounting costs and changes in needs accounted for the delay until recent action. A building fund, memorial gifts and other fund-raising projects made the current efforts possible.

Sokol Tabor's building cornerstone was laid 50 yrs. ago — in 1924. The Sokol's origin goes back to the year 1866 — 108 yrs. ago — in the city of Chicago. In 1968, a gymnastic exhibition, parade and banquet highlighted a 100th Anniversary celebration.

Building committee members, headed by Chairman, Bro. Edward Linhart; Treasurer, Bro. Frank Balsanek; and Advisor, Bro. James Berousek; have been encouraged and assisted by all the other officers.

Sokol Karel Havlicek Borovsky Ennis, Texas

Our Unit has had many activities thus far in 1974. On February 9-10th the 3rd Anniversary celebration of the opening of the new Sokol building took place with a capacity crowd enjoying the Saturday evening dance. On Sunday, many gathered for a dinner, followed by a gymnastic program of special numbers, apparatus, tumbling, etc. Bro. Jerry Laznovsky, the Unit's Educational Director, served as master of ceremonies. Bro. Harold Hamilton provided narration of the history of Sokol and its activities as the numbers were presented.

Also in February a large delegation of gymnasts and instructors attended the performance of the Polish Men's National Gymnastic Team in Hurst, Texas. In April the Ennis Business and Professional Women's Club staged their annual Petticoat Frolic. The gymnasts performed a wide variety of numbers for the occasion. That same month many of the instructors journeyed to Denton to participate in a Gymnastic Clinic sponsored by North Texas State University. That evening the group witnessed a gymnastic meet between the Texas All-Star Team and the Turn-und Spielverein West German Team.

The pace was "stepped up" in May in preparation for the annual Polka Festival in Ennis. The Sokol Hall was the site of the Festival Committee dinner-party hosting the workers of all the Czech lodges in Ennis, the press, TV, and radio personnel. The 1974 Festival shattered all records as thousands lined the streets for the colorful parade, and later, rushed to the lodge halls for food and entertainment.

The Float Committee, under the direction of Bro. Don York won first place and the Judges Trophy. Bro. George Hrcncir, the expert frame-builder, is recognized for his outstanding contributions each year. Approximately 125 gymnasts marched in the parade; the Tots riding in a decorated truck. The Sokol membership is very active on the Steering Committee for the Festival each year. This year the Sokol provided afternoon shows both on Saturday and Sunday. The gym being filled to capacity on both days.

As the strains of music from the Polka Festival faded away preparations for the District Slet began in earnest. To prepare the children's classes for the experience of competing, Unit meets were held with awards and ribbons presented. The instructors deserve great praise for their fine job during the past season. Many gymnasts enjoy the Sokol's facilities, and it is only through the cooperation of a very active BOI that the Unit is able to accommodate them all.

Sokol Karel Havlicek Borovsky hosted the Southern District Slet, June 7-9th. It was well attended and a huge success. The Unit's gymnasts and parents were treated to a Swim Party at the Tyrs Pool. The Slet winners were recognized. For the first time in many years the gym classes are having a summer vacation, the instructors getting a rest, and all having chance to enjoy the swimming pool facilities. Swimming lessons are again being offered.

At a special meeting, July 3rd, the membership overwhelmingly authorized the purchase of 15 acres of land adjoining the Sokol property. It is the hope this land will be developed into a park area and a drill field, with the possibilities of tennis courts in the future.

In July the Unit was to host the District Instructors Course with many of its instructors in attendance. Classes were to begin again in August. Once again everyone bearing down to a very active schedule.

Sylvia Laznovsky

Sokol South Omaha

Sokol South Omaha's gymnasts and guests were most pleased with the 1974 Western District's Slet. It was rewarding to see the number of members and parents who came out for this week-end. A total of 104 from South Omaha attended the banquet in Wilber. Additional members came for the Victory Dance and another large group for the Sunday Slet program. The Unit's gymnasts were most proud — receiving 30 of the 53 trophies that were awarded.

The Sokol's Czech Festival held June 9th, was an outstanding success, the most successful one they've ever had, with many, many contributions and donations on the part of a countless number of individuals.

On June 30th, a bus-load of gymnasts and members traveled to Clarkson's Czech Festival; this 3-day festival was very well planned. Also, many of the gymnasts staged a fine performance at the Gateway Shopping Center in Lincoln; and the week-end in Wilson, Kansas, was to see some 20 of them in action. And last, arrangements were being made for a chartered bus to Wilber, Aug. 3rd, to cheer for their entry in the Nebraska Miss Czech Queen Contest.

Sokol South Omaha News-Letter

Sokol San Francisco's "Good Neighbor" Cook-Book

This book of "home tested" recipes was compiled by the Sokol members, with friends and neighbors adding their bit. All donations and proceeds go toward purchase of gymnastic equipment for the San Francisco Unit.

The cook-book contains some 194 pages of recipes, ranging the entire gamut — appetizers, soups, energy savers, sweet-tooth specialties, dishes from all across the nation, foods from all around the world, even we'll drink to that???, and on and on.

The book's FORWARD reads: "As you ramble through our book and set out to cook. Remember, a little flavor was added by a neighbor."

The cook-book is now on sale. The cost (including postage and handling) is \$3.25. It can be obtained by mailing a check for the amount stated to: Mary Francis Meier — Coordinator — 1216 Balboa Ave., Burlingame, California 94010.

SOKOL GYMNAST

September 1974

 Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

MARCHING . . . A PART OF OUR SOKOL SYSTEM

It has been quite evident during the past two or three national Slets and Unit exhibitions that there has been a definite lack of time devoted to marching tactics in our Sokol gym classes. Some instructors may claim that due to various reasons and circumstances, they do not have the time for this important part of the Sokol system of gymnastics. However, a minimum of five minutes during each session is all that is required.

Marching tactics are exercises of discipline, order, readiness and attention in which an individual or a group of gymnasts may be controlled by appropriate commands. The values of marching tactics include good posture with stiffness, good balance in graceful movement and rhythmic control.

The instructor must stand with correct posture in front of the class as an example. Personal example on the part of the instructor, plus his firmness, is necessary for assumed influence of marching tactics on the gymnasts.

Commands must be given loud and clear — correctly accentuated. The commands should also

be brisk and emphatic. Between the preparatory command and the command of execution there must be a short pause in order to give the gymnasts sufficient time for orientation.

A clear and vigorous command, given in proper rhythm and in an adequately strong voice will stir the gymnasts to a precise execution. It is never necessary to shout.

During the basic training periods, the exercises should be executed by count, such as, "About — face — one, two."

An instructor conducting marching tactics must be able to observe quickly and make decisions speedily. Commands in changes of direction must be given on the proper foot.

Let us maintain the Sokol System in our Sokol gym classes. Remember, the youth in our Sokol gymnasiums must be trained not only physically, but with an equal emphasis on the moral obligations encompassed within the structure of the Sokol physical training program.

Ed Stetka

1974 UNITED STATES GYMNASTICS FEDERATION CONGRESS

SHERATON-CHICAGO HOTEL, CHICAGO, ILL.
NOVEMBER 8, 9, 10, 1974

The 1974 USGF Congress will be held in Chicago, Ill. at the Sheraton-Chicago Hotel on November 8, 9 and 10. In addition to the busy schedule starting Friday morning, the USGF has arranged to start the Russian Tour in Chicago on November 8, with Olga Korbut and Lyudmila Turischeva leading the Women Gymnasts and Andrianov and Klimenko leading the Men Gymnasts. The World Acrobatic Champions and the World Modern Rhythmic Champions will also perform on the tour, also Mr. Yuri Titov, Chief of Gymnasts in the USSR, is expected to address the Congress. All of the Russian gymnasts will be invited.

Advance registration will be \$25.00 which will also include the Saturday night cocktail party and the USGF Banquet, and a ticket to the Russian performance on Friday evening. Advance registrations close November 1, late registrations will be \$30.00. Please mail your registration check to — USGF Congress — Box 4699 — Tucson, AZ 85717.

WORLD GYMNASTICS FESTIVAL

The International Gymnastics Federation (FIG) has decided to have the Sixth Gymnaestrada from July 1st to July 5th in Berlin.

Berlin follows Rotterdam, Zagreb, Stuttgart, Vienna, and Basel as the site of the World Gymnastics Festival. 20,000 active participants and 20,000 supporters from 40 countries are expected to be present at the Sixth Gymnaestrada.

The German Gymnastics Federation, the city of Berlin and the Organizing Committee invite all friends of Gymnastics to experience the Sixth Gymnaestrada 1975 in Berlin.

The World Gymnastics Festival features popular shows and instruction performances (no competing events) demonstrating the many sides of gymnastics and physical training. Various age groups within the member organizations of the International Gymnastics Federation, German and foreign gymnastics schools, university institutes, athletics schools, colleges of physical education and teaching academies will conduct the performances.

There will be special performances by the individual countries, gymnastics performed by the world's best on Olympic equipment, the Congress

(Over)

WORLD GYMNASTICS FESTIVAL — (Cont.)

of the International Gymnastics Federation, the scientific symposium and many exhibitions.

The sports grounds for the Sixth Gymnaestrada Berlin 1975 are the exhibition grounds beneath the Funkturm, the neighboring Deutschlandhalle, and the Ice-Hockey stadium, the sports facilities at the Mommsen Stadium, the Olympic Stadium, the Schoneberg swimming pool, various district athletics facilities, as well as the German Opera House Berlin, the Philharmonic and the Congress Hall.

EASTERN DISTRICT INSTRUCTORS SCHOOL

The Eastern District Instructors School was hosted by Sokol Little Ferry, August 17 to 24. Most activities took place in the air conditioned Sokol gym.

The daily routine began at 7:30 with flag-raising and warm-up exercises on the parking lot. The basic schedule included calisthenics and apparatus terminology, marching tactics, modern gymnastics, first aid and practice teaching. There were lectures on various subjects. Brothers Frank Capek, Director of the Eastern District, and Walter Slavik, former Director, conducted several evening sessions and also gave lectures.

The instructors were Sr. Audrey Benda, Director of the school, Sr. Ellen Garlicki from Little Ferry, Sr. Pauline Turcik from New York and Brothers Joseph Vrzalik and Ed Stetka from Baltimore.

Other activities included trips to the swimming pool at one of the motels near the gym and Talent Night, at which the students displayed their many varied talents. Two trips were made to the local park for track and field.

The Course came to a successful conclusion with a dinner and short program on Saturday, August 24th, during which the President of the Eastern District, Br. Charles Zraly, gave an inspiring talk to the students. Cameras were clicking for the final flag-lowering of the 1974 Eastern District Instructors School and as Sr. Benda gave the final "Class dismissed", there were many tears flowing from the eyes of the students.

We thank the members of Sokol Little Ferry for their cooperation and for their many donations of cakes, cookies and other goodies.

In these days when there is a definite lack of instructors in all of the Units in the district, it is very depressing that only three out of the eight active Units were represented in this school. Records show that those Units which have been sending students to the schools regularly have the strongest Boards of Instructors. It is hoped that at future schools, all Units will be represented.

To the successful conclusion of the 1974 Eastern District Instructors School, NAZDAR!

Ed Stetka

SOUTHERN DISTRICT MEN — INTERMEDIATE DIVISION

Place, Name and Sokol	Score
1. Jimmy Marek, Houston	158.5
2. Jason Amick	156.3

PACIFIC DISTRICT EXHIBITION SOKOL COMPETITION SCORES

Girls

AGES 6 — 9

Place, Name and Sokol	Score
1. Adrea Bagatelos, SF	44.80
2. Susan Bugler, SF	43.45
3. Simona Hodek, LA	41.70
4. Diane Mastalir, SF	37.00
5. Brigita Prochazka, LA	35.85

AGES 10 — 12

Place, Name and Sokol	Score
1. Crissy Fitzgerald, SF	44.45
2. Toni Borzello, SF	41.40
3. Natasha Voyt, LA	41.15
4. Janet Sambera, LA	40.55
5. Donna Maxwell, SF	40.40

AGES 13 AND UP

Place, Name and Sokol	Score
1. Doreen Notaro, SF	47.25
2. Joan Louzensky, SF	46.95
3. Michele Spanek, SF	46.55
4. Patty Graveline, LA	46.00
5. Helen Pelc, LA	43.80

Boys

AGES 6 — 9

Place, Name and Sokol	Score
1. Leo Louzensky, SF	40.20
2. George Mastalir, SF	32.00
3. Kevin Curbishley, SF	31.55

AGES 10 — 12

1. Allan Sikl, SF	39.05
2. Steve Garland, LA	38.90
3. Joe Altea, LA	35.70
4. Glenn Bugler, SF	34.75
5. Andy Maxwell, SF	30.75
6. Daniel Garland, LA	30.45

AGES 13 AND UP

Place, Name and Sokol	Score
1. Charles Meier, SF	43.75
2. Tom Hintnaus, LA	43.40
3. Randy Meier, SF	40.45
4. Mike Garland, LA	39.70
5. Martin Prochazka, LA	38.80

TEAM AWARDS WERE PRESENTED TO

Los Angeles — Boys Team Trophy
San Francisco — Girls Team Trophy

VOLLEY BALL TROPHIES went to

San Francisco Women's Team
Los Angeles Men's Team

NORTHEASTERN DISTRICT COMPETITIONS

Junior Girls

June 1, 1974 — At Byron Junior High School —
Cleveland, Ohio — 83 Competitors

Unit Award — Based on first three places in
all divisions:

1. Cleveland Cech-Havlicek	94.0
2. Nova Vlast	84.0
3. Tyrs	57.0
4. Detroit	25.0

Junior Girls - OPEN

Place, Name and Sokol	Score
1. Laura Onysko, Nova Vlast	113.0
2. Audrey Smahay, Detroit	97.7
3. Jean Onysko, Nova Vlast	84.9
4. Kathy Giering, Nova Vlast	74.6
5. Janet Belavek, Detroit	73.2
6. Paula Belavek, Detroit	59.6
7. Alane Feleppelle, Nova Vlast	54.8

Junior Girls INTERMEDIATE

25 Competing

Place, Name and Sokol	Score
1. Laura Gray, Cleve. Cech-Havlicek I	124.00
2. Nancy Eckhoff, Tyrs I	115.6
3. Nancy Jasek, Nova Vlast I	114.8
4. Laurie Forker, Tyrs I	112.7
5. Debbie Sanford, Nova Vlast I	110.2

TEAMS

1. Nova Vlast I	333.7
2. Cleveland Cech-Havlicek	328.1
3. Tyrs	323.6

Junior Girls — LOW A

29 Competing

Place, Name and Sokol	Score
1. Ann Marie Bogater, Cleve. Cech-Havl. I	118.1
2. Julia Brown, Cleve. Cech-Havlicek I	115.6
3. Vera Hibler, Tyrs I	110.2
4. Sue Turk, Cleve. Cech-Havlicek I	109.1
5. Linda Sasseen, Detroit I	108.7

TEAMS

1. Cleveland Cech-Havlicek I	450.2
2. Nova Vlast I	418.7
3. Detroit I	417.2
4. Detroit II	411.1
5. Tyrs I	399.3

Junior Girls — LOW B

22 Competing

Place, Name and Sokol	Score
1. Holly Vild, Tyrs I	107.8
2. Joyce Wise, Nova Vlast	105.8
3. Karin McDaniel, Cleve. Cech-Havl.	102.3
4. Eileen Piscura, Tyrs I	101.2
5. Maureen Duffy, Cleve. Cech-Havlicek	99.5

TEAMS

1. Tyrs I	304.9
2. Cleveland Cech-Havlicek	297.6
3. Detroit	272.0
4. Tyrs II	243.5
5. Tyrs III	228.1

Meet Director: Jean Dusek

Little Girls Competitions

June 22, 1974 — Held in Garden City High School,
Detroit, Michigan

Ages 10 thru 12 — 40 Competitors

Place, Name and Sokol	Score
1. Tracy Danowski, Detroit	45.15
2. Kim Casper, Detroit	44.10
3. Ruth Hostenstein, Cleve. Cech-Havl.	42.70
4. Mary Pikus, Cleve. Cech-Havlicek	42.50
5. Terri Cramp, Detroit	42.00
6. Beth Tomes, Detroit	41.75
7. Chris Gross, Nova Vlast	41.65
8. Natalie Westmoreland, Nova Vlast	41.55
9. Shelly Mahne, Cleve. Cech-Havlicek	40.80
10. Barb Mojack, Nova Vlast	40.75

TEAMS

1. Detroit	212.75
2. Cleveland Cech-Havlicek	206.25
3. Nova Vlast	204.15

Meet Directors: Betty Tomes, Mary Ann Kerr
District Class Leader: Mary Ann Maly

MEN'S CALISTHENICS AND MARCHING COMPETITIONS

At AMLA Rec. Center, Sunday, June 2, 1974

1. Sokol Tyrs	28 Men	16.7 points
2. Sokol Detroit	7 Men	14.2 points
3. Sokol Nova Vlast	9 Men	13.7 points

Support Your Local Sokol Unit . . .

ASSIST IN THE MEMBERSHIP DRIVE!!

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

1974 CENTRAL DISTRICT COMPETITIONS

(Cont.)

Junior Boys

INTERMEDIATE DIVISION TEAMS

I Tabor 331.0

INDIVIDUALS

Place, Name and Sokol	Score
1. Jim Vojcik, USA	121.9
2. Gary Vokurka, Brookfield	120.7
3. George Bartusek, Slavsky	117.4
4. Mike Schramek, USA	115.1
5. Jim Mugavero, Tabor	113.4
6. Ed Cusper, Slavsky	112.2
7. George Kulhanek, Tabor	111.7
8. Paul Fina, Brookfield	111.3
9. John Mugavero, Tabor	105.9
1 Team	
9 Individuals	

HIGH DIVISION INDIVIDUALS

Place, Name and Sokol	Score
1. Jim Vokurka, Brookfield	125.2
2. Rick Thompson, Slavsky	121.8
2 Individuals	

Meet Director: Paul Lebloch
Men's Director: Paul Lebloch
Tabulating: James J. Kasper

MEN — LOW DIVISION TEAMS

I Berwyn-Havlicek Tyrs 454.7

INDIVIDUALS

Place, Name and Sokol	Score
1. Jim Sprtel, Berwyn-Havlicek	129.2
2. Elmer Kulousek, Berwyn-Havlicek	119.7
3. Russ Aiken, Slavsky	119.6
4. Russ Zitny, Brookfield	119.0
5. Mike Kulhanek, Tabor	113.8
6. Jim Kratochvil, Berwyn-Havlicek	107.9
7. Bob Zrna, Berwyn-Havlicek	97.9
1 Team	
7 Individuals	

MEN — INTERMEDIATE DIVISION TEAMS

I Slavsky 371.3

INDIVIDUALS

Place, Name and Sokol	Score
1. Ed Halik, Slavsky	130.2
2. Ray Lutha, Slavsky	121.3
3. Ron Lutha, Slavsky	119.8
3. Chuck Klapp, Brookfield	119.8
4. Rick Linhart, Tabor	117.0
5. Greg Feipel, Berwyn-Havlicek	82.2
1 Team	
6 Individuals	

MEN — HIGH DIVISION TEAMS

I Berwyn 233.4

INDIVIDUALS

Place, Name and Sokol	Score
1. Lad Vanac, Berwyn	125.1
2. Ed Pavek, Berwyn	108.3
1 Team	
2 Individuals	

Meet Director: Joseph Placek
Men's Director: Paul Lebloch
Tabulating: James Jindra

SIMPLE WALTZ

I AND II CLASS GIRLS

Sheet Music: "Varsoviana" by Dodsworth (or other simple waltz).

Single circle facing in — holding hands, arms straight out to side. (Teach this in straight line first).

- I. 1.2.3. Halfsquat R, tap floor three times with low L. frontleg, knee straight — body slightly bent forward to left.
- II. 1.2.3. Uprise R., 3 stamps L.R.L. in place.
- III. - IV. = I. - II. Reverse
- V. 1.-3. 3 runs to center of circle L.R.L. frontarm.
- VI. 1.-2.-3. Close R. to L. toestand raise arms to uparm. Lower to closeheel stand.
- VII. 1. - 3. 3 runs back L.R.L. frontway close-arm to sidearm, holding hands.
- VIII. 1. - 3. Close R., 2 stamps L.R.
- IX. 1. Step to left with L.
2. Draw R. to L. toestand.
3. Lower to halfsquat.
- X.-XI.-XII. = IX. (3 more closing steps to L. side).
- XIII. 1. Step to left with L.
2. Swing R. across in front of L. (Low R. frontleg inward).
3. Hop on L.
(This is step, swing, hop).
- XIV. = XI.I Reverse
- XV. 1.-2. Stamp L.
3. Stamp R.
- XVI. 1. Stamp L.
2.-3. Hold (Right foot should be free).

REVERSE ALL OF XVI. MEASURES.

Mildred Prchal

The Meaning of "Sokol"

When the Bohemian Physical Culture Society was being established in Prague for the "Czech" people, there was much discussion of a symbol for this newly created organization. The eagle was considered and finally not favored because it was the symbol of the Austro-Hungarian Empire, and also, a symbol of several European nations. These nations who have the "eagle" (some were double-headed eagles), in their respective crests were intolerant and oppressive to many of their national subjects.

When the idea and programming of a physical culture society for a Slavonic people was considered and discussed among the various nations, the South Slavs suggested the "Falcon".

The South Slavonic nations (Croats, Serbs, Slovenes, and Bulgars) compare their heroes — defenders of their respective nations — to the Falcon. Though a bird of prey, smaller than the hawk and the eagle, it is remarkable for its elegant form and powers of flight. It has courage, endurance, and lightning speed, and is noted for its sharp eyesight when flying high. Thus the Falcon symbolizes the ideas of — STRENGTH, FITNESS, AND HIGH AIMS.

Through the "SOKOL" idea, a physical culture society for the Czech people was established, its aims and purpose became rapidly known, and extended to all Slavonic peoples. The symbol of the Falcon (SOKOL) united all Slavonic nations and encouraged them to defend their rights and heritage in the world.

Letter to the Teens

People confuse history and our Sokol past is no exception. Austrian monarchy in the middle of the 19th century preoccupied with their own inability to govern, produced many who have seen deception in the early stages of Sokol and forecasted political interference. In the name of justice and defense of the kingdom, they created heavy burdens to Sokol growth. Not withstanding the injurious resistance, our founders established solid base for cultural organization with international reputation.

It does not matter how often we repeat to ourselves the traditional significance of Sokol, or the historical importance which placed our gymnastic community among the respected societies. What really matters is how each individual supports the towering structure holding not only the past glory, but the future.

Let us recognize that Tyrs spoke about future and therefore we are here. So we must shout about "FUTURE" so that the children of our children may say one day, "Our fathers held up well."

Let us not confuse our present history. To do that we must start in the beginning, there where our fathers left off . . . in discipline and order. It was their beginning also.

Training body as well as training mind is a process of discipline. A person who can discipline his learning habits can reach very high intelligence. A person who trains uniformly and with discipline achieves high gymnastic excellence. This applies for social behavior and conduct.

We are told that young people in the times of 500 b.c. behaved same as today. Yet for the same reason young people must be reminded about good conduct. So don't swallow food as if there would not be enough, stand up in front of elders, don't chatter in the assemblies with elders, and don't terrorize teachers.

I gamble to say that good behavior will open doors to the most critical employers and will make you happier. This past decade was confusing. Our political leaders left some questions unanswered. Labor movement, social changes, fast growing population, expanding industries, shortages in products, money devaluation, change in education, over-taxation and many others.

May I remind you, however, that all the other places in the world are so much worse. And should you not believe me, consult others, or read statistics, papers, books, reports and then count your blessings.

Our government is improving, our resources are ours to expand, our people are free and our flag is unblemished, flying high. We have much to be grateful for.

This unrest should strengthen you, should give you humility as well as pride. Challenge it. The time is now to stand for order and truth, stand tall holding the structure for the past glory and future rebirth.

Charles Novacek, Sokol Detroit

DISTRICT REPORT Northeastern District

JUNE 6, 1974

President, Bro. Edwin Jirousek presided. Bro. and Sis. Kovar and their daughter from Sokol Detroit were greeted. A moment of silence was held in memory of departed Bro. Harold Pazdernik.

Correspondence: Invitation from Toronto to attend its Czechoslovak Day. — Announcement of the Cotillion Ball. — Invitation to participate in the St. Prokop Parish 100th Anniversary. The Cleveland Units will take part on a pro-rata basis.

President's Report: Judged the Men's Competitions at Cleveland State, May 4th. — Attended District Workshop and Social, May 5th. — Attended CCC Exhibition, May 10th. Program was very fine but the attendance was poor. — Delegated Bro. James Kocian to speak during the Sokol Night on the Czech Voice of Cleveland, May 30th. — Took part in the preparation for the District's Slet, June 2nd. — Attended the Competitions and Exhibition at Sokol Detroit, June 22-23rd.

Vice-President Reports: Bro. Emil Pekar thanked everyone who participated in making the District's Slet a success. Also, stated a District Social will be held at Sokol Nova Vlast, Oct. 12th. — Bro. Robert Jirousek and Bro. Frank Kavan represented the District at Sokol Detroit's Summer Exhibition. — John Dusek's Band has been hired for the 1975 Summer Exhibition in Cleveland.

Treasurer, Bro. Galik: Made the IRS report for May. — Income, April, \$92.40; May, \$478.60; June, \$75.00. — Expenses, \$736.89. — Checking account, \$407.19. — Outstanding checks, \$446.01. — Deposited \$1,500.00 into Savings account.

UNIT REPORT

Sokolice Detroit, Sis. Kovar: Teen-agers held Pancake Breakfast on Mother's Day. — Made a nice profit from the Rummage Sale. — Sis. Ann Kerr was sent to Chicago to attend the Rhythmic Gymnastics Clinic. — Accordion Jamboree to be held, Aug. 18th; and the Grape Festival, Sept. 15th; both at the Sokol Camp.

Sokol Detroit, Bro. Kovar: Thanked all the Cleveland Sokol Units in attending their Exhibition. — The Unit's classes are held 4 nights a week.

Sokol Cleveland-Cech-Havlicek, Bro. Kavan: A Special Meeting will be held, June 30th. — Unit now has a custodian.

Sokol Nova Vlast, Bro. Kocian: The May meeting saw 7 new members accepted. — Special Meeting, July 15th.

Sokol Tyrs, Bro. Franks: At the last meeting, 3 new members were approved. — Beseda Dancers to perform on the West Side, July 21st. — Annual picnic, Aug. 18th. — Western Reserve Historical Society is in need of material for the permanent exhibit it is setting up. Could use the records of the Cleveland Units.

* * *

Public Relations, Sis. Khol: Bro. Joseph Kocab did an outstanding job in the publicity of the District's Slet.

A.S.I., Bro. Jirousek: Offered to purchase the Bohemian Hall. Had Hall appraised and had appraisal sent in for consideration. — Rockside property will probably be put on the ballot again. — Sis. Mary Hercik bequeathed the ASI a certain portion of her will.

B.O.I., Sis. Dusek: District held Competitions in all classes in all the divisions. — District Instructors School will be held at Sokol Nova Vlast, Aug. 19-24th. Bro. Jerry Milan and Sisters Mary Provaznik and Norma Zabka will instruct. — Bro. Gruber reported the Winter Exhibition netted \$1,200.00, with one bill not yet received.

**FINANCIAL REPORT
American Sokol Organiztion**

JULY 1974

RECEIPTS:

Dues	\$3,067.75
T. G. Masaryk Dues	24.00
Convention Fund	30.00
Special Assessment	60.00
Advertising in "American Sokol"	180.00
Resale of Jewelry	50.00
Sale of Song Books	64.25
Educational Pamphlets, Postage	18.03
Miscellaneous	6.05
Total Receipts	\$3,500.08

DISBURSEMENTS:

Administrative Department

Salaries	\$265.30
F.I.C.A. & F.W.T. for June	105.12
I,W,T, — 2nd quarter 1974	36.96
Rental, Janitor Service, Phone, Electric	372.22
Office Supplies, Postage	24.73
Repairs to Office Machines	3.77
Advertising	15.00
Insurance	606.00
Miscellaneous	7.88
	<hr/>
	\$1,436.98

Educational Department BOI

Salaries	\$208.82
F.I.C.A. & F.W.T. for June	51.64
I,W,T, — 2nd quarter 1974	12.48
Editor "Sokol Gymnast"	25.00
Sokol Manuals	173.28
	<hr/>
	471.22

Sokol Publication

Editor "American Sokol"	\$ 75.00
Postage "American Sokol"	47.94
	<hr/>
	122.94

Miscellaneous

Uniform Division — Salaries, F.I.C.A., F.W.T., I,W,T., Phone	\$313.73
	<hr/>
	313.73

Total Disbursements	\$2,344.87
Balance brought forward: Western National Bank of Cicero —	
Checking Account	\$1,613.93
Receipts — July 1974	3,500.08
	<hr/>
	5,114.01
Disbursements — July 1974	2,344.87
	<hr/>
	\$2,769.14

FUTURE SOKOL LEADERS FUND

July - August 1974

Frank J. and Antoinette Pelich	\$ 2.00
Bennie & Adeline Lankas and the Leonard Petrulis family, in memory of Josephine (Mrs. John) Eyth, mother of Lucille Lankas	15.00
Dividends Earned, July 1974	180.93
	<hr/>
	\$197.93

Donations are tax exempt

For Your Information and Support

The House Bill No. 13377 has been reported out of the Committee on Veterans Affairs on July 29th and is now awaiting to be placed before the U.S. House of Representatives for final action. This Bill has 28 co-sponsors. Its aim is to provide medical aid and hospitalization for veterans of the Polish Blue Army and the Czechoslovak Legion of World War I. and to members of the Polish

and Czechoslovak Armed Forces who fought on the side of the Allies in World War II. and reside in the United States.

This Bill not only gives recognition to Americans of Czechoslovak and Polish descent who fought for the freedom of their former homelands but also provides much needed help to them in case of illness. This Bill has an excellent chance of passing, but it needs your support. Please, contact your local Congressman and your Senators and ask them to press for passage of this deserving legislation.

A. J. Valuchek

Czech Language at the Kent State University

The Czech language is offered at the University. Three four-hour and three three-hour courses are available, which enable a student to accumulate 21 undergraduate hours. The Czech courses fulfill the language requirements for the B.A. degree and for some of the B.S. degrees.

For those attending Kent State, the procedure for taking the courses is relatively simple. The first step is to take the routine half-hour language proficiency examination. This examination measures the ability of an individual to learn a foreign language. The next step is to register for the course during the regular registration period.

For those who are not registered, it will be necessary to contact the Admission Office, Rockwell Hall, Kent State University, Kent, Ohio 44242. After this has been accomplished the student should simply follow the above procedure for those already attending the University. For additional information write the Critical Language Office, 119 Bowman Hall, Kent State University, Kent, Ohio 44242.

In Memoriam:

PAUL DUDLEY WHITE, M.D.

Dr. Paul Dudley White, who probably did more than anyone to establish the medical importance of physical fitness, died in October 1973, following a stroke. He was 87 years old. He had long been recognized by his professional colleagues as a leader in the study and treatment of heart disease. In fact, many physicians say he was America's first "heart specialist", and he unquestionably was a pioneer in prescribing exercise for the prevention and treatment of heart disease.

During Dr. White's testimony before a Congressional committee, he told the Congressmen that America was "one of the unhealthiest countries in the world" and directed their attention to two startling facts: (1) 35 percent of the young men being called for military service were being rejected because of physical unfitness, and (2) American youth compared poorly with Europeans of the same age in a series of tests measuring strength and flexibility. The President's Council on Youth Fitness was formed a year later.

Dr. White on a bicycle was a familiar sight in Boston's streets, and he once said that America would be a better place if we all rode a bicycle to work. His off-stated prescription for a long, healthy life was: "Eat moderately, don't smoke, drink judiciously and exercise regularly."

Perhaps Dr. White's major contribution to the study of heart disease was the discovery that most heart attacks were not due to disease at all, but rather to a reduction of the blood supply to the heart muscle. It followed that regular, vigorous exercise, which helps prevent arterial deposits and maintain arterial elasticity, was an important form of prevention and treatment.

A 1911 graduate of Harvard Medical College, Dr. White had many "firsts" to his credit. He brought the first electrocardiograph to America from England in 1914, and his 1934 work, *Heart Disease*, still is a standard reference in the profession.

Now that the most powerful and authoritative voice for physical fitness is stilled, the rest of us have a responsibility to redouble our efforts.

FANNIE JELEN

Sis. Fannie Jelen, for 39 yrs. a devoted member of Sokolice Omaha, and still active at age 88, passed away, July 17, 1974, after a short illness. She was affectionately known as the "coffee lady" at the Omaha Sokol Hall, because of her many years serving coffee and sandwiches at various social events and dances.

Her passing will be remembered by not only one generation but two and even three generations of some families. Her Sokol life began at age 17. She became wed to Jerry J. Jelen, son of Frank Jelen, charter member and first president of Sokol Omaha. Both were dedicated members and so their love of Sokol became a family affair for the next 44 yrs., until Bro. Jelen passed away on December 13, 1951.

Surviving are: Claude L. Jelen, a past president and a past treasurer of Sokol Omaha, June Kahre, Gladyce Stranglen and Jerry F. Jelen.

Sis. Fannie Jelen will be remembered by her cordial smile and fun-loving ways. The Saturday night dances at the Sokol Hall will not be quite the same without the "coffee lady".

Šicí Kroužek Sokola Tyrš

Rádi čteme každou zprávu o tomto pilném našem šicím kroužku. Přiznáváme, že jsme měli obavu, že po prodeji budovy přestanou se tyto naše pilné sestry scházet. Byla by to velká škoda, vždyť tento kroužek byl v minulosti a zůstal také v přítomnosti něčím tak drahým naší jednotě. Byl založen hned při stavbě Sokolovny, byl po celá dlouhá léta tou největší finanční podporou naší jednoty. Když naše jednota vypsala úpisy na budovu a když je mnozí v době deprese museli prodat anebo nevěřili v budoucnost trvání jednoty, neměla právo jednota tyto úpisy kupovat. Byl zde ale Šicí kroužek, který je kupovat mohl a svojí pilnou prací měli vždy potřebný obnos v pokladně. Tím bylo umožněno jednotě, že mohla převzít jako dar úpisy na budově v ceně

24 tisíc dolarů, které vlastnil Šicí kroužek.

Po zaplacení hypotéky pracoval Šicí kroužek dále. Vzal si na starost takové potřeby které byly nutné a na které neměla jednota dosti hotovosti. Bylo to zařízení kuchyně, koupě nádobí a přiborů, pak koupě nových stolů a židel. Vždy se našlo něco co jednota potřebovala a když bylo potřeba přispěli také na zakoupení moderního nářadí pro cvičící.

Dnes, když jednota nevlastní svoji budovu, pracují naše sestry dále. Schází se každou středu a dělají ty historické příkrývky. Je to hodně práce, ale těší je tato práce, na mnohé mají již objednávky předem. Co je však více jako ta práce, to je sesterské družné přátelství, kdy se sejdou a při práci pobesedují. V poslední době chodí do Šicího kroužku také asi 5 bratrů. Naši kratři přivezou tam sestry a zůstanou tam v družné besedě. Někdy si pohoní kartičky v přátelské zábavě. Není to žádné Las Vegas, ale příjemná zábava. Sestry vždy připraví to kafičko a nějaký ten domácí výrobek z těsta, tak že se cítí jako doma, když přijdou hosté na návštěvu. Tento kroužek je to, co udržuje jednotu v tom rodinném kruhu. Velmi příjemné chvíle v práci a besedě.

Také však těchto našich sester ubývá a proto vítají mezi sebou tu mladší generaci, která se mezi němi jistě bude cítit jako doma. Proto všichni členové přejí tomuto kroužku, aby dále pracoval ve zdraví všech obětavých sester.

K.Z.

Veřejné cvičení Sokola Los Angeles, 1974

Zdá se, že letošní veřejné cvičení našlo dobrou, pokud jde o stránku tělocvičnou, ale již horší kritiku, pokud jde o organizaci. Obě hlediska byla předmětem porady cvičitelského sboru. S tělocvičnou činností si budem vědět rady, ale pokud jde o organizaci, budeme potřebovat pomoc, hlavně od závaného výboru.

A jak bylo cvičení? Vystoupilo 120 dětí, dorostu a dospělých, diváků byly necelé dvě stovky. S výjimkou mužů, předvedly všechny složky svoje samostatná čísla. Nejmladší děti tělocvičnou hru při hudbě ze Sněhurky, žákyně cvičení s míči, dorostenky skladbu moderní gymnastiky, mladší žáci malou akrobaci, dorostenci cvičení s dlouhou tyčí, ženy národní tance v krojích a taneční skupina mladých několik obtížných skladeb, také v národních krojích. Vše to připravili naši cvičitelé z vlastní tvořivosti. Mimoto zaevčily ženy krásná prostrná a stará garda jako vždy společná prostrná mužů a žen. Dagmar Hintnausová předvedla vysokou úroveň svého výkonu na kladině a v akrobaci, vybraní cvičenci se snažili ji dohonit na nářadí i na žínkách, žáci a žákyně zavedli ve člunkové štafety.

Vítězem nářadového závodu, konaného dva týdny dříve, byly slavnostně odevzdány pěkné medaile na stupních vítězů. Tím byl uzavřen velmi rušný rok naší tělocvičné činnosti. V plném rozsahu budeme pokračovat v září, ale po celé léto budou cvičit pátek večer dospělí. Najdeme mezi nimi budoucí cvičitele?

Jiří Liška, náčelník

Independence Day v Sokol Miami

byl připomenut důstojnou oslavou ve znamení "The Spirit of 76".

Při zvucích sokolského pochodu bří. Hron a Webér zvedli naše vlajky — americkou a Sokola Miami a zahájili průvod účastníků programu a krojovaných sester. Tito se pak seskupili na scéně v živý obraz "The Spirit Of 76": tři zranění Yankee vojini — bří. Dočekal, Leiner a Orihel — jimž nechyběla ani pišťála a bubínek — utvořili pozadí pro Betsy Ross, zhotovující první Old Glory. Zosobnila ji s. Lillian Venzara, dobově oblečena a obklopena svými vnučaty Lisou a Ricky. Našivala poslední hvězdu a předala vlajku zraněnému vojínu, zatím co sálem zněly odhodlané zvuky "Battle Hymn of the Republic" a majestátní "America, the Beautiful", zpívaná vroucně sborem pod vedením br. Kopeckého. O významu 4. července pak obsažně promluvili s. Blanche Szita anglicky a br. Fr. Kraus česky; a zakončil zapěním dvou slok písně, kterou kdysi dávno nás učili v Masarykově republice jako americkou hymnu. Je to "My Country 'Tis of Thee" . . . krásná vzpomínka! S "God Bless America" jsme vzdali závěrečný hold naší americké vlasti a s. jednatelka Emily Růžičková poděkovala všem a to především našemu M.C. br. Macháčkovi a s. Macháčkové za klavírní doprovod. Ostatní členové sboru byly sestry Příbylová, Ploužková, Petrášková, Orihelová, Křepelková, Krausová, Kolářová, Chocholová a Hronová.

Krajanský Washington oslaví Smetanovo výročí

Naše krajanská veřejnost ve Washington, D.C., hodlá důstojným způsobem oslavit 150. výročí našeho velkého hudebního skladatele, Bedřicha Smetany tím, že představení jeho operu "Dvě vdovy" v originální češtině 26. října v známém Lisner Auditorium na 21. a H ulici, N.W. ve Washington, D.C.

Zajímavé je, že "Dvě vdovy" ještě vůbec nebyly představeny v Americe a bude to poprvé, co tato slavná opera odbývá se na operním jevišti ve Spojených státech a to je už 100 roků, co se konala její premiéra v Praze. V hlavních úlohách vystoupí známí američtí a českoslovenští operní zpěváci. Také známý hudební sbor George Washington University pod vedením slavného dirigenta Štěpána Prussinga.

Patronát přijala známá organizace, Czechoslovak Society of Arts and Sciences in America, Washington, D.C. Branch, v spolupráci s jinými našimi krajanskými organizacemi a jednotlivci. Čestným předsedou je senátor Roman Hruška z Nebrasky.

Práce sokolská jest ta, která člověka ke štěstí přivádí. Ona nejde sice ani za ziskem, ale přináší největší štěstí každému, kdo poctivě pracuje, neboť přináší člověku klidné a pokojné vědomí toho, že člověk vykonal alespoň část toho, co na muži se vyžaduje. A vědomí toho jedině přináší člověku životní štěstí.

Karel Vaniček

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KINDNESS is a language the deaf can hear and the blind can see.

Then there was the mother who always wanted a child with long hair, but was sort of hoping it would be a girl.

TEMPER is what gets most of us into trouble, **PRIDE** is what keeps us there.

Look upon your failures as lessons in progress.

It is better to become bent from hard work than to become crooked from avoiding it.

The honeymoon is over when you discover that your "pet lamb" is really a little bossy.

Be tolerant; accept people as they are.

MIDDLE AGE is when your narrow waist and broad mind begin to change places.

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Tryzna k uctění Lidic

Delegace Americké Obce Sokolské, vedená sestrou Betty Prenerovou, náměstkou AOS, se zúčastnila tryzny za lidické oběti, konané v předvečer výročí lidického masakru.

Tryzna se konala v obci Crest Hill, dříve Lidic, poblíž města Joliet, Ill., u pomníku, který byl zasvěcen lidickým obětem z doby II. světové války. Byla uspořádána Organizací československých spolků ve Velkém Chicagu ve které je zastoupena i AOS. Smuteční slavnosti se zúčastnil pěkný počet občanů z Chicaga a okolí, kteří přijeli zvláště k tomu vypraveným autobusem z Chicaga a nebo přijeli ve svých vozech.

Pořad slavnosti připravil a řídil dlouholetý býv. starosta AOS, bratr Karel M. Prchal, místopředseda Organizace. Věnc k pomníku položily krojované sestry sokolky, které pak společně s bratry legionáři, kteří u pomníku umístili prapory, stáli čestnou

stráž. Hymna americká i československá byla zapívána za vedení br. K. M. Prchala a br. J. E. Diviška.

Jako český řečník promluvil páter Vojtěch Vit, O.S.B. a přednesl krásnou Balbinovu modlitbu, která je opravdovým literárním skvostem tehdejší doby a která, třebaže tak stará, zapadá jedinečně do dnešních poměrů národa českého.

Anglickou řeč přednesl spisovatel a básník Roderick Gorman, který připomněl tehdejší světový odpor s hitlerovskými zvěrstvy a hlubokou spoluúčast celého světa s československým utrpením a růžové pole zdobící dnes Lidice, které po válce vyrostlo z kamení a popele vyhlazených Lidic.

Mezi českým a anglickým řečníkem byla vložena recitace "Lidickým mučedníkům", napsaná Rudolfem Slivou k prvnímu výročí této tragedie. Píseň "God Bless America" zakončila pak tuto malou, ale důstojnou smuteční slavnost, vzpomínku a uctění těch, kteří pro lidskou zlobu nevině trpěli a položili své životy.

Vlasta Matelová

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