

AMERICAN SOKOL

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CZECHOSLOVAK INDEPENDENCE DAY OCTOBER 28, 1918

The month October is a traditional month at which time we celebrate the Independence of Czechoslovakia. This month will be the 56th Anniversary of the new state.

On October 28, 1918 a new Republic was born in a land that had been under the rule of autocrats for 300 years. The name — Czechoslovakia — which appeared in newspapers and on maps, was an unfamiliar one. So were many of the other names of new states and regimes that were formed out of the Empires that had outlived their usefulness and stubbornly refused to change to the new ideas. The beginning of a historic period, bent on self-determination, a revival of the spirit that has created the United States of America and in Europe, the French Revolution, was here. Once that flame was ignited, it would not be permanently extinguished.

The leader, Masaryk, who organized and led the last great charge on the bastions of a decadent monarchy was a philosopher. He was a man of the people, Washington and Lincoln in one personality. By his own efforts, through a long hard life of working, learning, studying, thinking, and teaching thousands of eager young minds, he became the greatest human of his time.

Masaryk's army within and without the borders of his country was an army of volunteers; an army of citizens in whose hearts and souls burned the longing for freedom. They fought hard and died. Many of them served under the flags of United States, Britain, France, Italy, and Canada, but all of them, without exception, were serving voluntarily with the same spirit and for the same ideals that guided the legions of Masaryk.

This same land; these same people, after twenty fruitful years of Democratic Rule, was invaded by the forces of Nazism. The flower of Czechoslovakia's manhood and womanhood was exterminated by as ruthless a force as had ever overran its territory in its entire history. After Nazism Czechoslovakia was given a few short years of recovery, then the forces of another philosophy as foreign to its national character as Nazism again put Czechoslovakia into bondage.

What then, do we have to look forward to? Will the peace, prosperity, humanity, and decency of Masaryk's Republic ever return?

(Continued on Page 108)



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Calendar of Events

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. 3rd — SOKOL CLEVELAND-CECH-HAVLI-
CEK, CLEVELAND, OHIO
Spaghetti Dinner and Gift Mart.

NOV. 9th — AMERICAN SOKOL, INC.
CLEVELAND, OHIO

250 Club Banquet — Al Koran Mosque
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.
Edward Ingris' Personal Narration of Epic Film
"In The Wake of Kon-Tiki"

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.

NOV. 22-24th — SOKOL MILWAUKEE, WIS.
Holiday Folk Fair.

DEC. 7th — SOKOL SAN FRANCISCO, CAL.
St. Nicholas Dance (Mikuláše).

DEC. 7th — SOKOL STICKNEY, ILL.
Spaghetti Dinner

DEC. 7th — SOKOL NOVA VLAST,
CLEVELAND, OHIO
St. Nicholas Dance

DEC. 31st — SOKOL STICKNEY, ILL.
New Year's Eve Celebration

DEC. 31st — SOKOL BERWYN, ILL.
New Year's Eve Dance.

DEC. 31st — SOKOL BELCAMP, MARYLAND.
New Year's Eve Party.

DEC. 31st — SOKOL ST. LOUIS, MO.
New Year's Eve Celebration

DEC. 31st — SOKOL DETROIT, MICH.
New Year's Eve Dance

DEC. 31st — SOKOL SAN FRANCISCO, CAL.
Sylvester (New year's Eve Dance).

JAN. 12th — SOKOL CLEVELAND-CECH-
HAVLICEK, CLEVELAND, OHIO
Card Party

JAN. 25th — SOKOL TYRS, CLEVELAND, OHIO
Night in Prague — Al Koran Mosque

FEB. 1st — SOKOL ST. LOUIS, MO.
B.O.I. Instructor's Barn Dance

FEB. 2nd — SOKOL DETROIT, MICH.
Winter Gymnastic

FEB. 2nd — SOKOL STICKNEY, ILL.
Pancake Breakfast

FEB. 8th — SOKOL BALTIMORE, MD.
103rd Šibrinky (Masquerade)

FEB. 9th — NORTHEASTERN DISTRICT,
CLEVELAND, OHIO
Winter Gymnastic Exhibition — Cleveland State
University

MARCH 8th — SOKOL BALTIMORE, MO.
Dozvuky

MARCH 16th — SOKOL STICKNEY, ILL.
Corned Beef & Cabbage Dinner

MARCH 22nd — SOKOL BERWYN, ILL.
Annual Gymnastic Exhibition

MAY 25th — SOKOL BALTIMORE, MD.
Gymnastic Exhibition

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

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Číslo—No. 10

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

September 24, 1974

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

Correspondence: Notice from Sokol St. Louis of the resignation of Bro. Triska as president of that Unit. II Vice-Pres., Bro. Norman Krizek, agreed to serve as president until the new elections are held in December. Also that Bro. David Stasa is the Secretary of the Unit. — Appreciation from Sokol USA and the CSA at the Sokol attendance at their Convention Banquets and sessions. — As per request, a ½-page Ad at \$20.00 was approved for the Moravian Cultural Society's 10th Anniversary.

Director of Men, Bro. Linhart: Reported upon the Men's BOI meeting, Sept. 18th. — Recommended payment of USGF dues of \$100.00. The USGF Congress of Coaches will be held in Chicago, Nov. 8-10th. The number of BOI members interested in attending will be determined. Final decision as to the payment of the \$25.00 registration fee will be made by the Executive Board. — The 1975 Gymnastic Camp will be held; Plans formulated. — The Jr. Olympic program will be encouraged for deeper interest in the Units. — Final Report forms received and approved: — Eastern District, \$952.14; Northeastern District, \$931.41. — 6 BOI and 12 District Directors, a total of 18, will meet one day prior to the 1975 Convention. They will be paid from the Convention Fund.

Director of Women, Sis. Schnabl: Tapes of the Sokol USA calisthenics and floor exercises were sent the Eastern and Northeastern Districts. — Thanks received for the program presented by the Sokol Slavsky Jr. Girls and Sokol Berwyn 2nd Class Girls during the "Czechoslovak Night" sponsored by a local Savings and Loan Ass'n. — Wrote to Sen. R. Hruska regarding the American Revolution Bi-Centennial. — Now in process of constructing the Women's BOI.

Educational Committee, Sis. Prener: Essay Contest Rules will appear in the Sokol Gymnast. — Song-Book sales going very well. Publicity placed

in the newspapers. Sale of the Song Book will be announced on the radio program in Texas by Rudy J. Sevcik.

Uniform Division, Sis. Prener: Have a good stock of supplies. Various articles reordered. Prices going up. — Approved, transfer of funds, \$2,500.00.

Financial Sec'y, Sis. Sotka: 2nd quarter 1974 Federal and State Financial Reports prepared. Taxes deposited. — Promotional pamphlets, dues cards, membership applications and membership kits sent to various individuals. — Billed all Sokol T. G. Masaryk members, also subscribers to the Sokol publication. — Information sent to Bro. Pavoucek regarding dues owed by Sokols Schuyler and Minneapolis. — Increase of 114 members during July and August publication. — Continued increase on cost of paper and address changes on the publication. — Donation received from the Unity of Czech Ladies and Men's 22nd Quadrennial Convention.

Treasurer, Bro. Basta: Displayed comparison chart for June 30th. — Various Convention details discussed.

Secretary, Sis. Pros.: Attended Sokol USA and CSA Banquets. — Working with the Central District Folk Dancers.

President, Bro. Barcal: Attended Sokol USA and CSA Convention and Banquets. — Regretted to announce that the ASO will not conduct a bus tour to Sokol Miami's 5th Anniversary celebration, Nov. 30th. — Saunders & Co. donated a calculator to the Sokol office. — Appreciation to Bros. Joseph Sotka and Miles Pros, Jr. for the work done in the improvement of the Sokol office.

Convention: Letters will be sent all Units and Districts on various details regarding delegates. Car mileage was approved at 10c per mile. Transfers to and from airport, train or bus will not be included in transportation allowances. Sokol Detroit will be requested to keep the ASO informed on the progress being made.

New Business: Progress being made as to the forming of the new Units in Lincoln, Nebraska, and Corpus Christi, Texas. This is always good news. The ASO extends its best wishes.

Enroll That New Sokol Member NOW!

CZECHOSLOVAK INDEPENDENCE DAY

(Continued from Front Page)

As dark as the picture may look, we believe in the future. Our problems are no greater than those that faced humanity in the past. Throughout recorded history every setback has set the stage for new advances of mankind.

We have, in spite of everything that has happened, a just reason to be proud! When we established a nation that was such a glaring contrast to anything Europe had ever seen in such a short period, we showed the world our ability and national character. Europe, its politicians, and systems were not ready for what they saw in Czechoslovakia and what we have here in the United States — Democracy.

Jan Kucera, Sokol San Francisco

DISTRICT REPORTS**Northeastern District**

August 28, 1974

Pres., Bro. Edwin Jirousek presided.

Correspondence: Announcement of the 50th Anniversary of Lodge Cleveland W.B.F.A., Nov. 10th. 2 tickets purchased for the event. — Polish Falcons celebrating their 65th Anniversary, Sept. 7th. — St. Joseph Society marking its 75th Anniversary. Approved, the purchase of 2 banquet tickets and a full page ad pro-rated among Cleveland Units. — Invitation to participate in the St. Wenceslaus parade, Sept. 29th. The BOI will participate.

President, Bro. Jirousek: Attended Sokol Tyrs picnic. — Officially opened and closed the Instructors' Course. — Thanked Bro. Peter Dusek and Sis. Georgia Jensik for being the Directors again for the next year.

Treasurer, Bro. Galik: Balance to-date — Checking account, \$121.51 — Savings account, \$1,687.25.

UNIT REPORT

Sokol Detroit, Sis. Louise Kovar: Very good response for the Accordion Jamboree. — Grape Festival, Sept. 15th. — Card Party, Oct. 2nd.

Sokol Detroit, Bro. Joseph Kovar: Almost 1,500 people attended the Accordion Jamboree with a profit in excess of \$1,500.—Convention Committee numbers 42 members. Will meet twice during Sept. No souvenirs will be sold. There will be no banquet, instead a night of socializing at the Cultural Center.

Sokol Cleveland-Cech-Havlicek, Bro. Frank Kovan: Gym classes will begin, Sept. 10th. — Chicken Dinner, Oct. 6th.

Sokol Nova Vlast, Bro. James Kocian: Unit meetings now held on Monday evening. — Ceska Sin rental is now \$175. for the Unit.

Sokol Tyrs: Picnic was a success. — Bro. Karel Zahradnick was hospitalized. — The Juniors' participation in the All Nations Fair netted them a profit of \$3,600.

A.S.I.: Annual Beer Festival will be held, Sept. 7th.

B.O.I., Bro. Peter Dusek: New officers elected at the Aug. 8th meeting. — District Social and Folk Dance Clinic will be held at Sokol Nova Vlast, Oct. 12th. — Sokol USA Competitions and Slet to be held at N.Y. State University at Binghamton, N.Y., June 26-29, 1975. — Attended planning committee meeting for Winter Exhibition to be held, Feb. 9, 1975. — District Instructor's Course was an outstanding success, with 49 persons enrolled. Everyone was impressed with the spirit and unity of those attending. — Russian Men & Women's Gymnastic Team will be touring the U.S. Will appear in Cleveland, Nov. 20th. Tickets will be available through the Units. Olga Korbut is also to appear. — Sokol Tyrs attended the Czech Day function in Masaryktown, the members participating in volleyball and the parade. — Each instructor at the Clinic had been presented with a plaque and beer mug. Were dinner guests of the Sokols in Vermilion, which was also attended by a whole bus-load from Cleveland.

Southern District

August 29, 1974

Pres., Bro. George Prevratil presided. Present: Bros Don Steinman, Oldrich Parma, Jerry Milan, Larry Laznovsky, Miro Jurcik, Frank Cechan, H. B. Smith, Stuart Hamilton. Sisters Bernice Hamilton, Sylvia Laznovsky, Henriette Milan, Rose Steinman, Helen Parma, Vlasta Laznovsky.

Memorial silence on behalf of departed Bro. Louis Toborny of Sokol Zizka.

UNIT REPORT

Sokol Corpus Christi: August meeting, 23 in attendance. Gained 3 regular members. — Hosted volleyball tournament and beach party, Aug. 3-4th. — Approved to host the District Slet in 1975. Bro. Monta Foster was elected Slet Chairman.

Sokol Zizka: August meeting, 29. Gained 2 associate members. — Held 2 regular dances. — Preparing for novice gym meet. — Planning a special afternoon Class for girls.

Sokol Karel Havlicek Borovsky: July and August meetings averaged 28 in attendance. Gained 22 regular and 46 associate members. — Held 4 dances. — Course students attended Unit meeting. — 6 associate members transferred to regular membership. — 18 participated in volleyball tourney. — Juniors will work the concession stand at a country music festival.

Sokol Fort Worth: Aug. 10th dance successful. Special number presented during intermission. — Had ad on gym registration in Star-Telegram. — 8 photos of gym activity appeared in local paper. — 14 participated in volleyball tourney. — On the agenda, Fort Worth Polka Festival and the Czech Day at the Fair.

* * *

Educational Director, Bro. Parma: It was approved the District Director be authorized to contact the Unit Educational Directors by phone if need be.

Director of Men, Bro. Laznovsky: District Course was successful. Students received excellent instructions and were most attentive. An appreciation plaque was presented to Bro. Edwin Halik. — In

the volleyball tourney held at Corpus Christi, Sokol Zizka was the winner in the adult mixed team event, Sokol Fort Worth in the men team, Sokol in Ennis in the women and junior mixed. Sokol Corpus Christi hosted a beach party at Padre Island which was enjoyed by all. — Contacting Units for an agreeable date for annual BOI meeting.

Director of Women, Sis. Laznovsky: Compiled report to be submitted to the special assessment fund. — Received new price list for uniforms.

Public Relations, Bro. Milan: Instructed Course in Northeastern District. Praised educational talks presented by Sis. Provaznik. — Plans to attend Gymnastic Ass'n. of Texas meeting, Sept. 7th, and the National Coaches Congress in Chicago, Nov. 8-10th. — In process of writing a report on the District Course.

President, Bro. Prevratil: Reminds Units of upcoming Convention in 1975. By-laws to be reviewed and any changes be submitted to the District. — Praised the instructors and the host Unit on a successful Course.

Discussions: Czech Day at the Fair will be held, Oct. 13th. Coliseum will be available. Will contact Bro. Bubak for additional information.

Eastern District

September 16, 1974

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

Correspondence: Receipt of ASO Check of \$142.28 covering expense of 2-day Course and 1-day Clinic at Sokols Belcamp and Baltimore. — Check of \$25.00 from Sokol Philadelphia for chance books. — Request by Sokol Miami for additional information on coming District Exhibition at Baltimore, Nov. 17th. — Received rates for bus trip to Miami in celebration of that Unit's 5th Anniversary, Nov. 30th. This matter will be held over for the Annual Meeting. — Receipt of Sokol San Francisco's Souvenir program book and also its cook-book. — Inquiry from Bro. Frank Novak on the number of delegates who will stay overnight in Belcamp for the Annual Meeting, Sept. 28th, and the number who will dine there the following afternoon. — Receipt of the ASO song-book.

Director of Women, Sis. Zabka: Attended Course at Sokol Little Ferry for one day. — Received calisthenics tapes for all classes.

Director of Men, Bro. Capek: Course at Little Ferry numbered 22 students; one of the nicest group of students to attend a District Course. Stated it would be more feasible to conduct a Course at East Haddam, Conn., but it would be necessary to build a hangar to store the apparatus.

Annual Meeting: Chartered bus to Belcamp will leave from Sokol Little Ferry, Sept. 28th. The rate of \$25.00 includes one night in a motel, and returning home Sunday. Sis. Zraly will be in charge of reservations. Bro. Petlicka will be contacted for publicity on the radio. All Units should be represented. Board of Directors will meet Saturday afternoon, Sept. 28th, the Annual Meeting held the following morning.

Other Business: The rate for the bus trip to the Exhibition in Baltimore, Nov. 16-17th, will be announced at a later date. — Recommendation from the Executive Board states all members should pay dues to the District regardless whether they hold dual membership.

Treasurer, Bro. Chaloupka: Receipts — \$134.75; Disbursements — \$779.96.

SOKOL BALTIMORE

On July 7th we entered our 103rd year, and our goal for the immediate future must be a new modern Sokol gymnasium, constructed in pleasant surroundings; a building so built that it would entice the members to be present at all gatherings; a structure to which all of us would be proud to invite our friends, relatives and neighbors.

It is true that construction and other costs have soared to great heights. Some of the sites which were investigated were far beyond our means of finance. However, it is essential that we continue to seek our goal. We must constantly continue to explore all possible areas. We must sponsor more fund raising affairs to swell our building fund. We must cut down on all unnecessary spending. We are asking members to pledge to donate a definite sum monthly, semi-annually or annually.

The need for a new building is greater today than it was 5 years ago. It is up to each and every member to get involved so that we can conduct our activities in a 20th century structure.

I am appalled and greatly saddened by the complete negative attitude of so many of our members on the idea of a new Sokol Hall.

Edward Stetka

SOKOL MILWAUKEE

The Sokol Milwaukee BOI and Ways & Means Committee have arranged their program of activity for the Unit's 107th year of existence.

A review of the past year saw a series of successful events which added greatly to the rich history of Sokol Milwaukee. It all started with our Kickoff Banquet in September, with a Recognition Nite the following month. The latter affair was indeed a surprise night for Bro. Charles Richter, who after 40 yrs. of instructing decided to take it easy and retire. The review brought many a laugh and many a tear. In attendance were: ASO Pres., Bro. Stanley Barcal and Sis. Barcal; and Central District Pres., Bro. Joseph Drnec and Sis. Drnec.

November, the month of our Holiday Folk Fair, proved what wonderful cooperation Sokol Milwaukee has received from its members. During these hectic 3 days, dumplings had to be made, the meat cooked, bakery made, the exhibit booth set up, and the children prepared for their tumbling number. All in all the Folk Fair was very successful, with 68,000 people being catered during this 3-day period.

A Christmas Party was held in December followed by our winter vacation. A very cold January made it difficult to hold gym classes. February brought us our Jatrnice Dinner, with some 600 lbs. of sausage being sold. The following months were in preparation for our inter-class gym and

track meets and Exhibition. The Sokolice held their 75th Anniversary in May attended by more than 200 guests.

Now at the dawn of our 107th year, plans again have been made for great activity. We ask our members to attend the meetings and participate in all the events. Your officers have worked hard to make your Unit an active and interesting organization. Let us all cooperate to add to the wonderful history of Sokol Milwaukee.

Fred C. Stankovsky

SOKOL SAN FRANCISCO

The six week summer course directed by Jan Clark, our instructor, vastly improved the skills of those attending. If held again, attendance will undoubtedly be larger.

On August 19th, 29 children and 9 adults instructors, counselors, and cooks, journeyed by chartered bus to Dinkey Creek Camp. Los Angeles sent 33 children and 4 adults. The week was filled with tumbling, apparatus, track and field, volleyball, crafts, swimming, horseback riding, hiking, sing-a-longs, dances, ping pong, a carnival, water balloon fight, and skit night. There was spirited competition, fun and the best food ever!!

Our children did well during the Pacific District Gymnastic Exhibition in May. Surely, 13 of 18 available trophies come because of dedication to improve.

A new season is before us. We are an improving Sokol Unit. We shifted from low to second last year. Lets shift from second into high during the coming gym year.

A closing thought: "Any person who travels through life without giving generously of their time to help others has barely lived at all."

Alvin W. Meir

SOKOL DETROIT

The Detroit Sokol and Sokolice are indeed a most active organization, which is a fine testimonial to the Unit's great success. The recent Accordion Jamboree was a great happening. A Grape Festival was scheduled for Sept. 15th, Sokolice Card & Bunco Party, Oct. 2nd, B.O.I.'s Hayride, Oct. 5th, Czechoslovak Afternoon Dinner Party, Nov. 10th. The Sokolice are collecting Betty Crocker coupons to provide a bus for retarded children. All this in addition to the Unit's fund-raising games.

The B.O.I. is in midst of planning its program for the 1975 Winter Gymnastic and its Summer Exhibition. Several special numbers will be on the program since 1975 is the Unit's Centennial Year. Bro. Louis Teichman was elected Honorary Director of Men and Co-ordinator for the Centennial programs. Bro. Teichman has hopes of having 100 Sokol men in the field.

Sokol Detroit News-Letter

SLET IMPRESSIONS

Many were highly surprised at the competence of the young contestants in the highest competitive levels displayed at the District Slet held in Crete, Neb. Some of the entries in the 12-14 age

category achieved excellence in their performances that in the past years was seldom seen; results of hours of daily practice on different championship elements.

According to the Omaha World Herald, one of the boys, Phil Cahoy of Omaha, spends 20 hours weekly in training, mostly under the direction of his father who instructs at the Sokol. Phil, for a boy of 12 yrs. has a heavy schedule. This is the type of elements that make champions — the need for constant cultivation, placing heavy pressure upon the individual.

To witness these boys on the apparatus one sees serious and seasoned performers doing difficult movements with elegance and precision. As they prepared for vaulting the long horse, the horse was nearly as high as the boy himself, yet they seemed to perform the difficult vaults with ease.

The tendency seems to be to start preparing the children at a very early age. By the time they reach the age of 12 to 14 they've already mastered many of the more difficult moves. It is not likely that every boy could sustain such intense preparation, but those of championship caliber will have the stamina and result in rapid progress in the physical build-up. It is likely that such an early start will result in an early peak-out, as it seems improbable that one can get better and better without reaching his highest achievable level.

Sokol Cedar Rapids Bulletin

Czech Heritage

All of us who were either born in Czechoslovakia or have Czech ancestry are justly proud that something is being done about the preservation of Czech heritage. Some oldsters may recall that Cedar Rapids, Iowa, has a nickname "Czech Athens" coined by the late senator Vojta Benes, brother of the second president of Czechoslovakia Dr. Eduard Benes. It was in recognition for the great help given that country during its struggle for independence from the Austrian-Hungarian oppression, and also for the efforts to foster and preserve Czech culture in this country. Our Sokol played a very important role from the very beginning. Not only through its own unique program of gymnastics, but in many other fields such as singing, drama, literature and fine arts. Whenever we mention Czech School, Czech Reading Society, Czech Fine Arts, or the Czech Dramatic Society, our members were among the founders and active members.

Announcement of a government grant to Kirkwood College to perpetuate Czech Heritage is heartwarming although I regret that this did not come years earlier when there were more of us. The restoration of 16th Avenue S.W. is also noteworthy and let us hope that it will blossom into reality. It will take a lot of planning, work and money, but if our Czech community will support it, it cannot miss. It is interesting to know that among the promoters are a good many Americans who are not of Czech descent, and this makes it even more remarkable.

I have always felt and always will feel that . . . "Being a good Sokol means being proud of my

AMERICAN SOKOL

SOKOL GYMNAST

OCTOBER 1974

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS



EASTERN DISTRICT INSTRUCTORS SCHOOL

The Eastern District Instructors School was hosted by
Sokol Little Ferry, N.Y.

**ENTER AMERICAN SOKOL
ESSAY CONTEST**

Details On Page 130

Northeast District Instructors Course

During the week of August 19-24, the Northeast District sponsored an Advanced Instructors Course which was held at Sokol Nova Vlast, Cleveland, Ohio. This instructors school was held each evening from 6:00 - 10:00 P.M. in order to accommodate the majority of the students. The school was geared to the development of our present and older instructors who have been actively teaching in the Sokol classes and desired additional training and experience. A total of 47 adult and 2 junior members were actively involved in the course.

We were fortunate to have as instructors three outstanding Sokol leaders: Sis. Marie Provaznik and Sis. Norma Zabka, both of Sokol New York; and Br. Jerry Milan of Sokol Fort Worth.

The Northeast District BOI submitted a list of topics which they felt would be beneficial to most of the instructors attending the course. Using these areas for a foundation, each day's sessions were planned.

Sis. Provaznik related Sokol history in a very realistic and informative manner. She also took an active part in the course by instructing everyone in Indian club fundamentals and she composed a routine for us to learn. We were all extremely grateful to have had this opportunity to work and learn from such knowledgeable and dedicated Sokols.

Calisthenic terminology was very thoroughly covered by Sis. Norma Zabka. By getting us actively involved in using the terms, we have implanted them deeper into our minds. Sis. Zabka instructed us in modern rhythmic gymnastic fundamentals. Coordinating ourselves with jump ropes, rhythmic balls and ribbons, gave us additional insight about this new sport.

Covering a wide range of topics, Br. Jerry Milan presented to us various teaching techniques in the areas of tumbling, trampoline fundamentals and spotting. Br. Milan also served as our instructor for apparatus terminology, singing and marching.

Since time was limited for the course, every student attending tried to absorb as much material as possible during each session. As instructors ourselves, we already had some experience teaching and gratefully accepted any new ideas to incorporate into our Sokol classes.

We give special thanks to our three instructors, Sis. Provaznik, Sis. Zabka, and Br. Milan, who sacrificed their own time to be with us. Their vast knowledge and individual teaching methods will remain with us for many years.

Jane Mastny, Secretary
N.E. District BOI

Recognizing Superior Difficulty on Uneven Bars

REPRINTED FROM GYMNAST AUGUST-SEPTEMBER 1974

By Renee P. Hendershott

Upon careful study of the medium and superior moves listed in the women's Code, you will begin to see some existing generalities which can be used as rules for remembering and recognizing superior difficulty on uneven bars.

A. Any move where you "hop" from the LB to the HB is medium.

a. Examples:

1. Eagle catch
2. (As mount only) Glide on LB straddle cut catch the HB.
3. (During the routine only) Glide on LB kip catch the HB.

b. Exceptions:

1. LB facing out — glide — double leg shoot — straddle cut catch the HB (If you will note rule C — this may be the reason — because there is some turning on the horizontal axis while in the air)

2. If you catch the HB in a $\frac{1}{2}$ inverted hang, this is also a superior (probably due to rule C.) (see figure 1.)

B. You will notice many other exceptions to

rule A when you consider rule B: Any time you do a 360° turn in mid-air around your vertical axis before you catch a bar, or during a mount or dismount, you have a superior move.

a. Examples:

1. Kip hop with full turn.
2. Stand on LB grasping HB — jump to straddle on HB — $\frac{3}{4}$ back straddle sole circle to thrust under HB with $\frac{1}{2}$ turn rotate on LB — 360° twist.

b. Exceptions:

1. From front support on HB facing in — angle jump over the LB with $\frac{1}{2}$ turn (but could be superior because of rule E)

2. From stand on the LB — jump forward over the HB (legs straddled) $\frac{1}{2}$ turn — catch the H.B.

3. Front support on HB (facing out) back hip circle — flank over the HB with a $\frac{1}{2}$ turn catch the HB to a hang on HB: **Note:** similarity in 2 and 3 in each case the gymnast somehow passes over the HB before she does the $\frac{1}{2}$ turn catch.

C. Anytime you do a somersault type movement from bar to bar or as a dismount (must originate from the hands) this is superior. (The turn does

not have to be a full one. It may be a partial turn around your horizontal axis in mid-air)

1. Examples:

a. Double leg kip up to HB — cast to straddle on HB — $\frac{3}{4}$ back sole circle on HB to let go and catch LB. (If you will notice, during the catch, the body did rotate on its H-axis a little way. (See figure 2)

b. Reverse Kip on HB, release catch LB (See figure 3)

D. Hock swing are superior whenever you are in mid-air and catch the LB with your knees without a previous handgrasp.

1. Example:

a. From HB — cast to back hip circle LB $\frac{1}{2}$ turn to a hang by knees — turn backwards. (See figure 4)

E. Any time you pass backward from HB over LB a catch on LB or dismount to a stand this is superior.

a. Mount: Squat vault over LB catch HB straddle back over LB catch LB glide kip.

b. Sit on HB facing away from LB, swing back to $\frac{1}{2}$ inverted hang and straddle cut off over LB to stand.

c. Back hip circle on HB (facing LB) $\frac{1}{2}$ turn mid-air — dismount over LB to stand (Hecht with $\frac{1}{2}$ turn) By making a half turn you passed backward over the LB.

F. Anytime you arrive in a handstand from a forward moving element around the bar such as a kip, front hip circle, or sole circle, this is superior. Also if you arrive in a handstand after having completed a free back hip circle or sole circle,

this is superior. Also if you arrive in a handstand after having completed a free back hip circle you also have a superior — so we might even restate this rule to say — anytime you arrive in a handstand directly from a circling movement you have a superior move.

G. A free back hip circle ending in a free front support on HB or LB (hips off bar in a cast that could enable you to go into another move such as "pass legs straddled over that bar to L-hold, or straddle on the bar to sole circle position") or just into a long hang on the HB.

H. Any handstand on the HB

1. Aside from the exception to the rules already listed above there are a few straggles left:

1. Vault to handstand on LB as a mount — or during routine — controlled handstand on LB (pg. 44 Med. #4 now changed to Sup.)

2. Glide LB straddle cut catch LB

3. Mount: Glide LB rear kip to sit on LB

4. Uprise

5. Jump straddle back over the HB, catch HB — drop glide (without the drop glide this is medium)

6. The two dismounts where you kip from the neck of the HB

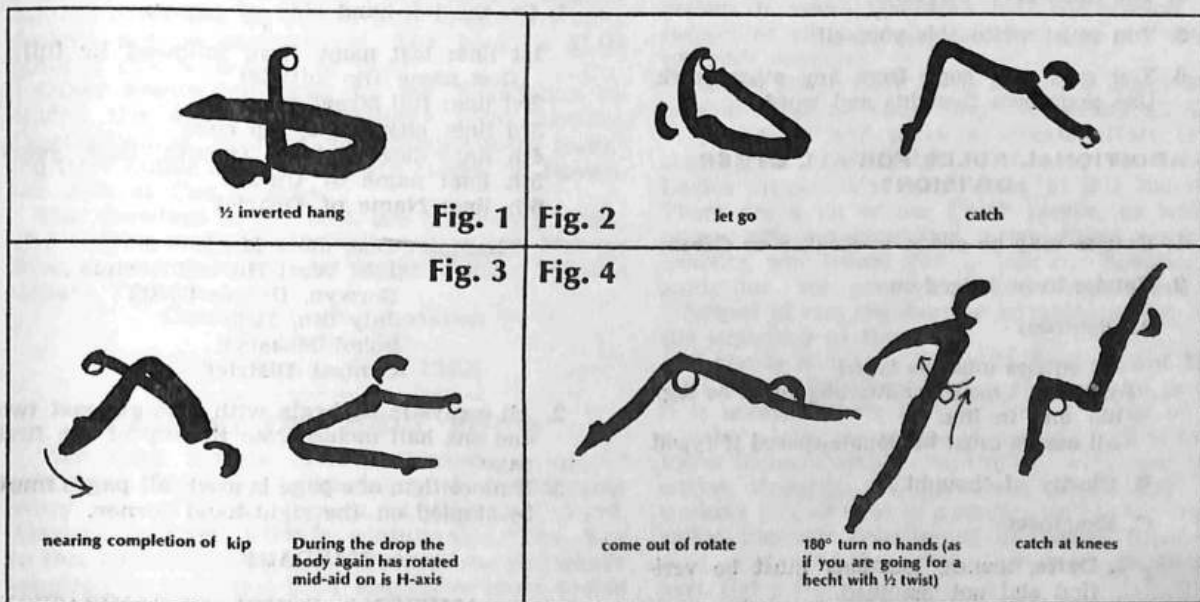
7. Any hecht from HB

8. Hecht with only $\frac{1}{2}$ twist from LB (rule E.)

9. Kip from long hang on HB facing LB with legs together

10. Rear kip from long hang on HB

11. Glide — rear kip low bar as mount only.



AMERICAN SOKOL ORGANIZATION EDUCATIONAL COMMITTEE – ESSAY CONTEST

This contest will run from November 1st, and entries are to be postmarked no later than January 12th, 1975. Prizes will be awarded in each of the four divisions and souvenir mementoes will be sent to each contestant. All entries to be sent to the American Sokol Educational Committee, 6426 W. Cermak Road, Berwyn, Illinois 60402. All entries will become the property of the American Sokol Organization and none will be returned. Decision of the judges is final.

DIVISIONS:

- 1st — 6-7-8 year olds — From 25 to 100 words:
"Why I go to Sokol"
- 2nd — 9-10-11-12 year olds — From 100 to 300 words:
"The True Meaning of Competition and What It Means to Me"
- 3rd — 13-18 year olds (Juniors) — From 500 to 1000 words:
"The History of My Own Unit"
- 4th — 18 & Over (Unit Members Only) —
From 500 to 1000 words:
"What Event(s) or Sokol Personality(ies) Influenced Me Most in My Sokol Life"

SPECIAL RULES FOR FIRST DIVISION Ages 6-7-8

1. You may print in ink or pencil.
2. You may use ruled paper.
3. You must be neat.
4. You must spell correctly.
5. You must write this yourself.
6. You must not copy from any other work. Use your own thoughts and words.

ADDITIONAL RULES FOR ALL OTHER DIVISIONS:

1. Entries may be either in English or Czech.
2. Entries to be judged on
 - A. Neatness

All entries must be typed or if not typed, handwriting must be legible and in ink.
All essays must be double-spaced if typed.
 - B. Clarity of thought.
 - C. Exactness
 1. Dates, names, locations must be verified and not assumed.
 2. Proper and correct names to be used.

3. Spelling must be correct.

D. Originality

1. All essays must be personally written.
2. All essays must be personally constructed.
3. Any essays will be eliminated if found to be copies of other works.
4. If quotations or any direct references are to be used in the essay, proper notations must be made at the end of written essay as to the source of material used, as to the name of the article, or book, author, publisher and page references.
5. Integrity and honesty is to be emphasized in the entry of the contestant.

REQUIREMENTS OF THE CONTEST IN ALL FOUR DIVISIONS:

1. If under 18 years of age, Sokol gym class attendance of 60% should be attained.
2. If over 18 years of age, must be a member of the Unit.
3. Members of the American Sokol Organization Educational Committee and judges of the contest are not eligible to enter.

REQUIREMENTS OF ENTERING AND WRITING THE ESSAY IN ALL FOUR DIVISIONS

1. On the left-hand side of paper:
 - 1st line: last name first, followed by full first name (no initials)
 - 2nd line: full street address
 - 3rd line: city, state, zip code
 - 4th line: date of birth (month, date, year)
 - 5th line: name of Unit
 - 6th line: Name of District

Example: Doe, Jane Marie
1357 West Harvey Avenue
Berwyn, Illinois 60402
July 5th, 1960
Sokol Masaryk
Central District

2. All essays must begin with title at least two and one half inches from the top of the first page.
3. If more than one page is used, all pages must be stapled on the right-hand corner.

NAZDAR!

AMERICAN SOKOL ORGANIZATION
EDUCATIONAL COMMITTEE

Czech origin." This doesn't interfere in any way in being a good and loyal American. Keep on "pitching" until this great work is completed.

SOKOL SINGS . . . After two years of extensive study and research the Amer. Sokol Educational Dep't. compiled and published a very unusual and interesting book of songs. As a former Czech language teacher I am really thrilled. There are 100 songs, with notes, Czech and English texts, and explanations as to origin of many of the songs. It contains all the well known Sokol songs, a number of popular tunes and American songs as well. Some have English translations, easy to follow.

In my time I have seen many song books, but nothing like this. Any Sokol member who likes to sing should get a copy while they last. The price is only three dollars including postage. In these days when there is such a strong effort to preserve and cultivate Czech Heritage this Sokol Book of Songs should be doubly welcome. Also . . . the local Czech School Boards may find this book a valuable asset for their summer Czech language classes. Even parents of the children attending these classes should be interested in the purchase of this valuable book.

T. B. Hlubucek,
Sokol Cedar Rapids

Czech Heritage Foundation

In Cedar Rapids, Iowa, the Foundation is working on plans to revitalize "The Avenue" located on the "old" southwest side of the city. Someday store fronts and shops should look like those in a Czechoslovak town or village. By the time of the Bi-Centennial of the United States, some Czech style architecture will be in evidence.

Available now is **MY CZECH WORD BOOK, ABC's**. Although the 24-page booklet is designed as a coloring book, it has sentences to accompany some of the drawings. English and Czech vocabulary and other surprise features occur on the pages. All ages will enjoy this booklet! The brightly colored cover has an ornate bird design and other designs are on same pages. The book is \$1.00. Mailing charge is 25c per copy.

Other events sponsored by the Foundation included the Amati Concert Band from Kraslice, Czechoslovakia, in June. The Tamburitzans featuring Slav ethnic folk dances will appear on November 27th at Coe College.

The drawings in the book are by Jean E. King. The writing and planning was done by M. Melvina Svec, a member of The Cedar Rapids Sokolice Renata Tyrsova.

Czech Heritage Foundation
P. O. Box 761
Cedar Rapids, Iowa 52406

Fate of the Bald Eagle

"We must refrain from indiscriminate use of pesticides, burning, bulldozing and blacktopping every acre of land," reports Lt. George V. Byrd, Alaskan military wildlife consultant. "The Key to this education. After we become aware of what's required to save the Bald Eagle, we must decide if we are willing to make the sacrifice. It's our choice and our decision will be final."

1974-75 "Miss Nebraska Czech Queen"

Sis. Debra Slezak, a member of Sokolice South Omaha, was selected as "Miss Nebraska Czech Queen" at the Czech Festival held in Wilber, Nebr., August 3-4th. Debbie, daughter of Bro. & Sis. Joseph D. Slezak, has been a member of the gym classes for the past 6 yrs. She has competed and received trophies on the Western District level as well as the ASO National Competitions. For the past several years she has taught a weekly Girls class.

A June 1974 graduate from South High School, is employed as seamstress and sale-clerk in a bridal shop. Her ambition is to be a professional seamstress and possibly pursue a course in modeling. In high school she was a member in G.A.A. and also a cheerleader for 3 yrs.

For the talent portion of the contest, Debbie tailored all of the clothes for her models, who were her 5 sisters, her grand-parents, her aunt and daughter, and several others. Without a doubt she had to be very busy to have made all these outfits.

Debbie received a \$100. U.S. Savings Bond, a tote bag filled with many personal items, a 4-place setting of silverplate, a bouquet of carnations, her trophy and tiara.

Congratulations are in order. This is the second young lady from South Omaha Sokol to receive this honor. Sis. Vicki Hurt was also a Nebraska Czech Queen.

South Omaha Sokol News-Letter

Sokolice Reflections

Being President of the Sokolice for past two years has brought many problems that need attention. Some have been settled amicably and some are still to be settled. We as a good solid Unit are certainly making headway, working together. It takes teamwork and cooperation, also respect of all members, as alone you do not accomplish anything.

As you know there is an American Sokol Membership Drive on now. They are asking all Units to join them and make a special effort to increase their memberships. As of today our Sokolice Ladies membership now stands at 203 members. There are a lot of our Czech people, as well as others, who are interested in our Sokol work and benefits, who would like to join our Sokolice Organization, but have never been approached nor informed of our membership advantages and benefits explained to them.

It stands to reason if our St. Louis Sokol Men's Unit or our Sokolice's Ladies Unit are to prosper it is essential there be a continued influx of new members into our ranks. Keeping apace with the losses in membership. Remember, with new blood comes strength, energy, fresh ideas and new workers . . . so vital to a strong, well-being organization like our Sokolice of St. Louis. Remember . . . a Membership drive is on now, so do your part. Get a New Member!

Camilla Ulrich,
President of Sokolice St. Louis

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

(Act of October 23, 1962; Section 4369, Title 39, United States Code)

1. Title of publication: American Sokol.
2. Date of filing: September 26, 1973.
3. Frequency of issue: Monthly — except bi-monthly July-August issue.
4. Location of known office of publication: 6426 W. Cermak Road, Berwyn, Illinois 60402.
5. Location of the headquarters or general business offices of the publishers: 6426 W. Cermak Road, Berwyn, Illinois 60402.
6. Names and addresses of publisher, editor, and managing editor: Publisher—American Sokol Educational & Physical Culture Organization; Editor—George Herink, 1823 S. Scoville Avenue, Berwyn, Illinois 60402; Managing Editor—Executive Board American Sokol Organization, 6426 West Cermak Road, Berwyn, Illinois 60402.

7. Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.) Stanley Barcal, President, 2437 S. Harvey Avenue, Berwyn, Ill. Betty Prener, 1st Vice-Pres., 4102 Roslyn Rd., Downers Grove, Ill. Rudolph Svoboda, 2nd Vice-Pres., 2343 S. 14th Ave., No. Riverside, Ill. June Pros, Secretary, 1606 East Ave., Berwyn, Ill. Agnes Sotka, Financial Secy., 1516 Cuyler Ave., Berwyn, Ill. George Basta, Treasurer, 2629 S. Maple Ave., Brookfield, Ill.

8. Known bondholders, mortgagees, and other security holders, owning or holding 1 percent or more of total amount of bonds, mortgages or other securities. None.

9. For optional completion by publishers mailing at the regular rates (Section 132.121, Postal Service Manual). 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 4359 of this title shall mail such matter at the rates provided under this subsection unless he files annually with the Postal Service a written request for permission to mail matter at such rates."

In accordance with the provisions of this statute, I hereby request permission to mail the publication named in item 1 at the reduced postage rates presently authorized by 39 U.S.C. 3626.

10. For completion by nonprofit organizations authorized to mail at special rates (Section 132.122, Postal Manual).
 Have not changed during preceding 12 months.

11. Extent and nature of circulation:

	Average No. Copies Each Issue During Preceding 12 Months	Single Issue of Copies of Nearest To Actual No. Published Filing Date
A. Total No. copies printed (Net press run)		
B. Paid circulation.	6100	6100
1. Sales through dealers and carriers, street vendors and counter sales.	none	none
2. Mail subscriptions.	6000	6000
C. Total paid circulation	6000	6000
D. Free distribution by mail, carrier or other means.		
1. Samples, complimentary, and other free copies.	none	none
2. Copies distributed to news agents, but not sold.	none	none
E. Total distribution (Sum of C and D)	6000	6000
F. Office use, left-over, unaccounted, spoiled after printing	100	100
G. Total (Sum of E and F—should equal net press run shown in A)	6100	6100

I certify that the statements made by me above are correct and complete.

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

WHY LEARN CZECH?

First, to enhance the richness of your life by adding to it the best of the old world art and culture. There are, of course, many other reasons. What do you think of a man who is ashamed of his origin? Is he not one who would likewise forget family, friends, and similar bonds if he found it more convenient? Pride in national origin is a noble sentiment, the loss of which would considerably impoverish not only ourselves but the

American nation as well. The greatest of world figures have been the first to acknowledge their blood ties.

If the renowned English philosopher, Herbert Spencer, was proud to call attention to the Bohemian blood in his veins, what greater reason do Czechoslovak-Americans have to indicate their descent.

Need the race that produced a Komensky, Jan Hus, Zizka, Tyrs and Masaryk bow its head before any other? Learn to speak the tongue that will further affiliate you with a nation that is respected the world over.

Psychology has shown how much easier adjustments are made within a group that has common interests, traditions and ideals. Why do people identify themselves with a club, university or city? Because these associations answer a deep seated emotional urge. It is possible to be loyal American citizens, true and helpful to the land of our birth and growth and simultaneously, loyal Czechoslovaks, proud of our ancestry.

There are Americans of Anglo-Saxon origin whose example should shame certain Americans of Czech descent who have permitted themselves to become estranged from their race. Charlotte Garrigue, wife of Thomas Masaryk, descended of old American stock, accepted the Czechoslovak people as her own and learned to love them and speak their language perfectly. Mr. Lewis, at one time head of the YMCA in Prague, after a seven-year sojourn mastered Czech and used it constantly even when speaking to people who could converse with him in English. Dr. Livingstone Porter, Harvard graduate, spoke Czech astonishingly well and loved the Czechoslovaks as well as his own race. There are many similar cases.

Avail yourself of the opportunity to learn Czech easily. It is spoken in your homes and communities. Even those Czech-Americans who do not speak it are familiar with many words. Their ears are attuned to it — and that is extremely important. There are schools which offer courses in Czech that are accredited in exactly the same way as the other languages taught. When many foreigners struggle to learn a difficult language entirely strange to them it would indeed be unfortunate if one who possesses so tremendous an advantage did not utilize it fully.

SPJST Vestnik

**FINANCIAL REPORT
 American Sokol Organization
 AUGUST 1974**

RECEIPTS

Dues	\$1,087.50
Convention Fund	16.00
Special Assessment	32.00
Dividends and Interest	818.75
Resale of Jewelry	75.00
Sale of Song Books	184.00
Decals, Postage	24.20
Miscellaneous Income	6.80

2,244.25

Transfer of Funds from	
Savings to Checking	2,000.00
Total Receipts	\$4,244.25

DISBURSEMENTS

Administrative

Salaries	\$ 646.31
F.I.C.A. & F.W.T. for July	75.52
Rental, Janitor Service, Phone ..	299.49
Office Supplies, Postage	57.64
General Office Repairs	66.45
Insurance	32.82
Transfer to Future Sokol	
Leaders Fund	30.00
Miscellaneous	272.00
	<u>390.04</u>
	\$1,480.23

Educational Department BOI

Salaries	\$ 208.82
F.I.C.A. & F.W.T. for July	51.64
Editor "Sokol Gymnast"	25.00
Add'l. copies "Sokol Gymnast" ..	58.00
Office Supplies	46.58
	<u>390.04</u>

Sokol Publication

Printing "American Sokol"	\$ 960.96
Editor "American Sokol"	75.00
Postage "American Sokol"	52.80
	<u>1,088.76</u>

Miscellaneous

Uniform Division - Salaries,	
F.I.C.A.; F.W.T.; Phone	\$ 475.14
Advance to Uniform Division ..	2,500.00
	<u>2,975.14</u>

Total Disbursements ..\$5,934.17

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$2,769.14
Receipts - August 1974	4,244.25
	<u>7,013.39</u>
Disbursements - August 1974	5,934.17
	<u>\$1,079.22</u>

SEPTEMBER 1974

RECEIPTS:

Dues	\$1,329.75
Thomas G. Masaryk Sokol - Dues	60.00
Dividends and Interest	1,337.14
Subscriptions to "American Sokol"	12.00
Resale of Jewelry	73.50
Resale of Manuals	220.00
Sale of Song books	461.50
Educational Pamphlets, Decals	51.10
Postage	18.98
Miscellaneous Income	13.35
	<u>\$3,577.32</u>

Total Receipts

DISBURSEMENTS:

Administrative Department

Salaries	\$310.69
F.I.C.A. & F.W.T. for August	198.46

Rental, Janitor Service,	
Phone, Electric	375.24
Office Supplies, Postage	162.99
Office Equipment	536.49
General Office Repairs	139.56
	<u>\$1,723.43</u>

Educational Department BOI

Salaries	\$208.82
F.I.C.A. & F.W.T. for August	51.64
Editor "Sokol Gymnast"	25.00
Add'l copies "Sokol Gymnast"	28.00
Dues	100.00
Postage	9.58
	<u>423.04</u>

Sokol Publication

Printing "American Sokol"	\$866.88
Editor "American Sokol"	75.00
Postage "American Sokol"	52.56
	<u>994.44</u>

Miscellaneous

Uniform Division — Salaries,	
F.I.C.A., Phone	\$297.64
	<u>297.64</u>

Total Disbursements

Balance Brought Forward:

Western National Bank of Cicero	
Checking Account	\$1,079.22
Receipts — September 1974	3,577.32
	<u>4,656.54</u>
Disbursements — September 1974	3,438.55
	<u>\$1,217.99</u>

FUTURE SOKOL LEADERS

September 1974

Unity of Czech Ladies and Men's	
22nd Quadrennial Convention	\$ 25.00
Sokol Stickney,	
in memory of Sis. Louise Cada	15.00
Sokol Chicago,	
in memory of Bro. Ed Pisarik	15.00
Havlat Family,	
In memory of Josephine Havlat	25.00
Dividends Earned, September 1974	168.09
	<u>\$248.09</u>

Donations are tax exempt.

Sokolská tělesná výchova se opírá vedle jasně vytyčených cílů a volby vhodných prostředků o účelně vypracovanou metodu, vycházející z všestranné znalosti cvičence, jako předmětu výchovy.

Sokolská výchova a tím i budoucnost sokolská záleží na cvičitelských sborech. Jejich odborné znalosti a vlastní výcvik zvyšujeme úsilovným školením, zkouškami a zvláště pravidelným cvičením cvičitelských sborů jednoty a okrsků.

Výchovu a školení musíme umožnit i za cenu finančních a jiných obětí. Školení je poskytováno bezplatně.

May Konecny

What Preceded and Prompted the Founding of Sokol

On the slopes of the White Mountain near Prague, a battle was fought on November 8, 1620, which determined for generations the fate of the Czech nation. The defeat of the Czech Protestants, who had raised the banner of resistance against Counter-Reformatory and Germanizing Hapsburg imperialist Ferdinand II, gave the Hapsburgs the power to employ every means of material in the attempt to achieve the spiritual disintegration, the political subjugation, the economic impoverishment and cultural Germanization of the Czech people. The leaders of the Resistance died on the scaffolds, and nearly 30,000 freedom-loving families, the moral backbone of the nation, had to leave the country, among them the "Teacher of the Nations", Jan Amos Komensky. Their property and that of the towns was confiscated, no less than three-quarters of the Czech Kingdom being thus seized. The new ruling class was non-Czech and was comprised of foreign generals, officers, aristocrats and clergy in the Emperor's service.

The Czech State, only a short time before an important factor in European politics, gradually sank to the level of an insignificant province of the Austrian Empire. After two centuries of cruel, systematic and unrelaxing pressure, it seemed as if the Czech nation, its national tongue and its culture were things of the past. The national policy of the Enlightenment, however, especially that of the Emperor Joseph II., brought forth in the Czech people an unexpected reaction. The improvement of the social and economic status of the workers, better educational opportunities and greater religious and intellectual freedom, made things easier for the persecuted and secretly non-Catholic section of the community. It strengthened, too, though unintentionally, the love of the Czech people for their native tongue and the consciousness of the nation's glorious past, so that the Emperor's attempt to enforce the use of the German language in all sectors of public life, met with increasing opposition from the Czech peoples, and fostered among the educated classes a passionate love for, and interest in, the Czech language and historic studies.

In those early small beginnings, however, was contained the seed of the movement which achieved the rebirth of the Czech nation. Attention was concentrated, first of all, on the revival of the Czech language, and its restoration of literary expression. The awakening of the national consciousness was greatly accelerated by the spread of literature written in Czech, and it strengthened the desire for political freedom, and led to attempts to regain, for the Czech lands, some powers within the constitutional framework of the Austrian Empire.

The defeat of the Austrian armies in Italy and the heavy drain on the Imperial financial resources, forced the Emperor to constitutional concessions, and to the granting of the right to establish Czech national schools, and to publish newspapers and

periodicals in Czech, whereupon a spirit of hope entered once again in the life and activities of the Czech people.

Fortunately for them too, there came forward at this time a man with penetrating insight, a man who was able to make not only a diagnosis of the disease under which the nation had till then been living, but also to prescribe the antitoxin which would prevent its recurrence in the future. This man was Dr. Miroslav Tyrš, the founder of the Sokol Movement. Through specialized studies in the department of philosophy, art, literature, natural sciences, and extensive travels in European countries, he was in a position to see and treat the problem of his nation from the higher vantage point of humanity and world history, and, in so doing, came to the conclusion that neither the rebirth of a nation's language and culture nor its political revival are sufficient to guarantee a nation's future. A nation so weakened in its physical substance and spiritual fibre, as was the Czech nation after the White Mountain, must renew that physical substance, restore health and strength, and regain its national pride and self-confidence so that it may enter the family of nations on a basis of real and acknowledged equality.

(Continued next month)

Dobrá věc se podařila

Ten festival národností, který se konal v dolnom Clevelandu se skutečně vydařil. Počasí bylo po celé čtyři dny takové, že lepšího nemohlo být. Tentokrát naše jednota byla připravená aby mohla oslousžit takové velké množství všech, kteří našli pochoutku v těch staročeských bramborových plackách. Bylo to již ve velkém měřítku a mohli bychom říci, byl to ten nejúspěšnější stánek. Pro rekord by mělo být zaznamenáno to množství všech dobrot, kterých bylo upotřebeno a také toho množství těch výtečných klobásků, které se během těch čtyřech dnů prodaly. Co ale každého muselo mile překvapit, byla tá nezištná spolupráce našich bratrů a sester. Viděli jsme tam tu pilnou práci — práci dobrovolnou, při které se mnozí potili, kde jim byla odměnou jen snaha, aby bylo pomoheno jednotě. Ty bílé zástěry s tím jménem Sokol Tyrš, snad nejvíce seznámily jednotu se širokou mezinárodní veřejností našeho města. To staré přísloví, že "Cesta k srdci vede žaludkem" se nejvíce uplatnilo. Kdo jednou okusil ty bramborové placky a ty klobásky, přišel opět a opět.

Tak se stalo také, že se vyplnil sen našeho bratra Lady Vorise, který když tyto placky uvedl, že si přál, aby se jednou mohly také prodávat na Public Squaru a ony se prodávaly jen kousek od náměstí u těch fontán.

Členstvo naší jednoty projevuje díky všem, kteří pracovali na tomto podniku. Bylo to něco velkého v tom Sokolském duchu, lásky a bratrství. Ano, dobrá věc se podařila a do dalších podniků všichni členové přejí ještě více úspěchů.

K.Z.

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The most important time to keep your temper is when the other person lost his.

It's people who do nothing who are sure nothing can be done.

A man is rich according to what he is, not according to what he has.

Praise your wife once in a while — even if it does frighten her a bit.

Insincere praise is worse than none at all.

Good judgment comes from experience and experience comes from poor judgment.

Some people talk their way out of everything but the telephone booth.

I love the American eagle — especially the one on the back of a dollar bill.

The trouble with a guy who talks too fast is that he says something he hasn't thought of yet.

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Sokolský tisk a vzdělávací práce v Sokole

Před lety byl vzdělavatel v Sokole postaven na úroveň cvičitele aby byl splněn Tyršův ideál — ve zdravém těle zdravý duch. Byly časy, kdy vzdělavatel měl dokonce pravidelný proslov před šikem cvičenců v tělocvičně. Dnes, bohužel, máme-li nouzi o cvičitele, máme nedostatek vzdělavatelů. Současné poměry změnily i atmosféru v našich tělocvičnách a naše mládež i dospělí nemají trpělivost vyslechnouti při cvičení sokolský proslov. Vzdělavatel i na našich sokolských schůzích je skutečnou popelkou. Po zprávách úředníků a projednávání finančních i technických starostí o sokolovnu, protáhne se schůze do pozdních hodin a pak členové spěchají domů a nemají myšlenky na poslouchání vzdělavatele.

V poslední době se rozšířily sokolské věstníky jednot jako houby po dešti. Některé mimo informační části, důležité pro jednotu, plní také práci vzdělávací. Věstník jednoty je velká možnost

pro vzdělavatele, který do něho může vždy propašovat nějakou tu sokolskou myšlenku. Věstník dostane se do rukou i členům, kteří se v tělocvičně nebo na podnicích jednoty z různých důvodů neobjeví. Věstník může číst i naše sokolská mládež. V sokolském věstníku by mělo být dbáno, abychom uspokojili anglicky i česky mluvící členstvo. Těch česky mluvících je stále velmi mnoho.

Některé věstníky jsou velmi pečlivě upraveny, v některých nenajdete ani datum, ani číslování. Nesmíme zapomenout, že po létech někdo bude chtít použít věstník jednoty k napsání dějin u příležitosti výročí a nenajde v něm ani letopočet.

Vzdělávací odbor AOS by měl při příštím sokolském sjezdu uspořádat výstavu sokolského tisku.

Jiří Špánek

Sokolská výchova zdůrazňuje výchovu mravní a vede k občanským ctnostem, z nichž nejvyšší je služba národu. Své výchovné cíle uskutečňuje sokolstvo každodenní nezištnou, obětavou a poctivou prací.

Váš cestovní program Vám spolehlivě a přesně vyřídí

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