

# AMERICAN SOKOL

VOL. XCV - NO. 12

DECEMBER 1974

PUBLICATION OF THE AMERICAN SOKOL  
Educational and Physical Culture Organization

## Season's Greetings

*May the New Year bring you Prosperity, Good Health  
and abound in Joy and Happiness*



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# AMERICAN SOKOL



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1823 Scoville Avenue Berwyn, Illinois 60402

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## Calendar of Events

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)

DEC. 31st - SOKOL LITTLE FERRY, N.J.

New Year's Eve Party

DEC. 31st - SOKOL BROOKFIELD, ILL.

New Year's Eve Party

JAN. 12th - SOKOL CLEVELAND-CECH-

HAVLICEK, CLEVELAND, OHIO

Card Party

JAN. 25th - SOKOL TYRS, CLEVELAND, OHIO

Night in Prague - Al Koran Mosque

JAN. 25th - SOKOL WASHINGTON, D.C.

Šibřinky (Masquerade)

FEB. 1st - SOKOL SOUTH OMAHA, NEB.

Gym Club's Travel Fund Dance

FEB. 1st - SOKOL BROOKFIELD, ILL.

Spaghetti Dinner

FEB. 1st - SOKOL ST. LOUIS, MO.

B.O.I. Instructor's Barn Dance

FEB. 2nd - SOKOL DETROIT, MICH.

Winter Gymnastical

FEB. 2nd - SOKOL STICKNEY, ILL.

Pancake Breakfast

FEB. 8th - SOKOL BALTIMORE, MD.

103rd Šibřinky (Masquerade)

FEB. 9th - NORTHEASTERN DISTRICT,

CLEVELAND, OHIO

Winter Gymnastic Exhibition - Cleveland State  
University

MARCH 1st - SOKOL SOUTH OMAHA, NEBR.

Annual Sokol Večirek

MARCH 8th - SOKOL TABOR, BERWYN, ILL.

Gymnastic Exhibition

MARCH 8th - SOKOL BALTIMORE, MD.

Dozvuky

MARCH 13th - SOKOLICE ST. LOUIS, MO.

Chicken Dinner

MARCH 15th - SOKOL BROOKFIELD, ILL.

Gymnastic Exhibition

MARCH 16th - SOKOL SLAVSKY, CICERO, ILL.

Gymnastic Exhibition

MARCH 16th - SOKOL STICKNEY, ILL.

Corned Beef and Cabbage Dinner

MARCH 22nd - SOKOL BERWYN, ILL.

Annual Gymnastic Exhibition

APRIL 10th - SOKOLICE ST. LOUIS, MO.

Chicken Dinner

APRIL 26th - SOKOL STICKNEY, ILL.

Gymnastic Exhibition

MAY 10th - SOKOL WEST SUBURBAN,

WESTMONT, ILL.

Gymnastic Exhibition

MAY 18th - SOKOL ST. LOUIS, MO.

Gymnastic Exhibition

MAY 18th - SOKOL BALTIMORE, MD.

Gymnastic Exhibition

# AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. XCV

December - 1974 - Prosinec

Číslo - No. 12

## AMERICAN SOKOLS SING

**"Explain it, as we may - A fine song calls man's spirits, delights his ear, fills his heart, re-creates his mind; excites his devotion more than any spoken word."**  
Anonymous

However, the Sokol songs give us more than this heartfelt joy.

Primarily, Sokol singing in a group creates a sense of team work, a certain awareness of kinship with the other participants. It can help to bridge the gap between various age groups. Singing activities provide a source of the wholesome emotional experience. Furthermore, the traditional Sokol songs help us, in a small way, to relive the Sokol history of our founding fathers.

The traditional Sokol songs are of many melodies, rhymes and rhythms. Many of them date back to the days of the Sokol beginnings. They highlight the Sokol philosophy of moral principles and concepts. Therefore their melodic lines and verbatim sing out of the Sokol inner-sense. - They sing out of the unity, harmony and cooperation. - They sing out of the national revival, and human freedom. - They sing out of the heroic deeds and victories. - They sing out of the fulfillment of our founders' revered ideal of the Sokol brotherhood, of body-mind harmoniously developed human beings.

Long since, the Sokol music and songs became a contributing factor, in the Sokol achievements. They go hand in hand with the emotional experience, and attribute underlying the element of attraction to Sokol pursuits. Who could withdraw himself from a heart warming embrace received by the sight and sound of thousands of Sokol gymnasts marching to a strain of stirring music, at our Slets?

Looking through the new Sokol song book "American Sokols Sing" I came to the song "V nový život", a song of great significance. It won an award in the Olympic contest in creative arts. And ever since, it became with regularity, the entrance march of men at all great Slets. For this reason I cannot resist the temptation to point out the message this song and music carried during the course of events at one of the greatest Slets, in the entire Sokol history.

It was the X. All-Sokol Slet in Praha, at the memorable Masaryk Sokol Stadium. - When before an audience of a quarter of a million - twenty-eight thousand men abreast in a ninety member column - emerged from behind the drape-closed entrance gate, and poured out into the open field, turning it into a living rainbow of national colors.

Who could, out of this multitude of humanity, witnessing such brilliant display and harmonious blending of movements, music and colors, subdue the sense of spiritual involvement and rapport reaching from performers to the audience? Or who could, at the climax of this performance, dim the emotional bolt, seemingly coming from the sky, towards which twenty-eight thousand men solemnly uplifted their eyes and arms, and in the Hussites Battle Hymn like chorale pledged allegiance to their Republic.

The emotional upsurge prompted by such historical events is indescribable. Suddenly one felt renewed faith and strength in self, knowing that events of such importance are not just an idle pastime; as their principle aim is to aid in the realization of our topmost Sokol ideals.

There may be some extrinsic differences due to the areas of the songs' origin, but their intrinsic values are kin to any culture and locality. For this reason the Sokol traditional songs will never cease to blossom, or be silenced, both in, and outside of the Sokol native lands.

To follow in this tradition the Educational Committee of the A.S.O. published a new song book, called "American Sokols Sing". This gives us ample opportunity to refresh our memory of the old songs and refrains, and enlarge our song repertoire by the new ones.

To bring this about, first, get this beautiful song book and then - SING OUT - in our gym classes, in our meetings, at our Sokol gatherings, even while you work!

"Kupředu, kupředu, zpátky ni krok - Sokolí heslo jest stálé . . ."

Drive on, carry on, never stop - the Sokol call is everlasting . . ."

O. J. Kudrnovsky

**Enroll That New Sokol Member NOW!**

## Our Nation's Responsibility

Those who were born in Czechoslovakia and are now living in America, have a closer attachment to the old country than those of us who represent the generation born outside of Czechoslovakia. Nevertheless, we too have strong ties. We are proud to be born of Czechoslovak parents. We learned from them about their struggle for the independence of the Czechoslovak republic. They taught us about their first president, Thomas G. Masaryk and informed us about the Nazi occupation of their country. We know about the Communist push in 1948 and we know about the Soviet occupation of Czechoslovakia. As Americans, we are attached to our democracy but we are not indifferent to the country which is in trouble. Until the last small nation is delivered from slavery and kind of dictatorship, our duty is to help. Only in this way will our American democracy become stronger. What can we, Americans, do to help liberate Czechoslovakia from Communist oppression?

One way is to assist Czechoslovak organizations in furthering their cause for freedom by constantly reminding the American people that they share in the responsibility for the fate that befell the Czechoslovak nation. We must strive to persuade the leaders in Washington that they have a duty to help the Czechoslovak people. As Americans, this is what we must stand for.

Helen Murphy, Sokol San Francisco

## What Really Happened To Sokols in CSR?

My main purpose for going to Czechoslovakia was to visit my relatives who were still living, and once again to see my birthplace; and also to find out "first hand" of what happened to the Sokol movement. A movement that was born in that country more than 100 yrs. ago, and through the decades had spread all over the world.

On my travels through the country I saw beautiful buildings still with the name "Sokol" emblazoned upon them, but in answer to all my questions about the Sokol, from all sides I heard, "It hasn't existed for years. The buildings are used for some other purposes."

During intimate chats with my friends, I learned that not the Communists, but the Nazis, were responsible for destroying the Sokol spirit during their occupation. They were desperately trying to kill the spark of revolt in their campaign to bring the proud people to their knees. What happened in Lidice and Lezaky during the Heydrich terror were just small examples. Later, when the Nazi occupation ended the Russians came into power with their communism. They finished the job of destroying the Sokol, replacing it with their own Soviet "Fyskulture". As a result, generations of young people born during these struggles never knew the meaning of Sokol, and those older had no power to make a change.

Fred Anthony, Sokol Cedar Rapids

## DISTRICT REPORTS

### Eastern District

October 21, 1974

Pres., Bro. Charles Zraly presided. Present: Bros. J. Babinec, A. Chaloupka, J. Donovan, R. Novotny, Sisters B. Bidnik, B. Hochner, B. Novotny, L. Pribil, B. Zraly.

Correspondence: Receipt of ASO check for \$952.14 covering expenses of seven and a half day Instructor's Course at Sokol Little Ferry, August 17-24th. - Educational Director Report from ASO in regards to status of Sokol Curtis Bay, Md. - Request for name of President who will represent the Eastern District at the 1975 Convention in Detroit. - Appreciation from Bro. Petlicka for the \$85.00 donation toward the Czech radio broadcasts. - Czechoslovak Radio Hour Dinner Dance honoring Bro. Petlicka, Nov. 10th, at the Bohemian Hall in Astoria. - Receipt of educational material from the ASO. - Announcement of the ASO Essay Contest.

Director of Men, Bro. Capek: Attended United Sokols of the East meeting. Plans were made for a bowling tourney, volleyball tournament, and competitions for seniors, juniors and children. - A bus has been chartered for the Exhibition in Baltimore. - Had letterheads, envelopes and chance books printed. - Sokol USA Slet will be held at Binghamton, N.Y., June 27-29th, 1975.

Director of Women, Sis. Audrey Benda: ASO corrections for calisthenics and apparatus mailed to Units. - United Sokols track and field meet held, Oct. 5th. Had 22 competitors, received 17 medals. Sokols Little Ferry and Fuegner were represented. - Senior bowling tournament will be held, Dec. 7th. Juniors on Dec. 1st. - Senior volleyball tournaments will be held, Jan. 19th. -

Discussions: All By-Law recommendations from Units should be sent the District 90 days prior to the ASO Convention. - A meeting of all delegates will be held, June 1st, in Washington, D.C. Wreath laying ceremonies at the "Tomb of the Unknowns" at Arlington National Cemetery will take place, June 2nd. - Invitation to Sokol Little Ferry's New Year's Eve Dance. - Bro. and Sis. Zraly, Bro. and Sis. Chaloupka, and Bro. and Sis. Pribil attended Sokol Schenectady's 75th Anniversary, Oct. 19th. Affair was well attended with several members receiving membership pins.

Treasurer, Bro. Chaloupka: Receipts - \$1,087.04. Disbursements - \$417.00.

### Southern District

October 24, 1974

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

Bros. Frank Laznovsky, Don York. Sisters Helen Parma, Mary Laznovsky.

### UNIT REPORT

Sokol Corpus Christi: October meeting, 32 present. - Festival, including a gymnastic program, Oct. 27th, - Flea market, Oct. 20th.

Sokol Ziska: October meeting, 64. Gained 2 regular and 9 associate members. - Held 2 dances. - Will hold 3-day Clinic, Nov. 15-17th.

Sokol Karel Havlicek Borovsky: Western Dance, Oct. 5th, well attended. - Will host annual BOI meeting, Nov. 2nd. - 2 dances on the agenda in November. - Purchased new crash pad. - Saturday tumbling classes resumed.

Sokol Fort Worth: Gained 4 associate members. - Participated in Czech Day at the Fair. Presented a special number. - Banquet for advanced girls class, Dec. 7th. - Will host a portion of the Fort Worth Czech Festival, Oct. 26-27th.

Sokol Houston: October meeting, 32. Gained 6 regular and 2 associate members. - October Sokol program successful. - Will participate in Bi-Centennial representing Czech ethnic group. - Special ballet classes taught twice weekly.

Director of Men, Bro. Laznovsky: 150 gymnasts from Dallas, Fort Worth and Ennis participated in the Czech Day at the Fair; Jr. girls calisthenics, tumbling by all ages, apparatus and one special number. - Finalized plans for week-end Clinic, Nov. 1-3rd. Clinic only for instructors to be conducted by Bro. Dusek. Approved, Bro. Dusek's plane fare be reimbursed in addition of \$50.00 for expenses. - Also approved, reimbursement to Mr. Willis from Dallas in instructing Jr. girls and women on uneven bars and beam.

Director of Women, Sis. Laznovsky: Annual BOI meeting at the Sokol in Ennis, Nov. 2nd. - Had written for the calisthenics for Sokol USA Slet.

Educational Director, Bro. Parma: Reported on the ASO Essay Contest. - Sis. Oates lectured on Czech culture at Sokol Ziska. Also practiced singing. - New copy of film of the 1967 Mid-Slet is now ready; about 1,200 feet and running time of 30 minutes. Cost, \$175.85. - Copy of the 1948 Slet in Prague is being prepared by Bro. Milan. All films are available to Units within the District. Units will be liable for any damage to the same.

President, Bro. Prevratil: Request by petitioning group for organizing a new Unit in Corpus Christi has been received and meets the requirement according to the Constitution and By-Laws. A meeting was held, Oct. 4th, in Corpus Christi along with District representatives. Details of the meeting were given, officers elected, obligations and discussion of future plans. Following day met with Bro. Veselka, President of Sokol Corpus Christi. Will reply to letter received from that Sokol. - Approved, Bro. Prevratil be reimbursed for 2 days per diem.

## Central District

October 23, 1974

Pres., Bro. Joseph Drnec presided with 12 members in attendance. ASO President, Bro. Stanley Barcal, was also present.

Correspondence: Letter from Bro. Frank Michalek, Secretary Pro-tem of the Chicagoland Sokol Organization, stating the group's efforts in spearheading a movement in the Central District to unite the inactive Units of the District in a Sokol building program. A loan of \$200.00 to the new organization to help defray some of its initial expenses was approved.

Director of Women, Sis. Carolee Michalek: With the resignation of Sis. Agnes Pajer, the position of 2nd Assistant was still open. - The District's volleyball tournament will be held at Sokol St. Louis. Buses will leave, Nov. 29th, returning Dec. 1st. Games to be played Saturday, Nov. 30th, with a Social that same evening. - Sister Mildred Prchal will conduct a Modern Rhythmic Gymnastic Clinic, Nov. 16th, at Sokol Brookfield. - All calisthenics (except tots) and competition material has been given to the Unit Directors. - Various bills totalling \$238.60 were approved.

Director of Men, Bro. Paul Lebloch: The Senior Chicagoland volleyball tournament started, Oct. 17th, with 4 teams in the 1st Division, and 3 teams in the 2nd Division. - Junior's volleyball tourney will be held, Nov. 3rd and Nov. 17th, with a single elimination. - A 45-minute performance was to be held at the Ford City Shopping Center, Oct. 30th, featuring the Folk Dancers, Sokol Slavsky's Hoop Number, Sokol West Suburban's Tumblers joined by the better tumblers from other Units. - Various bills totalling \$48.00 were approved. - Sokol USA's listing of the remunerations and board for Instructors at the Course held at Potters Lake, Wis., showed the Central District's share of expenses was \$895.00.

Educational Director, Bro. Ernest Pirka: Announced the ASO Essay Contest running from Nov. 1st thru Jan. 12th of 1975, in 4 age divisions. The Unit Educators are to be contacted for rules and details.

ASO President, Bro. Barcal: Congratulated the District on a very successful Slet and the various other Sokol activities. - Announced the Special Meeting of the ASO Executive Board and that of the District, Nov. 8th, at Sokol Stickney. - Spoke on Sokol Havlicek Tyrs' efforts to unite the inactive Units. Legal advice will be sought for the formation of a Non-Profit Organization under a new charter.

Tour Chairman, Sis. June Pros: A chartered bus tour to Milwaukee's Folk Fair will be held, Nov. 24th. - 2 buses are on hold for the volleyball tournament in St. Louis.

Folk Dance Director, Bro. Fred Kala: The Group performed at Sokol Brookfield, Oct. 19th. - Were scheduled to perform at Ford City, Oct. 30th, and at the Slovak Sokol Hody (festival), Nov. 9th.

By-Laws Chairman, Bro. Edwin Halik: Committee meeting to be held, Nov. 4th, at Sokol Stickney. dis-

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## Help Our Sokol Grow

cussions at the previous meeting included that of Convention Delegates, Parliamentary Procedures, duties of officers, etc.

Announcements: Bro. Drnec praised Bro. Meyer, President of Sokol Stickney, for that Sokol's cooperation in making its hall available for special District meetings at no cost. - Sis. Jindra reminded the delegates of Sokol West Suburban's Harvest Dance, Nov. 9th.

#### November 20, 1974

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

Approved, a \$10.00 donation to the Czechoslovak National Council. - Bros. Charles Ruzicka and James Kulhanek were announced as hospitalized. Get-well wishes were sent the ailing brothers.

Director of Men, Bro. Paul Lebloch: Sokol West Suburban tumblers, Sokol Slavsky's Hoop Number and the District Folk Dancers performed at the Ford City shopping center, Oct. 30-31st. The Dancers also performed at the Slovak Hody, Nov. 9th. - Senior Chicago-land volleyball tourney is in progress. - Jr. championship games will be played, Dec. 6th. - District volleyball tournament for Juniors, Men and Women will be held in St. Louis, Nov. 30th. - Basketball tournament will be held in December. - The schedule of exhibition dates: Sokol Tabor, Mar. 8th; Sokol Brookfield, Mar. 15th; Sokol Slavsky, Mar. 16th; Sokol Berwyn, Mar. 22nd; Sokol Stickney, April 26th; Sokol West Suburban, May 10th.

Director of Women, Sis. Carolee Michalek: Spotting Clinic conducted by the Sokol USA will be held in late December. - 8 Jr. Girls' teams and 8 Women's teams will compete in a volleyball tournament at North Central College, Dec. 7th. - 6 teams of Jr. Girls with no previous playing experience will play at Sokol Berwyn, Dec. 15th. - Advanced Judging Clinic will be held March 5th and 19th, conducted by Bro. Frank Michalek. - Beginners Judging Clinic will be held Feb. 5th and 19th. - One team from each division will represent the District at the Binghamton Slet. Therefore, a Jr. Girls competition will be held at George Williams College in June.

President, Bro. Joseph Drnec (who arrived late): Reported on his visit to Sokol Racine along with Bro. Halik. That Unit has formed classes from 5 to 18 years of age, and are busy teaching gymnastics, however, they need help in Sokol terminology. Bro. and Sis. Halik will set up a date for a workshop to assist them. - Bro. Drnec named a nominating committee as follows: Bros. William Meyer, Vaclav Zenisek, Fred Kala and Sisters Louise Kmen and Ann Halik.

Educational Director, Bro. Ernest Pirka: Displayed the banner of Sokol Kaznov donated to the District Library by Bro. Jerry Madera. - Bro. Zenisek commented on the many Sokol mementoes still hiding in Czechoslovakia, forbidden to be displayed. - District Library at Sokol Brookfield is divided into the National, District and Sokol Brookfield divisions. - Essay Contest is progressing nicely. Committee is selecting prizes for the various divisions.

Tour Chairman, Sis. June Pros: 47 reservations received for the bus tour to Milwaukee's Folk Fair, Nov. 24th. - 2 buses reserved for the District volleyball tournament in St. Louis.

Discussions: Approved, the District Annual Meetings be held on a rotating basis between the various Sokol halls. 1975 meeting will be held, Jan. 19th, at Sokol Stickney. - It was suggested the District and National Directors put pressure on Sokol USA to revise its "only one team per division" Slet ruling. - Motion approved, the District pay the expenses of the 2 Directors to St. Louis. - Sis. Michalek is to use her discretion in the purchase of medallions which could be used as awards.

Treasurer: Balance on Hand - \$1,614.30.

## SOKOL WEST SUBURBAN Downers Grove, Ill.

Sokol West Suburban welcomed the new gymnastic year with classes well under way. However, it was sad to report that the Tot's Classes were conspicuous by their absence. Because of other commitments by the local School Board the gymnasium at the Herrick Junior High School was now available to the Sokol Unit only for one night a week instead of the two nights as in previous years. As a result it was with heavy hearts that both of the Tot's Classes were forced to be cancelled as of Sept. 25th. Starting Nov. 4th, all the other classes - 1st and 2nd Class Boys and Girls, Jr. Boys and Girls, Men and Women - all have a very tight schedule in order to get in all their gym work in one evening a week.

With the cancellation of its 2nd Gym night at the school, the membership has become even more aware of the need of a Sokol Hall it can call its home. This is truly a dream of Sokol West Suburban, and now, more than ever before there is the determination to put forth every effort to make this dream a reality. The Unit is intensifying a Drive for membership under the able direction of Sis. Sylvia Pistorius.

A new Mini Trampoline has been purchased and is now in use. This is a very welcome piece of equipment. Due to the loss of the Equipment Room at the school, only the basic pieces of equipment are being stored in the Gym. Unfortunately, all other pieces remain in storage.

The Unit has been quite active. The use of first aid materials and proper procedures was conducted by the Unit's President, Sis. Barbara Donda, during a Beginners Spotting Clinic for all Instructors held, Sept. 9th. - 26 individual trophies were awarded to the 2nd Class Girls and Jr. Girls for Sokol Competition last May and June. - One of the Jr. Girls attended the Instructors Course at Potters Lake, Wis., and is now doing a fine job in assisting the instructors. - Traditional Halloween parties were held. - The sale of Sokol Jackets is in progress. - On Nov. 2nd and 3rd, the Unit's Advance Tumblers were to stage a 2-hour performance at Yorktown's Shopping Center. - A Harvest Dance was held, Nov. 9th, the proceeds going towards its Building Fund.

Sokol West Suburban News-Letter

AMERICAN SOKOL

# SOKOL GYMNAST

DECEMBER 1974

Edited by AMERICAN SOKOL BOARD OF INSTRUCTORS

NAZDAR!  
TO ALL

AMERICAN SOKOL  
BOARD OF INSTRUCTORS

ELLEN JEANNE SCHNABL  
MILDRED ZEMAN  
SYLVIA PISTORIUS  
LORRAINE ZDENEK  
JACKIE KOURIM  
MILDRED PRCHAL  
CAROLEE MICHALEK  
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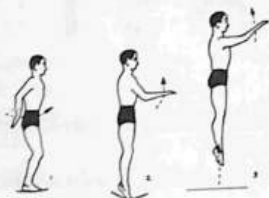
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RICHARD PTACEK  
ROY ZITNY  
PAUL LEBLOCH  
EDWARD SCHNABL  
GEORGE KALAS  
PAUL FINA  
JAMES BEROUSEK  
STANLEY BARCAL  
LADDIE VANAC



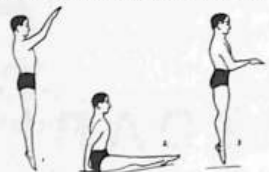
We wish to  
**YOU** and  
Yours a  
Merry  
Old Fashioned  
**CHRISTMAS**  
and a Bright  
and Prosperous  
New Year

# BASIC TRAMPOLINE SKILLS

(COURTESY AMERICAN TRAMPOLINE)

**FUNDAMENTAL BOUNCE**

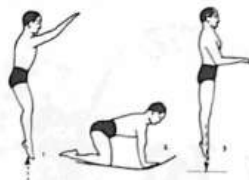
1. Start from standing position with head erect and eyes on bed.
2. Arms swing forward and up in a circular motion.
3. Bring feet together and point toes downward while in the air.
4. Keep feet about 15 inches apart when landing on bed.

**KNEE DROP**

1. Start from low bounce.
2. Land on knees keeping back straight and body erect.
3. Come back up to erect position.

**1/2 TWIST**

1. Begin fundamental bounce.
2. Keep eyes open and look right as your left arm swings across your chest, and your right elbow pulls inward and back.
3. Sight end of bed and spread arms to stop twist.

**SEAT DROP**

1. Land in a flat sitting position.
2. Be sure to place hands on bed beside hips.
3. Push with hands when returning to erect position.

**HANDS & KNEES DROP**

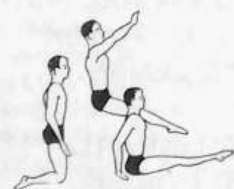
1. Start from erect position keeping eyes on bed.
2. Land on bed on hands and knees.
3. Push with hands and come back up to erect position.

**FRONT DROP**

1. Start from low bounce and land on bed in prone position.
2. Keep head up and arms extended forward on bed.
3. Push with arms to return to standing position.

**BACK DROP**

1. Start with low bounce and land on back.
2. Keep chin forward on chest during landing.
3. Kick forward and up with legs when returning to erect position.

**SWIVEL HIPS**

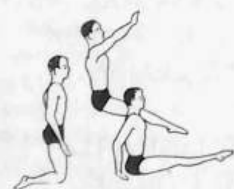
1. Start with seat drop.
2. Turn head and throw arms up and to left or right.
3. Hips turn in same direction completing twist.
4. Land in seat drop position.

**HALF TURNABLE**

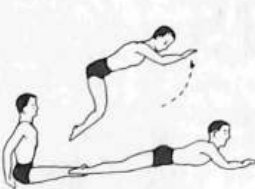
1. Start from front drop position and push left or right with hands.
2. Turn head and shoulders in same direction.
3. Keep back parallel to bed and head up.
4. After completing 1/2 turn land in front drop position.

**KNEES TO SEAT**

1. Start from a low bounce and land in a knee drop position.
2. Arms swing forward and up in a circular motion.
3. Flex in hips and bring feet upward and land in a seat drop position.
4. Be sure to place hands beside hips on the bed.

**SEAT DROP TO FRONT DROP**

1. Start from a seat drop position.
2. Push hard with hands, swing arms upward and hips backward.
3. Flex in hips and land in a front drop.
4. Push with hands and return to erect position.

**FOLLOW THESE FIVE SIMPLE RULES OF TRAMPOLINING:**

1. One person at a time on the trampoline.
2. Jump in stocking feet or trampoline slippers to protect the fabric in the trampoline bed.
3. Always use good judgment . . . just as you would on a bicycle or swing.
4. Don't attempt difficult stunts unless assisted by a competent trampoline instructor.
5. Have someone standing at the ends and sides of your trampoline to assist you when learning new skills.

# COMPETITIVE JUMP ROPE (Cont'd)

By Mildred Prchal

## Theory:

**Body is straight** when jumping over rope as it is turned under feet.

**Body is straight** when running forward over rope.

**It is easier** to change rope when going back after traveling forward.

**All jumps** belong in Medium or Difficult elements.

**Loud noise** on floor by rope is penalized according to severity of infraction.

**Raise rope very high** over head when feet are in air on jump.

**Amplitude** beautifies gymnastics.

**Change tempo** in every exercise and each exercise should have climax and dynamics, well combined and accented.

**Method** of rope exercise must be precise and executed with total body movements.

**Every stop** in turning ropes is penalized.

**Cannot stop rope when direction changes.**

**Cannot stop rope** when direction changes.

**Rope** must be straight or stretched.

**Lift** pelvis on all jumps.

**Must** not stop at end of phrase but should draw out movement.

## VARIOUS MEDIUM ELEMENTS:

1. Swing rope forward, jumping over with both legs, then with one.

2. Swing rope backward jumping with both legs, then with one.

REMARK: When jumping heels do not touch floor but knees must not be tense.

3. **Jumping** with echappe (separating legs sideway) (side strideleg).

4. **Alternate** single jump with jump over double turn of rope.

5. **Alternate** straight legs, then beat legs together on jumps.

6. **Jump** over rope with both legs bent front; then jump with both legs back.

7. **Side Jumps:** Turning rope with one arm front and one arm back of body.

8. **Jumping in squat** with double jumps and fast single jumps.

9. **Two-step** over rope (with hops).

10. **Jump turning** rope forward, then 180 deg. turn and continue rope in same direction (turn body under rope which is held high.)

11. **Leaping** over **doubled** rope; swing under feet with **one** arm from side (both ends in one hand).

12. **Jumping** over doubled rope with both feet (rope held in one hand).

13. **Jump** in stride position (one leg forward, one back when in air).

14. **Scissors** (hitchkick) on jump over rope.

15. **Big Leap** over doubled rope.

16. **Jumping in squat turning 180 degrees** (single jump).

17. **Squat** jump twice, then swing of rope alongside of body while in squat twice; uprise with jump over forward turning rope.

18. **Left leg** over swinging rope on left turn; when continuing turn, second leg steps out - start with arms; right arm up, left arm down in front of body.

19. **Crossing** rope jump alternating with straight rope jump.

20. **Moving** backward while circling rope with straight arms to one side of body, then to other (walking, skipping, two-steps, etc.)

21. **In small circle** run, swinging rope around body, including pirouette with circle of doubled rope horizontally over head. (Ends of rope in each hand.

22. **Figure 8s** of rope in each hand.

22. **Figure 8s** alternating arms in waltz runs in small circle.

23. **Back circles** alongside of body on run using body wave and back bends while swinging or circling rope at side.

24. **Forward** and back balance swinging rope. Traveling to side, 2 frontal circles and lunge to side.

25. **One leg jumping: Balance swing forward, balance** swing to rear, circle in front of body and jump over turning rope.

26. **Dropping both ends** of rope after jumping over rope turned backward (rope is thrown straight upward in front of body, handles of rope down, then catch. (Rope remains in original position).

27. **2 circles** with doubled rope over head, then swing ends to change in back of body; continue with waltz runs.

28. **Twice folded rope** (fourfold) used as Indian Club in front circling before chest (reaching under or over opposite hand).

29. **Turning rope** to rear jumping with both feet, after several jumps turn 180 deg. on jump, raising rope high and continue jumping over rope now turning forward. This should be continuous. Also jump high tucking knees on jump. Arms straight on slow jumps.

30. **Doubled rope** - frontal circle in front alternating hands.

Side pas de bourree reaching up across hand to change rope.

4 steps forward, then back but rope turns in same direction.

The changing hand works with palm up. On upward turn, other hand grasps from above.

31. **Same as 30.** but in circle traveling in one direction, then to other. (One hand turns palm outward, the other inward.).

32. **Two-step** skip forward over turning rope.

33. **In lunge**, over rope in both hands, raise arms high outward swinging rope high over head. Arms finish in 4th position on each side; lunges with side bends and amplified positions. (2 lunges and finish in deep side bend; at finish point toe to side with 4th position of arms.

## NATIONAL AAU CONVENTION

WASHINGTON, D.C.

### National Gymnastics Committee Meetings on October 13-14, 1974.

Men's Committee - American Sokol Representative, Bro. Paul E. Fina.

The meeting was opened by Tom Maloney, National Gymnastics Administrator. A report was made on the results of the Junior and Senior National A.A.U. Championships. Records are available. The tour of Europe by the team selected (men and women) by the A.A.U. was going well. The exhibitions are only in Germany with the team seeing the World Championships in Varna, Bulgaria as the finale.

The 1975 National A.A.U. Championships will be in Cedar Rapids, Iowa during May 15-17. No date for the Jr. Nationals.

The Junior Olympics will be at Cornell University in August, 1975. An important decision has been made - the A.A.U., and the YMCA will be using the U.S.G.F. Junior Olympic men or boys exercises henceforth. It is hoped that the Sokols will. The Age grouping is now 9 yrs. under, 10-11, 12-14, 15-18.

Active competitors were chosen to be on the A.A.U. Gymnastics committee.

Since the European (Germany) Gymnastics Tour concept has been started, the idea will be to choose an exhibition team again in the ensuing years. Specialists will be included or considered. Jerry Hardy (Sokol New York) was elected to be the new National Chairman. - Tom Maloney is still the National Administrator.

Women's Committee - Don Wilderoter began the meeting as chairman.

Again the Tour was mentioned and the number of German towns it will visit. Erna Wachtel is the women's coach and Bruce Davis of Miami for the men.

The DGWS exercises are still in effect for the women and girls. For the National Sr. Championships, it will be the Olympic exercises as with the men.

Jeanette Hawkins, A.A.U. representative to the Olympic Committee, reported on the doings of the women's Olympic Committee. This report will be available through our Olympic representative. - The Pan

American Games in Brazil in 1975 was a main consideration per her report.

Active competitors were chosen to be the A.A.U. Gymnastics Committee.

Along with men, a touring team will be chosen each year. - Don Wilderoter will continue as women's chairman. - Erna Wachtel will be the technical chairman.

The National A.A.U. Championships in Cedar Rapids will be held at the same time as the men's. No takers yet for the Jr. Nationals.

Junior Olympics - Bruce Davis of Miami (not present) and Jeanette Hawkins of Texas will continue as National J.O. chairmen.

There are now two official Junior Olympics - A.A.U. and U.S.G.F. The age groups are as mentioned in men's committee reports. The one difference between the boys and girls competition is that girls 10-11 years will also perform optional whereas only boys 12-14 and 15-18 years will perform optionals. The age determining date for both boys and girls is the date of the first meet in the association or district. - Competition is only for all around but specialists may enter for score if they enter in at least three events. First place all-around only goes to the regionals.

The various National champions and Olympians are excluded from Junior Olympics.

Joint Committee Meeting - Again the Gymnastics Tour to Germany was emphasized. It will be an annual affair.

Junior Olympics in 1975 will be in Ithaca at Cornell U. (August). - A review of the preceding committee meetings was made. - Several law and legislature items were voted upon. If approved by the convention, they will go into effect. But the key items have been mentioned throughout the above records.

My sister, a freshman at the sprawling Bloomington campus of Indiana University, wrote home requesting money for a campus bus pass. "It's true that everything is within walking distance," she wrote, "But it's not within walking-back distance."

Taken from Readers Digest

Editor's Comments: - The future of Sokol in the Chicago-land area lies in the far Western suburbs, where now a great number of people of Czech descent make their home. Sokol West Suburban encompasses all these communities. As reported above, the need for a Sokol Center in that area is very, very urgent; with some 300 to 400 youngsters being involved.

Sokol Havlicek-Tyrs, under the leadership of its President, Bro. Laddie Vyskocil, is spearheading the consolidation of all the dormant and inactive Sokol Units - Americký, Pilsen, Chicago, Town of Lake, Rozvoj and Čechie - in forming and building a new Sokol Center somewhere in the areas mentioned. Presently Sokol Chicago and Sokol Slavsky have shown a marked interest in the long-range plans that are being envisioned. Sokol Town of Lake's interest has been luke-warm. Sokol Pilsen's main interests are apparently in maintaining their Camp in New Buffalo, Mich., while all the others are content to live out their days.

## SOKOL SAN FRANCISCO

Registrations for gym classes are continuing. Approximately 50 children are expected during the current year, thus operating at a capacity of 100 percent plus. It is apparent that some gymnasts show a marked improvement over their skills at the end of last year. This can be attributed to attending summer courses at Sokol, recreational departments and individual practice. Success is a natural by-product of hard work.

We have in Jan Clark an excellent instructor, and a warm personable individual. With her and our other instructors we should progress at a faster rate than ever before. It has been heard that some adults have expressed a desire to participate in gym work. If the demand is great enough we will have adult classes.

During the past 20 yrs., I have put in a few thousand hours working with various organizations. There is none that can match the Sokol Ideals. Observing our leaders of Sokol for the past year in National, District, and other Units, has convinced me they are dedicated in moving Sokol in one direction - AHEAD!

Alvin W. Meier

## Bro. Fred Marsalek - 70 Years Young

Bro. Fred Marsalek will be marking his 70th birthday on December 23rd of this year. Was born in 1904 in Sobotka, Bohemia. Arrived in the U.S. in 1911 as a youngster 7 years of age, along with his parents, and a brother and sister (a younger sister was born in this country).

He soon joined the gym classes at Sokol Havlicek Tyrs, and has been a member of that Unit for more than 50 years. During all this time he held many offices - Ass't. Director, Director, Secretary, Treasurer, Vice-President, Treasurer on the Board of Directors, and headed a countless number of committees. To this very day he has been one of the mainstays of his Unit.

Bro. Marsalek was a great competitor in sports - on the apparatus, volleyball, basketball, and in the field and track events. Despite his shorter stature he was one of the best - winning medals in the shot-put, standing and running high-jump, the broad-jump, etc. In volleyball and basketball he was most outstanding.

In 1966 Bro. Marsalek underwent two very serious brain surgeries. The doctors commented only due to his fine physical condition, and that of being a Sokol, saved his life.

Now that he is on the retired list, he still helps the Sokol organization whenever possible. His greatest joy is reminiscing with the old-time Sokols from the various other Units of the "good old days" when they were all in the prime of life.

May Bro. Marsalek enjoy a most relaxed way of life as a deserving reward for the many years of high ideals and leadership in our Sokol organization.

Editor

## Holding a Sokol Office

A leadership role of any sort - whether it be at the National, District or Unit level - places upon one the responsibility of representing the Sokol Organization so one lives with it and sleeps with it, bearing that responsibility day and night, twenty-four hours a day.

One must always remember that when speaking, one speaks for the office and not for self, that one's speech, actions and conduct shall reflect upon the Sokol Organization. We must avoid using offensive language, making insulting or improper remarks or personal attacks.

We have pledged ourselves to guard the honor and interest of Sokol and to uphold Sokol Discipline so all our actions and proceedings should be proper and worthy of the enlightened mission of Sokol.

Edwin J. Halik

## Cooperation

"Enthusiasm is a must for leaders. It's contagious. It rubs off on other people. If you are enthusiastic, your listener is apt to become enthusiastic. Though a salesman may present his ideas, without enthusiasm his sales talk is dead. Anyone can acquire the habit of enthusiasm by cultivating a positive attitude. First, be curious . . . Learn about people and you will understand and like them better . . . Be imaginative . . . Look at your work as though you were tackling it for the first time, and you will begin to see possibilities you had overlooked. Tackle a job with fresh energy and others will respond to the attraction of your wholehearted enthusiasm."

—Leo G. Wilsman, vice-president,  
United Van Lines

May Konecny

## What Preceded and Prompted the Founding of Sokol

(Conclusion)

The problem was, how to achieve this goal. Tyrš found a means as simple as it was effective — physical training — that was his great merit. Physical training and the cultivation of the civic virtues went hand in hand. Tyrš came to regard history as the story of never-ending struggle for existence. The smaller the nation, the relatively greater must be its activity and the more it must seek to further its healthy development. The Czech nation must, therefore, surpass others in versatility of its activities if it is to resume the place it held before the White Mountain as one of the foremost of cultural nations.

Through Sokol, he wished democracy to become a firmly established ideal among the Czech people, so long held down under the yoke of an absolutist dynastic regime, and planned that it should be a live, active and responsible form of democracy. Freedom he considered humanity's most precious possession — freedom of the individual and freedom of the nation as a whole.

Physical training, if it is to cultivate a healthy, beautiful and well-functioning body, must be carried out systematically over a proper period of time, and so gymnastic lessons were considered a suitable means of bringing the members of Sokol together regularly. Tyrš, in building up an original and scientific system of physical training, laid special stress on spiritual and moral training on one hand, and physical training on the other. It was the recognition of this fact which led to the organizing of educational activities alongside of gymnastics in the Sokol program. In the gymnasium, short instructive talks were given on Sokol and general topics and singing. Outside the gym, lectures on various subjects — concerts, dramatics, social gatherings, exhibitions, libraries, etc.

Sokol made a valuable contribution to the Czech nation during the period of Re-awakening. Like all democratic organizations in which membership is open to all, the Sokol is what the individual members make it; Sokol discipline should be accepted by members of their own free will.

Sokol was established with very high standards and deep patriotic feelings. In later years, was looked upon as a national guard, always ready to defend its country. The effects of this training were evident in both World Wars. During the first World War, Czechoslovak Army Groups were actually formed on the organizational lines in the spirit of Sokol brotherhood. The Sokol provided the core of the Revolutionary Army, which was the instrument of the revolution of the 28th of October, 1918, and which occupied, won or defended the whole territory of the Czechoslovak Republic.

In the second World War, the Sokol influence made itself strongly felt among the Czech pilots in Great Britain and in the Slovak and Prague uprisings. Nor was the significance of Sokol for purpose of national defense underestimated by the

enemy, as was proven by the banning of the Sokol organization in both world wars, and the severe persecution of its officers and members. The same has happened in 1948 when the Communists took over, as they very well knew that Sokols would be a threat to communism.

The most joyous manifestation of the Sokol Movement, and the most inspiring survey of Sokol achievements and of the strength and maturity of the Sokol idea, is the All-Sokol-Rally — the Vše-sokolský Slet. Tyrš dreamed of the revival of the great Olympic Games in a modern form and in the Sokol spirit, and the reality was even greater than the dream. In 1948 there were 126,887 men and women who took part in the calisthenics; 77,344 junior boys and girls; 90,531 boys and girls; 18,800 guests; — altogether 314,183 participated in the Slet.

As Sir Wakefield, the former Lord Mayor of London said of the Slet: "Although I have been twice around the world, I have never and nowhere seen anything so beautiful, lovely, so imposing and patriotic as the Slet in Prague. It is, indeed, the eighth wonder of the world."

## Making Friends

"Finding friends is incredibly simple," writes Martin Glass in National Enquirer, "but many people never discover the secret. Friendship grows out of acquaintanceship. You have to make casual contacts with fellow human beings. Sooner or later, you will find a real friend, and you will know it because he will be looking for you, too."

## FINANCIAL REPORT

AMERICAN SOKOL ORGANIZATION

NOVEMBER 1974

### RECEIPTS:

Dues .....	\$1,279.25
Advertising in "American Sokol" .....	100.00
Resale of Jewelry .....	150.00
Sale of Song Books .....	658.00
Membership Kits, Educational Pamphlets...	55.00
Sokol Manuals.....	27.50
Office Supplies, Postage.....	27.70
	<u>2,297.45</u>
A.S.O. Uniform Division - Payment toward Advance	<u>1,000.00</u>
Total Receipts	\$3,297.45

### DISBURSEMENTS:

#### Administrative

Salaries .....	\$447.75
F.I.C.A.- F.W.T. for October.....	99.88
Rental, Janitor Service, Phone, Electric .....	346.28
Office Supplies, Postage .....	42.93
Advertising .....	20.00
Insurance .....	57.00
Miscellaneous .....	<u>26.02</u>

\$1,039.86

**Educational Department BOI**

Salaries .....	\$208.82	
F.I.C.A. - F.W.T. for October .....	51.64	
Editor "Sokol Gymnast" .....	25.00	
Add'l copies "Sokol Gymnast" .....	28.00	
Postage .....	6.25	
		319.71

**Sokol Publication**

Printing "American Sokol" .....	\$839.22	
Editor "American Sokol" .....	75.00	
Postage "American Sokol" .....	53.04	
		967.26

**Miscellaneous**

Uniform Division - Salaries, F.I.C.A., F.W.T., Phone .....	\$394.05	
Film Refunds .....	35.00	
		429.05
Total Disbursements		\$2,755.88

**Balance brought forward:**

Western National Bank of Cicero - Checking Account .....	\$1,790.64	
Receipts - November 1974 .....	3,297.45	
	5,088.09	
Disbursements - November 1974 .....	2,755.88	
		\$2,332.21

**FUTURE SOKOL LEADERS FUND**

November 1974

Sis. Celia Jirsa and Daughters, in memory  
of husband and father, Fred ..... \$25.00

**Donations are tax exempt****Joseph Trunecek**

Bro. Trunecek was born in Václavice, Bohemia, March 17, 1887, and departed this life August 17, 1974. He arrived in America in 1904. Was a member of the Jr. Class 4 yrs., and then became a member of South Omaha Sokol for 64 yrs., a total of 68 yrs. Held many offices and served on numerous committees. Was a faithful delegate to the Western District. Was a devoted member, attending all meetings until his health failed him.

Bro. and Sis. Trunecek would have celebrated their 65th wedding anniversary within a few days of his death. They were married while participating in the 1909 ASO Slet in Chicago. Bro. Trunecek operated a metal and heating shop for 22 yrs. Then worked in a railroad shop for 11 yrs. before retirement.

His widow, Sis. Anna, is a charter member of Sokolice So. Omaha - a 72 yr. member. Surviving also, is a son, Bro. Jerome; a daughter-in-law; a brother, Bro. James of Omaha and 2 brothers in Czechoslovakia. Deepest sympathy is extended the bereaved family.

Edward Pavoucek

**Anne Pechous**

Sis. Pechous was born in Narka, Kansas, Oct. 23, 1918, and passed away August 12, 1974. Was a member of Sokolice South Omaha for 10 yrs. Spent many hours at the Sokol Hall helping her parents, brothers and sisters, as they were the caretakers for 7 yrs. Attended gym classes, participated in competitions, and played on the basketball team for 5 yrs.

Sis. Pechous received a P.T.A. State Life Membership. Was a member of the So. Omaha Eagles Auxiliary. Was also an avid bowler for years. She is survived by her husband, Bro. Lawrence; daughters, Roberta Williams and Joan Carlson and 2 grand-daughters; mother, Anna Homolac; sister Matilda Chlupacek, and brothers, Ernest and Joseph Rytch.

All who knew Sis. Pechous will miss her pleasing personality.

Edward Pavoucek

**Josephine Šupík**

Zesnulá sestra Šupíková byla opravdu věrnou a vzácnou členkou jednoty Sokol Tyrš - a s manželem vychovali krásnou sokolskou rodinu. Všechny jejich děti a vnoučata jsou činnými v Sokole. Rozená Šimová, přijela do Clevelandu z Lovocí u Klatov kde se narodila 10. listopadu 1895. Zde se seznámila a 26. července 1914 provdala za Václava Šupíka. V roce 1964 oslavili 50té výročí št'astného manželství. Letošní 60. jubileum však už zesnula prožila v bolestech po srdečním záchvatu.

Dokud zdraví dovoľovalo pilně chodila do Šicího kroužku. Byla vždy hrdá na vše české. Jak pyšně vždy sledovala úspěšnou divadelní činnost manžela Václava. Sokol Tyrš byl pro ní a její rodinu takřka druhým domovem. Její rodina i Jednota, všichni jsme ztratili s ní kus českého Clevelandu.

Sestra Šupíková byla členkou J.Č.D. a P. Krajanský výbor v Clevelandu měl v zesnulé sestře vzácnou členku. Zesnulá zde zanechává manžela Václava a syna James F. ml., dcery Betty Stříbrnou a Glorii Sršňovou, 11 vnoučat a 3 pravnoučata, velkou rodinu v Čechách sestry a bratry.

Čest její památce.

**Joška Drlík**

Dne 3. října nám zemřel bratr Joška Drlík ve stáří 89 let. Byl rozený ve Velké na Moravě. Do Ameriky dojel v roce 1905. V roce 1909 byl zakládajícím členem Sokola Moravan v Toledo, Ohio. V té doby byl činný a byl dobrý vlastenec, jak za prvního odboje 1918, tak za druhé války stál v místě tak jak mu jeho dobré srdce kázalo. Budeme na něho mět pěkné vzpomínky - my co jsme ho poznali.

Matěj Botek

## Do nového sokolského roku

Začátkem roku, po valných hromadách jednot a žup máme příležitost přehlédnout naši sokolskou činnost a připravit práci do nového roku, ve kterém mimo podniků jednot, máme před sebou Sjezd AOS.

Sokolský sjezd bude shromážděním sokolských vůdců i delegátů jednot, kteří budou rokovat a často velmi živě o tom jak jsme pracovali a jak bychom ještě lépe měli pracovat v budoucnu. Budou se ozývat pesimistické i optimistické názory, ale ty byl nucen řešit již Tyš v roce 1882 když napsal: "Často naříkáme, že ubývá sem tam cvičenců v sokolských jednotách. Jsou to především příčiny všeobecné, které často na váhu padají. Je to především nedostatek vytrvalosti u nás tak všeobecný, který způsobuje, že téměř každý rok na cvičišťích nove obličejce spatřujeme a staré tváře s lítostí pohřešujeme. Je to pohodlnost mladší generace, jenž každého vážného namáhání se vzdaluje. Je to rychlé stárnutí, jenž takřka v módu přichází . . ." Kdyby dnes Tyrš žil nemohl by to napsat jinak.

Na sjezdu se bude rokovat o nových úkolech AOS. Není pochybnosti o tom, že v každé demokratické organizaci je mladá, starší a stará generace, které se dívají různým způsobem na problémy doby. Mimo to máme i část členstva, které se snaží udržet českou tradici a máme druhou, která se snaží ještě více zamerikanizovat Americký Sokol. Není to snadná otázka, když nechceme padnout do jednoho nebo do druhého extrému. Té tradice se nemusíme obávat, protože nám v poslední době i američtí presidenti doporučovali abychom si uchovali naši národní tradici, která je přínosem ku kultuře Ameriky. V duševní náplni Amerického Sokola nemusíme nic měnit protože Tyršovi myšlenky zůstávají stále živé i v přítomné době. V technické a tělocvičné organizaci máme velké změny, které přináší doba. Moderní tělocvik již není to co byl před sto léty, ale i v tom případě se neprohřešujeme proti Tyršovi, který již v roce 1882 napsal: "Cokolivěk se jinde v oboru našem děje, to seznat hled' me. Život se nedá tiskařskou černí na papír upevnit. Kdekoliv možno - patřme dál!"

Jiří Špánek

## Československo dnes

Tak jako mnoho našich bratrů a sester během léta navštívili Československo, učinili jsme také. U každého jednotlivce byli různé zkušenosti, které byli podmíněny jak místem tak také setkáním s příbuznými. Snad materiálně, jsou tam lidé lépe situováni nežli před léty - co však zmizelo z tváří je úsměv a radost ze života. Lidé mají jedinou touhu, a to je aby jim bylo vráceno kousek té osobní svobody. Není zdlíností a je jakýsi strach. Připravují na příští rok opět Spartakiádu, to však není Sokolský slet na kterém se dobrovolně pochodovalo,

když na Spartakiádě se musí na povel maširovat. Sokol zmizel v jeho kolébce a dvě jména straší dnešní mocipány, a to jsou jména Masaryk a Bat'a.

Ještě před čtyřmi léty byli v některých místech pomníky T. G. Masaryka, které dnes již nejsou a místo nich jsou pomníky Lenina. Ty jejich hesla na každém náměstí a nároží otravují jak návštěvníky tak domácí, protože jsou svědky jejich nesvobody. Je dnešní Československo velice smutná země.

K.Z.

## Pozoruhodný zájem o českou věc

Ač se na českém kulturně-národním poli podílím půl století, opravdu nepamatuji tak spontánního zájmu o českou historii, kulturu a folklor jako v poslední době. A není tomu snad jen v našem městě Cedar Rapids, ale v mnoha jiných městech a státech. Mnozí se kursy češtiny, roste zájem o českou literaturu, americká veřejnost pozorněji sleduje práci našich sokolských jednot. Naše vláda přiznává s blížícím se dvoustoletím, že to byly etnické skupiny přistěhovalců, které se staly tavícím kelímkem celé Ameriky tak jak ji dnes vidíme. I když nikdo nechce upíratí důležitý přínos Němců, Poláků, Norvěžanů i všech druhých národností, naše československá si v mnohém směru vydobyla zasloužený primát.

Nesmíme se však nechat unést chvilkovou pýchou a radostí. Na něco podobného jsme čekali příliš dlouho a nesmíme si dovolit, abychom po deseti letech museli říci s politováním . . . "Škoda, že jsme toho nevyužili!" - Je proto na všech našich osadách, kde český živel působí, aby ještě zlepšily své "České Dny", "Volby královen" - Sokolské slety a jiné podniky. V době, kdy máme k dispozici nejen tisk, ale i radio a televizi, propagace těchto velkorysých podniků je mnohem snadnější, nežli před léty. A k tomu rostoucí zájem širokých vrstev amerických spoluobčanů.

Br. Jiří Špánek z Kalifornii mi mluvil z duše svým článkem "Sokolský tisk a vzdělávací práce v Sokole." Jako dlouholetý vzdělávatel naší Jednoty Tyrš dobře pamatují doby, kdy proslov vzdělavatele byl nerozlučnou částí měsíčních schůzí. V posledních letech jsme se obírali příliš běžnými věcmi a na nějaký proslov nebylo ani času, ani zájmu. Po léta to byly také ty nešťastné karty ku kterým mnozí bratři pospíchali.

Místní měsíčníky zůstávají velmi důležitým pojítkem členstva a pokud si udrží obsahovou náplň na žádoucí úrovni, důležitost jejich poroste. Také mě se líbí myšlenka zařadit výstavu těchto místních publikací do příštího sjezdu AOS. Víím, že náš Bulletin redigovaný schopně br. Jos. Pazourem je vyhledáván a pilně sledován i v jiných Jednotách a je zajímavé, že jeho vydávání nestojí Jednotu ani dolar, neboť je soběstačný svoji oznamkovou částí a bezplatnou službou jeho pořadatelů.

"Czech Heritage" budí zájem. Hled' me, aby to přineslo dobré ovoce naší práci při posilování sokolských

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make important decisions.

Men and money are much alike  
— the tighter they get the louder  
they talk.

Life doesn't begin at 40 for  
those who went like 60 when they  
were 20.

Drinking is like spelling "Mis-  
sissippi" — you have to know  
when to stop.

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Jednot. Proč bychom si nemohli vytknouti za naši kvotu v rámci 200 výročí - Zdvojnásobiti počet členstva v každé Jednotě? Že je to příliš vysoká kvota? Nevěřte tomu. Všechno je možné, když se dá paže k paži a každý přiloží ruku k dílu.

T. B. Hlubuček

## Americká Obec Sokolská na výstavě

Americká Obec Sokolská, která byla zapojena do výstavy českého a slovenského umění v budově Lincoln Federal Savings and Loan Ass'n. v Berwynu, byla velmi aktivní. Ve výstavním výboru byla zastoupena ses. Betty Prenerovou, I. náměstkou AOS, která měla na starosti výstavní stánek obce a která v programové části výstavy měla informativní proslav "Sokolstvo" AOS.

Rečníkem byl náčelník AOS, bratr E. Linhart, který svou řeč zaměřil hlavně na slety AOS, pořádané na území velkého Chicaga. Tuto zajímavou přednášku doprovázel krásnými barevnými obrazy z těchto sletů, ze cvičení, nástupů a průvodů. Přednášku místy doplnil br. Karel M. Prchal.

Taneční skupina župy střední zatančila slovenskou besedu a polku, s příslovečnou sokolskou přesností.

Bývalý dlouholetý starosta AOS br. Karel M. Prchal, poukázal na vystavený starý exemplář Národních Listů, ve kterém je reportáž o poslední cestě sokolského zakladatele dr. Miroslava Tyrše, na což pak navázal svou řeč, protkanou osobními vzpomínkami a kterou zakončil recitací básně K. Bittnera, kterou její autor napsal zvláště pro Sokol.

Píseň "Spějme dál" zapěná všemi přítomnými, za doprovodu prof. Jaroslava Plevky na varhany zakončila tento krásný sokolský večer.

Vlasta Matelová

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